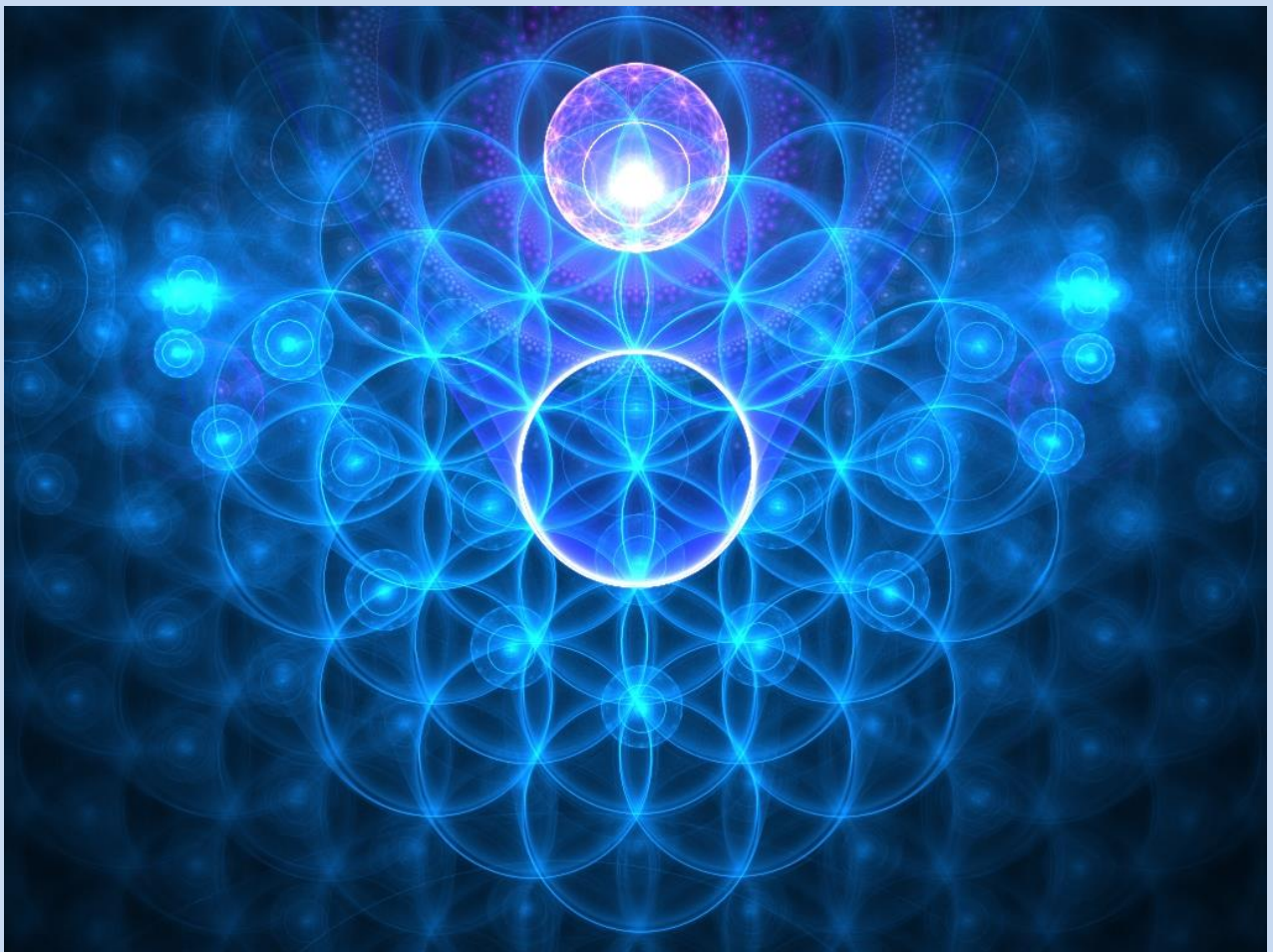


Experiencing Enlightenment



My reflection: a summary of the Crimson Circle - Discovery Series

Geert Vousten – 2014©



Preface

This document contains a summary, as *my* reflection and therefore *my* essence and *my* truth, of the monthly gatherings ([shouds](#)) during 2013-2014 of [Shaumbra](#), for *my* personal use.

These gatherings from **The Discovery Series** (Sept. 2013 - July 2014) were presented to the [Crimson Circle](#) featuring [Adamus® Saint-Germain](#) channeled through [Geoffrey Hoppe](#) assisted by *Linda Hoppe*.

These '*insights*' of Adamus® supported me in my awakening-awareness process, already since 2010, in a time where *New Energy* and *New Consciousness* became '*available*'. The first two documents were about expanding my consciousness further and supported me in my way of choosing freedom. Now, I am already experiencing *True Freedom*.

This season (and so my journey) was next to very applicable and supportive also very personal and specific and still feels like reaching its climax.

Every day now is about my enlightenment. This season is about discovering and **Allowing the Enlightenment** and **Trusting**. It's **Mastery or nothing!** Letting that passion out, letting it come forth.

So I named this document "*Experiencing Enlightenment*". And it is totally different as you ever could imagine. Also absolute incomparable with the way the old masters walked. The journey is now for them who chose to be here in this lifetime as embodied consciousness or [consciousness pioneers](#).

The "**New Energy Master**", just passing through. Getting out of the Mind into true Knowingness, into the Essence.

The Master discovers that it's all about just **allowing!** It's simply to live. To live... **Live!**

When you live, **you become a Standard for others**.

When you live, **you have vitality and health and abundance**.

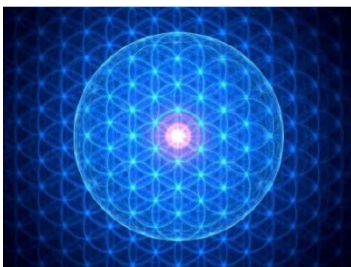
When you live, **you inspire others**

Geert Vousten



This summary is also, or still, applicable and supportive for those who are now in that awareness process too... and is part of a lot of other information and knowledge that I want to share as wisdom with the world, mainly about "*Consciously creating your own reality*" and "*The Human Game/The Holographic Universe*", as my contribution to the world, by radiating it, by **being a [standard](#)**, an example of "*Being the change*". **The world needs Standards more than anything else now.**

For more information, remarks, contact or latest news, visit my websites: [LifeByDesign.nl](#) & [ConsciousnessPioneers.nl](#)
Geert Vousten - 2014@ geert@lifebydesign.nl



This document also provides all the official links to the original videos and the used transcripts in the *Crimson Circle Channel Library Series* and links to the video summaries from the YouTube channel *CrimsonCircle*.

When you want to use or distribute this text, than please use the original text, in its entirety, and distribute freely on a non-commercial, no-charge basis, including these notes. All other uses must be approved in writing by Geoffrey Hoppe, Golden, Colorado. See contacts page on website: www.crimsoncircle.com

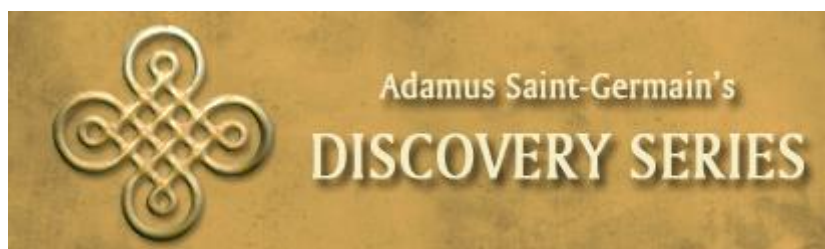
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Crimson Circle Official Links

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■ YouTube Channel: [CrimsonCircle](#)



Summaries of Shoud Videos

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- | | |
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00 - About the Crimson Circle

When you are visiting the official website of the Crimson Circle, this is your Welcome!

You are here by divine appointment. Take a deep breath, open your heart, and feel the loving energies of this moment.

[The Crimson Circle](#) is here to support those who are going through the process of spiritual awakening. This process can be confusing and disorienting, and bring unexpected changes to many areas of your life including relationships, job, body, mind, and emotions. You are not going crazy; you are waking up!



What is the Crimson Circle?

EARTH: The Crimson Circle is a global affiliation of awakened human angels who are dedicated to consciousness evolution and living on Earth in true compassion.

HUMAN: Often referring to themselves as "[Shaumbra](#)," Crimson Circle affiliates are humans who have realized their own divinity and strive to embody it in their lives by being conscious creators and integrating all aspects of themselves.

ANGEL: The Crimson Circle is the earthly manifestation of the Crimson Council, an angelic teaching order dedicated to the growth and evolution of All That Is.

What They Teach:

- You Are God Also and the creator of your own reality and experience
- You have every tool within you for healing, balance and rejuvenation
- Every being is exactly where they should be in their journey
- Everything is always in divine order
- All is truly well in all of Creation!

Enlightenment:

- The conscious realization of "*I Exist, I Am That I Am.*"
- The loving integration of all aspects of Self.
- Awareness.
- Elegant simplicity.

The Channel Library:

Text transcripts and audio recordings of the monthly messages from [Tobias](#), [Adamus](#) and [Kuthumi](#) (as channeled through [Geoffrey Hoppe](#)) since August, 1999, are available [here](#), absolutely free of charge.

The Discovery Series



presented to the Crimson Circle at 11 monthly gatherings (shouds) from September 2013 until July 2014.

Featuring

Adamus® channeled through Geoffrey Hoppe
assisted by *Linda Hoppe*

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Golden, Colorado USA 80403

All photos by Dave Schemel

01 – Discovery 1 – *Diving into Consciousness*

I Am that I Am, *Adamus* the Shaumbra-inspired facet of St. Germain.

So let us begin our new series, the *Discovery Series*. Let's take a good deep breath.

You see, it takes a bold and courageous person to let anyone in that close, to let anyone – including your loved ones, your children, including anybody – in that close, because there are layers and layers of protective, defensive, material and psychic energy all around. But **when you can let somebody in that close that they're right inside you, hugging you from within, you've achieved a level of consciousness through trust, through allowing, that's going to serve you well.**

When you can trust yourself that much that you can let me into your thoughts, into your mind, that's trusting yourself, having that much confidence and balance in you.

If you can let me in, you can let others in. When you let others in, you'll find that they can never truly do you harm, never, ever take anything away from you. They can create a lot of illusions. They can play the game pretending that they can take something from you, and you can play the game pretending that you're a victim, pretending that you're vulnerable. But take a good deep breath. If you can let me in that close, that deeply, that intimately, you've reached a level of consciousness – true consciousness – about yourself.

We're going to be talking about that and many other things in our *Discovery Series*, but discovering who you are.

Sounds easy. It's not. It's not. It's one of the most feared things. *What do you fear the most?* Yourself, of course – all of you, every angelic being. That's the greatest level of resistance or fear, whatever you choose to call, but it's the toughest thing. We're going to be doing it in our *Discovery Series*.

We enter our fifth year together. We've completed four. Surprised that so many of you are still here. No, truly, indeed, I am surprised, because, you see, there's a certain fascination with religion and philosophy, to try to put some meaning to life, and as you've probably discovered there is no real meaning. There is a level of fascination with things that are spiritual, the occult, partly because you've studied it before in the past, partly because the occult, spirituality has an allure about it. It has a power, a seduction.

Some say that they're studying it to help give a better understanding of the way things work, but no, they're full of [makyo](#), because you'll never understand the way things work. It's designed not to. It's designed not to.

So there are many who study it as a distraction from their day-to-day life. They can go play angel games. Sorry, but they're just games. They can impress friends and relatives with their occultishness, their oddity. They use sometimes spirituality and new age as a veil for their otherwise odd nature, and they just call it new age. Very true.

But as you know from the early times with [Tobias](#), from the time that I started coming to you in 1999, we're not here to be spiritual or new age. It doesn't work. Doesn't work. We're here, **you're here for your embodied enlightenment.**

There's really nothing to study. Nothing at all. There is much to discover and there is much to realize. You've been coming here month after month after month ... after month. You have actually been manifesting, creating this aspect called *Adamus*. Actually, I, as *St. Germain*, have a little difficulty having to shift in that role, somewhat – some would say – a bit obnoxious, a bit pretentious, a bit provocative. But that's what you're creating – the push, the edge, the difference – because, while **you've had a lot of studies in spiritual, a lot of past lives in the religious orders, you realized it was interesting, but it didn't bring the real fulfillment that you were choosing.**

So you came here in this lifetime to this group called [Shaumbra](#), to this gathering and said, *"I'm going to do it – embodied enlightenment. I don't care what it takes."* **You kind of came here under a little bit of an illusion that you're going to be here to help save the world and all the rest of those things, but you're finding that it doesn't need saving.** And even if it did, they're not necessarily going to accept it from you. They're going to resist it from anyone.

So you come here for embodied enlightenment. And you're going to realize it. You are going to realize it. I have no doubt about it. I would not be here if I thought it was a maybe. It is going to be, as long as you're choosing it, as long as you're allowing it. And it's not going to be anything like you thought it was going to be, at all.

So I give you credit and applause for sticking it out. Tough times at times, really tough – really tough – because it rips down all the illusions. It rips down the identities. It rips down the mistruths. It rips down what you thought was you so that you could discover the real you. Very, very few humans have ever gone that route. Very, very few.

A lot of humans talk about religion and God and righteousness and all the rest, but very few stop to take this kind of inner look and inner journey. It's difficult. But you wouldn't have it any other way. So welcome to the Discovery Series.

The Discovery Series

In our series, which will last for eleven segments, in our series each month we're going to have a interactive discussion. We'll have interactive discussions, because there is a lot of wisdom that you have to share. Yeah, that you have to share. And sometimes it's intimidating with that microphone thrust in front of you and me looking and tens of thousands watching. But when you hear your own voice – not just the words that are coming out, but the tone, the depth, the spirit in your voice, when you hear that – that's when you start to have that breakthrough consciousness. That's when you start to realize *"I Am that I Am."* That's when you start to simplify the words. That's when you stop telling the long stories. That's where everyone else can feel the presence coming from your voice.

Of course, I'll always have my lecture portion – fascinating lecture portion – of each [Shoud](#). But then as we are in this *Discovery Series*, each month we will have an experience. Sometimes it will be a [merabh](#), sometimes a different type of experience. We're getting to the point where we don't need to just keeping talking about things; it's time to experience them. So be prepared each month for an experience.

Some of the experiences you won't experience anything right away. Well, you will, but you won't be aware of it right away. Sometimes it takes hours, days, weeks for the realization of what really happened. In the experiences, we're not going to try to do anything. We're not going to effort into it. We're going to allow it, and then let it unfold. No mental stress. No efforting. Just allowing. We're going to go through a series of very specific experiences every Shoud, one working on or expanding upon the previous ones.

But literally I watch and monitor the energies, feel what's happening, because as I have told you many times before, I'm nothing but a distraction – a humorous charming distraction, but a distraction – so that while you're watching, you're listening, you're experiencing, something else is really happening over here. You're sitting in a safe space, feeling into your I Am Presence and allowing a shift or a movement to take place gently, quietly and without thinking about it.

Today's Question

So the question I have for you – mental question, but feel into the answer – *are you better off than 14 years ago when we started, or four years ago when I started with you?*

Are you better off now?

"I'm better off. I'm better off." Better off. Why? How?

"I have more personal clarity. More empowerment. And I still haven't hurt anybody at the airlines. And I love what we do."

Are you better off now?

"Yes, in the sense that Linda described. I have more clarity and understanding of myself. I know that I Am. Um ..."

Yeah. You don't sound real positive about this. "Well, I have one problem ..."

What are you thinking? "... and it doesn't go away. I don't seem to get my abundance in, and I am quite a bit poorer than I used to be."

Really? Are you? "Yes."

Is that bad? "Yeah, I don't like it." Yes you do. "No I don't." Yes you do. Audience? "Yes, you like it!"

And why do I say that? Ohhh! This is going to be fun series! Ohh! Because, you've heard these words before, and you can argue the weakness, you can argue the victimness all day long, but if there is something in your life that you don't like, you do like it, because it's there. It's there. It's serving you somehow.

Now, now it's frustrating. It's difficult. You think about it all the time. You expend tremendous amounts of energy thinking about it, wondering what you've done wrong, and it just keeps you right in that abundance pit.

"Yes, you're right."

Lack of abundance pit. The fact is that the money doesn't really make a difference. You didn't come here to make money; you came here for enlightenment. *Right? "Right."*

So it doesn't really make a difference. The fact is that once you let it go, just let it go and stop struggling with it, stop waking up in the middle of night with it, you're going to realize the money didn't matter and then it'll be there. Then you'll wonder why it wasn't there earlier when you really needed it. But right now it's serving you somehow, somehow, and that's for you to discover. Yeah. And you're frowning and, you know, you have that doubtful look on your face. Until you own the fact that you're receiving something from it, it'll still be there. It'll still be there.

"Oh, I wish I'd hurry up and discover it."

Okay. Go ahead! And this is not psychoanalysis. We don't want to get into that. We don't want to go into early childhood traumas or anything like that. *But why is it serving you? Do you want me to tell you?*

"Yes, please."

Okay. It's keeping you focused. You think it is. You think it's keeping you on your knees and focused so you don't distract yourself with all the worldly stuff. And you've said it over and over to yourself that you're never going to get caught up in all the worldly pleasures, and you're not. Now you have to make the conscious move to say, *"I'm not going to get stuck in it. I can have worldly pleasures in enlightenment, because they do go hand in hand."* They do for all of you. They do. *"Okay. Thank you."*

Yes, and I can't ... I would love to bestow grand abundance on you. I cannot. I cannot. And even if I could, I wouldn't, because the greater gift is in you giving it to yourself. *"I understand."* Yes. *"Thank you."*

So when that abundance thing comes up, my dear, don't focus on it. Don't focus on it, because even the lack of abundance has gotten to be a bigger distraction than the abundance itself. Good. *"True."*

So are you better off or not? "Yes." Is that a big yes or a little yes? "In-between yes."

Are you better off now?

Yes. Good. In what way?

"The obvious way that'd been mentioned. I feel more at peace." Yes.

"And that is a real gift." Yeah. Yes.

"Yeah." And a lot more or a little more?

"A lot more peace. A lot more peace."

Yes. And I think you know, we know that one of the things that was the most challenging – if you don't mind me being a little personal – one of the things that was ... because I was going to anyway. One of the things that was ...

"If I minded, would that make a difference?"

... the most challenging for you as it is for so many, but learning to be with yourself. Just to be with you. And you've had that opportunity and you've embodied it, you've integrated it, and now you teach it.

"Yeah. And probably one of the most indicative things is that when the doubts come up, they're nothing." Yeah.

"The doubts will always come up, but do I want them? Do I want them to serve me or that's just a doubt?"

Absolutely. Good. Thank you.

Are you better off now?

"I am doing much better." Good. *In what ways? "I love life."* Yes.

"And I just recently learned to allow the life to love me back."

Ahh. *How did that happen? Did you walk in a store one day and see a little box that you could buy and have life love you back? "It just happened."* Yeah. It just happened. *"Just happened."* Yeah. *"It's an experience."* Ahhh!

"Discovery." Yes. *How did it happen? How did you experience it? "I opened to allow and receive."* Good.

"That was my challenge." Good. *How does it feel to have life love you back? "Excell- ... wonderful."*

Yeah. No resistance. *"No resistance."* Good. *"Yes!"*

Are you better off now?

"Well, of course I'm better off! Of course." Yes. *In what way?*

"Well, I understand what's going on now far more than I did long, long ago when we started this."

Yes. You went through challenges and difficulties, as so many have, and one would think that you would say, *"No, this is really tough. Life gets harder and harder."* But you're saying, *"No?"* You're saying, in other words, *"Yes."*

"It's not about the stuff, I guess." Yeah.

"And of course I've lost everything just like so many people have." Yeah. *Wasn't that fun though?*

"Yeah! It was just tons of fun!" Cause you're still here! You're alive! You're talking on the microphone. *"I exist!"* The stuff is not that important. *"It isn't. You feel much lighter without all that stuff."* Yeah, yeah. Yes. Good. *"Mm hmm."* And glad you're still smiling. *"Thank you for asking."*

Are you better off now?

"Yes. Although the journey has been very difficult at moments, I would say my awareness is a lot greater now than it was 14 years ago, and for that I'm thankful."

And why has the journey been difficult? What in particular? *"Well, like Bonnie just said losing everything, body stuff."*

Yes. *"I mean, the only thing I haven't lost is my dear husband."*

Yes. And but the funny thing is you talk about losing everything. I didn't see any of you on the street corners begging. *"We were close."* In your mind. *"Yes."*

In your mind actually, and maybe in your perception of how much was in your bank account.

But most of you are still driving nice cars, most of you still having the basics in life, so there's a lot of perception going on here. And a lot of perception caused by fear, caused by wondering how deep, how far the bottom is, then realizing it doesn't really matter. Doesn't really matter. Yes. Difficult to go through ... *"Yes."*

... and what's more difficult than the physical, the financial, is the mental. The mental rip-down – even more difficult.

"Mm hmm." Yeah. Good. But you think you are better off, *you say you're better off?*

"I am. I feel more connected to me than I ever have before." Good.

"My intuition, my knowingness is stronger than it ever has been." Yes.

"And I'm starting to trust it." Self-worth? *"That's been coming up. I'm aware of it."*

Oh, there is some self-worth then! *"Yes. There still is! Yes."* Good. *"I can see it."* Good. *"But that's okay."*

Yeah. That's okay. *"Yeah."*

Are you better off now?

"Okay, well I can pretty much agree with what she said." Smart move.

"Right. You know. You know my marriage, right? It's definitely not what I thought it would have been."

Definitely. *"It's definitely not."* Definitely. *"It's way different."*

How would you teach that – because you will be teaching – *how would you teach that to others?*

How would you explain, because imagine yourself now standing, sitting in front of a classroom with a dozen or maybe 20 students sitting around; you're trying to explain to them. They're all giddy and excited because they just discovered metaphysics and spirituality, and they're on this high like they're the first ones to have ever discovered it. And they're so excited and they're saying, *"I'll do anythingggg! Whatever it taaakes, I'm going to do."* And they're bubbly and they've got angel things hanging in their car window, and they pull out their crystals to show you.

"And I'm shaking my head"

And you're just sitting there like *Captain Kirk*, like *"Ohhh, ohhh."* *How are you going to tell them "It's not what you think," without shattering their hopes and illusion?*

"Be careful what you ask for." Or you could say, *"You do get what you ask for, by the way!"*

"You do, but you have no idea what you're asking for. Sooo ..." That's a good point.

"And it just doesn't look anything like what you think it will be."

And so they say to you, *"Master Marc, so what is it? Give us the answers. You've studied this. You studied under the great Adamus. One of the few who had ever had that unique opportunity. Boy, do we wish we had been there when he was around."* They're going to say, *"What did Master Adamus say? Simplify it. What was his message?"*

"I don't have a clue what he said. That is a brilliant answer, by the way. It doesn't matter what he said. "Right."

Absolutely. *"And the journey is individual. So there is no recipe for, you know, what it's going to look like."*

Yeah. *"But, but,"* they say, *"Give us a few clues. What did you do? I mean, look at you now. Look at the cars. Look at your wife. I mean, you did great. Look at everything you have. Hahhh! How did ... and you have this aura about you and you smell like chocolate chip cookies. And you're alive! And you're alive! Tell us, how did you do it?!"*

"I don't know. (audience responds "Ohhhhhh") Umm ..." And then you laugh and say, *"I'm just kidding!"*

"That's right." Yeah. *"No, how I truly did it, it was a breath at a time. Truly."*

A breath at a time. I like that answer. That should go down in the wisdom book. Absolutely.

Breath at a time and one more thing. *What else would you tell them?* They're gathered in your enlightened café – they're gathered around after hours. You're charging twenty, thirty dollars for a cup of coffee because you can.

"At least, yeah! (some giggles)"

Because you can. Yeah. And you say to them, after *"One breath at time,"* and they say (in a whiny voice), *"I'm so tired of breathing! I can't stand it anymore! I breathe and breathe and breathe and nothing happens! Look at me!"*

"I'm sick and tired of breathing. What else?" *"Allow."* Oh. How do you do that? *"You just do it. Allow it. You just let go."* Take a deep breath. *"Take a deep breath, there we are again."*

And buy another cup of my magic coffee! (more laughter) *"That's right."*

Yes. It is blessed. Yes, *Adamus* blessed the coffee beans before he left. It'd work – we'd make millions. "Good marketing. Thanks." Yeah. Yeah. Okay, good. Thank you. Thank you.

So dear Shaumbra, *Are you better off?* It's a stupid question. It doesn't really matter.

And there is no way you can really compare it. You can try, and I do like the answers. You're getting so much better, Shaumbra. It doesn't really matter. *And compared on what level?* Well, on a human level, many of you would say probably not. You may own less. You may have ... you don't have a job anymore, a relationship, regular sex, good food or anything else, you may not. But ... but ... But I know you did not come here aspiring for those things. As a matter of fact, the real answer is, almost rejecting those things, almost pushing them away. And look what happened – they went away.

You came here for embodied enlightenment in what I would call, depending how you looked at it, either an act of desperation saying, "If this doesn't work ..." (someone says "I'm out of here") "Well, if this doesn't work, yes, I'm out of here. If it's not this lifetime there is nothing. There is nothing. So it's all or nothing." You put all of the chips on the table. Everything. Double or nothing, saying, "This is it." And a bit crazy, but that's the way you are.

Now, the real truth is you already know. You already know, but now you're going for the experience of it. You do know the answers; now it's the experience.

You came into this lifetime saying, "This has to be it," and like I said it can be considered a bit desperate or very bold and courageous, very amazing, breaking out of so many things – the mind, the past, mass consciousness – and still enduring. Still sitting here. Still existing. Amazing.

From my perspective and the others of the [Crimson Council](#), it's not so much a matter are you better off; it's a matter of what's happened with your consciousness, which we can see as your light, which we can see as the expanded nature of your being, as we can see by literally the journeys that you take in your dream state. *Are you different than you were 14 years ago?* Immensely. Immensely.

What are we going to talk about in Discovery Series? What are you going to discover in the Discovery Series? And again, I said we're going to have some lectures, discussions and then experiences.

Discoveries in this Series

What are you going to learn in the Discovery Series? What's the first thing you're going to discover?

~ You

This is easy. Yourself! Yeah, yeah, yourself. First thing.

Now, it seemed obvious, and you're like, "Yeah, yeah, yeah. Didn't we learn this years ago?" Well, you heard it years ago, but you didn't learn it. You haven't embodied it, embraced it or experienced it.

Number one, **discovering you. You.**

Now, the fact is that whether it's human beings or angelic beings, every being distracts themselves from their self. They do. I don't know why. There's a lot of theories about it. People externalize; even angelic beings, they externalize. It's part of the, I guess you'd say the discovery of the I Am, the pursuit of the question "Who am I?" But very few will ever set eyes upon themselves. *Why?* It's hard to do. You have a lot of bad memories of the past. There are things you don't like about yourself, and I'm not just talking about the human self. I am talking about the soul self, the spirit self. It's very difficult, very ... you'll do anything to distract. You go out and have battles and wars rather than take a look within yourself. But in this *Discovery Series*, we'll do that. We'll do exactly that.

We're going to do it from the perspective of something I mentioned in the last Series, something that I think might have floated over most of your heads. **We're going to do it from the perspective of total forgiveness.**

The difficult thing for me, some of the other entities who work with you is trying to get you to realize that your past is not what you remember it to be at all. But you believe it is. You think it is and you act accordingly. So we're going to work on this whole concept of looking at the Self with the eyes of forgiveness, self-compassion and coming to the discovery that it is not – not – what you think it was. And I know you're sitting there now thinking, "Well, yeah, but I

remember, it was like ...” It wasn’t like that. And in this Series we’re going to discover you, the most precious, beautiful thing that there is.

But it’s going to be my biggest challenge with each and every one of you, because you’re going to be energetically distracting, psychically distracting yourself, me, *Cauldre*, everybody else.

Why is it so difficult to look at yourself, to be within yourself? It’s that way for all of the beings, not just human beings.

~ God

Number two in our Discovery Series, we’re going to **discover God**. Hm. That’s kind of nice. God. G-o-d. We’re specifically, in this year, if you allow, which I believe you will, you’re going to experience God. Pretty big promise. *But are you experiencing God? Or are you thinking about God?* Do you hear the words *“I am God also”* or *do you feel it as an intimate, deep, loving experience?*

It sounds nice to say *“I am God also,”* but it’s very mental. But *how many of you have actually experienced it?* There are a lot of concepts of God. I don’t necessarily like the word ‘God,’ but I use it here because it’s a common term. There are a lot of concepts of God out there, and actually, frankly, the ones who teach God know the least about God. Absolutely. The ones who are the fanatics, the extremists, the righteous, they know the very least about God. They’re teaching from a book. They’re teaching from their mind, their rules, their limitation, their sense of need for their internal suffering and their rules.

Why other humans allow them to teach about God, I do not know, other than perhaps most humans have this distorted view.

The concept of God in this world is perhaps one of the top three things that are the most imbalanced about consciousness right now – the concept that God is somewhere else; the concept of God as a father; the concept of God having any rules or giving a damn what you do. The concept of God is manmade.

The ones who are at the pulpits, the ones who are calling for the rise of arms have not experienced God.

You cannot study God. You cannot construct a God. You can only experience it. And when you do, it is a deep and intimate experience, an experience that you’ll probably not even want to talk about. It is so beautiful, so personal, it would almost be a distortion to talk about it with others.

The concept of God in this world is perhaps one of the top three things that are the most imbalanced about consciousness right now.

That’s why in the old times there was no word or name of God, because it was known by a few that it is something so personal that you can’t talk about it.

In our *Discovery Series*, by going through you, the inner look at you, you’ll have the experience of the God and the I Am within. It’s a pretty tall order, but I wouldn’t be saying these words unless you, my dear friends, were ready for it – ready in the body, ready in the mind.

Sometimes when going to the core, going to God, sometimes when it is pursued in imbalanced and overly desperate ways, sometimes through drugs, sometimes through intense rituals, it can be completely imbalanced. It can do more harm than good. Some of you who have taken the drugs realize that if the rest of you is not prepared or balanced to have this experience, it can rip you apart. It can throw you off mentally.

It can destroy the body. Each and every one of you are ready to experience it in a very natural and a very personal way.

~ No Beliefs

In our *Discovery Series*, you’re also going to discover that there are no beliefs. There are no beliefs. You believe that there are beliefs, but there’s not. It’s perhaps a statement that is going to be argued about and discussed a lot, but it’s my contention that there really are no beliefs. There is heavy programming. **Heavy programming, and there are certain parts of the programming that you take as your own and say that’s your beliefs, but there is really no such thing as beliefs. There are really not.**

People hang their hat on beliefs. They say, *“I believe this. I believe that.”* I contend it’s all just massive

programming. Programming that you've allowed, programming that's occurred for as long as humans have been around and even before then, programming that has gotten more intense and deeper than ever before.

If you feel into a typical human walking down the street, just feel into their energy, they're a myriad of chaotic energy patterns and lines caused by a lot of programming. Programming that actually is not consistent, doesn't follow any nice path – it's all over.

A person can have the belief that they love themselves and hate themselves at the same time, that the world is good, the world is bad, that water is cold or warm, all these things. And these – what they call beliefs, what I call programmings – are inconsistent, will eventually lead one to a total breakdown, if they believe their beliefs. Mental breakdown, if they believe their beliefs.

So we're going to learn and discover that there are no beliefs, that it was all programming, and we'll learn how to release that programming, how to release it rather than to fight it. How to understand that it's not yours, rather than to take on the guilt and the suffering, thinking that you created it and you're a bad person and all the rest of that. We're going to go beyond beliefs.

Can you imagine for a moment being without belief? I don't believe it. Imagine for a moment having the freedom of no belief. Some people would say, "But then what do I do? Who am I? What do I ... that's been part of my identity is to have my beliefs." And they're actually hurting you more than they're helping you.

You actually create new beliefs based on old programming to try to resolve things or smooth things over in your life, but what you're really doing is hiding them, sweeping them under the carpet. So we're going to go after beliefs this year. We're going to release beliefs down to the naked you – without beliefs.

~ No Power

This year we're also going to discover something that Tobias talked about many years ago but actually never has really been experienced deeply – that there is no power. **There is no power and no need for it.** This world – and much of the other worlds – operates on the belief of power. People seek it. People try to acquire it. People try to steal it from others. There's no need for power. But look at your news. Watch other people. It is power games going on.

Power is also a part of this whole energy dilemma that not only this world, but other parts of this universe are facing right now because of the belief in power.

Power would make one feel strong and worthy and they would feel like they had an identity, they had a purpose. So they would try to acquire power. Best way to do that is from somebody else, leading somebody else to believe that they are better than you. That's psychic power – literally taking energy from them, getting down to the level of stealing things from them.

Most people derive power through sex. They think that it's pleasurable, but it's really a power game. Really. That's why the whole experience with sex for most humans is not what it could be. That's why there's an incredible industry right now based on pills for making men with an erection that lasts four months or whatever that happens to be. Four days, I don't know. I don't have that problem. I'm not in physical body.



The humans – and other beings; not just humans, there are a lot of aliens as well – that are in a constant power game, stealing it from others. You see it on Earth all the time, all the time – politicians and business people and military. Every time you see a military flare-up, it's just somebody that needs a little power. That's very true.

So there's this whole power game going on everywhere. The fact is you don't need any. The fact is actually you really don't need any energy to exist. You can exist without energy. But the fact is that energy is there to serve you in great quantities.

Power is a distortion or a manipulation of energy. We're going to learn how to go powerless, how to literally not power into yourself, which so many of you are still doing, and not using power or getting into power with other people. Yes, it is part of the *Sexual Energy School*, an extension of that. So this year – no power, and no need for it. No need for it.

**Referring to the energy virus discussed in Tobias' Sexual Energy School.*

*(Please also read: **New Energy, New Consciousness**, Addendum A: Awareness- Sexual Energy Virus ; [link](#) to the Life By Design e-Book library online - folder: Vousten, Geert)*

Could you imagine having no need for any kind of power – financial power, not having a need for it or of financial lack; of health power, of biological power, of any kind of power over other people.

So many of you in past experience, past lives, got into playing with psychic energies with others, which is ... yeah, all the rest of that. You learned how to use your energies, your talents, your psychic abilities with others, and a lot of you are still suffering for it because when you lay a spell on somebody, it's really laying it on you. That's the problem with witchcraft. That's why I'm not a big fan of it, because that's all you're doing is laying it on you as well.

You got into this whole power thing, initially to protect yourself or defend your families or whatever, but you got into it, and it's a cycle that's hard to break out of. Power cycle is very hard to break out of, but you're going to discover how to do it easily.

~ Awareness

The next item on the list in *Discovery*, we'll call it awareness, but it's really how to listen to yourself. You know everything there is to know. You just don't know it yet. You know what's right, but you walk around saying, "*I don't know.*" You pretend that you don't know what's right for you. I'm not talking about right in terms of a judgment, but what's appropriate for you.

So you walk around undecided and then the energy stops moving and then you get frustrated and then somebody uses power on you and suddenly you're in this energy trap. We're going to go into listening to yourself.

Now, it's hard to do and I list this last, or close to last, because you've got to come here (to the first item on the list, 'You') first to be able to listen to you. You already know what's right, but you got caught up here (head) in doubting and thinking that you don't know. That's why it just is terrible when you say, "*I don't know,*" because you do know.

We'll be going through some experiences of discovering that – and some of them are going to feel very awkward for you in this year – to do what you know is right. You already know, and you let other people influence you. You neutralize yourself. We're going to get out of that gear. You already know what's right.

Enlightenment isn't something you can study. Enlightenment really is not even anything you can learn from anybody else. Enlightenment isn't a course. Enlightenment is allowing. Enlightenment is, you could say, trusting. Enlightenment is experiencing. So in our discovery, we're going to do exactly that.

***Enlightenment isn't something you can study.
Enlightenment really is not even anything you can learn from anybody else.
Enlightenment isn't a course.
Enlightenment is allowing.
Enlightenment is trusting.
Enlightenment is experiencing.***

I'm going to summarize all this by saying, this year we'll get into the experience of it. We'll get into the experience. Experience, well, you know what an experience is. Experience is an experience.

You go out on a boat on very rough waters, a storm all around you, and you wonder if that boat's going to sink. That's part of the experience. It's that adrenalin, I guess, of, you know, *"What's going to happen to the boat? What's going to happen to me?"* It's just an experience. You continue existing. That I know. Let's take a deep breath and have an experience. Yes.

Consciousness

So the first experience we're going to talk about is *'state of consciousness.'* State of consciousness.

Consciousness is awareness. It's not thinking. Basically, there is very little connection, overlap between thought and consciousness. You cannot think your way into consciousness. You can't. You've tried. You've tried thinking. You think, *"I Am that I Am"* – shrug – but you can experience it and you can have the consciousness of it.

Consciousness is the wisdom. **Consciousness is the deep wisdom.** Consciousness is that *"aha"* that you get. Right now you've allowed yourself a lot of experiences that have you ready for new states of consciousness, but – this issue with the mind – you're thinking about it. You're wondering and you're worrying about it. So it's held off. It's just waiting.

Consciousness is almost something that when you have the experience of consciousness, you almost can't explain it. Like I said with regards to God, you almost don't want to. You don't want to pollute it with words or thoughts or have others attack you for it.

A state of consciousness should be flexible, yet for most it is very rigid, it is very linear. In other words, they have to have one event preceding another and another to achieve levels of consciousness.

You cannot, and these are bold words, but you cannot expand your consciousness – let's call it open your consciousness – through thinking. You cannot. You just cannot. You can increase your thinking a little bit, but you cannot increase your consciousness.

Most people think about enlightenment or think about consciousness, and then it kind of goes – it's fun at first – but then it goes in a circle and it gets stuck and then it gets your body stuck, your mind stuck, and it can get very depressing.

Most people think in terms of very linear consciousness. In other words, you're doing one thing at a time, one level of consciousness. When in reality, consciousness is multilevel, multidimensional. You can have many states of consciousness at the same time. Multiple states.

Now, the mind doesn't like that at all. The mind says, *"I can't figure it out."* That's good. You can't figure out God, enlightenment, yourself, life or anything else. You don't want to. It's about the experience of it.

When you allow yourself to experience, to expand, the consciousness naturally takes that wisdom, distills it and brings it into the soul self, stripped of all the facts and the figures and the details and what you think were the traumas and everything else. Distills that. Breathes in that wisdom. Finds what you say is joy in the opening of consciousness.

Consciousness is not something that you acquire. You don't go out and get more consciousness. You expand or you become aware of the consciousness you already have. When the consciousness is combined with the experience, you put the two elements together – the experience of living, for instance, no matter how difficult or wonderful it is, doesn't really matter; you combine that experience with raw consciousness, you bring them together – now you have something almost indescribable.

Consciousness itself is like an empty chalice, an empty vessel. It's there. It exists and now it wants to fill itself with the experience, with the reality, with the sensory experience of itself. Consciousness then knows consciousness, or connects with consciousness, in a much deeper and more profound way.

You will tell your students that will come to you, *"It's all about consciousness. It's all about consciousness loving to experience itself, for the glory, for the wisdom, for the I Am-ness."*

Consciousness actually doesn't care at all if it was a good experience, if you're better off now than you were 14 years ago. It just cares about the experience. Just cares, just loves the experience. That's all. It has no judgment. It has no beliefs.

Diving Into Consciousness

So let's take a deep breath. And I'm not going to call this a merabh. It just is. It's going into a state of consciousness. (Link to the official [Crimson Circle](#) YouTube channel: [Experience of Consciousness](#)). (A track from *Liquid Mind*.)

Now, the interesting thing here, you can't think about it, but you can feel it and experience it. So I invite you to do just that. You can't force it. You can't.

It's not a goal. It's not about doing it right or wrong. You can't do it wrong.

The state of consciousness is where your awareness is at the time.

Part of your awareness is right here in this room or wherever you happen to be listening from. Part of your consciousness is in your body. You're always conscious of that physical body. Part of your consciousness is tiptoeing into tomorrow and the next day – what's the future going to be like.

Part of it is in what happened yesterday, last year, last lifetime. It's all very linear, you see. The awareness, the consciousness has been focused on your beliefs, your perceptions, your fears and your desires. But there is so much more consciousness, awareness, that's already there. You can take a deep breath and allow it to expand.

Funny thing is that nothing happens. Ah – or at least nothing that the mind can comprehend right away.

As you take a deep breath and allow the state of consciousness to open and expand, there's part of you, the mind, that's saying, *"Yeah, but I don't have any sensation. Nothing is happening."* But yet it is. It is, because you're allowing, because you've chosen it, because it's your damn consciousness and you can do what you want with it. It is.

It's opening yourself, making your consciousness more flexible so it's not just centered on this human reality; so it's not just coming through the filters of the mind.

Take a deep breath ... into the open state of consciousness.

In the beginning of our Shoud today, I asked you to invite me in, into you, into your body – yeah, right into your physical body – and into your mind. Most of you were open and trusting and bold enough to do it.

Now here we are, again with that open and trusting nature, to take a deep breath and to allow yourself to open your consciousness. The mind says, *"Well what am I supposed to do?"* Nothing. Nothing.

Part of you is looking for a reaction. Doesn't have to be one.

Simply by allowing, kind of like opening the beam of a light. The beam could have been very narrow, only illuminating a small area. Now you can take a deep breath, open the beam, open the consciousness.

Consciousness is not thought, by the way. Thinking, mental activity has almost no consciousness to it, and that's where many who have been on this path of enlightenment have gotten distracted – too much thinking.

The thinking let's you feel like you're in control, like you're doing something, like you're thinking. True consciousness goes without thought. It takes a very bold and trusting person to go beyond thought.

Many people stop at this point and say, *"But I have to know what's happening. I have to know what's going on. I have to be able to think about it, figure it out."* They say, *"What happens if I lose control? If I go out of my mind?"*

That's exactly where we're going. We're going beyond the concept of power and control anyway.

So let's take a deep breath.

There is no thought in consciousness.

There is no language to consciousness.

There is absolutely no mathematics to consciousness. None. And no framework.

It's something that you can allow yourself to experience.

If your mind is chattering away right now, just tell it to shut up.

You're allowing yourself to come to new states of consciousness that don't require energy, don't require thinking. Consciousness is awareness ... openness.

Oh, yes, and simplicity, a lot of simplicity in consciousness. Mind is complex; consciousness is simple. And in this state of consciousness, of flexible, open consciousness, you can start feeling again, sensing again.

Consciousness can be very open, fluid ... expansive.
Just take a deep breath and allow it.

In our discovery this year, you're going to discover how you are a being of consciousness. You don't need to think – you can't think – your way into it. You're going to allow yourself to be awake, conscious, with very little need for thought; hard for the mind to imagine, but very little need for thought. Take a good deep breath ...

Consciousness, your consciousness, it's not owned or controlled or manipulated by anyone else. Not even God, not archangels or anyone. The consciousness is that "*I exist. I exist!*" And then it expands into greater awareness, into greater experiences.

One day, you'll tell your students little consciousness brings little experiences; little experiences bring little consciousness. In other words, you limit yourself, you limit your experience, you also limit your awareness; you limit your awareness, you limit your experience.

You take a deep breath and, with an open pure trust, you allow big experiences, you get big consciousness; you allow big consciousness, you get big experiences.
Experience is just a way to rejoice in the I Am, in the I exist.

In our discovery you'll realize that you'll never have to have an experience as a lesson again. Let's not even talk in those terms – experiences as lessons. There is no need for lessons. No need. You say, "*What is Spirit trying to tell me? Why did this happen? What is Spirit trying to tell me?*" Spirit is just trying to tell you "*Hello. Glad you're alive. Now what are you going to do?*" That's when you take a deep breath and say, "*Damn, I'm going to open my consciousness.*"

We can just be in the stillness, in the silence with consciousness.
Take a good deep breath and don't think.
Transcend that need to think and just dive into open consciousness.

And I ask you to experience this, this month till our next Shoud – diving into consciousness – without thinking, without thinking, without having to have a purpose. Dive into consciousness that allows experience that is not about lesson. Dive into consciousness without having any structures, frameworks, filters, hesitations or anything.

Now, you will probably have some moments of feeling a high level of disorientation. It's just an experience. But trust yourself that it's not going to affect your driving or anything else.

As you open your consciousness, make your consciousness more flexible, your mind is going to feel sombobulated – more. It's going to feel out of sorts. Part of the experience is allowing that. Just allowing it.
So in the experience this month, whether you're sitting at home behind the computer, whether you're taking a walk, just dive into consciousness without thought, without structure, without filters.

So let's have the lights back up. Let's take a good deep breath, as we begin our *Discovery Series*.
A good deep breath. Ahh! Consciousness. Oh, it's a wonderful thing.

Consciousness is ... as you get more playful with it, you'll learn that you can focus it – laser focus it – anywhere you want. You can have multiple laser focuses going on at the same time. You can just open it up in one great big awareness of consciousness. You can hide it. You can make it very, very small. You can do anything with it you want. Consciousness is not a game you play with others. This is for you, for yourself. Don't walk out the door and start zapping others with your consciousness. That's when you're going to start getting zapped back.

You'll find that consciousness is malleable. Consciousness is something that you can play with and work with. It's yours, I mean it's your core, but you've been very rigid with it. You've been programmed to be very rigid with it. You've had the belief system that you keep adding to consciousness or awareness little by little. Not at all. Not at all. You can have as much of your consciousness as you want.

It's going to cause some interesting conflicts with the mind and with some of your thoughts, and that's why I say beliefs are going to go out the door with consciousness. Right out the door.

Let's take a good deep breath until our next gathering. It's about the flexible state of consciousness.
And *what are those words I love to hear?*

"All is well in all of creation".

And so it is. Thank you.

(Please also read: [Addendum A: Come Home and Turn Your Light ON](#))

(Please also read: [Addendum B: It Hurts To Think](#))

(Please also read: [Addendum C: What's Really Real?](#))

02 – Discovery 2 – *Allowing Enlightenment*

I Am that I Am, Adamus of Sovereign and Free Domain.

Taking a good deep breath, I smell a wood burning fire. Hm. Brings back so many memories, opens up the senses. Ah! Such beautiful things about being a human, and once they're in there, you never really quite forget. Not at all.

A little bit different audience. (With no live audience due to recent flooding issues, the chairs were filled with stuffed animals.) As Linda said, the recent destruction, the recent events have kept many from being here, but they really truly are. So let's take a good deep breath, for the room really is not empty. The room is filled – filled with Shaumbra energy, Shaumbra from all around the world. Lovely to have you here.

Let's take a good deep breath and gather everyone in to this beautiful safe space. Good deep breath.

Whether you're listening on the Internet, whether the few of you who are here, whether you're listening later, take a good deep breath. We're all here together.

Awakening and Enlightenment

You choose Awakening, You allow Enlightenment!

You choose awakening, but you allow enlightenment!

What does that mean – *"You choose awakening and you allow enlightenment?"*

Well, in a way, you chose your awakening, whether you were highly conscious of it or not. But you chose it after lifetimes of studying religion, spirituality. You chose it when you were saying that you're tired of being here, that you can't stand it anymore, that something has to give. That's how you chose it. You chose it by this lifetime expression of yours. You chose it by wanting more, desiring more.

Now, the fact is you might have gone to a class that somebody dragged you to or you might have read my book or another book and thought that that was the moment of the awakening. But no, it started a long, long time before that.

Then you started to go through this awakening process, and there were many, many chances along the way for you to say, *"No, it's not for me. I want to stop here"* – up until a point. Up until a point of no return.

So you could say that you had opportunities to not continue to go through your awakening. You could have stayed in just one area of it, but you continued. You made choices along the way. There's something – a driving force within you – that said, *"No, I want more. No, I want to get out of this illusion,"* you said – 'illusion' not quite the right word, and we're going to talk about that – *"I want to get out of this state of being,"* because you knew – you know – that there is so much more, so much more, out there. So you made a series of choices, whether you understood it or not.

So there was a series of steps along the way, and many, my dear friends, many have not chosen to continue going. Many have stopped along the way. Yes, sooner or later they will come into their full awakening; sooner or later they're going to allow their enlightenment, but they've chosen to stop along the way.

Why? Well, it's an intense process. As you know, it will turn you inside out and upside down. It will change life as you know it. Awakening has a way of going in and showing you everything that was imbalanced within you, which is interesting, because living in a limited state of reality – and again, I'm going to talk about the difference between illusion and reality – but living within a limited state of reality will cause imbalance.

Living within a limited state of reality will cause imbalance.

Living within a limited state of reality will cause imbalance!

So this imbalance becomes a driving force, because you say to yourself, *"I don't want this level of imbalance anymore."*

So this imbalance will literally go into every part in your awakening and expose it to you and put it in your face. And, again, you're not consciously choosing to have this all thrown at you – as a matter, often you're trying to run from it – but it's a type of clearing process. It's its own type of natural disaster, but it's, in a way, a soul disaster. And I don't mean to smile when I say that, but I can smile because I know you're going to come through it. I know if you're listening right now and if you're here, if you're tuned into this, that you are going to come through it.

Now, actually what causes it to hurt, be painful or difficult is when you try to resist the very awakening that you've chosen, because the awakening exposes the imbalance. Whether it's an imbalance of masculine-feminine, light or dark or any of the other things, it exposes that.

So it will turn your life upside down, inside out, and I know many of you have said to yourself at times, *"I wish I had never chosen this awakening."* But you get to a certain point in the awakening – you really can't turn back. You've learned too much. You've been exposed to too much. You know too much by now. You get to a point of no return.

It's an interesting point because it's a point when you really do kind of go into an abyss, into the void. *And have you noticed the repetitive nature of the void in your whole journey?* But you go into this void, because you know you can't turn back, but yet there's a fear or an uncertainty of going forward. You want more tools to go forward. You want more guidance to go forward. And there comes a point in awakening where there really are none, or not many anyway. Not many on the outside, because where you're going is where a few angels have ever gone before. Truly, in all of the cosmos, few angels have ever gone there.

We talk about the fact that there's less than 10,000 Ascended Masters, and I don't see any rush to get into the Ascended Masters Club. Many of you are still filling out your application forms. But there are not many angelic beings who have gone where you are.

So what advice could they give? And on top of that, the Ascended Masters aren't really in the business of giving a lot of advice. Support, compassion, love, encouragement, laughter and a few tears at times, but they understand that if there is too much advice, if they're telling you how to do it, it's no longer your experience and it would actually make the enlightenment even more chaotic. It would appear to be more chaotic. So where you're going few angels have gone. That would be a good one to write on the board also.

Where you're going few angels have gone.

Where you're going few angels have gone!

In other words, there's a lot of advice out there these days. Your Internet provides a source, an amazing source of advice and information, and it provides an amazing source of information. You can go on the Internet these days and tune in to a variety of different individuals or groups who are bringing forth good spiritual information – up to a point. It's good up to a point.

There are very few beings out there, alien beings or even angelic beings, who really understand where you're going.

Now, there are a lot of angelic beings who are here to provide guidance for humans in their, let's say, everyday course of life, particularly in the form of camaraderie, companionship, some love, because so many humans feel alone. There are a lot of angels that have, you could say, received training on how to do this, how to work with humans, or training on how to work with humans when they die. Every human when they die has access to angelic beings. It's not just your family who's gone on before you or your dogs or cats or elephants or whatever. But there are angelic beings who are actually there for you, because it's known what this death process and this rebirth process is like. It's known the difficulties and challenges of living as a human in a limited reality. But very, very few really understand what it's like where you are going now, what it's like in enlightenment.

Allowing the Enlightenment

I say that you choose awakening and you allow enlightenment. It's very true, because you get to this certain point, so many of you have experienced the dark night of the soul, going into the void, feeling so into nothing – **nothing around you other than yourself** – and at a certain point, **you simply come into allowing**. You realize that there are no tricks to this. There are no secrets to this. There are no plans or programs anymore. There is you.

There is you, and it comes down to allowing that, allowing yourself. And as you do, it's also allowing the increased sense of awareness, the increased sense of perception. Allowing everything that you've ever experienced. Allowing it to come to you in a very, very different way than it ever has before. Allowing yourself to embody yourself. Allowing yourself to be present in this reality and allowing energies to serve you.

***Nothing around you other than yourself – You simply come into allowing.
You realize that there are no tricks to this. There are no secrets to this.
There are no plans or programs anymore.***

***There is you, and it comes down to allowing that, allowing yourself.
Allowing yourself to embody yourself.
Allowing yourself to be present in this reality and allowing energies to serve you.***

One of the biggest discussions I have with you these days – allowing energy to serve. You hear the words, but for a large part, you're not really feeling it. You're not allowing it. There's **still a resistance** to letting the energy serve you. Part of it's the very old and limited consciousness that **there's not enough** or you **have to work hard to earn it** or that **until you get rid of some of your imbalances**, your even **karmic debts**, that you're not going to allow it. But you come to a point where you just allow the energies to serve you.

It's a beautiful, beautiful point, because suddenly the struggle isn't there, the fight, the feeling that there's limitation. Suddenly, you realize that there is an ocean of energy here to serve you. It has no agenda. It doesn't care if you're good or bad or white or black or masculine or feminine. It doesn't care. It's just here to serve you. So you come into allowing the enlightenment.

Ah, it's so beautiful. Some of you are starting to feel what this is like. You're getting glimpses of it. Maybe it's not with you consciously in every moment, but you're starting to get glimpses of this allowing.

Some of you actually have been surprised at how easy it is. How easy, and then almost a sense that, well no, you want there to be a little bit more challenge. But you'll get past that as well.

Allowing the enlightenment. Suddenly, it's like having been tied up, bound and restricted with a limited amount of air that you can breathe, so you're very compressed and suppressed. And finally you break through that and it's an allowing. Suddenly, the air just flows and you don't even have to work on the breath. Suddenly, **life is just there in a flow for you.**

Now, some of you, again, who have gotten glimpses of this or feelings of this then might feel a little bit guilty, because it's starting to get that much easier for you and you see that other humans are still struggling. They're still bound. They're still in their prison. They're still not really allowing the flow of life. But you'll get to the point where you understand that they, like you, can go through, they can choose the awakening. They can choose the allowing at any time they want.

One of the things that I'm prepared to do working with those who allow their embodied enlightenment in this lifetime is to work with some of those difficulties and hardships – seeing other people who are going through challenges and difficulties, wanting to rescue them and wanting to save them, wanting to give them your energy, which is not really a good idea. It's really not, because like you they're going to learn that they have their own energy. They have their own tools. They have their own answers.

So, as I say, awakening is something that you choose; enlightenment, now where most of you are at, is something that you allow.

Would have been difficult to say this a number of years ago, because most of you were still in the awakening state of being. And when I would talk about allowing, it seemed to just kind of pass right by. But now, because you're in that next expansion of enlightenment, the embodied enlightenment, suddenly we can talk about the allowing.

Let's take a good deep breath with that.

Illusion and Reality

It's been said by some philosophers that life is an illusion. I believe I might have even said it a time or two myself that life is an illusion. Meaning that what you're experiencing isn't necessarily real. But I'll update that. I'll amend that.

Life is real. **The experiences that you're having are real.** This isn't just some cosmic dream that's going to go away and suddenly you'll wake up with full enlightenment. No, what you're going through are real experiences with real feelings and ultimately with real wisdom to them. So let's not brush it off and say it's just an illusion, because it is very real.

But what you're going through right now, and what you're coming out of right now, is **a limited state of reality.** In other words, you're just seeing part of it. You're in a flattened reality. You're only seeing a little bit of what is real.

For instance, in this room right now you might see about a dozen humans, a dozen individuals. Good time to pan the audience with the camera. You see just a few humans. Your eyes tell you there's just a few people sitting here. That's a limited reality.

The expanded or the full reality is this room is packed with the Shaumbra who normally come here, because their energy is still here; with those who wanted to be here, but were told they could not be; and with angelic beings, with, well, there are some disincarnate beings, some spooks walking around here, there are some aliens beings walking around in here, and there are some FEMA* people too. Those aren't the spooks I was talking about. That's a totally different thing.

**Workers from the Federal Emergency Management Agency were operating in the back room at the meeting hall.*

Yes. Isn't it amazing that we can be here in the midst of disaster, like we are, and yet so calm. But that's life, and that's the enlightened life, by the way. It's actually a very good example. There was a lot of destruction, but it wasn't really destruction in this area of Colorado. It was a large clearing. Some people went through destruction.

The fact is that you, the ones who live up here, the ones who are close to here, didn't. Inconvenienced, yes. Annoying, absolutely. But you didn't go through the destruction. That's a very good example of how you can live in the midst of chaos. You can live with all of this human drama and confusion and chaos going on around you, the U.S. government shutting down – I didn't know they ever weren't shut down (some laughter) – but you can live in the midst of it and you can be sovereign. You can laugh. You can celebrate life, and you can be a [Standard](#) for others then when you're not panicking. You're not getting all caught up in the drama. You're saying, "*Ah, an amazing storm brought clearing to the area,*" and obviously it's going to be a great place to live, because this area has had a huge clearing.

So where were we? Illusion and reality. The fact is that the reality that you perceive through the limited human senses says that there's only a few people here, and maybe even your body, your physical senses are saying, "*Well, there's just a few. It seems kind of empty in here.*" But I ask you, I truly ask you right now to take a deep breath, and even if you're listening in online and you're seeing this pretty empty hall and just me sitting up here, take a good deep breath, because the reality is, beyond your physical senses, that it's very full. It's very, very full with beings, and many of them don't even understand the walls and the ceilings. In other words, they don't have those limitations. There's an energetic dimensional gathering that's taking place, and it's very real.

It's a little funny for me, because in my state of awareness I'm very aware, very tuned into it. And I close [Cauldre's](#) eyes for just a moment so he can feel it, because as I say the eyes are one of the greatest deceivers. They're most closely connected to the brain, so the eyes would say, "*Well there's very few people here.*" But if you feel for a moment from the I Am, you feel from that place within yourself that's true feeling, sensory awareness, the room is actually very full.

So what is occurring is that there is a part of you now that's allowing or opening into enlightenment, and that's getting very, very frustrated, because you know that there's more. But yet your human senses – and math and science and all the rest of that – are saying, "*No. This is exactly what it is.*" But it's not. It's not. There's so much more.

At a deeper level within you and often within your dream states, you know that there's more but you don't know how to access it. In other words, *what tool, what sense do you use? How do you get through this mental barrier that would have you believing that this is all there is? What do you do to open?*

Well, ultimately, it's about allowing. You can't force it. I can't really give you any tools or particularly any exercises. We're going to do an experience today, literally a DreamWalk but ultimately you allow it. You can't force yourself to go out of your mind from within your mind. But you can allow it from within your spirit.

Now, that allowing is going to take some trust, and I'm going to say patience. And more than anything the fear that *what happens if you lose your balance, you lose your place in this reality?* And that's a big fear. *What happens if you just slip out of this reality?* We're going to talk about that today.

Going Through 3D

You are not necessarily breaking out of 3D. You're not going out of 3D. I know in a lot of classes that are taught they talk about the second dimension, third dimension, fourth, fifth and all the rest of that. It's about how you're going to leave the third dimension and go to the fifth. No. Not at all.

I guess you could say it's a way of expressing or stating something, but it's not literally what happens. So what happens, and one of the things we're going to do today, is **you don't go out of 3D, you go through 3D**. You'll have to wait to experience it to get the full impact of what I'm saying. But you don't go out of 3D or 4D or any of the other D's, you go back through them.

So today one of the things we're going to do is to go back through 3D.

Now, the humans self may say, *"Ohh, I just wanted to get the hell out of here. I just wanted to break out, you know, just like Adamus like you broke out of your crystal prison."* Actually, I went through my crystal prison, and today we'll go through 3D.

The net result is that you don't just leave it behind. If, for instance, you're going to break out of prison – you're going to find a way to break out and run away – you've still got all your problems back there in prison and all the problems that got you to prison in the first place. And by breaking out you really don't have freedom. You really don't. You're still on the run. Maybe you have a few better meals than you had in the prison, but that's about it. You're still within a prison.

So when you try to break out of 3D, you try to get out of something that you're basically tired of now, if you try to smash out of it, you're still going to bring it with you, and that's one of the dynamics that's happening. Particularly, I've noticed that in the last couple of months with Shaumbra. If you've had dreams, for instance, dreams about events that happened in your life years ago or if you've just even had the thoughts come through your mind recently and you're trying to get away from them, you're trying to erase them out, it's because you didn't go back through 3D. You didn't go back through the experience. And this may make more sense after we do the experience.

But the fact is that you've been living in a limited reality. It would be like this book. This book. Yes. We'll do it from here. (he holds up a book) So now it **would be like living on top of the book cover, and that's all you see**, is the top of the book cover. **The fact is there are many, many pages here**. And it would be like living on this book and never realizing that all these pages existed underneath with all the wisdom.

You have lived and experienced in a relatively flattened reality. It's not really an illusion, but it's just part of the picture. So as you allow yourself into enlightenment, suddenly what happens is you start to see that there is a lot more to it (he opens the book).

You've been living on top of this reality and that's all you've seen is what's on the surface here, and you've been basically trying to avoid this reality from tipping too much, because you're standing there and when you feel that reality tipping and getting out of sorts, then you get all nervous and you try to get back into what you think is balanced, but it's really a limited reality.

Well, the fact is that **as you allow your enlightenment**, it's going to tip upside down. It's going to open up, and it may even rip apart, which I won't do here. But it may even rip apart, and it doesn't matter, because **at least you're beginning to live within the real reality**, the fuller expanded reality.

Can you image the – I'm going to call it pressure – the dynamics that came into play to get you stuffed into this physical body, stuffed into physical reality and focused just on this very flat plane of existence, and then agree with other people who are also living on this flat plane that you're all living on this flat plane and there's very little, if anything else. Where, in fact, there is a lot more.

Changing Perspective

As you allow yourself into enlightenment, what's going to happen – and what has been happening recently – is a shift of perspective. Shift of perspective. Perspective is a word, and it's one thing that you're going to feel in your life, this shift of perspective. You've been used to looking at the world like the top of this book.

Your senses, your physical senses, have adapted to that and adjusted to that. So then you lead yourself to believe, through programming and your own self-hypnosis, that this is it. But yet there's that 'something else' happening in the core of you, underneath and all around that says, *"No this isn't it."* There's so much more.

So what's happening right now is your sense of perspective is changing. You start to be aware that there is an inside of the book and there's an underside and the book doesn't need to ... the reality doesn't need to always remain flat and calm, that it can turn upside down and sideways, and it can be thrown around without any real damage. So that's what's happening right now. Perspective is changing.

At a very human level it's going to feel odd. It's going to feel very strange, because, well, as you know, things aren't what they seem to be. Everything seems to be getting thrown upside down. On one hand you're trying to stay focused and centered in a world that really isn't real. **It's a limited world and it's just not going to work anymore.** If that's the single message you get from this today – it's not going to work anymore. **So stop fighting it. Start allowing the enlightenment, because, well, (a) you chose it, (b) it's happening.**

***It's a limited world and it's just not going to work anymore.
So stop fighting it.
Start allowing the enlightenment, because, well,
(a) you chose it,
(b) it's happening.***

The perspective is changing to the point where you're not going to see yourself the way you saw yourself before. You're not going to see any sort of reality the way you saw it before – other people, situations, anything.

As I talked about in our last Shoud, the first Shoud of the *Discovery Series*, your whole set of beliefs, which were cemented right there on the surface of your reality, are going to start crumpling apart, and it's going to feel unusual, odd. The way your mind works and responds is going to change. What I ask you to do, what I implore you to do is simply allow it.

If you get all mental about it and you start saying, *"What's happening to me, and here's what I'm doing to facilitate it or to adjust to it; here's what I'm trying to do to keep my center,"* it's going to hurt. It's going to be uncomfortable, and it's going to create yet another level of imbalance within you. Remember that the imbalance really is the discomfort, and the imbalance causes everything to get shaken up. It's going to cause another level of imbalance. It'll work itself through, but *why go into enlightenment backwards, fighting, resisting? Why not go into it gracefully and smoothly?*

So, yes, you are going to go out of your mind. Yes, you are going to go off the surface. Yes, you are going to go out of this reality, but into something much more real, into something much, much more real.

Let's take a deep breath with the perspective.

The perspective right now is generally limited to the human senses, to the values and belief systems. **The perspective, which you see things or intake things, are based so much on the beliefs that you have.**

But as you **allow the perspective, the awareness to expand, it changes the way things are taken in** – things being the information and insights and observations and the way you experience life – and pretty soon you'll find you're not just experiencing the surface. You're experiencing the cover, you're experiencing the pages, and you're experiencing that the book never has a last page, that it continues going on and on and on. That's the beauty. That's the joy. **That's the freedom of getting out of that very limited sense of beingness.** Good.

About 3D

So now we talked before about 3D. There is a whole desire to get out of 3D, but the fact is that you don't get out of 3D; you go through 3D. You go through it.

Again, **you live in a very flattened reality**, just very, very three-dimensional. Very three-dimensional. But if you try to break out of this reality – well, try to break out mentally, it doesn't work. You try to break out of it in some other way – drugs, drama or anything like that – it doesn't really work so well, because there's a lot of things back here that still, you could say, have dynamics to them, still alive, still out of balance.

So take your own life from the time you were a child going through school and into your teens and your adult years. There are still a lot that's, you could say, imbalanced. You want to get away from it, of course. You want to leave it, but it's still there.

Obviously, we've talked about the fact that **you shouldn't try to process it**, because what happens when you process, **you're going back** – you try diving back – **into that limited perspective of what really happened**. You kind of dive back into a tunnel, back to the event that happened in your life from that very limited perspective, and **all you're doing is feeding that limited perspective of what happened**. You're not really trying to fix it, because there was nothing that was broken.

There is a sense or a feeling that there's something out of balance, but ultimately, there was nothing really that was broken. If you try to go back in and fix it, again, **you're just giving more belief, more credence to the fact that there was something that was wrong. And there's really nothing wrong**. The only thing that's happening back there in those events that happened in your life is that you don't have – or you didn't have – the perspective of what really took place. So we're **not trying to negate the experience either**, and some of you have tried **to forget** about it, **to bury it, to put it under**. That doesn't work, because **there's still an imbalance because of the perspective that you had**.

Now, that doesn't just apply to this lifetime. It applies to all the past lifetimes. You don't really have ... for the most part, you're not directly contending with those, because there are still aspects that are out there that are, as you're revisiting imbalanced parts of your life, they're at the same time revisiting imbalanced parts of those lifetimes. So it's all occurring.

Now, if it's an integrated aspect, it's happening relatively smooth. If it's an aspect that's very dissociated or has a lot of dark energy, then you're feeling that effect on you. It's going to come to you with its anger, with its attempts at resolution, because it's so locked into the old perspective, that limited flat perspective, of what really happened.

So what to do? What to do? That's when I say we don't go out of 3D; you go back through – or let's just say through – 3D. That's what I'd like to do in just a moment with a DreamWalk.

Now, this is not a merabh. A merabh is when we sit and just spend a few minutes and allow a shift of consciousness. A DreamWalk is an actual journey and experience. So the energy dynamics are quite a bit different between them. You're actively involved in a DreamWalk. During a merabh you can just sit and allow the change of consciousness. But here in a DreamWalk it's actually a part of an experience. So I'm going to ask for you don't go out of 3D, you go through it. You go through it.

And I'm going to ask you, when we do this DreamWalk in just a moment, I'm going to ask you to be aware, but not mental. It's kind of difficult right now to discern the difference, but be very aware.

As we do this DreamWalk, it's not about drifting off to sleep. It's being very aware of the images, the feelings, the different things that come to you. It might even be one of those "*aha*" moments or you may find it to be very challenging or difficult. But I want you to be very, very aware. Participate in this DreamWalk, because this DreamWalk is going to give you a taste, an example of how to go through 3D and not just try to break out of it. And I hope as we do this DreamWalk, I know that you'll suddenly start to get it, how we do this.

So let's have the lights just half dim, just half, and let's have some good DreamWalk music. This will be a good 15 to 20 minutes so I want enough music to go through the course.

DreamWalk Intro

(Link to the official [Crimson Circle](#) YouTube channel: [Dreamwalk Through 3D](#)).
(Track from the album "Chrysalis" by 2002)

Let's take a good deep breath. Thank you.

For this DreamWalk, take a good deep breath and feel into the energies of this experience.

The DreamWalk starts in the Now moment, right here, right wherever you are. The DreamWalk starts in the Now moment. It's not about leaving the body or leaving anything. It's about expanding.

Take a good deep breath and we'll go out together as a group. But then at a certain point, it will start to be a very personal experience for you.

Take a good deep breath.

You can feel, you've known for a long time that this reality, this limited reality, what some would call an illusion, is only a small part of what's really going on. There's so much more going on.

For instance, there is energy in the air around you, but you wouldn't know and instruments couldn't measure it. There are parts of you that are dreaming right now. In other words, they're having an experience somewhere else, although the key part is the one that's right here – you, that's aware in this Now moment. But there is so much other things going on. The mind blocks it out at times. But there is, my friends.

The belief has you thinking that everything is in linear time. It's not. It doesn't mean everything is occurring simultaneously, that's not so true either. But things unfold with experience and with wisdom. That's cosmic time – experience, wisdom, expansion. Expansion that goes in and out, up and down at the same time.

There is so much more to life here on this planet – much more than even just the beauty of relationships that you have or the beauty of trees and forests and rivers and animals and stuffed animals – so much more. That's why you've chosen to be here. To discover – to discover – what has always been here but what has been shut out through limitations, through programming or just through your desire to have that very compressed experience in this thing that you call 3D.

The inspiration was to be here in the body and to experience what's really here on many levels simultaneously. Not just one at a time, but to experience. To experience angelic beings that are as real as the human beings; to experience yourself walking through a forest but floating through the air as well. These aren't pipe dreams. They're not just hopes for some utopia. It's why you wanted to be here.

There's so much more going on right now than just this human who is aging year by year by year, going through some experiences. There's so much more going on at a soul level, at an intimate level. There's so much more than just challenges of life, so much more. It wasn't really designed to be challenging. So much more than goals and plans and ... so much more that life can hold. And that's why you chose to be here.

Let's take a deep breath as we journey out on this DreamWalk, out in a way of expansion.

Here we have this thing called 3D – limited, very solid, very real in a way, but also very, very isolated. Isolated not just from other-dimensional things happening around you, but isolated to yourself. In a way, it would be like – the human reality would be like – being in a symphony orchestra and being, let's say, in the string section playing the violin, but only hearing the violin. Only hearing the violins around you. Nothing else. Just hearing that.

Now, it's interesting, because at least you really get to focus on the violins and your own playing and the interplaying between you and the other violin players. But yet there's part of you that knows there's a whole symphony playing. There's so much more. So you expand. Through allowing you expand to where at least you can let yourself hear the other strings. The other strings, the beautiful strings that are playing. Not just the violins.

But yet there's more. There's more to this symphony. There is the woodwind section. The beautiful woodwind section – ah! – with its notes and its music, different than your violin but yet in harmony with the strings. Very different how it's played, the sounds that it makes, the vibrations that it gives forth, but yet in resonance with your little violin section.

And then you allow yourself even more awareness. Just by allowing. Not by forcing. Not by demanding. Just allowing. And as you allow, as you ease into that allowing, suddenly you realize there is a double brass section. Ah! Trumpets, trombones and the horns – oh! – so different than your violin, so bold and dynamic and emotional, but yet in resonance, in harmony with your violin. Very different, absolutely different the way it's played and the notes and vibrations it puts out, but yet it's in resonance.

You see, it's not discordant. It's not separate. It's all part of the same symphony. Just as the third dimension and the fourth and the fifth or whatever, they're all resonating together. They're not different houses. They're just different rooms in the same house.

And then, finally as you really relax into this and take that big bold move of expansion, then you realize there's a percussion section. Boom! Ba-boom! Big sounds, sharp sounds, deep underlying sounds, rhythm, beat, like the heartbeat of the orchestra. So different than the violin. Almost, oh, seems crass at times compared to the violin, but yet it adds another quality, another layer and another level to this thing called life, this orchestra, this symphony of life. It adds depth, and it resonates, it harmonizes with your violin.

You take a deep breath and you allow yourself to be in all of these realities, and you realize that you can tune in just to the percussion or just to the horns or just to the woodwinds. Or you can combine drums and woodwinds. You can put them all together. Now you can even bring in the vocals, the singers, the beautiful human tones and it harmonizes once again. And you think to yourself, *"I thought the world was just a violin, and yet there's so much more. And it harmonizes. They work together. They're all pulsing, resonating, moving, flowing together."*

That's an analogy for what it's been like on this human 3D journey – flat, relatively linear, overly focused. As you allow yourself into the enlightenment, you start to realize there's so much more. And in every section, in the woodwind section, there's you playing. And in the horn section there's you playing. In the percussion, there's you drumming away, and in the vocals, there's you singing, you see. And they've always been there.

They've always been there, but living in that 3D linear violin reality, you just forgot about it.

You're allowing that to change right now. You're allowing greater perspective, greater awareness. And again, I didn't say forcing, making, studying or efforting into it. It's just allowing into it. That's what you're doing.

Sometimes there's a panic that goes on deep within you – *"What am I doing? What's going to happen?"* Remember this example of the orchestra, because every section, every piece is working together. You can literally feel yourself moving energetically – your awareness moving – from section to section. You can leave violin for a minute and go over to the woodwind and be there, and there's you playing. In other words, you don't have to just be the violin player.

Is it going to throw the violin off? Is it going to destroy the violin? No, but it will change the very nature of your perception as yourself as only the violin player. It will. That in itself will cause a bit of discomfort at first, because you've identified with being the violin. But you will adjust. You will come to realize and be aware that there's more than just that identity.

So now with that, let's go on our journey. In the expanded symphony of you let's go on that journey.

DreamWalk Through 3D

You've had many years on this planet. You chose to come back at the best of times, but yet perhaps the hardest of times.

You chose families based partly on karma, partly on convenience. You chose early life experiences that would ultimately funnel you into your awakening. You did.

You chose experiences that would keep you from getting distracted.

You chose experiences of love and of careers and of so many other things that really kept you from getting distracted, kept you from coming into embodied enlightenment. Sometimes the methods that you used were rather harsh to keep you into this funnel of your own enlightenment, but this is what you were determined to do.

But what we have now are a series of experiences that you had growing up with your parents, with friends, with unfortunate situations, money situations, maybe, and, unfortunately, perceptions or beliefs about yourself, sometimes so difficult, so loathing of yourself it's hard to even face. But I want to take you on a journey here to those experiences.

Now, we're not really going back, because those experiences are still here. In other words, we're not going back in time. **We're going to go to those experiences. Not trying to process them.** We're going to **go back to observe them**, and as you observe and **you allow, you can collect, bring in the wisdom of what really happened.**

There's no need to go back into the drama. You're going to perhaps feel some emotional pain or imbalance, but I want you to remain as **the compassionate observer** into these incidences in your life. As you do, as you remain that compassionate observer, what happens is the wisdom, **the wisdom and beauty of those experiences are distilled into pure wisdom for the soul.** And suddenly, maybe now, maybe later, suddenly you get that "aha" that that experience was not really what you thought it was. It was just one perspective. It was just one emotional perspective, but so much more took place.

~ Infancy

So let's go back to when you were a child. You first started to really realize that you were – consciously realize – here you were in human form, a very young child, one, maybe two years old.

Take a good deep breath. Feel back into that experience.

Things happened back then, things that were difficult for a sensitive soul like yourself to handle; harshness in the world around you.

One of the biggest things that occurred to so many of you back then, a type of trauma or tears, finding yourself back in physical body wondering, worrying if you would be able to uphold your commitment to yourself, wondering if you would be able to stay true to you in yet another physical incarnation that had so many distractions.

You were aware that there were incarnations before you that had gotten very distracted, gotten steeped in karma, imbalances. Here you are, one year old, one and a half, wondering how you can possibly get through this gravity, overcome this gravity, this psychic gravity of another lifetime on Earth.

It brought up so much pain, so much feelings of weakness, overwhelm. But, my dear friends, there was also hope. There was determination. There was also that light that you brought in with you into this lifetime, that you knew could not be extinguished no matter what happened, no matter who tried to extinguish it, no matter even if you tried to run from yourself that this light that you brought in was going to shine and shine and shine.

Observe yourself, a sensitive child, but yet a very wise being.

There was so much more happening there than just the shock and realization that you were back into another commitment, another lifetime.

~ Childhood

When you were, let's say, anywhere between about five, maybe eight years old, there was that starting school, the words from parents and teachers that you shouldn't do this, you can't do that. And you found yourself now trying to conform and trying to please others, starting to block out the knowingness of who you were, intentionally. You found various ways to do it, mentally and physically sometimes, blocking out, trying to conform, trying to be like the others. Intentionally shutting down.

There was a deep anxiety within. *Would you ever, ever awaken? If you shut down, could you once again awaken?*

Part of you knew the time wasn't right. Some of you felt that, out of love to your parents, that you couldn't expose yourself for who you truly were. So you found ways to shut down. It hurt. It hurt deeply. It created wounds that would cause other experiences – experiences with children bullying you, experiences with your parents getting angry, experiences with getting in fights. Those weren't what were really important. It was this incident, this feeling of shutting down.

It caused such a tremendous anxiety that you found yourself angry, trapped, and once again wondering *could you ever wake up? Would the world ever be ready to see you for who you truly were?*

Be the observer of this time in your life.

As the observer, feel the wisdom in what you did. What you remember was the shutdown, the trauma of the shutdown. But what was really going on here is you were just allowing yourself to wait – wait until the time was right. What was happening is you were allowing yourself to really be in life, once again walking in the human shoes and the human experience; once again, feeling love and pain; once again, empathizing and having compassion for the human journey.

~ Teens

As you went into your teenage years – energetically those years right before and right after puberty that were so energetically intense – you found yourself conflicted with so many belief systems. Found yourself almost forcing yourself to adapt belief systems from society, parents, teachers, other kids, and you knew they really weren't quite right. Something deep within knew that these beliefs systems weren't the truth, your truth. But you allowed yourself to adapt to them, to bring them in as your own and literally to program yourself into these belief systems.

These belief systems ultimately caused you a variety of experiences, some of them traumatic, difficult, things you still might feel guilty about or shameful about. But as we are in this DreamWalk feeling, observing, I want you to feel the wisdom in what you did, for in order to really allow yourself freedom in this lifetime, it was important to know how belief systems are created in order that you would eventually be able to release all the belief systems, or at least to use them at your pleasure. Oh, the belief systems that you can always use at your pleasure and then release them.

I want you to feel into the wisdom of things that happened here, particularly, for most of you, right in that age of 12, 15, 16 years old. Basically, digesting belief systems that really weren't yours.

It created the other traumatic events, and you see many times when you've gone back to things that happened to you in the past, when you've had reminders about some traumatic experiences, you weren't seeing what really happened. You were blaming it on that experience saying, *"I made a mistake. I did something that good girls shouldn't do. I did something that hurt somebody else."* But, you see, you didn't have the perspective or the awareness of where that came from, why that was there. It was there because of belief systems that you took in that weren't yours.

That's the perspective. That's what caused those other things to come to be.

~ Young Adult

And then you come into that very linear part of life, for so many of you. After you got out of school, graduated school, you started working. You got very linear. I was amazed watching so many of you, how you could force yourself, especially after some of you had a very liberating college experience, then you forced yourself linear – jobs, families, bills, commitments.

I would say that's perhaps one of the hardest times, because it was, in a way, boring. It was linear. Now you were in a groove, in a type of, well, trap and you knew better, but you didn't know how to do it different. Everybody else had families. Everybody else had jobs. Everybody else had bills. *What were you going to do?*

Well, you knew it would be a huge distraction to go off and live in some commune or ashram, so you just went through it – linear. That was difficult. That hurt. It was almost like you couldn't see the end. You could see the end of things, eras or cycles within yourself when you were in your childhood and your teens. But here you were now – *would you just live and then die in this linear limited set of realities?* It went against the grain of the real you. It became tedious. It became so tedious.

There was part of you that was screaming out. I'm not saying that there weren't joyful moments, but something within you was screaming out, *"This isn't it! This is not why I came here! This is not what I choose,"* but you continued with it. Now that caused some experiences. And experiences created the trauma, and the traumas are what you go back to. You go back to revisit that bad fight you had right before a divorce. You go back and revisit

things like something you did to another that you knew hurt them. You go back and revisit that trauma or that pain, rather than feeling into what really happened, why that happened.

So we go back now, back into the 3D, but as the observer. We go back as the one who allows – **allowing yourself to realize what was really going on**. Not to focus on specific events, but **to feel the beauty of what you were doing, the beauty of your journey**.

Oh yes, it caused a lot of experiences that might have been hard that still seem to come back and haunt you in your dreams and in your waking state even – flashbacks, memories, pangs of guilt or shame. But as we go back through 3D, **go back as a Master, we go back in the I Am perspective and realize what was really happening all this time**. Going back, you could say, to gather, to harvest the wisdom and to release the traumas. Back to, in a way, re-experience.

And you see at this very moment while we're sitting here, while we're going through this DreamWalk, the experiences actually change. Yes. What happened actually changes.

So what might have been a very traumatic event in your life with locked-in trauma, the emotion locked in to your cellular self, your memory self. But now as we go back through 3D, the actual experience changes. It's an amazing thing.

What happened didn't happen.

It's not like everything's erased. It's everything blossoms. Everything comes to its full color. Everything comes to its full reality. It's no longer locked in that reality that's the top of the book cover. Now it becomes the whole book, and what you thought happened was actually far grander, far wiser as you go back through 3D.

As you go into a greater sense of awareness and dimensions, you carry with you the wisdom of 3D, the wisdom of everything that happened in what you call your past. You carry with you the beauty and the joy, the sweet nectar of wisdom, as you expand into other dimensions. You bring with you this crown – yes, a beautiful crown – of what you've done here in this reality.

And the beautiful thing is that you **can continue to experience in this reality**. There are some that would lead you to believe that as you go off into a fourth and a fifth and the sixth dimension, that you suddenly are no longer in the third – if we're going to use numbers or identify them that way – not at all. You can continue to experience here, but no longer as just the violin player, no longer as just being in the string section, but now – now – in every part of the orchestra. **You continue to exist here, but in a much more aware state of being with the perspective of yourself as the Master, rather than the student; with the knowingness of the I Am, rather than the limitations of the human.**

You continue to exist here, but in a much more aware state of being with the perspective of yourself as the Master, rather than the student; with the knowingness of the I Am, rather than the limitations of the human.

Take a good deep breath ... in this experience, this DreamWalk through the 3D.

You'll find yourself, my dear friends, you'll find yourself re-experiencing this. What I wanted to do with you today was just a taste of what it's like to go back through. And when you go back through you'll discover it's not what you thought it was; not at all, because as you allow your enlightenment, you also allow yourself to start perceiving a greater reality of even the past.

And as you allow this more open awareness of the past, you're also allowing greater perception of the future, of all of its potentials. You'll realize you're no longer locked into beliefs, no longer locked into your past. You're no longer locked into any limitations in the future. You're no longer living on the cover of that book. You become its pages. You become the paper. You become the story that continues on and on, even beyond the book itself.

That's what it's like for an embodied Master.

When I said before that few angels have gone where you are right now, few have ever gone back through 3D. Few have ever gone back through their past. Few have ever allowed themselves to garner, to harvest the wisdom of their lives while they were still living, while they were still here. Oh, they would have wanted to, and that's why, my dear friends, you chose to stay through this rather than leave; to be here in awareness, full awareness, in the full I Am.

Let's take a deep breath, as we come through the 3D.

Take a good deep breath, very present in the Now moment.

Perspective is changing, your perspective, when you can get off that cover and allow yourself to go through right now basically the rebalancing of the imbalances. You're not rebalancing back onto the cover of that book. You're rebalancing into a far grander state of awareness, a far grander reality. That's why you chose to be here.

Let's take a good deep breath, as we bring the house lights back up. Take a good deep breath.

Few angels have ever, ever come this far, gone this way, allowed themselves to go back – not really back, but to go through what they thought they were trying to leave. Few angels have ever got to the point where they could allow their enlightenment, their awareness at such a level in such a dense reality. Very few. And you're doing it. All of you.

A World Waking Up

Now, *what about the rest of the world?* Hm. Hm. *What about the rest of the world?*

The world ... (Adamus sighs) So many humans right now are at that point of choosing the awakening. Yes, many are in the early stages of awakening. Many, many are at that point of choosing awakening.

It's kind of an exponential curve here. If only a few humans are allowing their enlightenment, it doesn't set up the dynamic for a lot of humans to start choosing their awakening. But **when enough humans are allowing their enlightenment**, it sets up kind of a ... **it's like a sunshine effect on the ones who are still living in that very limited reality**, still living on the cover of the book. But you could say that your allowing of enlightenment becomes the sunshine onto the cover of their book where they start seeing it's just the damn cover. It's not all of the reality.

So we have a lot of humans right now on this planet that are just about at the point of choosing their awakening or in the very early stages where you can still choose not to awaken. They can choose to just stand still. It creates some interesting dynamics that you're seeing in the world around you, you're seeing in the news. You're seeing that it creates a lot of odd and bizarre behavior, but that shouldn't be a surprise, because, well, that's what you did when you were just going into your – oh yes, you remember – when you were just going into your awakening. A lot of crazy things happening right now.

Now you know, but I'll remind you, don't get caught in the drama. Don't get caught in the drama of *"The world is falling apart."* No. The cover of the book is changing. It's turning upside down, inside out. Allow them to go through their awakening however they choose or not choose. Allow them not to choose it.

It's going to be more and more difficult for humans in these next few generations to try to stay asleep, because the sun is shining – heh, the sun is you! – because that sun is shining so intensely right now on old systems and values, old beliefs, old limitations. So there is this tremendous, you could say, kind of a pressure on the world right now and on the incoming angelic beings who haven't been here before, tremendous pressure to wake up.

Now some of you know what it's like – you're literally sleeping in your bed, sound asleep and somebody tries to wake you up, or an alarm clock, and you know what some of you are like. You're like bears. You're groggy. You don't want to wake up. You're resisting. But you know you're going to wake up sooner or later, because they're going to keep pushing at you, that alarm clock will keep going off, and that's kind of what it's like on this planet right now. Not to say everybody's waking up, but there are enough that it's causing a tremendous pressure. So, in other words, things will continue to change at a very, very, very fast past.

Then things happen, like your weather that happened here comes to clear out stuff that's no longer needed. So, yes, you're going to see more weather events. You're going to see more people – you know how it is when they get agitated, they get riled up – you're going to see more people trying to feed off of others, more drama, because it brings up the imbalances. It brings it up for resolution.

So you're going to be right in the midst of all this craziness. Right in the midst of it. But you, my friends, (a) don't have to solve it; (b) don't have to get involved in it; and (c) can have great seats at the grand theatre of life to just watch what's happening, and to be the observer and the Standard and the sunshine all at the same, but to allow yourself to really enjoy it.

Now that's, I would say ... I'm going to throw the gauntlet out there. *Can you have the compassion to actually allow yourself to enjoy your life first, and second, even to at least appreciate what others are going through?* Now, I know that you're going to say, *"But humans are suffering every day."* Yes they are, and they're choosing it, and you did it. You chose it. You chose it when you were going through your suffering. And you're going to say, *"But the world is filled with war and chaos and all the rest ..."* Well, yeah it is, and it will resolve. It will resolve.

I'm not at all endorsing any of this. It doesn't have to be that way. But **if you allow yourself the joy of life, if you allow your enlightenment, that is going to have more effect, this sunshine effect, than anything else.** The funny thing is you're not trying to be the sunshine to change them. You're doing it for yourself, but it does have a bearing on them.

So I mention that particularly because today there is an energy here in the room. We have Shaumbra. We have angelic beings. We have stuffed animals and we have a little bit of everything. But there's also a very interesting dynamic in this facility, and it's these government workers that are here for the disaster relief. And they're doing a wonderful job of helping the residents in the area. But it creates an interesting energy that's mixed into this Shoud for all of you to feel, because *what are they?* Aside from working for the government, they are energy holders. They are where you used to be, where you came from as energy holders. There's still a bit of a desire to go back to that. Not necessarily to work for this particular government agency, but to be there as the energy holders. And they're doing a great job assisting others, holding the energy.

It's kind of an interesting reminder, because even as we were doing the DreamWalk, that energy was very present in what we were doing. Some of you may have even consciously felt it or been aware. That old pullback, that old tug to say, *"Oh, those energy holding days. Oh! That's when I was serving the planet and everything else."* But I want you to realize right now it's about serving yourself, letting energies serve you. It sounds selfish. It's not. It's what you came here for, and it has more of an effect on Earth than all the FEMAs in every country put together. Just one person. Just you.

Let's take a good deep breath in this very special Shoud, Shoud 2 of the *Discovery Series*, where we take a walk back through 3D.

We go back through it, not hopping out of it, not trying to break out of it. We go back through it with compassion and appreciation and realization that you can still be in that 3D, but you can be in any other dimensional quality that you choose. In other words, enjoy life.

And remember always that **all is well in all of creation.**

With that, Namaste.

(Please also read: [Addendum D: Simplicity](#))

03 – Discovery 3 – *The Knowingness*

Having A Body

Lovely to see so many of you here. Lovely bodies you have, hm. (a few giggles) No, truly. Truly. Can you imagine the joy of having a body and being in it? Oh! I can vaguely remember my days when I had a physical body. Oh, I know sometimes you curse it. You cuss it. Sometimes it's filled with pain. Sometimes it gets old, maybe a few wrinkles here and there, but such a delight to have a physical body.

I'm occupying *Cauldre's* body just for a few minutes here, which is okay, but my dear friends, to have this body! Take a deep breath into it. Oh! This isn't the thing that makes you a human. No, the body is not what makes you human. No. It's the consciousness – or let's say the limited consciousness – it's the perception from which you operate. That's what makes you human. Just because you have this physical body doesn't make you a human. Not just that. You can go out in the cosmos and bring your body with you. That's not what they're looking at. They're looking at this perspective that you have, the level of awareness.

***But to have a body –
what an amazing thing! You can be sensual, and even sexual.***

But to have a body – what an amazing thing! You can be sensual, and even sexual.

To have this thing called the body. Just breathe into it for a moment. Ohh! Eat into it. Love into it, this body, yeah, because, well, you're going to need it. You have a lot of years ahead of you on this planet. No, you're not going to be leaving any time soon. Although once in a while you wonder about it, think about it – “*Oh, what a relief to get out of this human consciousness.*” No. You're just getting out of your body, and then still take that human consciousness with you.

Oh, and that's a badge of honor, by the way. You go to the other realms, hell, you go to the Near Earth realms and you say, “*I just came through yet another human biological experience*” – oh, they cheer you on. Yes. You go to these other dimensions with some of the alien beings – oh, it's such an honor to have been an embodied human. So breathe into your body, love it and appreciate it.

Adamus

This facet of *St. Germain* that's called *Adamus* or *Adamus* (pronounced Ah-de-mus), I love it. I love it. It's kind of a co-creation between you, *Shaumbra*, and me. I had the desire to do it, but I didn't quite have the group to do it with, until you came along, and then we created *Adamus*. Pretty amazing isn't it. Yeah.

No, I love the *Adamus* persona, this facet of *St. Germain*, because, you know, there's a lot of messengers out there for *St. Germain*. Some of them have a contract, an agreement with me. Others feel into me and feel into this essence, but *St. Germain* is a little bit boring.

You know there is such a tightness at times in this spiritual journey, such a reverence, kind of a false reverence. So to be able to break away from that kind of boring *St. Germain*, it's such a relief for me. I can come here. I can hop into *Cauldre's* body. I can be in a lot of your bodies too all at the same time. I can be a joy. I can be laughter. I can be irritating. I can be obnoxious, and just wait ... we have a long time ahead of us.

Adamus is the co-creation, you and I. It's the part of you that would really like to break out and to be irreverent and to be undisciplined, and to do the things, you normally wouldn't associate with being spiritual. But there is this perspective, this overlay of what spiritual is supposed to look like. I'll tell you, and we'll get into it today.

You aren't going to get to heaven in that car, in that spiritual car. No way. I'm going to show you why and why not.

Often called irritating. Irritating. *Oh why?* Because you want it – we want it – because we've got to find the way out. We've got to find the way out and today we're going to definitely take a look at that.

For some of you tuning in thinking you're going to get a nice spiritual message, no. We're going to be raucous.

We're going to be rather crude at times. We're going to do the things that you would never expect would happen in a spiritual group, other than an orgy. (laughter) But other than that – other than that, my dear friends – we are going to go outside of the spiritual box today.

We do it a bit different here, because you allow it. Some of you allow it. I notice there's not so many today. You'd think, with the profound wisdom, the wisdom of the ages that's coming through these Shouds – yours and just with me messaging it back to you – you would think with the profound wisdom that is here that's going to bring joy in this lifetime, that's going to save you from having to do this lifetime thing about 30, 40, 50 more times; with the humor that we do it with, with the amazing wisdom – all free of charge at the monthly Shouds – you would think there would be a line out that door all the way down the canyon into Denver and out to Kansas with people just waiting to hear, *wouldn't you? Wouldn't you?* I mean, you would think that national television would be here with their satellite trucks and dishes filming this because of the profound simplicity that you are discovering.

Shaumbra Gossip

We are going to gossip. Nothing wrong with that; you can be enlightened and gossip. As a matter of fact, the more enlightened, the more gossip. The funnier it gets. *Why?* Because then it's not vicious. They're funny stories. They're very funny stories. So today let's gossip about those who aren't here.

We're going to talk about Shaumbra. Yes.

So take a moment to feel in about Shaumbra. We're going to do a composite – a Shaumbra composite here – with a lovely ... Not sure if that's a smile or a laugh. *So what is it about Shaumbra?* It's just us here.

Let's talk about the attributes of Shaumbra from the standpoint of their desires – *what do Shaumbra desire?* From the standpoint of their beliefs – *what do they believe in?* From the standpoint of their truths – *what are their truths?* In other words, *what is really true to them?*

From the standpoint of their reality ... their reality. *What about Shaumbra?*



"I would say that most Shaumbra feel that they are finally getting the answers."

Getting the answers. Good. Okay. Finally getting answers. That's a good one. *Are you?*

"Most definitely." Most definitely. "Mm hmm."

What's the best answer that you got? *"Yes."*

Good. And what was the question? *"Doesn't matter. (Adamus chuckles)."* Oh, wise one!

What are their desires? What's their reality? What are the truths? What are their spiritual truths?

"I need my soul mate. He has to be perfect and spiritual."

What else about Shaumbra, because I've heard you ...

"They think too much. Thinking too much, far too much."

Think too much. Okay. *And what do they think about?*

"And I'm not doing this sugarcoated, because if you ask me, I'll tell you." "Their enlightenment."

Getting laid. (Adamus chuckles)

"Oh yeah, yeah. They don't admit to that. They told me that on the sly, because I can see it all over them. And I get it out of them. The true desires. But then they're like, "Why can't I have that abundance?""

"So they think too much, and what do they think about?"

"Beyond sex, their enlightenment and why they don't have any abundance. Their stinkin' thinkin' I call it, Larry. Stinkin' thinkin'."

And what do they think about their enlightenment?

"They say, "What the hell! I've gone to all these workshops all these years and I'm still broke." Duh!"

Good. *And why do you think they want enlightenment? What do they think enlightenment is?*

"Well, they got on this train a long time ago and they want it to pull on the track, and they're just – I don't think they think too deeply into it."

Okay what else? Shaumbra come – we have some good ones going here. We started off a little makyo, but now we're getting the good stuff. Okay. *What else?*

"They want to be famous!" Oh yes! They want to be famous. They do, actually. They do and they don't. Okay.

So they want to be famous, and *are they?* *"No. That's why you have to dredge me up."* And what is it ... *"And I'm not even famous!"* Why is it that they want to be famous? *"Well, that's a validation. That means you're loved. You're ..."* *"Look at Kim Kardashian. How can you question? How can you ask?"* Such a good role model. *"Why?"* Yeah. So validation. Excellent. Validation *at what level?* *"Well, it depends on the group. (she chuckles). Depends on who thinks you're famous."*

Yes. Well, the validation is kind of that human self, what I call the little human self, that is trying to feel like a big human self. And it wants the validation from others. It wants ... that part wants to walk in a room and everybody to go *"Oooh. Aah."* *"There goes ... whatever."*

And then the validation from themselves, of course. The validation – *"Ah, I made it. Because I'm famous I did something great that I'm really noted for. Because I'm famous I must be kind of enlightened. Kind of. And because I'm famous I'm probably going to have some money and I'm going to have happiness and peace."* Yes. *"Sure."*

Yes, it is addictive! Because there's usually somebody more famous ... Usually, somebody more famous. And it is an addiction, not that I ever had that problem. But – but I had notoriety, and I like to say there's a difference between notoriety and fame, although there's really not. It's just a nice way of saying it. But addiction, they want to be famous, and it is addic- ... addic- ... (he's spelling it out) ... tive. And ...

It is kind of addictive and it's crazy and then they look in the mirror and say, *"I must have done something important in this lifetime."* So would it be fair to say most Shaumbra – *are they famous or not so famous?*

"Not so famous." Not so famous. But yet *do you think they're looking for fame?* "Somebody said no. Okay.

Good. Not so famous. *How many here – you can just answer to yourself – how many here of you have kind of dreamt or desired about being kind of a little famous?* Just a little. Yeah, I mean, it's natural. It's natural. Part of it, if you take a look from the other perspective, it's also taking pride in what you've done and recognizing that other people recognize what you've done. But it can be a trap.

How many here – and you don't have to raise your hand, because we're just gossiping with each other – how many of you here have thought at one time or the other in the past, *"Oh, you know, I'll be enlightened. I'll be kind of right up there with Yeshua and Buddha and Kuthumi. Not St. Germain, nobody can aspire that high, but I'll be right up there, and yeah, I'm going to be a Master, a teacher, a healer. Wwffft! Healed. Zap! Whoa! Everywhere I walk, people – 'Ah! Please would you heal.'"*

And, in a sense, that's interesting, you know, because there is something to be said about helping those who are truly ready to be helped. But in a sense, it's – I'm going to say, I'm going to put the label on it – it's power. It's power, and I just got done in Colombia talking about power and asking the Shaumbra that were there to pull the rug of power out from underneath them, to live powerlessly, without power. It's an amazing way to live. You start discovering how much of your conflicts and problems are derived because of power.

Let's continue the gossip circle. *What else is it about Shaumbra? Think in terms of what are their desires? What are their realities? What are their spiritual truths? What is it about Shaumbra?*

"We are the world's best breathers." Why is that? *"Plenty of practice."*

What do you think happens when most Shaumbra – when they're asked in a group like this to breathe – what happens? *"It's just a natural opening. It just comes naturally. All the other advice ..."*

Where do you think they go? *"Um, closer to their true self."* Really. I mean really? *"A, ha! It is the easiest way to get to center, because of all the advice you give us and that we give ourselves, it's the easiest thing to do. It works every time. It's badass."*

You know instead of all the mantras and the chanting and, you know, remembering certain lines and phrases or whatever, it is pretty easy. Unfortunately, just between us boys, I have to say that most of the time when Shaumbra are asked to breathe they go straight out of their bodies. They're not doing conscious breathing. Breathing gives them a license to leave for a little while. They go into la-la land.

They don't do the conscious breathe, the real conscious breath that brings up the feeling – not the thought but the feeling – *"I exist."* Take a breath on that. Wow. Yeah. A lot of them go out, but that's okay. At least it's a reprieve. At least they're not really getting mental. At least they're just relaxing. There's a biological change that takes place at least when we say the word *"breathing."* It's like a hypnotic *"Breathe"* – *"Haah, okay."* Good. Good. Okay, best breathers.

Yes, and *what else? What else about Shaumbra?*

"Um. We think we're better than everyone." Ah. I like that. I like that. *"I mean, not in a snotty way. We are some kickass angels. I mean ..."*

Who do you think they're ... "It's not bragging if it's the truth."

Sure, sure, sure. No. No, actually, you know, that has an interesting dynamic to it – “*better than others*” – which is good. Now, a lot of people would say, “*Oh! Shame on you for thinking you’re better.*” It’s like, *why? Why not?* I mean ... I Am that I Am. I can’t help it! “*I can’t help it I’m so damn good!*”

I Am that I Am. So yeah, yeah. And the question I have for you ... a lot of times they do think they’re better than others, and I purposely play right into that. I love it. And I love telling Shaumbra that I love working with them, because I do. It would really be boring to work with some of these other groups. Truly.

But the question I wonder at times is, *is it just candy? Is it just a little drug, a little cocaine of the day? Is it just a feel-good, you know, just to get them back propped up a little bit to walk out the door and go face life?*

I don’t know. I’m not making any judgment. But ... but ... and *is it a bad thing to think I am different than others?*

Different in a way that I like and I appreciate even if they don’t ...and yeah, I’m better. So. Yeah. That’s a very interesting observation. *How do you feel?*

Let’s say you walked down to church tomorrow, which ain’t going to happen, but let’s just say you did. You walked in the door of church and the priest is up there doing his priestly kind of thing. *Are you going to think, “Pffft! I’m better than this?” “That’s very interesting you say that.”*

I know it is. Everything I say is kind of interesting!

“I actually went to a funeral just yesterday, a service, and as the preacher was doing his, you know, “We are God’s children and he gave you life” and all this. Everybody was, you know, out of their body.”

They always are at funerals.

“And then afterwards everybody just slowly seeps back into the same old grind they’re normally in.”

Yeah. It’s interesting. I pop in on some funerals now and then just for grins.

Things are a little slow with the Ascended Masters. And I pop in, and it’s so interesting, because at the funerals there is the kind of the perception, the kind of the façade of sadness, and once in a while there actually is. But come with me some time – we should do a DreamWalk to somebody’s funeral – but come with me some time and they’re thinking about what they’re going to have for dinner. They’re thinking about their vacation. They’re thinking about sex. They’re thinking ... yeah, in a church at a funeral. They’re thinking about all these things, and a lot of guilt. A lot of guilt, their guilt. They’re really not thinking of, “*Hey, how’s Bob? How’s Bob doing on the other side?*” They’re afraid to know that Bob is sitting right there with them, and Bob ain’t happy. Good. Good.

Anything else? Anything else for our gossip list? Nothing like a little Shaumbra gossip. What is it about Shaumbra that really annoys you?

“We’re all waiting for our enlightenment. Every month. We’re waiting, we’re waiting, we’re waiting. And then we’re easily distracted. But we’re very committed, I think. Like “Where is it? When?!” (someone shouts “When?!”)

Yeah. By 2012, 2013 ...2020.”

But you know, this is at the top of my list.

What is it about Shaumbra? They’re all waiting. I mean, they’re all waiting. I can dance up here for a while, not forever, but for a while. I can distract, because that is my job, by the way. I can distract for a while, but they’re all waiting. I go back from a lot of meetings, and I go to my castle, one of my many, many, many castles, and I ... And I see they’re all waiting! So I don’t mind – I’m entertaining myself, if nothing else – but they’re all waiting. Yeah. *Why? “I don’t know. I think maybe we’re waiting for some magical moment where things just instantly change. You wake up and you feel different. You feel connected. You love yourself. You don’t care about being famous. You don’t care about anything, because you’re just so ... I don’t know.*

Oh, let’s stop right there – you don’t care about anything.

No, no, really. No, I mean, no really. You don’t care about anything. Period. Maybe that’s a little secret clue in our game of gossip – **you just don’t care about anything.**

Now, most people would say, “*Well, that sounds awful. That sounds so boring. You’re supposed to care about things.*” *Really?* I mean just imagine for a moment if power was pulled out from your life, if you stopped playing the power game. **Power is everywhere.** It’s in politics. It’s in money, business, your relationships with others, everywhere else. **Everybody plays power.** Power came to be because there was a belief that there was a limited amount of energy and you had to steal it from someone else, because you certainly weren’t going to bother looking within yourself for energy or consciousness or answers. So it started the whole power game, which has never really stopped. But it’s all an illusion.

Power is an absolute illusion, because everything is within, and that which is within attracts all the energy that you could ever need and you never have to steal it from anyone else. But everyone lives in this illusion of power, lives in the illusion that you have to be doing something and that you have to care about something.

I contend that **you don't have to care about a damn thing. Then you're free to actually enjoy everything.** Powerless. Without having to play the games. You can actually finally start appreciating having a physical body and not worry about it aging or getting sick. You can actually enjoy being with other people without worrying about them stealing your energy, twisting you, lying to you, deceiving you and all the rest of that. Oh, so easy.

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But everyone lives in this illusion of power, lives in the illusion that you have to be
doing something and that you have to care about something.***

So I liked when you said you just don't care about anything – period. Mm. But Shaumbra will fill in the blanks.

There's always – I'm going to put mine on here – there's the what I call the infamous "Shaumbra but." One "t." There is the Shaumbra but. So we'll be talking at a workshop or talking in our dream state, and you're getting right ... not you, they. They're getting right to this threshold of enlightenment – "but ..."

Oh! *What am I to do? What am I to do?* Just bring out the wheelbarrow, fill it with all the buts and haul it back over to the other side for a while. There's the but – "But!" Yeah. Like that. Let's try that once again.

There's always the inspirations, everything else, and then they get right to the moment of enlightenment – "But!" Good. *What else? What else?* Oh, I'm having fun.

"I like the part about feeling better than other people. In my life right now I think it's still about rules. I think Shaumbra's tired of the rules. We still live by them, but I think we're tired of them. Tired of rules, looking for freedom."

Rules. Still ... still trapped in them.

"I mean, the old red light and green light – that's pretty good, we've got to have that – but some of these other rules that we have..." Good. Good. Yeah. Give us an example of a Shaumbra rule.

"Umm, that we have to fit in. And we're done with that. We don't need fit in anymore. We used to get our head whacked off for it back in the old days, but I think that's changed too. We can do more enlightening. And I noticed it out in the restaurants or whatever. I see people and they kind of cringe when I tell them I've had 1400 lives maybe, and ... But I can't prove it to you. But you can't prove to me that you're only on your first life. Yeah, and it's a ... People are listening more, from my perspective anyway."

Good. *Anything else about Shaumbra? "Oh, we're a crazy bunch."*

Shaumbra gossip. *What is it about Shaumbra, huh?* At least speak your mind, speak your heart. Let's not hold back.

"Well, I'm fine with them. They're okay." But what about ... what about ... what are their desires?

"Enlightenment and thinking that through enlightenment and their abundance will come."

Oh, okay. Through enlightenment ... E = \$. Enlightenment is abundance. That's a kind of interesting way of approaching enlightenment. Okay. *What about the other way around, abundance = enlightenment?*

"Well, that would work. If the abundance was there to begin with."

Yeah. *Why is it that so many Shaumbra are broke, right on the edge?* Maybe not so much more than people in general – well, maybe a little bit more – but you'd think – you'd feel – that Shaumbra, knowing all about energy and consciousness and knowing about the physics that we've all come up with right here in this classroom, that they'd be so wildly abundant that they wouldn't even know what to do with all that money. They'd just bring it here and burn it in the fireplace to keep the room warm they'd have so much. I don't even see a fire today, much less wood, and certainly not money. You'd think.

What else about Shaumbra? I can see you're clicking away there. *What else about Shaumbra?*

"Well, we kind of like to do things our way, and we don't like people to tell us what to do. (she giggles)"

Kind of ... okay. *"Our way."*

"So maybe that's why we don't have abundance, because we're always out there spending it."

Yeah, yeah, or not willing to take a job. *"Or trying a new way."* Not willing to take a job.

"Well, that's me." Not willing to take a job. (she giggles a little) Not will to take a job. *"That sounds like me."*

If I sound like a broken record is because a lot of Shaumbra do. Oh, eh ... but there is this mentally, *"Geez, I have to have a job to make money."* Who invented that? That's the biggest bunch of crap I've ever heard in my whole life. Actually, **having a job will limit your abundance.** Yeah. That's not saying to park your Shaumbra butt on the sofa, but you don't have to work for somebody else. As a matter of fact, I think it was Tobias that said you need to work for yourself.

What is it about Shaumbra?

"Stuck ... in ... stuck in integration. I have to integrate. I have to go over the story. Stuck in the story. In the mind."

... stuck and some processing. (he's writing)

"Perpetually recycling."

Recy ... I like that. Good, good, good. Recycling. Yes, as a matter of fact for the next meeting, let's put signs up on the door *"No recycling,"* it's funny because there are signs all over here for recycling – recycle your butts and your cans. But, yeah, recycling. Good. Good. And back over and over and over. Same thing. Good.

And what else about Shaumbra?

"Well, we are fucking special." Yeah, yeah. I wouldn't have used that word, but ... *"We're special."*

What else about Shaumbra? What about health? What about their health?

"They're using things outside of their self to try and balance instead of owning it for their self."

Yeah. Yep. Always looking for outside healing somewhere, when the simplest healing – chh! – comes right from there. Yeah. Yeah. Good. Good. *What kind of stuff do they use, because I try to pretend I don't see it? What do they use for this healing?*

"Whatever medicine is in the moment. Well, there's acupuncture. There's Bach flower essences. There's oils. There's all kinds of medicine."

And healers. And a lot of healers too to accommodate them.

What is it about Shaumbra?

"I find the commonality of Shaumbra to be "something better." We all came here to this place to get our badge of honor in the universe, and then we get here and it's pretty crappy. So we come to people like you who say, "There is something better and it's enlightenment" or whatever the term of the day is, and I think that is the commonality of Shaumbra ... is that we are looking for something better."

Kind of a family, a nice family type of bond. Absolutely.

"The Shaumbra I feel are thinking about how grand and glorious it is to be an Ascended Master, to be a grand creator and to love themselves."

And they're really good at loving self. Okay good. I like this. Thank you! It was damn well time somebody put some nice things on that board. Yeah, somebody's got to take the position of defending the Shaumbra honor.

Now, we've got a lot of things on the board here. Let's ... we'll wrap this up now. Let's take a deep breath.

What are we doing today? We'll go somewhere with it. We're doing a Shaumbra composite, and the fact is that **we're gossiping about everybody else, but it's really all of us.** Well, all of you. It's everybody; it's everybody.

And my point on this day in doing our composite: I don't know how you get through the day. I really don't. I really don't. If you look at this board – and these are your answers, we have some what you would call good things, not so good things – but we have things that are in absolute discordance, absolute dissonance with other things.

There are a set of beliefs ... let's start with desires out there. A desire to be an Ascended Master, a desire to love, a desire to heal, a desire to live a long time, a desire to be happy. I'm surprised we didn't get peace, love and joy on the board, because those things usually come out – peace love and joy and happiness. So all these desires.

Then we have the realities – *"I'm broke, I'm sick, nobody loves me and I don't even like myself"* – in direct opposition and conflict to it. It's a massive disconnection, and yet Shaumbra is going through it day after day after day.

What A Mess!

Now we're going to play a little game here as we go through it, hope you don't mind. We're going to play a game and it's called **What A Mess!** (a few chuckles) What A Mess! And I've asked to prepare a special treat for everyone, and every time I'm going through here showing you why things are in disarray and I say, *"What a mess!"* or you say spontaneously, *"What a mess,"* you have to take a little sip of my own St. Germain liqueur, made from pure elderberries. Yes. Elderberry. Yes. It's a little ... and there's a little Tequila also.

So the object here is to celebrate life, of course. But the object ... I'll take the St. Germain. Yes. So now nobody's going to get drunk. Yes. Oh, it's a delightful liqueur. And if you're driving, please, please have two.

There are times, my dear friends, where there is such a dissonance in what's going on in your lives; all of you, all Shaumbra. It's amazing to watch sometimes. It's amazing that you can stay embodied. It's amazing that you can have enough food to feed yourself. And more than anything, amazing that you don't go totally out of your mind as in a breakdown.

We talk about things like enlightenment, but yet I truly wonder if you know what enlightenment is. Matter of fact, I would actually say that Shaumbra does not know what enlightenment is. You hear the word, and it's just like taking a breath – “Ah, enlightenment” – whoosh! Out of the body, go off somewhere else.

We've done this in some of our gatherings before and I said, “What is enlightenment?” And it's rather clueless. It's rather clueless. I say, “What is enlightenment” and answers start coming out that fill the makyo trash bin with all sorts of answers – peace, love and joy. It's like *what is love? What is peace? What is joy?*

So it creates this mental spinning that's going on all the time. “I'm in search for enlightenment. I'm in search for enlightenment, but I don't know what it is.” *Wouldn't that make a great child's book, a children's book?* Searching for something and not knowing what the hell it is. But yet getting up every morning, having that compulsion to do it over and over again, looking for enlightenment. And most Shaumbra, I'm sorry to say in our gossip session, have no clue.

The good news is you're not supposed to really have a clue. **You're not required to know what enlightenment is.** What a mess though! Okay. Good. Good. Yes, you take a little sip. Ah, ah. See. This helps break the tension. This helps break the tension.

So Shaumbra is out there, in a way feeling a little better about themselves, but yet they ... sex life of Shaumbra – let's be very candid here – not so good. Not so good. (someone says “What a mess”; lots of laughter) He said it; you drink it! What a mess! Now, not for everyone, but it's almost like sex is a sin, and you've got, again, this contradiction going on inside.

Sometimes Shaumbra will say, “Yes, we're here as embodied Masters. We're here to be in the physical reality. The Ascended Masters in the past have left the physical body, but we're here to be in our body,” but yet not even willing to touch themselves – which I'm not going to do on camera here – not willing to touch another, having all sorts of biases about whether it's man and man, woman-woman, man-woman, a group or anything else. All these weird, weird judgments, mental thoughts and all this other stuff about sex. Sex is a grand thing. Unfortunately, it has gotten distorted over the ages. But, my dear friends, **sex is a wonderful thing.**

So, but you have this dissonant energy going on. I'm really surprised that some days you can make it through the day. You're all out there looking for soul mates – not all, but many are out there **looking for soul mates** – but doing everything they can to make it impossible. Doing everything they can by a bad attitude, by this long list of requirements for a soul mate. And *what is a soul mate?* It's your self. It's not another being.

A **relationship**, fine. But many Shaumbra out there right now are doing everything they can to push relationships away, even though they will put it on the top 10 list of their desires – “I want a relationship.” And I look and say, “But you're pushing everyone away, including yourself.” What a mess!

So this whole issue about **abundance**. One of the saddest things is you have such a desire to have abundance, such a desire to have some money in your pocket. *Why don't you?* Two reasons: (a) there is still – I'm not talking to any of you, we're talking about the ones we're gossiping about – (a) because many of you are **still not sure you want to be here** on this planet. You're still not sure you want to live. You're still waiting for someone or something to say, “Here's the answer. Here's why you should live.” But without that, there's a lot question. And it's interesting, as much as we have all this grand talk about *DreamWalker Life* and about embodied Masters, so often Shaumbra is saying, “I don't know if I really want to be here.”

Well, then you're not going to be abundant, period. Because the basics of energy, physics, that you're not going to attract energy.

There's also another interesting dynamic that's taking place in spite of all the great feelings and thoughts and (sort of singing) *"We're on our path to enlightenment,"* there's also that *"If I have money I'm going to do the same crappy things I did before. If I have money, I'm going to make more trouble than ever before."*

So what you do is you go on a financial diet, because you think in the past when you had money you used it for power and manipulation. You took drugs. You got drunk. You abused yourself and other people with it. So something in you went on this **diet of no abundance**. *Shaumbra* feels more comfortable starving than they do being abundant. It's a plain fact, because anyone – ahem – anyone could have money right now. But you're afraid, *"If I had money I'm just going to be that bad human that I was before."*

What a mess! Unbelievable. Unbelievable. You see how you have these contradictions that are working. And I can barely understand sometimes how you get through the day.

And I know how you get through the day sometimes. You fill yourself with some **more spiritual crap**. You listen to some more spiritual information. You prop yourself up a little bit. You get some nice catch phrases and then suddenly you feel real good for a little while. It's the spiritual sugar that you take in. You come up with a nice little validation and you think, *"Well, tomorrow will be better. I know tomorrow will be better."* Not really. Not really. Tomorrow is going to be kind of like today. And *what's today?* What a mess.

What I'm asking you to do today is to **take a look at the dissonance**, the absolute conflict that's taking place within your human self, your spirit self. You have this spirit persona – the spiritual person that's on the path of enlightenment – and it kind of sits up here. You put it off as this, *"This is the thing that's going to save me; this is the grand being,"* and it collects a bunch of junk. It collects a bunch of candy, and it collects a bunch of makyo that then somehow gets the human, who is over here with its reality. The reality is generally, not always, but oftentimes pretty broke, not a lot of money, not really any real relationships, not hardly a degree of self-love, and health problems. Those are the basics.

Now, it's not so bad actually if you were a regular unaware human, if you were asleep. Not so bad, because then you just go through the day and, you know, so if you don't have any money, you blame it on the man. You don't get any sex, you blame it on the woman. You don't get any ... You don't get ... things aren't go- ... but you're unaware, and you just say, *"Well, that's the way it is. That's the way it is."*

You don't really think about death. Something inside you knows it's going to happen, because you've seen some others drop over, but you kind of just are asleep to it. You don't really think about God, because, well, it's not your place to think about God. That's what the priests and the clergy and those other folks are for. They're supposed to think about God. And the answers to God are just too big for most people to handle. They say, *"Oh, it's not my job. I'm just supposed to live and try to do a good job."* That's the way most people are.

You're different. You're kind of waking up. You're kind of aware. That makes it really tough, because now you still have some of the issues – you, *Shaumbra* – have some of the issues, but now suddenly you're aware. It's like you've got a loaded gun, whereas the others, their guns aren't loaded. They just have a gun.

Now you've got a loaded gun, so you've got that awareness. But what happens here is this tremendous clash that's taking place every day, and what you do is make excuses for it. And you gloss it over. You come up with new catchwords or phrases. You go to new classes. **You do everything but address what's really taking place on the inside**. But what you really got is one great big *What A Mess*. Good. And there's more where that came from, by the way.

So what do you do? You have a drink! You have a drink. Yeah. We're not going to talk about it. We're not going to process it. You have a drink.

So, waiting for enlightenment. **Waiting for enlightenment**. That's one of my biggest issues, because it's one of yours – (a) don't know what enlightenment really is; (b) *what are you waiting for? To figure it out?* It will never, ever happen. Sorry to break the news to you. You'll never figure it out. Really.

You're waiting for somebody to come and tell you *how to get to enlightenment?* Not another human is going to do that. You're waiting for, I don't know, the right alignment of clouds and stars and dirt and bunny rabbits and everything else to all align, *and suddenly you have enlightenment?* It's not going to happen.

So what you do is you just barely get through every day, and you wonder sometimes when you hit the bed at night how you got through the day, because you've got these tremendous conflicting forces at work. And it's tougher when you're on the road to enlightenment. It gets worse, because the makyō builds up and the manipulation of the limited being, of the limited consciousness, trying to manipulate something that it's called spirituality makes it feel good, makes it feel kind of special. It's like a drug in a way. It's a huge distraction on the way. But Shaumbra will do it. Shaumbra will pull in the junk, and they'll go to bed at the end of the day thinking that they're going to have a little reprieve when they go to sleep.

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Not another human is going to do that.
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and bunny rabbits and everything else to all align,
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It's not going to happen.***

But what happens as you do start to awaken? Your dreams are no longer like they used to be. The dreams – suddenly you're aware of what happens. As a matter of fact, one of the reasons you wake up at two or three in the morning is you need a recess from your dreams, which were a recess from your real world. What a mess! What a mess! I mean, *how do you get through the day?!*

My dear friends, there is all of these collisions taking place out there right now, and especially when you get into things like enlightenment it really actually makes it much more complex. The mind starts working more than ever before, as you have probably discovered, and now you have spirit mind – I'm going to call it – spirit mind operating as well. You used to have just human mind, now you've got spirit mind, which means a limited and restricted sense of spirituality, and it's actually all a bunch of crap. It really is. It truly is, because now the mind starts to try to embrace and to own a lot of spiritual concepts. And the spiritual concept "*Heal thyself. I am in peace, love and joy. I'm going to om and meditate.*" That's the biggest bunch of crap.

***The mind starts to try to embrace and to own a lot of spiritual concepts.
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That's the biggest bunch of crap.***

By the way, in enlightenment, you're not suddenly filled with peace! You're not suddenly – "*Mmmmm*" – om-ing. That is the biggest delusion there can possibly be. Eh ... it doesn't happen. Not like that. Matter of fact, the word peace goes out the door in enlightenment. It's not even a word anymore. It's not even in your vocabulary.

You know, peace – all peace means to a lot of people is "*Give me fifteen minutes, maybe thirty minutes of just things quieting down for a few moments*" – that's peace. "*I just need to back away. I need to get away from myself*" – that's peace. There is no peace. But suddenly there is a consonance. There is a harmony in things. Suddenly, there is not having to figure it all out. Suddenly, there's no longer these conflicts going on. Suddenly, there's such a grace, a natural grace that takes place, and you just break out laughing. You just crack up laughing, because it's ...

You have all these conflicting desires and truths – what you would think truth – and beliefs about things, and they're all conflicting. They're all conflicting.

The Road to Enlightenment

It would be like ... imagine getting into a car – the car is the symbol of your spiritual journey to your enlightenment – but having no clue of where you're going. Just you get in that car on the road to enlightenment and you start going. Well, *what do you start realizing first?* "*I don't know where I'm going.*" But you tell yourself, "*Well something will happen along the way. Someone will tell me how to get there. Somehow I'm going to get a map so I'll know how to get to enlightenment.*" **It's not going to happen.** It is not going to happen, sorry to say.

Then you're driving along on the road to enlightenment and it's a nice pleasant day, and you're looking out the window. You say, "Oh yeah. This is okay," but you're a little tentative. You're like, "I hope this is okay, I'll make myself think it's okay. I'll make myself think, 'Oh, what a beautiful sky and the birds.' Ooh! I just hit a deer." And but, but ... but ... What a mess! What a mess. Yeah.

And then you realize, "Oh that car is making a funny noise. Oh boy, I'm just going to ignore that noise." Have you done that? "I'm just going to ignore the noise. I hear it, but it couldn't, because this is my car to enlightenment. So I'm going to ignore that noise." And you know what happens. Two miles down the road, psssss! And the car dies. What do you do? Car dies. A lot of things happen. Once again, you get into this dissonance with saying, "I'm supposed to be on the road to enlightenment, but my car just died. Maybe Spirit is trying to tell me something." No. Maybe you forgot to get the car checked before you went on the journey. Maybe you forgot to check the oil – it was a little low – or make sure that there was something in the radiator. Spirit's not trying to tell you a damn thing. Spirit is already enlightened, doesn't really care about your journey, you see.

So suddenly you have to use the last of your savings to get your enlightenment car repaired and you start heading back down the road going to you don't know where. And you're going down the road to enlightenment, and one day on this long, long, long, long, long journey that lasts many lifetimes, one day you're going as fast as you possibly can, and all you've done is get nowhere faster. (some laughter) And the next day your spiritual mind says, "Oh I should slow down and smell the roses like the Masters did." You know, "They went very slowly on the road to enlightenment, and they observed everything and they breathed while they were on the road to enlightenment," so you go very slow. So you alternate between – on this enlightenment journey – going very fast and then going very slow. Putting on the gas, putting on the brakes. Putting on the gas, putting on the brakes. Do you see the conflict that's going on here?

***"Well something will happen along the way.
Someone will tell me how to get there.
Somehow I'm going to get a map so I'll know how to get to enlightenment."
It's not going to happen.***

You continue along this journey of enlightenment, now getting to a level of frustration and angst that simply would have me leave my body. I just couldn't have handled what you are going through. You're going along now; you've been at this journey for years, driving along. It's the same road. It's the same set of problems. It's the same cheap hotels every night along the journey and the same people who are trying to rob you blind.

But you keep going because **you're determined, and you think that's an attribute**. You think that's like one of those on the positive side of the list – "I'm determined. I have strong will. Damn it, I'm going to see my enlightenment through, no matter what. I'm never giving up." And when I hear you say I think, "Oh my gosh. I hope, I hope that somebody else comes and helps me, because this is going to be hard!" (some laughter) When I hear you say, "I'm never giving up! This is what I'm going to do!" I think to myself, "We've got a real problem here Houston, because **they're determined to go nowhere!**" What does even an Ascended Master do at that point?

You get stubborn. You get brutally cruelly stubborn on your road to nowhere. But damn it, you're going to do it, because you've made a commitment to yourself. And if you don't do it, you're really going to be embarrassed in front of your friends and family because everybody knows about your little enlightenment journey and they all laughed about it. (laughter) And if you come back and say, "My car broke down and I went broke along the way. I'm starving. I have nothing and it's all gone," they're going to laugh at you.

So there is this pride of enlightenment. Pride of the spiritual mind that you better damn well fulfill this journey or you're going to look like a fool.

There's also the factor you're going to look like a big fool for yourself, and that's probably right as bad or worse than feeling like a fool in front of others. You are so committed to your journey of enlightenment within yourself. It's everything. It's everything. And if this doesn't work out, and if this magic is not real and you have to go back to that old self ... What a mess!

And the funny thing is you really can't go back. And the funny thing is you can't go forward. And the funny thing is there's nowhere else to go. That's a real mess. What a big mess. *Is there any more alcohol left?*
Yeah. Good, good. What a mess.

I hope by now you're starting to understand the conflict, the dissonance in all of this, and I hope you're starting to understand this is a big train wreck on the way to happening.
So you're driving along on this road to enlightenment and it goes on and on and on, and each day is the same as the next, and you keep having hopes of enlightenment. You keep hoping that I'll suddenly enlighten you. You keep hoping if it's not me you're going to go leave me; you're going to go somewhere else for the enlightenment. You keep hoping that there's something.

You're hoping to distract me by something else. But I'm going to keep driving home the point. It's a mess in there. It's a real mess. It's an enlightenment mess.

And **the good news is, on this road to nowhere, you're exactly where you should be.** That's ... Oh no! No. And let me rephrase that now for you.

I said on this road to nowhere, **on the road to enlightenment, with all the conflict and all the dissonance in it, you're absolutely exactly where you should be,** because – because ... (Adamus writes on the board)

What? A mess? No!

What? A mess? Not really. It's absolutely perfect.

Knowingness

And what I would like to do now, especially since you're a little more relaxed than you were an hour ago, I want you to take a moment and remember **this whole thing with enlightenment.** It didn't start with a thought. It didn't start with suddenly one day you got so tired of your old life that you decided you're going to get enlightened. It didn't start even when somebody took you to a class or you read a book. No, my friends, it did not. It **started with a deep knowingness,** a very profound deep knowingness. It was not a thought. It was not an action. It was not a journey. It was a knowingness that emanated from very deep within.

It's gotten abused. It's gotten distorted. It's gotten very, very diluted along the way. But this knowingness has always been there. You don't know what enlightenment is, and you shouldn't know, for the limited mind has no way of knowing. It will try to pretend. It will try to imagine, even – a very cheap type of imagination – as you being rich and famous and sexy and having all sorts of relationships and being a grand guru and a Master. That's what the mind does. It's a distraction. It's not real.

Who knows what is going to happen, and it doesn't matter. Period. It doesn't matter. So I ask you to take a moment and come back to the knowingness, the knowingness that was not a thought. There never was a car. There never was a journey. It never was about trying to be a perfect human. It was never about anything other than coming back to yourself. It wasn't makyo. It wasn't phrases and words. It wasn't sitting here in the Shaumbra audience and it wasn't efforting. It wasn't about power. It wasn't about even wisdom. It wasn't about getting anything.

***Who knows what is going to happen,
and it doesn't matter. Period.***

It was a knowingness – a **deep loving knowingness;** a knowingness that wasn't an angel or an Ascended Master coming to you; a knowingness that wasn't given by another, prompted by another, brought into action by another. It came from you.

It wasn't your golden angel, your higher self or any of those other words. It was you. It was all you. Not just the human, not what you call the divine. It was the I Am, the true I Am, that's as present here as the human is. It's right here.

Feeling the Knowingness

(Link to the official [Crimson Circle](#) YouTube channel: [Remember Your Knowingness](#))

(music begins; "The Enchanted Path" from the album "Day of Life" by Bernward Koch)

So I'd like to do a feeling – I'm not even going to call it a merabh, just a feeling – back into that knowingness.

After all this mess and all this chaos and confusion, after all this uncertainty within yourself – because I've seen and I've heard when you've wondered if this was just a big mistake. You've wondered if your spiritual journey was a delusion. Well, yes it was, but it started with something so pure, so real and so deep.

I'm not asking you to go back and think about this, where this knowingness came from. It doesn't matter. It's without a date. It's without an action. It's without any relationship. You see, part of the problem in the spiritual journey is that the mind still tries to relate everything to everything else. And we say the word 'spiritual' or 'enlightenment' it tries to relate to something. It'll grab onto whatever it can in its relational nature.

But the knowingness, that **deep knowingness that you had doesn't need to relate to anything**. It just knows. It's just there.

The mind tries to figure out the road to enlightenment. It's just trying to serve you. It's trying to do for you. But it can't know. The mind will try to relate to something. It'll create a visual of a car going down the highway, breaking down. It will create the visual of you in your determination and stubbornness for enlightenment. But the reality is there is no car. **The reality is there's no place to go, nothing that has to be done. Certainly, nothing that has to be fixed.** Absolutely. That's one of the tricks or the delusions of enlightenment – something has to be fixed before enlightenment can occur. And it doesn't. Nothing needs to be fixed whatsoever. Not one thing needs fixing. Not a single thing. I don't care if you're an alcoholic or if you're an idiot. It doesn't need to be fixed. *Some of you related to that, didn't you?* Nothing needs to be fixed.

***The reality is there's no place to go,
nothing that has to be done.
Certainly, nothing that has to be fixed.***

So I ask you to take a deep breath and stay in your body this time. Come back to that knowingness. You created it. Not some grand golden angel. Not some higher self. That was you, the knowingness of the I Am. Following this knowingness came thoughts and dreams and imaginations about awakening and enlightenment.

Following this knowingness came a change in energy dynamics in your life, in relationships, in the way you interact with yourself and others. But none of those even are very important. None of them. They're not the thing that brings enlightenment.

It's the simple knowingness. So simple, there's no definition; **so simple that the mind cannot relate anything to it**; so simple that you cannot recreate it. You cannot recreate it, because it's still there, my friends. It never left.

That knowingness of the I Am, it was never extinguished.

In front of that flame of knowingness you put a lot of other things – grand, interesting experience into your own awakening – but that flame was always there. I know at times you've tried to recreate it – "*Where is that feeling?*" It's still there. It actually is what's really guiding you.

Sometimes when you wonder why certain things happen in your life, why certain events, situations happen, it's because that knowingness is still there. In spite of your stubbornness and your determination, it knows the truth. It knows it is the way. It knows that it's the awakening. It's the only thing – only thing, my friends – that will remain true and real.

When I say that I cringe when I hear Shaumbra saying, "*I'm going to keep going, no matter what,*" I truly wish they would just stop. Get rid of that car. Get rid of their journey. Get rid of all the makyo, and the makyo is the gas for the

journey. Never fill that tank again. Get rid of the whole thing. Just come back to the knowingness. Nothing else matters. Nothing else is important. Nothing else is going to bring the awareness of the enlightenment. Nothing.

The knowingness is so subtle. It can't even be defined. The mind has no concept. The mind has no way to relate to it.

Take a deep breath and let yourself fall right into your own knowingness. Be in that beautiful embrace of the knowingness.

The knowingness was never a directive. It wasn't a directive that said, "*You have to awaken now.*" It had nothing to do with destiny or timing. You got a glimpse of it, a glimpse of it, just a taste of it when you let down your guard, when you surrendered to the I Am, to yourself for a moment. That glimpse of it created a lot of mind thought, a lot of makyō, a lot of determination. I love you, Shaumbra, for your determination. *But determined to what?*

Come now and **let all that battling, determination, will, drive, push, force, power – let it all down.** And amazing, you'll be okay. Actually, better than ever before.

You can stop trying so hard. You can stop being afraid. It's all right there in you – not me, in you – the knowingness, the I Am. **The knowingness it's time to come home.** Time to come home to the I Am, to the awareness. Time to integrate, just time to come home.

Isn't it funny that you had the knowingness that it was time to come home to the I Am, but you got in a car and went off on a long journey. Oh, **home was right there**, absolutely right there. I guess that's why I say it was just perfect, in a way. Exactly where you should be.

Eh, you kind of had to go through all of the trials and tribulations before you just wore yourself out and said, "*Oh, here I am.*" So you stop the searching. There should be a law against spiritual searching. There should be a law against laws, so ...

Oh, **spiritual searching, it's an industry**, you know. **It's a distraction.** I guess it's an experience. It's frustrating, because it's all right if you're doing the spiritual searching and you're aware that you're just searching for the sake of searching. It gets a little sad when you're doing the searching and you think it's real and you think it's actually going to get you somewhere.

No, home – home is calling you. **Home is within.** No place to go. No words to hide behind. Nothing to do. Nothing to fix. Just coming back home.

Without buts. Without the buts – "*But what am I going to do when I walk out the door?*" Not a damn thing. You can go about gossiping if you want, drinking, carousing, searching, thinking, battling. When you walk out that door today, you're going to do it at least aware that you're doing it, at least aware that you don't need to do it, at least aware that it was that knowingness that called you, that's still calling. It's still there, and there's not a damn thing you need to do. Nothing.

***Home is calling you. Home is within.
No place to go. No words to hide behind.
Nothing to do. Nothing to fix.
Just coming back home.***

Take a good deep breath. Try to stay in your body.

Let go of some of that tension. Oh my, the tension about awakening and enlightenment. The stress. That'd be a good song – Stress of Enlightenment.

If I had told you, if *Tobias* had told you twelve years ago you don't need to do anything, you would have still gone out searching. You'd have still gone broke, had health issues and all the rest of the stuff. So I guess you're exactly where you're supposed to be right now. Right now.

Home is calling all the time.
Good deep breath.

Looking Forward

Remember, it's your knowingness. If you ever get in trouble while you're out there doing your everyday human things, you just remember a couple of things from today.

I'm amazed that you got through it. That was a big mess, a big, big dissonance. And you kept on trying to fix the dissonance. That's the interesting thing, and that caused more dissonance. You kept on trying to fix things that could not be fixed, ever. But it made you feel good. Like at least you're fixing something, working on something. And the more you tried to fix, the more broken it got.

That's it. It was just about remembering. **Home is calling. Always is. That's all. That's all you need to do.**

I bring this up now because **2014** is going to be an interesting year for the world, for this planet. I am going to call it **the year of tough love for the planet**. Tough love. And I'm not talking now about *Shaumbra*, about you, because you'll be able to just be the observer. You'll be able to stand back. You'll be able to actually identify with what the planet, what humans are going through, because you'll have seen – you went through it – you'll have seen the craziness, the conflict, the dissonance, the battling. You'll have seen the absurdity of it all.

You'll be able to stand back and with a few deep breaths be able to say, *"Ah, they're just going through their experience."*

It's going to be a crazy year for systems and countries and really any type of structure or method, anything that's rigid. It's going to be a year of tough love. It'll have its ups and down. I would say that energetically more difficult than most other years, because there's more energy now than ever. And just as your consciousness is rising and bringing in more energy to the planet, it's causing more awareness of dissidence and more conflict and battling. You're going to see people and institutions with their resolve – *"I will never give up. I will never let anybody take my land or take my country or change my viewpoint."* So you're going to see a lot of stubbornness and determination. And you're going to see bizarre, crazy things coming from the mind. You're seeing more and more of it every day.

I'm going to drop in a little footnote here. As there are more of these mental medications out there, you're going to see crazier things happening, because you can put a sewer lid on it over here, but it's going to blow up over there. And it's not going to be pretty when it blows up over there. So you're going to see more and more of that imbalance. You don't have to buy into it, or if you do you realize it's just a game you can get out of any time. But it'll be a wild year, a wild ride.

It doesn't mean to panic; it actually means to laugh. It doesn't mean to withdraw; it means to bring more energy to yourself. It doesn't mean you're going to go broke; actually, **it can be a year of grand abundance for you. There's more energy than ever before.**

We'll be talking more about it in our Shouds to come, all of us. But for now, my dear friends, it's really about taking a deep breath and remember that home is calling. It's there. It's there.

What? A mess? Nah.

With that, remember also that, in spite of how things may appear to be, **all is well in all of creation.**

Thank you. Thank you.
Wonderful gossip today. Wonderful gossip. Thank you.

(Please also read: [Addendum E: Beyond the Programm](#))

04 – Discovery 4 – Trust

Today's Guest

And it was interesting when the Master, *David*, or *David the McMaster*, was doing his opening, his helping to set the energy, and he spoke a name that was heard in the other realms – *Nelson Mandela*. That – the emotion, the feeling and the passion that was coming from *David*, the reaction from all of you – has actually attracted *Nelson Mandela* right here.

Indeed, you can imagine with all of the outpouring of feelings all around the world, but from right here from the heart of Shaumbra, the feeling goes out and he stops in. “*What’s happening with humans?*” he says. “*I’m going to stop in.*” So I opened the door myself personally. He’ll be here for a little while.

Nelson Mandela

Interesting. *What about Nelson Mandela? Is he Shaumbra?* Never knew what Shaumbra was until right now. Come back here! Back in the room! (laughter as *Adamus* motions to “grab” *Mr. Mandela* and bring him back). Never knew. He’s got a great sense of humor. **A good leader has to have a sense of humor.** Please write that down in your *Adamus* book of sayings. Has to have a good sense of humor.

A good leader has to have a sense of humor.

Oh, the world such a challenging place right now for all of us, for all of you. You’ve got to have a sense of humor. You’ve got to be able to laugh at yourself and yes at others. Yes. Or with them, I should say.

So, *what is it about Nelson Mandela that brought him to where he’s at?* You could almost imagine. Feel into it for a moment before I give my answer.

What caused him to have such passion, such drive, such clarity and humanity? It was adversity. Adversity, don’t you know. It was adversity that drove so deep into his heart and deep into his soul, making such commitments to himself – “*I will never again be a Dutch slaver. Never again be a slaver.*”

So, *Nelson Mandela*, yes, a brutal slaver, and as so many of you know from lifetimes past, from adversity in your own life, from suddenly waking up one day and saying, “*What did I do? What was I thinking?*” To be able to go from that, my dear friends, that awful feeling of knowing you had done something that would hurt another or yourself, that despicable feeling about yourself, that worthless feeling like you’re just being ground to a pulp. Where at one point you had felt like a mighty grand being, royalty, boss, the big guy, the big lady, power and everything else, and suddenly – suddenly, coming face to face with your own soul who doesn’t see you quite that way. Your soul who says, “*What was that lifetime about?*” Suddenly, falling into the abyss, seeing the ghosts of yourself and of your past, and *then what? Then what?* To raise you up from those depths and that darkness, *then what?*

Forgiveness of yourself. Forgiveness of yourself. Taking a deep breath and releasing all of that guilt, all of that shame. Not an easy thing to do. Saying, not just saying in your head, but saying, “*I release myself. These were experiences in a lower consciousness in a less awareness time. These were part of my experiences and everyone else’s.*”

It’s not justification. It’s absolute forgiveness. It’s not trying to make amends in your mind. It’s not trying to sugarcoat a situation. It’s saying, “*I, dear Godself, forgive myself and all others,*” and indeed did not *Nelson Mandela*, even with all of his rage and anger for his incarceration and the torture that he endured, did he not then forgive those very ones who imprisoned him, who held him back, because he realized that in so many ways they were serving him.

They were serving his guilt for what he had done. They were serving his coming to a greater awareness of the I Am within himself and everyone else. And in that forgiveness of others, he was truly released.

He had such depth and such understanding and clarity at that point, he could then be a leader. Not a leader who tried to acquire power, make new rules, inflict himself on others, but a leader to say one thing to all people – “*You are free also. You are free.*”

He didn’t seek the limelight. He wasn’t interested in money. He had his human, what you would call, flaws,

idiosyncrasies, of course. As long as you live on this planet, you're going to have those idiosyncrasies. But more than anything he understood the freedom of himself and passed that along to others.

What's he going to do from here? Cross over? Go into his Third Circle? Probably not. Probably not. Too much work to do at this all-important time on this planet. Too many people that need to hear the words that *"You are free!"* Too many people that need to get out of their own victimness.

It's not necessarily the abuser that he's going to try to work with, because the abuser, in a way, is just responding to the victim. He learned that. It's the ones who are victims, the ones who say, *"I can't do this because – because of my color, because of my upbringing, because of my handicap or disability, because ..."* That's just victim energy. Once you realize that, once you release that, you are indeed free. There's nothing that can hold you back other than being in that sandbox of victimness, victimhood.

So dear *Nelson Mandela* is not going to go after the world leaders. Not going to go after the abusers, the dictators, those who abuse power and energy. He's going to go straight for the ones who are playing the role of victim, because once they say, *"No more,"* there can be no more abusers. There can be no more enslavers. Once humans say, *"No more,"* that sets them free and takes away the illusion of power that any of these type of imbalanced leaders might have.

Religion, Spirituality & Shaumbra

What's the difference between religion and spirituality? (a few chuckles) Interesting question. Interesting question. Yeah.

Religion. Religion is generally for ... by the way, I'm going to offend some people – I'm going to offend some people today, and I already know that, because I offend them every day. I'm going to say some things today intentionally designed to aggravate you. Aggravate you. To get you out of your complacency. To get you deep inside yourself.

What's the difference between religion and spirituality? Religion, eh, filled with a lot of victims. Filled with people who don't want to think for themselves. Filled with people who are playing a power game – both sides of it – the members and the leaders.

What's the difference between then spirituality and Shaumbra?

"Night and day!"

Night and day. Good, good.

So you piss them off, not me. (laughter) *What's the main difference between what you're doing, why you're here on this planet right now, versus the spiritual crowd?*

"Accountability. "; "Just be. Just be. "; "Being a Standard" ; "Pissing people off."

Biggest difference I would say is in the spirit-... there was a lot of people involved in spirituality. They leave religion at a certain point because they realize there's a lot of restrictions. They realize that they want to do some thinking on their own. Nothing, absolutely nothing wrong with religion. It serves a purpose up to a point.

Spirituality. People get involved in spirituality. Some wonderful, wonderful things, because it kind of, mmm, sets you free – partially – to begin exploring.

The new age movement, for instance. There's not a central office. There's not a hierarchy. It's pretty loose. Really loose. But in spirituality, it's a lot of searching and seeking. It's a lot of putting your toes in the water to test the temperature, and it can lead to a lot of makyō. Not that it always does, but it can lead to that, because you can forget about the true desires, the knowingness that I talked about last month. You can forget about that and get all caught up in, let's say, an essential oil, and you spend years and years going through all of the essential oils. The only essential oil that's really worth a damn is your own sweat. You can quote me on that! Ahem.

And it's not that there's anything wrong with essential oils, but there is a tendency to put them in front of you, to say, *"This essential oil is going to bring back some memories. This essential oil is going to trigger this or trigger that."* It's the same with taking natural supplements, herbs. Nothing wrong with that, but you can get over-herbiced. You can get ... (a few chuckles at his word) I made that up. You can start to put the power in the herbs.

Now, herbs have a wonderful way of resonating with the body, and the body, having come from a long, long time ago, back to the whales and the dolphins and everything else ... speaking of which, *isn't it amazing that scientists are beginning to understand the true correlation between dolphins and humans?*

So, but a lot of these herbal remedies actually wake up, remind something deep within the body of lifetimes tens or hundreds of thousands of years ago when that's all there was. There weren't chemicals. There weren't medicines

like you know them now. So you take a certain herbal remedy and it reminds you of things from many, many, many lifetimes ago. It triggers a memory. That's wonderful up to a point. Things were different back then than they are now. The herbal remedy was particularly good for you back then, but it may not do the same thing for you now.

Again, they're wonderful, but easy to get caught up in certain rituals of the spiritual group, of the new age, certain books, classes or anything else; can lead to a lot of makyo. Generally, those on the spiritual path are still searching. They haven't made that commitment. Not in all cases. But there's a marked difference between if I was standing here with you versus standing here with a crowd of just spiritual new age types. A tremendous difference.

You, my dear friends, have made a commitment, and it's about enlightenment. It's not about ... in spirituality, so much of it is about trying to make human life a little bit more comfortable. A little bit more comfortable or sometimes even just justifying some of the harsh things about life. But you've made a commitment. It goes back to that knowingness that we talked about, something that you felt deep within you. It wasn't anything that was practiced. It wasn't anything that you even prepared for. It happened first. Probably because of some sort of adversity, probably because of even just getting tired of just going through the birth-death, birth-death cycle. But something inside you triggered that knowingness.

As I said in our last gathering, that's the thing then that brought the books, that brought the classes, that brought you eventually right here to these seats. It's enlightenment and the commitment to it. And, as you probably know, it is harder than the spiritual path. Much harder. The spiritual path, I would say, is often designed around making life a little bit more comfortable. The Shaumbra path is basically redefining life entirely, with your body, with your mind, with your spirit, the relationship of you with yourself. Oftentimes, it involves absolutely smashing and shattering any concepts that you had about life, about yourself, about comfort, about happiness. Eventually, you realize those words really have very little or no meaning.

As a matter of fact in enlightenment, so many of those words just go away. **It has nothing to do with happiness. The Shaumbra path literally redefines life. It's not about comfort, as you found out.** You tried it. You tried getting that little bit more comfortable life, and it didn't work. Oh relationships. They were just ground to a pulp. Your thoughts, your everything. Interesting. Ehhh, difficult. Difficult. But you let it happen. I have to honor, commend and acknowledge each and every one of you that's still here, because it's not easy, and you're doing it so very quickly. Sometimes a little scary. It's like driving downhill at a fast speed on this Highway 72 on ice. **But it's about transcending everything that you thought about yourself and about life.** Amazing, simply amazing.

It's said by some that perhaps I'm a little tough, a little obnoxious. Yeah. But dear friends, I know how important this is for you, in this lifetime, not next lifetime. Ah, just the thought about it when somebody says, "*Well, in your next lifetime after you go through your next birth process ...*" Ohhhh, no, no, no. No. You want it now. So we're going to push. We're going to push and have fun doing it.

So let's have some fun. Yes. The point I'm trying to make is that you are different. *What do you mean?* You know exactly what I mean.

You're different. **You're different than even your lifetimes when you've been spiritual.** Definitely very different than your lifetimes when you've been religious. There's a big difference. We'll actually feel into that in just a little bit.

You're very different, and it takes a lot of grit, a lot of, uh ... determination is not the right word. I'll come back to it later. I'll tell you exactly what it takes to be in these seats, to be coming in on the Internet and saying, "*It's about enlightenment.*"

The funny thing is, I've said before, when we've been at workshops and I say, "*What is enlightenment?*" I hear the biggest bunch of makyo answers possible. **It would lead one to believe that here you are, totally focusing your life on enlightenment, and have no idea what it is. Absolutely no idea what it is. And it's true, and that's a good thing.**

You know what it is. You don't have to even define it. You already know. Eh, sometimes it gets covered up. You forget about it. You have one of those bad enlightenment days and you wonder what you're doing. But you go back to that knowingness. Ah, sometimes it's two or three in the morning and you wake up frightened, confused, baffled, but yet that knowingness is there.

It's not a thing of will. It's not a thing of strength. It's a thing of just that knowingness. Beautiful.

The Jesus Game

Let's play a game today. Let's play the Jesus Game. "Ohhh!" It's Christmas! "Ughhh!" It's Christmas. Yeah. Don't you know. Let's dismiss.

So we get all that reaction. I say that and then these people watching in online, of course – not you but the people watching in – "The Jesus Game? Whoa! How terrible that they're going play that!" No, no. The Jesus Game is fun. The Jesus Game starring *Yeshua Ben Joseph*, as *Jesus Christ the Savior*.

Can we be a little sacrilegious? Sure! Why not?! Because it's all a big story, and you're going to see in just a minute it wasn't true at all. "The Jesus Game," and then in parentheses underneath – "The Yeshua Composite."

Now, we're in the holiday season. By the way, it's another one of our guests today – *Jesus Christ* – right here in Coal Creek Canyon! I'm serious. *Yeshua*. It's actually – let's call it more specifically – it's an energy from the *House of Sananda* that's here. *Sananda*, also known as *Isa*, that's right here, and *why not?* You're going to see in a minute, "How did I miss that?!"

So, okay. So here we are in the holiday season. Today's guests – *Jesus* and our dear friend *Nelson Mandela*. Absolutely. What a great combination. We're in this time of the Christmas season and there's so much talk about *Jesus*. Actually, what I do and I've always liked about the Christmas, that's the one time of the year where they take *Jesus* off the cross and they put him in a little basket. It's nice, much better than on the cross. (a few claps) *The rest of the year?* Like that. This time of the year looking up at his virgin mother and going, "This is strange, mom."

So I'm going to ask you, because so many of you walked with *Yeshua*. *Yeshua* is the real name of the one they call *Jesus*.

By the way, I have to stop and point this out. There's a *Yeshua*, the *Yeshua* that, you know, was around 2,000 years ago, and then there's *Jesus*. And mostly we have *Yeshua* here. Not so much *Jesus*. *Jesus* is only, oh gosh, probably really about maybe 800, 900 years old. He's a lot younger than *Yeshua*.

Jesus is a composite just like *Yeshua*. You're going to see the difference though, because *Jesus* is a composite made up from the religions. The religions, they created *Jesus*. And so many people believe in it that it actually then happens. Just like you created an entity – composite entity – known as *Shaumbra*. *Shaumbra's* hanging around, drives a nice car, hangs out, has a few drinks now and then. Very cool.

So there's this *Jesus* composite as well, *Jesus the savior*, *Jesus* who's waiting, god knows for what – well, yeah, God knows for what – to save everybody, the second coming, which by the way never comes. And there's this *Jesus* who – real handsome white looking guy – always wears robes. Blue eyes. Yeah, Israel; blue eyes. Mm, I don't know. There's this *Jesus* and he loves people who worship him. He loves people that say, "What would *Jesus* do?"

He just sits there and smiles, you know; he never gives them answers, he just smiles. This *Jesus* – which is a composite consciousness made up of a lot of humans that believe in him – *Jesus*, he spends a lot of time walking on water. (laughter) Because that's what they believe. So every morning he gets up and walks on water. Goes to the refrigerator up on the other realms, opens it up and says, "Ah gosh, nothing to eat together today. Ohh, fish and loaves." (laughter) "Another day of fish and loaves." Goes to a lot of parties. The water into wine. It is absolutely real. I mean, I'm not making this up.

You can go to the other realms on the other side and find *Jesus*. Oh just listen for all the people – "Oh *Jesus!*" – asking for forgiveness for their sins. *Jesus* is like, "I don't know what to do. You're calling out to me. You're asking me for forgiveness. I forgave you a long time ago. I actually don't even know what you did, and you're asking for forgiveness. Forgive yourself!" But they don't hear.

There's that *Jesus* wandering around on the other realms. Ohhh, dear *Shaumbra*, I'm so glad you're having fun. There are some that are online that are no longer online.

And some that are just, they say, "How could he be so sacrilegious, blasphemous?" Because it's just made up! Because then there is the real *Yeshua* who was flesh and bone, the *Yeshua* that some of you actually walked with. I mean walked with, touched, chatted with, told some bad jokes with, hung around with. Some of you were here at the same time. Maybe you never encountered this *Yeshua*, but you were always kind of walking with him in the other realms. There was this kind of whole agreement to come back together at this time.

Now, there are a lot of stories about *Yeshua*, but I truly believe, I trust that you know *Yeshua*, that you know the real story. So we're going to play a little game.

First, I ask you to feel into the *Yeshua*. Get out of your brain about all the stuff you heard. This is going to come spontaneous. I want you to feel how you really know *Yeshua*. Don't let your head block you here. Go to the heart. You know *Yeshua*. *Why?* Because *Yeshua* is a composite made out of you and me and a bunch of others. *Yeshua* was the biggest composite ever, in other words, more souled beings gathered together and said, "*Let's create this composite.*" Not a souled being. By the way, for those of you who are still online with us who are relatively new, yes, *Yeshua*, *Jesus* wasn't a souled being. It was a composite of all of you. It was about bringing the divine seed to this planet 2,000 years ago.

~ 1st Question

So, would you tell me, what religion was Yeshua? Catholic?

"Jewish."

Jewish! Kind of. Kind of. Yeah. *Essene*. *Essene*. *Yeshua* was born and raised an *Essene*, and in it you'll find a lot of the clues to his life. First of all, his mother wasn't a virgin. You probably figured that one out.

His parents weren't married, because the *Essenes* didn't necessarily believe in marriage. If you were a good *Essene*, a better *Essene*, you actually never got married. And I'll show you in a minute why that presented a lot of conflict for dear *Yeshua*.

So the parents weren't married, but suddenly *Mary* finds herself pregnant. Oh! Of course, she had had intimacy with *Joseph*. Now, in the *Essene* practice, the *Essenes* were like very strict, fundamentalist Jews at the time. Very strict. So suddenly *Mary* finds herself pregnant. *What to do? What to do?* Ah, well, not get married, of course, but to deliver the child and live in a little bit of embarrassment. Not that it was totally forbidden, but if you wanted to be a better *Essene*, you didn't fornicate at all. No, no, no.

So *Yeshua* grew up a bastard, didn't really have a father ...

"What?! Ohh!"

Bastard is only a bad word in really the last 100 or so years. It used to be many people were referred to as a bastard. Bastard simply meant not having a father by marriage to the mother. That's all it meant. It would be like saying, "*I'm a lollipop.*" You know, it didn't mean anything. Now there's a spin on it – bastard – but *Jesus* was a bastard.

I want you to feel ... a lot of the layers, the old layers that you have. And then I want you to feel back into how you helped to create your composite – this little bastard. (*Adamus* chuckles and *Linda* gasps loudly again)

~ 2nd Question

So what did Jesus do for a living?

"He was a carpenter."

He was a carpenter. *Really?* Hang on a second. Take a deep breath. Feel for a moment. You personally knew *Yeshua*. *Did you ever see him out there with a lathe and with sand paper and a saw and all the rest of that?*

"No, but someone else said that about the bastard."

Please note and please remember, go back into your helping to build this composite into your memories. Take a moment, just feel back, *Yeshua*, *Yeshua* – not Bible *Jesus*, but *Yeshua*, your composite – *Yeshua* was not a carpenter at all!

Yeshua wouldn't know how to rub sticks of wood together. First of all, there wasn't much wood in Israel at the time. Secondly, he lived in a commune, an *Essene* commune. The *Essenes* were very communal. Extremely. About the only work they really did was growing food so they could live. They were not merchants. They were not bankers. They were not tradespeople at all. They lived in communities of anywhere from a low of 100 to maybe 500 at a time. They were considered outsiders by the rest of the Jewish community. They were considered kind of the weirdoes. Oh! (*Adamus* chuckles) Here we are again! (laughter)

Yeshua trained to be – they actually didn't use the word 'priest' back then – *Yeshua* was training to be a teacher of the *Yahad*. A *Yahad* is the community school. They didn't call themselves rabbis. They didn't give themselves lofty titles like 'bishop' or 'pope.' They were simply ... the best possible interpretation would be maybe elder, but even that was not a word that was used because they never wanted to put themselves above others. So let's just call it a teacher. Hm. Hmmm. A lot of interesting correlations. A teacher.

He didn't work with wood. He didn't make chairs and tables and things like that. He studied a lot. He studied old scriptures. He studied the rules because the Essenes had a lot of rules. He didn't know how to use his hands. He wasn't a big muscular guy, and he didn't have a trade whatsoever. Interesting. Interesting.

So where did this come up with that Jesus was a carpenter? Well, when they were putting the story together of Jesus, they said, "Well, we have to give him a trade," you know, because there were a lot of trades back then. There were the bricklayers, the stone trade, there was the fishing trade and there was the carpenter, and they all had a lot of influence on the church at the time. So where do you think a little money came from by saying that Jesus was a carpenter? The carpenter's guild at the time. Absolutely. "Ohhh! Yeshua was a carpenter. Sure! Here's some more money."

Actually, probably the way it happened in that church, the churchy leaders were sitting around trying to figure out this profession. They had to name something. Of course, nobody knew, because this was hundreds and hundreds of years after. There was no Internet to record any of this. It was all handed down.

So they were trying to figure out what his profession was and one of the bishops said, "What would Jesus do?" (laughter)

And the other bishop said "He was a carpenter." Yes. Yes. (Adamus chuckles)

~ 3rd Question

Was Jesus married? "Yes."

Yes. Good. *To whom?* "Mary?" No, I said *was he married?* "Yes, he was, to Mary."

Married to Mary? "Yes." Yes and no. Yes he was married, but no, never to *Mary Magdalene*. (audience say "Ahh")

Now, that creates a big problem. Here you have *Yeshua* studying to be like a teacher in the Yahad, in the school, the community school. That was his one focus – to teach and to help. He didn't care about anything outside of his community. I guess now they might call it a kibbutz. It was a little bit different back then.

He didn't care about the outside world. He didn't care about anything. But being a mortal, kind of, at least having flesh and bones that would eventually die, he had certain urges. He had certain urges and within the community was a beautiful young girl by the name of *Ignes*. Like *Agnes*, but *Ignes*, beautiful young girl. And one night sitting under the stars with – oh you know the story now. They embraced their masculine/feminine energies, uh, together. Well put. *Wasn't that delicate?* They engaged in intimacy of the body.

Now, the good Essenes were not supposed to do this. The good Essenes did not eat meat whatsoever. It wasn't like the Essenes were forbidden, but the really good ones were vegetarians. And here we find now that *Yeshua*, trying so hard to be this eventual teacher – his one dream, one ambition is to be a teacher in the Yahad, in the community – and suddenly fornicating, hmm, and caught.

So what happens next? (someone says "Shotgun wedding"). Kind of, shotgun wedding. See, you're starting to get it. *What happens next?* Well, it was discovered and her parents weren't all too happy about this and immediately said, "You must get married." This was a huge change in *Yeshua's* plans, but the thing is, he loved *Ignes*. He loved her deeply and dearly. Either that or it was tremendous lust.

So, indeed, they got married. And indeed he had to start rethinking his role with the Essenes, because he's no longer that Standard – the one who didn't fornicate, the one who didn't get married. Now he was just kind of an Essene commoner.

To make matters worse, oh, he felt so deeply in love with her, so deeply in love, and she became with child. And he started to allow himself to feel some of the passions that a human would feel. Rather than all this negating of passions that so many religions and spiritual groups do, he started to feel the passion of loving another human and eventually slowly loving himself.

What happened next? Tragedy. *Ignes*, with child, died. Died. The love of his life died, and he felt, with all he had learned in his studying, that he should have been able to heal her. He was angry because he felt some of the others in their community should have been able to heal. He felt that God had forsaken him, and it caused another great crash in his life. Now he had lost not only his position in the community because of fornication, but now he had lost his love. His love.

What happened next? Here he is, a very young man, barely seventeen years old, and suddenly everything is turned.

My dear friends, let's pause for a moment here before we go on to the next part. But *can you feel it? Can you feel yourself in Yeshua? Can you feel the twists and turns in your own life?* **What maybe you thought were mistakes, what maybe Yeshua thought was a mistake at the time, which turned out to be perfect.** Perfect.

So here we have a 17-year-old man angry with God, heartbroken, no longer a pillar in the community, no longer the one they thought was going to lead them into more rules and regulations. So he leaves, in the middle of the night.

~ 4th Question

Where did he go? Where did Yeshua go? Please feel into this. You already know it.

"To the big city!" To the big city. Sure. Get off the farm and go to the big city. Yes, in a way, you're right, absolutely, and other places. But just give it a shot. *Where did he go? "What, specifically?"*

Well, he was heartbroken. Imagine yourself for a moment. You're heartbroken ... *"The desert."*

Life has dealt you all of these bad blows. *Where are you going to go? "The desert."*

The desert. The desert. Absolutely. You're absolutely right. Began wandering in the desert. The Essenes were very familiar with *Moses*. The Essenes also – yes, very familiar with *Moses* – but they also had a different set of commandments. Understandings of *Moses* have been so distorted and rewritten over the years. The Ten commandments actually had about 10,000 changes in the commandments since they were given. So he begins wandering in the desert.

Where would you end up if you began wandering in the desert? "Las Vegas." (laughter)

Las Vegas. That's good! That's good! *"Apparently in Las Vegas, right?" (more laughter)*

And that's what makes Shaumbra special. Yes. Las Vegas. Good.

"Ehhh, at a water ... (a few people say "Oasis") Oasis, whatever you call it."

Okay. That was the first night. After that. We got between 17 and 33 years old. Where ... just feel into it, please.

Close your eyes for a second. Feel into it. *Where did he end up, as the first major part of his journey?*

India. More specifically in the area known as Kashmir.

He **ended up searching for answers**, yes, wandering through the desert. Doesn't even remember how he got to India, how he got to this land. He was so destitute, so depressed he ended up there. And there, in wandering around India, he **met some incredible teachers** who literally shook down his world from everything he had learned as an Essene, everything he'd learned about history and God. It was a big shakeup, because **he learned that God wasn't some guy up there. He learned that God wasn't an angry being who asked humans to worship. He learned that God was already within. That God was and had come to be what you now know as love and acceptance and compassion.** It was hard for him, very hard for him to understand that, particularly with the bitterness of everything he had gone through.

He was searching for answers. He was desperate, aching so much in his heart. But what was really happening, my friends, is that in his search, theoretically thinking that he was searching for some relief just from the anxiety of losing his community and his wife – he was on a bigger journey. **His real journey was about himself.** Your real journey back then was about yourself. It wasn't about finding some philosophical answers.

It wasn't finding yourself even just in a Mystery School or a monastery, although he ended up going there.

But the original journey of your own divine seed was eventually about coming to you.

The story of Yeshua is your story. Some of you have gone through it a couple of times. Some of you have gone through it many, many times. But it was your story of life, of learning, sometimes of heartbreak and ultimately of discovery.

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Yeshua traveled throughout these areas known as India and met with some amazing Masters. Learned how to breathe. How to breathe. That simple, but yet that elusive when he was an Essene, because it was so filled with rules and regulations, things you should or shouldn't do.

~ 5th Question

Did Yeshua have sex with others after he left his community, after he left the Yahad? Did he like just go lie with women? Or men ... or goats ... or sheep? (some chuckles and groans in the audience) You have to ask that! About 2,000 years ago you had to ask. You had to ask. Did Yeshua – *where are the cameras?* Make sure a camera is right on her face here so all the world can see this answer. *Did Yeshua have sex? "There is a quality to sex ..."* Eh, eh, it was a yes or no. *"I'm getting there. I'm getting there. That clears the pipes to ultimately find the divine within. And yes he did."*

Oh, he did have sex. *"Mm hmm."* Good. Often? *"As often as possible."* (some laughter)

Okay. *Did he prefer tall ones or short ones?* (more giggles) *"Tall ones or short ones what?"* (laughter)

Good question. (laughter) Good question. So, yes, Yeshua had sex often. *Did Yeshua masturbate?* *"Yes."*

Would you say that to the cam- ... say it to the camera. *"Yes."*

Good. Thank you. We're breaking through so much old crap here today. Yes he did! Yes he did. *Did he feel guilty about it?* (she pauses; a few in the audience say "No")

Have you ever felt guilty about it? "When I first started, yes. And then it wore off, and now I don't."

Linda's back there freaking out. Why ... (lots of laughter) *"Hey, I ... I ... I've been through ..."*

I think this is my favorite Shoud! (more laughter) *"I've been through SES*."*

Yes, absolutely he did, and he did and he did. *"Yes."*

He had sex, he masturbated and he felt guilty. Well, like ... Cauldre, don't say that so fast. *"Screw guilt."*

He had sex. He masturbate- ... *Jesus masturbates.* (some laughter) *"Screw guilt."*

And he felt guilty about it until he realized the love of Self, the acceptance of Self. *"Yes."*

Until he **realized somebody else placed this crap on him that sex and playing with yourself under the table are bad. It took him a long time to get over it and realize that he could love himself. He could touch himself. He could feel himself. He could pleasure himself, and he could really love himself.** Absolutely. And he would go on, my dear, to teach this to many, many others.

And when he sat in front of some of the groups, the reaction very similar – gasp! – *"Ohhh! You can't talk about this."* But he did, because he said, *"Dear brother, dear sister, it's about loving thyself. Then you will come to understand the love that your soul has for you."* Yes. *"True. True. I'm my best date."*

You're your best date. Absolutely. You should be. And then you can be the best date to anyone else. Good.

Jesus realized somebody else placed this crap on him that sex and playing with yourself under the table are bad. It took him a long time to get over it and realize that he could love himself. He could touch himself. He could feel himself. He could pleasure himself, and he could really love himself

*Referring to the energy virus discussed in Tobias' Sexual Energy School.

(Please also read: **New Energy, New Consciousness**, Addendum A: Awareness- Sexual Energy Virus ; [link](#) to Life By Design E-book library online - folder: Vousten, Geert or on the [Support](#) page)

~ 6th Question

So why did Yeshua go back to Israel? Let me say first that after India he traveled throughout parts of Europe, France, of course. Stayed there a long time. He went to parts of what are now known as Germany and England – of course the names have changed – Spain, Portugal. He traveled. He traveled to learn more, experience more and meet others outside of his own little community where he'd grown up. But he went to experience all there was to learn and know. He went and visited the pyramids. Yes, absolutely went to Egypt. Spent a lot of time there.

Why did he go back to Israel? And please don't say to get his woodworking tools. (laughter) Yeah.

"He went back to teach."

He went back to teach. *Why? "Because he had good information to share with his fellow man."*

Good. But *why go back there?* It was hot and dusty and ...

"It was home. Yeah. And he enjoyed home. Went back to see his family and friends."

Ehh, they weren't so interested in seeing him, as a matter of fact. Not so much. No. The ones who had been in his community, no, actually ... *"Who is this guy?"*

... didn't want to see him at all. *Sound familiar?* So, yes, there was a desire to go back home – thank you, thank you for the good answer – desire to go back home. Part of his journey to collect himself.

Have you had it where you've traveled to places, you've had an irresistible urge to go to Egypt or to go to South America or back to Europe, a tremendous desire to go back into your past, to see yourself now through different eyes. That's the biggest reason. Not so much to teach, but to see yourself from years ago or lifetimes ago to see how you've changed. And that's exactly what he did. And he went back a very different man.

Indeed, he went back to also do some, what you call, teaching, sharing with others. But he wasn't met with big open arms. He went back up to the area up around Magdel, which is the north end of the Sea of Galilee, and he was met with a lot of ridicule. But there were a few who listened. There were a few who felt an underlying dissatisfaction with the rabbis and the temple and the religious organizations at the time. There was a few that heard the word "*I am God also*," when he stood in front of them and said, "*I am God also*." The majority laughed at him, shunned him, threatened him, but a few heard it and they stayed. Some of them became his disciples.

And then more and more began to hear the word, because there were a lot of you who had come back at that time. You didn't consider him a savior. You considered him a friend. You didn't consider him to be some type of spiritual leader at all, because you knew he would never accept that role, never accept the role of leading a large group of people.

So, my dear friends, he went back to collect himself, to remember himself, but now in a new way, and in doing so met a lot of you once again.

You weren't in awe of him, because it was also you. Curious, yes. Fascinated, yes. You didn't know many people who had traveled to so many lands. But you felt a presence about him. You didn't know what it was. He didn't talk words like '*enlightenment*.' He didn't talk even of the mysteries. He didn't perform any miracles to just fascinate people. But you felt his resonance.

Yeshua and Mary Magdalene

Now, leads us to a very interesting, very pertinent question. So here he was now with some friends that he would share time with. He met *Mary Magdalene*. They fell in love. Oh, such deep love. Shared a lot of intimate moments.

See, *Yeshua*, had learned a lot about this thing now called Tantra in his journeys, and he knew how to share his body and his mind and his love in a way that very few humans have ever learned since. Oh, because there is so much chattering when you talk about sex, so much embarrassment. But he knew how to love himself, and therefore how to love another.

He met *Mary Magdalene*, who was a mess at the time. Ah, she had her demons. She was mess and he showed her how to love herself. It took a long time. She had a lot of victim energy. She had a lot of fear of men, the masculine energy; ultimately, really of the masculine energy within herself that was manifested in her abusers. But she finally came to terms with the masculine, the feminine and the divine within herself, and together they lived in love. They never married. Didn't want to marry. It had been such a horrific memory for *Yeshua* he never wanted to repeat that. But yet they also knew they didn't need somebody else to marry them or attest to their love. It was strictly between them.

Question is, *did Yeshua and Mary Magdalene have children?* That's a big question. Everybody asks it. They write books about it.

I contend that they did, but it was after *Yeshua* departed the physical body. Hm. Hm. Figure that one out. Now, that should give you a little bit of a clue into yourself.

They did not choose to have children while he still walked the Earth. He knew it would end, and he shared that with *Mary Magdalene*. He said, "*I'm here for a certain amount of time. I'll be leaving, but only leaving the physical. I'm still going to be here, and I'll show you. I'll show you what the soul, what the divine in love with itself can do, even after I leave.*"

So it was a relationship of the physical and the spirit that occurred after *Yeshua's* death that actually impregnated *Mary* who had two children by *Yeshua*. Ah yes. Interesting, fascinating story. But my friends at Christmas time, the holidays, it's your story. The story here about how life continues even when there's supposedly death.

~ **7th Question**

Question is, *did Jesus fail? Did Jesus fail? "No, he did not."*

No. But there are those that argue that *Jesus*, this Master, this divine being failed because he allowed himself to be put to death. He failed because he could have or should have been able to overcome this or been able to overcome his enemies or those that sought to kill him. He failed because he died instead of lived. He failed because of the blood and the suffering and the pain; that a true savior would not have died.

A true savior would have perhaps lived in a mansion, had all sorts of guards and would have never allowed himself to die like that.

There are those who say that look at the difference between *Muhammad* and *Jesus*. *Jesus* failed. *Muhammad* just ascended. He didn't have to go through all that. That *Jesus* could not come to terms with the energies, that *Jesus* perhaps was some type of false martyr. There are those who say that and there are some who believe it – the failure of *Jesus*. *Jesus* who comes to this Earth – whether you think in terms of *Jesus* or *Yeshua* – that comes here to show us the way, and ends up nailed on a cross, which, by the way, did happen. For those who don't think it did, no, he was nailed on a cross. *"Well, he was a man, and I grew up very Baptist so I know that he died for our sins."*

Do you still know that? "No. I'm not going to Baptist heaven, so ... (some chuckles). I'm going to my own place. Well, he realized, I think, that we are all God also, and so he just helped us get there a little faster."

But why the death? To me that sends ... well, it could be a bad signal for somebody on the path. Kind of, I don't know. Maybe I'm a little sensitive today. But wow, look what you get when you become a Master! Yeah.

So how is that not failure?

"Because he rose again in three days and he ascended then. I mean, he didn't – death didn't conquer him."

Conquered the body, though. *"The body, yeah. But not his spirit."*

But *what was the point in allowing himself to be captured?* Actually, he wasn't even captured. He just gave himself up. And then he made it worse. He provoked the Romans. He could have gotten off. He could have walked away. A little payoff would have gone a long way, if you know what I mean – a long way – but he provoked them. *What was that about? "To make a point." Of? "That we could all do that for ourselves." Provoke the Romans? "Yeah! To wake us ..."* Why ... *"To wake us up and you know to ... to ... well, to wake us up and ..."* Let me be real candid about this.

Are you going to die for your enlightenment? (someone says "Maybe") *"Some people do."* Some people do.

"It's a choice." Would you? "I don't have to." Good. Good. Thank you.

And I'm going to continue the question, but I want a few more answers. Thank you. I know it's a very tough question. I'm asking you, the world, anybody listening in who wants to, isn't this failure at some level – to end up on the cross, to have a spear in your belly, to have all this suffering – *wasn't that failure?*

I ask at a very deep level within each and every one of you because *Yeshua* is a composite, and it's part of you. And if he was put to death, in a way you were put to death. And if he didn't stay as a Master in the physical, maybe you aren't going to stay as a Master in the physical. If he martyred himself, *maybe this is what your mastery looks like – martyring of self?*

Was Yeshua a failure? And we have to address this, my friends, because it's thick. It's in the air. It's the elephant in the room that nobody wants to talk about. It's this whole fabricated story of *Jesus*, but there is this story of *Yeshua*, the composite being, who, in a way, was in search of your mastery, because it's part of you, but was put to death.

"I think maybe that he provoked them so he could kind of prove to us that there's life on the other side, that we actually maybe the body does die." Yes. *"But you continue on. That's my feeling."*

Yeah. *So what happened to him after he died?* He had a little love making with *Mary Magdalene* after he died, but you don't hear too much about him after that, what he did after that.

"That's true. I think the disciples, well, they got scared for a while and hid, but I think they still made the point of ..."

A few of them got beheaded, but let's not pay any attention to that fact. Yeah.

"So have we all, so ..." Yeah. *"But that's what I feel ..."*

That's why I'm wearing this protective metal scarf today. (some chuckles)

"So and they finally, some of them finally got their strength back, because they would speak with Yeshua. Still he would visit them in the spirit, and I think that's how it kind of continued on."

Kind of. *"Kind of?"* Kind of. It's like the story we have going on today is that, *is that a good thing or not such a good thing? "I think it brought ..."* The story of *Jesus*. *"Well, it brought the Christ seed consciousness to Earth."*

Yes. *"And some people took it and ran different ways, but we're all at different levels maybe?"*
I would argue, just to be ... *"Okay."* ... argumentative. *"That's okay."*

If it brought the Christed seed to Earth, amazing thing – *"Oh, this has been planned for a long time, we're all going to come back and sprinkle the Earth with our Christ seed; we're going to create this composite that is us all put together because it creates such an amazing bond with us, and we come down here 2,000 years ago, we're born into a physical body all around" – and then the Christ seed dies?*

(pausing) "To me, I don't feel it died at all. I just feel it's a different way to express himself."

The template of the Christ seed, the character, *Yeshua*, he dies at the end of the story. *"Correct."*

And I haven't read Bible: Part Two, like the story doesn't keep going on. It just ends. It ends.

"Okay. So I guess I don't understand the question you're asking me."

The question I'm asking all of you is – I'm going to title it very boldly – *"The Yeshua Failure"* – question mark. *"The Yeshua Failure?"*

And you know this is a tough one. There is that within all of you – The Yeshua Failure. It's, yes, it's a beautiful story that you talk about, coming to Earth and being a Master and even what I would call the more real iteration of *Yeshua*, rather than *Jesus the Carpenter* – really?

By the way, *Yeshua*, he didn't grow up in this poor family and this whole story of the nativity and no room at the inn, none of that. It makes a great story, but he grew up in the Essene community. They weren't rich. They weren't poor. They really didn't care that much about money. They liked to eat. They pretended they didn't like to have sex, but they really did. (a few giggles) And they were very strict. Very strict. But it wasn't this life as a poor carpenter. No, not at all.

So I bring this up as kind of one of those hurdles we need to cross over. There's a certain feeling of failure. It's sitting somewhere in you. It tends to overshadow the beautiful knowingness that we talked about in our last gathering. But if a Master was going to come back now, a Master like *Yeshua*, *would it be advisable for that Master to get killed?* Other than making the news, but *does that really serve the purpose? Can anybody understand what was the purpose?*

Yeshua, your 33-year-old creation, *what was the whole thing about dying on the cross?*

"Martyrdom. It got the word out."

Martyrdom. Not a lot, but eventually later on. Eventually later on. It wasn't a lot of news about it back then. The Essenes back in the community, back in the Yahad, was like, *"Well, he was asking for it. Look, he was fornicating when he was young. He, you know, gives up his family and the community and goes wandering god knows where. No wonder he got killed."* Kind of. Kind of. There wasn't a lot of tears. He had a small group of followers, friends, and there was mourning there. But it took centuries really for this to get going. Yeah.

And is it such a good story? Interesting story, but *is it such a good one?* He dies on a cross. Yeah. No. *So can anybody understand why that kind of ending back then?* Again, this is your composite. *What purpose did it serve?*

"Well, I think that he wanted to hand the torch to us, that if he stayed alive we would keep following his word rather than our own. And I think that's probably what he learned on his journeys was that this was his story and his truth, and he wasn't afraid of the Romans because he was living his truth. And if that caused him to die, he wasn't afraid of that and so we got to all see that and also understand that it was our story from then on. Though it got lost, of course."

Best explanation I've heard in a long time.

Not that it was the best ending in the story, but *Yeshua* got to the point where he was feeling that the disciples, the friends, others were becoming obsessed with him. You were becoming obsessed with yet another false idol now in the name of *Yeshua*. Felt that so many were hanging on every word. And yes, initially, there weren't many gatherings, and then got to be more and more. Felt that once again you were deferring to something else. And he warned his disciples at the time. He said, *"If you keep this up, I'm leaving."* They thought he meant like going back to India or something. He said, *"If you keep it up, I'm checking out, because I am here to tell you the God is within you. Don't look to the God within me, but the God is within you."*

And he felt that ultimately it would be best to go. He had told *Mary Magdalene* right from the start it wouldn't be a long-term relationship. They weren't going to be grandparents in rocking chairs looking at old stone carvings of their younger days, that he was going to be leaving quite soon. And in doing so, he actually never really wanted to

dramatize it. He didn't want to be a martyr, but he did want to prove a few points, and one of them was to show his followers at the time that life does go on.

More important than even his ascension ... because, you see, some of the disciples at the time thought they were just hallucinating, you know, having visions or whatever. Drank some bad wine and suddenly *Jesus* appears. Some of you have had that. But he felt the true manifestation that "*I live*" was impregnating *Mary Magdalene* after he left. That that would be the proof that life does continue, that you can ascend with your body, that it's not just an apparition, a vision of the disciples on the road suddenly seeing *Yeshua*. But, "*I will make this child with Mary and then you will see that life goes on. Then you will see that you can take your body with you.*"

That story wasn't written about so much, hm, or at all. That would have been a far better story than just, you know, getting up from the ... and walking around and meeting a few disciples. That's the real story of life, maybe the real Christmas story that should be told.

So let's take a good deep breath with the Jesus story, the Jesus Game.

"How was it proven that Mary was impregnated by Yeshua? How did ... how ... I'm sure she ..." Just ask her.

"Well, but how ... I'm sure she was asked about who ... how she became pregnant." Yes.

"How did ... I mean, didn't anybody doubt her?"

Oh, think of it by your terms today. So here *Yeshua* had been gone for about four months and suddenly she says, "*I'm pregnant. Missed my monthly period,*" and you can imagine the others, particularly the other women, were like "*Yeah sure. Really? He just leaves. He just was executed. He went through all that, and suddenly you're out bopping somebody else?*" That's exactly what they thought. They didn't say it quite like that. They talked a little different back then. Bop, you know, doing it, having a relationship with somebody else.

And sure it caused a lot of questions, a lot of gossip in the community about it, but those who truly knew *Mary Magdalene* – the new *Mary Magdalene*, not the old *Mary Magdalene*; the reformed *Mary Magdalene*, as we used to call her – understood she would never lie about that. And then when the baby – babies – came out, anyone who had eyes to see could see it looked like *Yeshua* and had that kind of *Yeshua* glow about it, you know, the children.

The children didn't live very long. They died after *Mary* got to France. They had a very difficult time because they were the offspring of two very amazing beings, including one that wasn't in physical body. He was light sperm, so it was a little bit different than regular. (some laughter) It was!

So they had a very difficult time handling the energies. They didn't last long, and it wasn't ... it was said that it was a flu or some disease going around at the time that did them in, but it was just they could not handle it.

Similar to a lot of the Crystal Children coming in right now. They come in so clear and so unfamiliar with the ways of the Earth that they come in and they end up with things like ADD and some of the other sensitivities, allergy sensitivities, autism and things like that. They're having a very difficult time adjusting to this energy. *And guess what?* So are you! You who have – many of you have been here a thousand or more lifetimes and have been very familiar with the ways of this Earth – you're having a difficult time with it. **There's so much energy coming in right now, and it's affecting you**, as we heard a couple of people talk about recently. Yes, the last year, the last week – crazy energies. Wait till next year. (Adamus chuckles) Ahh, but **you are in the perfect position and this is exactly why I went through the whole Jesus Game today and brought it to this rather dreary end of dying on the cross. Maybe it wasn't the best thing, but it seemed to be appropriate at the time. It was a different time than it is now, but you've carried that with you ever since.**

You are in the perfect position and this is exactly why I went through the whole Jesus Game today and brought it to this rather dreary end of dying on the cross. Maybe it wasn't the best thing, but it seemed to be appropriate at the time. It was a different time than it is now, but you've carried that with you ever since.

The Big Question

You have this question that bounces around within you, and it's on every level. It's on your very practical human level. It's on an esoteric, spiritual and master level. The question you ask yourself, and you're going to be maybe a little confused at first, and you're going to walk away saying, "*I don't understand what he talked about today. This*

thing with the Jesus Game, and I guess that was kind of interesting. And then he said I walk around with this question, but I'm not sure I do."

And then a couple of days from now you're going to remember that you do.

How does it end? That's my question today. That's why we played the Jesus Game. *How does it end?* Big question, and it's going to be a big question into going into next year. *How does it end?*

It's a question every one of you have had on a very practical level. *"How does it end? Am I 65? 85? Do I ever get to that enlightenment? Do I get to the enlightenment and do I leave the planet? Do I get to the enlightenment and suddenly some groups come" – I don't want to mention any – "some religious groups come chasing after me, kill me? Am I going to be a martyr? Am I going to be so different than anybody else that I have to take myself off this planet, because they're coming to follow me and worship me and do all those gross things and not leave me the – ahem – alone to just be a Master?"*



Question – and really the theme of this Shoud is – *how does it end?*

I'm not going to give you the answer. That's actually for you to bounce around in your belly, your heart and your mind between now and our next gathering. And we're going to open our next gathering after my monologue, we're going to open it by coming back to it. *How does it end? What does that mean to you? What have you been projecting, thinking, assuming about that?* I will give you a little bit of a clue.

How does it end, what you've been contemplating? How do you die? How does it end? Is going to be nothing like you've ever thought. Nothing.
How does it end? What have you been thinking about or fearing about? How does it end?

That's why we went through the Jesus Game today. It was all a lead-up to saying look what happened to him, and how is it going to end for you? What happens when you cross over, whenever that happens to be? What next? Ah! It'll be a great Shoud.

***That's why we went through the Jesus Game today.
It was all a lead-up to saying look what happened to him,
and how is it going to end for you?
What happens when you cross over, whenever that happens to be?
What next?***

So in the meantime, let's talk a little bit about ... um, let's do one thing very quickly. I mentioned that *Yeshua* went back to Palestine – eh, politically incorrect – Israel. Went back to Israel after his many, many years away. You ever notice there was a huge gap in the Bible between the time he was about 14 and 33. Why haven't more people said, *"What happened?"* He wasn't making chairs and tables or even big crosses. (some groans and laughter) We can joke about it now, because we know he had sex. (laughter)

So what were these lost years? How come there's no account for it? It was just kind of glossed over. Well, yeah, you know, he's turning over tables in the temple when he's 12 and then you don't hear from him till he's 30. That's a pretty long gap there. Yeah.

Yes. Question or comment.

"It's a comment and the comment is, because it didn't fit the plan for the proselytization."

Exactly. Exactly. It didn't fit the plan.

Why are humans so asleep – not you, but humans in general – so asleep that somebody hasn't just had an absolute fit about this saying, *"I'm not going to go to communion until I know what he did from 14 to 30. I'm just not going to go to confession either. Never ... tell me or else."* (someone says *"They don't know"*)

Well, they don't know. That's absolutely right. But they don't even make up a carpenter story or something like that. They don't even make up a story that he went and worked for some charity for a while. Anything. Anything. They just – gasp! – *"Let's not discuss it."* It's just a little odd, and these type of things cannot and will not continue in the future. They can't. They can't.

I'm amazed that otherwise good humans have just said, *"Oh, okay. Well, yeah, no written record."* These type of things, the awareness is getting too high right now. These type of things can't go forward. People are going to ask the questions now. They'll be bold. They'll come forth and say, *"No, no, no, no, no. That doesn't make sense, the whole virgin birth thing. Have I got a story though, fornicating from the other side. Now that is a good answer. That's, yeah, that's a story."* That'll raise some eyebrows. Make a good Hollywood movie. It's heaven within you. So ... (continuing laughter) Kind of a double meaning there, ladies and gentlemen.

2014

So here's what I'd like to do. Let's do a ... I'm going to do this out of order. Let's start with this – 2014.

As I said in our last gathering, **the year of tough love**. It's also going to be **the year of discovering gifts within yourself**.



2014
The year of tough love.
The year of discovering gifts within yourself.

There are some things within you, already there. You created them; you made them. They're part of the Christ seed energy, and they're just – they're like crystals, well, crystals within you. They just haven't been brought forward for a lot of reasons we don't need to get into, but gifts and talents that are yours.

Nobody's giving them to you. They're going to amaze you. Things that you didn't even know you had – understandings, talents, creativity – that are going to be, let's call it, pushed forward. They're going to come out. Times will be tough, and this will cause these beautiful things within you to finally come out. A little nudging is going to bring them out.

Let me – I'm hopping around here but on purpose – let me say one thing about creativity, because this ties into things you're going to discover, gifts that you've always had that are just going to amaze you. And then it'll amaze you that you didn't bring them out sooner. But understandings and capabilities and talents that are sitting in dormancy right now, for whatever reason, that are going to come out.

~ Creativity

Let me say one thing about creativity. Creativity is about trial and error. It's not about getting it right the first time. Creativity is trial and error. Divinity is kind of also, but they're tied in together.

There is a human desire to get it right all the time every time or don't do it any time. In other words, guaranteed success that's it's going to work. The truly brilliant creative ones are the ones who are willing to make mistakes. Tesla – a lot of mistakes along the way. Many of your other famous inventors and scientists and progressives made a lot of mistakes.

We sit around in the Ascended Masters Club and we joke about it. We say, *"A really successful human is one who gets it right about eighteen percent of the time."* And *how much percentage does that leave to not get it right?* Add quickly. A lot. Just a plain lot. I'm not saying you're locked into that. You might get it right 50 percent of the time. Maybe 70, I doubt it, and it's not important.

Creativity is a matter of trial and error. A creator doesn't try to get it right. Only the human, only a mental being tries to get it right. **A creator is simply creating. It doesn't matter. You could say in a way there's no judgment, but there is actually no big tie-in to the outcome.** *"I create – oh, that worked great. I create – pfft! Wow! That didn't manifest the way I quite had hoped."*

The funny thing is **the enlightened creator understands that it did manifest somewhere, maybe off in another dimension, perfectly.** It just didn't come in here quite right. *Why?* Because the energies are challenging, difficult, thick, nasty, wicked, associated with other people and everything else, and sometimes they just don't poof in here right. It doesn't mean you got it wrong. It just means maybe you were ahead of your time, maybe you like creating in these other realms, and maybe it just wasn't quite the right ingredients. So **the real creator creates again, out of joy for the experience, without worrying about was it right or wrong.**

***A creator is simply creating. It doesn't matter.
You could say in a way there's no judgment,
but there is actually no big tie-in to the outcome.***

So **creatorship is a matter of trial and error. A true creator takes joy in both**, but is ecstatic when they actually get it right – what they feel, what they say is right, it manifests here in this reality kind of like they want it to – eighteen percent of time. Pretty good. Maybe you can do better.

Going forward into next year – and this will all tie together; it doesn't make sense right now at all, but one of these days you're going to go, *"Oh! Now I understand"* – going forward into next year is both the year of tough love, the year of discovery of latent talents and gifts within yourself that will – I'll put it in writing and guarantee your money back on this Shoud – that it will blow you away. It will literally blow you away next year, what has been latent in there.

~ Trust

The other thing about next year, and it's an old topic, but we have to cover it again and probably again after this, is trust. Next year, in particular – and this is not about worry but it is about awareness – next year you're going to have one thing to fall back on, and it's you. And it's you. That requires trust. If you're out of trust with yourself and that's the only thing you have to fall back on, oh, it's going to be a long, long way down.

But if you have yourself to trust. Now, trust is a tricky thing. A lot of you say, *"Oh yeah, I trust myself."* Not really. No, you say that, but you really don't. *You don't believe me?* Take a look at your actions and reactions.

Trust is kind of a surrender, in a way, but trust is ... trust, for some of the Masters, has been, *"I don't have anything else. There's nothing left. That's all I have. I can't even effort into it. I can't make myself believe in, but that's all I have because everything else is gone."* That's when you discover real trust, by the way. Yeah.

Next year it's going to be trusting yourself.

I can tell you this and you're not going to necessarily believe it, but just do it. Just trust yourself. Even when you think it's wrong, it's still right. It really is. Even when you think, *"Oh, I turned the wrong way; I did the wrong thing."* Look at *Yeshua*, for an example. Had romance one night under the stars, got a little carried away, couldn't keep it in the robe, and suddenly ... (some chuckles) Suddenly, it blew his whole career of being a teacher at the Yahad. It messed it up. Oh, did he feel bad. *"Oh geez! Egh! I hate that thing down there! Look, it got me in so much trouble."* It was actually divine, because it got him out of that commune, got him out of that community. Oh my god, that it was so boring there.

And then when his first wife died, his only wife died, and there was all the feelings of guilt – *"I should have been able to heal her. I should have known the right herbal chant to do,"* or whatever, *"and God,"* you know, *"didn't listen to me, so I must be a sinner."* How hard that was on him. But yet it was divine. That got him out of the community. That got him off learning. That was you! That was the Christ seed at work. And you think it was easy for *Yeshua* to trust himself, to say, *"Oh yeah. Yeah, that's exactly the way I planned it. Uh huh, uh huh. Yeah."* (some laughter) *"Yeah, threw me out of the place and my wife dies and my life is ruined. But, oh sure. That's me. I'm a creator."* But actually he was. Actually, he was.

There was enough built-in remedies in case he got stuck in this really boring community; there was enough built-in remedies, even the angst that he went through that caused him to start his search. *What else would have done it at the time?*

Even as difficult as it was with the death of his wife, that was not an accident, so to speak, and if he had trusted himself, he would have understood the wisdom. If he had trusted himself, she would have never died, actually. So a lot of things that happen don't have to happen. *Jesus* did not have to die on the cross if enough people had trusted themselves. It wouldn't have had to happen that way.

A lot of things in your life won't have to happen if you trust yourself. If you absolutely emphatically "*I've got nothing else in my life*" trust yourself. It will change the experience. The outcome, the end result is still going to be the same – enlightenment. I would say most of you have made a commitment to it, you've got a pretty good shot at it in this lifetime, pretty good chance. At least a three percent chance in this lifetime. (laughter and groans) That was a joke. You have a 100 percent chance. Yeah, yeah. Yeah. There is that potential.

Most of you seriously have an excellent, excellent, excellent potential for realization – I don't even want to call it enlightenment; realization – in this lifetime, if you trust yourself.

I can hardly teach trust. I just can hardly do it. I can say the words. We can have some trust merabhs and all the rest of that, **but if you don't trust yourself, you don't trust yourself.**

What tends to happen when you don't trust yourself – when you're on this path, when you're coming into your enlightenment and you don't trust yourself – everything will be ripped away so all you have left is you. It's not such a bad thing, but it doesn't have to happen that way. It doesn't have to happen. You can actually just trust yourself.

And not your past life self, not this golden angel. I'm talking about **trusting you that's sitting here right now with that great smile on your face – trusting that.** Trusting this that you have, this amazing beautiful being looking younger all the time too, I must say. I don't know what you're doing, but bring me along!

That amazing trusting yourself. So it doesn't have to go into the rip down experience. It doesn't have to go into this whole scenario.

Some of you feel like you're this kind of an asteroid heading to some type of strange conclusion. That's why I say *how does it end? How does it end?* And you're like, "*Oh, I'm out of control. I feel myself jettisoning towards this wall, and suddenly boom!*" It doesn't have to happen that way. Trust yourself – whoosh! – changes all those dynamics. **I can't teach trust. I can only ask you to feel inside.**

Now, you feel inside, you say, "*Okay I'm going to trust myself,*" two things happen. First of all, you say, "*Well, I screwed up in the past.*" No, I just told you. Creatorship is about trial and error. You didn't screw up. It was an experience. Secondly, the other alarm goes off, a bigger alarm, "*Yeah, I can trust myself, but what about them? I can't trust others, because they're going to screw me over. The minute I let my defenses down, they're going to come in. They're going to take my house, my money, everything that I have. Manipulate me, take advantage of me.*" No. When – you can write this down also – **when you trust yourself, suddenly you trust everyone else.** Suddenly, you trust everyone else. Actually, truth be known, is when you trust yourself, the word 'trust' goes out of the dictionary. It doesn't even apply anymore in mastery, enlightenment. Somebody comes to talk to you about trust you don't even relate to that word, it's so old and foreign. "*Trust, oh, what an old word.*" You don't even have to think about trusting others. It's implicit. It's already there.

When you trust yourself, suddenly you trust everyone else.

And I know, I can hear some of you, particularly online, screaming, "*But I tried this before and the minute I let my guard down, they took advantage of me.*" Well, (a) you didn't let your guard down; (b) they can't take advantage of you, unless you're kind of in that victim energy. They can't.

When you trust yourself, you will never be in the situation where you have to worry about trusting others or not trusting them. You're never in that situation. It just doesn't even come up. So you don't have to be worrying about somebody taking something away from you. You're just never in that circumstance. And you'll hear stories of other people who are. You'll hear stories about people who are being abused, taken advantage by others, and it's just like, "Wow. Huh, it doesn't even happen to me. I wonder why?" Because you trust yourself. Because you trust yourself.

***When you trust yourself,
you will never be in the situation
where you have to worry about trusting others or not trusting them.***

Let's end this session with a little experience. It means music up. – light, twinkly, merabhy kind of music – and lights down.

We've had a good session today, the Jesus Game, the Jesus story.

How Does It End?

(Link to the official [Crimson Circle](#) YouTube channel: "[How Does It End?](#)")

(music begins; *Lonely Road* from the album "Day of Life" by Bernward Koch)

We've talked about *how does it end?* It's kind of the homework for our next session.

One could argue that it didn't end so well for *Yeshua*. Not such a great example, but, as was pointed out, it was a long time ago. Consciousness was different. Things ended different back then.

The Christ seed consciousness was still brought to this planet, and it was brought with a knowingness that the planet wasn't quite ready. There was no mistake, uncertainty that it would take 2,000 years. It was known back then. It was about bringing in, planting this Christ seed so that you, in another incarnation with a new name, could come back and collect the very thing that you brought in.

You didn't really bring it here for the rest of the world. You knew that they someday would benefit from it. You brought it in for you. You could say that this time is like a highway. Time has gone 2,000 years of kilometers or miles. You knew back then that you were going to be here in 2,000 years, at this point on this cosmic journey. You put that Christ seed in there 2,000 years ago so that it would be here for you right now.

You knew you'd be coming to this point, that you would need this, want it, and here it is.

It probably would have been really upsetting to energetic balances to have it sprout 2,000 years ago. Even your composite *Yeshua* knew that. When there were those who were pushing and pressuring him to say, "No, make it blossom right now. Bring it out right now. We see it in you. We want it now," almost like a little bit of a greed, *Yeshua* said, "No, it's not quite ready."

They said, "Yes, but Master, Master, when will we be ready? Will it be a year from now, ten years from now? Will you teach us how to get ready?" And *Yeshua* said, "I can't." He said, "I can tell you're not ready, because you still don't trust yourself. You've still put me on a pedestal. You still want me to save you, perform miracles for you, teach you. No, you're not quite ready."

So it ended for *Yeshua*, in a way. In another way it's lived on. The story split, you know, of course. The story of *Jesus* from the Bible and then there's the story of *Yeshua*. The story of *Yeshua* has lived on also. That energy, that Christ seed, that blessing has lived on to right now.

But that part of you that is *Yeshua* comes back once again with you saying, "Now we're ready for that Christ seed to blossom, to grow."

That same composite of *Yeshua* says to you, "Are you ready to trust?" Two thousand years later he says, "I come back to you. Are you ready to trust yourself deeply, unequivocally, unconditionally, no ifs, ands or buts or I don't

knows.” Comes back to say, “*Are you ready to be in that state of your own divine trust no matter what? Even if you think that you’re making mistakes, going beyond that and be in a place of trust. Even if it scares you, terrorizes you at the deepest level, brings up all your fears – fears of disease, fears of poverty, fears of being alone, fears of, well, the ending – are you ready to be in that state of trust?*”

And I don’t want to sugarcoat it and say “*Oh trust yourself. It’s so joyful and fun and happy and sunshine and rainbows.*” No. It’s demons and dragons as well. It’s fear that could come up within you that will freeze you – freeze your brain, freeze your body. Freeze, like as in cold. To trust yourself that deeply and that implicitly kind of makes your belly spin. Overwhelms your mind – too many thoughts, too many questions.

That’s the tool for next year – **trust**. Oh, we’ve talked about it so many times. But it’s back.

For some of you that’s all you have left, in a way. Sure you’ve got some clothes and a bottle of cheap wine in the refrigerator, but that’s really all you have left. Your bank account is run down. Car probably won’t make it for another year. But you’ve got this trust.

Let’s not play the Jesus Game on this one. Let’s not have it end like it did for him, because with that trust everything changes. Funny thing is you don’t even have to think about it. You don’t have to plan anything after that. You don’t have to work at things. It’s coming to that level of trust. You don’t have to worry about other people, the IRS or anything else like that, the aliens and the conspiracies.

When you’re at that deep, simple, basic level of trust the other stuff just doesn’t touch you, doesn’t affect you.

So this is going to be something that comes up again for you this, oh, at least next 30 days or so before our next Shoud. The question, “*How does it end?*” and the question “*Can I allow myself that level of trust?*”

And before you answer the question, if you say *yes*, you’ll get the experience that will – how to say – confirm within yourself, so that trust just isn’t just a mental concept, that it’s right in there with your knowingness. Then you’ll be able to fly through anything, anything.

Let’s take a good deep breath, my dear friends.

Rejoicing in this holiday season and the fellowship that we have here and the laughter from today, being able to talk about *Yeshua* and *Jesus*, being somewhat irreverent. No, really irreverent. Can’t wait to see the YouTube clips on this one. (laughter) But coming down to the point of, well, what really matters; what really, really matters.

Let’s take a good deep breath and always that knowingness that no matter what, no matter how difficult, no matter how amazing that, well, **all is well in all of creation**.

And so it is.

I Am Adamus, in joyful service to you. Thank you. Thank you.

05 – Discovery 5 – *The Choice for Mastery*

I Am that I Am, *Adamus Saint-Germain*. But you already knew that. Ah! You already know soooo much that you don't even know you know, a tremendous amount.

We're here in the Discovery Series, in this Shoud, and it's about discovering what you already know. Ah! You've been looking for things you think you don't know; it's about what you already know.

Let's take a deep breath with that, for it's already there. It's already there. Hm.

Ah. It was one of the few – ahem – music intros I did enjoy, *Safe and Sound*,* because what you're going to come to know is that it all works out and it's amazing. Heh, overused word – it's awesome. It's perfect. It all works out. It all comes together and nothing matters. Ah! We could end right now.

**"Safe and Sound"* by Capital Cities from the album *"A Tidal Wave of Mysteries."*

2014

But before we end, let me ask you: 2014 here we are, ten and a half days into it, some of you eleven; *how's it been so far?* Ten days – *what's your summary of these ten days?*

~

If you don't know what else to do, just fake it. Really. Those are masterly words. Absolute mastery. If you're not sure what to say or do or think or act, fake it, because there is really no faking it. It's just something coming up from within you. But if you're like, *"Well, I don't know. I'm not sure what to do,"* your energy gets stuck. You go flat. Fake it! Make something up. Lie to me, because you can't actually.

It's simple, and it's simple for all of you. Your dreams, things that happen, just take a deep breath – go stupid, go really simple, don't try to get mental – it's real simple. You were reaching; you fell. You're going to find out later today what that's all about. You were reaching; you fell. There's a fear – *"What happens if I reach out? Oh! I'm going to fall. I'm going to break my damn glasses, and my face will get a little hurt,"* which will heal, by the way. It's okay! It's okay.

What to do? Get on that horse again. Reach again. So what if you fall. Buy a new pair of glasses, because eventually you'll say, *"This whole thing with falling is really stupid. I'm going to reach and I'm going to fly."* It's that simple. That simple.

Oh, and that's such an important point. It's one of those things, put it in your one-page sheet – Tools for 2014. If you're not sure what to do or say, fake it. (someone says *"Till you make it!"*) Fake it till you make it. Yeah. Absolutely. Fake it.

~

You know, there's been an evolution of God. As I've mentioned before, in Atlantis there was no consciousness of God. No word for it, no discussion, no churches. It just wasn't even in consciousness.

It was totally unknown. It wasn't until much, much later on that the concept of God put into many other beings, beings of a higher force or power, god of the air, of the sun, of the Earth and all these other things brought down into one God but then placed out there as a guy and placed outside of self. But now is the age where a few, not many, but a few are beginning to understand that God always has been right there. Yeah.

And that divine, that soul of self, is filled with love and compassion and acceptance and would love for itself as the human expression to have abundance and joy and everything else. But it kind of doesn't care if the human doesn't pick that.

Because to the soul, it's just a big experience. It's just grand experience. There really is no death. There's no finality. It's just a big cosmic *"Wow."* See, the human cares. The human gets all wrapped up in it.

But imagine now if that soul, that God that was out there now just slowly makes his or her way over and it's like *"Let's just do the dance together now."* Yeah. You lead. (Adamus chuckles)

~

... *all of you a tool for this year?* It's not going to make sense. Absolutely nothing will make sense. Whether it's your dreams or whether it's what's going on in the world, your thoughts or any of that, it's not going to make sense. So let go right now. Stop trying to make it make sense.

And what you'll discover in that is the thinking finally kind of slows down a little bit, but the real answers, the real knowingness starts coming up. And it's hard to do, because you want to think about it, analyze it, dissect it, try to find if the numbers match or anything like that. It's irrelevant. Doesn't matter.

Grand distraction. Throw you off the path. Wear you out. You're not going to make sense of it, so let's stop trying right now.

~

How about perspective of life? Just life. And something shifted. You know, you went through moves and changes and that, and something shifted. Something in you said, "Ah! You know, actually I really do want to live." *What happens?* Then the abundance is there. People will just reach into their pockets.

It's the perspective of life. It's the desire to be here. That shifts, your abundance shifts. Very simple. Extremely simple.

~

And there is an abundance of energy, tremendous, more than ever before. Don't get caught in the thing of lack. More energy.

And the interesting thing is that I'm going to say that this year is going to be the year of coming from left field, and right field, and behind the bleachers.* It's not what's obvious right up front that's going to be making the difference. It's all of the things coming from out of left field, out of odd and strange places, unexpected places, whether it's money in your pocket or an opportunity.

* *In this case "left field" means "unexpected" and refers to a baseball field.*

You see, and if you're thinking about everything, if you're trying to make it make sense, you might miss the opportunity. Probably not, but it's just going to be a little bit more struggle getting there. It's just going to come of left field.

On the same token, for the planet, the things that are going to be disruptive are going to come out of left field. Everybody's expecting, with anxieties, "*Something's going to happen at the Olympics,*" right? World attention, world focus. Probably not. Probably somewhere else. It's going to come out of the dark, so to speak, out of little-expected places.

So we have a list here of different things going on, and there is a lot of anxiety right now. There's a lot of pent up energy waiting to be released. Breaking of patterns is one thing you're going to notice, obviously here even with the meeting (the meeting had been postponed for one week). Breaking of patterns. Don't go into some crisis about it, because it's just a realignment of energy. That's all. And it actually realigns back in a way you couldn't have even planned in your mind how the outcome is so good.

So there's an immediacy of the panic, "*What's going on? What's happening?*" Take a deep breath, two deep breaths and realize it's a realignment and it's going to bring things to you in ways you couldn't even think about or imagine. And then you're going to go, "*Wow! That Adamus is amazing, awesome!*" (some chuckles) And I'm going to know actually you are. You are.

Power and Freedom

If you want to summarize the year, and really into the next three years total, look at it from the perspective of two things that are happening on this planet. Two of the most important elements on this planet, maybe in the whole cosmos, and those elements are **power** and **freedom**.

We've talked about it before, but now when you see something happen in the news, take a look at it from what's happening to power. What's happening to freedom in your own life. Releasing power in your life. Oh! It's confusing and scary – "*Well, how can you release power?*" – and the interesting thing is you can't release just a little bit and hold onto a little bit. You release it all together – the need for power.

Power is an illusion. It really doesn't exist anywhere other than in a belief system.

Power is about **the accumulation, the getting of energy**, the fear that there might not be enough energy for you.

***Power is an illusion.
It really doesn't exist anywhere other than in a belief system***

The biggest number one human need is not food or water or money or sex. **It's for energy. Energy.** It then manifests in these other forms, but that is the number one human need is getting energy. People do it through power. They think they have to force it, struggle, steal it, manipulate it, accumulate it or anything else. Imagine going without power.

It seems frightening because you live in a world that's filled with power, that's filled with people who play with power, who have used power on you – mental power, financial power, physical power on you. You say, *"How can I go without power? I won't have any defenses against this crazy sometimes insane world."* The fact is, without power, they're not going to see you. They play power and that's all they see is power. **When you release the power game in your own life, you become invisible to them.** In other words, they go to somebody else to steal, to do all their power things with. You are then free. You don't have to play the game. They're not going to be coming after you.

This year is about power and freedom, in your own life and in the world.

***This year is about power and freedom,
in your own life and in the world.***

It's going to be about you giving yourself that freedom that's inherent within you, but you have a lot of overlays, a lot of issues, a lot of everything else that you've taken that very freedom away. Freedom sounds wonderful, but it's a tremendous responsibility. It sounds, *"Oh, I'm going to be free,"* but free of what? Well, you know, most of the time you think free of paying bills, free of having a boss, free of governments. **But the real freedom is within. Free of your past. Free of your beliefs.**

Beliefs are kind of like power. They're an illusion. They're made up. Not that they're bad – they're a fun tool to play with – but at a certain point, they get old. **It's freedom from beliefs, freedom from limitations.** And, again, while that sounds wonderful, it is a tremendous responsibility. Many people who are given the choice of freedom will find a lot of excuses not to accept it, not to take it.

Those, to me, are the issues for 2014. There's going to be a lot, a lot, a lot going on in the world. Come back though to the underlying fundamental reasons for it; it's power and freedom.

Journey Into Knowingness

Let's do a little experience here. I said before when I came in that you already know everything. You really do. You just don't know that you know it. It's already there.

The mind has a hard time embracing that and says, *"But I don't know. There are facts and figures that's ..."* No. I'm talking about knowingness. You already have the knowingness, and it's there. It's there and it's ready to come through any time you are.

Let's do an experience with that. I'll ask for the lights to come down. Some nice experiency, merabhy kind of music to come in, and maybe a little fresh air from the back door here so we don't all burn up.

(music begins, "Time Lapse" from PremiumBeat.com)

(Link to the official [Crimson Circle](#) YouTube channel: "[Journey into Knowingness](#)")

Okay, take a good deep breath. It's an important point for this year, for any year.

The knowingness is already there. It doesn't come from me. It doesn't come from that God that Elizabeth was talking about. It's already right there. It's not in your belly necessarily; it's in your moment. It's in your I Am-ness. It has the answer to everything, even if you're faking it.

It knows where to be at the exact right moment. It knows how to bring in the exact right amount of energy at the exact right moment. It is trust and it is love. And, by the way, this year, if you're having a difficult time loving yourself – I guess that is a pretty big leap for some – at least just be kind to yourself. Start with being kind to yourself.

~ **Kindness**

Some of you have tried to love yourself. You found it to be rather challenging. How about just being kind to yourself, giving yourself a day at the massage spa. Hm, that sounds pretty good. Yeah. A nice dinner where you don't worry about the calories or the carbohydrates or the sugar content. Spit! Oh! Those diets! Ughh! Oh.

Being kind to yourself where you're not being so critical and judgmental, doing the "what if" and "what I should have done."

Being kind to yourself if you fall when you're reaching, you laugh. You say, "What an experience," instead of beating yourself up.

Being kind to yourself by going out and buying yourself something nice. I mean really nice. I mean really, really nice. Yeah. Sure, a *Mercedes*. Something nice. That's being kind to yourself.

Now, your mind is going to say, "I'm being foolish and I shouldn't spend the money." Spit! I'm spitting a lot over there. (some laughter) No, because when you're kind to yourself – you buy something for yourself without guilt and without sharing it with anybody else even, you're buying it for you – suddenly, all the abundance is there. Simple and amazing.

Kind to yourself by upgrading, as modern society calls it. Don't settle for the cheaper apartment or house. Don't settle for lesser. [Cauldre](#) is telling me go to *Nordstrom's*, not to *Walmart*.

~ **Knowingness**

So now let's take our journey. The knowingness is already there. It's not going to come from a mental basis. In other words, you're used to this tingling sensation in the brain when you think about something. You trigger something in your brain. You think about the future, next year, next month even, your brain goes to work trying to figure it out. Forget about it. You're going to come into the knowingness.

Knowingness is the answer that's already there, the solution that's already there. You're not going to hear a voice. You're not going to all of sudden do automatic writing, and you are not going to be contacting your spirit guides. They left a long time ago. Couldn't stand the pressure. They left. It's going to be you. You're not going to get a flashing neon light in your mind. The knowingness is very subtle, but very balanced.

Knowingnesses don't always show up when you think they should show up. They show up at the exact right moment, and you just know what to do.

When that knowingness comes you'll feel it. Don't doubt it. Do something. Move. Take action. Do something.

~ **The Journey**

Let me give you an example of the knowingness. Let's go on a little journey. Let's go on vacation. Yes, you by yourself on vacation. You're back home, you're packing your bags, selecting clothes from your wardrobe, realizing you haven't bought much of anything in a long time. But it doesn't matter. Pack what you have.

Yes, some underwear. You probably won't need deodorant, because you're not going to be around anybody else. Some shorts, tee-shirts. You don't need a whole lot. You're going to some place nice, all by yourself.

When you think about, "Well, but I have the kids and my husband and my job," to hell with it. Forget about them. Heh, they probably haven't told you, but they want you to leave for a little while.

So pack your bags. Yep, close them up good and tight, and make sure you have your passport. And if you don't have a passport, just make one right now. Pfft! Yo Soy El Punto. Make it. Do it right now. Yeah, see. Passport is there. Oh, and look at that – the airplane tickets are there. Open them up. I know you don't use tickets anymore. You do it on the Internet, but just play with me. Open the tickets up. Incredible! They're first class tickets courtesy of *Adamus*. Yeah, why not. Oh, and you look at – you're flying the *Masters Airline*. You didn't even know it existed. You thought you had to put up with *United*. No *Masters Airline*. First class. Just for you.

You take the limo to the airport, and not one of these taxicabs with eight other people crammed in. A limo. Just you. You look up to the front of the limo. It seems like it's about two blocks long, but you look up and that glass window right behind the driver folds down. Look! It's me taking you to the airport. You get to the airport. You're first class, you don't have to wait in line. Whisk right through. Get on the airplane. Huh! Nobody else there. Just for you. Of course, the cockpit door opens up and a head peers out from around the cockpit, and look it's me and [Kuthumi!](#) Oh, you're safe. (some laughter) Kind of.

Take a good deep breath and let's get underway here. Let's take off for regions unknown, like no place on Earth, but yet it's warm and it's sunny, beaches, palm trees, margaritas and mai tais.

We get there – a beautiful, beautiful bungalow just for you. It's almost the size of a city itself. But we call it a bungalow. It's casual. It's easy. There are people there waiting to serve you, you see, because the Master allows others to serve them. Allows energies to serve them.

They are there taking care of everything even before you know you need it, whether it's just a glass of water, a meal, extra toilet paper, whatever. They know it before you even realize you need it.

And you sit down for a moment just looking out at the beautiful ocean, this beautiful place where you've gone on vacation; it's one of those wow moments. "Wow." No guilt. No worries. Just wow.

This is what life should be about. Absolutely, one hundred percent, no compromise what life should be about, because here you sit in this paradise. Everything is there. Everything is there, and you feel at peace with yourself. Finally, finally, you feel like you deserve it. You deserve it. It didn't come at the expense of anybody else. You deserve it.

You needed to rejuvenate your body. You needed to get out of that frantic, crazy Earth energy for a little bit. You don't have to do anything on this vacation. You don't have to try to get it together or go on some diet or meditate or anything. You just get to enjoy anything you want.

You sleep in late, because it feels so good to feel that warm breeze coming in the open window. You get up, take a walk on the beach, eat a loaf of bread – warm baked bread with plenty of butter and jam. Have an extra couple of cups of coffee without worrying about it. Oh! This is what life is supposed to be about.

You walk into the village. Everybody is nice to you. They treat you with honor and respect. Hm. First time that's happened in a while. You suddenly realize that you want some new clothes, and you buy them, without worrying about where the money is going to come from.

At night you go to a party. You were invited by some of the locals, and you have a blast. You feel comfortable and relaxed. You dance. You drink. You eat. You laugh. You tell jokes. People gather around you. They're smiling and they're coming to you with their problems and their crap. They just like being around you.

You take a nice easy stroll back at the end of the night in that warm tropical air. Not even worried – *is somebody going to jump out from a side street and assault you?* Not at all, because you're safe.

You go back home, lay down and go into the most beautiful dream, a dream of the I Am. No chasing, no combat or wars, no regrets or remorse and no forgetting your high school locker combination number. Just a beautiful peaceful dream of the I Am.

Suddenly, you wake up from that dream and you realize it's not a dream at all. At all. This *I Am* is the reality. You realize that all the rest of it was a dream. All the rest of the struggles, all the rest of that limited life – the forcing and the struggling and the thinking – that, that was the illusion. This dream of the I Am is what's real.

You have this inspiring moment. You rush to find pen and paper. You didn't bring any with you, but suddenly it's just there. First drawer you look in, and you start to write in your inspired moment about the dream that's real, about the I Am, about the knowingness, about everything being there at the right moment, about a life without power, force or struggle, about a life of loving yourself, about a life of abundance and a life of answers, not questions. A life of joy and freedom, not one of limitations.

You write and you write and you write, all on the hand. Not on a computer, but by hand. You write of the simplicity, of everything just being there. You write of the connection with the I Am, the fact that this isn't a philosophical discussion. This isn't a concept. This isn't some new age jargon. This is real. It's there. It's you. Always you.

You write for what seems like days, but there's no stress or struggle. The words flow out onto the paper. There's such joy in writing this, in staying connected with it.

And after a few days it's done. The end. You sign off, "*I Am that I Am.*" You take a deep breath. It's time to go back now in a few days. Time to go back.

So you take your manuscript, your handwritten manuscript, take it down to the post office. You address it to yourself and you drop it in the postage. You send it back to you.

You take a good deep breath and enjoy your few remaining days in paradise, just breathing, just doing what you want to do.

After a few days, time to return home, back in your private airplane, back in the limo that takes you back to your house. You get back to your house and of course your package is there waiting for you.

You walk inside. You realize you're back in that old world – your house, that wardrobe, the closet without a whole lot of clothes in it, some of the broken things around the house.

For a moment you have a bit of despair, anxiety. "*Oh, back to this old world.*" Then you remember that package, your manuscript, and you open it up and you start reading. It's all there. It's all right there, all that wisdom you wrote to yourself, and you smile knowing that this is all you need. It's all right there.

All the knowingness, all the answers, the solutions, they're not mantras. They're not affirmations. They're truth that you wrote.

You take a good deep breath and you realize that you'll never need anything again. It's all right there. You already know it.

Let's take a good deep breath.

So I use this example of taking a little journey, writing to yourself. Well, you've already done that in a way. The I Am, the soul has already done it. You've done that.

I've talked about it before where it's like the Merlin Effect. It's already there, and let's not call it the there. You already wrote this manuscript with the truth, with all the knowingness. All you have to do is take a deep breath and realize that it's there.

I started today saying all the knowingness – you already know it. It's already there. You can't think your way into it. You can't say, "*Now what is it I already know?*" You just, "*I already know.*" It's that simple. "*I already know,*" and then it's there. Then it's there.

Okay, let's take deep breath with that.

Please, please for this year, for the rest of your life, remember it's already there. You're not going to hear a voice. You're not going to – don't ask for lightning bolts. That is so hundred years ago. Don't ask for a sign. I'm going to have to ... you'll get a sign, it'll be me with my foot right up your backside. Stop asking for signs!! And stop using pendulums. Stop using anything outside of yourself. *Clear?*

You say yes now, but ... How much more clear can I say it's already there. It's not in your gall bladder. It's not in your eyeball. It's all around you and it's all inside you. It's already there. As long as humans keep trying to find answers outside of them, they'll continue searching and seeking and being limited. The minute a Master says, "*It's already there. Ha, ha, ha, ha, ha! It's already there,*" then it is. It's that simple. Call it – I don't care if you call it faking it, whatever – it's the act of consciousness, and the act of consciousness is it's already there.

Then it has to become so. It's a universal principle. It just is. It's the I Am that I Am, then it becomes so. Not involving other people. Don't do it for them, and that's about 90 percent of the problem is you make it dependent on other people or you try to pull them into your whole experience. But for you, it's already there.

Okay, let's take a deep breath. Do come back to this.

How Does It End?

Last month we talked about *how does it end? How does it end?* Hm. *Did you feel into that at all? Any confusion?*

For *Yeshua* it ended on the cross, and there's a lot of stories what really happened. But he really did leave the physical body. He didn't die for your sins, because you hadn't committed them yet. *Did he know you were probably going to?* Yes. But ... and if he had known, he'd have died a lot more dramatically because he would have known you were really going to sin bad. So he didn't die for your sins.

There is no such thing as sin, that's why he didn't die for your sins. But he did die for you to come back, to incarnate back on Earth. He left so you could come in. Ah. My opinion, but I also think it's pretty factual. He left so that those who would become the new Masters would come in.

So in a sense you could say the second coming of Christ, the Christ consciousness, the second coming, the incarnation – so that you and you and you, well, you and you and you and you (laughter as he pretends to skip someone) would reincarnate, would come back. Would come back at this time right now.

So for him it ended on a cross, and he did show up later energetically. He rose from the dead, integrated his body, but he showed up energetically just to remind the Apostles and to remind all that there really is no death. It keeps going.

But when I asked the question, "*How does it end for you,*" it's like this: I'm leaving. I'm leaving. And you can come with me.

We've gotten to the point where there is enough consciousness in enlightenment, there are enough Shaumbra who have absolutely allowed it to come into their life, enough of you who have said, "*We are going to the next level,*" that I'm leaving, going to a different strata, a different dimension, you could say.

I talked before about waiting for just five, and there have been a couple actually. But what's been even more impressive is the consciousness within each and every one of you has gotten to the point that it's going to happen. That critical mass has been achieved so that all of us, or all of you who choose, can go to this next level. So it ends. The awakening portion ends. We go to the next level, and that is the mastery portion. Sounds great. Tough in a way, but yes, indeed, great.

So I say it ends because **we're not going to be talking about the basics of awakening. I'm not going to be having any tolerance for self-doubt or self-loathing.** There is not going to be any allowing of this doubt, which is really actually very self-indulgent. Doubt is extremely self-indulgent. It is a human luxury and hopefully you're beyond.

We're going to go beyond the doubt. We're going to go beyond the processing. We're going to go beyond the toe-dabbling, the just tinkering with awakening, and I'm asking for those who want to come to this next level to join me. **It's going to be about mastery. Absolute mastery.**

***It's going to be about mastery.
Absolute mastery.***

I'm going to come to those who are going to go with me, I'm going to come as the Master, but I'm going to require, expect that you come as the Master also. In other words, **no "I don't know." No victims. No energy feeding. No power.**

So, my dear friends, you have the opportunity – and again, it doesn't matter, this is not about numbers or anything – you have the opportunity to come to this next level. It's going to be, I hope, exhilarating on one hand. It's going to be tougher. I'm going to have no tolerance for those who are still victims, for those who are still thinking about awakening. It's mastery or nothing. **Mastery or nothing.**

Are You Ready?

I'm going to ask you to take a moment to feel into it. *Are you ready for it?* Doesn't matter. It doesn't matter. You'll have many more opportunities with other groups. It doesn't matter if you say, *"It doesn't quite feel right, right now. I'm going to do something else."* I'll give you names, recommendations for other groups.

This is **only for those who truly are ready to walk as Masters, as free Masters, in this lifetime.** And that's it.

***This is only for those who truly are ready to walk as Masters,
as free Masters,
in this lifetime.***

So we're going to do something here in just a moment. We're going to act this out.

I'm going to ask everybody to leave, other than a few of the technical crew who need to stay. I'm going to ask everybody to leave. Then, if you're ready, you're willing to come to this next level, if you're ready to let the old end, if you're ready to let that old human journey and the awakening and the processing, everything else, if you're ready to go on as a Master, I'm going to ask you to come back in through this door over here. Leave through that door; come back in this door.

If you don't feel it's appropriate for you right now, that's fine. Then just hop in your car and leave. Or if you rode with somebody else, then you'll have to walk.

But it is time. There is such a beautiful, beautiful critical mass, I call it, of the Shaumbra consciousness, and it was brought to my attention recently at the Ascended Masters Club. I was there for an evening of playing Russian Roulette, one of my favorite games. Well there's no consequences, it's just fun. You have consequences, we don't!

And one of the Ascended Masters asked, *"Well how goes that Shaumbra group?"* So I thought I'll really check into it. I'll really feel into it. And along with [Kuthumi](#) and [Tobias](#) and *Archangel Michael* and *Raphael*, we felt into it.

And it even surprised us, delighted us, as we felt into each and every one of you – *Where is this entity called Shaumbra? Where are you?* – that there was such a critical mass, such a passion and desire. We said it's not about just five, although a couple already have, it's about where you're at. That's when I said, *"I'm leaving. I'm leaving so that I can now work with the Masters."*

I thought it was going to be just a few. I think it's going to be a few more than that.

It'll be tough at times, because you aren't going to be able to go back to some of the old games. And I'm going to call you on it, more so than even now. It's going to be tough because I'm going **to demand that you're abundant.** No excuses. I'm going **to demand that your biology is together.** No excuses. **No more "I don't know."** That's a surefire way of getting thrown right out. Like I say, if you don't know what else to do, just fake it. Fake it, because it's really not faking it.

The Choice

So let's take a deep breath. It's a big moment for Shaumbra. Big moment.

Now, and let's do this without talking or speaking. It's the opportunity to walk out. And it's symbolic of walking out of the old ways, the old life, the old excuses, the old limitations, and walking back through that door as a Master, ready to go into 2014. And mark my words, 2014 is going to need some Masters. Walk back in as a Master. We'll go from there. Good.

So take a good deep breath. All without talking. Don't get your jackets. Don't do anything. Don't put on your shoes. Don't take anything with you, just what you're wearing right now. No talking please. We'll ask the crew here to clear the doorway for the new Masters that are going to be coming through.

Deep breath. *How about some nice music?*

(pause as the music begins while Shaumbra walk out the door; music is "Kat Mix" from the album "Sessions Des Rosiers EP 1" by MNO)

Come back in when you're done. Sit back wherever you want quietly until we see who's going to join us. Thank you.

And if you're at home listening in, please do the same thing. Walk away from your computer. Walk outside.

Take a moment outside to ask yourself are you ready for this? It doesn't matter. There's no right or wrong. But are you ready? And if you are, come back in as the Master.

What's Next

So, it's amazing what responsibility you accepted, whether you realize it or not when you walked back in through that door. What amazing ... oh, and that's another metaphor. Doors appear exactly when you need. And they close then exactly when you need. It's amazing. *Who would even know that there's a door there?*

The amount of responsibility you accepted when you walked in that door as a Master probably isn't fully yet aware within you, but a tremendous amount of responsibility. Good to see so many of the seats still filled.

So much so that each and every one who walked back in through that door I would like to gift you with an *Adamus Award*. It's the symbol of ascension. It's the spade, which is also about ascension. It's the heart as well, depending which way you turn it.

Let me explain how it works to everybody listening in online.

Dear Michelle, is going to set up a webpage in the *Crimson Circle* store.* By noon tomorrow it will be live. Anyone who has accepted the mastery of themselves, anyone who is going to be going with us, letting the old end, coming into the new, you can request, you can sign up in the store to receive one – just one, that's all you need – one Adamus Award, the symbol of enlightenment and ascension.

* [Click here to request your Adamus Award before February 1, 2014](#)

There'll be absolutely no charge for this. It's my gift to you. There's no shipping fees, no anything.

And it's only for those who have accepted themselves as Masters, who are ready to walk as Masters and take the responsibility as a Master. Not about if you're thinking about awakening. That's happened a long time ago. This goes to the next level – a level of intensity, a level of beauty.

So by tomorrow 12 o'clock noon Denver time, this will be available for ordering on the website. Please allow three to four weeks or more for delivery, Cauldre's telling me this. No charge. No charge whatsoever.

And it doesn't matter where in the world you live. You have up until the day of our next Shoud, of our next gathering, to do this – to get your enlightenment pin. After that no more free pins. After that they'll be \$2,500 each or something. They'll be expensive.

For thirty days, and this is going to tell me who is going to go forward, move forward. *Are there going to be 50? Are there going to be 100? Are there going to be 10,000?* I don't know.

We're done with a lot of the difficulties and challenges. There's going to be times where you are going to need to have time for yourself. I'm going to outline that later, but three days a month for yourself you will need to have. You're going to have to rebalance the body and the mind and integrate. And I know you're going to start thinking that, *"How am I going to possibly work that out?"* But the Master just does. It just works out. Just works out. That's why we did the little trip like we did today.

So, dear Shaumbra, we'll see how many write in for their pins, how many are going to go forward with the mastery. I'm delighted that each and every one of you is sitting here wearing the pins, holding the pin.

And for me personally it's an honor, because we started together in September 2009 with this group of spiritual pirates, and wasn't sure what I was getting into, and I'm really not sure now! But the fact that you have this determination, this – let's call it a passion, this now or never. *"I'm going to do it in this lifetime."* It's truly a light that's shining. And I'm ready to move forward.

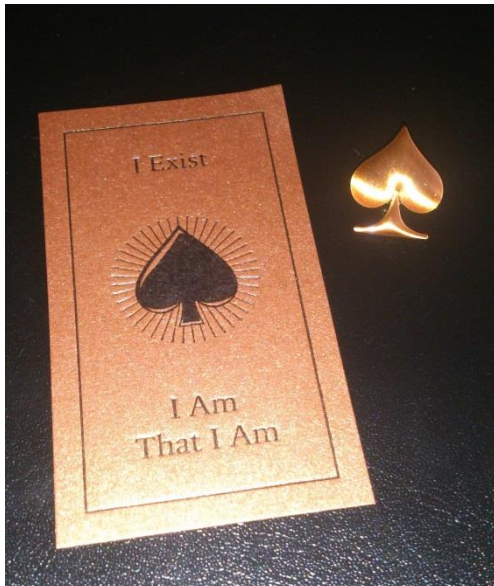
The other was getting sometimes a little monotonous. Thank you. Now we're ready to move forward.

So how does it end? It ends just like this. It ends with saying farewell to the old ways, saying farewell even to that awakening human, and becoming the Master.

So with that, my dear friends, a reminder that between now and our next gathering, interesting things will happen, and as they do never forget that ...

... all is well in all of creation.

Thank you and blessings. Blessings. Thanks. Thank you.



06 – Discovery 6 – *The New Energy Masters*

I Am that I Am, *Adamus* of Sovereign Domain. *Adamus*, a Master among Masters.

Ahh! I've been waiting a long time to say that. No longer the teacher. A guide at times, a mirror at times, but no longer the teacher. Just a Master among Masters.

Let's take a good deep breath.

What an amazing, amazing time. Oh, *Cauldre's* telling me not to say amazing anymore, but there is no better word at this moment.

What is a Master?

So it begs the question *what is a master? What is a Master?* You've had a lot of notions and concepts and beliefs. You've looked at others as they might be Masters. You've had examples in the past – hundreds, thousands years ago – of supposed Masters. *But what is a Master?*

A Master is one who is conscious of their consciousness. They are aware. That's pretty much it. Pretty much it. They're aware. You can throw in a lot of other words – enlightened and everything else – but it's really the awareness.

Most humans, they know that they are living. Even though they're desperately trying to have feeling in their life, life in their life, they know they're living through their suffering, through their lack, through things they don't have. Oh yes, at times through romance and love and accomplishment, but mostly, mostly they're not aware of themselves.

They're not conscious of their consciousness.

Indeed, they get up in the morning and go about their routines – routines that have been very deeply programmed in – but never, if very seldom, do they stop and say, *"Ah, I exist. I Am. I Am."*

The Master – **the Master knows they are conscious, conscious of their consciousness.** It's that simple. A simple, simple awareness – *"I Am. I exist. Here I am, nothing else matters. Not what came before me, not what happened in another lifetime, not what happened yesterday. It doesn't matter. I Am in this moment."* That's a Master.

***The Master knows they are conscious,
conscious of their consciousness***

You start acting in consciousness and then it's there.

And how good it is to address you as Masters. And the first thing I would like to do in our new journey going forward is absolutely release any concept, notion, thought, belief that you had about what a Master was, because it came from the old mind. It came from old archetypal energies, old examples, mentors. That's not what you're going to be. You're not going to be like *Yeshua*. You're not going to be like any of the other Masters. You are **the New Energy Masters.**

And even if you don't feel that way right now, even if you have doubts and are questioning it, even if you're thinking, *"Well, maybe I'll get there. Maybe I have a little bit of Master. Maybe I'm 42 percent Master right now,"* fake it. Like I said, just act it, because there is an energy dynamic associated with consciousness that moves the energies, aligns it towards you. You just start acting like a Master. **You start acting in consciousness and then it's there.**

The first thing I would like to do is let's release any previous concept about what you thought a Master was, because it's not going to be that way. It's going to be very, very different for all of you. Your concepts of a Master came from an older place, came from a mental place; it came from a place of power, all of which we're going to leave behind.

So, please, do take a deep breath, as we go into the release of mastery. Everything that you thought a Master was, let's leave it behind. Every imagination and dream you've had about what mastery was, every concept, every thought about Masters, let's wipe the slate clean – absolutely clean right now – and not try to fill it with anything other than what comes naturally.

Take a good deep breath and feel into that.

How do you release that which you thought was a Master? Well, you just do. I call it just going to that next point. "Yo Soy El Punto. I am the point." The minute you choose it, you become it. "Yo Soy El Punto. I am this now." (snap!) You don't think about how you're going to get there. You don't wonder if you got there. You don't question if it's of value getting there. You don't wonder if you have the capability or the talent. "Yo Soy El Punto. I am that point. I become it." So we just become the release. We do it by dimming the lights and we do it by playing some music. Music that you can feel, not just hear with your ears, but you can feel in every part. Oh, let's begin. A release. (long pause, as music plays; [Che by MNO](#))

Good. Good deep breath.

I'd like you to remember this as a classic example of where we're going. You choose something – releasing all the concepts you had about being a Master – you go do something for five minutes; you listen to some music, have a cup of coffee, a glass of wine, get out of your head and allow it to happen – snap! – like that.

It's that simple. If you make it any more difficult, you're really inflicting the suffering upon yourself that's not needed. If you're having to think about it you're holding yourself back. It's that simple. *"I choose to release everything I knew or thought about being a Master in order to go forward cleanly, clearly."* Go do something for a couple of minutes. Listen to some music. It doesn't have to be new age, as this obviously wasn't. It doesn't have to be classic. It doesn't have to be healing music. Do something that you enjoy.

Now, while the music was playing, be aware, as some of you were, of the thoughts that are rolling through your mind. You're just aware of them. Not judging them, not trying to block them, not trying to change them to make good, not getting angry with yourself that the thoughts are going through. But just being aware, being conscious – *"Oh, thoughts going through."*

Some of you had, *"What the ___ is going on here? Why is he playing this? Is there something secretly programmed into the music? Is this voice in the music – is that Adamus? Is he trying to tell ..."* Take a deep breath. Take a deep breath. You already made the choice. Now let yourself realize it.

In those five-some minutes that the music was playing, there was a tremendous clearing of the Old Energies of what a Master was like to make room now for what the New Energy Master is going to be. It's that simple. The music wasn't special. It was just a chance for the energies to realign, a chance for a little flushing to take place in some old belief systems. That's it. That is the classic example.

I asked that the music be played very loud. Maybe some of you found it a little too loud. Ahh, it'll shake some things loose, to let it flow through. But it's that simple.

Embodied Masters

Dear Shaumbra, this is why you're here. **You chose to be here in this lifetime as embodied consciousness.** Embodied consciousness, that's it. Embodied awareness. After many, many, many, many, many lifetimes of being in the mind, many lifetimes of being in power, you chose to be here as embodied consciousness.

You chose to be here in this lifetime as embodied consciousness

You don't need power anymore. It'll be all around you. You'll feel it at times, and a part of you will still try at times to be in power once again. But you don't need it ever again.

You'll find that there's something far grander than the mind or intelligence. It's called knowingness. It's always been there, but it's been covered up. This is where we're going. The mind will still function. The mind will still work up to a point, but we're going into knowingness.

It's far more efficient and far more joyful than the mind. That's where we're going, my dear friends.

Have you noticed in the past few weeks the interesting effects. You'll be talking to somebody, you'll be in, I would say, the older energy, having a discussion or an argument, and in the past few weeks you just forget everything.

You're just standing there. Your mind totally gives out. You forget your name. You forget why you're talking to them, and suddenly nothing matters. Having one of those moments. Absolutely.

Expect more and more of that. There's nothing wrong. It's absolutely appropriate because we're going beyond the mind. We're going into knowingness that's so clear and so fun you'll look back on the mental days as being belabored, as being tedious, as being slow, and this whole game of intelligence, trying to know everything, to learn ... you're done learning the facts and figures of life, because, first of all, you can never learn everything, and secondly you'll find where we're going they don't apply.

Logic does not work. Now, because you know about logic and how to use logic, you'll still be able to apply it to a degree, to the proper degree, in working with others. But there's going to be no more of these head games. You know how some of you get into negotiations with others. You think that you have to do some sort of manipulation or working the program. Those days are done. Done. It's all mental, and you're just putting mental against mental. You don't have to negotiate anymore. All you have to do is take a deep breath and be in the knowingness that it's already worked out. No matter what the other person or people do in a negotiation – you're negotiating for a home or a car or a job or anything like that – and you thought, *"I have to be clever here because they're going to be coming at me from their secret angle and I have to come at them ..."* Let those days go. It's mental and it involves power.

You are a being of consciousness.

When working with others you're going to find a very interesting dynamic. If you maintain the I Am Presence and that dynamic as you sit down at the table, so to speak, negotiation is already done. It's already over. You've already gotten what you came there to get. And don't be afraid of getting it, because you're never going to ask for too much and you're never going to ask for it at the expense of another. You'll find them literally and somewhat metaphorically coming to the table and being there in service to you, as long as you're not playing that game of power and mind.

Once again, you're going to remark to yourself, you're going to ask yourself *why did you ever make it so difficult, so challenging, such a battle?* There are no battles at all anymore for any of you. No battles anymore.

No more battles anymore. Not even my battles with mobile phones. *Isn't that a relief?* Yes. No problem. **No more battles.** No more of that struggling like you've had in the past.

So let's take a deep breath with that, **beyond power** and **beyond the mind**. The two biggest things that were holding you back and that really, truly are holding the planet back right now. No need for it.

Living a powerless life is an amazing – there goes that word again – is a beautiful gift to yourself. You don't need it. There is no power in consciousness, not whatsoever. The only thing in consciousness is the awareness – *"I exist."* There is no power in energy at all. Energy is just something that's here to serve you. It's compressed consciousness. It's yours. It's there to create whatever realities you're choosing to create. The hardest part is going to be you're still in this realm. It'd be different if you were off in your own sovereign domain somewhere. But then if you were, you'd be dead.

So you're going to be ... one of the challenges is you're going to see power and mind all around you, and you'll even remember when you used it. It's not like it's going to vanish or evaporate. It's simply not going to be a factor anymore.

You're going to see power, particularly in this year, in the world around you and people playing those games. But **the best way to handle power is to have none, because those who work with power and work with the mind seek others who work with power and work with the mind.** They won't see you, unless you're there of your choosing, of your desire for your creations, and then they are there to serve you.

It's a tall order. It's something many of you are still not totally comfortable with yet. But you will be, going forward.

***The best way to handle power is to have none,
because those who work with power and work with the mind
seek others who work with power and work with the mind.***

Let's take a deep breath with that.

Points of the New Energy Masters

A few points, a few very important points. These are the basic points of the Masters – **the New Energy Masters.**

~ Number 1

Number one tool, tip, whatever you want to call it is the greatest, oh, rescue remedy that you're going to have for yourself, because there still will be times of great intensity. But the greatest rescue remedy of all is going to be something very simple, it starts with an "A" and it's not *Adamus*. It's allowing. **Allowing.**

I'm going to ask you to start allowing. Now, you can't force yourself to allow. You can't do allowing like you used to do meditation or some of you even did breathing. It became a discipline. You cannot really do allowing as a discipline. It simply is. **Allowing is letting down the resistance, the barriers, the mind games, the thoughts, the defensive systems and mechanisms you put around yourself, the fences that you put even in your physical energy field, but also in your mental energy field.**

***Allowing is letting down
the resistance, the barriers, the mind games, the thoughts, the defensive systems
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but also in your mental energy field***

Allowing is just that. It's taking a deep breath without any ifs, ands or buts about it, and just allowing.

What are you allowing? Your Self. Your divinity. The I Am. You're not allowing me. You're not allowing *Yeshua, Buddha*, any of those other beings. You're allowing yourself.

Allowing isn't something you think your way through. It simply is. It's that *Yo Soy El Punto* – "*I allow. I allow.*"

And in doing so, without having to think it through, you're also allowing energies to serve you. You're allowing clearings to take place, because there is a chance, a very good chance, you're going to accumulate junky energy from time to time. It's allowing a spirit wash. But not Spirit (God) but spirit (your own).

You're going to find out as Masters the great lie of God. Great lie. It was mental, and it was power. That was the God that they worship, that you worshipped and feared at one time. The great lie. The true God, which I won't even dare to call God, but the true Spirit, the Eternal One is here and there. But it's not power.

That's why it alludes so many. They project out to a God. They pray to a God. They pray in power. They pray mentally. They never will feel it. They're never going to feel their divinity, because they're doing it expecting a response of power or something in the mind.

Spirit, the divine, is always there, but not when one tries to search for it or find it in power. It's so beautifully, simply, elegantly there when one stops searching in power.

So let's take a deep breath.

Allowing is the greatest tool when you get in trouble, when you're in storms, when you're in choppy waters, whatever metaphors you want to use for it. When you sometimes will go back, try to resort to the mind, take a deep breath and allow. Take five minutes. Listen to some music. Go for a walk, take a shower, whatever. Allow. Allow.

Don't think about it. Don't think if you're doing allowing right either. It is just what it is. It's so simple. Each night when you go to bed and you lay your head down, instead of running all the tapes through your mind of what happened during the day and what's going to happen tomorrow and all the projects you have, take a deep breath and just allow. It's going into the space of, I would call, all things, but it's no thing; that space of simply allowing.

Oh yes, and you will have the tendency to go, "*Am I doing this right?*" Take a deep breath. If you have to ask the question – obviously not doing it right. **Allowing is simplicity.**

Allowing is something that you haven't done in a long time, a long, long time. Fighting, struggling, battling, trying to figure things out, yes. But allowing, no. Allowing is going to be one of your greatest tools.

Take a good deep breath into the allowing.

Remember, you're not allowing anything outside of you. You're not allowing the cosmos or the divine feminine or any of that. **You're not allowing anything but yourself.**

You see, what it really means is **you're allowing you to finally be you.** That's it.

~ Number 2

Next on the board. Put – and this will just be one word, but let me say first the phrase – put no cause before you.

Put no cause before you. So you can write "cause."

Put no cause before you. There is nothing greater or grander than you. Period. Ever. There is no God before you. God within, God that I Am, but the God – the true God, the true Spirit – would never put herself before you.

Put no cause before you.

There is nothing greater or grander than you. Period. Ever.

A true Master has the enlightenment when they put themselves above all.

So I'm asking you to put no cause before you. No cause for saving the world. And you're going to be tempted, especially in this next year or two. You're going to be tempted to get in there and do something, do projects, do something. *Why?* Because it occupies your mind. It makes you feel good about yourself. You think you're doing the right thing helping others. You stepped out of that role when you stopped being an energy holder for the planet, when you started truly awakening. And now it's about you. You are the cause for yourself.

It sounds a bit harsh. Some would call it selfish. But it is the greatest gift of love of all. The greatest.

Have no cause before you. Don't put groups, organizations, even your family, your children, community service or anything else – don't put it before you. Don't put it more important, because **the grandest thing you can do for yourself is the conscious integration of your divinity in this lifetime.** The grandest thing. It's why you came to this planet.

You didn't come to this planet to go off to save the whales and the dolphins. As I've said, others will do that. Others are at a point where you were a while back. They're wanting to experience what service is like. You're truly beyond that type of service.

There are going to be times that come up where you're going to feel compelled to spend an extraordinary amount of time with, let's say, a social program or a community program or a disaster relief type of program. What I'm asking you to do is do not put that cause before you. I'm not saying not to do it, but don't put it before you.

It's so important for you right now to realize that **you are the cause. You are the reason,** and it's going to feel very, very selfish – very selfish at times – to give so much to yourself. But that is so what has been missing. You are the cause. *Do you hear that?* Yes.

It's easy to get distracted by having something outside of you, somebody else, some other program. Oh, very easy, and I've seen many want-to-be Masters doing it. They actually believe – they come to believe by telling themselves – that by doing all of this other work for everybody else, they're going to somehow have their ascension or their enlightenment. No. **A true Master has the enlightenment when they put themselves above all.**

Doesn't that sound strange? Strange, because for so long, particularly the Catholic Church, but other religions have always said "Put God first, put family, community, everything else," but there was no 'I' in the equation. It was everything else.

And I get particularly annoyed when it's putting God first when that God was masculine, powerful, mental – everything that God, that Spirit, truly is not. Put no other cause before you.

And, again, you're going to be tempted, oh, very, very tempted. It's not to say don't take care of your children. But take care of them as a Master, not as a parent. They're really not your children, no more so than you were the child of your parents. Well, maybe biologically, but they didn't own you. It just felt like that.

~ **Number 3**

Next on the list: **Equation**. As I talked about in [ProGnost](#), put consciousness in the equation. We'll put equation, because then it's A-C-E, you know. (*Allowing, Cause, Equation*) Eh ... yeah, okay.

Equation. **Put consciousness in the equation**. And this is so simple, but yet they just don't do it. As I talked about in ProGnost, let's say there's an issue in your life, no matter what it is – you can't figure something out, you're stuck – stop for a moment. Just really stop for a moment. Whew! Put consciousness in there.

Now, what does that mean? Well, it means just stop for a moment. Stop for a moment, take a deep breath – *"I exist, nothing else matters. I exist. I Am that I Am."*

Typically, you want to ... let's say there's a health issue. You say, *"Oh! What am I going to do now? And I have to go to the doctors, and I have to ... and then I'm going to try ... while I'm going to the doctor, I'm going to get alternative healing care. While I'm doing that I'm going to do all sorts of strange waters and healing medica- ..."* You know the [makyō](#).

No. Stop for a moment. Maybe you don't know the answer up there (head) but the answer is already here (inside) about that biological rebalancing. And it might mean that in the rebalancing that you're going to feel sicker for a couple days or maybe for a couple weeks before you feel better, but it's a makeover that's happening.

And there's a lot, a lot, a lot of crap – I'll use that word *"crap"* – energy that's in your system right now, and it's going to come out. And we'll do it as gracefully as we possibly can. There's a lot of toxins. There's a lot of stuck energy. There's **a lot of things that are not yours**. Even though I've been encouraging you to get rid of them, they're there. And we'll be going through that *Yo Soy El Punto* to get rid of that.

Put consciousness in the equation of everything you do. And it's not a discipline. It's not a mental thing. But if you're going to have a drink of coffee ... (he takes a sip) See, I just put consciousness into it. *"I exist as I drink my coffee. I'm aware that I'm drinking coffee. I'm in consciousness while I live."* It's that simple. **In consciousness while you live**. How much of your day is about going through rote activities, about repeating things over and over, about just getting into patterns. I'm not saying you have to intentionally, forcefully try to break patterns, because you've tried it before. It doesn't work very well.

So you'll find, or you found in the past, that when you try your programs, and *"I'm going to have this diet program or exercise program or whatever program"* to try to make yourself a better person, it doesn't really work very well, and in the end you feel worse about yourself, as you were just going to try to say and I wouldn't let you.

So there are no programs anymore. **A Master has no programs**. It's not on my list, but it probably should be. A Master doesn't have programs. You know, these *"I've got to try to reach this goal. I've got to do these things."* They don't. You take a deep breath and you allow. That's it. That's it.

That brings you into consciousness. The moment you just do the allowing that brings consciousness into your life, into your food, and you don't have to worry about your diets and what you eat and if you drink too much and you smoke too much or anything like that. You realize that you had bushel loads of junk you've been carrying around, and I guess you must have enjoyed it up until now, because, well, otherwise you wouldn't have been carrying it.

So **add consciousness to the equation, everything that you do. Not as a discipline, not as a program, but as a joyful thing**. You can kind of combine a deep breath, allowing, consciousness, *"I Am, I exist."* Screw everything else. It really doesn't matter. I mean, really doesn't matter.

The overlays of hypnosis and programming are so strong, they are exhausting, and they've been going on. Nobody owns these programs, these mass consciousness, hypnotic programs that are in the – what do you call it – the matrix. Nobody owns them. No government, no gods, no master god. There are no master god races, really. They're not owned by any conspiracies.

Governments and conspiracies are not smart enough to sustain any programs whatsoever – good programs or bad. They're just not, and they won't be. Conspiracies exist for drama, for energy feeding and for power. That's it. That's

it. And any of you involved in conspiracies should not be involved in *Crimson Circle*. Period. We have no room, no space for conspiracies of any kind.

Are there people doing stupid things? Malicious things? Things that are greedy? Absolutely. *Is it going to affect you?* Absolutely not. Not whatsoever. Let them play their games and let them have their victims – there's really no victims anyway. Let them intimidate and scare others. Walk right past it.

There are no effective conspiracies, and I won't go into all my stories now, but I've seen them come, I've seen them go. And there are no governments on this planet that are smart enough to do anything other than collect taxes and make new laws. That's what they're experts in, but they are limited to that, absolutely. They cannot lead; they cannot move; they cannot do anything else except collect taxes.

That's built into the fabric of this matrix. Absolutely. Even if the leaders and the government workers have good hopes and aspirations, it's built into the fabric. Yes, absolutely. Taxes and laws, that's what they're very good at, but the law is not yours. And I tread on thin ice here, but the tax is not yours.

There are those who work on these tax laws and codes over and over, and this loophole is sitting right in front of them but they just don't see it. I'll explain it later. It'll be one of the fun things as Masters. Absolutely. Oh no, you'll kiss me. You'll adore me.

~ Number 4

A Master does their own bidding. (someone chuckles loudly) **A Master does their own bidding**. Not bitching, bidding. (more chuckles) A Master does their own bidding.

Now, that seems a little strange, and *why would I bring it up in the first true Shoud talking about Masters?* Because you've had a tendency, a habit, to have others do your bidding for you. Having somebody else ... rely on them to do something, count on them to make your life better, count on them for your creations, count on them for your happiness, count on them to fight your battles for you.

A Master does their own bidding. They make their own life. They don't have somebody else go negotiate for them. They don't have somebody else go fight their battles. They don't say to their sister or friend, "*You go talk to mom, because, well, you get along with her better.*" The Master does their own bidding.

That way the **energy is true**. That way you **are present in the situation**. That way you're **not getting involved in the murk and quagmire of other people's dramas**.

I know there's times in the past when you've wanted to shrink back. You didn't want to be noticed, so you had others do your bidding for you. You had others do things for you. But now it's time to step to the front and do your own bidding. *Yeah?*

Take a good deep breath with that one.

You say, "*Well, I don't think I ever ...*" Oh yes you did. And you'll start remembering that in these next few days. You'll have opportunities, plenty of them, to do your own bidding.

What happens in your own bidding? You're in a situation and you think, "*Oh, I'd sure like not to be in this situation. Who can I get to take care of it for me?*" or "*How can I shrink, how can I get out of this?*" No. You take a good deep breath. You're right in the middle of it. You're in the middle of whether it's a storm, metaphoric or literal; you're in the middle of somebody else's energy challenges and power games, and you're like, "*Ohh, I don't want to be here.*"

Take a deep breath. **You allow for a moment**, and you **allow that I Am Presence to come out** where there's no power and you're not thinking about it, and **watch what happens**. Watch what happens.

You'll come to see they're going to be shocked at first. They're going to feel something and be very uncomfortable with it. They're going to feel ... you know how it is, suddenly the energy in a room just changes. Everybody is ... because they're not conscious of their consciousness. They're aware but they're not aware. They don't say to themselves, "*Oh, the energy in the room just changed. I wonder why.*" But all of a sudden they find themselves reactive in a different way.

So you'll be in a situation **where you step out of the drama and the feeding and the power** and you get **into the allowing**. Just take a good deep breath. Remember that song – not every note in it, but remember we started out

clearing – and you take five minutes. Go do something else or just take that deep breath into your allowing. **The energy will change.**

And, because they don't know what just happened but they're reacting differently now, it's going to frustrate them and confuse them. That's when you really take a deep breath and just stay in that mastery. And remember, there is no psyching them out. If any of you have ever taking NLP, barf it out right now. (laughter) I'm serious. I'm serious. It was how to play power with more power. That is all a bunch of mental – not just NLP, but any of those things – all a bunch of mental crap and power games. And you don't need them. **A true Master does not need to manipulate in any way whatsoever.**

A true Master does not need to manipulate in any way whatsoever

A Master is **always in their truth**. They can speak their **truth openly, honestly, clearly and not be afraid**. No power games. Ah. It's going to seem odd at first, a little strange. But then it's going to bring such a sense of relief.

~ Number 5

Next is *"I, not you."* "I" – comma – *"not you."*

Next, **"I, not you."** This is very, very important for you to recognize – very important – and it's just a shift of perspective.

So you're having an argument with a friend, or what you call a friend. You're having an argument and, *"You did this to me! And you did that! And you always ..."* you see. And that's the way humans talk. That's their level of consciousness and reality. *"You did this!"* And you, by the way, dear Shaumbra, do that.

A Master speaks only of the I. *"I enjoy when everything is peaceful. I enjoy the house, my house, the way I like it. I enjoy when there's not that loud blaring music. I enjoy going to a restaurant."* Not, *"You never take me out to eat,"* you see. Or, *"You always do this and this to me."* The Master just speaks as I. It's not about you. Not about telling someone else, because the minute you start doing that – *"You never listen to me."*

"You never do what I say. You don't care about me. You don't love me. You've been like this forever." You see? You see the energy in that? It's power and it's projection.

The Master is about I. *"I like having a nice fire and laying on a bearskin rug naked drinking wine."* I'm channeling one of you. It's not me.

You see, and whether you're actually saying the words, or whether you're just feeling that inside – you don't actually have to say it – it changes the dynamic in the situation. First of all, it keeps you within you, because the minute you start saying to another person, *"Well, you did this"* or *"You did that,"* suddenly you're no longer in the I Am. You are in the *"they are."* When you stay in the I, the I Am – *"I like not having to sit in traffic. I like going on vacations to Kauai"* not *"You never take me anywhere"* – it totally changes the dynamics.

You're going to start being aware of how often you do the *"you"* thing – projecting – and particularly on the people closest to you, but also at the office. Express what you're desiring, what you're choosing. It's I, not you. Good deep breath with that. Yes.

And now it's going to be a little awkward at first, because there is that tendency to lash out, to throw it back on somebody else. Now you're playing power. Now you are no longer in the I Am.

I, I enjoy being here with you. I mean, really I do. Truly.

~ Number 6

Next on the list. **A Master is** – you are – **capable of seven levels of consciousness at a single time**. You've been operating at one or two. You're aware sometimes that you're sitting here or listening in. You're aware if there is the heat in the room. You're aware of the noise level in a room, if it's too noisy. And you're somewhat aware that I'm standing here talking.

So most humans are really conscious at one and a half, maybe two levels at a time, and that's what they're programmed into.

You, starting from now on, can be aware at seven levels. Now, I'm not talking seven dimensions. I'm talking about at any single time you can be aware of seven things simultaneously. Not having to switch your attention from me to Linda to the noise in the back of the room to the lights overhead to the fireplace, you see, because that's singular. You're going around just refocusing.

You can be aware of seven levels at a single time. *How do you do that?* By allowing. Absolutely.

You can be aware of seven levels at any given time. And, again, you do it just through allowing. It's actually natural. Actually, you could go up to hundreds, but let's just keep it at seven for right now.

The mind is going to feel overwhelmed at first, and that's one of the reasons why I say you're having these mental episodes of forgetfulness, because you're starting to already begin to feel it and the mind fritzes out. But it will catch up. One thing about the mind is it's **very adaptable**. It quickly adapts. It's part of its survival instinct. It's part of its ego perpetuation. But **it'll go beyond that very soon**.

Seven different levels. It's going to be a little confusing at first, because you're going to try to get it through here (head). You're going to try to be aware of it through eyes, ears, nose, taste, skin – the five human senses – but suddenly **you'll realize you're getting it all in here** (whole self), and it's all coming in at the same time. It doesn't need to be filtered or processed through your mind system.

You're going to become aware of – let's say you're driving down the road – you're going to be aware of the driving experience; you're going to be aware of communicating with beings – nonphysical beings – at the same time; you'll be aware of how a certain energy pattern is suddenly flowing into you, because you've called it there; you'll be aware of how your body is suddenly releasing some energies; many other things, all at the same time.

And at the same time, you're going to be aware like of a bubble of a future potential just coming right towards you all at the same time. The mind can't comprehend that so well right now, but with allowing you're going to get there.

So between now and our next gathering, again, just do some very conscious breathing, allowing of that. And please don't do this thing where you're going, saying, *"Now I'm going to test myself. Can I be aware of seven things happening all right now?"* Because again, that's mental. It's actually very easy. Well, let's just do it right now.

Take a good deep breath and without any thinking whatsoever ... which you all just tightened up. Well, we'll do it later.

It happens naturally, because the true divinity, the true you, is not limited to five senses, and it's not limited to one or two thoughts at the same time. It's actually very, very unlimited. This unlimitedness needs to basically break through the barriers of the mental beliefs – *"Well, I can only one or two at a time."* Many of you have taken different types of mind control classes or – I don't know what you call them – creation or abundance classes – spit! – and they taught you some very strange mental exercises, and what you learned is that they don't work, or that you failed.

And actually, so in that there was some wounding. It's like, *"Oh, I didn't do it right."* No. The courses weren't right. They weren't right for you, because you were going to sooner or later come to a space, a place far beyond mental.

There's no efforting in this seven levels of awareness whatsoever. There is no disciplining in it. It is simply allowing. It's kind of happening right now anyway, but you weren't quite aware of or conscious of what it was. Like, *"Why am I getting these weird feelings? I don't know what they are and my mind's not working right anymore, but yet I'm feeling a little bit more clearer than ever before,"* and then you shake it off.

What's happening is **you're going beyond the mind**. You're **coming into consciousness**. That's it. You don't need all these other systems and programs and disciplines and anything else, just the consciousness. That's it. That's it. That's everything. That's **the knowingness**. That's where everything comes from. It all emanates from consciousness. All comes from there. All energies, everything in your life.

Consciousness – let consciousness be the guiding force in your life. Let consciousness be that guiding force. It's **not that the energies and life and everything else guide you and then you react. It's let consciousness be the guiding force in your life.**

Okay, deep breath with that. Getting a little mental here. Whew!! Okay, let that go.

You see, the fun thing is you're going to come to the point very – well you are coming to the point – you don't think about things anymore. You don't have to get all up in your brain about it. You just stop. Remember, always

remember this example when we started today. You want to let go of concepts of *what you thought a Master was?* Take a deep breath, and it becomes so. Play a little music. Do a little dance, something; have a cup of coffee, and it becomes so, without working at it. Without doing anything. It's amazing. Okay.

These are the basic points of the Masters – **the New Energy Masters.**

1. Allowing.

2. Cause - Put no cause before you. There is nothing greater or grander than you. Period. Ever.

3. Equation - Put consciousness in the equation.

4. Bidding - A Master does their own bidding.

5. I - "I, not you."

6. Seven levels - A Master is – you are – capable of seven levels of consciousness at a single time.

Consciousness – let consciousness be the guiding force in your life.

Allowing the Master

We talk about being a Master. We released what the concept of a Master was, because, you see, the true Master, the true consciousness of consciousness has just been sitting there waiting. Without power, without force, without having to do any exercises, it's been waiting. So in this experience now with some music in the background, take a good deep breath and let that true Master – you, and only you – let that come to you.

(different music begins; ["Close to You" by Aldo](#))

Let that true Master come to you without force. See, what happens so often you get, "*Okay, now what do I have to do,*" and you have that anticipation, that waiting. Waiting for some reaction, waiting for something to come over you. You want that kind of mental high burst, you know, that releasing of chemicals in the brain that gives you that temporary exhilaration. It's not going to happen. It's not supposed to happen anyway.

Because letting that true Master come to you doesn't have any of the old dynamics. It doesn't give you the, oh, those little temporary highs you used to give yourself. I know they were important; they were real nice, but they were kind of artificial. Now you just let it come to you.

It doesn't have a power to it or a force, but it's there. You can't think your way into it.

It's not about beliefs. Beliefs are really ... **beliefs are a mental construct with a frosting of power on them.** It's not about beliefs. It's about just allowing.

That true Master ... remember, we let go of the old concepts of a Master, but now the true Master ... comes in.

I say "*come in,*" but it's always been there. But it wasn't integrated. *Why?* Because you were searching for this Master/God/golden angel/grand powerful being, and you couldn't find it, because that's not what it is.

You were looking for something, oh, you could say, to kind of rescue you, something to give you more power. Maybe you never thought of it in that way, but something grander. And the fact is it's not what divinity is or Spirit or I Am-ness. It contains none of that.

But yet those who seek power and a powerful God, powerful angels, they will seek this thing, this very thing that I'm talking about right now, because they think it has power. They think it will give them grandness and greatness. They think it will rescue them. So they seek it and they will not find it.

But you, in this state of allowing, in this state of being a Master, you let it come in.

(pause)

In the past, many of you have said, "*Oh, I'm not very good at doing this because I never feel anything.*" There is no feeling or what you would define as feeling to it. There's not these bolts of lightning and suddenly everything is some sort of nirvana. There's not, because those were old, dealing with mind and power.

This – this is real. It's allowing the Master.

Take a good deep breath.

And, again, I say, if you're saying to yourself, "Well, I'm not getting anything. I'm not feeling anything," oh, just take a good deep breath, because it's not going to be – it's not going to come in – like you thought it was. But it's there. Okay. Done with the music now. Thank you. Let's take a good deep breath.

Going Forward

Next on the list. We're going to be going into some interesting places, and it's **not going to be so much about teaching**, as I said, but **more about experiencing**. Letting you begin **to experience that Master within yourself**.

It's interesting over the past three weeks in particular. Some have dropped out. They talked about being a Master, and they made a lot of excuses to themselves and they dropped out. And that's good. And anybody listening in right now, if you're not sure, if you're saying to yourself, "Well, I don't know. What am I going to get from all this? What kind of power thing?" It's fine to leave. It truly is, because we want to keep the energies clear and clean. We don't want – I don't want – a lot of extra baggage on this journey. It will be easier to work with a very small group who are truly committed to their I Am-ness than a big group that was either playing games, looking for some type of power thing or just using this as a distraction from their everyday life.

So there's been a lot of self-selecting. The whole thing with the pin, my dear friends, amazing. Amazing the consternation that it caused all over, starting with the staff. "What do we do with this?! Adamus is giving away the house!" Absolutely. Absolutely. They had to feel into it, whether it was really right. Mentally, they were talking, "What the hell is Adamus doing?" or "Here Adamus goes again," but it was really about them feeling into *is it right? Does it make sense?*

And, of course, *Crimson Circle* staff jumped in to get it done. Brilliant work on their part.

And, of course, while all of this was going on they were saying to themselves, "How could Adamus do this?" at a time where they've been talking behind the scenes about creating what they were calling a studio, which is going to be expensive, very expensive; creating a place so they don't have to keep hauling and lugging equipment; creating a space so they can do a webcast at the spur of the moment without having to have weeks or months of preparation, but literally when we can get together at a moment's notice, which we will be doing, which we're going to need to do at times.

So all of this, and now they find themselves, oh, \$30,000 in debt from pins. (Adamus chuckles) Thirty thousand dollars of pins being bought and shipped out, and they're shaking their heads going, "Why? Why right now?"

Why? Well, first of all, it was time to find out who's really going to move forward. Whether you got a pin or not is not really relevant, but what was relevant was saying, "Are you ready?" The pin, in a way, was a bit of a distraction, because then you were thinking about a pin or no pin and going through all the commotion on that. A bit of a distraction, but it also caused you to say, "Am I really ready?" Because going forward it's going to be different. **It's going to change the nature of relationships and games and jobs and abundance and health and all those other things.**

And while some of you say that, well, you don't like those things, you don't like being broke or sick; well, you do, otherwise you wouldn't be doing it. It's that simple. So when you have to make a conscious choice about consciousness and say, "Yes, I'm going to move forward," as in the example of the pin; when you have to say, "Well, am I ready for this pin?" whether you ordered one or just received it energetically, it was about making a choice. It was about going forward.

So now we have a **group going forward as Masters**. We're going to **speak as Masters, play as Masters and create as Masters**.

***We have a group going forward as Masters.
We're going to
speak as Masters, play as Masters and create as Masters.***

It's time for this group, for Shaumbra, to, as a group, have a home. Have a home. No longer a bunch of wandering gypsies going from place to place, but a home.

There's been some talk, questions in the past about having other locations, other centers, and none of it's been appropriate until now. So this all comes here, the first of this year, everything else that goes with it. So, my dear friends, I am asking Shaumbra, asking the *Crimson Circle* staff to create this. It should be a relatively simple creation. It shouldn't take a lot of work or a lot of time or money. It's just creating it. So I'm asking for this Center.

So, and I believe you're calling it – the staff is calling it – the *Crimson Circle Connection Center*, a video/technical studio, but also a gathering place like – or not like the word – but a gathering place. A place where there is going to be the messages, the discussions, a place where you come and dance and enjoy life and get together. My words. Absolutely.

So this will be a place, a home. And that is one of the other things with a Master. **Every one of you needs and should have a home.** It doesn't mean you necessarily need to own it, if you're adverse to that, but **a place that's really yours.** Some of you are still – some of you are living with your parents, ahem – but some of you are living with a bunch of others that are not so much of like mind. Some of you are – you have a strange term when you – couch surfing that you do. Or some of you think that the backseat of your car is a nice home. No more. I will not tolerate Masters who live in the back of their cars, unless it's a really big, huge car. But then you wouldn't be able to drive it; it's so big. It wouldn't fit on the roads. I'm just not going to tolerate it. And couch surfing and not knowing where you're going to be next. It's time for all that to end, including that for *Crimson Circle*, for this organization. You need a place. So we've mocked this up, and it's just an example.

So here's the deal, Masters – kind of, actually, the first interesting lesson in manifesting and abundance – it's going to be \$44 for each one of you.

Now, if any of you are saying to yourself, "*Well, there they go wanting my money,*" leave right now. Just say goodbye now. Out!

For the rest of you, if for some reason you don't want to do it, that's fine. Just make a choice, yes or no. None of this talking about or discussion. If it's not there for you right now, if it doesn't feel right, don't do it. If it feels right, do it. At forty-four dollars per Master going forward, we're not going to even have to stress out the staff about any of this.

Now, we're going to create this Center. We're going to get it going immediately. The staff was actually talking about contingency plans – "*What happens if it doesn't work?*" – and that's not even up for consideration. It's not. This is going to be created, and away we go.

Next. The first class, regular online class that's going to be taught at this Center ... and by the way, the questions are coming – oh! Questions all over. They're coming in on email. They're everywhere. Yes, it can be more than 44. I don't care, but 44 or more.

First class taught from this Center that is going to become the epicenter, the core of the Shaumbra Master consciousness, is going to be a class that the staff has been asking me to do and I've been procrastinating; asking me again and again when are you going to do the class on ... abundance!! (a few claps)

And it's going to be from here and ... And it's going to be free! It's amazing. Yeah, because you've created a Center, now we can really talk about abundance. We can get through that issue. Two issues that I want to work on right away – abundance, your abundance.

And, you see, if you choked about the \$44, really, leave. I swear. Leave.

Let me set a timetable on this – end of February. February has 28 days, please, so don't wait till the 30th of February. If you don't want to do it, don't do it. Master up. Make a decision. (laughter) Make a decision! Stop whining about it! Don't do it if you don't want to do it. Don't tell me about any of the junk, don't say you don't have it or, you know, "*They're always asking for money.*" They don't always ask for money. They should! They don't! *What's wrong with them?* Now I'm asking for it. Real simple.

First class – online class other than a Shoud – taught from here is going to be about abundance. *Get it?! Does it make sense?* Great.

We're going to go on after that, my other issue is your biology. We're going to do some work on that, and it will come from this place. No more wandering band of gypsies trying to find cheap hotel rooms – ballrooms, meeting rooms at a hotel, yeah.

So, it's time to go forward. It's just time, *okay?*

Let's take a deep breath with that. Good. Thank you. (applause and cheering from the audience)

And if you're wondering, "*Where do I find this? How do I make this?*" it's an input. It's not a donation. Spit! on donations and contributions. This is an input! It's an energy.

Master up, and let's make this happen. Okay. Good. Thank you. Thank you. Thank you.

Okay, dear Shaumbra, that's it for this day. We'll continue. *Can you – just without thinking – can you feel how the energy shifted, moved and bounced all day?* (audience says "Yes") Ohh yeah! And please take this into account for yourself – a place for you. I'm going to insist on it. **You have a home base, something that is yours, something that feels right. It's so important in this work.**

The abundance thing, the biology thing and having a home base, they're so important.

So let's take a deep breath with that as Masters.

And, again, remember the very first exercise today is so simple. When you're talking about letting go of anything, whether it's your old concepts of being a Master, your old concepts of abundance, any of that, *what do you do?* Yo Soy El Punto!

You take a deep breath. Play some music. Dance a little bit. Whatever. Get out of your mind. Just allow.

And then remember, no matter what ...

... **all is well in all of creation.**

Look forward to talking to you at the abundance gathering at the new Center! Thank you.

(Please also read: [Addendum F: It's Not What I Expected](#))

07 – Discovery 7 – *Change and Safety*

I Am that I Am, Adamus of Safe and Sovereign Domain.

Oh, I love breathing in the energy of this very 3D human environment. Ah! Love it. Love it.

Dead! *Does that mean gone, unaware, unconscious, stupid?* Nooooo. *For what truly is dead? What truly is dead, when you're in a human body with a human mind, but not aware of how you're manifesting and creating your life? Not aware of how and why things happen?*

What is truly dead? Being in human body, or being me?

And isn't that the point? Isn't that the whole point – life, death, fears, safety, awareness? Awareness. Isn't that truly the issue?

It's A New Time

And that brings up the very point. Three hundred years ago we closed the Mystery Schools after many, many centuries of operations. We closed them because we had gone as far as we could at that time, because of consciousness at that time – very thick, very difficult – manifested by religions that were pursuing us, trying to burn our centers, close us down, torture us, run us off. So we closed the schools because those who had gotten to a certain point of enlightenment were leaving. They were just leaving the physical realm. Some of them would return for another lifetime or two or three or four, but they got to a certain point – not even a point that you're at – and then they left; too difficult, too unsafe, too challenging; and too seductive to go to the other side.

So for 300 years there has been a bit of a darkness, a bit of a void in terms of true spirituality on this planet. Yes, indeed, there have been study groups, more than the world's share of religions. There have been an occasional channeler and a mystic from time to time, but *truly a group or groups of humans that would allow their embodiment, their enlightened embodiment?* No. No.

But those dark times are gone now from this planet, and what we have here are a group of humans who are choosing to stay, choosing to be as aware as if they were on the other side as they are here in the physical body. Choosing to go beyond this unawareness, this hypnosis, this matrix of dull consciousness, and it's you. And others, of course, but it's you.

Not always easy. It presents its challenges, and quite a while back I said even just five – I'd be happy to work with just five – and what we have here now are a lot more than that; a lot more than five.

We're coming to this age, this age you have dreamed of, coming back into the physical body, and not just talking about spirituality, not just going to your weekly meditation group. Nothing wrong with meditation unless you have to be in a group and have to do it at a certain time and have a certain discipline. Meditation, as I've said so many times before, is in every moment and every breath. *What is it?* It's awareness. It's consciousness. That's all it is.

Why do they spend countless hours in strange, seated positions, and many times suffering, in this thing called meditation to try to gain awareness? There's an easier way. You allow it. You allow it. You let it be with you in every moment, everything you do. It's called consciousness in life. Embodied consciousness, aware of the "I Am, I Exist" at the core, and then aware of this reality, this beautiful, sensual reality.

Indeed, I'm on the other side. I get to peek in, pop in now and then, but, indeed, there is nothing quite like being here and on this planet; the sensual experiences that one can have. *And can you imagine now doing it consciously?* Consciously having experiences – experiences of your choosing. It's not that it's going to be without challenges. Mastery does not mean that there's not going to be outside challenges, but there is inside balance. There is ... consciousness and mastery is humor. It is humor. Being able to smile and laugh at all of the things going on around you, and even at yourself, with good humor. Not sarcasm necessarily, but with good humor. Smiling. Sarcasm. *You want the example of sarcasm? Is that what you're saying?* I can't quite hear. Sarcasm.

Sometimes sarcasm is biting humor, negative humor.

"Yeah."

Oh. Then laugh about it. That's what we're here for and that's what we're doing.

Keahak

Housekeeping notes. *Keahak IV* coming up. It was just announced. *Keahak IV* will be a bit different than the previous Keahak, because now in *Keahak IV*, we're not just going to be bringing light and energy into the body, into the Self. We're going to be manifesting. Ah, and that the good news. The bad news is that we're going to be manifesting (some laughter), and you're going to have to take a look at your own manifestations. This isn't just going to be talking about it or just allowing. We're going to go beyond that into the external manifestations in the body, in your physical reality, in your level of abundance, and we're going to have discussions. *How are you doing in your manifestations?* No judgments, but *how are you doing in your manifestations?* Yes.

So Keahak, meaning spirit in motion. "Kea" – motion; "hak" – spirit.
Spirit. Spirit in motion, and now we're really going to be putting it out there.

You're going to be doing a life assessment at the beginning of *Keahak* and I'm going to ask you to do it honestly and openly, because by the time we're done with *Keahak IV*, you're going to take a look at your life again and take a look at what you have manifested. Ah. So.

Let's take a deep breath with that. Keahak coming around.

Abundance Lesson

Next housekeeping note. I mentioned in our last gathering that I was going to do a workshop, gathering, discussion about abundance. Abundance. A free workshop about abundance. Go figure. Yes. You just went through lesson one out of three parts in the series.

Lesson one – receiving. That's exactly what happened with the *Crimson Circle Connection Center* or the "Four C" Center. Four "C." Foresee.

That was the first experience in abundance. Receiving. The word was put out there. There wasn't a lot of structure around it. There were no email campaign or constant pestering. It's you choose to or you choose not to. Most abided by that. Thank you. My specific instructions – do it or not do it. But don't complain about doing it or not doing it. There were a couple.

Yes. There were a few, but their voices were quickly overrode by the ones who understood exactly what I meant. It doesn't matter one bit whether or not you opened your wallet or your checkbook or, I guess, credit card. It doesn't matter not. Do it or don't do it, but don't complain about it. That's one of the very simple dynamics of abundance. Shut up! Truly. It's in my book – abundance book – "Shut up!" (Adamus chuckles) Stop complaining. Do it or don't do it. Stop talking about all the reasons why it's not working and why people are bad and why, you know, all your talk. Do it or don't do it. Get on with abundance or don't. And if you don't want to get on with abundance, that's fine. But don't complain about it. Don't talk to other people about it. Don't come to me about it. If you're ready for abundance, let's get on with it.

Abundance is about receiving energies that are free, natural and yours. It's that simple. It's that simple. It's **directly related to your desire to live – your choice to live, your passion to live** – and they're very, very simple things.

***Abundance is about receiving energies that are free, natural and yours
It's directly related to
your desire to live – your choice to live, your passion to live***

In this whole thing with the studio, the *Connection Center*, you put it out there; some of you would call put it out to the universe. I never understood what that meant, because the universe is kind of just a big nothing. Put it out there to the universe – put it out there to the I Am, yourself. Step back. Let it fill your bank account, your health account, your whatever account. Just let it do it. Don't restrict it. Don't manage it. Don't stress on it. Just watch how it flows. It's that simple. That was the first session, the first lesson in the abundance thing.

The same thing that happened to *Crimson Circle* can absolutely happen to you, and probably easier. It's easier for you to do it for yourself.

Here we were involved with thousands and thousands all around the world and all the dynamics involved with a group. It's actually easier to do it for yourself. It's that simple. If you make it any more difficult, I contend that you're really not ready for abundance.

***If you simply say, "I Am that I Am. I choose abundance,"
and then step out of your way, let it roll in.
You just allow it to come in. It's that simple.***

If you simply say, "I Am that I Am. I choose abundance," and then step out of your way, let it roll in. And then don't go through the mental torture of asking how it got there, why it got there, what you're supposed to do with it, anything like that, or if you're supposed be extra nice now because you received it. (some giggles) You just allow it. **You just allow it to come in. It's that simple.**

We'll continue with the lessons, and yes, there will be a live webcast from the new abundance center, your *Connection Center*, obviously.

A Question About Change

So let's begin with this. *Why don't they – snap! – come like that? In other words, why don't you come from being in the more unconscious human state and suddenly into the enlightened state? Why? Sure. Why?*

~

And I know some of you get very frustrated. You're like, *"Well, I'm choosing this. Why doesn't it happen overnight?" "And I think it's just part of an evolution, in a way. It takes some time to get used to everything. And then that's how it becomes. That's my answer."*

That's a very, very good answer. Absolutely. Yes. A few more. *Why? Why doesn't it just happen overnight?*

~

"When I make a choice, it feels like I have to get the energy, like, I have made the choice, but it's like calling in the cattle, calling in whatever you call, you know ..."

Yes. *Why don't the cattle just show up right then and there?*

"It you ... it just ... it's the energy shift. It feels, I don't know how many more different ways to say it, but it's hard to – not hard – but it just takes time to get the energies going in the direction of your choice ... my choice."

Does it have to?

"(pausing) Well, if I'm doing a big project or something, sometimes it feels like I need, eh, I'm calling in the cowboys. I mean, I need ..."

Yeah, yes. *What called you here?*

"Um. It's something unconscious. I, I've ..."

How about making it conscious?

"Uh ..."

You know. But, ehh, stop. See – see what's happening is you go up here (head). The answer is already here (heart) or wherever, but you go up here and then it gets constipated and it ... well, no. Constipation doesn't mean just that. Constipation means restricted and smelly. So you get constipated. So try from here (heart). *Why did you move to Colorado?* Quick. (snap!)

"Because I wanted to. The energy of this ... I was just drawn"

Drawn. Okay, good. *What drew you?* (she pauses) You'll find out by the end of this, and then you're going to go, *"I knew it! I knew it!"* And you'll go, *"Why didn't I say that in front of everybody? I knew why and I should have said it."*

~

Why doesn't it just happen – snap! – like that?

"Well, my answer would be because we don't get out of the way. We choose and then ..."

How about using the word *"I"* don't get out of the way.

"Yeah, that's what I'm trying to say here." (chuckling) Yeah, yeah, yeah. *"Yeah, I'm learning."*

Yeah. By the way, has anybody here worked with this thing I discussed in our last Shoud, when you're talking to another person, particularly in, you know, more of a confrontation, instead of going, *"Well you did ...!"* Just come from the I.

"I." Hard to do. *"Yeah."* But amazing when you do. It changes all of the dynamics. Yes. Yes. *"I don't get out of the way."* Yeahhh. *"Yeah."* Why? *"Um, fear probably."*

~

"Your belief system and overlays."

Belief systems and overlays, sure. *What's a belief system? Why don't you just believe that it's all going to happen – snap! – right away?*

"How many do you want to get into?"

As many as you want to get into. *How many do you want to get into?*

"I want to remove them all." Yeah. Yeah. *Why don't you?*

(sighs and pauses) You're thinking. *"Yes. (he chuckles)"*

You see, and please take note, because you all do it. You stop and think. The answers are right there. As I said, by the time we're done today, you're going to go, *"I knew that. I knew that."* So one of the things that we're going to be doing is thinking from a different place, and it's not even thinking. We'll get into that later. So *why don't you just remove those overlays and beliefs?* *(he pauses again)*

Could I tell you? "Please." They're serving you. You love them. Yeah. *"Duh."* Yeah. Otherwise, they wouldn't be there. Anything in your life – oh, I've said it over and over, anything that's there, any problem, any situation – it's serving you.

The limitations and beliefs are serving you, because they kind of keep you held in, because you think you're going to splatter all over the universe if you let go. You think you're going to be in so many parts and pieces over all of creation, you'll never be able to pull yourself together again, like some bad psychic science experiment, you know. (some chuckles) So you hold it in. You hold it in. But it actually is pretty safe when you open up. Much safer.

"And one other item was how many games do we want to play just because? That's a social ..."

We? We? "We or I!"

We, *engineering man?! (Adamus chuckles)* Good. Thank you. Excellent. One more.

By the way, I love interaction. I love being with each and every one of you. All of you who are watching in, I love this. Even if you're not here in *Coal Creek Canyon*, I love the fact that we can talk and joke and we can even gossip, and we can have a grand time. The interaction is satisfying, rewarding for me and I hope for you.

~

Okay, let's continue. One more. *Why? Why, oh why?*

"You told us a very brilliant thing last time. You said ..."

Was it just last time, my dear? "Well, I beg your pardon. Every time."

Yes, yes. *"And it said put no cause before yourself."*

Yes. *"And I think that works very well for each and every one of us."*

Yes. So how about answering the question. (laughter) You're flattering me by telling me how brilliant I am. But the question is *how come – snap! – you just don't do the mastery like that? "We do. Can't you tell?"*

We? "Here we are. We're all Masters." We? "Yes. I do. We do it. I do it. You do it. Everybody does it."

No, this is – but stay to you ... *"David, his beautiful wife, everybody does it."*

Stay with you. Stay with you. You know, you're kind of going around the table here. *"Yes, indeedy."*

You do it. *"I do it."* Good. Leave it at that. Period. Edith does it. I can see t-shirts, Sart. (lots of laughter) Edith does ascension! Enlightenment! Enlighten- ... (more laughter) (he "kisses" her hand) Thank you.

Mastery is being able to laugh at all that life holds. All that life holds.

So let's do one more. We're having so much fun. Yes. And if any of you are offended, leave. (laughter) If you are so spiritually stuck that you can't laugh a little bit ... this group of Masters, we're in this amazing sailing vessel off to the golden times, and there's no room for sourpusses. So. Yes. Yeah.

~

"For me, what I have found in the past couple of months is that my orientation is changing, because it's a new orientation." Yes. *"The old orientation was auto ... kind of hardwired to the mind."* Yes, yes.

"And so I've been in a process of consciously going through my days, reorienting where my consciousness is coming from, and it is not here (head) for me. It is here (heart)." Yes. *How do you go about reorienting?*

"You have to stop. You have to take the time ..." No, no. Let's not "you."

"No? Me?" You, "I." *"Me?"* You, ah, yeah. *"How do I do it?"* Yeah, yeah.

"For me personally, the exercise I've been doing with myself is consciously breathing here into my heart center and allowing my consciousness to reside there and expand from there." Great.

"And spending more time there – here inside me – versus out there and responding, reacting to what's outside of me. So my orientation no longer is out there, although I'm still here." Yes. *"It starts here."* Amazing. *"Thank you."*

Yeah. No, it truly is. *"Thank you."*

I talked about it in our discussion of re-ordering. (speaking of *Re-Order Your Reality*) It's also changing orientations, changing where you're plugged in and connected to things. You go through a phase of unplugging from many, many, many things – literally, millions and millions of order points, and you unplug from those – it feels very awkward. There is a desire to try to get plugged back in. But what happens, the mind tries to plug back in into this reality and things it understands, where indeed, you're actually not even plugging in, but tuning in, orienting to other things that are much more flexible, much more dynamic and much more energy efficient. But there will be a period of time where you feel very disoriented, very disconnected, and that's exactly why.

Adamus' Answer

Which leads me to my point. The question was *why does it take time? Why don't you just snap your fingers and get that enlightenment?*

Number one, it's **compassion** – compassion for your body – because your body, when it was in its old ancestral DNA, could not have handled that rapid of a transition, transformation. Could not have handled that quick of a change, and it would have caused such an energetic imbalance that it could have led to things like – and very specifically – things like diabetes. If the body tries to change too quickly, the energy inputs and throughputs would cause diabetes. Secondly, cancer. It would, again, send stray signals throughout the body and cause cancer in certain parts of your body.

So you're bringing it in, this new level of light energy, as you're making your changeover from your ancestral biology to your own true light body. And it's happening most of the time while you're sleeping, but sometimes in your waking state. Sometimes you feel that your body is going to hell, but it's not. It's reorienting. It's changing.

I ask you to invite those changes and allow those changes and stop asking all the time, *"What's happening to my body? Why am I sleeping long, long hours? Why can't I sleep? Why is it that I don't have the energy level I used to have?"* That actually is a good thing that you don't have that energy level, because you would still be trying to get energy from old sources. You go through a period, a phase where you're disconnecting from the old fuel source, let's say, an old coal burning plant, and now you're going to be connecting to a very new energy efficient, clean source of energy.

So there is that changeover, and there are going to be times when you feel that you'll have extra aches and pains in your body and you think you're getting old, and it's not. It's about this intensive changeover.

I said at the beginning that we closed these *Mystery Schools* 300 years ago because it was just too difficult to go through embodied ascension. Now, many didn't care. They said, *"I still want the ascension and I don't care if I leave a day later."* But you, my friends, have chosen to come into this lifetime to do it while you're in that physical body. So, out of compassion to your body, you take these changes exactly how you're able to handle them. **Compassion to your mind; the mind is the thing that's really having a difficulty with all these changes that are occurring.**

***Compassion to your mind;
the mind is the thing that's really having a difficulty with
all these changes that are occurring.***

You're going beyond the way you've been thinking, and so often when we're gathered like this, all of you can feel the energy when somebody starts thinking. Everything gets focused up here. You don't have to be able to see auras or energies, it's even just body language, but you intuitively know it goes up here and then you, they, get stuck.

You're going to a different way of bringing through awareness, intelligence, where it doesn't require the type of analysis or file retrieval. Going back and saying, *"Now, what was that?"* You know, *"I stored it back here in my memory."*

In the *Old Energy*, the old mindset, it's very associated. You associate everything with everything else, and you're going to be getting away from that because in the new reality, there is no association. In other words, you haven't done it before. You haven't experienced certain things, and the mind will always try to associate. Even when you, the I Am, is saying, *"Hey, we don't need that,"* the mind is still going to be trying it for a while, to associate. And then it's going to get frustrated, because it can't find a parallel or similar experience to latch onto in order to make its

evaluations and its analysis of how to act or react. And then what it does, it goes into fear and panic mode – fear, panic and anxiety mode – and the mind says, “Don’t do anything” or “Retreat,” you know, “Back away.” That’s when you’re going to say, “No, it’s perfectly fine to go on. It doesn’t matter.”

You see, I opened up talking about life and death. There’s really very, very, very little difference between the two, really very little difference. So, in a way, you could almost say, even at the expense of death, it doesn’t matter to be able to break out of the prison. And it may seem a little harsh, but to call earthly existence a prison, it is. It is. It’s beautiful and it’s a great place for lessons, if you’re still into lesson, and I hope we aren’t. And it has such a level of its own type of experience, but it has gotten to be a consciousness prison where people, they’re in the patterns and in the routines, and they don’t break out. And very few voices rise above that and very few people let themselves go beyond it.

“Why are the angels and crystals and blah, blah, blah lining up to come here if it’s such a miserable, painful stuck thing?”

I didn’t say miserable. I said stuck. They’re lined up here because the Earth, this planet Earth but soon to be – I could say actually now to be – the new Earths that have also been created, and there are many, are the places you go for your enlightenment. This is where you discover, in this planet. No other planet in all of the dimensions or galaxies, no other planet offers the ability to understand and embody the I Am. They all have experiences, and again, you could say there’s a gamut of consciousness and technology and intelligence and all of these other things, but there is no place like this.

Now, that’s the good news and the bad news. There’s no place like this that one can get truly lost within, become to forget who they are; none that has this density and this level of seduction as this planet. *So what better place to come than here?* Why not go to the extreme to get it, rather than some of these other places. That’s exactly, my friends, if you remember, exactly why you came here. You came here to embody the I Am; in other words, to completely integrate it into the soul, into every aspect. That’s why you’re here, and right now it can only be done [here].

They’re here lined up, and I’m selling tickets. (some laughter) They’re lined up for it, because it is a sensually beautiful, dynamic planet. The feeling of pain in your body, that’s sensual. Now, you say, “No. It’s really a pain in my body.” To an angelic being who has no physical biology that actually is seductive. “You mean, I can actually feel myself? I can actually not just feel it like light, but I can actually – it’s telling me that this is me?” And to an angelic being to say, “I can actually think, have a thought and it goes so slow that I can even be aware that I’m having a thought.” See, for angelic beings – snap! – it happens like that. There’s not the deep awareness. This time continuum that you exist within allows you to do all of these things. That time and space and density and seduction allows you to come here.

Now, it’s also the curse, because when that knowingness starts saying, “I’ve had enough,” but yet the humanness is still in the patterns, in the concrete of consciousness, it’s very difficult. What happens is that the human will then try to think and effort and plan and struggle their way out, because they’re in that human condition. They’ll try to study their way out or buy their way out, whatever it takes, but they’ll use very human attributes to try to release themselves from this very dense consciousness.

The thing they’ve dip themselves into and they loved and they’ve experienced. But suddenly when they’re tired of it and want to get out and have to get out, and it’s not even just wanting to. There is that deep desire that each and every one of you has had – “I have to get out. I have to get back to me. I have to get back to that awareness of my soul.” And you’ve been trying to do it in your sleep, in your dreams. It’s not working so well. You think that’s the escape. Actually, it was originally designed as the reconnection – the nightly reconnection. But the deeper one gets into density, the deeper one – even in their sleep state – is still focused on those things that are still very human.

And then it’s almost a desperation, that longing – “I have to get out of this” – and then trying to go to sleep to at least make a little bit of connection back to your source, and then it doesn’t work. And then it’s like, “What do I do next?”

What do you do next? You try power. You try thinking, efforting and suffering. It doesn’t work.

The true secret – if there is a secret – of mastery, and perhaps the thing that is the most diametrically opposed to what the human would do, is allowing. **Allowing.**

The true secret – if there is a secret – of mastery, and perhaps the thing that is the most diametrically opposed to what the human would do, is allowing. Allowing.

Several reasons why allowing is difficult: Because you're used to power, force, intelligence, thinking. You're used to something actually aggressive. So you try that. It doesn't usually work. Allowing also is very unsafe. Matter of fact, the human part would say it's downright stupid to allow. So it tries allowing a little bit, and when you allow a little bit but you still have your concrete underwear on, it doesn't work very well. (a few giggles) It doesn't work. You still sink to the bottom.

So the other reason that it's not done –snap! – just like that ... one is compassion, so you don't burn out, so you don't overload. And it is – it's challenging on the body – it's even more challenging on the mind, and the mind is dense and the mind is tough. But in an interesting way, the mind is also extremely fragile. It's like this very dense item very delicately balanced on the top of a very, very, very tall pole, constantly trying to not fall off and fall down.

So as tough and dense as the mind is, it's also very, very delicate. So it's always trying to protect. It's always trying to keep from falling apart. And nearly every one of you has had experiences in your younger years – not to digress, but in your younger years – where people told you, “*Stop acting so crazy, Juan. What's wrong with you? Be like everyone else.*” And then you tried, actually, because you loved them and you wanted to make them feel safe. So you got back into step with everyone else. But I said there is part of the soul that cannot stand it anymore. Not even just wanting to get out, but desperately needing to get back to itself.

We take a look at some of the energies and dynamics on the other side. *How long can one go in this reality? How long can one go before it's just absolutely unbearable on the soul?* It used to be in your earlier lifetimes when you would leave the physical body, you'd go to the other side, there was somewhat of a type of reconnection with soul Self, other realms. You know, the great release from the physical reality. But as the Near Earth realms got more and more dense, it became more and more difficult to go into the crystalline, to go the Bridge of Flowers, to go beyond, and so many now stay. Even when they die they stay in the Near Earth realms. It's not physical, but it's pretty dang close. It has all of the consciousness factors of this planet. So there's not that rest or reprieve in between now. Not in the dream state, not in the death state.

And the being – the being starts getting panicked and desperate, and then acts out and does desperate things. All as a way of trying to feel again, trying to remember again. People then do extreme, emotional, dramatic things just to feel something again, thinking maybe this is the way back to Source. They take drugs, hallucinogenic drugs, and that gives them just a glimpse sometimes, but in a very distorted way.

Imagine taking a lot of the hallucinogenics gives you a glimpse of the soul source, but from the perspective of hell. It's very, very difficult. And some enjoy that, at least they get the glimpse, but it's done from that place of distortion.

So that's what humans are going through right now. And this awakening process is beautiful, but it's, as you know, very difficult, because they start awakening. It's really that soul Self saying, “*I cannot stand it anymore. How long can I be out away from connection with my Source, from the I Am?*” Then they try to find other sources in anything else – in religions, in gurus, in extreme sports, in anything – trying to feel once again, and it's not working.

And then somebody comes up with these (anti-anxiety and anti-depressant) drugs – and I am not a fan of them, even though I've been asked not to talk about them – but that puts one in a true zombie state. It's basically saying, “*Stop that noise down below. Stop calling out that you're tired of this journey, that you want to break out of prison.*” It's a shut up pill, and it gets people back into that zombie-like condition of “*walk the line, toe the line, stay in the matrix, stop complaining.*”

But you know what happens? They take the medications and for a little while they feel better. For a little while they feel better. But that voice, which is the voice of truth, the voice of the I Am, will not stop, and it will keep saying, “*It's time. It's time. We have to get back. We have to reconnect to the Source.*”

So in a way it overrides that pill, but then it drives the human aspect absolutely crazy. Absolutely. And that's why there's a higher incidence of insanity and suicide when people are using these on a long-term basis. And I stand by my words very, very clearly.

So at a certain ... oh, I was making the story that we study – some are studying – this whole phenomenon: *How long can you be unaware of your Self, unaware of your Source? How many lifetimes can one go through?* And this study, this look is taking place just here on Earth by some of my associates. But *how long can one truly be out of touch?*

Now, there were lifetimes where you had that connection in dream state, in between lifetimes, but for many humans now it's been many thousands and thousands of years – 5,000 for some, 10,000 years, not you, but others – since they've had that touch of Source. Then they get so lost and they get so disillusioned and they get so deep into the matrix of this reality that they just go longer and longer. One eventually has to have that reconnection with their Source, with their I Am; one eventually has to re-experience it, otherwise they truly go crazy.

And then they try things like dying, thinking that's a solution. Imagine that you're so distraught with life, there's a knowingness that you can't even define, but something saying, *"There's got to be more. I've got to get out of here,"* and then choosing death, thinking that's the release. But finding that when you die, it's the same thing.

Imagine you're in prison. You've been there locked in the cell, wearing the same clothes as everyone, eating the same food, doing the same daily routine. No creativity. No true opportunity for self-expression. Very, very unsafe, and then you think you're getting out. You're overjoyed. It's time. You're going to be released or you figured a way to break out. You get out. You step out of prison and you realize it's still prison. It's still the same prison. And later on you find yet another door you think you can break out of. When you do, you find out it's still the same prison, and that's exactly what's happening. Exactly.

That's exactly why I love working with each and every one of you, because you don't care. You don't care about what it takes. You're letting this be the life of release from that prison back to your Source, back to your Self. You can feel it so strongly. You've said to yourself, *"I'll do anything just for that reconnection. Anything."* And here we are.

We're not going to study our way into it. We're not going to power our way into it. No, no, no, no, no. We're going to allow it, and it is going to seem counter-intelligent at times. But that's the way to do it. It's your natural state of being. Not all the other games. Not any of the other things. It's the natural state of being.

So why don't we just – snap! – like that, make it happen? It's **compassion**, so you don't burn out or blow up. It is also **to allow yourself the experience**, to know the experience. If it just happened – snap! – like that, you would be without the real experience, without what you've gone through, without the deep realization of it.

***It's compassion, so you don't burn out or blow up.
It is also to allow yourself the experience, to know the experience.***

So you said, *"I'll go ..."* – fast, isn't the right word – *"But I'll allow as much of it as possible so I can still be in the experience, so I know that experience so well, so intimately; I've gone through the thoughts and the pains and the challenges and the fears so I know every little inch, every centimeter of that corridor of enlightenment. I know it upside, downside, all the way around. I know every demon and dragon that comes out. I know every trick floor. I know every nasty little trap that's in this corridor, and I can experience it. I didn't just breeze to the other side. I know every little nook and cranny so that I" – you – "can teach it to others."*

So you know it so well – it's not just rhetoric; that it's real – so you can be the teachers to the others. You know exactly – you're going to know exactly – what they're going through and why they're going through it. You're going to know exactly, with the confidence of a Master, that they will make it through that corridor of enlightenment. They will. No doubt about it. It's just what they're going to have to go through.

And you're going to put it back on them when they're asking you all the questions – "*Master, what's it going to take?*" – and you know it's totally up to them. And they're going to ask for the secret. They're going to ask for all the tricks. They're going to ask for all the makyo. "*What does it take to get through this corridor of enlightenment?*" And they're going to try feeding off of you, and they're going to try doing everything. And you're just going to stand there, because you know that corridor so well.

You know that they're going to get to the other side, and the experience that they have is going to be up to them. That's exactly what you're going to tell them. "*It's up to you. I know you're going to get here. It's up to you how you do.*"

I think that's the same thing that *Tobias* and I have said to you. *Doesn't it make more sense now?* Back then it was – you looked at *Tobias* like, you know – "*No, Tobias, you know the secret. Just share it with me. Just give it to me!*" It's like you can do it any way you want.

So let's take a deep breath.

Remember this: **When your body hurts, when your mind's all in chaos and everything else, it's real simple. "I am changing."** That's it. You're having a bad day, nothing makes sense, people are giving you crap – "*I am changing.*" That simple. It's a great reminder. It's not a mantra. It's a great reminder. "*Oh,*" you say, "*Why did this happen to me, Adamus? Why did this this happen and that happen?*" Because you're changing. *Isn't it great? "I am changing."*

***When your body hurts, when your mind's all in chaos and everything else,
it's real simple. "I am changing."***

Take a deep breath and feel that. "**I am changing.**"

That's why there are sleepless nights at times. That's why there are changes in relationships and geography, everything else. "*I am changing.*" It's a blessing. You asked for it. Well, no, you didn't ask for it. You demanded it. You absolutely demanded it beyond anything. "*It's got to change,*" you said. "*It's got to change.*" And it is. It is.

So as this stuff is happening, this is beautiful story you're sharing, a documentary about enlightenment. "*Oh! I'm changing.*" Having one of those days, losing all your money – "*Hey, I'm just changing.*" (some chuckles) "*I am changing.*"

Safety

So the real subject, the real issue at hand, very simple but complex. I contend that this world is not safe and that you are not safe within it, and therein lies a great big problem, a great big problem.

I wish I could suddenly make you feel totally safe, and I wish I could relax your body totally, because your body is so tight because it's unsafe. I wish I could wave a magic hand and have it so your mind was peaceful, because your mind feels unsafe. I wish I could tell your soul, your divine that it is safe here. It's safe to come here. But you don't believe that, so you keep it at bay, a slight distance away. Particularly as you come into your I Am mastery, it's going to feel even more unsafe in this reality.

So here you are with that passion and desire for enlightenment; here you are, choosing to be an embodied Master, but not feeling safe whatsoever. Big issue.

Let's take a look at some of the things in your life right now, and I'm going to ask you to write these, the safety factor, from, let's say, one to ten. So if I state a certain thing and "1" being very unsafe, "10" meaning you're very, very safe. One – unsafe; ten – safe. We're going to take a quick *Shaumbra* survey.

Okay, take a deep breath. And again, don't think too much. You're just going to know the answer.

So take a deep breath.

~ **Physical Body**

First subject. *Are you safe, do you feel safe with your physical body?* Hold your hands up.

Pretty good. I would give that about an eight. **Eight**. Good. So you can just write body, and that gets an eight. Now, either you are an exceptional group or there's a lot of makyo going around (some chuckles), because your body is – up to now anyway – your body is the thing that betrays you, probably first and foremost. Your body could go – snap! – like that. On the way down the hill it's icy, it's snowing out and it's going to be dark, and your body could give out.

Cancer. Every one of you has cancer in your biology right now. It's a latent potential sitting in there right now just waiting. Every one of you is carrying at least a degree of your ancestral biology, which has its share of problems. Every one of you is going to die a physical death. *You say you're safe with your body?* You could lose a limb tomorrow, and you say, *"Well, but I'll just regrow it."* Makyo. *Really?* We've got some other work to do before we get to that point.

Your body gets big and you can't lose weight. Your body is constantly needing food. *How could you feel safe when your body has to be fed in every moment?* And I could simply put my hand over your mouth – which I won't do – I could put my hand over your mouth and suffocate you. In three minutes you're going to be dead. *And you feel safe in the physical body??* I don't know. You give it an eight. Maybe you're exceptional. But that body is probably the biggest reason that you don't feel safe.

Imagine if you didn't have to worry about the body – getting in accidents, getting killed, getting bloody, disease and all the rest of that – *life would be a whole lot easier, right?* If you didn't have to worry about that body getting old. So maybe we should talk to more and more *Shaumbra*, but I would give the body about a **two**. About a two in terms of safety, having been in one many times.

~ **Mind**

Next. Take a good deep breath.

Safety. Safety. *How safe are you with your mind? Your thoughts?* Take a breath. Think about it. *How safe are you?* Go ahead, show of hands.

I would give it a five and a half, based on – **five and a half** – based on the audience.

Really? You feel safe in that mind? The thing that is constantly telling you what a shit you are? (laughter) The thing that is constantly indecisive, constantly in fear. You're so used to your mind and its games that you don't even realize that it's the very thing that really keeps you from feeling safe. It's playing the game. The mind is the thing that brings in the fears. *And you feel safe in that mind?* I wouldn't. I would put the mind – me personally – the mind, the human mind below – yeah, and we'll have Adamus' score – I give it about a **1.5** for safety. It's the thing that most people run from. And in a way you can run from your body, kind of, but you really can't run very far from your mind. Hell is contained in the mind. Darkness and demons are contained in the mind. They're not out there; they're not under your bed. They're right in here.

What people do is they control their mind. They discipline it. They restrict it. They limit it to the point where they're numb and the creative thoughts are blocked out, put off somewhere else, because the mind says, *"No, we're going to restrict all that."*

You, so much potential, wild traveler, but then you picked up this brain thing, this mind thing and limited yourself. Once known to travel throughout all of creation, energetically speaking or consciously. You got here, you picked up a brain and you're like an old car now. You can barely get down the road, and I'm not picking on you, but that brain, because there was part of you that felt unsafe or it felt unsafe, so *"Control, control, control."* And now you're at the point if you say, *"What if I let go? Oh, people will laugh at me."* Well, they are anyway. And *"What if I let go, I'm going to go crazy and they'll put me in a mental institution."* There's no mental institution that can handle your problems. They're not going to put you in one of those, because they don't understand, you see. You'll just come to the *Shaumbra Center*. (laughter) We understand, because we know it's not crazy. We know it's real, and we know as soon as you stop thinking about life, creation, Spirit, I Am-ness, you're going to be free. And you're going to realize what a prison all of you have been living in.

~ Partner

Next. Your partner. *Safe?*

Now, be honest here, if you would. So raise your hands now. Give the score. Survey says ... okay. It's either a ten or a one. If you're sitting next to your partner, you're showing two hands. (laughter) "*Yeah, yeah. Yeah, it's a ten.*" If your partner isn't here, it's a middle finger one. (more laughter) You wouldn't even give them that much but you wanted to hold up that finger. (more chuckles)

Partners are – and I hope you don't mind me saying this – but for the most part, not for all of you, but partners are an unsafe security blanket for most people. They think they have to have a partner, you know, because everybody's got a partner and they're going to look awkward, silly, you know, going to dinner and eating by yourself, or they can't stand being alone. So if you have a partner, even if you are unsafe with that partner – I'm talking about emotionally unsafe, not necessarily physically – at least you've got a partner, *right?* And at least you don't have to be with yourself, because that's probably one of the biggest fears that humans have – "*Oh my gosh*" – being alone.

So there is an inherent unsafeness in partnerships emotionally. Even the best relationships have their lack of feeling safe. It's a very weird dynamic. You know, you'd rather have that partner in the house so you don't have to be there by yourself, especially at night. But they're in the house and it's like eh, when are they going to give you hell about this and that and, you know, pick on you and be demeaning and condescending and make fun of this cult that you're in and everything else. Not necessarily safe.

So we had a real divergence here. It's either about a **one or a two or it was a ten**. So I don't know. So it's a range. So I would say from one to ten. (a few chuckles) *Shaumbra* one to ten. Can't make up their mind.

From my standpoint, I would give a partnership generally about a **five**, about a five in terms of safety. I've had a lot. It's not like I'm just talking like I'm some space ghost or whatever, you know, talking about this stuff, never having been here. I love partnerships, relationships, as long as they're short. Huh. (a few chuckles) Well, it could be eight lifetimes. It could be a lot of lifetimes.

No, no. People get trapped in the prison of relationships. Let's be truthful about all this. Relationships can be beautiful, *but till death do us part?* I don't think so, because I would die young. (laughter)

A relationship is meant to be an experience with another souled being and hopefully, in the case of all you, another Master. Don't pick one just to fill a space, unless you're very, very conscious of that's why you're doing it.

Relationships are beautiful, but they can also truly inhibit you in your relationship with yourself. Once you have a relationship with yourself, you love yourself, my gosh, the relationships with others are going to be amazing. But right now, relationships are a very old habit, and I'm not saying walk out on your partner. I'm not saying that relationships are bad. I'm just saying take a look. *Is it safe for you? Is it enhancing you? Is it giving and ... are you able to give and receive and are they able to give and receive?* But generally, partnerships, not the safest thing either.

~ Job

Your job. *Safe or unsafe? Safe or unsafe?* Your job, your career. Let's do a show of hands. *Safe or unsafe?* Jobs and careers. Well this is ... we're getting better. For some, sorry. So we rate there about a **6.7**. Six point seven, with a few exceptions.

Jobs. Ohh, yeah, we're getting a little bit better, but jobs are ... it's not ... I wouldn't call it safe. Jobs are mundane, kind of. They're complacent, you know. And corporations are – they've got it all down to a science and behavior and the amount of square feet per person and your mid-management cubicles. And, you know, it's not a lot of ... you don't have to effort a lot, other than the other people there. And getting fired tomorrow because they're downsizing and because they've just been bought out by another corporation or their technology doesn't work anymore. But other than that, gee, jobs are real safe. You rely on them for that paycheck and without that paycheck you'll probably starve and probably die.

Your job is safe? Really? I don't think so. I think you're complacent in your job, maybe.

Take a look at jobs, really. Unless you love it and you have so much passion you wake up in the morning, you're so happy to get there early and to interface with your coworkers, and "*Oh, it's my boss coming in the door! I'm so glad to see you! And what can I do today?!*" I don't think that there are too many *Shaumbra* that really have that. A few. Yeah.

I'm not saying to quit your job, but we're talking here about safety. *Are you safe when you go into the office or your job or your work?* I'm not talking about the light falling down from the ceiling and hitting you in the head. I'm talking about emotional safety. I'm talking about abundance safety. I'm talking about can you walk into your office as a Master, as a *David McMaster* in your case. *Can you walk into your office as a Master and allow yourself to be who you are?* It doesn't mean getting up on a soapbox and talking about what you learned, you know, at some recent seminar. I'm talking about being in your mastery. Or do you suck it in, do you hold it in, because others may not understand you.

Office is not too safe. At least if you have your own business you are creating your own destiny. At least it's got some excitement to it, and you can control, you can manage or manifest your destiny. It's still not terribly safe, but it's kind of exciting. It's like getting in a racecar, rather than sitting in a traffic jam. Most jobs are like sitting in a traffic jam. You really don't get anywhere, but you think you are. Having your own job, what you love doing, is like driving a racecar.

Oh, my score. Jobs. Oh, I'm going to give it about a **two**. Very unsafe. But you're led to believe that it's safe. It's okay. And then you can go in there, and you're not going to catch a virus or a disease. *Really?* It's the best place to catch it.

~ Parents

So let's see. *What else do we have?* Let's talk about your parents. *Were you safe with your parents?* Were you safe – let's define it – *were you safe growing up?* So, hands?

Oh some ... we have a range here. We have a real range. We have ... some chose well, chose their parents well. I would say overall that's about a 3.8, 3. ... eh, no, let's – it just clicked up a little bit, online is coming in. It's a **four**. It's a four. Yeah. Safe with your parents.

This wasn't a particularly – for most of you – not a particularly grand time. You relied on your parents to provide for you, of course. Sometimes they did; sometimes they didn't. You relied on them for the emotional support, the encouragement, and a lot of times they didn't. Not because they were bad parents; they were tied up with themselves, with other things or because they liked your brother and sister better than they liked you. (Adamus chuckles) So not particularly safe. So you learned – you developed survival and safety skills.

Well, *what were those?* Well, they were walls and barriers. They were retreats. They were limitations, and when you started first acting like the I Am, like the Master, at a very early age, and all hell broke loose because of it, then you retreated. Partly because, actually, you didn't want to make them feel unsafe with what they were feeling was odd or an unusual behavior. The ability to see other things – angelic beings and the natural elementals – and to be able to communicate with them and to be able to see what was going to be happening, what were the potentials of happening on this planet. When you expressed that, it wasn't very safe.

Now, a lot of you say, *"Well, I don't remember that happening."* That's exactly right. You don't remember, but it happened. It happened. You went to such a shut-down, you don't even necessarily remember an event or the events that happened, but I was there. I saw the shutdown that occurred.

So, safety with your parents. There are some exceptions and there are some exceptions to any of these, but I would give it about a **three**. About a three. Not particularly safe. Some of you rushed right in to find the first family or followed a karmic family in. Karmic families are not really safe families. That's another good t-shirt. They're not. You're acting out a lot of old, old things.

~ Your Car

So we could go down the line. We could talk about *are you safe in your car?* Let's try that, safety in your car. You're driving. You're driving; *are you safe in your car?* Take a good deep breath and *Shaumbra* says, *are you safe in your car?*

Okay, this is about the highest of all. We're at about a 7.2 – **7.3**. Okay. Safe in your car. Safe in your car. Now, actually, actually, in a strange way, even though you're out there on the road and there are thousands of other people, somebody could have a heart attack driving down the other lane at any moment or somebody could be on drugs or whatever reason and – poof! – it's all over with. But, actually, you do feel fairly safe in your automobile when you're driving, because you're driving. It would probably go way down if somebody else was driving. Probably go way down.

But you're driving. It's you. You're maneuvering in all this chaos. But, you know, a funny thing happens when you're driving is your intuition kicks in. Yeah. It kicks in very well. And also when you're driving, you keep the damn mind occupied by, you know, doing the things that hap- ... watching the signs and the other ... but your intuition is there. Some of your best ideas, greatest insights come while you're driving in a car. Yeah.

So, cars. So I guess that's the answer, that's the solution to our problem. Cars! (laughter) Drive more. Drive more, think less. There you go, Sart. Drive More, Think Less – a great t-shirt.

Now, to the point here. We could go down the list and we could talk about the food you eat. *Is it safe?* (someone says "No" and "What?") Eh, the food. Food you eat. The thing you ... yeah. *Is it safe?*

Government. *Is it safe?* The government. *Is it safe?* Actually, funny thing is – well, I'm not a big fan of governments, because they are the epitome of mass consciousness. I mean, that's all they are. They represent consciousness of that city, country, whatever it is, whether it's a dictatorship or a screw-up. They represent consciousness, and that's why they are what they are.

So actually, in a funny way, governments are not – because they represent consciousness – they are not smart enough to have conspiracies. Governments are not smart enough to do anything that should really make you unsafe. As long as you recognize they're the government, keep your distance, in a way, but they actually aren't – they're not quick enough. They're like this great big lethargic thing. It keeps moving. It can't stop. All you do is step out of its way and it just keeps moving.

Governments operate on the energy of power. That's all. It's all about power. It's not necessarily bad, but that's how they keep going. Power. They talk. They talk about serving the constituents. That is not true at all. It's about serving those who are in power. What they don't realize though and the reason why I would never recommend that one of you would run for a political office, you get into the soup bowl of politics and even if your intentions are good and you say, "*I want to serve the people.*" First of all, most people don't know that they want to be served. Secondly, you get into that and suddenly you're in the power bullion. You're mixed right in with it, and even if you say, "*I'm never going to get into power,*" you're right in the middle of it. It's almost – not impossible – but very difficult to get out of.

So let's take a deep breath.

Finding Safety

Here you are Masters and there's very little safety, actually. Very, very little. It's been one of the challenges, complaints of Masters for eons of time. That's why a lot of them have left. "*How am I supposed to feel safe here in this reality, with other people out there, with my body?*" It's going to give out on you sooner or later. With the mind with all of its crap thoughts and all of its lack of clarity, *how is a Master supposed to feel safe?*

And some of you say, "*Well, I'll just go be by myself.*" Actually, that's tougher in a way, because at least with other beings around there's a nice distraction. For those of you who are starting to take your three days a month totally by yourself – whew! – not necessarily easy, because suddenly you're faced with you, the unsafety of your own being.

But it's going to be important to have that safe space for yourself, a place within. It's not a place of thought. In other words, it's not – "*I'm going to the create safe space over here and go there.*" The mind actually would never ... it's not programmed for that, because it's even going to penetrate safe space. You've tried doing it in dream state, to go off to a safe space, but you've found you there. Heh. Your aspects. Your aspects have found you. You try to keep it some far-off distant, hidden place. They found you. They're knocking at the door. Even if you don't let them in, they know exactly where it's at. No longer a safe space.

So it leads to this whole dynamic of being safe. **It is very difficult to be a Master and to feel so unsafe.**

I contend that you don't even realize yet the level of feeling unsafe that you have, even just in your body. Your body's held tight. When there is total safety in that body, and perhaps one of the best ways to experience is a bath, a nice warm bath, but even then you're tight and even then you might drown. Heh. (a few chuckles) Or somebody might drop the toaster in the bathtub! (audience says "Ohh!") "*Oh, whoops! Sorry! Don't know what that toaster was doing here in the bathroom, but ... have a nice trip!*"

So if you were ... you don't really realize yet the level of unsafety that you operate in. And you've managed it. You've buttressed yourself. You've found survival skills. You've found ways to hold all of these unsafe things at bay. But you know and I know that they're right at the door. They're right at the door, and so you keep yourself more and more and more restricted.

And even the mind – the mind – you try to quiet the mind down. Well, that's kind of like an exercise in futility. You can play tricks on your mind to make you think that you're really quieting your mind down, but it's all a mind game. *"I'm quieting my mind down. I'm quieting my mind. I'm quieting my mind. Quieting my mind. Quieting my mind,"* and you think that you're quieting your mind, and it's crap thoughts. But you're not. What you're doing is playing hide and seek, and you're going to run over here and hide, and then the crap thoughts catch you again and say, *"You're bad"* Oh! You've got to run and hide again.

There is almost no peace. There is almost no rest in this. *So how do you find that safety? How do find it?* You can't think about it. You can't say, *"Oh, I'm going to find it, I'm going to think about my safe space. I am safe. I am safe."* It doesn't work. **Safety has to be real.** It has to be real.

In order to let yourself open and to let yourself be that embodied Master, you can't hide. **You can't hold back, because the true mastery, the creativity, the joy is just going to come out.** But if you're not feeling safe, it's not going to work so well. And you're going to be constantly frustrated with yourself, constantly wondering why it's taking so long for this enlightenment, constantly wondering when I'm going to give you the big answer that's going to solve all the problems. **It's about feeling safe in an unsafe reality.**

***You can't hold back, because the true mastery,
the creativity, the joy is just going to come out.***

This reality – amazing, sensual, but very unsafe. *They didn't tell you that before you came here, did they?* Very unsafe.

A Merabh of Safety

So let's take a deep breath and let's explore safety. For the moment, lights down and let's have some nice safe music. Not the kind I played at our last gathering, which I had fun with. I liked it, but some people didn't feel so safe.

Let's take a deep breath.

(Link to the official [Crimson Circle](#) YouTube channel: [Merabh for Safety](#)).

(music begins; "Faith" from [Premium Beat](#))

And between now and our next gathering I'm going to ask you to be conscious about safe. Not trying to make things safe, because, well, you really can't. You can't make the world around you safe. **But I want you to start looking at the things that have caused you to put up the walls, create the barriers,** whether it's in a relationship. I know relationships are supposed to be all love and happiness but there's a lot of unsafety there, and you know exactly what I'm talking about.

Looking into the things like jobs, your body, as you become more and more conscious of how you've kind of shut down or created artificial solutions for safety. Oh abundance. We didn't even talk about abundance.

Here you are Masters, a true Master, a blessing, but in a world that's pretty unsafe. Not to mention your own aspects, your past lives.

Take a deep breath.

Now this isn't about trying to go and create some little [makyō](#) place of safety that you go rushing into any time you're in trouble. Not at all, because that'd be mental, and pretty soon that too would become unsafe. If you're trying to create this nice little place in your mind, nice little cottage out in the middle of a forest and it's all safe-ville, pretty soon that will get holes in the roof, infested by termites, cockroaches and rats, and burned down. So we're not going to do that. Not at all.

We're going to take a look, **a conscious look at safety, just to recognize and to realize that here you are, a divine being surrounded by things that are kind of unsafe – your body, your mind.** Your own mind – unsafe.

It starts bringing things into clarity and you start realizing the, oh, games that have been played to try to make reality safe.

One could say theoretically that a Master is safe wherever they are. Well, that's kind of crap. It really is. A Master recognizes they might be unsafe. **A Master recognizes that in this extreme reality called Earth are a lot of unsafe things.** A plane engine could drop on this building right now. Heh, it could. Yeah, thanks. *"Thanks for that safe thought, Adamus."* Yeah.

Probably won't though, not because we're going to think positive; not because we're going to think that we're in some perfect little bubble, not at all. And we're not going to try to think our way into it. But the fact is it's probably not going to happen. Statistically, it's probably not going to happen. Very few engines drop on buildings, so it's probably not going to happen.

It's about recognizing what you've done to try to make yourself feel safe. Could be your house, making that kind of a safe space.

Take a good deep breath.

We're not going to try to make unsafety go away. We're not going to try to create some artificial safeness.

As long as you live here in this body, in this reality, there are going to be things. There are going to be factors. The fact is you're probably going to not encounter about 99.999 percent of the unsafe things. You might worry about them, but you're actually not going to encounter them. They'll probably never actually happen. A few things might. A rock might fall off a top of a hill and smash your car, or maybe just the window. Hehh. Hehh.

But let's talk about the real safety. Not the outside world. Let's talk about you, yourself. You're not real safe in there. Not a lot of, oh, confidence, I guess. Still carrying around a lot of old vows, old guilts, old issues. They're kind of hardened inside of you, like pillars of a temple. They've just become kind of the structure within the consciousness.

Sure there are a lot of things you've done wrong, so you think. A lot of that *"I will never do such and such again."* But you know they actually do kind of become the mortar and the bricks of your consciousness. Stuck in there. It might have served you at one time, but that was a long time ago.

How can you feel safe when you're still carrying around the past? How can you feel safe when you're still bringing up things that happened ten years ago, 50 years ago, 5,000 years ago? How can you feel safe when you keep going back to the memories of the past? How can you feel safe when there are those constant reminders, whether it's from your aspects, from your mind or even from your heart, about what you did wrong – failures, hurts to others, judgments about the way you raised your children, lies that you told to other people because it was more convenient than telling the truth. How can you feel safe when you're still carrying around those things? It makes the outside world look pretty safe in comparison actually.

How can you feel safe when you really record those failures? Those are the tapes that play when you're trying to do something new, creative, fun. But you have these tapes playing from the past – *"I failed at this."*

It's not safe in there. Not safe with the mortar and all the bricks of your consciousness with things like guilt and shame, loathing, judgment.

***It's not safe in there.
Not safe with the mortar and all the bricks of your consciousness with things like
guilt and shame, loathing, judgment.***

And it keeps together a very false house of consciousness. And you say, *"But if I take away that mortar, all the walls are going to come tumbling down. And we couldn't have that happen, now could we? What would happen to be me then?"* Plus, you're invested in all the bricks and the mortars of your human consciousness. So you just keep adding more bricks and more mortar, hoping that someday this craziness will end.

And it can. It's going to cause a big rearrangement of things. It's going to cause those walls to come tumbling down.

But, my dear friends, *what if those walls came down?* Even if they come tumbling down, what a tremendous implosion, dust, debris everywhere. But when that dust and debris cleared, there were **no more wall, no more prisons, no more fears, no more feeling unsafe**. What if beyond these old walls and bricks of consciousness was the true freedom of the I Am, even in an unsafe world, but no longer unsafe within yourself.

Safety within Self comes when one forgives oneself.

Safety within yourself comes when one forgives oneself.

Forgiveness, may be not what you think it is. Forgiveness isn't saying, *"Oh, I did these bad things. Now I let it all go."* No. The dots can't be connected that way.

***Safety within Self comes when one forgives oneself.
What forgiveness in mastery is, is wisdom.
Wisdom.***

What **forgiveness in mastery is, is wisdom**, you see. Wisdom.

When there is such a wisdom in you, wisdom, first of all that you're never going to do those things again that you did before, you're not going to repeat it; wisdom that you've learned from each and every experience; wisdom that you're not going to be going back into low consciousness, dense consciousness; the wisdom that you are divine; the wisdom that you exist. That's the core wisdom, which all other wisdoms come from – *"I exist."*

You see, even with the simple *"I exist, I Am,"* that is an expression of forgiveness.

"I exist. I Am that I Am." That is forgiveness.

That is freeing yourself of the guilt, shame, judgment, criticism.

"I exist." That is the forgiveness.

"I exist."

This isn't a mental thing. It's not a ceremony you have to do, sprinkling water over your own head to forgive.

Forgiveness is really the wisdom. It's what sets you free, and the wisdom is *"I exist."*

That's the safe space. It's not a little room in a big house. It's not a little thought that you can run back to and try to repeat to yourself.

It's a feeling. It's a reality. It's a knowingness. It's the safety.

Take a good deep breath.

One cannot feel safe when they are not forgiven within themselves.

No.

You'll still be running and hiding without that forgiveness.

You'll still be making up more and more makyo, keeping yourself overly busy and occupied so you don't have to face this deep, deep thing within – the forgiveness, the wisdom, the release.

Take a good deep breath.

Good deep breath into this moment.

Resolution

So I asked before why we don't just snap our fingers and have all this mastery stuff happen instantly. **It's for the experience, for the experience you just went through, that deep realization of forgiveness.** It's not like a church religious forgiveness. It's the wisdom. It's actually tapping into your own wisdom. That's it. Tapping into the "I exist." That's it.

I asked before why *don't we just snap our fingers and have this all happen – make this all happen?*

One cannot feel safe when they are not forgiven within themselves.

***It's for the experience, for the experience you just went through,
that deep realization of forgiveness.***

Well, I'll leave on this analogy. The caterpillar, going through such an experience of being a caterpillar but knowing that it's really not a caterpillar; goes through days and weeks and months as a caterpillar; finally has something inside beyond its caterpillar mind that says, *"It's time. I've got to get out of here. This is not me. This really is not me. Been an experience. Love you other caterpillars. Time to go. I'm out of here. You can try to hold me back, but I'd rather die than not achieve my greatness."*

Then it goes through the transformation in the cocoon, and it's aware. It's aware something's changing. And you know there's part of it that's cursing these changes, being trapped in this cocoon. But part of it saying, *"This is amazing. Whoa! Here I am, getting rid of all these legs and all this greenness. But here I am. I'm actually aware that I'm changing, so that when I become whatever I'm going to become, I'll know exactly how I got here."*

The caterpillar is saying to itself, *"Yeah, there's part of me that's 'oh geez, what have I done? What have I done? I could have just been another caterpillar.'" Part of the caterpillar going, "Shit! I thought that was unsafe. This is really unsafe! Because nobody has a manual on how to do it, and I did hear somebody say there is a red caterpillar called Satan-pillar that's going to get me, because I've let myself ... but I don't care! I don't care, because I cannot stay like what I was. I know there's something more and I haven't been able to define it. I haven't been able to articulate it, but god- ... eh, you too god! Caterpillar god! You're a bunch of bullshit!" (laughter) "There is something beyond god, and I know it and I'm going to find it no matter what!"*

And in this knowingness I also know that in spite of the fact that this is an unsafe caterpillar world, within my being, **all is well in all of creation.**

Thank you, dear *Shaumbra*. Be safe. Be safe. Thank you. Thanks.

08 – Discovery 8 – *Just Passing Through – Live!*

I Am that I Am, *Adamus* of Sovereign Domain.

Welcome, dear Shaumbra. I am *Adamus*, just passing through. Hm. Just passing through this gathering of human Masters, taking a few hours once a month to gather, ahh, to be in the safe space. Ah, I know what you do when you're here at my gathering. Hmm. I know what you do each month when you tune into this Shoud.

You take a deep breath. You relax. You let go of all that makyo. And then in the weeks that come to pass, you pick up some more. You doubt yourself. You think about it. And then you come back and we release and let go once again, because you do have this inner knowingness. **No matter what that mind of you tells you, you do have that inner knowingness, and that's what guides you. It's what brings you here and is what makes you a true Master.** But me, I'm just passing through. Just passing through on my way to a, oh, maybe another gathering in the Ascended Masters Club. *Do you hear that guys (looking up) and ladies?* Thank you. There's actually more former ladies in the Ascended Masters Club than there are men. Yeah, it's about the same ratio of what you have here – about 70 percent women Masters, 30 percent men. So men, man up! (laughter) Master up.

But me, I'm just passing through on my way to another dimension, on my way to another experience. No lessons for me. I got done with those a long time ago. I'm just passing through, because I can. I'm just passing through because, ah, it's sensual, it's beautiful, it's damn amusing, I'm just passing through on my way out in the hitherlands, on my way as I meet one Master to another. "*Oh-be-Ahn,*" I say to the few time travelers, to the few conscious time travelers that are out there. Oh-be-Ahn. Oh-Be-Ahn. I'm just passing through. Nothing holds me back. Nothing sticks me in place. Nothing makes me forget who I am.

***No matter what that mind of you tells you, you do have that inner knowingness, and that's what guides you.
It's what brings you here and is what makes you a true Master.***

A Master is always just passing through.

And my dear Master friends, **it should be that same way for you, that consciousness of just passing through.** That's all you're doing. You're just passing through this experience on this planet Earth; just passing through, going through a beautiful experience. Just passing through. Whereas most humans have the perception of, they live and like, "*This is it,*".

Just passing through, and that's the consciousness of a Master. **A Master is always just passing through.** You're not living this lifetime just to die and go off to heaven or purgatory, hell, wherever. That's what the consciousness of humanity thinks. Far weighted to that. It's like you have this lesson-laden life here on this planet and then you die, and that's kind of it. And then you go to this place or no place at all.

A Master is free of that. The Master is always just passing through.

I'm going to come back to this later in our discussion today. I want you to just feel into the essence of that. You're just passing through.

There's been this whole illusion that this is it, that somehow you're stuck here. Somehow you're lost in this dimension. You'll discover, hopefully by the end of the day but definitely by our next gathering, that you're just passing through. **That gives such freedom. Such freedom.**

And the freer freedom is that you can just pass through any time you want, like I do, like some of the other Masters do.

Kuthumi works with me and some of the others to work with you, and our biggest challenge and the thing actually *Kuthumi* is one of the best at is getting you out of your mind. It's my biggest challenge and your biggest challenge. It's the most difficult thing to do – **get out of this mind** – because the mind doesn't believe you're just passing through. It believes that this is it. **The mind believes its thoughts, and the thoughts are not real.**

The mind believes in its beliefs, and the beliefs are not real. **Getting out of the mind into the true knowingness, into the essence, is perhaps the most difficult thing for any human going into their mastery.** And the most difficult part of that is when you are right in between, when you're still thought oriented.

And I'm not speaking so much about the mind here. The mind actually serves a purpose. It allows you to do things in this dimension. It's kind of like your dimensional hard drive, and it doesn't work when you go into the other dimensions. The mind allows you to have a biology and have it all coordinated. It helps you to maneuver within the time and space. **It's the thoughts that are the problem.**

And I would say that thoughts generally do not come from the mind. No. No. The mind does a wonderful job. It allows you to see with your eyes and hear with your ears and understand things. The mind gets polluted with thoughts, and we'll talk about that today. It's kind of the theme.

Getting out of the mind into the true knowingness, into the essence, is perhaps the most difficult thing for any human going into their mastery.

It's the thoughts that are the problem.

But for now, let's start with a merabh, and we'll end with one also. But let's start with a merabh, the merabh of just passing through.

Merabh, of course, is a time when you just don't have to do anything, including thinking. It's when you take a deep breath and just allow. Just allow. But in this merabh, I'd like you to really feel into how you are just passing through.

Just Passing Through

(Link to the official [Crimson Circle](#) YouTube channel: [Merabh for Passing Through](#)).

It doesn't mean you can't experience. As a matter of fact, it enhances the experience.

It doesn't mean that there is no sense of ownership in your experiences. No, there is total ownership, but in a very free and liberating way.

Take a good deep breath as we go into this opening merabh.

I am just passing through.

The experience on this planet was a choice, and there was always the knowingness that the day of gathering, the day of coming together was going to be here. As *Kuthumi* would say, "Silly, silly human for worrying so much that it wouldn't happen. Silly, silly human that you got so caught up in your thoughts, so caught up in the limitations that you forgot you're just passing through."

As you pass through, you can enjoy the beauty. You can enjoy, actually, what's turned out to be limitations. You can enjoy a new way of understanding the I Am.

You're just passing through.

You're like one passing through a beautiful forest. You can take a moment to enjoy the smells and the sights and the sounds. You can take a moment to interact with the trees, the beautiful flowers, the nature devas.

But you're just passing through. This isn't home. This isn't a prison. It's certainly not a test. You're not racing against anyone else.

You're passing through, just for the sake of passing through, just because you can.

You're passing through for the glory of the soul so it may see itself and know itself in new ways.

There's no test you have to pass to continue passing through. There's no stages or steps. There are actually no dimensions. There are no secrets. There are no gurus or saviors. You're just passing through.

You can dance through as you pass through. You can dance. You can even float. You can hurry through if you want, but there's no need to. You can take your time as well. Take as long as you want. Sooner or later you'll realize that you're just passing through.

Yes, it may be many, many lifetimes that you've lived in passing through. There may be many loves that you've had, many tears that you've cried. It wasn't designed as some sort of test. It certainly wasn't something that was determined by any other being or council of beings or federation of beings, nor any angels. Just you passing through. It wasn't designed to see how strong you were. You don't have to be strong to experience joy. You don't have to be strong to experience sensuality and light and dark. No. It has nothing to do with strength or determination. As a matter of fact, **the Master discovers that it's all about just allowing.**

In passing through, experience gets so deep, so rich that sometimes – well, actually most of the time – you’ve forgotten that you were just passing through.

At times [you] thought it was an eternity here – an eternity to your happiness, an eternity to fulfillment, to integration. It’s not. It’s an illusion. Interesting illusion you’re just passing through.

In passing through you met a lot of other people. You got very connected with other people. Shackled, in a way. Interwoven to the point where you felt you’re no longer free to just pass through. You had obligations and responsibilities to everyone, unfulfilled commitments, the need to take care of others.

Take a deep breath. You’re just passing through and so are they.

As you pass through this place called Earth, you can choose to experience it how you want. Oh, I know, I know it seems at times like everything’s working against you or beyond you. But it’s not. It just seems that way, one of those other illusions.

The Master discovers that it’s all about just allowing.

***There are identities that you assumed that weren’t really yours,
thoughts that you had that really truly weren’t yours,
things that happened that really weren’t consciously chosen by you.***

You’re just passing through this place. Why wouldn’t you choose to do it the way you want to, just passing through. As you pass through this place, there’s never a judgment about how you did it. None of the 9,000 and some Ascended Masters are ever going to judge how fast or how slow, how dark or how light. There’s no judgment from any God or any angels whatsoever, whatsoever. They realize that you’re just passing through what is probably one of the most difficult and beautiful, challenging and insightful experiences that a souled being will ever have. They realize you were just passing through. They realized **that there are identities that you assumed that weren’t really yours, thoughts that you had that really truly weren’t yours, things that happened that really weren’t consciously chosen by you.**

There’s no judgment of how you pass through. Just the fact that you did it is cause for celebration.

I, *Adamus*, along with *Kuthumi* and all of the others who are here with you today, with you Masters, we ask you to take a moment to feel into that knowingness – out of your mind, beyond the mind – that you’re just passing through. Dance if you will. Sing if you will. Enjoy all that life has to offer, if you will. But you’re just passing through.

You, your soul, your aspects – just passing through.

If there’s one word that we have for you, **it’s simply to live. To live.**

As long as you’re passing through, live. You know exactly what I mean by that and how it applies to you.

It’s one of the things that’s been coming up lately – coming up from the emotional self, almost kind of colliding with the inner knowingness. Coming up from that part of you that is indeed the Master and wrestling with the part of you that still has thoughts of limitation.

Live.

Ah! Feel into that, into the essence of that “live.” It sounds so beautiful. Oh! Just to live as a being just passing through, living passionately, openly, unabashed and unashamed. **Live.**

But then that other part of this “live.” You’ve been living small. You’ve been living limited. You’ve been living in fear, limitation, so you have these two dynamics – the “Live!” and then the “Live?” The “live!”

You can feel it. I know you can feel it. I know you can imagine it. I, oh, spend so much time with you in the evenings, sometimes in the middle of the night. I can feel that. I can feel that desire to live. But then I can feel those thoughts come in – “*But what if? Maybe I can’t. Maybe I shouldn’t.*” But yet that passion comes back around – “*Live! Live!*” Then thoughts come in, “*What does that mean? How do I do it? When should I start? How much should I work on it?*” Ah! And you see that is perhaps one of the core things that’s going on right now.

You can feel it – the “Live!” You can feel it.

But then you can also feel that “Live?” or die. You can feel that “*Maybe I should just live small.*” You can’t anymore. You can’t. You could try. Oh, you are trying – you’re trying really well. You get an “A” for trying. But you can’t live small anymore.

Take a good deep breath.

It's simply to live. To live..

You can no longer negotiate living with yourself.

Live!

You can feel it – the “Live!”

***Living is an essence. It's a feeling.
Live! Open up! Open up the feelings.***

Live!

You can't. It's a real dilemma. It's a real dilemma. And, you see, that's what's happening. We're going to talk a little bit today about the energies and all the rest of that. But really the core, you've got this part that's saying “Live!” And the other part that's questioning it, the other part that's actually gotten a little comfortable living small, living isolated. You can't anymore.

You're going to try. You're going to work at it. You're going to say, “Well, live, but maybe if I just cut back on living,” you know. You know what that is. We've talked about it before right in this very room. It's negotiating. Negotiating. You know, it's one thing to negotiate with others, and that's bad enough, *but to negotiate with yourself? Who's the winner there?* Nobody! Thank you. Nobody. Nobody.

It's one of those things that – it's amusing almost; almost amusing – that a human would try to negotiate with themselves. There's no winners. There's two losers. So you negotiate living, and it's not going to work anymore, because you have a taste of what living is. And living isn't about whether you drive your car fast. That's maybe an expression of it. Living isn't about partying late into the night. Those are perhaps expressions. But **living is an essence. It's a feeling.** It's a feeling, and we touched on it just a little bit in the merabh. **Live! Open up! Open up the feelings. Live!** Live. But when I say that, when I ask you to imagine yourself for a moment really living, *what happens?* You can – I can feel it. Suddenly, it's like, “Oh living!” And then, “Whoaa, but what if?” (a few chuckles) “What if?”

And you might want to write this down for future reference for the archives. But **you can no longer negotiate living with yourself.** You can't. And you're going to try, like I said, and it's going to hurt, and then you're finally going to just allow. You're just going to allow yourself to live. You're just passing through this amazing dimension and planet.

This is a real dilemma and you'll see in a few minutes how you take all the energies that are around right now in the world anyway and what's going on within you and brffff! You've got this collision that's happening. And the good news is that you're just passing through, you know. (someone says “Thank god”) Yeah, thank god. Yeah, or somebody. Yeah.

God

I actually ... that's a strange expression – “Thank God.” I think you'd want to be pissed at God. Yeah, “Thank God” – *for what? For this crap?! For this lack of abundance? For an unhealthy body?* Oh! Yeah, strange expression. “Thank God I got my little morsel today.” (some chuckles) Thank yourself. *Didn't Tobias say that years ago? “Give thanks to yourself.”* Thank God – this god.

So God is a very strange thing. I think I would like to do a workshop on “God, Damn You.” Eh, and just a ... and we have this new studio. It would be a great one to put out over the Internet for the whole world!

You know what, if we are going to do this. If we did this and it's like "*God, Damn It*" and really took a look at the consciousness of God, honestly and openly, without fear. You know, sometimes you talk about you can't say bad things about Jesus. You can't talk about Jesus masturbating. But we ... we did! Right here in this room! Right here in this very room!

God. No, seriously, we should do a workshop, a transmission about God and really be frank and honest about it without having this fear that something bad going's to happen other than all the religious fanatics coming after us. But most people – no, I'll rephrase that – a few people would actually understand if we talked about this energy of God.

There's such an interesting consciousness about God. Most humans would agree this God thing, you know, this God thing is so old, so limited, so frightening, so ... well, when you think of God, you don't think of "*Live!*" You think of "*Stay off God's radar. Stay small.*"

So, yes, let's do that. Let's schedule when your new studio opens, we'll do "*God, Damn It.*" Ah, yes. *What? We're Masters. What do we have to fear?* We're living.

You see, now that's a negotiation. We all know it. We all know that the human perception of God (a) is false; (b) is old; (c) is really bad. It doesn't serve anybody anymore. And so let's break that para- ... let's have some fun with it. *You ready?* (audience responds "Yes!") Good, good, good.

You know, some of the craziest things that you've done in these past years, the things that just caused you indigestion and headaches and anxiety, but you just did them. You almost felt like you were being pushed to do it – you were – have proven to be the best. Saying you're going to take this amazing trip. You knew that it was appropriate, but then the thoughts came in. "*Maybe I shouldn't. Maybe this is too much money. Maybe, maybe.*" But you did it, and *aren't you glad you didn't totally negotiate it out? Aren't you glad that you just did it, whether it was quitting your job, whether it was changing something in your life?* It's so easy to get in that quagmire of thoughts and negotiations.

The true Master is just passing through, and therefore lives, celebrates. And don't worry about are you going to do it wrong or hurt someone. Yeah you're going to hurt someone, because you just ... it's going to happen. They have expectations of you that you shouldn't have for yourself, so it's going to hurt them a little bit. But in the end, it'll help them. Yeah. (Adamus chuckles) *Wasn't that your parents talking?*

So let's talk a little bit about the energy. **So no longer negotiate with yourself, and remember you're just passing through.**

***So no longer negotiate with yourself,
and remember you're just passing through.***

Current Energies

So Masters, here we are, barely a little over three months into this new year. Barely. *Doesn't it seem like it's the end of the year?* Some of you have thought, "*Oh, this must be November because ...*" No, it's early April.

So I would like to ask you to define the energies that are going on right now. How would you say ... *what's with the energies, let's say on a global, on a bigger basis?*

~

What's going on with the energies?

"I can't speak for the world, but I know what's happening to me. I'm being compressed and it's forcing me inside of myself more."

Yeah. *How do you feel? Do you feel it in your body? Does your body hurt?*

"Well, I'm more centered within myself now. It broke loose a lot of aspects or addictions. I became really aware of how much I live in them. Okay. And to get rid of that low energy, they call it now. Not bad energy or anything like that, but low energy."

Right, right. So you're being smashed into yourself. "*Yes.*"

And how does that feel? “Yeah. No, seriously, because it awakens me to who I really am – the Source – and thankfulness, gratefulness for being created.”

Yeah. The disadvantage of having that compression is that you’ve got to kind of look at yourself in the mirror. “Correct. (Adamus brings the mirror over to him) Yeah.” Because it’s just you. Yeah, yeah.

There I am.”

You’re smiling! Oh, that’s good. That’s good. “Love it!”

~

Next. *What’s going on with these energies?* This is important to really understand the energies both internal and external, because there is a lot going on right now. I think Linda mentioned the other day on your radio program – *what was that about what was said about the energies?*

“Are you talking about the Bob Scheiffer thing? Oh. There is a very, very ... a show on TV called ‘Face the Nation’ and a host named Bob Scheiffer who has been on there for decades – I mean, I can’t believe he’s still alive – and he opened his show last Sunday literally saying he could not ever remember opening his show, in all the history that he’d done it, with there being so many major events going on – significant events – going on in the world right now.”

True, and there are. And we on the other side don’t look at it in terms of headlines and the literal events. We just look at the energy factor and the energy movement. In other words, how much overall energy is there and how fast is it moving.

There have been times on the planet where there’s a lot of energy, but it’s really not moving. But this is unprecedented, the amount of energy – and that’s how we see things. We don’t see you as the physical beings that you see yourself as. We just see like balls of energy. We look at this planet as an energy whole. Within it are a variety of, you could say, colors, levels, nuances. But we see it as just kind of the wholeness of energy and the activity. And it’s both right now.

So a lot of you may be feeling it in your bones literally, I mean, because there is a lot.

~

Energy. *What’s going on with it?*

“It’s ripping my life.” Yeah. *How? “Inside out.”*

Ripping your life inside out. *How? “Well, getting rid of the crap that’s within me.”*

Yeah. Good. *Are you fighting it? Are you fighting back? “Yeah. I’ve been doing that for a little bit, but I sort of gave up.”* Yeah, yeah. “And it’s good like this.”

The energies – thank you – **as intense as they are**, they are – we’ve said it before – but they **could just like pulverize you if you’re resisting**. And these energies – I’m not talking about belonging to anyone or anything. It’s just the energy that’s been called to this planet for right now. And you will feel it in parts of you just like it’s grinding down. And even what used to be kind of an escape – going to sleep at night – isn’t an escape any more. Matter of fact, it’s questionable which is more challenging, stressful – *your waking state or your sleeping state?* In other words, not a whole lot of escape. It’s right there.

However, you’re going to feel it compressing you. It could come to the point of just feeling like it’s smashing you, and that’s appropriate actually, that overall feeling. **It’s only when you start fighting it or negotiating it or anything else is when it’s going to hurt.** *So what do you do?* (someone says “Allow”) **You breathe and allow.** You really do. Breathe and allow. Absolutely.

~

“Accessible.”

Good. *How is that working? “Personally, for me I have embarked on allowing things to occur in my life and I’m getting ready to go to Peru. As a nurse.”*

Yes. Excellent. Good. Very accessible, matter of fact almost shockingly accessible. And, again, you see that there’s this convergence, **all these energies coming together and with it tremendous opportunities**. Opportunities that you probably couldn’t have imagined, or better way of saying it, you wouldn’t let yourself imagine before. In other words, you’re rather linear in what you were letting yourself imagine.

So suddenly, here’s all of this energy that’s coming in, and you could say that it’s like a beautiful energy blanket or cloud around this planet. And it’s all there, where it used to be kind of off somewhere else. And particularly for those who are aware of it, it’s right here. It’s right here.

A lot of humans are just kind of walking right past it, oblivious to the fact that it’s there. They’re just feeling crazier in the brain than ever. But **for those who are aware of it, it’s so accessible** that suddenly, instead of just kind of a nice stair-step effect of things happening for you, it’s all happening together. There is no stairs. It’s just all there. It could lead one to getting a little overwhelmed right now. A little like a great big tidal wave (tsunami) coming in all at once. But it’s not going to ...

So yes, very accessible. And so much that can happen for you in your life right now that you sense this. It's like **it's there**, but then there is sometimes a tendency to pull back and wonder if you're ready for it, **wonder if you can handle it, all the rest of that. Absolutely you can, but it's going to require doing a couple of things – no negotiating, no limiting, and just allowing. Allowing.**

All these energies coming together and with it tremendous opportunities.

It's only when you start fighting it or negotiating it or anything else is when it's going to hurt.

*It's there,
you wonder if you're ready for it, wonder if you can handle it, all the rest of that.*

*Absolutely you can, but it's going to require doing a couple of things
– no negotiating, no limiting, and just allowing –*

Allowing.

Now, as you allow, it's like opening parts of you. As you allow, it's like if you would immerse a large ball into a pool of water, and as you do, the water comes up over the edges because you've brought something down into that space – you brought basically yourself into this space by allowing – it's going to kick out some other things. It's going to clear out some other things. **So there is kind of a residual effect of allowing. It gets rid of all the junk.**

Ultimately, the allowing brings all of you in; you could say, your divine, the I Am. Ultimately, that's all that's going to be in this vessel, using the analogy of like a pool or a big bucket of water. Suddenly, by you allowing, it's going to move out everything that is not you, everything that's foreign. So you have this kind of interesting effect taking place, and sometimes, again, the thoughts come in. You say, *"What's happening? Why are these things ...?"* It's because you're allowing. You know, allowing is allowing. It's not like just letting a little in and then trying to manage that. That's what happens in allowing. It's like, *"Well, I'll allow, but I'll just do a little, and then I'm going to try to manage it."* Oh no. Allowing is allowing.

~

"I don't know how you do it. You always talk exactly about what's going on with me."

How do I do that? Isn't that amazing? I know, just ... yes. Do you think I'm psychic? No actually – and actually that is the amazing thing – is this whole thing of psychic or any of that, that's so overrated. It's just allowing. I'm going to show you basically how easy it is. But it could be tough.

"Well, it is, because I've been allowing and feeling wonderful and feeling like a Master and great, and then suddenly, I woke up April – April Fool's Day ... and I felt horrible. It was like tormenting. I was compressed. It was to the point where yesterday, I mean, I didn't even want to get out of bed. I felt no hope. It was ..."

Did you get out of bed? "Yes I did. It was like a death."

Oh. I would have stayed in bed.

"Well, I did. I got out and then I got back in. Then I got out! I got back in! "

Oh. Look at the negotiation here. *"I have to get up. I have to prove myself."* And then you negotiate, and it's like,

"No, I'm really going to go back to bed. But I have to get up and do something." Stay in bed! You're just passing through. You know, at the end of all this you're going to go, *"I'm so glad I stayed in bed that day or that week."*

"But it really was. It was like a death. I felt like something inside of me was dying. It was – and I guess it's that that you're talking about when you allow, all kinds of stuff come out."

~

One more. The energy. *What's going on?*

"I'll be good. It's sporadic." Sporadic. Good way of putting it.

"And you've already touched – we've already touched on that, but yeah it's just so sporadic, because the highs are so incredibly high now and the lows are like "Where did that come from?" (a few chuckles)"

Yeah. So what to do? *"Just cruise through it. Breathe baby breathe."* Yeah. Breathe and allow. Yeah, yeah. Yeah.

Thank you. Sporadic, intense, overwhelming, amazing opportunities, forgot to mention the world falling apart, people going crazy more than ever before. Yes. Yes it's all here. And thank you – thank God – that you, God, are insightful enough, wise enough to know that you can come here and hear yourself, which is exactly what we do here. You can come here and – ahem – I need ... at the new center I need a really big mirror. You can come here and see yourself in the mirror through me. See yourself in the mirror through me. So, a big mirror.

So it's very, very crazy times, crazier than ever, more imbalanced than ever. And one of the side effects, which you're aware of but fortunately I don't think you're going to have much of a problem with it; one of the side effects is **more and more people going out of their minds right now.**

Now – and I'm not supposed to talk about this, but I'm going to anyway; those are the fun ones – there's an epidemic on this planet of people using anxiety and depression medications. And you could say perhaps it's appropriate, because there are so many people going out of their minds. So many people breaking down, cracking up. But the funny thing is these medications really do not help in the long run. Take them temporarily, sure, you're going to feel a little better. But haven't you heard the ads on television and the radio saying, *"By the way, if your anti-depression medication doesn't work and you feel more suicidal than ever, try this on top of it."* (laughter) *Like the second one is going to make you even less suicidal?!* I don't think so.

Hypnosis

What you're seeing is, first of all, we're moving outside of the mental era that's been around for a long, long time. This planet is moving outside of the mental. But there's so much intensity and pressure, and **people don't understand what their thoughts are. In other words, where a thought comes from. They don't understand the true feeling and true essence. So they're going out of their minds.**

And, to add company to the misery – and this is one of the things that we're going to be working on or playing with actually – is that hypnosis is prevalent on this planet. It's like it's right up there with SEV, the sexual energy virus¹.

And it wasn't ever brought in in a sinister way. It just kind of happened that the mind became very good at taking things in from the outside that didn't belong to it and owning it, but yet rejecting its own true feelings and what I would call true thoughts, rather than the emotional self or limited self thoughts. So it's kind of an odd quirk in **the human intelligence** – that's kind of an oxymoron – the thinking. So it **takes in thoughts that don't belong to it.** That's why some days you have a bad day is because of this. You can have a couple of good days, for instance, because you're in your energy, but then something pops you back out into everything out there, and you feel it, because you're still tuned into it. You're still kind of dialed into it and suddenly you do the crash.

And then you blame it on yourself. *"What's wrong with me? Why am I having a bad day? Did I eat the wrong kind of food? Did I not do the right kind of allowing?"* You know, *"Am I bad person at heart?"* And, you know, all these other things. No. It's just you're going through the intensity. That's where you take a deep breath and stop worrying about it. **You stop worrying about it. You're just passing through.** This is just a gig. *You're just having a good time, right?* Huh. (someone says "Yes") Yeah. Good. (Adamus chuckles) Ufff. Ufff.

People don't understand what their thoughts are. In other words, where a thought comes from. They don't understand the true feeling and true essence. So they're going out of their minds.

The human intelligence takes in thoughts that don't belong to it.

You stop worrying about it. You're just passing through.

¹ *Referring to the energy virus discussed in Tobias' Sexual Energy School.

(Please also read: **New Energy, New Consciousness**, Addendum A: Awareness- Sexual Energy Virus ; [link](#) to the Life By Design e-Book library online - folder: Vousten, Geert)

So, my dear friends, you have all these factors going on and **this hypnosis thing** – very, very prevalent on the planet right now – **scary prevalent on the planet** – not for you, but for others.

In a way, you can't go back into your hypnotic lull, your hypnotic sleep. You cannot. So please do not be afraid that suddenly I'm going to be hypnotizing you and having you get up and walk around the room screaming like a chicken.

So, but you have this hypnotic effect that's going around the planet, and it's doing kind of an interweave or a dance with the SES virus and a number of other things, and it's creating a lot of very strange and very bizarre patterns and events in the planet right now.

You see on the evening news, if you watch the news or you hear it from your friends, it's like when they're talking about the mass murderer – *"He seemed like such a nice guy. I've been living next to him for 20 years and would never have thought."* You know, *"He volunteered"* – or she, I'm sorry to pick on the men today – *"She,"* you know, *"did all this social work and suddenly pulled out the Mossberg and blew away half the whatever."*

So that leads me to a little drama interjection here. *What happened to Flight 370?* (audience responds *"Ohh!"*) No, I'm asking you. No, you live here. I don't. I'm just passing through.

What happened to Flight 370? Just live, I mean, just say it. Go ahead.

"It crashed. (laughter and someone says "Whoaaa!")"

Actually, that was good. Thank you. *Not some intergalactic portal? "No".*

~

"It didn't crash."

Oh! Oh! Oh you two! (lots of laughter) If it didn't crash, where did it land? (someone yells "UFOs!")

"In another dimension."

In another dimension. Okay. Possible. Very possible. I'm sure there is some interdimensional activity surrounding it right now. Yes. So is it just flying around in another dimen- ... *like 24th dimension?* Those poor flight attendants.

(laughter) There's no more food left to serve them and the toilets are full. Well, *what do they do?*

~

"From Crash about the crash. Yes, it did crash. At the bottom of the ocean, further south than where they're looking. And the best way to describe the issue, not pilot suicide but let's just say the electronic guidance systems were hacked. And there's a lot of money involved. Can't get into that right now. But this is via remote viewing, just for those who know what that is. Technical remote viewing."

Good. Conspiracy, or *should we say more deliberate?* Deliberate. *Is that what you're saying? Deliberate?*

"Yes. This is from beyond."

~

"A UFO came and rescued them, because they were having a hydraulic problem, and they ..."

The UFO was? "The UFO, Ashtar ... They rescued them ... And took them to a planet outside the ..."

Give them back! *"They're having a better time there than they did – are here."*

A better time! (Adamus chuckles) Okay, but still rude. *"Rude!"*

Just to pick up an aircraft and take it away. *"They were crashing. They were crashing."*

Yeah, yeah. But they should have just like gently eased them back down. Yes.

~

"It went through an unexpected crazy experience."

Master of the obvious. (laughter) I would venture to say you're right.

Now, I contend that **there is so much hypnosis going on on the planet and so many people susceptible to it**, that even the nice guy next door, even, oh, let's just say, a copilot of an aircraft, could have been implanted with a hypnotic suggestion, for lack of better words, a while back, and didn't even know it. Didn't even realize it. And suddenly gets the signal – could be a pattern of phone calls, let's say, if somebody checked the phone records – pattern of phone calls that initiated an action that the being would have normally never ever taken otherwise. But suddenly he finds himself in a hypnotic trance, suddenly doing things that even he is not aware of, just like being a robot. Changing, manipulating the flight path, depressurizing the entire cabin so everybody can't complain, if you know what I mean. And then taking off his mask after terminating his associate in the cabin, taking off his mask and just letting it go.

Why? Why would somebody do that? Why? Why would they implant a virus in your computer? Why would they destroy your hard drive? Because they can, even if they don't make 10 cents off of it. A very, very strange energy. *Why?* Because they wanted to see if it would work, and it did. And it did.

And it's not the only one. If you go back actually and read, particularly in the last, let's say, three or four years of mass murders or crazy acts by people, and the police are going back trying to find what happened. And the psychiatrists and psychologists get involved and comes up with all their inane theories about it. But what happens is there is this hypnosis, something I will tell you again, you do not need to worry about, either being the one who carries out a crazy act or is a victim of a crazy act like that. **You're out of that energy. But it's going to happen more and more on this planet.** It's like sending in a drone, but this drone happens to be a human, an otherwise good human, maybe a churchgoing human, and it's just going to be more and more of that.

We're right in this strange edge with the mind on this planet, and what it takes right now is for a few people, a group of people, that understand the mechanisms of the mind – and I'm not talking about how the fluids work and the electromagnetic balances and everything else. But I'm talking about what the mind really is, the role it plays, and more so what a thought is.

With that actually very simple basic understanding of what a thought is, then you can go beyond that thought. You can get out of this thought trap. You can get out of that limited emotional human thought self. That's going to change the dynamics for the planet, for consciousness in general, but more than anything you'll have fun with it. And then you'll start to understand you're just passing through. You're not stuck here.

With that actually very simple basic understanding of what a thought is, then you can go beyond that thought.

You can get out of this thought trap. You can get out of that limited emotional human thought self.

That's going to change the dynamics for the planet, for consciousness in general.

***You'll start to understand you're just passing through.
You're not stuck here.***

Thought

So let's talk about thought for a moment. You know, I've talked a lot in the past. I've used the word mind. Actually, the mind, the brain is a very necessary element. Early on when you started coming to this planet and taking on physical form, it was very hard to stay here, to stay balanced. Kind of like a light being trying to be a physical being. The mind was kind of the connection piece, the part that allowed you to stay in balance here.

The mind was used to understand – actually to direct – biology. That was its number one purpose – to direct biology through this thing that we call the [anayatron](#). So it was to basically integrate the light self into the biology. Next it was used for simple memory and the simple kind of a relationship of time and space. The true light body really doesn't understand time and space. Doesn't want to. It doesn't acclimate well to time and space. So it's like a big puffy, drifty thing. So it was very difficult to stay embodied here. But through this connection device called the mind, you were able to do that.

The mind also allowed a discernment in this dimension that the divine intelligence, let's say, really didn't have. Divine intelligence had no familiarity with this physical reality, and therefore, very little sense of any discernment. But you, as the human representative of the soul, the one who's gone through all the lifetimes, you've learned a lot of discernment in this planet. I'm not talking necessarily judgment, you have that too, but discernment. Don't put your hand on the hot stove; it's going to burn. That's kind of a very simple basic discernment. Don't walk off the edge of the cliff; you don't have wings like a bird. So you learn these things along the way, and the mind serves a very brilliant purpose in that.

It's also through the mind that ... as much as the mind was that connection device for your light body to originally come into the physical, **mind will also be an integral part of letting the true light body in. It was used to kind of adjust the light body in the past, but now it's actually going to allow that light body.** And the mind has become so good at the chemical and electromagnetic and some of the other energy pulsations that it knows how to kind of keep a balance now. So it's actually through the mechanism of the brain that a lot of your light body will come in. We'll get into that in more detail. It's happening right now anyway.

So the mind serves a very good purpose, but along the way the mind, the self, a number of other dynamics had this thing called thoughts – thoughts – and those thoughts are the things that truly have become limiting.

The thoughts were kind of a form of mini consciousness or limited consciousness that came from the combination of your brain and understanding this reality, but also starting the belief in limitation. So you could say that the soul embodied part of itself, a ray of itself, into this physical reality, took on a body, took on a brain and then farted, and those are thoughts. (laughter) And that's actually pretty true.

It came up with a thought. **The thought was limited. The thought was based on a lot of beliefs and limitations and fears and things like that.** So people, humans, have become thought beings.

Now, there's a difference between the mind and what it knows, and a thought. **The thought tends to have judgment and limitation and fear and anxiety and after a while with a long succession of thoughts** – which really aren't intelligence, they're not high consciousness; they're kind of like little farts along the way, that's the best way I can describe it, little bubbles happening – these little thoughts come out, but in such a succession or progression that pretty soon you start to believe the thoughts and **you start to believe that you are the thoughts.** And pretty soon the thoughts **start to dominate; they start to control; they start to run the show.**

I contend that these thoughts actually are about as valuable as a fart, and they're about as insightful as that. (some chuckles) It's true, and they come from a very false place. **They come from kind of a false interpretation of otherwise very true data.** And the true data being, you know, you're here on this planet and put your hand on the stove, you're going to get burned and if you punch somebody in the face, they're probably going to punch you back or sue you. Used to be we'd punch back, and now you just get a lawyer and you sue.

So you have these whole series of thoughts now and **you buy into them, and then you send out another thought to try to control** all these other thoughts that you really don't like. But what it does, **it just merges with those other thoughts you don't like and becomes even more thoughts that you don't like.** And then you think about, *“Well, how do I get out of all these thoughts?”* and you have another one of those farts come out, and it joins the other smelly thoughts. And then in desperation – *“How do I get out? What do I do? I don't know what to think anymore,”* and that's when the human goes crazy. It starts doing very bizarre things.

Because I contend that thoughts also take life out of life. They really do. **They're the things that you negotiate with yourself with.** It's one thought negotiating with another thought. It's like one bad flatulence negotiating with another flatulence, and they both stink. I'm sorry to be ... they both stink. (some chuckles) See, I'm not negotiating with *Cauldre* or myself. I'm just going to call a fart, a fart. (some giggles) This is a spiritual gathering. For those of you who are just tuning in for the first time ... (laughter)

So **you have thoughts trying to negotiate and trying to control other thoughts,** and let's take a feel into it for a moment. Let's take a feel into thoughts. *Where do they originate from?*

How come nobody ever asked that question, “Where do thoughts come from?” You try to trace back a thought. Let's say you have a thought, an emotional thought. Every one of you has had several of those today – an emotional thought, a feeling about yourself, an emotional thought about another person or an emotional thought when I say, *“Have fun going back to work on Monday in your cubicle.”* Ohhh! (Adamus chuckles) Such an emotional thought.

So where do these come from? How come nobody's ever taken a look and said, “Where do they come from?” Well, scientists will say they come from your brain. No, actually they don't. They do not come from your brain. The brain does not have emotional thoughts at all. It cranks out facts and figures. It pulls up historical data when emotional thought calls on it. *Where do these thoughts come from?* Yeah. Big mystery. Big mystery.

Well, a lot of people say, *“Well, that's just you. That's who you are.”* Ah! I contend, and a Master should understand this, that **they're not yours. Not at all. They're just little bubbles,** you know, being belched out. They're not yours. And if you try to trace them back and find the origins of a thought – what a great title of a book, *“Origins of a Thought”* – it would almost be impossible, because the tracks have been covered up with so many other tracks of other thoughts. And pretty soon you'll start looking at tracks upon tracks upon tracks, and you can never get to the origin of a thought. But yet it's there, yet you act on it, you believe it, you think that it's you – and it's not.

That thought **could also be also group thought or mass consciousness thought**. It could be a thought **coming from other people** that you're just – shwssttt! – **letting into your thoughts**. Somebody else's farts joining with your farts, and you say, "*Oh yeah, mine are really bad, aren't they?*" (a few chuckles) Well, no! Actually, it wasn't yours to begin with. It was just stink out there that you accepted as yourself.

And I pointed out the hypnosis thing before because this is how people have gotten to be. This is how consciousness has gotten to be. It's just a lot of acceptance or lack of real understanding of these thoughts. People say, "*Well, these crazy thoughts are mine,*" and then they go to a psychiatrist. That's like going to a bigger fart to understand your little farts. (laughter) And the psychiatrist or psychologist is trying to help you to understand why you're crazy, when they don't even know where thoughts come from. They don't understand the brain. They don't understand its role. They don't understand what a thought was and how thoughts come together.

They don't understand that because of thought-basis for activity on this planet, that one can very easily be implanted with an idea of, "*Hey, land that plane in the ocean.*" That was the basic suggestion. It wasn't "*Go and kill 250 some people.*" It was "*Hey, land that airplane in the ocean,*" and it was so much of a hypnotic program. And it wasn't any, you could say, they didn't talk about death. They didn't – when they were doing their programming – they didn't talk about negative things. It was just "*Land in the ocean.*" No different than me saying, "*Park your car down the street tonight.*" "Oh, okay. Oh, I'll do it."

Now, and **I use this for an example because that shows the influence of thoughts and that shows the power** – and there's a lot of power behind it – of thoughts. And that **shows also basically the total lack of understanding of where thoughts come from, how people act on them and how they influence society**.

Now, it's not bad to have thoughts, and you're going to continue to have them even as a Master. But you'll start to **discern what are really your thoughts and where do they originate from**. *Do they originate from the true I Am-ness? Or do they originate from some communal consciousness septic tank?*

They're not yours. They're not yours, and that is my biggest challenge in working with you, is helping you to understand that those thoughts – imagine them as little smelly bubbles coming out of you – they're not yours. And when you try to affect them and control them with yet another stinky bubble, it just doesn't work. It just makes it worse until it wears you down, until it breaks you down. And then either you have a spiritual revelation or they put you in the nuthouse. (some giggles) It's pretty much that simple, one or the other. Maybe there's not much of a difference, but at least in one you're really living. Which one is the question. (Adamus chuckles) Now you can laugh. That was the funny one. (some chuckles)

So, thoughts. **Thoughts are the greatest deception**. And, my dear Master, teacher, friends, if there's anything that I'm going to ask you to teach about with others, it's that thoughts are truly deceptive. They're not yours, and when you teach your students, you make them, help them – not force them – **to understand that those are not theirs, unless they want it to be**. But that's going to cause all sorts of hell to break out, because they're going to say, "*I don't know which ones. I don't know if I want that to be my thought.*" And then they're going to have another thought fart to try to understand whether that thought is theirs or not, and you see the dilemma. You see the dilemma.

The Illusion of Separation

Now I'm going to skip over to the next subject that's connected with this is the biggest illusion of all, beyond all, is separation. **Separation**.

There's no difference between you that's sitting here, thinking of himself as a human and you that's absolutely divine and integrated, complete.

You have an **illusion that you're separate from your higher self, because you've been told that**, because you have bad thoughts, stinky thoughts. You have an illusion that you're separate from God, illusion that you're separate from the other dimensions, when in fact you're not. **There's no difference between you that's sitting here, thinking of himself as a human and you that's absolutely divine and integrated, complete**. No difference whatsoever. It's the illusion of separation.

It's **the illusion** that was taught into many of you when you were young **that there is God** – who I don't care for so much – there's that God and then there is you. And **the illusion** that you bought into when you got into the new age **that there is the higher self and then there is the little you; there's grand angels and spirit guides and there's you.** Separation, separation, separation; compartment within compartment within compartment within compartment. And it's an illusion that your thoughts have bought into because they kind of like it. They kind of like all of these compartments. It helps them have more thoughts, and these compartments, these illusions – and that's all they are. They're not real. There's no real walls. **There is no difference between the dimension that you're in now and the other dimensions.**

There is no difference between the dimension that you're in now and the other dimensions.

Think about it. Separation – masculine/feminine, good/bad, black/white, being Dutch or being Spanish, any of these – separation after separation after separation.

I'm going to ask you to feel – not to think but to feel – into all the separations that you have bought into, naturally. **You bought into separation of age, separation of just about everything – health – and it goes on and on.** And if you can imagine the energetic matrix now that's created, the energetic patterns, it's like the separations keep creating division after division after division after division after division, and then when you try to find your way out of this morass back to your simplicity, back to your beauty, you have so many – it's like a big maze with dead ends in it – that you simply give up. You put forth a little bit of effort and then a thought comes along that causes you to compromise and say, *"I just can't do it. It's too complex. I'll just wait for ..."* whatever it is – the next book, the next Master, the next whatever to come along – and it doesn't. In the meantime, you buy into more separation of more elements.

The fact is that these separations are just an illusion, starting with the separation about you and God, you and your higher self.

Now, I use the term with you, your *"limited self"* or your *"limited emotional self"* versus your *"free self,"* because **there is that part of you, that's sitting here right now, that is the free self. It's already there. It's not out there.** It's not behind some secret wall. It's right there. But the illusion, intensified through the thoughts, is so strong that you buy into it. You buy into it.

And it's almost, you could say, from the basis of thought – a thought being now these little ... thoughts are limited, judgmental, distorted realities, but you start putting all of these thoughts along with separation and it's almost unimaginable how you get out. That's where people go crazy – *"How do I get out?"*

That's where I say allow. **Allow.**

Allowing

Allowing is – some have said it's over-simplification, and I say, praise the lord. You are right. You are right. It is over-simplification, and that's what it takes, because there are those who are still wanting to have thoughts, little fart bubbles, chase after other thoughts and round them up, collect them, control them and now you just have even more of a mess – more thought and more separation.

What to do? What to do?

Take a deep breath and you allow.

You're allowing yourself. You're allowing a natural process of basically unconnecting, disconnecting all of the thoughts that have linked together, creating kind of a strange bond with each other, but yet creating a huge veil or a huge illusion. They cannot stay connected in their dysfunctional way – your thoughts – the moment you start allowing.

So suddenly these bonds – it's not just bonds, but these thoughts they link to each other, kind of like the atoms in a molecule – they link to each other, they glue on each other and then some come along and then take over a whole

group of little glued-together thoughts and kind of encompass them, swallow them up, and then another thought comes in and swallows up those thoughts.

With allowing, it's basically a solvent for the glue that's locked together a lot of thoughts. **It starts to disconnect them.**

The glue was the belief that this was real, and when you start allowing, the glue starts dissolving. You don't have to do anything. Don't get in there with little scrub brushes and little squirt cans and try to ... you'll get so lost in your thoughts, literally, that they will absorb you.

So what do you do? You sit back. You don't even have to address the thoughts themselves. You don't have to think about your thoughts, because that's not so good. **You take a deep breath, and you allow.**

The glue was the belief that this was real, and when you start allowing, the glue starts dissolving. You don't have to do anything.

You take a deep breath, and you allow.

One could say you're allowing truth, and the only truth is you.

What are you allowing? Everything. **And there's no negotiation in the allowing**, because suddenly, if you start negotiating you're thinking, and that thought about allowing – which is actually very limited at that point – is actually going to go and just gobble up other thoughts. So you just stop for a moment and allow. You're not allowing God or me or angels. **One could say you're allowing truth, and the only truth is you.**

You're also a lot of untruths – matter of fact, mostly untruths – and that's all right. It's very understandable, because **as you pass through this corridor, this dimension, this experience, you do accumulate a lot of things that are not yours.** You accumulate a lot of thoughts. You accumulate emotions. You accumulate even experiences that actually really aren't yours. You accumulate a lot of stuff as you're passing through. **It's part of the experience.**

You don't want to pass through so clean and intact that you never really experience life. But on the other hand, when you're ready to say two things, *"I want to keep passing through. I kind of got stuck there, kind of like a car getting stuck in the mud. Let's get it going again"* and *"I want to live, because I don't want to pass through until I've really lived. I don't want to pass through this place until I can say to myself, 'I have lived. I have lived.'"*

So you take a deep breath and you allow.

The moment you allow – **true allowing** – **you come to your truth.** Not universal truth, cosmic truth, God truth, angel truth, but your truth. That's **what you're allowing** – you.

Now, will the thoughts come in? Absolutely. They're going to come in and say, *"Yeah, but what is you? And what is truth?"* (Spit!) More farts.

So you take a deep breath and **you laugh and you just allow**, because passing through is a natural process. **The experience of living, true living, is all natural.** The disconnecting of the thoughts, in other words, letting down the illusion, is natural.

You can't break the illusion with yet another illusion, and that's what so many have tried in the past. That's what we call makyo, and that's what happens as one starts coming into their mastery – a lot of more illusions to go after other illusions. It's like, *"Okay, I'm not happy with these illusions that I'm having in my life and the manifestation that they're creating. So what am I going to do? Create another illusion to go chasing after those."* Now you just have more illusions, more fart bubbles in the game. That's all you're doing, until you stop, take a deep breath and allow.

You're letting yourself be. There are no tricks. There's no manipulation. There's no doing it for 20 minutes a day or anything like that. It's not even a tool, my friends. A tool suggests that you're going to go in and start manipulating at something. **It's not a tool. It's who you really are. That's it.**

Now, the thoughts are going to come in there and they're going to try to interfere, and that's when you just tell them to *"Shut up. You're a fart."* I think that's where the term "fart head" came from. Thought brain and fart head – same thing.

So you just stop and you let a natural process that is within you – not out there, not over there, not here, within you – to take place. Pretty scary in a way; pretty beautiful and simple, but pretty scary in a way. The illusion of separation is so huge that it has been said by some on our side that that illusion is so strong that it can actually not go away, not be taken down, dissolved away, other than through a huge traumatic event. I do not believe that. As a matter of fact, the person who said it, the being who said it, actually had to go through a traumatic event. So maybe they buy into it. But you do not need to go through that. **You don't need to have a huge traumatic event happen in your life to understand that separation is an absolute illusion.** You also don't have to be an intellect, a philosopher to understand that. It's in your core.

You know exactly what I'm saying right now when I say **separation is just a game.** Separation is a way of playing a huge game. You already know that. You do it just to do it. *But try to get out of that separation?* You put your mind to work, you say, *"I'm whole, I'm one."* Oh, shut up! You don't really believe it. I mean you don't believe it because it's just another thought thingy out there. But you can feel it. You can feel it.

So, that being said, on to the next step. So we have thoughts. They're not yours. I truly want you to imagine them, feel them between now and our next gathering as these little bubbles being cranked out.

So but imagine, imagine as you're driving along in your car or you're doing something and you get into the thought lane, thought mode, and your little thoughts start to crank out – brummp brumpp, brumpp, brumpp – and it's really not out of your brain.

Actually, I talked before about **the origin of thoughts.** Origin of thoughts actually really doesn't come from your brain. At some point it interlopes with or intersects with your brain and then says, *"Ah, see these came from the brain."* They didn't. They **come from this little place that's not in your physical body, but this little place inside you – this little tiny little box, this little cabinet way, way back off in the recesses of your being – and it's limited consciousness.** It's kind of like a consciousness quirk, a funny little thing within the bigger scope of your consciousness that believes in limitations, and it's kind of real quirky. That's where thoughts come from. **They don't come from your mind or your heart.**

***Thoughts come from this little place that's not in your physical body,
but this little place inside you – this little tiny little box,
this little cabinet way, way back off in the recesses of your being
– and it's limited consciousness.***

They don't come from your mind or your heart.

It's just kind of little ... it's kind of a rough edge of consciousness that's never really been polished off like most of the rest of your consciousness. So it's still that little rough edge that doesn't really quite yet understand I Am that I Am.

Let's say 99 percent of the rest of your consciousness understands it and goes *"Oh yeah. I Am that I Am. So cool."* But you've got this little rough edge yet that needs some sanding – it's actually just looking for a good time – and it's the one; it's that little corner that's saying that it's limited, and it's churning out these little thoughts.

Thought Farts

Just curious. What happens if it churns out thoughts of limitation, thoughts of separation, thoughts of anxiety, thoughts of lack of abundance and just pppbbbbbttttt! (a fart sound)

My friends, those are your thoughts. Those are your thoughts – pppbbtttt, pppbbtttt – and it's not so consistent. Ppbbtt! And then you won't hear anything. Pppppbbtttt! It's like ... no, really. *Can you feel it?* That's your thoughts and sometimes they stink and they're really not yours. But now they've gotten into a pattern. They just keep coming up.

You are thought patterned. I truly want you to feel into this – how you generate thoughts. You wake up in the morning and usually within about a minute to 90 seconds – pppbbtttt! – on both ends. (some giggles) It's the biological thing. But you start thinking. You start thinking “*What am I going to do today? What am I up against? Oh my god, another day. Ohhh, I woke up and I'm still not fully enlightened. Ughh, what do I have to do?*” Shut up! (laughter) Allow! You know it. You do it. I see it.

And then you quiet down for a minute. And then you occupy yourself because it's like, “*Oh my god, I'm tired of these thoughts.*”

So what do you do? You start occupying yourself making coffee, doing your thing, getting on the Internet. But then those thoughts, they start coming up. Midmorning thoughts. It's once again, you know, you've gotten some of the details out of the way, you've gotten your day underway so you can stop and take, eh, just a breath for a minute. *What do you do?* It's that thought farts again just cranking out. And then you get so tired of it, it exhausts you, you say, “*Okay, I've got to make it to lunch today.*” And by the way, it tires your body. Your body really doesn't like thought farts. Your body is like, “*What is going on? Can't they just allow?*” Allow the body. It'll heal itself, but not with thought farts happening.

So they're patterns through the day. The worst ones that tend to come in are late in the evening, particularly right before you go to bed or once you're in bed. Oooh, that's a tough one, because now you're in a prone position, you're quiet, and that's when these can really come out. And you're trying to get to sleep, but that thought fart machine is just going and it's like, “*Oh my god.*”

So what do you do? Or you either get up and try to occupy yourself or you have a glass of wine or some of you take sleeping medication or whatever, until you exhaust yourself. Do you realize that that is probably the default way of handling thoughts – emotional thoughts, limited thoughts that really aren't yours – exhaust yourself. And then you can just collapse. You don't have that going on.

There's actually a better way. **It's allowing.** Allowing. It's not a thought. It's the real you. It's the real you.

True Imagination

You know how sometimes when you're asked to imagine, you breathe and you imagine. Imagine, you know, your life in two years from now. Imagine, you know, where you want to live. Imagine who you're with, and it's kind of fun. Imagining. You know, imagine that you're free of some of the encumbrances in your life. You actually don't have to really work anymore. Imagine that your body has rejuvenated itself.

Now, all that's interesting up to a point, and this is, by the way, where real mastery comes in. Interesting up to a point. But you've got thoughts involved in that, and you know you have thoughts – limited thoughts – first of all when you start negotiating and say “*Well, I can't have a house that big. I can't have ...*” And also, my friends – listen carefully – if you need a visual in your imagination. A visual. So somebody says “*In two years*” – they're guiding, leading a meditation – “*in two years your life is free, and ...*” Now immediately your thoughts – not your mind so much, but your thoughts – are going to start imagining what your big house, big car, big job or whatever look like. It's going to be primarily visual, about 85 to 90 percent visual, but you'll also bring in a little bit of auditory, a little bit of sound sensation; once in a while a little smell sensation and rarely ever taste.

So the Master understands that the true imagination goes beyond the visual. The true imagination goes beyond the senses. The true imagination goes beyond the typical structures that you've had.

Now, what I'd like to do here is have you do an example of this, and it's going to be interesting, maybe challenging, because you're used to having a visual that actually a lot of it emanates or originates from that thought, that rough part of your consciousness, **the immature part of consciousness.**

So you're used to bringing that thought up and connecting it into the brain, into your human senses and now creating the image for your imagination. But it's still limited. Actually, very limited. And secondly, there's not a lot of passion to it, because it's gotten so diluted, watered down, obstructed, that by the time that visual comes up – you know, imagining yourself with the perfect biology – by the time that comes up, it's so constricted. It has very little passion. It doesn't live. It just is a nice little visual in your brain.

***The Master understands that the true imagination goes beyond the visual.
The true imagination goes beyond the senses.***

The Master understands that the moment they – snap! – choose it, that's it.

If you've got to work at it, you're thinking and it's limited.

And then it doesn't happen and you have a thought. You say, "Well, I'm not very good at imagining, and I'm just really not a very good person. Period. You know, but I can't do it." And so you have those thoughts, that little immature consciousness that's cranking out the little crap. We're going to go beyond that. *Why? And here's why?*

The Master understands that the moment they – snap! – choose it, that's it. Tobias called it a point of separation. I call it just beingness. You don't think about things. If you, for instance, you want to be at a certain level of understanding, you don't think about how you get to that level of understanding. You just become that. You just are. I don't know how to explain it other than saying don't work at it. **If you've got to work at it, you're thinking and it's limited.**

So when you do the I Am, for instance, you don't have to, like, effort your way from human to I Am. It's like no, "I Am." That's it. No negotiation, no discussion, no thinking. I Am.

I call it, actually, star hopping. *How do you get to a distant star?* You just – you're there! You don't think about how you get there. You don't think about how you have to go through eight levels of dimensionality. Pffff! That's for losers. You're just there! (some chuckles) You're just there.

The Master goes beyond that. When the Master wants to be on a distant star, they just are – snap! – like that. They just are. **When the Master wants to be abundant, they just are.** You don't stop and think about how little money you have now, what you have to do to implement that. You choose it. But it's not a thought, you see, because a thought is suddenly going to limit it and pollute it and give you all this other crap and everything else. You just are. That's it. That's how quickly a Master does things.

Physical biological health – don't read 18 books about, you know, health in the new age because they're all going to tell you something different, and they all are filled with farts. They're all so mental! That's going to be the hardest challenge that I have with you, your hardest challenge – or not – but thinking. Stop thinking about it. And it's not false belief. **It's just, "Hey! I'm choosing healthy." Boom! Let it go. Walk away. Don't think about it,** because the minute you get that immature consciousness cranking away at it, it's limited, it goes through the m- ... ughh, then it doesn't work.

So let's do this. Let's have an experience of imagination, but without the pictures. Without the pictures.

Remember when – *Cauldre's* told the story – back when he was working with *Tobias*, before he ever started channeling, *Tobias* came to him one day and said, "No more words." Of course, *Cauldre* said, "We're going to write letters?" (a few chuckles) Got a good laugh. (more chuckles) No more words, because words are associated with thoughts and they're limited and also the human word can never truly fully express the essence.

So *Tobias* said "No more words," and it was difficult for this one (*Cauldre*), but he finally got it, and he finally said, "Ah! It's all there. I don't need words to feel it." Words actually become a burden. Words are useful sometimes, they're a nice tool to use at times, but words are so limited.

Same with the pictures in your imagination. It's the essence in that imagination. It's the essence of the healthy body without thought.

It's going to be maybe a little tricky, maybe not. Maybe you're really ready to even go beyond this visual into the essence. **That's where the life, the essence, the energy is, in that.**

Imagination Experience

So I'm going to ask for the lights down please. A little merabhy music, but this is not a merabh. Just some nice background music. *Why?* I like music.

Why? Because it kind of keeps you occupied.

(Link to the official [Crimson Circle](#) YouTube channel: [Experience of Imagination](#)).

You're just passing through, my friends. Just passing through this wonderful experience called life on this planet. Filled with life. Not limitation, but life.

Life is freedom.

Life is knowing that you're never going to get stuck.

Life is knowing that so many of the thoughts and the things you've been battling aren't yours.

Life is freedom to let that soul, that divine shine from within you.

Life is realizing that there's nothing working against you, nothing at all.

Life is knowing that separations can be there when you want to play the game of separation, but they can also instantly come down when you want to feel back into the I Am, the wholeness.

Life as a Master means that your body is no longer just this biological baggage; that it's a way for you to feel and to experience life as it is and all of its sensuality.

That body of yours; I know sometimes you have a thought that a time clock is ticking, bringing your body into more age, into more pain at times, less flexibility.

I want you to imagine now this body of yours, this vessel of yours, in a state of radiant health. But before you do, don't use thought. Don't 'see' your body, or visually see it in your mind's eye even. Let's get into the essence.

Oh, yes indeed, the mind – it'll try to pop in thoughts. Just take a deep breath and come with me beyond the thought. Come with me into the feeling, the essence.

What is biology? It's light combined with physical particles. It's your light brought into a great condensation. It's light brought into a living, growing, moving organism.

What's the body? It's a way for you to experience life. It's biology in motion. It's light in motion. In a very slow, very condensed way, but it's light in motion. That's what it is.

You have a body. It's actually really not yours. It's kind of an interesting interpretation of evolution, your ancestors, a little bit of your thoughts but mostly these other things.

We talked before about biology and about healing and you've try to imagine yourself, see yourself in your mind's eye as being a certain way. Let's go beyond that now. Let's not put thought in it. Let's feel that essence.

What is the biology? It's light in motion in a very interesting way. That will attract things like DNA and molecules and chromosomes and all the rest of that, but it's essentially light in motion.

I ask you to feel into that. Not even a visual. Feel into the essence of light in motion.

Now go beyond even that picture that you're getting of light, swirling light. Let's go beyond that. You say, "How do I get that out of my mind? How do I not have that picture? Isn't it just darkness if there's [not] a picture?" No, my friends, it's not. Just go there. Don't think about how you go there. Just go there. Beyond.

You see, you just do. You're there. You're there in that place. It's the essence. It's a feeling. It's not a thought. That's the true you.

Yes, it's very easy. Suddenly, it seems that the thought comes back, and you take a deep breath. And you come with me once again beyond that visual, beyond the thought imagination into the essence. The essence is you radiating yourself, experiencing yourself through biology. You're just there.

Take a deep breath, and I feel a little anxiety. You're just there into the essence, the passion; the passion to be so sensual that, even as you pass through, you can actually partake through your body. You can be part of this experience, this dimension. The passion to be within it – not just from the outside, not just contemplating life on Earth as some angels have to do – but being in it.

That passion, that essence, that is your real body. That's it. That's your real body right there.

As you get into this essence, you won't feel that strain on your head from trying to think or imagine. You're just allowing it.

Oftentimes, imagination was artificially pushed or forced and never really that effective. You get into the essence by just letting yourself be there – the essence of the body, beyond the thought or beyond picture, into the passion.

That's where we go, my friends. That's where we go.

Beyond thought.

Beyond effort.

Beyond limitation.

So I'm going to ask in these next weeks for you to play around with feeling into your essence. Not thinking your way there. No visuals. Well, the visuals will occur, but let yourself star hop. Let yourself go beyond the visual, beyond a mental definition, beyond the thought. That's where we're going, my dear friends.

As we do, as you allow the vessel, as you allow the I Am to come into this reality, like I said before, it's like putting a large ball into a bucket of water, stuff is going to spill off the sides – but stuff that's not needed, a lot of old thoughts and old ways – to make room for the I Am in this reality.

As you begin to understand what thoughts truly are, where they come from and why they're not yours, you're going to see it in yourself, but you're also going to start seeing it in other people. You're going to see how in a normal conversation or situation in public there are these thought farts coming from them and landing on you, and it's going to be rather annoying. Very annoying and even more intense, because once you understand the dynamics of what's happening, it's harder to be in that.

But you take a deep breath and you realize that this is just part of the transition and you realize you're not stuck here. You're a visitor. You're just passing through, and you remember also that ...

... all is well in all of creation.

Thank you. Pppppbbbbbbbtntttttt! (laughter and applause)

(Please also read: [Addendum G: Thought Storms](#))

(Please also read: [Addendum H: Cranky Master](#))

(Please also read: [Addendum I: Passing Through...](#))

09 – Discovery 9 – Transformation

I Am that I Am, *Adamus* of Sovereign and Free Domain.

Welcome to the energies of this Shoud. Beautiful energy in the room. Kind of a celebration, a celebration of the end of an era. Time to move on.

There's kind of a metaphor in here having to do with all of your lives. Ahh, you work at things, you experience things, you spend years, lifetimes doing things, and then it's time to leave, time to go to the next level.

You know it's right to go to that next level. You know the time has come. As a matter of fact, in so many ways, you've gotten bored with the way things were. So you've created a new experience and an opportunity.

Then when the old era comes to the end, you take a few moments to reflect on the memories like you did today. Sweet, sweet memories. Ah, how you wish that you could have actually experienced it as beautifully as you hold the memory of it.

And the funny thing about memories is they are real. You're not massaging it or manipulating it. Those feelings were there even back then, those feelings of beauty and warmth. And here, with your gatherings and assembly, the camaraderie, the blessings of *Tobias* started right here. Such sweet memories.

Breathing in the Energies

So, my dear friends, the energy in here is quite beautiful. But I was intrigued a bit when dear *Aandrah* (Norma Delaney) was up here with the breathing with all of you. *Did you forget how to breathe since our last session?* Because there was a lot more thinking going on than there was breathing. You know it and I know it. Not much breathing.

Breathing like this. (*Adamus* takes small short breaths) Breathing (*Adamus* takes a very deep breath) should be like that. Let's do it together. Let's make *Aandrah* proud, breathing like a Master. (*Adamus* takes another good deep breath and exhales loudly; audience not so much) A little constipated. (a few chuckles) Let's try that again. If you're really going to breathe life and energy in, it's almost like you can't sit still. Let's try it ... (*Adamus* takes another good deep breath; audience again not as deep; *Adamus* lets out a sigh)

Aandrah, come here. We have to do some work here. (some chuckles) Now, obviously, obviously they've had a tough month (laughter), and they're not really breathing. They're thinking about breathing, and they're hoping later they may have a memory of breathing. (laughter) But they're not really breathing. So give them hell for a moment here.

(Breathing with Aandrah)

Thank you. And now a really good outrageous breath. Outrageous. Eyes open, fully present and aware. An outrageous breath that pulls in energy. There's a little bit of energy depletion going on here, we'll talk about that in a moment, but a good outrageous breath. (*Adamus* takes a deep breath and makes a funny face) Yeah, your eyes should bulge out of your head! (some giggles) Arms almost can't help but going out. Outrageous breath, my friends. Deep. Bring in that energy. You've been wondering lately, "*Where is the energy? Where is the energy?*" So you breathe it in.

It's the act of literally accepting energy in your body. It's the act of bringing that life force energy into this physical being. It's the act of getting out of your mind for a little while. (*Adamus* takes another deep breath) Yes. Beautiful. That's what breathing does. That's what breathing is.

So when you came in here today, we sat down and a little shallow breathing. Still a lot of thinking going on, and it's no wonder. It's no wonder, there's so much going on in the world right now.

We recently had the cardinal grand cross, this astrological event. It's not astrology that controls your life, but it certainly has an influence, especially at a time like this. The energies between April 22nd and, let's call it, May 10th (2014) are excruciating, if you haven't felt it. If you haven't felt it, you're probably not alive. (some chuckles) They are pulverizing, excruciating, painful – painful in the body, painful in the mind. It's like mortar and pestle, and they're just grinding away at everything, until you don't think you can tolerate it anymore. But somehow you do. Somehow you manage. Somehow you get by day to day.

When I said breathe it in, bring those energies in, there's a natural reluctance to do it. *Why? So you can breathe in more of this excruciating energy?* (some chuckles) No, absolutely. What you do, the way you cope with it is you stop

breathing. You bring in less energy. You kind of shut down, because there is this tremendous incredible pressure everywhere.

It's not just you. Not just you. It's everywhere on this planet now. It's in every tree, every blade of grass, every mosquito. It's in the bowels of Gaia, so to speak. It's everywhere, and you're feeling it. So the natural reaction is shut down, wait till this thing passes.

You can feel at some intuitive level within you that it's going to pass. It's got to pass. Something's got to happen. Some of you, it's amazing, you look at the news reports each day waiting for some drama, some big cataclysmic event to be taking place. It will, but right now it's just the pressure phase. It's the pressure. It's getting everything ready for it.

So what do you do? You shut down. You stop breathing. You stop inviting in more energy, because it hurts. It's difficult.

Even we can feel it on the other side. Yeah, we can feel the energies of what's happening on Earth, and it's at an all-time pressure right now. It's amazing.

So now let's try that again. Take a deep breath, because the other part of you is also saying, *"Where's the energy? Why is my body so tired? What's happening up here in my brain?"* I just have no life force energy. I thought I was a Master, *where is the vitality?"* Yeah? It's there. It's there, but along with it you're going to feel this tremendous excruciating pressure. You going to feel it in your body, and you're going to feel it in your emotions. It's there. So you really have an interesting choice here. You have an interesting choice: Shut down, wait for the storm to pass, but you're still going to be feeling things and you're still going to be shut down;

Take a good deep breath right now. Just take that plunge into it. **Feel those energies, and remember that energy is here to serve you.**

There's tremendous energy right now. Part of you is feeling the excruciating, pulverizing force, and that's probably okay, because it's really grinding out a lot of things that just aren't appropriate. It's not going to kill most of you. (laughter) I said it's not – not! – going to kill most of you. But there's always some exceptions.

Death is one of those ... you need to laugh at death please, because that's one of the things we're going to talk about today – death, darkness and all the rest of that. Death is ... when *Shaumbra* die, and a few of them have, they cross over and one of the first things they want to do is just slap me and say, *"Why didn't you tell me that death was so easy? I feared it all my life, and it was so easy. Such a release"* – kind of joyful in a kind of a weird macabre way – *"It was so easy,"* and yes it is. Please don't fear it at all. (silence in audience)

Oh, that went over well! (*Adamus* chuckles) But in the meantime we're living. We're living and enjoying. But sometimes it's hard to live when there's such a fear of death.

So the choice is right now drink it in, breathe it in, this energy. It's here for you.

Remember the basics of energy. It has no agenda whatsoever. It has no mind. It has no direction. It doesn't care. It's just energy. It doesn't have feelings. It's not like a little puppy dog that has feelings and desires. It's just energy, and it's there to serve you.

So many of you have gotten to the point where you're kind of afraid of energy, and I'll explain that in just a little bit why there's that fear. It's just energy, and it's there for you. So when you're feeling this massive ball of energy that's come to this planet right now, take a deep breath. It might affect other people in a very challenging way, but **for you it's just energy for your life, for whatever you're choosing.**

This massive ball of energy might affect other people in a very challenging way, but for you it's just energy for your life, for whatever you're choosing.

Okay, now let's do a really good deep breath ... bringing this in. No fear. **Allowing it to flow in you. Letting it serve you. Letting it serve what you are choosing in your life.** Not hiding from this energy.

And a funny thing happens. When you are drinking it in, when you are just bringing it in without any controls or restrictions, suddenly it doesn't hurt. Suddenly you realize it's not painful. It doesn't make your thoughts even more complex. It doesn't hurt your body.

When you're shielding yourself from the energies that are here right now, ducking from them, then it's going to hurt, because you have your layers of defense systems up. **You're holding back. You're controlling.** **When you are just bringing it in open, free, uncontrolled, it doesn't hurt.** It doesn't hurt. Let's take another really good deep, bold, outrageous breath. It's air. It's energy. It's also a symbol that you're opening up, you're allowing. Good.

A Question

First of all, as we get into the day, let's keep the energy simple, *okay*? Let's keep it very simple. There's no need to be complex. Remember, going back to one of the earlier lessons, **it's only the mind that likes complexity, because then it has something to do.** It's kind of working away. Life itself, you as a souled being, you're very simple. Deep, but simple. So let's keep the energies very simple today.

Secondly, as we go around with the microphone, please feel free to be very candid, open. In other words, I'm going to ask the question for a good reason, and it's not just so we can all suck on lollipops here.

~

The question is what is your mood? What is your mood?

Let's say – if you say, *"What timeframe?"* – last couple of weeks, you know, last couple of days even. *What's your mood right now? "Overwhelm."*

Good. Thank you. Thank you. And thank you for not saying, *"I don't know."* Yeah. We were getting close. Yes. The *"I don't know"* today will have to go sit in the latrine for five minutes.

~

Okay, next. *What's your mood?* And I have a very good reason for asking this. *What's your mood?* Please.

"Well, I was feeling great, jubilant, celebratory for finishing my book, and then something else came in that ... It seemed like I couldn't move forward on this plane, because other stuff was coming in from what I consider higher planes."

Yeah, yeah. By the way, just – it's semantics, but there are no higher planes. I mean this is the higher plane, unfortunately. There are – and I'm being a stickler on this, because as Masters I do want a little mastery of the vocabulary – there are no higher planes, but there are **planes of freedom.** Okay.

No, truly, just as **there is no higher self or grand angel. Let's kill the grand angel.**

The concept of the higher self – let's just annihilate it right now. Kill it. No, no. Killing is good, because it will release that energy from the suspended state it's in, and like if, see, you have the water in the bottle, things are in suspended state. You know, if this (water bottle) was, for instance, your emotions or your problems or your physical body, everything's kind of trapped in here. And there's no higher water, but there's free water! (*Adamus* squeezes the bottle, shooting water out; some laughter) There's free water. And it's released from the structure that it was held in, whether it's a belief or a biology or limitation.

But this whole concept of the higher self and the grand angel and, ohh, all the rest of that, let's be done with that. Let's leave that here in *Coal Creek Hall*. When you move on, let's move on with the concept.

There is the Free Self, the true Self. Always been that way and still is within you right now – everywhere around you, the Free Self – but the expression and the consciousness right now are in a suspended state, let's say.

***There is the Free Self, the true Self.
Always been that way and still is within you right now –
everywhere around you, the Free Self***

~

Next. *What's your mood right now?*

"Very cranky. Everything, until about yesterday, everything and everybody bothered me. Irritable. ... and into today was a lot ... but for the last week or two really cranky."

What have you been doing with this irritability? How have you been expressing it? Coping with it?

Trying to – well, I don't want to say trying to – yeah, trying to ignore it. I mean, just, it is. And not going out in public a lot, because you go out in public and then there's check-out people and there's in the bank, and you want to strang- ... And they're in your way. (she chuckles) And there's stupid people! And I don't want to feel that way about them, but I'm like, ohhh!"

Isn't it a dilemma? You want to be so loving and compassionate ... and, you know. But yet it's like ... (Adamus makes a rude gesture) Ohhh! (some chuckles)

"Just go away. Give me what I want, and do it – and they don't do it well. That's the problem."

They're not doing it the way I want them to ... in any way, shape ... (laughter) Well, and you're not serving me well. Irritability. In any way."

"This is my planet. You're just a guest. Goodbye." Yeah. (more chuckles)

Are you irritable during your sleep state, during your dream stages?

"I'm really busy during my sl- ... my ... So I'm waking up in the middle of like really active, I mean, I'm really busy. So I'm not ... Ehhh. It's like I'm working. It's like I'm working when I'm awake. I'm working when I'm asleep. I'm working Yes."

How do you possibly get through the day and the night?

"Mmm, not well. (they both chuckle) Oh! I want to drive to Maine by myself, without even the dog in the car. I thought I'd take the dog, then I thought no, I'll strangle it if I do. I want to be in the car by myself in, like, hotel rooms with nobody around. Do you know? And nobody – like nothing in the car but me.

That's pretty much it. (someone asks "Not even John?") I don't want him near – are you kidding?! (they both chuckle) He's been cranky too!"

He understands. No, he perfectly well understands, and part of the challenge that many of you are experiencing is, so you're in a relationship and particularly if you're both in this self-appointment mastery, it's like eghhh!! It's like, it's difficult at times. I'm not looking at anybody here, but ... (laughter) It's really difficult

And you know what, once in a while you just have to laugh.

You just have to laugh that you're being a complete bitch master. (more laughter) And it's okay.

One of the old stereotypes was the Master that is just so loving, so peaceful, so dead, because it never happened. It didn't! When the Masters in the past got to this point, they left! They could not handle it. Not only did they not want their dog with them, they gave away their dogs. They did other things I won't even mention. (more chuckles) But there comes a point you've just had it! Had it! And I'll explain in a moment after a few more comments.

~

What's your mood right now? What's your mood? I want to hear Bonnie's. I saw – Bonnie just – I heard her say, "Please." Hello, Bonnie.

"You know how angry I am. Especially at you. Well, I'm still cranky."

And what have I done? "Pins."

Pardon? (laughter and a few claps) Now Bonnie, Bonnie, Bonnie. It's podium time for Bonnie. Bonnie! (more chuckles) Think of the billions or thousands of *Shaumbra* around the world who are wearing their pins right now. Think of the memories. (some chuckles) We'll ask Jean to do a slide program, a video, because she is so good at it, of everybody wearing their pin. They're walking down the street wearing their pin, kind of pointing to it. They go to the store and the clerk – "Haah! What is that pin?" They dream at night and they go to the angelic realms and everybody says, "You got a Master pin!" (laughter) And the beautiful music plays and everybody dances and sings. And then at the end they all sing, "Thank you, Bonnie! Thank you, Bonnie! Bonnie, Bonnie, Bonnie. My Bonnie lies over the ocean! My Bonnie sends me my pin!" (lots of laughter)

Yeah, good. Good. And actually, it's a very good point, because, yes, you have been working more than what should be humanly possible. You should really talk to those people. But you're blaming it on the work.

Now, I'm going to prove to you in a moment, and you're going to gasp in realization; I'm going to prove to you that it has nothing to do with pins or the level of work that you're at. As a matter of fact, that's the greatest blessing in your life right now, and you can thank me. (laughter)

~

One more. *How's your mood right now?*

"Frustrated. If it can go wrong, it has."

Ahh! Isn't that the truth. Yes. Isn't that a *Peter Principle* or something like that.

The *Peter Principle* for spiritual people. If it's going to go wrong, it'll go wrong right now.

Yeah. Actually, in a way that's good. Get it over with. You could string it out for years, but let's just get over it. Let's annihilate, you know, all those old impressions of what you were supposed to be like, because it'll never happen. It'll even be more depressing than what will happen.

The old concepts of what you thought spirituality was and the old concepts of God – ohh, god! – is so gone. (some chuckles) **And the old concepts** – all the old concepts – and that's a lot of what's happening to everyone right now. It's **just getting crushed out, crushed down.**

It's going to turn into fine powder and then the wind's going to blow it away.

So right now is a wonderful time to just go through the whole process. It's all going to go wrong. Anything ... no, anything out of balance, anything that you haven't already gone through, anything that you haven't already been gone through, let's just get this over with.

And you know what? Assume, please assume that everything that's happening right now is just part of mastery. Everything. Not a lesson. There are no lessons. There's nothing to learn. Right now it's just you letting you go through a transformation process, an alchemy process. And, please, all of you hear me. It's just the alchemy process, and it's changing very old stuck energies into very free energies. That's all that's happening. But yet in the midst of it, there's a lot of panicking – "What's happening to me? What am I doing wrong?" Nothing! Nothing. And you say, "Well, why does it hurt?" Eh, because you're human. Why is it, why are you so serious? There's this whole thing of "What am I not getting?" Nothing. Isn't that amazing? There's nothing you're not getting. There's nothing to get. It's just going through this alchemy.

*Assume,
please assume that everything that's happening right now is just part of mastery.
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Right now it's just you letting you go through a transformation process,
an alchemy process*

And when you create your own little imaginary video – "*Great Times of My Wonderful Life*" – and you have all these memories and say, "*God, that was so good.*" And then I'm going to have to sit down and talk to you, because you're going to say, "*You know, let's do it again.*" Oh no. (they both chuckles) Oh no! There is something else. And it is so simple, so close that it's hard to see. And the tendency is to try to figure it out. You're not going to. It's just going to happen. And in the process of all this going on, this tremendous alchemy, there's also the tendency to not trust what's going on.

So what do good Masters like you do? Well, you still tend to load up with the elements of untrust. When you take a lot of junk, vitamins, and you have to eat certain foods – you've heard me talk about this over and over and over – but I would say probably there is more use and abuse, and I'm not talking about the mind drugs. I'm talking about just thinking that you've got to have a new healer, a new facilitator, a new regimen to go on, a new anything. My friends, all you're doing is going out of trust with yourself. If you would just be ... forget all the vitamins and all waters and all the ... *what are we now into, kelp? Is that the new thing of the day?* And after kelp it's going to be something else.

Stop for a moment. Stop, stop, stop. **It doesn't matter what you eat. Doesn't matter.** And all the vitamins in the world are not going to help you. (she sighs) And **all the therapies and all the remedies are nothing but great distractions. Period.**

Now, I know – not you – but I know some of you are going to say, "*Yeah, but Adamus, you don't understand.*" Okay. Catch you next lifetime. I do understand. I do understand, and I do have to at times be a little extreme, be a little ... push some buttons. I do understand. Just assume everything that you're going through is you – not some supreme order of anything – but you allowing it into your life.

The moment you said, "***I choose my embodied ascension,***" it all started. And not always pretty, not always comfortable, but **very effective, if you let it be.** Good.

~

How's your mood now?

"It's been up and down. It has been very low, and then I've had desire to do things I haven't wanted to do for a long time. So I have the desire to do it. I haven't found the energy to do it. So I ... I push myself through it. And so it's been up and down, but I think it's been fascinating, the weather. Well, it affected me ... in some way with the winds, over and over and over."

Oh sure, the winds. Winds are just – they're literally clearing Old Energy. But some people don't like that.

"No. It was kind of exciting. Yeah. So, anyway, it's been both ways – up and down. But I think I've been happier this month than I have been in the last few months."

Yeah. Well, and one more thing I'd do is let's move beyond the concept of happy and sad, because it's really kind of disturbing. **It's a very strange human need to be happy, and the fact is you're not going to be happy. It's an unattainable goal.**

"My mood has been more pleasant. How is that?"

Your mood is up ...and apparently no particular rhythm, rhyme or reason for it. It's just up and down, kind of erratic. Yes, yes. But just drink it in.

Moods

What's a mood? A mood is an emotion. A mood is a measurement of where you're at. But more than anything, a mood is a thought, is a judgmental thought and saying, "I'm happy. I'm sad. I don't know what I'm doing. I know what I'm doing. I'm up, I'm down," and it's a mood. And humans live by mood. Humans live by mood. They really do.

Humans live by moods. They wake up in the morning – and I'm not exaggerating – they wake in the morning and they ask themselves in their own way, "Am I in a good mood or a bad mood?" They reflect on what happened the day before, where they left off with the long, sometimes dreary story. And they say, "Oh, I'm in a good mood because ___" fill in the blank. Or, "I'm in a bad mood," and they will continue on that track. The moods constantly change based on some variables that we'll talk about.

But **moods are generally generated from the thoughts and they become the thought's way of having a type of feeling.** And, again – going back to this whole concept – **the mind, the brain, the thoughts have no true sensual awareness whatsoever.** But the brain has been developed in a way that it believes it does. So it creates a mood. A mood.

A mood, you could say, has been manufactured or created out of farts – thoughts – as we talked about in our last gathering. So it's a bunch of interesting limited thoughts that create a mood. The mood creates then the energy that comes in for the day, for the experience.

Most people believe they have no control over their moods or no choice over their moods. So they live by their moods.

Also, just as a little factoid, that **100 percent of decisions a person makes are based on emotions. Even decisions that have to do with, let's say, science or math or something very black and white;** even job, things that you're doing at your work every day, a decision, you know, about something at the company – *should you have more manufacturing in a certain division or location than another?* One would say, "Well, that's not emotional."

Absolutely is. **Everything comes out of emotions, which come out of thoughts, which are really not, oh, you would say, true. They're limited.**

A mood is an emotion. A mood is a measurement of where you're at. But more than anything, a mood is a thought, is a judgmental thought

Moods are generally generated from the thoughts and they become the thought's way of having a type of feeling.

It's generating all these illusions. Thought turns to mood, which is also the emotion, which is also the way you attract energy into your life, which is also the way you breathe, which is also the way you receive.

So imagine what that does in life. **It's creating – it's generating all these illusions. Thought turns to mood, which is also the emotion, which is also the way you attract energy into your life, which is also the way you breathe, which is also the way you receive.** And suddenly, the energies get pretty stuck.

There is something within you, and it's coming to the surface more and more, and it's rather annoying. And this something was what we used to call the veil. The something is this illusion. The veil, of course, is separation. Period. **The veil is separation, the belief in separation.**

But you're coming closer and **closer to this truth, this knowingness that all these thoughts and all these moods and all these emotions are not really you.** Maybe, you could say, you could argue they are, to an extent; they're a **very limited part of you.** But they're not the real you. They're **not the inner you.**

So there's this exasperating irritation that's coming in right now, because you know there's something better. You can't define it. It's difficult to even rely on somebody else's story of their journey, because you could – I'll say this very candidly – **there's nobody really ahead of you.** Not even those guys that sit in monasteries or temples that do their chanting. They're wonderful people, but they're not ahead of you.

So there's nobody that can really tell you about it. But yet there's this knowingness. Now you combine that with the tremendous energies that are here right now, and this birthing, coming forth feeling that, "*God dang it! There's something else. I know there's something else.*" But then you get into the thought pattern and you start thinking, "*But what is it? And where am I going to find it? And what should I be doing? And am I in my correct alignment? Am I wearing the right colors?*" And then suddenly you're off track. You're out of balance. Then you get a bad mood, because you've had a lot of thoughts building the mood stage. And then you shut down, because it's not what you had hoped for.

In a way, there are tremendous blessings with all this irritation, with all this frustration and this, kind of, it's a pent up energy that's going to release. And when it releases, it going to release a lot of old things that were really, really stuck within you, so you can finally start experiencing the freedom. **That's what the soul is – it's freedom. It's the Free Self, not the higher self. It's the free consciousness, not the limited consciousness, not the low human consciousness. It's just freedom.**

You actually don't have to work at it or for it. Matter of fact, it actually works against you. I contend, as part of our little exercise – what is your mood – I contend that you are bored. **You're bored.**

***That's what the soul is – it's freedom.
It's the Free Self, not the higher self. It's the free consciousness,
not the limited consciousness, not the low human consciousness.
It's just freedom.***

Boredom

After fourteen hundred lifetimes, after going through just about everything a human can experience, just about everything that can be had. You've had relationships, good and bad. You've had health, good and bad. You've had money and no money. Through your incarnations, your lifetimes, you've seen most of the world. You don't need to hop on an airplane, because you probably have been there, with a few exceptions. There's not much more. So you're bored.

So what do you do in the boredom? Well, you set up ... well, first of all, it's frustrating because, you're just bored. That's it.

Now, you'll think that "*I can't stand other people or my dog*" or this or that. **It's boredom, which leads to intolerance** and combined with this feeling, this intuition coming up, "*There's got to be more to this*" and there is. And it's the sheer boredom. You look at other people and say, "*Oh my god, they have at least 75 more lifetimes. (laughter) I don't want to be with them. I am so done with going through that. I'm tired of stupid questions.*" And then the other part of you, another limited part of you... (he begins drawing a circumpunct)

So you have the **unlimited I Am. Totally free. Not dependent on anything, not even God.** God said, "*Here. Have your I Am and – whissh! – get out of here.*" And then you've got these little boxes of limitation, some that are kind of attached to the, let's call it, the Free Self, but they've kind of barricaded themselves off.

So you've got all these little limited boxes, and one of the limited boxes that you've created is this thing that says, "*Well, I'm supposed to be a Master. Adamus told me I was a Master. He must be lying, because I can't stand people right now. I don't want to be near my dog.*" You poor dog. *Somebody want to adopt a dog here?* (some chuckles) We have one dog up for adoption. (more laughter)

So you've created the other limited self, that's the "I'm supposed to be a Master." Well, *what the hell's a Master anyway?* I've told you, I've told other groups. First of all, a Master doesn't tolerate any crap. Now, it doesn't sound like the old concept of a Master, you know, sitting on the mountaintop chanting. That's not a Master. That's somebody who's going through something you went through eight, twelve, fifteen lifetimes ago. You've been there. You've been on the mountain. You've done the routine, and *could you imagine going back?* Boring. Boring. Boring.

I contend that **an irritation, a frustration that all of you have is just sheer boredom.** And, as a matter of fact, you're caught between that proverbial rock and a hard space, because you're bored, but you don't want to die. That's why I say stop worrying about death. It's easy.

But you don't want to leave, because you're not really sure – I mean, you're not really, really sure; maybe, what, 80 percent sure, 90 percent sure, but you're not really, really sure – what goes on... (he gestures; a few chuckles) I can't

even say the words, after you're leave. So there is still a holding on, there's still limitation, but damned if you can tolerate another day on this planet with its ways, you know.

Your big excitement these days is a new piece of technology – *“Whoopee, because I never had a super deluxe iPad, X-modem model V before in any other lifetime. Now I got it.”* Okay. After 30 minutes, you're back to boredom. So there's this whole phenomenon going on of boredom, and *what do you do?* **So you create stuff, just to keep you busy. You know what many of you do is engage in extreme activity**, what I call the *“Hatter”* activity, like the *Mad Hatter*. Just activity, just something to keep going, just something, because if you just keep yourself engaged to anything, maybe you'll stay on the planet. If you keep yourself engaged, maybe it will bring in some energy or something, and it doesn't.

Actually, engaging yourself in frantic activity is neurotic, and it's feeding the thought-into-mood cycle. It doesn't give you the opportunity to stop and just say, *“I Am. I Exist.”* It doesn't give you an opportunity to just slow down and allow a very natural process to take place, because part of you doesn't want to face that natural process. It hurts a little bit. Eh, it hurts a lot.

It hurts the body for a little while, because it's going to release ... it's going to re- ... let me put it this way. If I told you that you're going **to do a complete release of your ancestral biology and your old human template and you're going to integrate the light body**, *don't you think that would hurt a little bit? Don't you think they'd be at least like, “Oh, god!” or a little jolt or jarring of energy?* Well, certainly. You've been clunking this thing around for millions of years, this template of a physical body. It's going to hurt a little bit as it releases. It ... like ... (*Adamus* again squeezes water into the air).

But it was actually a good example, because you've got all this old ancestral biology stuck in there, and you're trying to think your way out of it – *“I am no longer my ancestors, I'm no longer my ancestors”* – and that doesn't do much good.

You stop for a moment and then – another water splat – it just releases. And you say, *“Well, how does it release? I mean, tell me exactly so I know whether I want it to happen.”* It doesn't matter. It's going to release. It's going to let go.

So we have this tremendous sense of boredom that's come in, and really, I want you to feel into that. You are a grand creator, a grand creator. But, in answer to your question, some of your choices are not grand creator choices. Some of them are. Some of them are. But some of them are little boredom choices, little limited self choices. Not the grand choice.

And I'm going to tell you a secret. We've talked about choices before in our gatherings for years now, because you forgot that **you actually can make a choice**. You, anybody, gets into the matrix, gets into the hypnotic rhythm, and they forget that they can make a choice. Or they think they are, because they can choose whether they're going to have chocolate ice cream or vanilla ice cream for dessert, and then they say, *“Well I can't have any, because it's bad for me. I heard it on TV. It has gluten in it or god knows whatever. And I can only eat kelp ice cream,”* so ... (laughter) You laugh, but these are true life examples! And so then there is no choice.

You can't make the wrong choice. You cannot. Just make a choice.

You get to that point of mastery and you never have to think about a choice again, ever again. It's already there. You're no longer limited.

So we – *Tobias, Kuthumi* and I – have worked for years to say you can make a choice. But then you say, *“Well, but I'm afraid to make a choice. What if I make the wrong choice?”* **You can't make the wrong choice. You cannot. You cannot. Just make a choice.** (someone sneezes) Thank you. Just make a choice.

Now, the Master understands at a certain point, it's all a bunch of crap. You get to a certain point after you have a consciousness of making a choice, after you get to that point of saying, *“Ah, I can a make choice. I can make big choices, huge choices,”* and then you make them. You don't just say you can make them, but you make a choice. **You get to that point of mastery and you never have to think about a choice again, ever again. It's already there.** It's already there. There are no choices to be made, because you're in your mastery. **You're no longer limited.** You're no longer walking around saying, *“Well, I don't know. And, you know, when's the next star alignment going to come? And when are the aliens going to come?”* You're out of all that. You're out of the limitations. **As a free sovereign being you never make a choice again.**

Why? Everything is going to be there appropriately without thinking about it, without having to do “*Should I do this or that?*” Never again will you have to make a choice. **It will – snap! – be there.** It will be there. There’s no black. There’s no white. There’s no separation. There’s no “*Should I do this or should I do that?*” It’s just there.

Perhaps – perhaps you don’t feel you’re quite at that point yet, **you’re quite at that point of trusting that it’s just going to be there**, but you are. Perhaps that’s pretty fearful, thinking, “*Oh my gosh. You mean I can just let go of control?*” Hmm.

How would that feel, by the way? How would that feel, to let go of control?

Pretty damn scary. Very scary. Very scary.

Think – all of you think for a moment – letting go of control. Ah, it sounds so good. “***I’m a Master. I’ve let go of control.***” Well, when you take a look at everything you control during the day and in your life, from time – control of time ... what would it be like just to let go of control of time! Oh, just think of all the people that’d be upset with you. See, you can’t let go of time.

What if you let go of control of your biology? Huh? Yeah, you know what that’s like! Whoops! Oh boy! (a few giggles) Letting [go] control of your thoughts for a day. It’s almost unfathomable. Letting go of the control. The control, by the way, is the very thing that makes the little boxes, the limited self, little limited I Am.

By the way, these boxes, you notice I didn’t draw them touching each other, because that’s kind of the way it is. **The limited aspects or selves are not really connected.** Maybe in some strange way, but they actually really don’t connect or talk to each other.

So there’s a lot of control – the control in the way you dress, you know, and so often the control comes from what you think others are going to say, because it’s part of this huge matrix – what you should and shouldn’t do. And ... Feel my frustration for you – for you, not at you, but for you. It is boring, just deadly boring. You get to the point on this journey on this planet and it’s really boring.

Could you imagine for a minute just living your life out, well, just finishing your job, retiring, and then realizing you don’t have enough money, so you’ve got to go be a greeter down at Wal-Mart (some chuckles), and driving back and forth to work every day and having to watch the time. Then your health starts to fail a little bit and you’re hoping that it won’t be a lot, but it’s a little bit. And you try to pretend it’s not, but it kind of is.

And then you just what, live out some remaining days, you get kind of sick, and over a period of about five years, you just kind of collapse into a state of disgust, and then you die.

And I’m saying this because, my friends, you would rather do anything than do that. Other people are kind of okay, content with doing that, because they don’t know any better, because they don’t have the awareness.

Awareness does bring frustration and annoyance and anger, and that’s **why a good Master is a pissed off Master!** (laughter and applause) It’s very true. It is very, very true. So this whole notion ... by the way, think about who created and basically embedded this notion that you’re supposed to be nice – saints are nice and Buddhas are nice – and it’s not true.

***Awareness does bring frustration and annoyance and anger,
and that’s why a good Master is a pissed off Master!***

There is – especially right about now where you’re at – **there is extreme annoyance, impatience, intolerance, anger.** And then you take a lot of energy to suppress it, and it doesn’t really work. And then you get all f... (he mouths a swear word) in the mind, jumbled up in the mind, and trying to figure out – you exhaust yourself. You bore yourself too, but you exhaust yourself, and you have no energy left. And you fall into bed hoping, hoping for a reprieve in the late night hours, and it doesn’t happen. It doesn’t happen. **Welcome to mastery.** (some chuckles and grumbles from the audience)

First of all, let yourself really, truly feel into all of this – your anger, your frustration, your confusion, be angry at me, if you want – because it’s real. It’s happening and there’s a reason for it; because you’re bored, you want something more, but because of **still having the boxes** and **some limitations** and the **fear of letting go of control**, you stay in the pattern.

Back to your question, the choice. The choice can be to get out of the rut. But, my friends, when you get out of that old template, when you get into your light body, your divine intelligence, your I Am, it changes everything. And there are so many that want a little change. **Mastery is all or nothing.** Mastery isn't just a little better matrix than you had last week. It is all or nothing. **There's either freedom or there's limitation.** There's not kind of free limitation. There's not. And there's really not even limited freedom. There's really not even limited freedom. I want to do an experience before we go to the next level here. *How are we doing on time?* It doesn't matter! Thank you.

***Mastery is all or nothing.
There's either freedom or there's limitation.***

Remember...

(Link to the official [Crimson Circle](#) YouTube channel: "[An Experience of Remembering](#)")
(music begins; "Timeless Prayer" from Lemurian Home Coming by Anders Holte)

So let's take a good deep breath, as the lights come down. Oh, so much going on. Such a beauty in what's going on. Oh! Just imagine the memories you're going to have of this wonderful time of your last life on this planet. "Oh god! I want to do it again!" (audience laughs and says "Noo!"; Adamus chuckles) "That whole mastery thing, oh what a blast! Oh! So confusing, so painful, but so good for me. Can't I just do mastery all over again?" No. No, you can't un-know what you know. You can't unlearn what you've learned.

So take a good deep breath, as we go into this experience.
This experience, remember to keep it simple.

It's been said that you have a planning session before you come back, come to a new lifetime. Some actually do. Most don't though. No, most of the time when somebody comes back for another incarnation, they have no idea what's going on. They're drawn by the compelling and magnetic forces of emotions and memories and karma and other people; sucked right back to the planet without the benefit of even knowing where they're going to end up. But we kind of know where they're going to end up. They're going to end up right back with the family that they've been connected to for a long time.

So most people really never have this type of planning session. They go from one lifetime to another to another, tumbling through time and space; tumbling through challenges and difficulties; tumbling through their own demons and darkness; once in a great while surfacing for a bit of air, but not so often.

But you, my friends, you're far wiser than that, and indeed, you did have a time of contemplation before you came in for this lifetime. You weren't necessarily surrounded by a lot of other angels. You had talks with some of the beings, some of the entities. But then you kind of went off by yourself in your own beautiful dimension, knowing that you were going to return to Earth.

You were conscious and aware of it. You went off by yourself, away from all the other entities. Oh, you'd been to Earth so many times. You knew the program. You knew the ins and outs. You knew trees and rivers and skies and storms and snow and deserts and heat.

You knew the beauty, but also the danger of nature.

You knew food and sex. You knew people and their ways. You knew all of that. Nothing – nothing truly was going to be new for you.

You went off by yourself, preparing for your lifetime, this lifetime. It was almost like it was yesterday.

(pause)

And you had a very deep and passionate reason for coming back. Now that deep and passionate reason sometimes has been lost on you while you've actually been here.

Sometimes you've even fooled yourself into believing that you came back to better humanity. That wasn't the reason whatsoever. It wasn't even to find a lost soul mate, because you knew, you already knew that a lot of your journey was going to be alone, by yourself. You already knew. You had a deep passion for coming back. Somewhat of a knowingness that this was probably going to be the last lifetime. You knew there were certain things that you wanted to complete.

In this contemplative time with yourself, you were going through an interesting metamorphosis. **Dissolving through your past lifetime and that identity, dissolving into fragments of your soul Self, dissolving at the same time into this new identity that you were going to become in this lifetime.** It was like all of these images, identities blurring together, dissolving through each other.

Transforming out of your old identity...

Dissolving or kind of going into parts of the I Am...

Feeling the potentials of this lifetime...

What was that passion? What was that passion ... for coming back?

I can tell you right now, it wasn't to make amends. It was not to justify anything or resolve anything outside of yourself. That might have been a peripheral reason, but it wasn't the deep passion.

(pause)

This deep passion wasn't anything that the entities told you you had to do. This wasn't anything you were doing on behalf of your spiritual family or the [Order of the Arc](#). Your service to the *Order of the Arc* had expired.

(pause)

There was a deep passion that transcended anything having to do with resolve the past or save humanity. It was something within you, a burning desire, **a heart's desire.**

It's always been there, although often it eludes you. Often you get caught up in the commotion of what you think you're supposed to be doing here in this lifetime, kind of like the Hatter, the *Mad Hatter* running frantically here and there. But it's still there. I can see it. I can feel it in each and every one of you.

And it's not a justification. In other words, **you don't have to justify being here. It's simply a passion.**

I ask you to feel into that right now.

It goes beyond the memory of past lives. It goes beyond the draw from other people, that attraction, the other people that might have brought you here. This was yours. Yours.

(pause)

Now, I'll tell you, let's go beyond the thoughts right now and trying to define it in words, because it's a feeling. Thoughts would only limit it.

So I invite you to go into the feeling, without words, without pictures.

I invite you to **go into the feeling of that passion**, because that's it, almost undefinable.

So now, take that outrageous breath and go into the feeling.

(long pause)

Take a good deep breath. Actually, quite amazing.

Feeling into your energies, quite amazing.

Take a good deep breath.

Amazing that you allowed yourself to go beyond the thought or the word or the definition. That, my friends, is breaking free.

I asked you to experience something that was very personal, very close and very, very real.

But what I felt most of you doing, actually, in this experience, was letting yourself go outside of the thought. You struggled a little bit at first, but because we're in a safe space, and for even you watching in, you suddenly allowed yourself to go beyond having to define it. There was some makyo at first – makyo being kind of the spiritual b.s. – but you allowed yourself to go beyond that and go beyond the thought.

See, there's a tendency for the human mind to think about why you came here, but it's not really why you came here. The thought, any thought, about why you came here, the passion, is a limitation. It's limited into itself, because it's a thought.

Any thought is limited. Period. No exceptions. Thoughts are nice. They're fine. They're going to come and go. They serve you in some ways, but it's always limited.

So in this experience, then you allowed yourself to go beyond some of the thoughts, because there is that thing, that feeling, that passion that's right there that's causing your aggravation and your anger and your frustration and your unease; your unease, and by the way, unease is far better than disease. And that's where it ends up, if you ignore it. If you're not aware of it, it ends up as disease.

So you allowed yourself to get into a little bit of feeling, and it may have brought up some emotions, tears – emotions connected to thought – but it also brought up for many of you a real sensual experience. Not sexual, but sensual.

And for a moment in this safe space, with some nice music playing, you felt once again. You felt. You had a sensual feeling. Not just a thought, not just an emotion – you had those as well – but a sensual feeling.

Most of you were able to go beyond the definition, meaning the word, having to put it – “*Why did I come here to Earth? Because I want to be a Master.*” (spit!) Those are just words. And even the picture – the picture of yourself as kind of a glowing, floaty being, which is nice – but you even allowed yourself to go beyond that into, if it was even just for a fleeting moment, a sensual feeling. Sensory.

Freedom

That’s what angels are by nature and humans are not. That perhaps, perhaps, without even trying to put words on it, is maybe one of the reasons, one of the attractions to come to this planet in this lifetime – sensory, sensual awareness.

Consciousness. **Consciousness, which is awareness, with its sensual, sensual feeling.**

As humans, you’ve been bored. Bored silly. Absolutely. So you’ve been trying to find ways to deal with it. You tried to be nice. You’ve been having these dueling thoughts. You know, the thought you’re bored; the thought you have to be nice. The thought that you’re supposed to say life is so great; the thought is life sucks.

So you’re going through all this massive activities.

But the activity has actually, in a beautiful way, allowed you to go through this process, as you’re going through, your freedom of yourself. But you have activities to occupy your mind and occupy you, because otherwise it would be so devastating to suddenly be conscious all at once of the fact that control is being ripped out of your life. Control is just being torn away from you, and it’s one of the very things that you identified with. It’s one of the very things that you put out front.

And so many of you in all these activities and in all this kind of a daze and confusion and feeling lost and... but, my friends, what’s happening in this whole thing is **you’re getting back to your freedom.**

Freedom doesn’t always come easy when you’ve been locked up for a long time. I mean, literally. For any prisoner that’s been in a prison, in jail for 20 years, it’s very difficult. They develop habits. They develop patterns and comforts, and most of the time, they do not cope well on the outside, meaning in their freedom, so they do things to get them back.

What’s the rate of return for prisoners who have been in prison for more than, let’s say, 10 years? Up to what, 60, 70, 80 percent. It’s not because they’re bad people; it’s because they have habits. They have systems. They have controls. And once in prison, it’s difficult to exist in the free space. And more than any being in all of creation, I should know. Have I ever told you the [story](#)* ... (some chuckles and a few claps) You knew that was coming. You knew it was coming. (**Adamus’ story of being [locked in a crystal prison for 100,000 years.](#)*.)

So when I say that **you can have freedom or you can stay in limitation, but you can’t have limited freedom.** It just doesn’t work. And you’re trying. You’re trying. I’ll tell you right now, keep trying, because it doesn’t work. You’re either free or you’re not. You’re not.

Comes back to the proposition, the question you asked, *do you have a choice?* Absolutely. You already made the choice a long time ago, every one of you. You wouldn’t be sitting here. **You already made a choice**, and that’s why you’re here, and it’s not always easy.

I ask if you can just take a moment, a precious moment, and just give a little thanks to yourself. We’re not going to do a merabh or anything, but could you just give thanks to yourself. It’s not easy. It’s not easy, but you’re doing it. You stated it. **You made your choice, a while back.**

And, in a way, there are counter choices that you’re trying to do – you and others have tried to do – say, “*Okay, but I don’t want this; I don’t want that.*” It’s like, sorry, the train is moving to Freedomville and you’re on it, and there’s no getting off at this point. Because you made a choice, in a way – and I’m oversimplifying it – but your choice back then was “*I choose my mastery, which is my conscious freedom. I choose that and I will not let any future, stupid, limited choice override that choice.*” It’s kind of a weird thing, dynamic that you put in. You said, “*I make this choice and no matter what I do or say in the future, even if I want to turn back, I can’t.*” You locked in it.

And then, to make it even crazier, you called on me, (some laughter) to make sure you weren’t going to go back. So you’re not. You’re not.

Thoughts

So let's talk for a moment about this whole thing having to do with thoughts. Last month, thoughts.

Thoughts are limited. Every thought is limited. Period. If it was not limited, it wouldn't be a thought. It would be a sensory awareness, a feeling. And there's no intelligence, analytics, judgments or limitations put on a true sensory awareness. None whatsoever. Other than that, every thought is limited.

You're manufacturing a lot of thoughts all the time. They're based on beliefs, and the thoughts then create new beliefs and thoughts. You have new thoughts coming in trying to suppress your other thoughts, and **it's a thought pollution going on.** Talk about environmental problems, your thought thing is creating a tremendous internal environmental problem.

Thoughts are limited. Every thought is limited. Period.

You're manufacturing a lot of thoughts all the time. They're based on beliefs, and the thoughts then create new beliefs and thoughts. It's a thought pollution going on.

Then thoughts create moods.

So you got all these thoughts going on, and **then thoughts create moods.** You can walk around and say, *"I'm in a bad mood."* Why? *"Well, because we just had a cardinal grand something or other. That's why."* No. No. That's not why. It has a little bit of an influence, a slight influence, but you're in a bad mood because of your thoughts.

What Creates Moods?

Now, let's talk about other things that create moods, and then I'll go one step further. *What else creates moods, besides your thoughts? But what other things influence moods?* This is so obvious, it hurts.

"Alcohol."

Alcohol. (some chuckles) That's true. Yeah. Yeah. Let's call it chemical input. Drugs, alcohol. *How is that pot smoking coming along now that it's legal? "Thanks a lot, busting me out publicly."*

Now that it's legal, you can ... *"I went. I did."* ... you can come out of the closet. *"I went and got some."*

Yeah, yeah. *"Yeah. I was not really in the closet."* For medicinal purposes. Right. *"Only to proper people like Linda I lied, I was a good girl. But really the whole time I was having fun. Sure. Yeah. "Maybe you didn't know that. I don't know."*

Look at the limitation of that. You know, that you had to cover up that you were a drug addict ... I mean ... *... that you smoke marijuana? (Adamus chuckles) "You suck!"*

But, but ... *"I was not!"* ... look at, look at that – *"I have to cover up ..."*

"You know, this is hard down here. Okay. You go work 40 hours a week ...and not have a beer."

I would never work 40 hours. Please! *Really?! Can you see me walking into an office?! Trying to find a parking spot? Worrying if I was five minutes late? "If you sat in a cubicle you would smoke a little too."* I would not do it. *Why are you, my dear? "I don't know, man."* Oh! Go in the bathroom. *"Oh fuck! Oh shit!! (audience is saying, "Ohh!")"*

On the toilet! No, on the toilet! Not just standing there, on the toilet. Pull down the pants and sit on that toilet. (laughter) And then we'll talk about your ... see, it's your cubicle. You're just going to your cubicle, the same place you go every day. You drive your car. You worry about being late. You worry about the money, and you go sit on the toilet every day in your cubicle. That's life. We're going to break you of that. Go to the toilet! (laughter, as she goes outside)

~

So where were we? Oh, alcohol. So, what next? What else affects your moods? (someone says *"Weather"*) Let's wait for the microphone, but you're correct.

"The environment around us, including people."

Peop- ... oh, so peo- ... let's put relationships, people. Yes. *What else?* We could do this quickly. *What else affects your mood?*

"Sleep."

Sleep. Absolutely. Sleep, lack of sleep, will really affect your mood, because you're going to be tired, and you're going to be really cranky. Actually – you're going to boo me – to an extent, being tired is really good for you right now, not getting a good night's sleep. *Because you know what?* It's breaking down some of your defenses and your controls and your limitations, because you get so damn tired that you don't have the energy to put up all of these

psychic barriers and walls. So you're just breaking them down. So don't blame me for waking you up at 2:22 in the morning. I have no idea what you're talking about whatsoever. So, yes, being tired.

~

What else affects your moods? (someone says "Thoughts") Wait for the microphone. Yes.

"Lack of time."

Time. Lack of time. Good. Yeah. But I go back to frantic activity – neurotic frantic activity – I mean there's almost a neurotic tendency to do something, especially when you know the end is coming. (Adamus pauses, then chuckles) The end of your old era, the end of your old way of doing things. So it's like you have to keep busy in order to justify the air you breathe and the space you take and you don't have to. No. Actually, eh, no. Please.

Okay, what else? What else? Very quickly, what else affects a mood?

"Music."

Music. Absolutely. Oh, it can be delightful. Yes. Good. Thank you.

What I want you to do is start realizing your mood. Your mood and things that can affect it. *What else?* Quickly, quickly, quickly, quickly!

"Weather."

Weather. Absolutely. Weather affects your mood. Barometric pressure drops, it affect your body. Your body is constantly ... *are you to ready to come back and join us?* (to Kerri) Thank you. *Why didn't you just tell me to go to hell?* You didn't have to go sit on the toilet.

"I thought of it. I couldn't say it."

Here, next time I do that say, "Adamus, I am a Master. Bite me."

"I'm a Master! Bite me!"

Thank you. Sorry that I had to give you the words.

~

Okay. One more. Weather affects you. *What else? What affects your mood?*

"Nature"

Nature. Sure. Nature can affect your mood.

So, to my point, there's a lot of things that **affect your moods**. Star alignments, cosmic alignments absolutely can affect your mood. You've got it going on right now. It doesn't make your day. It doesn't put you in prison or set you free, but it will affect your mood. It will **alter the way you're interacting with yourself and the artificial reality around you**. Very much so.

The reason I bring up moods is because often you become a slave of your mood. *"I'm in a bad mood because ... the weather. I'm in a bad mood because the world is falling apart. I'm in a bad mood, because ..."* Usually, actually 'people' would be number one on the list.

The one that wasn't mentioned here was your **health, your physical wellbeing**. A lot of times you wake up in the morning and you say, *"Does it hurt or not today?"* Yes, the body pain has a tremendous effect on your mood. If you have arthritis, if you have diabetes, if you have headaches, if you have any type of physical pain, it absolutely will affect your mood.

But what happens is that you become a slave of the mood. In other words, *"I'm in a bad mood today, so I'm just going to ... (someone says "Wallow") wallow in it. This is my destiny,"* or, you know, *"it's being inflicted on me"* or *"somebody hates me"* or whatever, or *"I have no management of my mood."* I didn't say *"control,"* I said *"management of my mood."* So you put up with it, and *what do you do?* And again, this is like the weather. You're in a mood and *what do you do?* You hope it'll change.

You hope it'll change, but the fact is that the moods are very ... most moods last about two days, maybe three at the most, the short term little human moods. You've got bigger moods up here, but that's for another *Shoud*.

So you've got these mood and you live from mood to mood. Moods are created by thoughts. Thoughts are not real. They're limited, and you live from mood to mood. And when I say *"you,"* I'm talking about humans in general. **You are moving beyond all of that.**

But what happens here is you start to become conscious. You become very conscious of, *"Hey, these are the dynamics that have been going on in my life. Hah! Here's what's been happening. I thought I was nuts."* You're not. You just haven't become quite conscious of it yet. You're not nuts.

There is nothing crazy about you. **You would only be crazy if you accepted your limitations, and you don't.** You don't at all and that's why you're here. You'd only be crazy if you said, *"That's the way it is and I'm really happy with it."* (some chuckles) I would question. I would really question you. I would say you're either on something or you

have found an incredible way of being so delusional that you can smile. And it's rarely done. Delusional people can fake a smile, but they generally are really tormented inside. But they're so delusional, they can say, "I'm happy. How about you?" Yeah. "Isn't this a wonderful planet to live on?" (some laughter at his fake smile) "I can't wait for my next lifetime." (Adamus chuckles) "Bye. I'm going to go play with the dolphins."

So, my dear friends, moods, they're all around. And what I'm trying to do is **get you to be conscious of these things that affect your understanding of yourself, affect your position.**

There's no magic in any of this. There's no waving of magic wands. There is simply becoming aware of how you got here.

Through my own personal experience, I learned one very important thing in my – ahem – long incarceration in my own prison. **Whatever you get yourself into, you can also get yourself out of.** In other words, no other person's going to do it for you. If you stepped into it, you can also clean it off. If you got yourself into a consciousness of limitation, you can also step right out of it.

***Be conscious of these things that affect your understanding of yourself,
affect your position.***

Whatever you get yourself into, you can also get yourself out of

***You're just going through the transformation. Alchemy happens after the decision,
not before.***

But the question I have asked, particularly the awakening humans, not so much the Masters, but the question I always ask is *are you really ready to?* And we've gone through that in our discussions before. *Are you really ready to step out of that prison, out of your limitations?* And generally what I get is "Well, but..." Those are generally the first words – "Well, but..." Or sometimes, you know, "Yes, but..." or sometimes just "I don't know." (Adamus chuckles) **You can step right out**, and basically you have, and **now you're going through the process of the transformation. You don't have to work at it.** You already stepped out of that prison. It was decided a long time ago, and said, "I'm out of here," because, you know, "It was fun being in that limitation for a while and playing the different roles, and doing the things I did, but I'm done. I'm out."

So now you have made that decision, **it's done and now you're just going through the transformation. Alchemy happens after the decision, not before.** So you're just going through that.

If I can get you to just take a deep breath and **relax into your enlightenment and stop worrying about if it's going to come.** Well, yeah. The question is how it's going to come, and that's up to you.

You take a deep breath into simplicity and awareness, into the I Am, and just let it come.

Now, I want to mention one other thing here very quickly and then do a little – do a true merabh.

Darkness

There's two things that are really challenging for many of you when it comes to moods and thoughts and this whole thing, and those two things are, number one, dark – **your dark side**; your negative side. You just don't want to face it, so you run from it. You don't want to embody it. And I'm sorry, but **you cannot just embody the light.** You cannot just embody the light.

There's a term that we use on the other side, it's called, oddly enough, it's called [anost](#). It's like [gnost](#), but kind of "a" like a-gnost, and it means that there's a bias towards the light. You're trying to be the light. It's not going to work.

And you're trying to be happy and pleasant and the light and the ... it's a spiritual pacifier, and it's just not going to work. And every Master has realized that along the way. It's like, "Oh crap. I am the dark also."

As a matter of fact, there's kind of an interesting social phenomena that's just starting, and you should know exactly where it came from. It's called endarkment. **Endarkment.** You know, we have enlightenment; there's a new social psychiatric movement going on called endarkment. Interesting. I wonder where that came from! (a few chuckles)

Because so much of the mood factor is moving away from the dark. In other words, "I'm in a mood. It's dark. There's something I don't like. I'm going to move away from it."

So there's this tendency to move away from everything dark about yourself, including all the memories you've had of the past and your past in this lifetime and either blotting them out, pushing them away, trying to fix them, trying to process them. No, my friends, **drink them in – the dark, the light, all of it** – because if you're imbalanced to this light, you're going to learn some interesting things the hard way, the painful way.

You don't get to enlightenment through the light. It is also about drinking in the dark.

Now, right away, – gasp! – *"If I drink in, breathe in my darkness, aren't I accepting the bad things about myself?"* Well, yeah, kind of in a way, but they really weren't bad.

Next big hurdle is like, *"Oh my gosh, if I go into endarkment, accepting the dark, what if I become evil?"* Evil. And look at it (he writes on the board). **The word evil is live and it's the veil also.** So, see, this *is Satan*. In English, for those of you who are not English speakers. But in English, an interesting play on the words here.

So you say, *"What if I go to endarkment, allowing my darkness? Allowing..."* Now, *what's the darkness?* Tobias told you years ago. **It's the things you didn't love about yourself. It's your divinity. The things you didn't allow about yourself.** But there is this tremendous fear. *"What if I go evil?"* And *what is evil?*

***You don't get to enlightenment through the light.
It is also about drinking in the dark.***

The word evil is live and it's the veil also.

***The Darkness. It's the things you didn't love about yourself. It's your divinity.
The things you didn't allow about yourself.***

Well, people will say it's darkness, it's ... you know, this is philosophical more than anything, but **evil is simply a mass consciousness expression of suppressed darkness of the individuals.** So many individuals will suppress their personal darkness. Well, this kind of goes into mass consciousness, kind of into the big matrix, and it ferments there, and it gets really stinky, and it's gaseous and it explodes.

A person will pick that up – an individual – and become evil. But in a way they're just an expression of a darkness within all people. It's not necessarily serving all people to have this one person act out evil, but that's exactly what's happening. Somebody just gets kind of like, they get into darkness on steroids, and they go evil. So the question is *what if you endarken as well as enlighten? Will you go evil? What is that?* That's a thought. So I ask you to feel into that, rather than think about it.

What if you also allow what you would have called the dark, whether it's your memories, whether it's your feelings? You know, even this irritation that's so prevalent right now, this frustration, is a little bit of darkness, kind of a gray, you know. We can laugh about it, but if it goes too much further, erghhh, it could be pretty dark.

So what if you endarken, in other words, allow it? To be able to say safely, *"I don't even want my dog with me."* I mean, if you put that in the newspaper in the headline, you'd be right up there with *Don Sterling*. (laughter) I mean, people would think, *"What is wrong with this lady?! She doesn't even want her dog. Is this what the Crimson Circle teaches? They can't stand other people? They find other people repulsive?"* Yeah, actually, and particularly journalists who write stupid stories like that. (a few chuckles)

Now, this leads to one more thing, and this is going to be a difficult one. What we're talking about here is **being conscious of what have been the limitations so that you can really kind of glide into freedom.**

Depression

The other thing is depression. **Depression.** It's an interesting thing. We didn't used to have depression. In [Atlantis](#) there was no such thing as depression. No. Why? Well, because you were always with other people. You always had a project. You always had something to work on together, and it was one big great big – that's where the original *Kumbaya* was, in *Atlantis*. No, literally. There was a place called *Kumbaya*, and it's been picked up and brought into an expression and they even made a song about it! (some laughter) I was there, many of you were there in *Kumbaya*, and now it's a joke. But... (he chuckles)

There wasn't depression back then. Depression is a relatively new phenomenon. **Depression occurs when the thoughts suppress the life force energy and the thoughts suppress the passion of the I Am to the point it creates such a veil that it seems like there is nothing left.** Depression lacks in what I would call a flow of energy. The energy just sits.

There's a lot of energy in depression. If we could find a way to drill into depression, we would extract a lot of energy, but it's sitting in a muck, in a tar. It's just not moving. It's uninspired.

So **depression is the mind having generated so many thoughts and ideas and beliefs and little tricks and little methods that none of them work.** And the mind essentially is saying, *"I don't know what to do anymore, so I'm just going to go into a state of depression."*

Depression is more of a state of animated suspension. Not so animated, actually, it's just a state of suspension. Some would call it nothingness, but it's actually quite full. It's actually very full. And those who have depression would probably argue that, saying there's nothing here. No, you'd be better off with nothing than you are with depression. **Depression is a tremendous amount of uninspired energy.** It's not going anywhere.

So depression is this state of suspended energy without inspiration, motivation, freedom, and it's given up. It's stopped. *So what does humanity do to try to get people out of depression?* They give them drugs, which you know I am not a fan of. And when I say I am not a fan I want to qualify that and say when I speak about that, I'm speaking to you. I'm not speaking to the rest of the world. I'm not trying to be a doctor or a psychiatrist for the rest of the world. I am saying it to *Shaumbra*. And there are very different reasons why you shouldn't – or I would not recommend that you do – versus the general public. But that being said...

So depression, **darkness and depression, are two very challenging factors.** And in just a moment I'm going to ask you to actually drink them in or breathe them in or allow them in.

You've allowed in light and happiness and feel good and all the rest of that, but the fact is there's much more to it. There is energy even in the darkness. There is awareness in your irritation. There is goodness, there is benefit in some of the difficult things you're going through. And the worst thing you're doing, really the only thing you're doing that's kind of mucking it up, **is wondering what you're doing wrong.** And that **will lead to depression,** by the way, because it's a thought. It's a limitation. *"What am I doing wrong?"* Well, there's an assumption you're doing something wrong. And I say to you assume that it's all being done right. And you say, but your mind says, *"Well, I'm not sure I can assume everything. I'll assume a little bit,"* and then you don't sleep at night.

So the only real problem here, and you know exactly what I'm talking about, is you keep saying **"What am I doing wrong?"** And I'm saying **"Nothing,"** and then you get mad at me. We have these long arguments at night, and you say, *"But I know I'm doing something wrong, otherwise ..."* I'm like, no. **You made a choice a long time ago,** to do this, **to transform,** and **you're trying to do it in a single lifetime. And it's working.** And it's working, if you could just breathe that in.

You made a choice a long time ago, to do this, to transform.

You're trying to do it in a single lifetime. And it's working.

It's about allowing. It's about you. It's about drinking it in. It's about stop saying "What am I doing wrong?" Nothing.

So I'll go back to the beginning of this whole day when I stepped forth and said, *"Let's take a deep breath,"* and I got this shallow little weak anemic uninspired breathing. And *Aandrah* came up here and tried to get you to breathe and some of you fell to sleep. And then we've had to talk for the last two hours – two hours – about something very simple, and **it's about allowing. It's about you. It's about drinking it in. It's about stop saying "What am I doing wrong?" Nothing.**

Could you just ... you're going to get through this when you finally say, *"Oh yeah, okay. I'm just going to just stop worrying about it."* You're going to say, *"God, what great memories!"* Not doing that quite yet though.

Merabh to Drink Deeply of Life

Okay, let's take a good deep breath, a little music. Music's always nice. Yes, music does affect the mood in different ways.

(Link to the official [Crimson Circle](#) YouTube channel: "[Merabh - Drink Deeply of Life](#)")

(music begins; "Full Moon Dance" from Lemurian Home Coming by Anders Holte)

Let's take a good deep breath.

And in this very sacred and precious moment, I'm going to ask you to once again let yourself go beyond the thoughts.

(pause)

A Master drinks it in.

A Master drinks deeply.

A Master drinks very deeply of everything – of their darkness, of their depression, of their joys and their light.

A Master drinks very deeply into life.

And here you've been, after many, many lifetimes, you've finally gotten to this point. Been there, done that. Been a bored Master for a little while here, because you've been limiting the flow of energy.

You don't want more of the same old, and I commend you for that.

You don't want more of yesterday.

You don't want more of the same routines and patterns. You should commend yourself for that.

You don't want to keep going through the patterns over and over.

You don't want to just make a living.

You don't want to just have a relationship. Oh, you'd rather have no relationship than just another relationship.

You don't want just to be skimming by with your health, just hoping you're not going to contract some fatal disease or illness.

Oh, my friends, you're so done. So done, and at the same point so ready for something new.

You know it's there. You know that whatever this is, this thing that's beyond the words, you know it's there. You're ready.

Kind of an interesting paradox though, at this point; because you don't want just more of the same, you limit, you hold back.

You don't breathe in like a monster, a crazy monster. You hold back.

So today this whole day is about the Master drinks deeply, breathes deeply, lives deeply, sleeps very deeply.

The Master understands that the only type of control should be very conscious control. In other words, you're conscious that you're deliberately controlling. What is not appropriate is all the unconscious controlling. It happens every day, thousands of times a day – unconscious controls and limitations. It's all right to control and manage, but consciously.

A Master drinks deeply, even into their darkness. Not trying to control it. Not trying to avoid it. Especially drinks deeply of their own darkness, their own sadness.

A Master drinks deeply into life.

And while there may be a concern that if you drink deeply into life right now you might get stuck in it, you might have to come back, you might get lost again. But you won't. You won't, because you've made that commitment and decision to yourself. You won't, because I won't let you.

You can drink deeply into life and not get stuck in it.

*What was it, what was that passion, that deep, deep passion we talked about in our last musical experience? I don't really want to put words to it, but I'll give you a hint. It was to live. **It was to live.***

And not just to exist. Not just to go through life, but after all these lifetimes and incarnations, **the passion was to live.** That was it.

You're not going to get stuck. You're not going to get lost. You're going to live.

You might live irritated at times with people. There might be times when some of the very limited energies and consciousness of the planet drive you crazy, but you can still live. That's the passion. That's the sensual engagement.

A lot of other things happen.

When you live you become a Standard for others.

When you live, you have vitality and health and abundance.

When you live, you inspire others. But the joy, the passion is just to live – wide out, no brakes on, wide open.

***When you live you become a Standard for others.
When you live, you have vitality and health and abundance.
When you live, you inspire others.***

So I invite you to take this moment to drink deeply, to eat deeply, to love deeply, to breathe, to experience all of these things deeply.

The Master drinks deeply.

The unawakened, they drink very shallow. But the Master drinks deeply, fearlessly, without limitations.

(pause)

Now, take another breath, if you would, an unforced breath, but yet a deep breath. *What does that mean?* You're not forcing the breathing in or out, but yet it's deep. *How do you do that?* You just do.

When you breathe deeply without having muscles and force, suddenly that air and that energy just flows, streams, comes into your body, comes into your thoughts. You can breathe deeply without forcing anything.

See how that works? You can drink deeply of life without forcing anything.

(pause)

I love the fact that you're letting yourself go beyond thought right now. I mean, in general these days you're going beyond thought into just true sensory awareness, the sensuality of life. That's the real release. That's the real going beyond the prison.

There's a little bit of it going on here today – just the feeling.

Let's take a good deep breath of life together.

You're moving on to a new stage, a new phase. Literally leaving this space now. It's served you well. You're moving to your new space literally, figuratively. Not always easy. Eh, it's taken a lot of work, they say, to build this new place, taken a lot of money, but it's all there in service.

Same thing is happening to you personally.

You're leaving behind your ancestral biology.

You're leaving behind thoughts.

You're leaving behind mass consciousness, going to your own space now.

Not always easy. A lot of good memories too, but my dear friends, it's what you chose, therefore, it is.

And if you ever have any doubts or fears or concerns, take a deep breath and remember ...

All is well in all of creation.

Thank you, dear *Shaumbra*. Thank you.

10 – Discovery 10 – *Body of Consciousness*

I Am that I Am, *Adamus* of Sovereign Domain.

(He takes a deep breath and opens his eyes) Hmm. Hmm. (audience applause) Hmm. Hmm.
(pause, as *Adamus* begins examining and admiring everything; laughter as he polishes the logo on his lectern)
Hm.

I now proclaim the *Crimson Circle Connection Center* open for enlightenment. So dear *Shaumbra*, your home, perhaps the first of many to come. Ahh, yes.
So, *Shaumbra*, well done. Very well done.

So let's take a deep breath into this beautiful place, this place that, as *Cauldre* and *Linda* said, is truly *New Energy*. The way it came into being, the way it's going to operate, the energies that are being embedded right here.

I don't just see windows and walls and equipment. I see potential, potentials for transformations that will take place right here. And whether you are here in this studio, whether you are connecting online, it doesn't matter. It's the same. We don't

lose anything, particularly when it's built with such passion, with such commitment by everyone who is involved, everyone who contributed and everyone who just put their energy into it.



But when it is done like this, the energy flows right through all of this equipment, right to everyone who's watching online. So even if you're sitting on the other side of the world, you are as connected to this connection center as everyone right here.

I see potentials for what can take place from here. Not just me, not just my stage; this is a *Shaumbra* stage. This is for all who have something to share, something to teach, something to bring to others about the *New Energy*. It's a dynamic that you built into this, not I. It was your commitment, all of you said, "*That's what we want. We're ready for it.*"

Back in January when I said, "*My dear friends, leave. Leave this place,*" I didn't think you'd take it this far! (laughter) "*Leave Coal Creek Canyon; leave the hall and don't come back unless you're a Master and you're really ready for that responsibility and that ease and that grace. Don't come back unless you're ready.*"

My dear friends, that was a magic moment. That was truly a magic moment. It wasn't just some words that I said. It was what you wanted. You were saying it – "***We're ready. Let's get on with it. Let's stop talking about it and let's do it. Let's get into this New Energy thing. Be damned with all the old ways. Be damned with the doubts and the fears and just get on with it.***" Correct? I thought I heard you say that.

"We're ready. Let's get on with it. Let's stop talking about it and let's do it. Let's get into this New Energy thing. Be damned with all the old ways. Be damned with the doubts and the fears and just get on with it."

Enlightenment

So where we are in the *New Energy*, still surrounded by a world of duality. **It is truly a challenge, also an amazing experience, to now be walking and talking as a Master in this *New Energy*, but still surrounded in a world of duality.** Something the other Masters didn't do. They left. They left the physical body. It was difficult on their physical body. They hadn't prepared the physical body.

As a matter of fact, there was almost a rejection of the physical body. So in their enlightenment, they left shortly afterwards. But you said, “*We’re going to stay.*” You’ve come to realize that enlightenment isn’t a mental thing. No, no, no. You can read all the philosophy in the world, and none of it will give you the experience of enlightenment that you can give yourself.

***It is truly a challenge, also an amazing experience,
to now be walking and talking as a Master in this New Energy,
but still surrounded in a world of duality.***

Enlightenment isn’t about knowing everything. **Enlightenment is knowing that you’ll know the right thing in the right moment.** Not carrying around all this knowledge and facts and figures, but just absolutely implicitly trusting you’re going to know exactly at the moment you should know. And it’s not coming from anywhere else. It’s coming from you.

Enlightenment is **truly an experience** that very few have ever given themselves. I would say the bold and the outrageous. Some of you would say the crazy. It’s an experience. You could say it’s integration. It’s a **total integration of yourself. It is the acceptance.**

It is the acceptance of Self in a loving way. It is the recognition that there’s no need for power, and that’s a difficult one. And again, we’ve talked about that time and time again in our gatherings. It starts out as a mental concept or an intellectual concept. But until you allow yourself to experience it, there’s no need for power, because all of the energy that you’ll ever need is here.

You’ve been determined, I guess you could say, you’ve been hard on yourselves, wanting this thing called enlightenment in this lifetime in this body now. You don’t want to wait anymore. You want it now. So we’re moving forward on it. We’re moving into it.

And perhaps the ... a way of summarizing it is saying that **you don’t have to work at it. It’s natural.** You just have to be in it. You have **to be allowing of it.** But it isn’t something you can study. It isn’t something you can stress yourself into. It isn’t something you can discipline yourself into it. You can allow it. You can be at ease with it, and then experience it.

One of the biggest challenges, one of the first things that I want to address with you is this thing about your biology. Your biology. Oftentimes, everything about enlightenment tends to be kind of mental – like a lot of thinking, a lot of thoughts – but you get to this point and it’s time we address the biology.

That’s what I want to do today. We’re going to go into some experiences with the biology.

Being in Biology

Every one of you in the room, every one of you listening in online has some issues with the biology, and it’s understandable because this biological vessel has been foreign for a long time. When you came here to Earth for the first time in your angelic body, your nonphysical being and suddenly started taking on biology, it was very awkward, very uncomfortable.

Now, you spent lifetimes and lifetimes trying to adjust to it, but more than anything, the biology has been like monkey on your back – a monkey that’s constantly smacking you in the head, constantly chittering in your ear, constantly crapping on your back – and you put up with it. You put up with it and you just get used to that monkey on your back, but something intuitively tells you that it’s a foreign object. It’s not really supposed to be there. You’ve adapted to your body, but it’s still kind of a foreign object, not really yours, uncomfortable with it. We’ve talked in the past also about the ancestral biology. You’re carrying your family’s biology and your grandparents and their grandparents and theirs.

To a degree you get it, but there’s still this very conflicting, sometimes combative and always foreign relationship with the physical body. But if **you’re going to go into your true mastery, into enlightenment, that body is going to go with you.** That body is going to be integrated, one of the things that the other Masters prior to you did not do. As a matter of fact, they spent many lifetimes trying to deny the body and trying to even manipulate the body, control the body from the mind. It simply does not work. But if you’re going to go into true enlightenment, be a true walking Master, **it’s essential that this body is healthy.**

Now, there's actually two huge issues. The body, and the other one is abundance; we'll save that for another day. You tend to want to ignore your body, but then it screams out at you. You tend to want to just pretend that body is going to, like the monkey on your back, just going to follow you into enlightenment. But then it has aches and pains. It gets sick. You worry about it. You go out of, what I would say, a higher form of consciousness worrying about it. You start fretting. You start getting back into some very old patterns.

That body can stop a Master dead in their tracks – literally dead in their tracks, but also just stop them – for *how can you enjoy life, how can you have enlightenment if that body has aches and pains or diseases or is falling apart, or if you just don't love that body?*

I want you to take a moment to just feel into your physical being.

Many of you are at the point in your life where you measure according to mass consciousness, you're 50, 60, 70 years old, and you say, "Well, I've got 'x' number of years left – 10, 20 30 years left," and you put up with that. You tolerate that. In spite of all that you've learned along the way, in spite of all the enlightenment, this body is like a boat anchor at times. You say, "I've got 20, 30 years left. I wonder if I'm going to get cancer. I wonder if I'm going to get Alzheimer's or Parkinson's or some other disease."

And, you see, at that moment you start thinking that way, you separate your I Am-ness, your [Body of Consciousness](#) from your physical body. You don't **let that physical body into the Body of Consciousness** concept. It's this rather crude foreign vessel that you're having to drag around.

Imagine for a moment, feel for a moment that that body is rejuvenating, that your body is an efficient network and that the body is coming to life and not dying, that that body is your dearest friend.

For many of you, it's very hard to imagine. *Body as the dearest friend? The body? The thing that can betray you?* You've seen other people die, get sick and die, many of you your own parents. Ah. And it raises the issue, "Is that in my DNA also?" The doctor will even ask you. "What's your family history? Well, you're screwed, because you got the same basic thing. Parents died at 71; you might go to 72."

So there's a myriad of overlays and fears associated with this, and it's one of the two – well, three – primary issues right now that's keeping you from getting over that hurdle. I hear some of you saying, "But Adamus, so I asked for mastery. I said I wanted enlightenment, so where is it?" Well, it's there, but **part of the issue is the physical body**. It's not always fun to talk about this. There are other subjects that are a lot more enlightened – a lot lighter – than talking about the physical. But in working with each and every one of you, feeling into the energies, what's going on, I felt it important today that we talk about the biology.

Integrating the Biology

This biology, your biology, my dear friends, **it's time to integrate it. It's time to bring it in. It's not about fixing it or repairing it.** A lot of you have been trying to do that from up here or somewhere or going to the doctor or taking a lot of different medications. Let all that be gone. **It's time to integrate it.**

***Your biology, it's time to integrate it.
It's time to bring it in. It's not about fixing it or repairing it.***

Now, I say that and some of you say, "You want me to integrate this?! You want me to bring this into the Body of Consciousness? Don't I need to fix it first? Don't I need to heal it or make it younger or something?" No, not at all. It's about absolutely integrating it, breathing it in, right into the Body of Consciousness. Right in there in this beautiful soup that includes your mind, your Spirit, the I Am-ness.

There's been a big reluctance to do this in the past, but today – what a beautiful day to do it. What a beautiful day to integrate.

Now, we're going to get into a merabh in just a moment, but I want to remind you it's not thinking your way into it. You're not going to think your way into it. **It's allowing.**

You may feel some resistance because you're going, "Well, this body? Me? Have I really gotten rid of the ancestral DNA? Am I really ready for it?" Absolutely. Absolutely.

There is going to be an expectation that suddenly after the merabh you will look in the mirror and you're 30 years younger. (some chuckles)

But it's not about looking. It's not about ... It's not about looking younger, you see, and that's where a lot of the problems have come in. You say, "Oh, I'm going to breathe so I look younger." No. Or "I'm going to breathe so I'm more beautiful or have more energy." More energy. No, it's not about that.

Those are perhaps results or those are things that occur after you truly allow the integration. Shedding weight or having knees or hips or other parts of your body. But we're not going to focus today on healing something specific, on healing a disease or a deformity or anything else. Today is going to simply be **about the integration of your physical being the way it is**. The way it is right now.

Now here's a little secret. The way it is right now is actually very beautiful. And I know some of you, particularly if you're very ill or you're in a lot of pain, you say, "I don't think so." But **the potential** and the reality actually of this integrated healthy, energized, physical being is right there. Is right there. We're not going to be pulling it in from somewhere else. We're going to do several exercises, the second or third exercise we do today will seem like we're pulling it in, but it's really not. We're **going to be bringing it forth**.

That body of yours, the biology, has all the potential to be graceful, energy efficient. **It has all the potential to be your light body**.

And as we go through the merabhs today, that's exactly what we're going to be doing. We're going to be allowing the transformation of your physical being as you know it right now. Faulted or imbalanced or if it's beautiful, no matter what, we're going to be **allowing that transformation from your current physical state into the light body**. Don't ask me how long it takes for the transformation. There are a variety of different factors, and it doesn't really matter, because as you've heard in the story of this Center itself, time is rather irrelevant. Funny things happen along the way. It just occurs. We don't need to plot this out. We don't need to have to set a time to it. It just occurs. It's just there. **The best thing you can do is to allow it, to trust it, that it's happening**.

You can fight it. You can resist it and say, "Well, is this really happening during this merabh? Did I really ..." (Spit!) Take a deep breath, relax, because today, indeed, we are going to be integrating the biology into the Body of Consciousness, transforming this biology into your light body.

By the way, we'll do several experiences, and please no thinking. *Do you understand that?* Understand when I say no thinking, you don't have to focus on "I am doing this merabh. I am bringing in my light body." That actually is a distraction and it also provides some barriers. It's about just allowing the integration of your physical body into your Body of Consciousness. This boat anchor that you've been dragging around, trying to patch up and repair, trying to fix up, we're going to do it today.

So take a good deep breath, and let's begin some nice classical music for a change.

(music begins; several tracks from the album "[Gentle Spirit](#)" by Bernward Koch)

Biology Merabh

(Link to the official [Crimson Circle](#) YouTube channel: [Merabh to Integrate the Light Body](#)).

Take a good deep breath.

Here we are in the new *Crimson Circle Connection Center*. How appropriate, *because isn't this your new body in a way? Symbolically?* That's why I wanted to use today for doing this experience in the physical.

Take a good deep breath and feel into your physical body.

A physical body – flesh and bones and organs and blood, cells and DNA, stuff that actually you don't even need to know about to go through this transformation. Actually, I would say it's almost easier to go through this if you don't know a lot about the science and the physics, because you tend to get a little caught in the mind.

Feel into this body of yours. Well, it's about as much yours as that name that you go by. It's not, really. It was given to you by someone else.

Ever since you came to this Earth and became embodied, took on the physical, you knew somewhere within you that there would come a day when this body would transform. When this body would no longer just be physical biology. You knew that one day would come true embodiment. Not just walking around in physical, but true embodiment and integration.

And that day is here. That day of integration is here right now. And, again, the beautiful thing is there's nothing you need to do other than to let it happen.

The whole idea of a physical body is so that you **can experience the elements of duality, of time and space, density; so that you can experience what it feels like to walk on the ground and breathe the air.**

The body allows you to see a sunset. As I said when I began today, I kept my eyes closed – or Cauldre’s eyes closed – until today, because through the human eyes and through this sense of vision, through this beautiful physical part of you – your eyes – you can be in the world. You can see the world.

You have all the different human senses that allow you to have a sensual experience in the physical body. Oh, what some angels wouldn’t give to have this – the ability to touch, the ability to have a fine meal, smell the fragrance of the flowers.

The body allows you to have a sensual experience on this planet. But the body also has been a source of consternation, threat, fear, disappointment. The body eventually wears out, causes this thing you know as death. It’s interesting because people fear death, because they think it’s more than just the death of the biology. They think it’s the death of the identity. It’s really just the body letting go.

The body has given you aches and pains. You know what it’s like when you’re sick, you have a cold or the flu. It’s hard to even think about enlightenment or to put a smile on your face. And as you get a bit older you start seeing the wrinkles, the gray hair, you try desperately to patch them up by buying all sorts of creams. I think next time we gather here in the Center, all of you should bring by all the creams and ointments and medications that are in your medicine cabinets and cupboards and closets and garages and rented storage units and bring them and just dump them off. *How much money have you spent on that? How many of them have really worked?* They may work to a small degree, but ultimately not.

So you look in the mirror and you’re disappointed – disappointed with aging, the biology. You hear me talk about your ancestral biology, and you curse those mothers who gave you that body – and fathers. You say, *“Why did I end up in that damn ancestral line?”* Well, you started it a long time ago. And you’re about to end it.

So the body allows you a sensual experience. It allows you pleasures. It allows you to be in this reality. It’s also a source of a lot of issues. It’s been one of the three main things that have made this move into mastery rather difficult. Some of you have some real issues right now. The rest of you have the potential for some real issues. *Why is it that spiritual people, those who really are on the spiritual path, why is it that statistically they probably have more health issues than others? Why is it that those who are what you would call health fanatics tend to have more issues?* Not just that they’re obsessed with it, but actually they’re more sensitive to it. As you come into consciousness, you start to realize that this body thing is a tough thing. It’s got to change. This body thing is really holding you back.

Oh, the other Masters have gone through the same thing – *“If it wasn’t for this damn body, I could be enlightened.”* This body that has a tendency to get a little addicted to things, a little too pleasure-oriented, or this body that tends to fall apart. So there’s this real interesting dynamic with the physical.

You try to fix it; try to repair it. You try to go to every type of therapist and doctor, alternative practitioners. It’ll put some bandages on it, but ultimately a lot of the core energy is still there. A lot of the core imbalance is still there. So what I would like to do right now, without any hocus pocus or many more words, is say **let’s just go into the new physical, the new biology. Let’s integrate that body that you have right now. Let’s integrate it into the Body of Consciousness.**

How do you do that? By taking a good deep breath and allowing.

***Let’s just go into the new physical, the new biology.
Let’s integrate that body that you have right now.
Let’s integrate it into the Body of Consciousness.***

Taking another good deep breath and relaxing into your new body.

The body is actually essence. It’s essence. In other words, what science will see is tissue and organs, bones. But at the core, the body is the essence. It’s part of the I Am, part of the Body of Consciousness. It’s a way for the I Am to be in deep experience.

It doesn't have to be bones and tissue. It doesn't have to be hair and eyeballs, tongues, toes. That's just the way it kind of ended up. But it's really essence, beautiful essence.

Part of the I Am certainly doesn't have to track along an old ancestral pattern. It doesn't have to conform even to the way other humans look. **The body is the essence that allows you to experience your creation from within your creation.**

And right now as I'm speaking, or really distracting, the music is playing, it's happening right now, because you've created this, is that old biology – not old like in your age – but the old patterns of biology are literally transforming, right now.

The amazing thing is that you don't have to push it. I'm not pushing it. I'm not doing this. You are.

You're finally taking a deep breath, stopped fighting the body, stopped running from the body and said, ***"This is mine – my essence, my way of expressing myself."***

As we sit here on this opening day in this beautiful new Center, it's happening. It's happening. It's really releasing a lot of old patterns, **transforming from a very old biological structure into what you might call your light body.** Your light body wasn't resident somewhere else in another dimension. It was always right there. It was always right there. The light body doesn't come from heaven or some angelic storage bin. The light body was the essence – the essence of embodiment, the essence of the senses, the ability to be within other dimensions and elements, in this case, your earthly dimension. It was always there, that essence. It's what you would call the flame or the passion of the body.

Forget about the size or weight or age. Just feel for a moment into that essence – the passion, the sensual passion of being in body. That's the light body, my dear friends. That is the light body.

Take a deep breath and, without any effort whatsoever, **allow this transformation**, this alchemy out of very, very old patterns.

I love this because this is so easy for me today in a way, because this is something that you've desired. You've thought about it, you've worried about it, you've stressed – such a desire to have that light body.

Just like you've created the energy for this *Connection Center*, you're now creating that potential, bringing it in for the light body.

Forget about the details. Forget about how much younger you're going to look. Forget about how that cancer is released from your system. Forget about that family history of heart attacks. Forget about your diets. Forget about all that. That was all a bunch of [makyo](#).

I'm even going to ask you right now in this merabh to forget about your [anayatron](#). Tobias and I have talked about the anayatron, your body's light network, *but guess what?* That's going away. That was the old placeholder for your true light body.

It was there. It was real. But it was just a placeholder until you were ready to accept the essence, the light body. It's going to be transforming as well. You don't need it anymore.

As you **integrate the physical into the entire Body of Consciousness**, there is no reason or no need for some network, some system that communicates back and forth within your entire body from cell to cell. There's no need for it, because every cell is always in communication, always has the entire essence of the light body within it.

As we sit in this profound and sacred space, allowing the integration of your body into the I Am, I'm also going to ask you to start letting go of those diets and regimens that you've been on. If there's anything that I would **recommend for the light body – some breathing, a little light exercise like walking, a little bit of water.** Stay hydrated. It's that simple.

I can already hear the questions – by the way, I will be taking questions later – *"Can I eat chocolate chip cookies all day long?"* I would, if I were you. And I can hear the other questions, and again I will take questions later, *"But Adamus, I'm allergic to certain foods."* Not anymore. Not anymore.

Then I hear you saying, *"Adamus, I've been working my whole life on this biology thing. Can it be this easy? Is this just something, a little feel-good that we're doing today?"* It's up to you. I don't care. You can actually have that complete transformation right now or you can continue on with what you've been doing. It's up to you.

So let's take a good deep breath right now.

The other question that's bound to come up – *"Can it be this easy?"* Well, you're Masters. *Why not? Why not?*

There's going to be a tendency later today to walk out of here and say, *"Oh, I didn't get it. Everybody else got it, but I didn't get it."* Well, first of all, you're not that special.

First of all, you're not that special and yeah, you got it. You got it. It's right here. Just let it be now. Oh, you can play the game of doubting. You can play the game of, "Well, *nothing happened*," or you can just get it.

So let's do it again. Let's take a good deep breath.

We had a wonderful experience in our [ahmyo](#) retreat when we talked about abundance.² Ohhh, it was like slamming up against the wall the first time. The second time it would be like setting oneself on fire. But the third time, we got through.

So let's do it again. Let's take a good deep breath. And *do what?* Well, do nothing is actually what we're doing.

Allowing. I guess we're doing allowing.

Biology Merabh – Take Two

Let's take a good deep breath. Let's go through the facts.

You are consciousness. Your consciousness brings in energy. Your consciousness wanted to have a really sensual experience and it said, "*Bring in the energy of this thing called the body.*" So you created it. You've been living within it for about a thousand lifetimes or more.

You've been living within biology that ultimately was kind of mixed in with everybody else's biology, especially your own bloodline. So ultimately, it wasn't really yours.

But suddenly you awakened. "**Whoa! I want my body. I want my energy, bringing my body in. Goodbye family.**

Goodbye mass consciousness. Goodbye old templates for physical. I'm moving into my light body starting today."

***"Whoa! I want my body. I want my energy, bringing my body in.
Goodbye family. Goodbye mass consciousness. Goodbye old templates for physical.
I'm moving into my light body starting today."***

So you take a good deep breath ... and then you just allow it. It's that simple.

Imagine being a Master and the body just flows with your passion. **Imagine being that Master and not feeling tired and achy, that Master that your body just rejuvenates easily, quickly.** Yeah, even if you drop a brick on your toe and break it, it's okay. Don't try this right away. Wait a day or two. You drop a brick on your toe and you break your toe. "*That's okay, because I am a light body. I'm not a physical body. I'm my own essence. I'm my own Body of Consciousness. I don't have to wait for that poor toe to heal two or three months.*" No. It does it right away.

Take a good deep breath, my dear friends, into your body. Your Body of Consciousness.

There's still a lot of chatter going on. "*But, but, but Adamus, you don't understand.*" Normally, I'd say shut up, but I won't say that today because this is a sensitive issue. Ehh, I'm going to say it. Shut up! (laughter) A lot of chatter going on. "*But Adamus, you don't understand my issue.*" I do. "*Adamus, you don't understand how hard this is.*" Really? "*Adamus, if this doesn't work, I'm going to be devastated.*"

No, you're already devastated. This is going to work. (more chuckles)

So let's do it again. Let's take a good deep breath, *okay?* I'll go back to the basics.

You're in this body right? And I assume you don't want to leave the body. *Anybody wants to leave the body?* (a few people say "No") Okay. So I assume you want to stay in the body, but you want that body to be yours. You want it to be energized. You want it to be healthy, responsive. What you really want is that body to be really sensual – feeling, sensing things.

As much as your consciousness got kind of dulled over the ages, your body's gotten really dulled. The hearing is going out and it can hardly smell anymore – no, not that you smell, but your sense of smell, anymore – and the eyesight. All this! Oh, it's so depressing. It's really depressing.

So your body is just a way of feeling and expressing, and it doesn't have to age. It doesn't have to wear out. It doesn't have to have disease. It doesn't. I want to leave all that behind, for all of you. Some of you are falling asleep here online.

You, you feel asleep here. You're so worried about your body. Wake up in there. We need a little more lighting back here. (the lights are turned up) Wake up. I'll go to a different camera, over here. You. We'll go do Asia over here.

² Please also read: "[Addendum J: The Ahmyo Life](#)"

Good. (some chuckles) Wake up! Wake up. We're going to rejuvenate that ... that ... (Adamus blows a kiss) to you too ... to that body.

Okay, lights can come down again. So let's go at it again, and we're just going to keep going at it until I feel we've broken through it. Okay.

You're getting too mental. You're wondering what the hell's going on here. So am I.

Biology Merabh – Take Three

Okay. Take a good deep breath. Thank you for the music.

The body is just an extension of the spirit. It's a way to experience on this planet. The body doesn't need to get sick. It doesn't need to hurt. It doesn't need to get low on energy.

***The body is just an extension of the spirit. It's a way to experience on this planet.
The body doesn't need to get sick. It doesn't need to hurt.
It doesn't need to get low on energy.***

Today, we are **integrating the physical into the entire Body of Consciousness, into the I Am.**

As you do, as you just allow it, **stop thinking about it; as you allow it, a transformation takes place.** An alchemical process takes place that releases you from ancestral biology. It releases you from mass consciousness concepts about aging. It releases you from a very *Old Energy* structure.

And in that release, in that alchemy, it allows the essence body, some of you call it the light body, but it's the essence body.

So you take a deep breath ... and you just allow it.

An amazing little thing happens. The transformation just starts taking place. No matter your age or your current health, no matter how spiritually wise or stupid you are. It doesn't matter. Oh, by the way, spiritually stupid is much better than being spiritually wise. It doesn't matter.

So you take a deep breath ... and you just let it happen.

I'm sorry. I have to stop the music again. We're still getting resistance, a lot of resistance.

So, not sure what's going on here – not just here, but out there (online) too – and not quite sure if it's, oh, lack of trust in yourself that this is really going to happen or hmmm – why didn't I think of this sooner – you're really invested in that body. You're really invested in it. As much as you've been saying that you want it to be healthier, you want it to be your light body, I'm sensing a pretty deep investment in that body.

Kind of a weird love-hate relationship, almost afraid to let it go, you want to hang on to parts of it but let go of other parts.

So why is this? Why is this?

Maybe fear of what might happen next. Possibly. Maybe actually in a strange way, not to play psychologist here, but in a strange way actually you love this experience in the body. You really love it. And actually to think about not having that anymore is a little bit sad also.

So you're kind of caught in between. Like having low energy and your senses aren't working and you're getting old, but also this other dynamic of *"I actually really like having this body. I really like this whole physical thing. And it sounds kind of boring just to be an angel in a light body."*

So what do we do?

Well, I'll go back to the beginning and we'll play a little music again. We'll go at this again. (music starts again)

Please understand **we're just integrating, bringing the physical into the Body of Consciousness.** We're not getting rid of the body, my friends. We're just integrating it or sucking it right up into the bowels of your consciousness.

I had to do something to break this dense energy in here, but that was a good visual. You can quote me on that and you can do tee-shirts also.

Sucked right up into the bowels of your consciousness. Let's do that. Let's get that music going.

Take a deep breath. Relax, relax, relax. All this stuff going on here, yeah, and freezing you at the same time. (the room is quite cool) It's like a meat locker. (laughter) *Perhaps we could do a little something on the heat in here, dear technicians?* (audience enthusiastically agrees) We'll have frozen bodies before we have enlightened bodies! (laughter)

Biology Merabh – Take Four

Okay, let's take a really good deep breath, all right. A really good deep breath.

We'll bring in a little warmth, maybe a little more exciting music. And we got some laughter going here. Okay, we're going to go at it again, and this time it's just letting the physical integrate – total integration into the Body of Consciousness.

What does that mean? I don't know, but let it happen. *Let it happen, okay?*

We're bringing the physical to a whole new level.

So you take a good deep breath.

Okay, here we go. No music, sans music. We're going to do this raw. We're going to be gritty about this. We're going to do some bowel sucking right here. (laughter)

The funny thing is that, as I say this and we joke about it, I see some of you in the chair in the chair ... (laughter as he makes a funny face and movement) I see it. These are brand new chairs! (more laughter) You're not supposed to bring that up.

Let's take a good deep breath and let's turn down the houselights a little bit.

Okay. Now, now we've broken through the energy. Good. I think we can do it.

Take a good deep breath.

Transitioning from the old biology, really clunky old system, into the essence body, the light body.

It's much more efficient with energy, rejuvenates itself, a body that releases imbalances and toxins easily, quickly. A body that can have things like the elements or the potentials of cancer, but doesn't activate them, doesn't trigger them, knows exactly when to release them. A body that is sensual and sensitive, but not so sensitive that suddenly you can't handle a few particles of dust in your nose or a little bit of gluten in your belly. **A body that is adaptable and flexible. A body that is at ease in this world. A body that is at ease in your Body of Consciousness.**

A body that is truly representative of your consciousness, your I Am-ness, your body. You.

Take a deep breath and bring it in. Let it meet that old body that you've been walking around in.

And now let that alchemy, that beautiful transformation occur – the old body now integrating into the new body, and the new body integrating into the I Am consciousness.

And just sit with it for a moment. Let yourself be comfortable with it.

Let yourself be at ease in body.

There's no physics you need to figure out. There's no focus you need to have. It's just about allowing that, and then it is.

When you go home tonight, mark your calendars. This was the day. **This was the day that the Master took their own biology. This was the day that the transformation started.**

And please don't start saying we did a healing today. We did not. We did not. It was **an allowing of the light body, the essence body, into the Body of Consciousness.** The integration of biology into Spirit, that's what we did today.

The end result may be healing. It may be a more youthful appearance. But we did not set out to do a healing. We set out to do an integration, and here it is right now.

Take a good deep breath and relax now into your light body.

Take another good deep breath and let yourself relax into your essence body.

Take another good deep breath and let that light body, that essence body be activated, be active right here, right now. Not in your mind, not even in your old physical body, but just right here, right now.

You could say that we integrated and then activated the light body right here today.

Take a good deep breath and relax into it. Allow it.

And so this time it worked. Good.

Deep breath. Deep breath. Good.
Now ... if we could get the lights up a little bit.

Mathematics and An Experiment

Now, we're going to do something a little strange. (some laughter) It's like, "*Master of the obvious.*" Everything we do is strange!

Now, we're going to do something a little interesting, strange-interesting, and it may seem to be a little out of line with some of the things that I've talked about before in terms of sovereignty, but actually I hope you can see and understand that it is very sovereign what we're going to do next.

If you look at mathematics, simple mathematics ...

One plus one typically equals two in mathematics. However, in human energy dynamics, one plus one equals 2.0001. *What does that mean?*

You put two people together, they combine their energies together, you get a little tiny, tiny, tiny bit more output than one person by themselves, unless they're energy feeding off of each other and then you get a negative effect. But generally, **if two people have an idea to do something and they combine their consciousness and their energy and their passion, you get a little bit more outcome from two.**

***If two people have an idea to do something and they combine their consciousness and their energy and their passion, you get a little bit more outcome from two.
In the case of Shaumbra, one plus one can easily equal five, maybe six, seven.***

In the case of Masters, **in the case of Shaumbra, one plus one can easily equal five, maybe six, seven.** In other words, when a true Master who doesn't give a damn about anything else – and that's kind of what being a Master is about, you don't get all caught up in stuff – but when two Masters or more combine their passion, their consciousness, their desire together, you can get one plus one equals five.

It's, in a way, what happened here. You all combined your energy, whether it was financial, whether it was your actual working, whether it was just your energy, and suddenly you've got this great new home.

So now, we just went through an exercise of integrating the body into the light body, into the Body of Consciousness, but I want to do an experiment here, and this is truly just an experiment. What we did before was not. That was child's play.

But I want to do an experiment in this room, and we're going to bring in everybody in online as well. And we're going to have a little bit of our own Kumbaya moment. (a few chuckles) But there's some interesting energy dynamics in here.

I ask the question – and we're going to find the answer pretty soon – what would happen if we took 70-some Masters in the room here plus thousands and thousands of Shaumbra Masters listening in online, what would happen if we all connected our energies as Masters, not as needy being, but as Masters, whole beings; *what would happen if we combined that all together? What effect would that have on your integration and your integration and yours?*

And I would like to find out right now, with the assumption that theoretically when we all connect, let's say holds hands, and connect, and connect with everybody online. Okay, when I say go.

What would happen in a Shaumbra consciousness, a Shaumbra potential for the very fast and graceful integration of the light body into the physical? I don't know the answer, but I think we can find out.

So, I'll go through the basics. You just did your own allowing of your light body. It's going to happen now. It's the integration into the Body of Consciousness. So the body isn't just some thing you're dragging along. So it's all integrated – consciousness, energy, mind, gnost, body – all together.

What happens now if you stand up (audience stands) and everybody has to be part of this.

Okay. Music's playing, let's take a good deep breath.

You are a Master. You're connected to another Master. We're connected with Masters viewing in online from all around the world and connecting with Masters who will come a month, a year, ten years from now to this moment that we share together.

You're a sovereign being who has crossed over that line, that biological line, allowing your light body into your Body of Consciousness. **Bringing the light body into this physical reality called Earth to experience life in a new, healthy, balanced and energized way.**

Bringing the light body into this physical reality called Earth to experience life in a new, healthy, balanced and energized way.

And as you, dear sovereign Master, connect with the other Masters holding hands, sharing passion, sharing desire, *what happens? What happens with that old equation 'one plus one'? How far can this go when this many Masters, conscious Masters, share the moment? How far can the energy expand beyond just the One?*

This can only be done when **you allow yourself to be whole and sovereign, when you are the One.** Not a half, not three-quarters, but the One. When you are the One, you stand here having just allowed your light body in, when you are the One and you share with the other One and the other One's, *what happens to the potential, the transformation and the integration?*

Let's take a deep breath and just allow it to expand without limits. Allow it to expand in a *New Energy* way that defies all the old physics, defies all the old protocols. *How far can the One go when they are side by side with another One?*

We come to this point of embodied mastery to say, ***"I am the body. This is my body, my light body. Through this I will experience my life in a new way, in a healthy way. The body has in many ways kept me prisoner up to now. But now the body is my way to freedom, my way to freely experience this sensual reality called Earth. I am the body. I am the Body of Consciousness. I Am that I Am."***

Take a good deep breath as the One, you, connect with the other One's.

How much light can come in? How much integration can be done in this moment? (there is a rumble of thunder; some chuckles) Oh, you're good *Shaumbra*. Oh, you're good. (a bigger roll of thunder; much cheering and applause from audience and *Adamus*) Thank you. Thank you. So good. Excellent. See, it really is that easy.

Questions & Answers

So I do want to take a few minutes to answer some questions. Let's not get too mental about it, but I know some of you have a burning desire to ask a few questions about biology.

~

"Hi, Adamus. There's a new age thing going around, like if you ask why you got sick, they will tell you because you did something inappropriate, or I hate to use the word wrong. But, you know, it's your fault. And so if we're truly integrated, does that mean we'll never get sick again?"

Oh, no, no. You'll get sick.

But you'll realize it'll be a different kind of sick. First of all, it won't be so painful. Secondly, you'll know in a moment exactly ... your body's not going to be over there apart from you anymore. It's not going to be this strange thing you're dragging around. You'll know in a moment, *"Oh, it's time to get sick,"* which basically means going off on your own or taking a few days off. But it's not going to be the vomiting, puking, sweating, achy, type of thing anymore. It'll just be, *"Oh, I feel kind of the ... I'm kind of shifting down the energy, ratcheting down. I'm kind of doing my annual cleansing or semi-annual cleansing."* Natural cleansing. Not the type that most of you have been doing. This is not medical advice. This is wisdom. Neither Cauldre nor I are doctors. We're smarter than that.

So yes, definitely not medical advice, thank god.

So many of you are obsessed weird about your bodies. So you're always polluting it with things, and you call it alternative natural. And that's not natural, the things you do to your body. Even if it's from ... you're taking seaweed extract and sticking it in weird places. That is just weird. This is just the epitome of weird. That's scary weird. Really weird.

The healing, the transformation, whatever, the rebalancing is so natural it's almost funny. So you are going to get sick once in a while, but it's not going to be the old type of sick. You're going to be down for a little bit. You're going to want to just sit around and listen to some nice quiet music. You're going to want to enjoy a nice glass of tea and not see anybody for a day or two. And that's it. That's it. And that's the new sick.

Seriously. And, you know, if you take a razor and run it across your hand, *will you bleed?* Absolutely, for just a little bit. Cauldre's saying, "*Do not try this at home,*" but ... all right, you have a little accident and you bleed. But you'll notice that first of all it heals faster, because you're integrated now. It's not this weird biology. It heals faster and there's not going to be some great big scar.

"What if you're in pain and you just want to get out of the pain?"

Pain is a way of, you could say, your inner self telling you there's something out of balance. So if you're a Master and if you've integrated your light body, pain essentially is going to go away. Now, it may happen overnight; it may take a little while longer. But the whole concept of pain also is a type of metaphor with your discomfort with your physical being, not loving the body, not integrating the body. So pain essentially goes away.

Now, there may be – and I will put this footnote in there – there may be a little discomfort as you're going through this transition from your old physical body into your light body, because it's kind of awkward and disruptive for a little bit. But it won't continue for very long.

~

"I have a problem. I'm losing my vision in my right eye. Do I approach it by going to a doctor and having surgery or do I wait? And I know that's giving medical advice."

Yes, sure. I don't mind giving ... (some chuckles) *"But that's what I need."*

Well, let's look at this through the eyes – through the eyes – of common sense. You can go to the doctor anytime. But once you go, it's kind of sending your body a message.

So what do you do? Well, *would you just give this a chance for a little bit?* Would you just allow the vision to come back ... no, it won't come back that way. It's going to ... the vision will re-identify itself or reconnect itself in a very different way. *So would you just give this a chance for three months?*

"Okay. I will."

Good. It's totally up to you. And I know that's going to be an issue, and I know your social media sites are going to light up with all the questions and ... with all the questions about this. *Could you just, all of you, just give it a little bit of a chance?* And I know you're going to worry about it, I know you're going to wonder. I know you're going to wonder if this is the right thing to do. And if you feel the need to go to the doctor and have surgery, that's fine. Surgery isn't going to prevent the integration from happening, but it will delay it.

~

"Hi Adamus. I have epilepsy. So if I don't take medication within 48 hours, I could go into a convulsion. So I don't know if I have three months for something like that. What would you recommend?"

Well, first of all, you don't have epilepsy.

First of all, you actually ... You've bought into it. The epilepsy is a way to ... it's kind of a nice distraction from some other things. So one way or the other it kind of doesn't matter. You can continue taking the medication, because you've been doing that for a while. But pretty soon you're just going to realize, *"Well, maybe what if I just wait a little bit, wait a little bit longer in between taking ..."* and suddenly you're going to realize that it was a very old affliction, actually very, very old. You actually don't need it anymore. You don't need it for lesson. You don't need it to, you know, whatever, whatever. And you just let it go. You'll just know when to let it go.

But in the meantime, if you've been doing things for a long time, if you have patterns of doing it, you can continue and then you just realize you don't need to do that anymore. That epilepsy was from the old body. It's not part of the new light body.

"Okay, and my original question, what about smoking cigarettes?" What about? You have one? *"Or marijuana?"*

If you like to share, that's great. (laughter) I'll tell you this. In the light body, all these things, all these old rules don't apply in the light body. The only thing that applies was, *"Do I feel like doing that? Is it something I'd like to do?"* But in the light body it doesn't matter. It ...

That's ... that's – that is ... that is literally cleansing, washing away that old physical body. Yeah.

The light doesn't ... things like, you know, *"Is this good? Is this bad?"* It doesn't care. To the light body it's just an experience. And you're thinking in terms of *can something damage the light body?* No, it cannot. It cannot. You think in terms of the old dualistic physical body that certain things are going to put it out of balance.

There is as much control and power and games and manipulation in things that are supposedly healthy and environmental and natural and holistic. It's filled, laden with as much power and control and manipulation as conspiracy plots and dark governments and all the rest of that. It's just another form of power and control. Let go of all that stuff and what everybody's told you about what to eat and drink and smoke and dance. Be free in body, mind and Spirit. Yeah. Thank you. *"Yeah!"* (audience applause)

~

"Adamus, I was wondering if you could speak to our pets as Shaumbra pets?"

I've had that feeling. I see them transitioning. I see them lighting up. I see them mirroring. So I know I breathe life into them. I know they're not souled beings. And so I was wondering if you could speak to that."

Well, yes. Actually, as you come into your light body, your pets are going to live longer, and the reason why is they absorb, in a very loving way, compassionate way, they absorb a lot of your toxins, your junk. They're there in such love that they'll take that from you. But then for a lot of them it shortens their life. They'll live longer. A dog should easily live to be 60, 70 years old. Easily. *Why dogs leave at, what, nine, ten, twelve years old?* Because they're taking on your stuff.

"And so I, you know, I've stopped taking supplements and I see changes and everything. So, so much more physical comfort and flexibility in me." Yes, and ownership. Ownership also.

"And I feel like with my pets I have a gift to know, you know, what foods will balance them or what body workers or things, when they are, when their energy, when they're taking on my things." Yes.

"And so that I try to feel into not the healing game, but helping them balance ..."

And that's a good term for it – *'the healing game'* – and I can understand why humans would want that, but after a while it is a game. *How much more can we heal ourselves?* And ultimately it's not a matter of healing. It's a matter of integration of the physical into the Body of Consciousness.

Let me put it another way. You can keep healing that old body or you can just get into your light body. Good. And I'm still not answering your question about pets.

"Well, and so one of the things with pets also, I feel like pets mirror mass consciousness. And so I can feel how my pets take on ... So I'm curious with my pets, I feel like I have the choice to just let go as well and trust, and it feels like what I do with them ..."

As you bring in your light body, their responsibility for helping you balance your physical is much less. They're going to be happier pets. *"Okay."*

~

"Hi. I do have many questions, and I'm not even sure what to ask, except for I've gone through so much the last three to four years, and I feel better now than I have in forever. And I think part of that is a lot of the integration work I've done, and part of that is eating healthier, and I have taken some whole food supplements that I think have really made a difference. And so ..."

Do you know why they made a difference? *"Because I believed it."* Absolutely, very wise. *"Yes."*

Because you believe it. Because somebody told you that these are good, and you then energize those supplements. You could have been eating *Hershey's Kisses* – I'm taking this from Cauldre, not sure what those are – but you could have been eating jelly beans, and if a respected practitioner who is recommended to you by someone had said that these are good, you would have energized them the same way. And this isn't just me. This is the placebo effect. It's the belief. *"I do believe that."*

You believe that there's something wrong with you. You believe that something can help it out to a degree, and so you're in – I love your words – you're in the healing game. It's a great game to play for a while. It's expensive though. My way is much cheaper. Fifty dollars and you'll be healed. (laughter) No, *would you like that?* Fifty dollars you'll be healed. *"Sure!"* I'm going to give you fifty dollars. It's actually sixty. You owe me ten. *"Okay."*

You owe me ten. (laughter and applause) But there's one condition. You cannot take that money and go to a healer or go to your Whole Foods market to buy some more crap. Use it to have a really good dinner, anything you want to eat. *"I did last night, and I feel like crap today."*

Well sure, because you believe it was bad for you. *"No!"* Yeah! *"No!"* Yeah!

"I enjoyed it. We had so much fun last night." Yeah!

"And we ate a lot ..." But there's still something in you. *How personal do you want me to get?*

"Go for it." Really? Give me my ten bucks back first. Because ...

"No, no!" ... I may never get it back after this! *"No you're not."*

There's a game in it, and not just for you, but all of you. You play the healing game, the physical game, *"something's wrong with me"* game, until you finally say, *"Let's just enjoy life."* But in spite of that, in spite of many long discussions, you keep insisting that there's something wrong with you. So there will be. You keep insisting that there's something you don't know yet or ... see you're about to do it to me, and I'm not going to ...

"No. I don't feel that way anymore. I have for a very long time, but not anymore. I feel like I've integrated so much and I have so much wisdom to share about this journey."

You do. You absolutely do, but you still believe there's just a little bit left. *"In my foot."*

And I'm going to ask you to let that go today, just that little bit that you're still holding on to. Before when I stopped the music and stopped the group and I said, *"What's going on? There's still some resistance. It's still ..."* Well, there is that investment in the physical. There is that – *"Well it is kind of nice in a way to have that old physical to hang on to it."* So there's still a little bit of you and everyone here that's still holding on a little bit.

You're going to walk out of here, most of you, and say, *"Well, I learned a little today"* or *"I experienced a little. You know, it was nice; it was good."* But you're still going to walk out of here saying, *"But gosh, my arm or my back still hurts"* or *"I still feel kind of pukey today"* because it's still a game.

But I want you to come back to what we did and say, *"It's the light body. It's all about the light body."* Yeah. *"Thank you."*

~

"If this won't benefit everyone, you don't need to answer."

Could I tell you? No, you can stay seated. I'll stay seated. Edith, you are so popular all over the world. It's the Edith factor everywhere. Yes. So go ahead.

"Thank you, dear man. You didn't kiss me today yet. But anyway."

It's not the end of the day. (some chuckles) I was going to do it in private, my dear!

"All right. If this is not appropriate, you don't need to bother with it, but my dear son is diabetic and he's had it since he's 12 and he's 47. And we have a lot of makyo drama at our house, which I wish it could go away." Right.

"And I just wondered if you had any wonderful brilliant suggestions to kind of help our household to be ..." Nope!

"Okay."

No. No, because I'm not talking about your household. I'm talking about Edith today, and I'm talking about each one of you individually. I don't really ... I'm not talking about your children. *"No."*

I'm not talking about even your dogs. I'm not talking about your parents or anybody else. What I'm talking about today is for you. *"Right."* And only for you.

"Well, it does kind of hurt my heart, so ..." (she chuckles a little)

Oh absolutely. Absolutely. Understandably. And if we – to summarize it – there's just an issue that he has about accepting love into his. But I want you, Edith – and I'm going to look you straight in the eye – I want you to work on Edith. I want you to allow for Edith. Not for your son. *You understand that?*

"Yes, I understand." Okay. And I want you to allow for you. I want you to be the Master. Stop worrying about the others. *How old is your son?* *"Forty-seven."*

Your 40 years too late on this whole program. (a few chuckles) You should have let go a long time ago. *Does that make sense? "I should have let go or he should let go of what?" How old is he?*

"Forty-seven. Well, he stays at home, because he'd be dead if he didn't. Because if he goes into insulin shock and if there's no one there to get him out of it or call for help. That's why he's still in my home."

That's an interesting, interesting game, *isn't it?* Yeah. I want you to take care of you.

"Well, I do. I do. Mostly." (Adamus sort of rolls his head, she giggles) Makyo. *"I thought I did."* (they chuckle)

Edith, take care of you. *"Okay."* Watch then what happens with him. *"Okay."* *Does that make sense? "Yes. I send him ..."* Eh, no. Just yes or no. *"Okay. Thank you."*

No, yes or no. Not *"Okay."* Okay is bullshit. Yes or no. *Does that make sense?* Take care of Edith. *"Yes."*

Can you do that? "Yes, I can." Ehhh, you're kind of ... *"Well, I – there's ..."* Come on, Edith. *Can you take care of Edith?* Edith ... *"I can."* ... can you take ... *"I think I need to do it better. There's another person too that I think they liked to ..."* Edith. Edith. Turn her microphone off. *"Okay."*

Edith, it's simple. It's either yes or no. There's nothing else. *"Yes ..."* (inaudible)

No, you keep – you keep talk- ... it's yes or no. Edith, you're still talking. You don't even have a microphone. *Edith, yes or no? "Yes."*

Thank you! Stop right there. Good. Thank you. Okay. Take care of Edith. Watch then what happens with your son. There's ... don't answer me, but there's a dynamic going on, because Edith isn't taking care of herself. There's a weird dynamic, energy dynamic going on. You said it yourself, a lot of makyo in the house. It's right there (pointing to Edith), that house. Love yourself, Edith. You'll suddenly find out what a difference that makes in your son. He's been taking on a lot of your stuff. He's kind of like, well, not like a dog, but kind of like taking on your stuff. So, no more. Take care of Edith. *"Okay ..."* You don't have to think about it.

"I was just wondering what stuff he's taking on from me or ..." (inaudible)

Just taking on a lot of Edith not loving herself. Whoa! Whew!

Okay. One more. Last question. Hello.

~

"Hi. So are you saying if we know something is going to help us don't do it, because I want to talk about menopause for a moment." (she giggles) Sure.

"I know if I take some balancing hormones, I feel better. My life is better. Thoughts? Suggestions?"

Never had ... never had that issue! (lots of laughter)

"I'm just saying. The women out there know, right? Is it not hard to make it through without something? Maybe it's just me." (a few women say "No")

The body has everything ... *"There's a lot."* ... all the potential energy or dynamics in it right now to provide whatever vitamins, enzymes, other things that are needed – everything within it. Yes, you can take these things because you believe, somebody told you along the way that it's going to help you, and it was recommended. A friend told you or you were up late one night at two o'clock in the morning and there was a menopause commercial on. (she's giggling) Cause that's what women with menopause do, they watch television at two in the morning.

So you believed it and you think it's going to help you. So you take it, and it kind of does. "Right."
But what happens if you take that same passion and say, "Hell, my body knows how to take care of it."

On top of that, the light body doesn't even know this thing called menopause. Menopause has something to do – oh, we'll do a whole thing on it some time – but it has to do with the sexual *Isis*³ energy and then transforming into, you could say, more of a grande dame energy. It doesn't need to be so sexual anymore, but it just becomes the motherly energy.

And the body goes through a few changes, and it's gotten really, really rough in recent generations or era because the woman has no idea whether she should be sexy or not sexy or a man or a woman or anything anymore. So menopause has gotten to be more of a problem, and then they take all this crap, you take all this stuff because you're not sure whether you should be sexy or motherly or smart or male or anything anymore.

"I'll be both." (she giggles) It is so confusing.

"When was the last time you were a female?!" Well, actually about a week ago ...

Now that you ask, *do you have to be so personal and rude about it?* (more chuckles) And I'm dressed better than a lot of you. (more laughter) Ooooh. Ooooh! (audience says "Ooooh" also) "So were you sexy or motherly?"

So. So, yes, but ... so that's what I say. You're going to walk out ... a lot of you are going to walk out of here and say, "Yeah, but I'm going to still keep taking the so and so." I don't care. I gave you all the basics for being in your light body. I said it's as easy as taking a deep breath and allowing the transformation. But you're going to walk out the door and run down to this pharmacy down the street and say, "Well yeah, I'm almost out of my ..." whatever.

You can do that if you want, but the rest of you who say, "**You know, I'm going to get off of this Old Energy biology, I'm going to step into my light body and I'm going to be graceful and at ease, and I'm going to save a lot of money by doing so,**" that ... you still owe me ten (to Jane). So I'm going to do it gracefully. And then you'll experience that. It will happen.

It's a natural evolution. Everything else is rather unnatural. And humans have been conditioned that they have to take stuff.

Once in a while, I'll sit with some of you, particularly in *North America*, and I'll watch with you as you're watching television. *Do you realize how much of the content is about crap to put in your system?* It's amazing. It should be illegal, because – I won't get into that – but ultimately, the Master realizes that their body is free from all that old stuff, all the old biological patterns. They can be the light body, and it happens naturally. It happens easily.

Let me put it this way. For all of you, all of you listening in online, all of you here, **as a Master every step you take physically, every step you take is a step into your light body.** Just think of it that way. Instead of getting mental about it, go take a walk, every step into your light body. **A Master walking like a Master, walking in their light body.**

Then you get a little worried and you say, "Yeah, but what if?" And then you take a deep breath and you say ...

All is well in all of creation.

I want my ten bucks back. (laughter)

Thank you, dear *Shaumbra*. Thank you. (audience applause)

(Please also read: [Addendum K: Breathe It In](#))

³ (Please also read: **New Energy, New Consciousness**, Addendum A: Awareness- Sexual Energy Virus ; [link](#) to the *Life By Design* e-Book library online - folder: *Vousten, Geert*)

11 – Discovery 11 – Passion

I Am that I Am, the passionate *Adamus* of Sovereign Domain.

Welcome. Welcome, dear friends. Welcome to Shaumbra Island where you can relax into your enlightenment.

Someday you're going to talk to me. You're going to say, "*Adamus why didn't you just tell me back when, back right after Tobias left, why didn't you just tell me I could relax into my enlightenment? Why did you let me go through all of this hell, all of this hell?*" I'm going to say, "*My dear friend, I told you time and time again, relax into the enlightenment.*"

It's natural. It's actually ... well, easy is not the right word. It's natural. It will happen. It's happening right now as we speak. You relax into the enlightenment. Now, today I'm going to talk about some things that may seem to be a contradiction, but they're not. It's all very congruent.

So take a deep breath and just relax into the enlightenment. Ah.

Allowing the Light Body

Last month we talked about the light body. It's an essential part for any Master to have that body in which to experience this great thing called embodied mastery. *Have you noticed in this past month or so, or weeks, I guess it has been, have you noticed that you just feel like you need an extra shower? You feel a little dirtier than normal? You just feel that even if you put on brand new clothes, you just don't feel clean, hm? Yeah.*

Try going shopping for new clothes, as dear *Linda* does all the time, and you're standing there in that dressing room experience. I'm with you in a way. I'm not peeking, but I'm with you. (laughter) And you're shedding your regular clothes that you wore to the store, and you're trying on those new clothes, but you just don't feel right. They feel too clean and you just don't feel clean enough. Well, it's just part of the light body integration, **because your old physical body is releasing tremendous amounts of Old Energy right now**. It's coming out through your pores, your skin, through every part of you. If you notice maybe your hair feels a little different or your eyesight or anything, these are just some of the points of transitioning into the light body.

There's nothing wrong with you. There's not. It's just releasing lifetimes of old, *Old Energy* that you're ready to release. You're ready to let go of.

So take that extra shower, if you will, but just more than anything, take a deep breath and allow your light body.

Memoirs of a Master

So, my dear friends, I'm writing a few new books right now, and the one that I'm most excited about, because it's loosely based on your experiences – my experiences with you – it's called *Memoirs of a Master*. Yeah, interesting. It'll be an easy read for many people. It's not going to be a particularly long book, but it's going to be filled with interesting and very profound stories about our engagements.

So let me tell you one of the stories today. I'll do this occasionally at our Shouds and in our gatherings. So if I could get audience lights down for just a little bit of mood setting here. Ah yes. Much better.

So *Memoirs of the Master*, stories about the Master and the student.

So the new student who had only been in the Mystery School for a few months finally had the appointment to come before the Master. The new student had heard stories about what it was like to go before the Master, filled with anxiety, but also excitement, knowing that when the appointment with the Master came, that it meant that the student had reached a certain level or degree of enlightenment, success you might call it.

So the new student by the name of *Henry – Henry Smith* – it was his day; a young man, very into spirituality and enlightenment, but in a way very innocent, very naïve. So it came time for *Henry* to approach the Master – the Master, of course, sitting in his chair with his cup of coffee.

And *Henry* approached the Master, a bit nervous, of course, but more than anything excited, because, well, this would be like getting a report card from when you were in school. Getting an assessment, having your review with the Master.

So ... *Henry* approached the Master who was now drinking his coffee in the chair, and *Henry* said to the Master, "*Master, how am I doing? It's been a few months and I've been working so hard and trying, being so diligent with everything here at this Mystery School. Master, how am I doing?*"

And the Master sat back in his masterly way, eyes closed, and said, "*Student*" – for the Master never addresses the student by their real name – "*Student, it is not for me to measure or judge.*"

Of course, *Henry* was a bit disappointed because he really wanted an evaluation from the Master. So *Henry* took a deep breath and collected his energy and thought of a new way around this, and said, “*Master, Master, would you check with my spirit guides and ask them how I’m doing.*”

And the Master took a deep breath and gritted his teeth a bit and said, “*Student, you have no spirit guides. (some chuckles) You had spirit guides and they were with you for many, many, many lifetimes. But, Student, they got bored and left.*” I thought it was funny. (laughter) My book may not be a best seller. (more chuckles)

Now, *Henry* was getting very discouraged and very disappointed, but *Henry* was determined, like all students are. All students so determined but sometimes so naive, so not getting it. So *Henry* collected himself once again, took a deep breath and said, “*Ah, Master, how do the archangels feel that I’m doing?*” (some chuckles)

And the Master sat with his eyes closed for a long time, slightly, slightly just shaking his head, took a deep breath and said, “*Student, the archangels are all busy, because there are so many humans now who are channeling archangels. (laughter) Except for Raphael. We don’t understand why nobody wants to channel Raphael.*”
“*But there is no feedback from any of the archangels.*”

Now, *Henry* was very, very disappointed by now, discouraged, distraught. Felt that there was a game going on and he was being played with. But the student was so determined, so stubborn in a way and he took a very deep breath and said to himself, “*This is just a game the Master is playing with me. He’s trying to see how determined I am. I’ll go at it one more time again.*” And the student said, “*Master, how does God feel that I’m doing? Would you please check with God?*”

The Master took a deep breath and said, “*Just a moment*” and went into a trance-like state of being. And after a few minutes he came back and he said, “*What was your name?*” (some chuckles) And the student said, “*It’s Henry. It’s me, Henry.*” Master said, “*Give me a moment.*”

And the Master, acting it out of course, waited for a while and then suddenly came back, opened his eyes, looking directly at the student and saying, “*God does not know you exist.*” (there’s silence, then *Adamus* mimes “*Funny*”; some chuckles)

The student walked out discouraged, distressed and distraught. The next morning packed all of his belongings and left the Mystery School. He now operates an ashram where they work on the voice and connection to Spirit, of course. (a few chuckles)

So after that encounter with the student, the Master was at the *Embodied Masters Club* that night, when some of the other Masters said, “*So, how did it go with Henry the student?*” And the Master said, “*Not well, at least not for now. Not well at all. The student still does not realize one of the most basic tenets of enlightenment.*”

And the other Master says, “*Well, how goes that? What do you mean by that?*” And the very wise senior Master said to the others, “***Because when one does not recognize themselves, Spirit does not recognize them either.***”

That is the greatest gift of compassion that Spirit can offer. Hmmm. Hmmm. Hmmm.

When you do not recognize your own existence, when you rely on others for measure, for assessment, to know whether you’re doing right or wrong. When you do not see yourself through your own eyes and hear yourself through your own ears, Spirit doesn’t recognize you either. Spirit doesn’t know you exist until the moment you know you exist, you see.

So that is one of the chapters from *Memoirs of a Master* – somewhat true stories, loosely based on my experiences with *Shaumbra*.

These aren’t the type of stories that are necessarily going to have people cheering and applauding during the story. But my point is to do these stories and get the “*Hmmm. Hmmm, now I get it.*”

Pop Quiz

Pop quiz time. A pop quiz is something we do at the spur of the moment with *Linda* running the microphone to the audience. It is to check, to assess, to see where you’re at, to see the type of replies you give.

So today’s subject in our pop quiz, in our in-the-moment quiz here, has to do with reality versus perception.

~ 1st Question – Reality vs. Perception

Ohh, oh. An interesting one, reality versus perception.

Is it reality or perception that less than five percent of the humans on the planet control 95 percent of all of the wealth? Is it reality or perception? Five percent control the majority, the vast majority of the wealth on the planet, yes or no, reality or perception?

“*Reality.*” Reality. Why would you say that? Based on ... “*My own experience.*”

Your own experience. Okay. Good. Good answer. And there are no right or wrong in this. The point is reality or perception.

It's actually perception. Perception. The fact indeed is that there is a very small number of people or families or governments – or businesses rather – that control the majority of the finances on the planet. However, however, it's a perception. It's a perception as well, because just because she might have a lot of money – let's say she has 20% of all of the wealth in the world – does not mean you can't have wealth or you can't have wealth or you can't have wealth. There's no limit or cap to the amount of wealth that this planet can have, whether it's in terms of your financial instruments, natural resources or pure energy. There's no cap on it.

There is the perception that certain people control it and other people can't have it. There's a perception that there is a limited amount of financial abundance on the planet, and that perception people get stuck – I cautiously use the word "control" – that these five percent or less control.

They don't control at all. They have. They have. They have it; others don't. There's nothing to say that you couldn't have it, that you couldn't have it, you couldn't have it. Nothing at all, and no matter how much they might want to control their number of their percentage points, their number of dollars or euros in the bank, they can't. They can't. So my dear friends, the reality is, yeah, that's kind of the way it is right now, there's a few who have more than others. But there's nothing to say that each and every one of you could not have exactly what you chose and more so what you allowed.

~

Next. Next question. ***In North America and Europe there is more pollution now than there was 15 years ago – reality or perception?***

"Yes." Yes. Based on? "Based on scientific data."

Good. Based on perception. Absolutely, there is less pollution than ever before in the last 15 years in, I said, North America and Europe. There's a lot of new technologies that are reducing the amount of emissions. There is much more concern about the environment from the water and the air standpoint. Even though there are more people, more vehicles, more machines than ever before, the level of pollution is going down.

Now, globally not necessarily, because there are ... *"Like China, India."* ... other countries that are adding a lot. But I specifically said North America and Europe. So the reality is actually not and the perception is, generally when I ask this question, people say, *"Oh yes, it's getting worse."*

I point this out because this matter of perception, making a statement without actually really knowing the facts, sorry to say, but also believing that all these evils, all these terrible things are being done without looking at actually what is being done.

Now, at the same time, while there is a huge interest in the environment, because you all realize that this planet with its six billion humans can really only handle about ten and you're rapidly approaching that number. So there has to be more concern about the ground, the air, the water, the animal kingdoms. However, it's also subject to a tremendous amount of control and manipulation.

It's a fertile feeding ground for those who are into control, and often without really even knowing anything about the subject – not referring to you, of course, but to others who are environmental fanatics – and using numbers, using information that's actually not true. It's a type of control. It's just one more thing that I add on my list of hypnosis and mass control.

Actually, it is getting better in many places; other places they have a long way to go. They're harming themselves, their own people, and there's really not a consciousness. But particularly in Europe and North America, there is a consciousness and it is changing things. Perhaps not fast enough, what you would like. Perhaps there are still those who don't have the consciousness of this planet, of this body that you live on, but it is coming. But also at the same time be aware of your perceptions – what's real, what's not, what's control or what's hypnosis and what's not.

~

Next question along the same lines, ***is there more or less crime right now than there was 15 years ago – major crime – more or less?***

"Well I don't want to take a trip to the bathroom. (laughter) And my sense is feeling less."

Less. Any particular reason for saying that? "Yes. Increased consciousness in the world that's happened, especially since Shaumbra has come on the scene in the last 15 years."

There you go. There you go. Yeah. Thank you. There sometimes is the feeling that there's more because of things like the Internet and news and blogs and the very, very rapid communication, but in what you call the more developed countries, there's actually less crime. You're correct.

In other places, once again, crime is still rampant, but consciousness – consciousness will be the thing that brings that to a better balance.

Now, while I say that, there is less statistical crime in most of these places than there has been 15 years ago. However, at the same time there's more potential for what you would call catastrophic crime, terrorist type attacks. And with the sophistication that what you call terrorists, those who don't regard other people's lives, those who

would kill large numbers of people for their own personal cause, there is more potential than ever before for that to happen because of technology and because of determination that they have.

So there's kind of a constant cloud of fear that hangs over, particularly with you, and you listening online, because you can feel that. You can sense. It's almost "*When is the other shoe going to fall? When is the bottom side going to drop out?*" You feel that like in the pit of your stomach or sometimes in your heart or throat area – "*What next?*" It's a difficult way to live, always worrying about what next, and I ask you simply to take a deep breath **and live your own life as best you possibly can, as consciously as you can**. Not even trying to stop those who would have their political, religious or financial agendas, but to **live your own life in the highest form of embodied mastery**. That is what will make the biggest difference on this planet. That's what will add the element to consciousness that's missing in so many places.

***Live your own life as best you possibly can, as consciously as you can.
Live your own life in the highest form of embodied mastery.***

As I've said over and over again, **the greatest thing you can do for this planet**, actually for this universe, actually for all of creation, **is to be the Master that you truly, truly are**. So let's take a deep breath with that.

We could go on and on, but my point on this is reality and perception. There are so many perceptions. When you really start looking into it, the perceptions don't necessarily match the reality. But I guess one could say that **everything, no matter what, is perception**.

So I ask you to look at your own perception – your perception of the world, your perception of your place in the world, your perception of enlightenment, your perception of what it takes to allow the enlightenment, the embodied enlightenment. **There's still a lot of perceptions right now that you have to work hard or suffer**, that's engrained in that little room, almost like a tiny little closet in the house of human consciousness. A little tiny closet stuck way off on the side has the word "*enlightenment*" barely legible on the door. And in that little tiny storage place, this is where the basis of enlightenment or consciousness is. It's very close also to a much, much larger room called religion and another large room called philosophy. But in this little tiny, tiny closet stuck over on the side, a consciousness of enlightenment, what that is.

Now, we played the game before in our gatherings and our workshops where I say, "*What is enlightenment?*" And after doing that for a number of years, I stopped asking the question because there were really no good answers. No ... well, there were some bad answers, but very few good answers. And ultimately the real answer is **it's a feeling**. Enlightenment can't really be defined. I guess you could define the net result of enlightenment, **what you get as the human part – a better life, a healthier body, more happiness**, although happiness is a really bad perception. [I could say] some funny things about happiness.

But this whole thing of enlightenment is about perception also, a perception of what you have to do. In this little closet hidden away are a few of the known Masters who have achieved enlightenment, but their stories, as we've talked about, are not so good. They're filled with suffering. They're filled with hardship, a lot of loneliness, a lot of angst, and at the end perhaps you could say a total breakdown or death. Not such a good perception to have.

I ask you to take a look at that the reality and the perception of enlightenment. I ask you to take a look at then the feeling that you have about enlightenment. It's this thing that is above all other things in most of your lives. The most important thing, the reason you came here to this planet. But yet there's still an odd perception about it – **a perception of how hard you have to work and all of the philosophical, religious and spiritual studies that you have to do to get there**, and such a feeling, so often a feeling of being incomplete, unfilled, unsatisfied or just not knowing the answer; the perception that there's still something wrong, there's still something you haven't figured out.

Many of you go to bed at night saying, "*There's still something I'm not getting,*" like this is a test or this is some sort of maze that you have to get through. Still saying to yourselves, "*What is it? What is it? I'm just not quite there.*" Days that you feel you're making some progress, so to speak, but so often saying, "*What am I not doing right?*" **The thing that you're not doing right is thinking about enlightenment** – your perception of enlightenment, your perception of what needs to be done and what you're going to be like in enlightenment.

My dear friends, there is really nothing that you have to do **other than allowing**. But that's perhaps one of the most difficult things that a human will do, because there's such a tendency to say, "I need to keep working at something. I must have to do something like meditate or chant or douse myself in oils" or one thing after the other. There's part of the human consciousness that just can't accept the fact that you can just allow the enlightenment. You don't have to force it. You don't have to work at it. It's not a game of power whatsoever.

You don't have to push it. You don't have to wrangle with it. It's not something that the demon or even the darkness, or even *Satan* is keeping from you. The darkness, your darkness actually is hoping that you'll allow it, because it will free that darkness. It will free that suffering and that deep wound within.

So perception, reality, perception and the reality of enlightenment. As the Ascended Masters would say, the perception of enlightenment, so far from what it truly is; the reality of enlightenment, so very close, as in right here, right now.

Okay, let's take a deep breath. Moving on.

~ 2nd Question – What Have You Discovered?

This is our last channel, gathering in the *Discovery Series*. So the question is today, the question is in this Series, this past eleven series, *what have you discovered?*

We've had this *Discovery Series*. In a way you chose the title, not me. *What have you discovered?* And it can be something, what you would say, happy or sad, good or bad, it doesn't matter. But **what have you discovered about yourself?**

"I have had lots of very excellent reminders that I Am that I Am, and that I Exist and that I am a creative grand Master."

Sounds good. *What does that mean?* (some chuckles) Let's bring it into that funnel. Let's distill it and give me about less than ten words. *What have you discovered?* *"I Am that I Am."* Good. And you've discovered that.

"Well, I've had reminders. We've been working on it forever." Yes. Yes we have! (laughter) Oh yes! *Where did the reminder come from?* *"You."* (more chuckles) *Did it come from you?* *"Yes."*

Did you ever wake up in the middle of the night and go, *"Yeah! I finally get it."* *"No, I sleep very well at night."*

Okay. (some chuckles) Let's try this from a different angle. Have you ever been driving down the street, down the road during the middle of the day and suddenly, *"I get it! I Am that I Am."* *"Well, I already knew that."*

Oh. Okay. Good. And *what did you discover about living it this year?* (sighs) *"Too much to talk about here."*

Okay. (Adamus chuckles) *One thing?* *"Well, eh ..."* (she pauses) Be careful. You'll be in my book *Memoirs of a Master*.

"I don't want to go to the restroom. I just had good reminders. I ... um ... because I don't know what to tell ... I mean, I can't say I don't know. Let's see, um ... I just ..." We're teetering right on that natty edge. (laughter) *"It brings ..."*

We're teetering. *"Joy."* Joy. Thank you. I was just about to say, *"Say anything!"* (more chuckles) This is a very, very true statement. The Master – when the master is in doubt, when the Master can't think anymore – just fake it. Make up anything. Say anything. Joy. I love it. Thank you. Now, *does it feel good to say joy?* *"Yes. Yes!"*

And did you discover any joy this year? *"Much joy."*

Thank you! See how easy it is. Two words. Much joy. Okay. (he sighs and writes on the board) *"Much joy (much talk)."* Okay. (a few more chuckles) Good. You're in my book. I do change the names, yes. Yeah, but not yours. Good.

~

Next. What did you discover this year?

(woman): *"Hi. I discovered my soul."* Ooh. *Where was it?* *"Ah, ha, ha. I started, like, connecting with it, and then suddenly one day I just realized I felt like I'd been sleeping all my life ... and I felt like I was waking up."*

Yeah. Both of which are true. Yes. Yes. *"You know, and began to sense life."*

What language does your soul speak to you in? Spanish or French? (she chuckles) *"No."*

Most souls speak French, you know. I'm, you know, I'm a little biased. *"It's more of a feeling."* A feeling.

"It's more of a sense. It's more of a knowing, you know. And then it kind of like I've been breathing my soul into my body more and more and more, and I feel I'm beginning to integrate, and I'm really – I'm very excited. It's like suddenly I feel that I can see the light at the end of the tunnel and that it is possible that I will become enlightened in this life. And you know what, I ..."

What would keep you from that? You say light at the end of tunnel, but *you know what?*

It's – well, it's not a train, but it's ... maybe there's another tunnel and another light after that. Maybe that light is just, you know, like a street light type of thing.

"I don't think so." Are you sure? *"Oh, I'm sure."* (she chuckles)

Because ... haven't we gone through ... we. *Haven't you gone through this before?* A lot of light at the end of tunnel, a lot of getting close, but ...

"I have never been through this before."

Okay. I like the way you say that. I love that passion. You – brrgg! – stopped me.

~

Next. Same question. **What have you discovered this year?** Good, bad, ugly, anything. What have you discovered? *"I'd like to tell the story this morning in front of the mirror, and a part of me said, 'I want to be a rock star, just like Edith.'" Yeah! "You know. (laughter and some applause) And ..."*

Look what you've created for yourself, *Edith*. Now there's people all over the world watching you right now and they love you. I'm very serious. They love you *Edith*, because you represent so many, the questions and the perils, but yet the breakthroughs and the beautiful innocence about this awakening. They see what you've gone through and they've seen the ground that you've broken. So truly, you are an icon and a rock star. Yes. (more applause)

"So then the response that came was I Am. And it's like, oh, to my ..."

Have you really felt that this year? "Yes. Yes. And I laughed and it was like, yes, I get it. I get it"

Because there is the I Am that I Am. (he says it blandly) *"Eh-eh. No."*

And then there's the I Am!! And then you want to say words, not because they're nasty, but it's just like "F---! (laughter) Gah! *Why didn't they tell me this before?! I Am!*" And then suddenly it's like this whole recording plays at sonic speed through your mind and into your body. And you're like, *"Oh! I remember when Adamus was on me about speaking in my voice, about saying 'I command you to serve.' I thought it was so stupid at the time, and now I get it. And I remember when Adamus was saying 'I exist,' and I thought, well I thought that's the dumbest thing ever. My dog exists. You know, what am I saying 'I exist.' Now I get it!"*

"I Exist." "I get it!" "Yeah. And it's nice to scream in the car. (more chuckles) It is. It is. Excellent.

~

Okay. Two more. **What did you discover this year?** Yes.

"I discovered ... I discovered that I matter, that I can love myself and I don't need anything outside of myself."

Maaakyo! *"What?!"* Makyō. *"Well, it's better than 'I don't know!' (laughter) I came up with something!! (laughter and some applause)"*

"I stand up to you." And therefore stand up to yourself. *"Yes."* Yes. To ... *could I be very honest? "Oh god, yeah, that's fine."* Oh god. They should just say no. You've learned – and still learning, still practicing, but you've learned – to stand up to that bratty little girl ... *(whispers) "Oh fuck you. Okay, but yes, thank you."* ... within. And you've learned not to let that aspect run you ... *"I told it to shut – S.T.F.U. – on the way here. I said that."* You can say it out loud. *"Shut the fuck up already."* Thank you. *"That's not mine."* No, but ... *"Right?"* But that's what it took for you, to finally say, *"No more, I Am"* and not let that little spoiled very hurt little brat keep running your life. *"Okay. Thank you."* Thank you. (some applause) But doesn't it feel good ... *"Yes!"* ... to say ... *"I knew I was the brat and spoiled. I didn't ..."* No, no, no, no. Stop. You're not. *"I'm not anymore."* That's right. *"I knew that ..."*

That aspect that was running your life. That was actually – that spoiled little brat – was actually scared to hell of life, scared of what the next moment was going to bring. Scared to be alone, but yet always miserable in the company of a lot of others ... *"Jesus Christ, just keep it coming. Just let it all out, you know. (laughter)*

Jesus is somewhere else today. He's off on another thing. It's just you and me.

But it's such a discovery to finally say, *"I don't need that anymore."* And, my friends, it's not other people in your life that are driving you crazy; it's yourself. It's not family members or friends. It's you and you that are driving yourself crazy.

And, first of all, it takes a certain clarity to recognize that 'you' is many, many things. There are many, many aspects; that 'you' isn't this just foggy, big kind of a mess of all these different emotions and feelings and thoughts and direction; that you have many different facets or rays of yourself, but don't let the facet or the ray, particularly if it's a dysfunctional ray, of yourself run the show. It's only when you discover that you're going to run the show no matter what.

Now, **you have tremendous determination, tremendous drive and stubbornness, and you're finally using that instead of letting it being used by this aspect.** And that's when things in your life are going to change, my dear friend. You can talk about perhaps not doing your life's passion, what you really want to do with the people that you want to do it, with the level of abundance, because you've been letting that little brat run things. No more.

"Do you know how many women in here are going, 'Finally, he told that bitch what I wanted to say!'"

(laughing) Well, men too. (laughter) *"Yeah, exactly! Finally!"* But more so the men, I think. *"Oh well, they ..."*

Stop nodding, gentlemen. (more chuckles) Good. Excellent. Thank you. Oh, some breakthroughs here. *"Thank you."*

~

Yes. Last one. **What did you discover?**

"The convergence."

Convergence. Good. I like that one. *And what did you discover about it? What converged?*

"So, to describe it, if there were two paths and they're coming together, so the human on one and the rest of myself on the other one. But the paths are coming together. The first thing is you become aware there's another path, but you're aware they're converging. And you don't have to run over to get on that path or have that ... they're going to come together. Now, they are so close, close enough that you can hold hands with the other path. It's so great! And

at first it was you were holding hands in that realm. But no, now you're walking as a human. You're like "Hold hands with me on Earth walking here." That's how close. So the point of being the one is it's right there, and so when you say relax, because it's not like, "Okay, I have to do something, bah, bah, bah ..."

Right. Oh, there's a tendency to think that. "Ohh!" Yeah, yeah.

"So much stress on you. But you just say, no, it's natural. It's converging. You're even holding hands. So what's the problem? You're arriving at that point together."

Yes. Question. *When are you going to stop holding hands and make love?*

"Yeah! That's what I want to know. But then the mind! The mind! (Adamus chuckles) If I start on that and don't relax, the mind – "What do I have to do? How do I do that? Why don't I love myself? Why am I not already enlightened?" And then, "You are already enlightened." I'm like, right, right. So, but when is it realized here on Earth? But don't push. So."

I think that'll be another chapter in my *Memoirs of a Master*. "Chapter? It's a whole book!"

You know, "From Holding Hands to Making Love." "Yes!" And taking that, allowing that big step. "Yes."

I'm talking about loving yourself, of course. "Yourself. Exactly." And you can hold hands for a long time, but after a while it's like come on, you know. "Yeah. That's – you know, come on!" All talk, no action. Yeah. "Okay!" (they chuckle) All thinking no integration. "How about at least kissing?!" Yes, yes. "Something!" Good. "Yeah."

Excellent. I love that. I love that story. Good.

~ 3rd Question – What Do You Wish You Had Discovered?

Okay, next question, and this is a leading question – leading you and leading into the next segment. *What do you wish you had discovered that you didn't? What do you wish you had discovered but you didn't?* Hm. Ah.

"Ahhh." (whispers) Make it up. Fake it. (some chuckles) "I wish I had discovered what I discovered sooner."

Yeah. I like that. I like that. Yes. Kind of Zen-like. Yeah. Yes. *Wish you had ... how much sooner?* "Lifetimes." (Adamus chuckles) Why? "Because I would have enjoyed life a lot more."

Ahhh! I love that. I love that. You warmed Cauldre's heart. He's got a big wart over it though. (a few chuckles) Yes.

Not because there's a race, not because you're trying to beat others to enlightenment or anything, but you could have just enjoyed life a little more.

Now, you'll actually look back and say, "Well, that kind of was fun, all those crazy things, all that wacko moments and all the stress and the fear." But kind of, in a warped way, it was kind of fun, otherwise you wouldn't have done it. Yeah. "True."

True. And, but yeah, at a certain point, it just gets old. It just gets boring.

Part of the ... human life offers so much, but part of the challenge is it tends to get into patterns, into ruts and repeat itself over and over and over. And then people say, "I don't know how to get out. I don't know." And then they just wait and nothing happens other than you're building a bigger rut. And it takes a very brave, bold, outrageous, courageous human to say, "No more. No more. I'm done with it."

Now, what happens is you say 'no more,' but then a weird thing happens is the human self, little self, kicks in and says, "Well, now I have to do something." No, you already did it by saying 'no more.' When you really mean it, when you really, really mean it – "No more" – it changes your entire, you could say, your quotient or your ratio of consciousness; the amount of consciousness that you're able to tap into and use in your everyday life. That is like a great big magnet that attracts energy. It brings energy in that automatically changes all of these things in your life. Now, a lot of times the little human says, "Yeah, but it didn't happen – snap – like that." Well no. Sometimes it does it in a graceful way. Sometimes a lot of other energies in a lot of other dimensions and also with a lot of other people have to realign. But the true Master takes a deep breath and says, "My job is done. I had that deep commitment. I said no more, and therefore I expect that everything is going to change and I don't have to do anything other than to enjoy my life."

"Yeah." So great. So please, yes, enjoy your life. "Yes. Thank you." Absolutely. Thank you. (applause)

~

What would you like to have discovered in this Discovery Series? Because you still have the opportunity. We've got about 47 minutes left to discover it. **What do you wish you had discovered?**

Could I stop for moment, because you were going to be thinking here too much. *Could you just feel the energy for a moment?* It's almost tingling. It's so beautiful, so real in here and hopefully everybody watching in as well. Yeah.

Okay.

"I wish I would have discovered my freedom sooner."

Freedom. Hm. And *what would you have done with it if you had discovered it?* "Anything and everything." (they chuckle) Good. *Any reason why it took so long?*

"Old stories, old patterns, old habits, old ..." Old shit. "... chains that I was still buying into it."

Also taking care of a lot of other people. "Yeah."

Yeah, yeah, yeah. That's a tough one, **taking care of a lot of others. It's called delayed enlightenment.** "I'll wait until I got everybody else taken care of." Well, all you're going to do is attract more needy people in your life with that kind of perception. And you're going to be taking care of a lot of folks and really delaying, procrastinating or whatever, your own freedom. **And ultimately that's what enlightenment is – freedom.** I refer to the higher self or the golden angel or whatever; it's **really just the Free Self**, and the human as kind of the little self, the trapped self. And the funny thing is you can be either one just by taking a deep breath and choosing.

But most people won't. They won't take a deep breath. They'll think about it. They'll think, and then they'll want to consider, "Well, let's see. My little human self, my Free Sel- ..." They'll get into this mental quagmire and they'll never do it. They'll think they did.

I've had people that have come to some of our *Shaumbra* gatherings in this lifetime that in previous lifetimes thought they made a choice. And then they're angry with me because they say, "Well, it didn't happen. It didn't work." And – another chapter in my *Memoirs of a Master* – but, well, you actually never made a choice. "Oh," they say, "Yes they did. I made a choice. I made a choice for abundance." It's like, no. You thought about abundance and you maybe dreamt a little bit of abundance. But your perception was that everybody else had the money and you didn't, and you weren't free and they were taking advantage of you. So you never really made a choice. You thought about it, and you kind of thought how nice it would be, but then you walked out the door of the Mystery School, of the class, whatever it was, and went back to your old ways.

So freedom. It comes with making that choice.

"Mm hmm." Yeah. "Yeah."

So I'm glad you've ... **it's a hard thing letting other people go.** Truly hard and I truly understand. Having them take responsibility for their own lives. And you've been – you, all of you – have been so programmed into having to take care of others and of course look out for everyone else first. It's a very, very old but strong dynamic on this planet. And there's a feeling of guilt when it says, "No. Take care of you. Spend the money on you. Take the time for you. Love you." And then there's this immediate thought that comes in, "Yeah, I'll do that a little bit more than I've been doing." It's like, no, **you do it fully or forget about it, because otherwise you're going to be miserable.** You're going to be trying to take care of others. You're going to be trying to take care of yourself and failing at both. Do it all out. Thank you.

"Yeah. And now I'm ... a lot of new things are starting to open up for me since I've made that choice and I've left my old life. New passion is bubbling up inside of me and new opportunities, new doors opening, abundance. You know, I ... you know, I've got it made." And then the thought is "Why didn't I do it this sooner?" "Mm hmm."

"Why didn't I?" Yeah. And the tough one is, the other part of that is that **you start doing it and the abundance comes in and the opportunities and everything else.** But it can be a little lonely, because most of the people that you associated with are still in that other dimension, that other consciousness. It's a little lonely, but that's changing as more and more people are calling themselves on their makyo and understanding when it's real distraction and finally just allowing their freedom. Absolutely.

Freedom is still the biggest issue facing this planet. Biggest issue, and people talk about the word freedom, but very few really understand what it is. They think freedom is the ability to shop at one store versus another or have this kind of job or that kind of job. That's not freedom. That's not freedom. **Freedom is loving you, taking responsibility for you and just allowing.** Yeah. Good. One more.

~

What do you wish you had discovered this year but you hadn't?

(pausing) "I discovered my completion grounded right here, loving myself completely and enabling my own self to shine." Good. What didn't you discover? "So I don't ..." What do you wish you ... "A tantra partner."

Tantra. Oh, that's good. Yeah, tantra partner. "Somebody to share with energetically."

Yeah. Any volunteers? (some chuckles) They're all too shy. (Adamus chuckles) No that's actually very, very good. You know, this was about discovery and it was ... we got into talking about the body and the biology, to have a partner to share that with – incredible.

So part of the issue is that I just addressed over here was the loneliness, a bit of it, because there's still not a lot of beings who are ready. So much of sex is about energy imbalances, I'm sorry to say, or inadequacies. But so often it's not a free sharing. So much guilt associated with it. So many hang ups. So, I do have a partner for you though. I ...

"Where?" She's holding the microphone. (Adamus chuckles) "I do know that. I own that, for myself." Good.

"But yeah, to still have somebody physically present in a close proximity to share with." Yes. Might as well. "I do totally love me."

Yes. It's so important. So important. And the breakthrough there, the discovery there is that **one can only truly engage in open free sharing of the physical and spiritual on that level when one loves themselves openly and freely.** Good.

Kaiko

This was a *Discovery Series* and a lot of you discovered different things, a lot of it still mental. It's still floating around up here – “*I Am, I Exist*” – but you haven't felt it. **You haven't really experienced it to the point that it would be like making love to yourself.** It would be like a mass physical, spiritual and mental orgasm. And if you didn't discover that this year, well, you've got about 36 minutes left to do it.

Part of the issue, challenge perhaps, is mediocrity, complacency, thinking about enlightenment rather than being in the passion of it. There is a word that I'm going to be putting in the *Shaumbra* dictionary, a word that may sound a little familiar. The word is [Kaiko](#), also spelled or pronounced Kaiho (ka-ho). But I prefer Kaiko.

Kaiko. **Kaiko is passion.** Kaiko is deep and meaningful. Kaiko is almost explosive. And what so many of you didn't discover this year, in spite of all the wonderful things you might, is Kaiko. **Kaiko is that passion that is within you,** but you cemented it over. You've sealed it up. You put steel doors on it. You've hidden it. You've suppressed it. You put it down and then you thought too much so that it seemed to vanish.

Kaiko is that deep underlying, that passion that goes so very deep that you're afraid to let out. (speaking very passionately) Kaiko – **deep inner truth.** It's a lion that's roaring, but you've learned how to suppress it. **You learned how to put it down,** turn it into a kitty cat at best. **And then say that you're spiritual, say that you want enlightenment, when all the time, because you've suppressed Kaiko, you end up focusing on things like abundance and partners and your damn health and everything else.**

You have hidden this Kaiko, this deep feeling, because if you hadn't, you wouldn't be sitting here. You'd be out dancing in the parking lot while the rest of everybody sat in here. You would have so much fire and passion and enthusiasm that you couldn't contain it, hardly contain it in that body. The Kaiko would drive those demons out of your mind, those aspects way from you; that deep passion. But instead you've settled for complacency, mediocrity in enlightenment.

You learned how to put Kaiko down.

You say that you're spiritual, say that you want enlightenment, when all the time, because you've suppressed Kaiko, you end up focusing on things like abundance and partners and your damn health and everything else.

It's about letting that passion out, letting it come forth.

There shouldn't be anything in your life that's more important than your freedom and your enlightenment.

“*We'll take a few steps each month along the way. We'll learn a little bit more. We'll discover a little bit more,*” and I say hell no. **It's about letting that passion out, letting it come forth.**

There shouldn't be anything in your life that's more important than your freedom and your enlightenment. Not your job, not your family, not your children, not your health, not your status, not any awards on your chest. Nothing is more important, to the point where I say it's like I used to literally take students at some of the Mystery Schools, grab them by their hair, which I won't do right here, grab them by their hair and yank them down, putting their head underwater until they were about to have the last breath in this lifetime. Then I'd pull their head up from the water ... you used to be able to do this before lawyers. (laughter) I'd pull their head up from the water and I'd say, “*What was that like to want that breath so desperately, to go beyond the mind trying to figure out what was going on and what lesson I was trying to teach. What was it like that desperation, that determination for a breath? That's the only thing that mattered.*” And they would say, “*Yes, that's all that mattered. I could think of nothing else. Only to breathe so that I may live.*” And I said, “*Now, you're beginning, at the very beginning of understanding Kaiko.*” That passion, that roaring passion that's so deep within each and every one of you, but you've somehow managed to hide it.

I have to give you credit for hiding it so well. Something that is that encompassing, that is that big and that roaring. I give you credit for somehow managing to suppress it. *But you know what?* It's still there. It's still there. And that's what you should have discovered this year. That roaring, screaming passion for your own freedom, because God

only knows how long it's been since you've had freedom. How long it's been since you were happy with yourself, content with yourself. How long it's been since everything just happened in your life with synchronicity, with ease and with grace. But yet you go along month after month, year after year and lifetime after lifetime in a form of spiritual complacency.

I often wonder if that complacency, that mediocrity with yourself, is worse than no consciousness whatsoever. I wonder sometimes if it's better not to stay asleep consciously until you're actually truly ready to wake up, because what steps could be more miserable than little ones into enlightenment.

Those little steps are the ones that hurt, that are painful, that cause all these emotions and feelings and confusion. That mediocrity, that putting up for something less than full freedom and enlightenment is what's making the path and the journey so difficult.

None of you have to tolerate that. There's nobody controlling you. And if you think there is, take a look at your perspective. There's no one stopping you from enlightenment. There's no one holding you back. Not even mass consciousness, not at all. It's complacency. It's willingness to just plod along.

My dear friends, it hurts. It's painful. It's painful for me to watch. It's painful for me to have to come up with new antics every month to try to distract you, to try to get something going.

Kaiko is a passion that will have nothing else other than its own fulfillment.

I ask you to take a good deep breath and feel into that. **Let it come forth.**

Well, that was pretty miserable. (a few chuckles) Let's try that again.

Kaiko or Kaiho means deep longing – deep longing, soulful longing – a longing so deep and so strong. It's desire and passion. It's not the greed of human nature. It's not simply wanting a better life. It's wanting this freedom or not to live at all. Not to live.

And how many of you have been so bold and courageous to say, *"I do not care about living another moment if it's not in freedom. I don't care if I die."* And you shouldn't. You shouldn't. The freedom should be more important than all of these rules and regulations and complacencies and thinking and what if. *"I would rather die in this moment than live another moment in limitation."* That's how it should be, but none of you that I can see are there yet. You think about it. You think you've made a decision and a choice about enlightenment and freedom, and my dear friends, it is so thin. It is so without passion. It is so into thoughts and thinking, into pondering things and into plodding, into compromising, into complacency.

It is much easier for me to look beyond the deeds of humans who are not awake, who haven't had at least a taste of Spirit and of freedom. Much easier for me to overlook their imbalances, their weaknesses than it is for me to look in the eyes of some of you who know better, who have been sitting in these classes for ages and ages, who call yourselves teachers, who think you're spiritual, but yet *where's the Kaiko? Where the deep roaring fire from within where nothing else matters?* Nothing. **And it's only when you get to that, will you understand enlightenment and freedom.**

Other than that it's a game. It's a game that you can play for a long time. Thinking that you've made a choice, thinking that you've made some sort of discovery, when indeed, you've just dug yourself a deeper hole. You've just glossed over, painted over, shellacked over this true, **true inner passion called Kaiko. Nothing matters other than that. Not family, not life itself, not health. Nothing. That is when you start to get real with yourself.**

That's where we don't hear a lot of makyo in this room. That's when there's not a lot of words without ... *do you feel sometimes the words without feeling? The words without meaning?* Like mimicking or parroting, saying something because, well, you know, you think it's the right thing to say.

With Kaiko, if I challenge you, you'd get back up and you'd say, *"Fuck you Adamus,"* and I would feel it, and then I would stop pestering you. With true Kaiko, you would be dancing. You would be shining. You would be shining. You would be roaring. You would be up here right in front of me saying, *"Adamus, let's move forward. I'm tired of all this talk. I'm tired ..."*

"Adamus! Let's move forward!" (audience cheering and applause)

Thank you! Thank you!

Freedom. (he says blandly, then chuckles) Freedom. (blandly again) **No it's FREEDOM! Like THAT!!!!** (audience yells "Freedom!")

I hear that now and I hear your big words, but *when are you really going to mean it?* I hear, *"Oh yeah, freedom. Fuck you, Adamus."* But *when are you really going to say it? And when are you going to say it to yourself?* Ah, it's one thing to tell me to fuck off, but to tell yourself. (a few chuckles) To tell yourself ...

"I did." with passion. Kind of, not really. *"No, really."* No, kind of not so much. *"No really!"* It was suppressed. It was hidden. It was, it was ... *"Fuck you! I did say it! Okay! I said it."* That's that little girl screaming at me. I want to hear you scream at me. *"What do you want me to say now? (Adamus sighs) Shut the fuck up already!"* I like that. I like that! *And didn't it feel good? "It feels great. I love to say that. S.T.F.U. (Adamus chuckles) I really like to say that when I'm drinking and smoking at the same time. That's living."* Okay, somebody get her a beer and a cigar. (laughter) Up here. (he calls her to the stage) *"Oh!"* Come on. Come on. Come on! (someone shouts "Woo!" and applauds) *"You really, like ..."* Yeah. Okay. So now – Kaiko. *"Kaikoooo!! Kaikoooo!! It's got to be like karate chop. Kaikooo!"* It kind of is. *"I saw me doing that like haiyahhh!!!! Chakaaa!"* Yeah. Yeah. Go ahead. Just really ... *"I just did it."* No, really do it. *(she kicks up her leg)"Kaikooo! Kaikooo! Haiyah! (some laughter and applause)"* There was some passion in there. *"I have been missing that. I know I've been missing that."* I know! *"I'm like, where the ... is that at? Could I be ... "It's like this little tiny flame." Could I be honest with you again here? "Oh god, yeah."* In a way, you're kind of like a ... I'm going to step off this stage so you don't kick me. (some chuckles) In a way, you're kind of like the poster child for ... *"Oh."* No, for ... *"Being totally dysfunctionally fucked up? Or ..."* (some chuckles) Geez. I wasn't going to say that, but now that I think about it. (more laughter) *"I accept it!"* Well yeah! That's it! Kind of the poster child for one who has had a lot of accomplishments in the past – past lives – even some in this lifetime; a poster child for one who deludes themselves. Deludes themselves in terms of like spreading yourself too thin and there's no substance. There's no depth. You have tremendous capability. You have tremendous ability to focus.

Focus is one of the angelic senses. She can be the poster child for focus. *But what does she do?* Unfocuses, dilutes, spills all over. So there's no focus. And you defocus and then you tell yourself you got too many problems and life's been too tough and you don't know what to do. You tell yourself all the time *"I don't know."* *"I know. I do."* And then you hope I didn't hear. I do. I keep score. You're going in my book. What you lack, my dear, is one thing – a little passion. *"Yes! We need a tub. I'm ready. Like hold my head! I'm tired of this shit! I don't want to do this two more years!"*

Now, let me ask you. When I started talking about Kaiko, *could you feel a little something inside of you start to rattle?* *"Yes, yes, yes. I was like I heard that "Kaikooo!" (in a small high voice) really deeply within."* Kaiko!! *"Yeah."* Oh! And by the way, it is not a ... it's actually an old Lemurian term. It's not necessarily an Asian term or Japanese. *Do you know where it comes from? What country of origin?* Finnish, which ... yeah, yeah. So, so Finnish – deep longing.

So, dear Shaumbra, dear Shaumbra, that passion.

Now, we touched on it a little bit here, but the chances are, the probability is that when we're done with the day you're going to walk out that door and light a cigarette and go have a beer. You're going to walk out that door and say, *"Well, gee, that was a lot of fun today. I can't wait for next month."* And then go back to your old ways of doing things. Go back to mediocrity and complacency and excuses and allowing that little brat to run your life.

Ah. Question. The question is *does that mean you're just supposed to tell people off when you feel like it?* (some people say yes, some say no) *How many say yes?* Just let it fly. Oh! Thank you. *How many raised their hands?* Okay. Everybody raising their hand, see *Linda* for an *Adamus Award*. Yes!

Let's take a deep breath.

The question is, and it's a very good question, *"You mean I should just tell people what I'm feeling? To fuck off? To bite me?"* In theory, in theory, yes. Otherwise, you have this regulator, this suppressor that you have on. Otherwise, there's no Kaiko. There's a bunch of excuses, and there's a bunch of holding back.

So you can give yourself permission to say whatever you want to say. Now, that brings up some issues – *"Oh my gosh"* – because you told yourself a long time ago, *"I'll never do that again. I'll never speak bad again. I'm never going to hurt anybody again. I'm going to always just try to blend in. I'm not going to create waves. I'm not going to get angry when I get on the phone with some customer service people. I'm not going to tell people exactly what I think."* (a few chuckles)

The reality is now – yes, I would like you to give yourself permission to do that, I would – now, the reality is you're just opening yourself up. And actually if you have some anger ... you know, every student coming into enlightenment tries to suppress their anger, but learns just get angry. Just let it out. Now, again right away you say, *"Well, what if I go and kill all these people?"* Well, you're not going to. You're not going to. You have too much consciousness to do that. But you say, *"Yes, but Adamus you don't see the thoughts I have in my mind."* Oh yes I do. (some chuckles) Yeah. That's why I'm wearing a bulletproof vest. (more laughter)

But it's negotiation you have with yourself. *"Well, I can't let myself get angry"* and *"Enlightened people don't get angry."* I beg to differ with you. Every Master that's come before you goes through intense anger. It's one of the five stages of enlightenment. Anger. Anger, and then ...

"So, do they beat themselves up afterwards? No." Be themselves up afterwards? "Yeah. After they've done their passion and tell people off."

The question is *do they beat themselves up afterwards? Do they feel guilty?* No! *You know why?* Because they don't end up doing it. They free up a lot of energy when they get into Kaiko, when they say, *"I give myself permission to say exactly and to be exactly who I am. I give myself permission to do that without all these suppressors and controls on myself, without this whole perception of having to control."* And then they give themselves freedom and then they laugh. They laugh, because you realize you have the freedom to do it, to yell at the top of your lungs at the moon, to tell God to fuck off. You have the permission to do that, and it feels good just to know you have that. Chances are once you realize that, you'll probably never have to do it or want to do it. But just to realize.

Start being real. Start being free. Get some Kaiko in your life. No, it's not a supplement you take. (laughter) Gawd! I just heard four people listening in on the Internet, *"Ah! I'll write that down. (more laughter) Yeah! Kaiko, made from natural seafood. Ohh!"* No, no, no.

"Could I ask you a question? Doesn't it feel good, and next time don't ask for permission. Just say, "Linda, give me the fucking microphone." (laughter)

"You won't like my question. I'm asking you why you think freedom has to be vulgar?"

It doesn't. It doesn't. And by nature, you're not. I'm not. But sometimes you have so much pent up in you. Don't let me pick on you, because you have a tremendous amount of pent up suppressed energy. Trying to do the right thing, trying to, as we talked about last month, trying to keep other people happy, and it's all crap.

"No, just alive." Vulgar. You know, first of all, it doesn't mean anything. In Kaiko, you could say fuck eight thousand times in a row and it doesn't matter. It doesn't matter. "It does to me. It hurts my ears." Why? "It just hurts my ears. I don't like to hear it." Well fuck! What's more important, enlightenment or some little things hurting your ears? (some applause) "I like the passion. And people can be passionate any way they want." Controlled passion. "No!" My god! That's what we're talking about here! (he wants to hit the backdrop in frustration but stops) Oh. (laughter) I saw that (to the crew). Gahh! I can't help it! (he dumps the water of the bucket onto the carpet; some in audience scream) Like that, Edith!!! Like that!!!! (more laughter) Edith, Edith ...

"Passion can be beautiful and wonderful. It doesn't have to be ..." Yes, passion can be beautiful

"... obscene and obnoxious and wrecking carpets. It doesn't have to be crap!"

That didn't wreck the carpet. Edith, I'm glad you're getting mad at me. Finally! My god! To get it out! But it takes me getting mad at you. This is not my natural state of being to be in your face. (she giggles) *But what does it matter? How much are you going to control this whole coming into enlightenment?*

"I'm in it. I'm not worrying about controlling it. I'm enjoying it. It's wonderful. I know I Am that I Am."

Yes. Now, back to my point. I come full circle. I started out the day by saying relax into your enlightenment. And I said I'm going to contradict myself later on, because now I'm talking about passion. I'm talking about Kaiko. I'm talking about that deep longing. *"It's great. It's great!"*

Yes. And I come back now and say once you feel that, that desire that's so deep, Edith, there's nothing else that matters. There's no compromising. It doesn't matter how many bad words or buckets of water or pounds that you gain or years that you put on your age or bad relationships or lack of money. **None of it matters other than the freedom.**

That passion! That feeling. And I don't care if you have to get angry to discover it. I don't care if you have to scream and yell. I don't care what it takes, including death, to discover that. When you come back to that place, that Kaiko, then you're free. Then you can truly relax, take a deep breath and come back to that very thing that brought you on the spiritual path, that knowingness that I've talked about before that occurred a few lifetimes ago, that thing that said, ***"There's got to be more than what I'm allowing myself to experience. There's got to be more to life."***

And that's led you on a path of exploring dimensions, exploring alternative methods, exploring a different version of God. But along the way, it still got diluted and it still lost its passion. And if there's anything that you didn't discover this year was the passion. I'm not just talking to you, I'm talking to everyone.

Who cares about a bucket of actually not-so-dirty water, it wasn't too bad. *Who cares? Do you know what it would have cost to replace this carpet if it went bad, which it's not going to? It's like holy water, (laughter) a lot of it. It's incidental. Even if it cost a thousand or five thousand dollars, even if you say, "Adamus, that's so obnoxious that you would pour the water over this" – my stage – "over your new stage, that's so obnoxious that you do that."*

Sometimes I have to get my own passion going so perhaps I could ignite yours.

My dear friends, you say you're tired of the old ways. You're tired of this long twisting, twisted spiritual path. I say **bring up the Kaiko. Bring up that passion, but it's going to bring up your issues.** And I'll tell you right now that you're going to negotiate, you're going to compromise, you're going to say, *"Okay, I'll walk out the door and have a*

little bit more passion,” and by tomorrow morning you going to have forgotten about what we’ve talked about today.

“Oh no.” Yes! “No.” Yes. Patterns. Patterns and probabilities. Patterns. “No.” No. Tell me then, what is going to change that, Edith? “*Why would I forget about it? I listen to it every night when I go to sleep. I never forget it.*” Yes. Good. *You never forget any of it? “Not usually.”* Not usually. *And you don’t compromise it? “I’d have to have you define what you mean by compromising it. I ...”* Dilute it. Water it down. Yeah. It’s like ... “*We’re on this path. We’ve been on it a long time. We love it. We chose it. We ...”* What am I Moses? “*We love ourselves. (laughter) Yes, you’re Moses. We love ourselves. I mean ...*” And it’s been more ... you know, Moses and the Jews, only 40 years. We’ve been doing this for lifetimes. “*I know that.*” Let’s stop wandering in the desert. It’s time to get on with it. “*I’m not. I know I’m God also and I love myself. So hush up.*” (chuckles) Good. You’re getting there. That was about a two on a scale of 100. It’s like “*Shut up Adamus!*” Good. And then we can laugh. And then we can relax into the enlightenment.

My dear friends, I am wanting you to break through, because I can feel you want to break through. **There’s such a longing to break through, such a longing for realization and simplicity.** But then you run in circles. You think about it. You dilute it. You water it down. You compromise it. *Then you get afraid of things like are you going to get older? Are you going to die? Are you going to be poor?* It doesn’t matter! It doesn’t matter. And let me play it the other way.

You’re going to lose everything on the way to enlightenment. And you thought you lost a lot. You’re going to lose everything unless you take a deep breath and you let this raging fire that’s within you come forth. You don’t have to worry about chopping off people’s heads. You’re not going to do that. But give yourself permission that you can if you want to. (Adamus chuckles and some audience laughter) I mean that metaphorically. In other words, the fact that if somebody is giving you crap, stop being some nice airy fairy spiritual new age makyo person. Say, “**Fuck you! I’m a Master. I want better service, now!**” (audience applause) Instead of “*Oh! I’m going to spread some light on you.*” It’s like “*Shut up!*” (more chuckles)

You know, there are a lot of people that are content with just dabbling, dabbling, dabbling into spirituality. You’re not here for that. You’re not. I’ve weeded out those people a long time ago. (Adamus chuckles) You’re not. You’re here for it now. But when I took a look at the *Discovery Series* – we covered a lot of things – we did a lot of wonderful things – I said, “*Adamus ...*” Get that dirty pail out of here, off my stage. (some giggles) I said, “*Adamus,*” I said to myself, “*Adamus, what did we miss? What didn’t we do? There’s something ...*” *You ever have that? You just know there’s something, but you don’t know what it is?* Well, I knew what it was.

So I said, “**It’s the passion. I just don’t feel a passion. I don’t feel that fire coming up. I know it’s there. I don’t feel it coming up.**”

Now, I’ve been ranting and raving for the last 28 and a half minutes about Kaiko to demonstrate a little bit, because if I had just said, okay, there’s a nice term called Kaiko, mmmmm. (a few chuckles) I want you to understand. I want you to feel that within yourself. It’s there. You don’t have to go real far to look for it. **You just have to give yourself permission to let that come up.**

Forget about if you’re going to get angry. It doesn’t matter. So what if you get angry. Forget about if you lose everything. So what. That’s Kaiko. So what if you lose everything. A few of you might actually be ready for that. *And you know what?* You don’t have to. You just have to be willing to. It doesn’t mean you’re going to. You just have to be willing to.

When that passion comes up, that will free you.

Kaiko Merabh

So I’m going to ask you to feel into it. We’re going to do a little merabh. We’re going to play some music for fourteen and a half minutes and I’m not going to hardly talk at all. This is not typical merabh music. In other words, it’s not just twinkly little music.

Take a good deep breath, and let’s bring the house light all the way down. Take a good deep breath.

So the music that I picked is not typical merabh music, but also it doesn’t have to be loud and driving. It’s got a little bit of sensuality to it.

(Link to the official [Crimson Circle](#) YouTube channel: [Merabh for Kaiko](#)).
(music begins; “[Liquid Groove](#)” from [PremiumBeat.com](#))

I’m going to ask you to feel into this fire, the fire of Kaiko. Deep within. It’s there.

It’s that thing that says, “**Only the freedom, nothing else matter.**” No excuses. No compromises. No holding back.

Kaiko.

(long pause)

You don't have to get angry to let this Kaiko come through. Sometimes it helps. You just have to be real.

Feeling. Aware.

As the music plays, I want you to just feel for a moment how much you've covered this up. This fire. This passion.

And then instead of just thinking about it, I ask you to make a choice, a decision, a clear, focused decision.

Are you ready to let this deep inner longing, this Kaiko, the desire for freedom, come into your life?

And then let yourself feel it.

(long pause)

Kaiko. It's a burning fire within, a burning deep passion within, a longing, an insatiable thirst within.

It's a passion.

But it can be a fire that doesn't burn, a fire that doesn't destroy; a fire of transmutation out of complacency into passion; a fire that moves the energy that's been stuck for so very long; a fire that burns through the mind, but without burning up the mind; a fire that opens things that have been closed for a long time; cool fire when needed to be cool, a hot fire when it needs to be hot.

Kaiko can be passion. It can feel like anger at times. But it's focus. It's real.

Kaiko at times can seem like a raging storm, but in reality it's also a gentle light rain shower.

Kaiko can seem like there is so much passion, but without the need for power; so much energy, so much desire, but no greed. Simply that desire to live and to feel and to be free in doing so.

How easy it is for one who walks the spiritual path to get filled with complacency.

How easy it is for one on the way to enlightenment to distract themselves, dilute themselves, deceive themselves, forget that fire that's deep within, that longing. Longing, what some of you would call the longing to go back Home, but it's really the longing to be Home – to be your Home.

How easy it is to get covered over by all of the rules and the controls and the perceptions of life.

How easy it is to negotiate yourself away from enlightenment.

The Masters, the few Masters who have come before you have all gone through this experience, thinking, believing, perceiving that they were on the path, and, indeed, to a degree they were. But along the way they turned that beautiful spiritual path into a very human road. All the time thinking they were still traveling a spiritual path until something so drastic, so enormous had to come into their life.

And it wasn't an outside hand or being or entity that came in and totally shook their life up. It was their own Kaiko, that deep inner desire. It had to rip them – rip them away from their complacency, away from their delusions, away from their, you could say, a laziness.

That Kaiko, Kaiko doesn't care. Doesn't care whether you're still incarnate in a physical body. It doesn't care how much money or how many problems you have. It doesn't care, all the whinings and the rantings of the human.

Kaiko is that passion – passion of the soul to feel and experience itself. Not to be interfered with by that little human brat. Not to be controlled by these aspects that know not what they truly want.

Kaiko is a fire that is eternal. You've done a grand job in suppressing it, ignoring it, turning your back from it, but it's still there.

Just as much as it can be that very hot flame, very chaotic, it can also be the cool flame. It can also be its own gentleness. It can also be its own gift.

Your Kaiko is asking you right now, this deep longing within is asking if you're ready to move forward now, ready to move forward even beyond reality and perceptions, ready to move into your deep truth.

Take a moment to feel.

It's there. *Are you ready to do whatever, whatever it takes?*

(long pause till music ends)

It's the hot flame or the cool flame – bring the house lights up – hot flame or the cool flame. It doesn't care.

Whatever it takes. It's just a matter of you making a choice. You making a choice. You're ready to bring back this passion. Ready to open it up.

If you make your choice, that's it. But please, do make a choice. Don't just think about it. We don't need to come back next lifetime and be doing this again.

And no matter what choice you make, either yes you are ready or no you're not, don't worry about it because, well, **all is well in all of creation.**

Thank you. Thank you. (audience applause)

Addendum A: *Come Home and Turn Your Light ON*

Sometimes we forget just how much impact we can have on our own reality and experience.

Most of us grew up feeling like misfits, trying to stay small and out of trouble, trying to survive in a world that wasn't ready for us. We learned to dial back our radiance, and sometime even to abandon ourselves and go off to play in other realms. We learned to "read" the environment and people around us in order to survive. This was a vital skill, being able to tune in to the energies around us, but it became a habit, even a way of life, that might not serve us any more.

It's no longer necessary to be small and quiet, always checking to see where we fit. Most of us by nature are very sensitive, but there's no need to build our lives around coping with that! We learned to adapt to our reality, but now *what about creating our reality?* One of the easiest ways to affect our personal experience is to inhabit ourselves.

Think of your human self as a glove that your spirit wears in order to experience life. By acting through that glove your spirit can experience being solid and interacting with the physical world. It can feel the environment, play with others and create.

Sometimes our psychic or emotional environment is chaotic and stormy, and our reflex is to withdraw from the experience. It's like pulling back a bit from the extremities of that glove so you don't have to feel quite as much. While that might help to some degree, what it actually does is leave your human physical self at the mercy of the storm. Instead of the glove being strong and open and effective, now it's partly empty and shriveled up, flapping in the breeze and unable to do much of anything.

That's what it's like when you don't inhabit yourself. You feel helpless to change your reality, and buffeted by the whim of every passing thought-form or uncooperative human. You get overwhelmed and can feel mass consciousness dragging you down. *But what if you inhabited yourself when things got rough, and allowed your radiance to fill your reality?*

I was recently a guest on *David McMaster's Awakening Zone* show, *NEW Potentials*. We did a bit of breathing before the show started, but as he was doing the intro I began to feel all the energies of the people tuning in. It felt like butterflies in my stomach, and even though I wasn't really nervous I started to shake. Breathing helped a little, but *how was I going to talk if my voice was wobbly?* Feeling all the incoming energies, I suddenly remembered, *"It's just energy! Breathe it in, and then radiate yourself out there."* So I changed the 'direction' of my energy flow. Instead of taking it all in and feeling overwhelmed with managing the chaos, I breathed myself in and then radiated back out. In an instant, the butterflies went to sleep, my body relaxed (because I was back in it) and the show went great!

Many years ago I had an experience that has always reminded me of the importance of being in my body. I worked at a job where I managed a number of adventurous young men. In the evenings after closing time they liked to put on their inline skates, hang on to the back of a pickup truck and get towed around the parking lot at fairly high speed. It looked like great fun so one night I decided to join them.

Three of us, with me in the middle, were clutching the back of the truck as it got going. At first it was fine, but picking up speed things began to get interesting. It got harder to just coast along, and very soon I was clinging onto the tailgate for dear life while my feet thrashed around beneath me, dangling and scraping along. I was close to panic! They made it look so easy, but here I was dragging along behind the truck like a ragdoll. One of the guys next to me shouted, *"Keep your feet under you!"* I finally realized that if I was to survive this I needed to take charge of myself instead of just *"coping"* with it!

I put some muscle into my legs and managed to get my feet under control so they were no longer flapping helplessly behind me. It still wasn't easy but I was less of a deadly threat to myself and the guys. At last the ride was over and I collapsed to the ground to catch my breath. I'd had quite enough of that sort of fun!

But I've always remembered that experience and how it was such a perfect illustration of life. I had learned to get very good at hanging on for survival as life dragged me wherever it wanted to go. But eventually, somewhere along

the way I came to my senses and realized I chose this, but I also have to participate in it, put some muscle into it and find my own balance. Oddly enough, life started getting better and I started thriving instead of surviving. (Hmm, it probably helped that one of those ascended guys was standing next to me shouting “*Get a grip on yourself!*”)

How often does life seem to drag us into all sorts of complicated experiences and we wonder how we’re going to cope? The first thing is to make sure we’re really home within ourselves, that we’re really here and owning the experience. When I was dragging long behind that truck, I had completely abandoned my legs, letting them drift and drag at the whims of the truck and its speed. My survival wasn’t about stopping the truck or changing what was happening. Things got better when I reclaimed myself and took charge of me.

It isn’t about trying to change the people and events around you. It’s about inhabiting and taking charge of your self and letting that self shine. Then watch how the things around you change in response. The ‘glove’ of your human self won’t feel abandoned and victimized but rather safe and solid, secure in knowing the Master is at home. And when you’re home, you can deal with whatever happens.

I invite you to breathe you into yourself. Then breathe you into your life and into the world. Hiding won’t keep you safe. Coming home to you, turning on the lights and being seen is what creates the safety. If there is an area in your life that isn’t going so well, check to see if you’re fully present within it, or if you have abandoned yourself to the whims of fate. Then take a deep breath, put some muscle into yourself, and take charge – not of the world but of you. Like flowers that turn toward the sun, pretty soon you’ll find life’s circumstances rearranging themselves to meet you, flow with you and support you.

It works, I promise!

(By Jean Tinder, Shaumbra Magazine editor, Crimson Circle - Shaumbra Monthly, September 2013)

Addendum B: *It Hurts To Think*

How was your summer? The weather is still warm up here in the northern hemisphere but we all know that summer is coming to an end, no matter how we try to put the brakes on the approaching change of seasons. *So how was your summer?*

What do you mean you can't think about it? You say you don't know if it was good or bad? You were busy but you can't remember what you did? It went by so quickly yet you can't even trace back to June?
Join the club. The Shaumbra Club. You are not alone.

It hurts to think. It's been that way for a while but it seems to have really come to the forefront these past three months. Example: A news story flashes on your TV screen or computer monitor. You see the pictures and words, but yet you just can't think about it. Used to be that you could take it in, maybe even form an opinion or reaction. But these days it just doesn't register. It's there, but it's not there. It's in another world but not your world.

How about a little family drama? Used to be that when family drama reared its ugly SEV head you would feel the seduction draw. Even if you were able to resist getting involved you would still feel the temptation to participate. But now it just hurts to think about it. *"Why can't they just get along?"* you question, or better yet, *"Why can't they just leave me out of it?"*

It hurts to think about mundane human functions like finances, appointments, tasks and chores. Your projects get further and further behind because you just don't want to force yourself into mental gear to get them done. You've even stopped making new entries in your "To-Do" list because you already know you're not going to to-do. And time... nothing seems to be in the old time sequence any more. Hours and days and even months blur together. Even this good Virgo has missed a few appointments because I forgot what day it was.

You used to think about the future but now you can barely put your arms or mind around it. When someone asks you what you want to do (dinner, movie, a walk in the park) it just hurts to think about it. When I pose the question, *"How was your summer?"* you draw a big blank. Heck, you almost forgot it was summer!

It just hurts to think these days. And that's a good thing, or at least an appropriate thing. You're going beyond the old mental patterning and the old ways of "relational thinking." You/we are going beyond the mind. It's uncomfortable at first and there's even a tendency to feel lethargic or dispirited. It's because your mind is programmed for relational thinking, but now, as you transcend the limitations of mental thought and feeling, the old connection points are fading away.

Relational Thinking

The mind is trained to relate to, or connect with, past events. When someone says, *"Lets go see a movie"* your mind doesn't usually imagine into a potential future of going to see a new film, but rather it instantly goes back into its memories about previous experiences of going to a movie. In a flash, the mind recalls what it's like to drive to the theatre, stand in line, get popcorn, go to the toilet right in the middle of the movie, and all of the other details of past movie-going adventures. These are the relational points used by the mind to then make a judgment about whether going to a movie is a good idea or bad idea. It delivers this judgment to you in a mental/emotional packet, something you usually feel in your stomach or chest. But it's really not a true sensory feeling.

We use relational thinking in nearly everything we do. Very little of our impetus comes from our creative intelligence. Whether we're balancing our checkbook, cooking dinner, driving to the grocery store or attending a business meeting, the mind relies on relational thinking. It connects with memories from the past to determine how to respond in the moment. The benefit of relational thinking is that we use previous data and experiences to guide us through the day rather than having to learn everything new again. The disadvantage is that we become dependent on the past and allow the mind to judge what was positive or negative.

Sensory Intelligence

It hurts to think right now because you're expanding beyond relational thinking. You're allowing your divinity to awaken, and along with it comes sensory intelligence. This isn't anything new. Sensory intelligence is inherent in the I Am consciousness but it's rarely applied in this 3D reality, especially in our current Mental Era.

Sensory intelligence includes intuition, knowingness, awareness and sensitivity. It is infinitely more natural to us than our mental state of being, yet we have been programmed (or programmed ourselves) to believe only what comes from our mind and five human senses. The sensory intelligence is always there and always serving us but we have essentially turned our backs on it in favor of the limited mental experience. We argue and fight for our mental, relational thinking even when our knowingness whispers that there is much, much more to life.

Sensory intelligence is knowingness without thinking. As sensory beings we are much more proficient at feeling into (sensing) energies and consciousness than we are at thinking. Thinking is slow, tiring, limited and based on the past. Sensory intelligence is immediate, stimulating, expansive and based on a myriad of potentials. The mind can easily be misled and deceived, whereas sensory intelligence seeks truth, purity and experience.

What To Do?

Mental relational thinking will be with us for times to come. I can write this article because my relational thinking remembers how to form words, type on my Mac and see what time it is to meet my deadline. But my mind hurts to write this article because it doesn't understand – or want to understand – sensory intelligence.

You do not belong in darkness even though you may have played there, and you don't belong in limited mental consciousness either. The challenge is that you can't think your way out of darkness or limitations. There's a tendency to think or will or fight your way into enlightenment but from everything I've learned, and according to the wisdom of the Ascended Masters, it's all about allowing.

I struggle with allowing, which is a funny statement in itself because there shouldn't be any struggle with allowing. I don't want to struggle, but it's like hopping on a roller coaster and trying to remain totally calm and open during the entire wild ride. Our built-in mechanisms automatically respond with fear, constraint and survival.

Allowing is the trust and acceptance that everything happening to you right now is part of your enlightenment, even if it doesn't seem to make sense. In the July Shoud Adamus said that the "way to live" is to "assume that everything is about your enlightenment." It's another way of saying that it's all about allowing.

We're changing, because we've asked for change. Our thinking is transforming because we've chosen to expand our awareness. It hurts to think, at least for the time being, but it would hurt a lot more to stay within the prison of mental limitations.

(Geoffrey Hoppe, Shaumbra Monthly Magazine, September 2013)

Addendum C: *What's Really Real?*

One of my passions in life is “*making it real.*” Even when I was a kid growing up in a very religious home with theological discussions a daily part of life, I still wanted it to make sense in “*real life.*” I needed all that dogma to have a practical application. Otherwise, *what use was it?* And I suppose I’m still that way, constantly wanting to take the concepts shared by Adamus, Tobias and others into real life and put them to work. I want to see how they become real experience. *Otherwise, what’s the point?*

As everyone probably knows by now, Colorado was recently hit with a storm that produced flooding of “*biblical proportion.*” According to several sources, it was a “*1,000 year flood.*” In other words, that type of flood has 0.1% chance of happening in any given year. With the effects covering several hundred square miles along the front range of the Colorado Rockies, I found myself right in the middle of it all.

The rain started early Monday morning, as if someone had turned on the shower and forgot to turn it off. Rather than passing through after an hour or two as usual, the rain never stopped pouring for about four days. I told someone that I was now living in the brand new “*Colorado rainforest!*” Then at 3:30 on Thursday morning I was awakened from deep sleep with an automated emergency phone call. The recording informed me that there had been flash flooding that had washed out portions of the highway and gas lines, that the gas was turned off, and we were advised to stay home – if it was safe. Oh, and this was not a drill!

Standing there trying to finish waking up and absorb the news, I heard a strange sound coming from the basement. I went downstairs and opened the door to see a roomful of murky water with paint cans, boxes, papers and other stuff floating in it. My heart sank as I realized the sump pump wasn’t on. Barefoot and getting cold, I waded into the water up to my knees, hoping not to get electrocuted as I fished around for the cord and switch. It was dangling just at water level. I took a deep breath and turned it on, thinking “*If this is how I die, it’s not going to be a pretty sight for the recovery personnel!*” With a thrilling rumble the pump turned on and I waded back out, happy that I didn’t have to reach into the water and fiddle with the pump itself to get it working.

I crawled back into bed and lay there breathing, trying to absorb these developments. With hubby away visiting family I was alone in the house, and I tried to wrap my head around what it all meant. Of course my appointments that afternoon would have to be cancelled, and a lot of other things would take a back seat to dealing with the situation. It was all very exciting, if rather disorienting.

I got up again and went online. As the news unfolded, people were posting photos and videos of Boulder streets flowing with water. The creek through the city was running at ten times its usual capacity and was far beyond its banks. As communities around the area woke up in this new and still unfolding reality, it was all very captivating, and I got very little of anything else done for the next few days.

What was interesting to notice was how it all unfolded within me. When it was bedtime Thursday night and I finally tore myself away from all the news, it dawned on me that I was frightened to go to bed. *Huh?? Since when am I scared to go to sleep?* I was baffled. Then it hit me. An aspect had been created just hours before – an aspect that had been suddenly awakened to harsh news, an aspect that didn’t want to go back to sleep for fear of it happening again, an aspect that had gotten stuck and was already influencing my experience. Well, as *Tobias* says in the *Aspectology School*, awareness is the first and most important step. As soon as I realized where the fear was coming from, I breathed it in and went to sleep in total peace.

What a privilege to recognize aspects as they are created, almost in real time! It sure seemed to make the integration a lot easier. But *what about other aspects that were created a long time ago?* It’s actually not much different. Any time something comes up that doesn’t feel sovereign, peaceful, content, or however else I want to feel as a Master, all I need to do is recognize that it’s not me. It’s an aspect, and it doesn’t matter where it came from or how long it’s been there. I can still breathe it in and then make the choices I want to without its control or influence.

Of course, watching all the news reports of homes, cars and even people being washed away, I wondered about my own mortality. I was pretty sure my house was not in danger of washing away, but *what if something unforeseen went drastically wrong? What if it collapsed on me, as happened to someone else? What if...?* In the middle of the

night when it's dark and cold and the energies are flying, the possibilities seem endless. *What if something "really bad" happened to me?*

Well, I've learned that when you ask a question, the answer appears almost as fast – if you're listening. And sure enough, the answer was right there: *"So what? I still exist."*

In fact at one point, trudging up the stairs with another load of soggy garbage, I actually asked Adamus, *"What's going on? What do I need to remember in all this?"* His answer was brief and simple. *"You've been through this before. You've faced much worse calamities than this, some of which even killed you, and yet here you are. There is nothing to fear."*

I took a deep breath. He's right. I exist! I always have and I always will. All this chaos is just another experience, another exciting tale to add to the stories of my lives. I may as well experience it fully! Somehow remembering I exist made everything okay. Of course my human self soon got tired of it all, wanting the heat back on, the road to be fixed, the basement to hurry up and dry, and all that. But all that human weariness, that's an experience too, and something the soul relishes as much as all the excitement.

As I'm writing this I receive an email from someone about the children of Syria, inviting me to help and support them. Seeing the photos of so much suffering and pain I wonder what right I have to talk about my small little challenges. But then I realize that what is true for me is also true for them. It is true for everyone who is facing life on Earth. I exist. You exist, and you and you and you. We all exist, and we signed up for this crazy ride called human life. Yes it's intense. Yes sometimes it hurts. Yes we can forget that it doesn't really matter. But in the end, our existence is all that's real.

And somehow, when I remember that it adds a preciousness to life that might not be there if I thought it really mattered, because I would be too caught up in its seriousness and tragedy. But these experiences are precious beyond words. It's like a luscious and intense dream that you don't want to wake up from. When you feel the pull of wakefulness, those last few moments are the most precious of all because you know they are so fleeting. The wisdom and the memory is all you bring back because the experiences and feelings are gone in a breath.

All these moments of our lives – no matter how wonderful or chaotic, peaceful or painful, clear or confusing – they are more precious than ever because we are waking up. The dream is beginning to fade and we're beginning to realize what a precious gift it was, even when it did get washed away or blasted to smithereens.

I exist. Nothing else really matters. And that is more than just a concept. It's what is really real.

(By Jean Tinder, Shaumbra Magazine editor, Crimson Circle - Shaumbra Monthly, October 2013)

Addendum D: *Simplicity*

When you stop to think about it, the [Crimson Circle](#) has an incredible library of the most amazing and enlightening material. Since August 1999 when *Geoffrey Hoppe* delivered the first public message from [Tobias](#), all the way through October 2013 with [Adamus](#)' latest message, there have been a total of 183 monthly [channels](#). And if you consider that Tobias nearly always included a Q&A segment, that number goes up to more than 300. That's a whole lot of wisdom – and not a penny has ever been charged for it.

I could go on and on and on, and I haven't even mentioned how my life has changed from attending the *Advanced Studies* classes. In fact, you could ask me about any one of these recordings and classes and I could tell you something very special about every single one. And yet, no matter how many messages are given, no matter how many helpful concepts are taught, ultimately they are all built on one simple foundation.

I suppose we humans have installed so many filters and constructs and ideas and programs around our core that it takes all these messages and different ways of saying it to help us dismantle them, bit by bit. But the underlying foundation of every message is always very simple.

There are no mantras to say, no rituals to practice, no beliefs to espouse, no steps to accomplish, no puzzles to sort out. And that can actually be frustrating sometimes. We want to be able to point to an accomplishment and demand the reward, to take proscribed steps with the assurance we'll realize a certain outcome, to follow the directions and know we got it right. (*Why do you think the "Sinner's Prayer" is so popular?* All you have to do is recite it and know that your eternal salvation is assured. It's comforting, and very satisfying to our logical minds.) But eventually all those doings have to go away. We have to come back to the basics, the simplicity, the core within.

Once we do, we find it is so simple and so basic that we almost instantly look around for something else, or for a way to make the simplicity seem more valuable. But there's nothing in the universe that could possibly be more valuable, more profound – or more difficult – **than the choice to love yourself.**

That is the core of every message from these last 14 years, and it is so very simple.

When taken deeply within and chosen without reservation, created without hesitation and experienced without reluctance, this love for yourself is the answer to every question, every puzzle, every pain and every challenge, bar none. But we have erected an amazing amount of barriers to that love.

A few weeks ago I had an experience that made it all the more real. Someone close to me had made some choices that I didn't like. The choices really had nothing to do with me and didn't even affect me in any tangible way, but nonetheless they triggered a knot in my stomach and an ache in my heart. I could do the usual thing of asking my friend to change, to be different, to choose something else, but I knew that was no longer my truth. They were not responsible for my discomfort.

So instead I asked for a conversation. I shared how I felt, as well as my determination to not abandon responsibility for my experience. It wasn't easy, but this was my issue not theirs, and I was determined to get to the bottom of it. Finally things began to move.

As we chatted online from opposite sides of the world, I began to feel energies of long ago, repeating patterns cascading through many lifetimes involving hurting and being hurt. I felt back to a time when I was the vicious abuser, and the guilt it eventually generated. Then there were the lifetimes of victimhood, with the constant echo of *"I must have deserved it"* running through all the experiences. Breathing, and following the thread all the way back, I found its end in the heart of my soul. In my desire to experience life fully and to understand energy completely, I had to explore every twist and turn it could take. It was all a gift to myself.

Another deep breath... and it gently fell into place. A few tears for the pain that was dissolving, and also for the wonder, a few more breaths of trust and the choice to love, and it was over. I knew that this old pattern would never again cause me pain. This person – and many others – who had danced this dance with me could finally step out of the game because I no longer need them to play that role. I can never be hurt in that way again because I found the love on which it all was based – the love of me for me.

No amount of processing or therapy or past life regression or praying or anything else could have made the difference. It was so simple in the moment, so subtle I barely noticed it. But it was the choice to love myself – right in the moment of the pain – for all I'd been through, for all I'd chosen and created, whether it made sense yet or not.

Interestingly, the pieces didn't fall into place until I chose the love. The understanding comes only after the gift has been accepted.

No matter what you are facing, no matter what pain or frustration you feel, no matter where you've been or what you've done, no matter who did what to you, the key to wholeness and peace is so simple it can be easy to miss. But don't wait till you've figured it all out before you can accept it. Don't wait till you understand the puzzle before you make the choice for love. The key for everything you seek is within you. With the love comes understanding, answers, integration, wisdom and peace.

Oh, and try not to distract yourself with asking "how" to love you. When you love a lover or a child or a parent, you don't first ask "how" to love them. You just do and it becomes naturally expressed. Just do love you, and the how will become apparent. Make the choice for love and the supporting energies will be there. Take the breath of love and you will come alive.

It really is so simple...

(By Jean Tinder, Shaumbra Magazine editor, Crimson Circle - Shaumbra Monthly, November 2013)

Addendum E: *Beyond the Program*

During the [November Shoud](#) when *Adamus* was doing all the gossiping and other shenanigans I found myself getting annoyed. Sure it was all silly and amusing, but as he kept pointing out, everything was such a mess! And not only that, he was also dissing some character traits I've been pretty attached to, things like dedication and persistence.

I consider myself to be at the head of the line when it comes to determination about my enlightenment. In fact, I've been on the path toward God for as long as I can remember. As a little girl I had already found the comfort that comes from prayer, from feeling that inner connection to the divine. While my understanding of God has changed drastically since then, I still find great comfort in that divine connection, and it's safe to say that I hit the Earth running toward my enlightenment. When *Adamus* quoted Shaumbra as saying, "*Damn it, I'm going to see my enlightenment through, no matter what. I'm never giving up,*" I was sure he was quoting ME! So my annoyance grew a few notches when he followed that with, "*We've got a real problem here Houston, because they're determined to go nowhere! There should be a law against spiritual searching!*"

He was kicking things out from under me left and right. *Was I ready to let them go? Would I agree with whatever point he was heading for or was this where our paths would diverge?*

Then he moved on and everything changed.

He reminded me that my enlightenment didn't start with a thought (*it wasn't one of my bright ideas?*) or even with dissatisfaction of life. My enlightenment has never been a journey (*so where have I been going all this time?*), it has been a knowingness deep within. My enlightenment came from me, my I Am. In fact, he said, "*You cannot recreate it because it's still there. It never left.*"

And suddenly it all fell into place. "*Computer, end program.*"

Now here I must confess that I'm a trekkie, a fan of the *Star Trek* TV shows and movies. I love how they explore different aspects of the human condition through all the aliens they meet along the way. I am currently going through the entire series of *Star Trek: Voyager*, and it's fun to watch the many parallels between their story and the story of humanity.

One of the most fascinating gadgets they have on starships is a holodeck. It allows the computer to project any desired reality into 3D experience, generally confined to a specific interactive area. The projected reality can include people, creatures, conflicts, entertainment, challenges and adventures. Basically anything that can be imagined can be experienced on a holodeck, until at some point the participant is done and simply says "*Computer, end program.*"

Just a few days before the *November Shoud* I had watched an episode where aliens had tampered with the system causing the starship crew to forget it was a program. They were participating as if it were actual reality. If they got injured they would be sedated, patched up, and sent back in to continue the "*game,*" which was set during World War II. The crew members were fighting for their lives in muddy trenches, trying to communicate with obsolete radio equipment and desperate for aid. They were completely unaware that just beyond their "*reality*" they were actually on a 24th century starship, built by an Earth society that had long ago stopped fighting with itself and equipped with everything they could possibly need.

Actually, it was a pretty accurate representation of life on Earth. We play, fight, fall in love, live and die, doing our best to survive and cope with "*reality,*" completely forgetting that it isn't actually real. And then scratch our heads in confusion when *Adamus* says "*But the abundance is right there! It's all around you!*"

In that episode, one of the characters eventually realized what was going on and remembered her true identity. Working very carefully to not set off the alarms and frighten her comrades, she was able to trigger someone else's memory, then another. Finally every crew member "*woke up*" and remembered – and was therefore no longer trapped in the false reality. Even though the experience had included some very real bumps and bruises, they realized it was all just an illusion.

When *Adamus* talked about the knowingness that's already there, I remembered the holodeck and it all made sense. We set up this holodeck program called "*Life on Earth*," including the subroutine that we would forget, but also that we would one day discover the illusion. You see, in every holodeck program there is always a hidden control panel. And when the user finds it, anything becomes possible. The trick is remembering that we wrote the script, activated the program, and stepped into it ourselves.

We've been living and learning and experiencing, trying to survive in whatever reality we created. We sense there must be a way out, but then we try to find it by getting better at the program instead of realizing it is a program. Mastering the program might help us get around easier inside the story, but it also just continues our illusionary journey. No matter how fast I drive or how far I go in a holodeck program, I still haven't really gone anywhere because I haven't left the holodeck. But when I'm ready to let go of my stories and remember – know – that I'm the scriptwriter and holodeck programmer, then finally things can change.

Adamus, Tobias and others found their way out, and they've been coming in over the com system to remind us who we really are – captains of our own starboats, voyagers on a grand journey of exploration, possessors of the secrets of the universe – and programmers of our own holodeck stories. We've just forgotten to know that.

A few things to keep in mind about holodeck programs:

- It's against protocol, not to mention impossible, to change the program someone else is running, and they can't change yours. Only the author can rewrite their own script (which is why there's no point trying to save the world).
- When you do finally realize it's all a hologram, have some fun with it! Since you're no longer trapped, now it's just a big game.
- *Tired of the program you've been running?* Then stop trying to fix it, stop telling the story, and just go with "*Computer, end program.*" Note of caution: This takes a huge amount of trust.

Oh, *and the computer interface/holo-emitter?* It's mostly between your ears. The mind is – ahem – programmed to project the reality you've chosen and is designed to function best inside the holodeck. *Want to go beyond the holodeck?* Go beyond your mind. And let go of the stories, history, beliefs and fears that your mind has been so carefully maintaining.

All those things in your past – results you got or didn't get, times you tried and failed, the life you lived – *did it all REALLY happen? Or was it just your entertainment for an evening?*

(By Jean Tinder, Shaumbra Monthly editor, Crimson Circle Teacher - Shaumbra Monthly, December 2013)

Addendum F: *It's not What I Expected*

Living as a Master is so different from anything I ever expected. I've imagined enlightenment in many different ways and almost all of them had one thing in common: that at long last I would gain ultimate power over my own life.

To manifest money out of thin air. To have people flocking to hear what I have to say. To instantly heal myself and others. To drive as fast as I want and never get a speeding ticket. To teleport my body to anywhere I want to be without need of airplane or automobile.

To manifest the perfect lover or the perfect dream home at will. To make the war-mongers and stupid people see the folly of their ways and make peace on Earth. And on and on. *Who among you hasn't imagined that being an enlightened master would include at least some of those expressions of power?*

Living as a Master is so different than anything I ever imagined. The more I realize my enlightenment the more I discover that real mastery is not about gaining power or control over anything, including myself, and it's not about healing or fixing my own or the world's problems or even creating the life of my dreams. Rather, being a master is about ultimate allowing. It is about living my life with no power at all and allowing everything.

Living as a Master is so very ordinary. I go through life a lot like everybody else, with all the same needs and concerns and pains and joys. I eat and sleep and get tired and sore just like everybody else, and for now I still have to take medicine to keep my blood sugar in check. I have debts and need a constant stream of money to pay the bills, to buy fuel and repairs for my camper-van home, and to pay for places to park when I get tired of the parking lots. My mind still freaks out sometimes too, like it did the other day when for the first time on this particular adventure I didn't know where to go next.

Since I left what used to be my home in Albuquerque, New Mexico, last December, I always knew what my next destination was: Santa Fe to take care of some clients. Eugene, Oregon to deliver my beloved cat, Toby, to my former partner, because he hates travelling and he needs a home that doesn't move. The Oregon coast for a little ocean energy. Ashland, to visit my niece and nephew. Yreka, California, to have lunch with an old friend and fellow master. And then Redding, and suddenly I have no more plan. I don't know anyone here and the city is not friendly to parking-lot surfers, and I don't have a feeling for which direction to go from here. And to make matters worse, in the Shoud just before I got here *Adamus* yelled at people who live in their cars. *Now what?*

But even my mind is starting to get on board with my enlightenment, so the freak-out was very mild compared to times past. The fact is that I have a very nice home that serves this point in my life extremely well, even if it is on wheels, and it has the advantage of being able to park in many beautiful places. *But where now?*

The forecast was calling for rain throughout California and I had no one left on my list of people to visit in this part of the country, and I had a backlog of work to catch up on. Something inside said, Just stay here for a while. Okay, *but where?* They don't like people spending nights in parking lots here. There's a beautiful RV park down on the river. Yes, but RV parks cost money! *So?* This week you need a home.

So I went to the RV park and rented a space for a week, and the past several days of pouring rain have been a wonderful inner nurturing time with myself. In a couple days when my week is up I'll either know where I'm going or I'll pay for more time, but it doesn't matter, for this is a beautiful place and above all else this journey is about spending time with me.

Living as a Master is the most extraordinary thing I have ever experienced. As I write this I see that living without power is also living without worry, for what's the point of worrying when, by your own choice, you have no power and *can't do anything about it anyway?* When I make the conscious choice to truly allow I find that the worry fades away into a simple and trusting surrender, and then Grace comes and EVERYTHING works out. Everything I need is just there when I need it, and so much of what I want, too. Life is becoming truly magical in such an ordinary way, and more and more of those miracles that I used to crave the power to perform just happen. Not on demand, but exactly when they are needed and in the most surprisingly ordinary of ways.

Living as a Master is not at all what I expected, but it sure is grand! There are getting to be quite a few people who know exactly what I mean and who will tell you all the same things in their own way, and if you want to hear more

then you'll want to check out Living Masters, our newest Awakening Zone show. Every fourth Thursday host *Mary Beth Shewan* talks with real people, real Shaumbra, who are already living their enlightenment. Their stories are fascinating, poignant, often humorous, and so inspiring to anyone who is beginning to experience their own mastery, so don't miss it!

(By John McCurdy – Awakening Zone Coordinator - Shaumbra Monthly, March 2014)

Addendum G: *Thought Storms*

It was a rainy day many years ago. I was just 17 and had recently started attending a trade school to learn about electronics, broadcasting, and even a bit about the developing world of computers. I particularly loved discovering how mathematics applied to everything. With simple equations one could determine all sorts of things about electrical circuits, magnetic fields, oscillation patterns, harmonics, and much more. And when we started learning about frequencies and waveforms, how they interact with each other and how the patterns are affected by so many different things, I was utterly fascinated.

One afternoon between classes, I went outside on the portico to watch the spring rain pouring down. There was a particularly large puddle at the base of the wall and I watched the patterns of waves rippling out from the drops hitting the surface. Each expanding circle of ripples would quickly meet other circles, constantly interacting, interfering and creating new patterns on the water's surface. Long after any particular drop was gone, its effect would still be playing out across the puddle. I had just been learning about waveforms, harmonics, carrier waves and such, as well as how they all affect and modulate each other with all the interference patterns, and now I was watching a real life demonstration right there in the puddle.

Mesmerized by the random patterns playing out every little drop affecting so much beyond its own little landing spot, an idea floated in: I wonder if that's where thoughts come from.

Always questioning the universe, I had often wondered what exactly it is inside my brain that generates a new idea or thought. *How could "what I know" generate something new that I "didn't know" before?* And there in the puddle seemed to be the answer. All the little waves interacting with each other generated new wave patterns that hadn't been there before. It must be the same inside my head. All those miscellaneous particles of information were constantly bouncing around, each with their own particular frequency pattern or waveform, and when they bumped into each other, a whole new pattern – a new thought – would appear at the conscious surface of my mind.

If you follow your random thoughts for a few moments, you may find they are tenuously connected through fleeting associations created as they bump into each other. Something like this: hmm, what's for dinner... those leftovers are getting old... I should grow my own lettuce this year... that was a nice guy at the grocery store... he resembled the mechanic... wonder if the car needs an oil change... I'm so forgetful... gotta be more responsible... wonder how my kids are doing... the world is so crazy... including the neighbor... wonder if she'll complain about my new greenhouse... can't wait for my first harvest... oh yeah, dinner! Of course every one of those thoughts could take off in countless additional directions, and they are only the ones generated by my own neurons, never mind all the mental noise coming in from everywhere else!

While I doubt my brain is the only one that's constantly churning in circles, it's the one I happen to live with. The trouble happens when I stop and listen to it all. As Adamus pointed out recently, thoughts are just these random things constantly passing through our brains. They don't really have much meaning, and most of them are not even ours!

Here's a way to envision it. Instead of a little puddle in the street, imagine your consciousness as a vast ocean, filled with all the wisdom, knowledge and potentials (very different than your random thoughts) that you've added over the eons. Like the ocean currents, those things are always stirring around within you bringing new life and new ideas to the surface. However, oceans also evaporate and form clouds that travel around over other oceans, condensing into rain and dropping all sorts of random thoughts onto other people's consciousness, as well as your own. When you think of the seven billion consciousness oceans roaming around, you begin to get an idea of how many foreign thoughts are dripping on you all the time!

In this dynamic time of change, the surface of your own ocean, in addition to being constantly pummeled by thought-drops from others, is now coping with massive consciousness storms where clouds of thought-drops are blowing around, causing bigger waves and more chaos. It's all too easy to get stirred up, and with the mental interference coming in from all directions and the stormy surface grabbing all your attention, it can be easy to lose balance.

That's the moment when you just stop.

Stop.

Breathe.

It's only the surface that's affected by the storm. Just beneath the waves and thought-rain and wind and chaos, your own ocean is deep and calm. By diving deep into your creation you've opened up the depths of your soul, and within that sacred abyss now rests the deep calm of trust, the knowing that all is truly well, and the stillness of tremendous wisdom. Simply breathe deep into yourself and the surface storm will lose its relevance.

There is no need to get caught up in the chaos of our world. No need to get distracted by the roiling waves and thought-deluge from everyone else. Sure you might notice it, but now is the time to remember your Self, the Master that you really are. Now more than ever it is critical to ignore the tempest and dive deep into your own stillness. The oceans of others may appear even stormier than yours, for many are still in their process of diving into their own creations and their oceans may not yet be so deep. But when they see the radiance of one who has command over the winds and the waves of their own consciousness, it just may inspire a deeper look within.

Now more than ever is the time for you, like the Master who lived 2,000 years ago, to stand in your own knowing, face the storm on your own ocean and say, "*Peace. Be still.*"

(By Jean Tinder, Shaumbra Monthly editor, Crimson Circle Teacher - Shaumbra Monthly, May 2014)

Addendum H: *Cranky Master*

You might have heard the terms Conscious Money, Conscious Eating, or Conscious Breathing. I'd like to add another to the list: Conscious Irritation.

In the past few months I've found myself getting more discerning, and along with this, more irritable. All of this enlightenment stuff is wonderful, but I wasn't expecting a heightened level of irritability.

I Am... less tolerant than ever. I don't usually get ruffled by the small things in life. I can abide bad traffic and ignore rude people. If there is too much noise or light in a room I will calmly endure it. I try to be courteous even when others are pushy or overbearing. Like most Shaumbra I've met, I try to be civil and polite.

But now I am becoming a Cranky Master. My level of tolerance is at an all-time low. The images of myself as a bliss-ninny, Buddha-content Master are quickly fleeting, only to be replaced by a palpable sense of annoyance with duality, limitation and sometimes people in general.

Perhaps I can chalk up my tolerance to increased sensitivity. We've been told by *Adamus* that, as we allow more of our divinity, we will have a heightened sensual awareness. We become more aware of energy movements in the other realms so it would make sense that we would also have more awareness in this 3D realm as well. But part of me feels a little guilty about my newly-acquired impatience. It's not exactly the "nice" picture I had of my coming enlightenment.

I also have become more aware of my thoughts. Like most people, thoughts would flow through my mind but I was only vaguely aware of most of them, unless they were dramatic or had an immediate impact on me. Now I'm acutely aware of the never-ending stream of thoughts, and I'm not thrilled at what I perceive. I assume, as *Adamus* said, that many of these thoughts are not really mine. Thank goodness, because they range from banal to narrow to sometimes just plain ugly. The good news is that all of this thought-noise is getting me to be aware of what is my consciousness versus my mind-babble. In the past I lumped it all together, but now I'm beginning to perceive what is MY consciousness and what are thoughts that don't belong to me. By the way, years ago Tobias asked the question "What thoughts are yours and what thoughts are not?" His answer was simple. "The ones you chose are yours. Let the rest of them go."

My intolerance comes to the forefront when I'm in public situations. Put me in a crowded airport and my intolerance flares up like a bad hemorrhoid. On the surface it's things like people leaving their trash around, talking too loud, butting into line, being abusive with service personnel, pushing and shoving. But the underlying source of my angst is low consciousness. A higher consciousness human would not drop their paper towels on the restroom floor or leave their fast-food debris on the table. They wouldn't talk loudly on their mobile phone in a train. They wouldn't yell at a store clerk because a particular item was out of stock. I see these things happen all of the time, and my intolerance flares.

I'm intolerant of bad service, people who don't use their car blinkers, long lines, rude customer service reps, sales people in general, tailgaters, people who don't clean up after their dogs, political ads on television, narrow aisles in stores, people who chew food with their mouths wide open, religious fanatics, any fanatics, Internet conspiracy websites, websites that are hard to navigate, and junk email. The list goes on and on, but it can be summarized by saying Anything Low Consciousness.

I don't judge things to be Low Consciousness or High Consciousness. I just know what irritates me and what doesn't. I never act out on it.

In other words, I never tell someone to pick up their trash. I'll actually pick it up after they leave. I avoid irritating situations whenever I can, but unfortunately it's hard to do when I'm traveling or shopping or dining at a restaurant. I don't get high blood pressure or anxiety over these things. I just get annoyed.

Then I wonder.... *Do we do these things on the New Earth? Does anyone take two parking spaces, drive slow in the left lane, create computer viruses, post obnoxious advertising on social media chat sites, or show up late for*

appointments? Do we have fluorescent lights, noisy air conditioners, long lines, security checks at airports, long meetings, identity theft, insurance companies, politicians, etc.?

Probably not. I think that New Earth is a place of higher consciousness, without the need for things like cars and computers and stores that are necessities for life here on this planet. I don't think rude people find their way to New Earth; they're quite content with the ways of the Old Earth. I think on the New Earth lessons are replaced with experiences, control is replaced with freedom, energy feeding is replaced with energy self-sufficiency.

Our challenge as embodied Masters living on this planet is two-fold. First, *can we tolerate the annoying things about human life, the things that are becoming so much more evident as we allow our divinity?* And second, *can we bring the higher-consciousness attributes of New Earth to this Old Earth? Is there a way to be in this world but have the grace of the New Earth around us?*

In the meantime, I am experiencing more and more days as a Cranky Master. I truly love and appreciate humanity but there are times when the general public simply annoys me. Those are the times when I can't wait to be around *Shaumbra* again. Even though I usually have to go through the annoyance of Old Earth traveling to get to a *Shaumbra* gathering, it's worth the price to be with kindred spirits.

(By Geoffrey Hoppe - Shaumbra Monthly, May 2014)

Addendum I: *Passing Through...*

Why is it that all those children's stories end with "...and they lived happily ever after?" I admit I spent quite some time looking for true love, a soul mate with whom I could live, problem-free and happily ever after. Gradually my dreams shifted, and I started looking for my soul (with or without a mate) to make my life perfect. Yet here I am, a master on my way to ascension, and my life is still full of problems. In a recent Keahak channelling Adamus stated that, *"enlightenment is not a solution."* So what is enlightenment, if not a solution? If it doesn't mean gliding happily into our gold-dusted ever after, all the while being a perfect version of ourselves, *what does it mean?*

Nothing against the Zen-zone, but I dare to suggest that embodied ascension has nothing to do with a constant state of unwavering emotional, physical, mental and spiritual balance. That would be like calling perfection enlightenment. My bet is that we as enlightened physical masters will continue to trip and fall down, like we've done so many times before. The difference is that this time we have the unconditional trust in ourselves that we will find balance again, no matter what. It is knowing that no matter when, where or how deep we fall, we will find our way back up (even if we lose our minds along the way). After all, we have done it a thousand times before. *How many times have you died a human death?* Many – and still here you are, reading this article, breathing, and being aware of your awareness. Let's give ourselves some credit!

When we are enlightened – and let's make it clear we might just as well start today – we will experience days when we wake up and the butterflies are singing (or a Maserati is purring in the garage) and other days when we struggle just to reach stability. Maybe it is a conflict with a loved one, despite all our knowledge of the sexual energy virus and a conscious effort to reach sovereignty. Perhaps it is a project or creation that doesn't receive recognition from others. In dynamic and changing times like these, any shift in our surroundings can feel like yet another obstacle in our way, adding chaos to our already unpredictable lives. It is no wonder that we fall off center at times.

Enlightenment, much like love (which I did find and which is certainly not solving all my problems), has nothing to do with success. True mastery and true love – whether it is true love to yourself or shared with another – share many qualities: both experiences are profound, healing, beautiful, simple beyond understanding, and based on trust and allowing. And neither is a place where we can arrive or state that we can reach. Mastery, like love, simply is.

So here we are, strong beautiful masters, wild pirates of the new energy, waking up with a headache, depression, and confusion. *Does this mean we are not enlightened?* No! It is just an energy passing through us. It is the perfect moment to roll our eyes (at ourselves) and say: *"Oh, I see, this is one of those days. No big deal. I'll just pass through all these judging thoughts and dark emotions, sooner or later I will find my way back into feeling good."*

We all know that the master allows grace. However, it is about allowing grace even in moments of defeat, disappointment, or sadness. Try allowing grace exactly in that moment of lost balance. Say, *"Yes, I am too sensitive for this world; yes, I made this strange choice that I didn't like and everything is okay. I'm going to be graceful anyway"* – in any way, on any way.

Because after all, *what's the hurry?* We are just strolling through this experience. Not running away from our mistakes or from our greatness. Not rushing through to get anywhere, not even home. We're on our way for the sake of being on our way. To figure out what *"my way"* is. And if enlightenment is not a goal at which we can arrive, but rather the way on which we are walking, we might just as well be on it – right here and now. So as I write the ending to my story of awakening (actually, why not an ending to all the stories my mind is telling, while I'm at it), I will end it with this: And I lived happily ever after – or not – and loved it nonetheless.

(By Kim Seppälä – New Energy Writer - Shaumbra Monthly, May 2014)

Addendum J: *The Ahmyo Life*

The [Ahmyo](#) Life* is graceful. Synchronicities are the norm rather than the exception. Abundance is ever-present. Our biology rejuvenates itself naturally and in accordance with our desire for life. Answers come before the question is ever asked. We don't have to rely on other people for permission, happiness or acknowledgment. We are conscious and aware, especially of the artistic beauty of life, nature and ourselves. Breaking through the old paradigms and forces of duality, and into our dream of a joy-filled, graceful life.

Together we're creating new gatherings designed for enlightened living. We're not just talking about enlightened living, we're breaking through to it.

Dear *Shaumbra*, the Ahmyo Life is here. God only knows we ARE ready for it. Yes, there will continue to be everyday challenges and bad news in the headlines as long as we're still here on old Earth.

Ahmyo doesn't mean there won't be traffic jams. It just means that you won't be the one stuck in them. It doesn't mean you'll suddenly know everything. It just means you'll know exactly what to know at the exact right moment. The Ahmyo Life doesn't mean you'll win the lottery tomorrow. It means that you don't need to win the lottery because your life is already abundant.

[Shaumbra](#) doesn't fit into the New Age, nor is it even a spiritual group. It is a way of enlightened living... the Ahmyo Life.

**) Ahmyo means living in a state of grace, and allowing energy to serve you.*

By Geoffrey Hoppe - Excerpt from Shaumbra Monthly, June 2014)

Addendum K: *Breathe It In*

Sometimes we can forget the simplest wisdom, but fortunately there are others around to help us remember.

A few weeks ago a friend was telling me about various frustrations including annoying neighbors, work troubles, and basically life in general. Things are pretty intense these days and I could definitely relate. However, *Adamus'* words from the recent Shoud were still fresh in my mind so I mentioned she might want to try breathing in all the annoying energies. I tried to say it gently, because *who really wants to breathe in something you don't like?*

Our conversation went on to other things and I (totally) forgot about it. A few days later it was my turn to face some very uncomfortable situations. Misunderstandings, conflicts and negotiations with family members (and ex family members) can trigger some of the worst emotions and highlight some of the most stuck energies. Barely a week after the conversation with my friend, I was completely lost in my own misery. And, to make it even worse, I was totally aware of being stuck in it – but still at a loss as to how to extricate myself. The only thing I could think of was to scream at the top of my lungs all the way down the mountain. (Yes, the car windows were closed!) All the hollering was somewhat therapeutic and definitely moved some energy. But it didn't do much to transform the brain cramp (and heartache) I was having, or the buttons that other people kept pushing.

I happened to see my friend again and poured out the whole situation. After listening to me rant for several minutes, she wanted to share a little story. Not long ago she had been in a similar state, and "*someone*" had reminded her to breathe it all in. Since nothing else was helping, she decided to try it and see what happened. And in the space of about six days, everything had changed!

One neighbor was gone, another was being strangely cooperative, things were shifting at work, new potentials were appearing out of the blue, and her own attitude had adjusted practically without effort.

I was astonished, first by the almost immediate changes to longstanding situations, and second by the fact that I had completely forgotten my own advice! All that wisdom had fallen right out of my head, but the minute she reminded me I knew it was the answer. Distasteful and painful as the energies were, I needed to breathe them in. So I started with the immense frustration, then breathed in the sadness, fear, weariness, fury, grief, guilt, and all the rest. And in the process I learned a few things.

First of all, "*breathing in*" something we don't like goes against our naturally ingrained response. We'd much rather fix it! When we smell something rotten, we instinctively turn away. When we taste something spoiled we spit it out. When we feel emotional pain, we recoil and contract – and try to change the situation. But all of these responses are an intrinsic rejection of what is. So when I was faced with an unacceptable yet apparently unchangeable situation, of course I tried every angle I could think of to change it – and got nowhere. Resistance was high; acceptance wasn't even on my list.

Unfortunately, as we've all heard, "*What you resist persists.*" But how do you stop resisting something you really, really don't like? For me it usually became a mind game – "*Hurry up and accept it so it'll go away!*" – but mind games don't usually work out very well.

On the other hand, breathing it in is an action, a choice made real, a concept embodied into life and out of the realm of mind games. When you get to the point of really truly breathing in everything about a situation, especially the stuff you don't like about it, changes begin to happen.

But there's a catch: The first thing to change is actually you. So if it's only the other guy that needs to see the light, then this message probably isn't for you. But if you're ready to do whatever it takes to embody your own enlightenment, let's continue.

When I started breathing in everything that hurt so much, everything I hated about the situation, all the irritation I felt toward other people, I started to see some deeper and much older dynamics. It turns out the actual issue was something else entirely than what I thought it was. Turns out no one needs saving after all. Turns out that this has all been about my own enlightenment. Turns out that heartbreak can be a trigger for more of me to come home, rather than reason to get out the torches, pitchforks and guardian angel swords. In fact, it turns out that "*breathe it in*" is a shortcut to grace.

To breathe it in means that you accept life as it is right now. It's taking your foot off the brake pedal of resistance so things can begin to transform.

To breathe it in means you're choosing trust, but a trust that's gone beyond a mental concept into an actual, lived experience.

To breathe it in means your own harmony, integrity and love for self are most important, and that you're willing to trust the divine within everyone else too.

To breathe it in means you're willing to let go of everything and everyone, and give yourself a chance to be free.

You see, there's magic inside you. I can't even explain it in words, but it's a magic that melts the barriers within, that distills the sharpest pain into wisdom and the tightest frustration into grace. When you breathe it in, you offer your pain to the flame of transfiguration at your core. What happens there is totally beyond any words, but you will feel the effects.

Keep in mind that the results may not meet your current hopes and expectations because those come from the agenda of the human self. *To breathe it in* means that you're willing to go beyond that agenda into total, absolute trust.

As I have breathed in (rather than into) this and other situations, things have changed. I've come back to the knowing that there are no victims, not even among the ones that seem most powerless. Although things are unfolding in a different way than I had hoped, there is a peace within me that's worth every tear, every scream, every breath. It's a peace that passes understanding, and I wouldn't trade it for anything. And it's there for you as well.

Is someone being obnoxious and offensive? Breathe the anger in.
Are you worried about what might happen? Breathe the fear in.
Is an empty bank account pulling you down? Breathe the dread in.
Does your body hurt? Breathe the pain in.
Are the energies too intense? Let them fill you.
Is the world driving you crazy? Breathe it all in.

I suggest that you don't get distracted with trying to figure out how it works. As humans we tend to think that accepting something means it will stay with us and resistance will keep it at bay. But resistance actually keeps it in our reality while acceptance allows it to transform. Breathe it in, and the acceptance is no longer a mind game. Breathing it in is real. It opens you. It initiates the magic, the transformation of you that will eventually transform your world.

You'll begin to see the picture expand, seeing beyond appearances into what's really happening. You'll begin to recognize your fellow angels who have been masquerading as humans. Breathing it in is actually letting it go, because you're no longer holding it out in front of you saying, "Look at that! Oh, how I do not like it!" Breathing it in removes the structure that's holding it in your reality. Breathing it in just might be the "uncreate" button we've wished for.

Oh, one last caution: As you let stuff go and feel it change, don't pick it up again unless you really want to keep carrying it. Pain and drama are very habit forming and at first you might feel a bit lost without them in your world. So breathe it all in, and then be very conscious of what you express on the out-breath, for that is what you'll (re)create.

Inhale...

Exhale...

Inhale...

(By Jean Tinder, Shaumbra Monthly editor, Crimson Circle Teacher - Shaumbra Monthly, June 2014)

Shaumbra Symptoms

Symptoms

~ **Body aches and pains, especially in the neck, shoulder and back.**

This is the result of intense changes at your DNA level as the 'Christ seed' awakens within. This too shall pass.

~ **Feeling of deep inner sadness for no apparent reason.**

You are releasing your past (this lifetime and others) and this causes the feeling of sadness.

This is similar to the experience of moving from a house where you lived in for many, many years into a new house. As much as you want to move into the new house, there is a sadness of leaving behind the memories, energy and experiences of the old house. This too shall pass.

~ **Crying for no apparent reason.** Similar to #2 above. It's good and healthy to let the tears flow. It helps to release the old energy within. This too shall pass.

~ **Sudden change in job or career.** A very common symptom. As you change, things around you will change as well. Do not worry about finding the 'perfect' job or career right now. This too shall pass.

You're in transition and you may make several job changes before you settle into one that fits your passion.

~ **Withdrawal from family relationships.** You are connected to your biological family via old karma. When you get off the karmic cycle, the bonds of the old relationships are released. It will appear as though you are drifting away from your family and friends. This too shall pass.

After a period of time, you may develop a new relationship with them if it is appropriate. However, the relationship will be based in the new energy without the karmic attachments.

~ **Unusual sleep patterns.** It's likely that you'll awaken many nights between 2:00 and 4:00 AM. There is a lot of work going on within you, and it often causes you to wake up for a 'breather.'

Not to worry. If you cannot go back to sleep, get up and do something rather than lay in bed and worry about humanly things. This too shall pass.

~ **Intense dreams.** These might include war and battle dreams, chase dreams or monster dreams. You are literally releasing the old energy within, and these energies of the past are often symbolized as wars, running to escape and boogiemens. This too shall pass.

~ **Physical disorientation.** At times you will feel very ungrounded. You will be 'spatially challenged' with the feeling like you cannot put two feet on the ground, or that you are walking between two worlds.

As your consciousness transitions into the new energy, your body sometimes lags behind. Spend more time in nature to help ground the new energy within. This too shall pass.

~ **Increased 'self talk'.** You will find yourself talking to your Self more often. You will suddenly realize you have been chattering away with yourself for the past 30 minutes.

There is a new level of communication taking place within your being, and you are experiencing the tip of the iceberg with the self talk. The conversations will increase, and they will become more fluid, more coherent and more insightful. You are not going crazy, you are just Shaumbra moving into the new energy.

~ **Feelings of loneliness,** even when in the company of others. You may feel alone and removed from others. You may feel the desire to 'flee' groups and crowds.

As Shaumbra, you are walking a sacred and lonely path. As much as the feelings of loneliness cause you anxiety, it is difficult to relate to others at this time.

The feelings of loneliness are also associated with the fact that your Guides have departed. They have been with you on all of your journeys in all of your lifetimes. It was time for them to back away so you could fill your space with your own divinity. This too shall pass.

The void within will be filled with the love and energy of your own Christ consciousness.

~ **Loss of passion.** You may feel totally disimpassioned, with little or no desire to do anything. That is OK, and it is just part of the process. Take this time to 'do no-thing.' Do not fight yourself on this, because this too shall pass. It is similar to rebooting a computer. You need to shut down for a brief period of time in order to load the sophisticated new software, or in this case, the new Christ-seed energy.

~ **A deep longing to go Home.** This is perhaps the most difficult and challenging of any of the conditions. You may experience a deep and overwhelming desire to leave the planet and return to Home. This is not a 'suicidal' feeling. It is not based in anger or frustration. You do not want to make a big deal of it or cause drama for yourself or other. There is a quiet part of you that wants to go Home. The root cause for this is quite simple. You have completed your karmic cycles. You have completed your contract for this lifetime. You are ready to begin a new lifetime while still in this physical body.

During this transition process, you have an inner remembrance of what it is like to be on the other side. Are you ready to enlist for another tour of duty here on Earth? Are you ready to take on the challenges of moving into the New Energy? Yes, indeed you could go Home right now. But you have come this far, and after many, many lifetimes it would be a shame to leave before the end of the movie.

Besides, Spirit needs you here to help others transition into the new energy. They will need a human guide, just like you, who has taken the journey from the old energy into the new. The path you are walking right now provides the experiences to enable you to become a Teacher of the New Divine Human. As lonely and dark as your journey can be at times, remember that you are never alone.

Glossary

These are terms that will be helpful to understand as you read this document and the official website.

Ahmyo - Absolute and pure trust in self, the realization of the I Am. ([Addendum J: The Ahmyo Life](#))

Anayatron - The communication network that all energy particles use to communicate with all other energy particles, particularly within the Body of Consciousness.

Anost - The state of imbalance to the light. "The imbalance to the light, or anost, is a denial of the dark. It is a denial of half of yourself, if not more." ~ *Tobias* (pronounced uh-nahst)

Ascension - The state of being wholly and completely in acceptance and love for yourself without reservation, having let go of all limitations of the human existence and being fully integrated with every part of Self.

Adamus Saint-Germain - A Master, an angel, a professor and a teacher from the Crimson Council who delivers messages and curriculum through Geoffrey Hoppe.

Angel - A souled being, birthed from the original Oneness, created by the love of Spirit.

Aspects - Different roles or identities we as Creator Beings have used to answer the question: Who Am I? We create aspects of ourselves to meet situations in this lifetime (e.g. the child, the parent, the business owner, the healer, etc). We also have many other aspects from past lives, from dreams and from the multidimensional realms. When aspects become "stuck" they can cause chaos and confusion as they move in and out of consciousness. However, through conscious choice we can welcome these aspects back home within ourselves and become fully integrated.

Atlantis - The second era of Earth experience, coming after the Lemurian era. Atlanteans were very communal by nature and did extensive work to standardize the human mind and body.

Body of Consciousness - A human's fully integrated physical body, mind, intelligence, awareness, feelings and spirit. Everything changes as you evolve into your I Am presence. No longer are you a house divided into separate rooms of biology, mind and spirit. Transitioning from your old paradigm into your new Body of Consciousness. The Body of Consciousness is the melding of your chakra system, physical organs, psychic aspects, physical senses and spirit into a single, unified Self. You are moving beyond your past, present and future states into an integrated Being operating simultaneously in multiple dimensions. You are going beyond the limitations of your physical senses of hearing, smell, touch, taste and sight into a new sensory perception from the core your being. In doing so you transcend the old, hierarchal and linear understandings of dimensions – 3rd, 4th, 5th, etc. – into a new perspective that dimensions weave into and dance with each other like colors on a painter's palette rather than separated from each other. *Adamus* defines the new You as a holistic Body of Consciousness in the New Energy.

Cauldre - The name *Tobias* and *Adamus* call *Geoffrey Hoppe*. This is not his "spirit name," rather a nickname used. (pronounced Ka-ool'-dra)

Channeling - When a non-physical entity or angel speaks through a human. The human translates the entity's "thought/energy packets" into words for others to hear or read.

Conscious Breathing - The acknowledgment and full acceptance of life, consciously choosing to bring life force energies into one's human reality.

Consciousness - Awareness or expansiveness. Consciousness activates energy and energy potentials all around you.

Crimson Circle - The group of humans involved in this spiritual journey, who are also here as teachers to others on the journey.

Crimson Council - A celestial teaching order that includes [Tobias](#), *Adamus Saint-Germain*, [Kuthumi](#) Ial Singh, and other angels who are assisting us on our journey.

Dei Un Gnost - See "Gnost" (pronounced day-oon-nost)

Dimensions - Unique particles of consciousness created by souled beings that can have nearly any variation of properties. They can intersect and interact with other dimensions and are not linear, hierarchical or numbered.

Ego - "Derived from your Latin word meaning "I". I-go. The ego was developed when you crossed through the Wall of Fire. It created a sense of identity for you. You spend so much time battling your ego, but it is an integral part of you. It is your one connection back to Home. The ego is transforming and changing. Instead of "I go" you are becoming "I Am." ~ *Tobias*

First Circle - ?Home, the original existence of God or Oneness, also referred to as the First Creation. It is where we came from before embarking on this journey for Spirit.

Fruit of the Rose - A term used to describe the reminder we left for ourselves along our path or journey to Awakening. Ultimately we will find or stumble upon this reminder and rediscover the need to wake up, to remember that we are a Master. The Fruit of the Rose reminds us that we're just playing this game of being a human, that "human" is only a small part of who we really are.

Gnost - Our “creative solution,” gnost is the part of us that solves problems beyond the capabilities of the mind. Gnost is reawakening now after being dormant for a long time. (variant of "Dei Un Gnost")

God - Spirit or Source from which we came and which is also within us at the core; the divine creative essence within.

Home - The First Circle of creation; the original Oneness from which we came.

I Am - Your full sovereign Self, the You that you have always been which originated directly from the original Oneness of Home.

Imagination - The essence of creation energy, the beginning of all manifestation, imagination is not mental “visualization” but rather creative feeling and sensing.

'It doesn't Matter' - A phrase introduced by Tobias indicating that one already is whatever one desires and is now just going through the experience of getting there.

Keahak - Meaning energy in action (kea) and spirit in experience (hak), keahak is the ancient word representing the part of you that connects to and brings in the energies.

Kaiko – Passion. Deep inner truth.

Kuthumi Lal Singh - An ascended master in the non-physical realms who has had many lifetimes on Earth and delivers messages through Geoffrey Hoppe and many others.

Lemuria - The first era of Earth experience when angels first learned how to descend their energy and embody into matter.

Makyo - Spiritual verbiage and platitudes that distract from the true experience of Self. Adamus also describes this as spiritual bullshit.

Merabh - A non-linear and non-mental energy movement that combines words, music and perhaps physical movement to create a quantum consciousness change.

Namaste - An acknowledgment of the God within one to the God within another.

Near Earth Realms - The non-physical realms surrounding Earth where the essence of many beings goes between lifetimes. It is a layer of consciousness closely related to Earth.

New Energy - The next evolution of energy that allows the integration of duality, including our divine nature and our human nature. While the current energy is vibrational, new energy is expansional in all directions at the same time.

Nhahyu - A particular element of consciousness; used to describe consciousness, awareness, sensitivity and feelings. Nhahyu also means to dive into feelings, to experience them fully, and then let them go; wholly-embodied-and-fully-released. (pronounced nah-you)

Oh-Be-Ahn - An ancient greeting and blessing between time travelers as they encounter one another on their journeys. It means "I honor you for the journey, no matter where you are."

Oneness - The original Home, All That Was.

Order of the Arc (Archangels) - ?Created as a unified consensus of all energies and all angels, including ones considered both light and dark. All angels created this Order of the Arc to move to the next level of understanding and energy resolution.

Pakauwah - A totem or spirit animal created by you as an extension of your own essence to support your human experience.

Point of Separation - A moment when reality shifts from one cycle or spiral of experience to the next.

Quantum Leap - Tobias said that on September 18, 2007 humanity experienced a quantum leap in consciousness, a time where everything moves at such a fast rate that consciousness no longer follows the old linear path. Instead, the quantum leap in consciousness allows for a new level of creativity, invention, scientific discovery and personal transformation.

Sam - A pseudonym for the current Earthly incarnation of Tobias, which he fully embodied on July 19, 2009.

Second Circle - All of creation, everything outside of the First Circle, both physical and non-physical, including the human realms. Also referred to as the Second Creation.

Sensual - Using all the senses to savor and relish the experience of life.

Sha-dhar - To infuse or breathe life into life. Also to infuse yourself into your life.

Shaumbra - The name used by Tobias and others for the group of humans going through the awakening process. Tobias claims the term originated during the times of *Yeshua* ben Joseph (Jesus), when people – many of them Essenes – would gather for secret spiritual meetings. Loosely translated in old Hebrew, the first portion of the word Shaumbra is pronounced “shau-home.” “Shau-home” means home or family. The second portion of the term is “ba-rah,” which means journey and mission. When these terms are put together, it is “shau-home-ba-rah” which means family that is on a journey and experiencing together. Tobias says that in the biblical times, a “shaumbra” was also a scarf or shawl that was worn by either male or female. It was a distinctive crimson color that let the others know it was time to meet. (pronounced Shom-bra)

Shoud - During a Shoud, the spiritual essence of the group of listeners is gathered together by a human or a non-physical being such as Tobias or Adamus. The collective message of the group is then communicated back to the group via the channeler. In simplified terms, the audience is really listening to their own inner selves.

Souled Beings - When Spirit burst forth into expression, all souls came into being. Every souled being contains within itself the creative essence and sovereign energy of the Source in a unique and personal expression.

Source - Spirit, the source of life within you, the divine energy.

Spirit - Also called God, Source or the Eternal One, the divine spark that is within each souled being.

Standard - A Standard, as in "being a Standard of the New Energy," is a guiding light, one who illuminates potentials for others. A Standard is also a teacher who shares what they have learned through their own experiences. By their own example, a Standard inspires others to see what can be done.

Temples of Tien - A special place in Atlantis where Shaumbra first gathered to study energy. Many Shaumbra know each other from their times of working together in the temples.

Third Circle - The energy or essence of the totally sovereign self, complete unto itself with need of nothing from the outside. Your own Third Circle is your state of ascension, your full and complete sovereignty.

Tobias - Featured in the apocryphal (biblical) Book of Tobit, Tobias is an angelic being from the spiritual teaching group called the Crimson Council. Tobias channeled public messages from August 21, 1999 through July 19, 2009, and is now incarnate in physical body on Earth. Tobias' messages through Mr. Hoppe were lovingly given to encourage humans to accept their inner divine essence.

True Self or Higher Self - Our divine essence which is now awakening within us. The "divine angel within."

Void - The nothingness outside of Home. After leaving Home, angels found themselves in the Void where nothing existed, not even darkness. Using consciousness and energy, the angelic beings created many physical and non-physical realms out of the Void.

Wall of Fire - The expansion of consciousness or knowingness beyond itself; a metaphor for the "doorway" leading from Home into the Void. The zone we crossed through going from the First Circle to the Second Circle.

Yeshua ben Joseph - Also known as Jesus; a human manifestation of the collective Christ Consciousness, brought to Earth by those who understood that it was time for the divine to meld with the human on Earth.

