

STAR MESSAGES

Channeled From The Star Guides



Shakara Gosha

About Shakara Tosha



Shakara Tosha is an energetic guide + creative inspirationalist who speaks “Light Language” + channels Star Messages downloaded from various Guides (“The Arcs” Arcturians; Divine Feminine Aspect of Creator; Jmmanuela; White Buffalo Calf Woman; “Triskels” trinity beings; Hathors; “The Els” Elemental Tree + Stone Nations; “Sasquatchitani” tribes; “Ancient Ones”; Galactic White Spider; and her higher self). These channeled messages cover diverse topics, including information about Light Language, riding the shifting 3-13th Dimensional wave of ascension consciousness in our NOW moment + living your life as a creative work of art. As a Rainbow Guardian bridging ancient wisdom + modern life, Shakara inspires playful creativity in others + into this New Earth/Body/Society blueprint.

Shakara’s activation + guidance help identify + unlock blocks in other’s energetic systems to help move forward + find balance in people’s lives. These teachings + activations carry transformative vibrations which awaken + activate people’s creative resonant DNA coding — encouraging co-creators to re-mem-ber their true nature + develop their unique heart-soul expressions. Her messages help re-energize life purpose,

show how to activate intuitive abilities inside + manifest a dream life and passions easily.

She’s a portal opener of Galactic service, assisting the rise of all Gaia frequencies to higher dimensions together with fun + joy.

Shakara is a multidimensional guide who offers these activation messages in various formats: via multimedia presentations, personal sessions, light language speaking + toning, galactic scripts + glyph art, downloaded star symbols, blog posts, lectures, workshops, paintings, sacred ceremonies + “Energetic Frequency Signature” Art Bundles. She’s currently developing new books, videos, CD toning meditations, webinars, paintings + cards that carry energetic vibrations. She has presented her messages extensively at spiritual conferences + sacred gatherings, on webinars + radio shows, and her light language sessions have activated people all over the world. She’s been an artist since she was a child (painter, galactic code writer, singer, performer, Light Language communicator), with a Multimedia Arts degree Previously in her 3D life she was an interactive Website Producer, Designer, Business/Creative Strategist + Project Manager in New York City for numerous well-known brand websites — she has worked extensively in the art world, financial sector, publishing industry, and interactive marketing + communication fields. She also ran her own website business serving a range of boutique clients. Recently she left the heart of New York/Brooklyn for the remote rolling hills of the Driftless region in Wisconsin to realize her creative dreams, go barefoot in the grass + talk with the Stars. She now travels extensively sharing these messages. She is now collaborating with artists, healers + star channelers to co-create new projects.

Shakara Tosha

Star name given by Star Guides

Wicahpi Tosha Waste Win (Beautiful Violet Star Woman)

Spirit name given by Lakota Chief Golden Light Eagle

Jenny Marks

Sundancer (Lakota tradition)

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About These Messages

I have communicated with star people + elemental beings all my life — saw them in physical form, dreamed messages + intuited imagery communicated from them, saw visions of them in my dreaming + waking life, + felt them around me energetically all the time.

As my mother was an artist, I had a studio workspace in our house since I was a child... **I loved making art + it was as important as breathing to me.** I always scribed messages, galactic writing, codes + symbols in all my artwork + writings, as they felt appropriate to manifest in

various formats, but I didn't really understand what I was channeling or why these symbols + messages were being shown to me...until I got the awakening nudge...

A few years ago I saw a some sacred geometry symbols that began my “activation” initiation (as many of us remember the moments when we began to remember and awaken to our true selves). I began to receive very detailed dreamtime visions + numerous spiritual experiences...in the physical + in other dimensional experiences. I began to remember past lifetime experiences + memories as if they were happening now, + **automatically began scripting many notebooks of some kind of galactic code + numerous symbol writing.** I became very tuned into these messages + was guided to visit various sacred spiritual gatherings, where I united with others who were channeling their experiences, codes + messages. I began participating in various sacred ceremonies which heightened my abilities to connect with spirit energies. Then, after hearing a grandmother speak what's referred to as **“The Language of Light”** I began to spontaneously verbally channel language after language — many different tones + dialects, which I was then guided to understand were different star tribe languages + elemental languages, and began documenting them extensively.

Then, one night, I was visited in dreamtime by a group I refer to as “The Arcs” — an Arcturian tribe trinity collective — who began to visit me at 4:44am (Arcturian activation time code) and proceeded to “download” extensive messages every early morning to me. These were so specific, very detailed, scientific above my understanding + they covered a huge range of topics — about **the “Ascension” times** we are experiencing now; about **Light Language** (what it is, how it works, how to work with it as a creative manifestation modality) + **the human body system** (star nations whose DNA we carry + how to work with these energies on higher energy levels); about **the various star nations, elementals** + how they work with humans and Mother Earth ... plus many more topics... Then, more guides began to visit in dreamtime + wake me at more early morning time codes (2:22am, 3:33am, etc) to share more perspectives of understanding for similar topics. These guides were all very different + inform me they all the tribes work together on different tasks in different dimensions... that **they are all here to heal the Earth to her original state of radiance + help humans fully evolve into higher consciousness + life experience.** These guides continue to bring me messages + encourage me now to share these in easy-to-comprehend formats, presentations, sacred gatherings, ceremonies + multidimensional presentations.

Here are a few of the messages I have received. **I hope they bring you joy** + help awaken your understandings of who you are, what is really happening energetically in our world + why, the positive outcome we + many star beings are evolving into + what we can do to make a difference.

Love + Light,
Shakara Toshia



Awakening – We're Evolving Ourselves Together

Earth crystals + diamond light photonics speak through portals, send bolts + messages to either/or ether/ore planes within our body systems and mother Gaia. The source of life, the heart form vibration is activating and arising greatly now. The new golden photonic seed in our high heart is alive + growing, pushing boundaries, moving forward, expanding, awakening all our life forces who have been harboring the sleep state. We dance the sacred dance of self-expression, each in our own way, to ground Celestial energies. Temporarily doused with the veil while traveling aimlessly through space and time, we The Collective have hearkened to the calling of the wild, now quickly opening our eyes. The silent days are behind us all... high energy vibration walks amongst us, tapping our shoulders, a child's game, playfully awakening the slumber.

We are awakening ourselves, we are aligning the specific code matrix to do so from our prior soul agreements made on other planes of existence before coming into this world to help raise the global frequency. We feel the pull, hasten at the call. Whatever words you use to describe us, it's the same... systems busters, light workers, energy activators, etheric inspirationalists. We are putting the codes back together — in ourselves, with each other, throughout the blueprints of existence in all that is alive, working with new notions + practices of how we collectively define + redefine our energy systems, no longer oppressed by imposed ignorance and seeming lack of free will. The patterns layer, the codes align. Through the 144,000 points of bodily light, directly to the essence of the Masters, the crystalline core of Gaia + throughout the cosmic seas to the galactic central sun and beyond the beyond consciousness of Creation. This time of reemerging out of our chrysalis and into a new existence has arrived, those legends of this great time of "The Big Show" that has all galactic energies watching in support + awe is no longer myth, it is being realized by us all, for us, because of us, a wonderment to behold + incredible adventure to participate in.

Laughing, running through fields, aligning layers of sacred symbols, opening + traveling through portals, speaking + gesturing the language of light in all it's myriad forms ... we dance through it all, our dancing creating new dances that ripple through eternity of the Now. Shifting + sorting through higher octaves we venture, playing the instruments of time + space, utilizing the tools of etheric blueprinting creations, expanding in broader resonance levels. We are all creating as we go along, each unique thought + emotion + action adding to the Collective consciousness. We are dancing the ancient, Sacred dance of life + light, through the heart lifeline of the energetic earth grids — merging where our spirits can dance freely in the Galactic Center together with the all spirits of the Universe. The Elders, Ancient Ones, Star Families + those beings who walk upon the Earth at this time are orchestrating the divine creative performance, aligning people + star souls, making arrangements from the cosmic star power, and so many now in this world returning to witness these shifts to higher vibrational states as one Unit of energy — mother Gaia and all who resonate with her vibration. The rotation of the internal + external Mer Ka Ba, interlinking head + heart, soul + emotion, rejoining the divine feminine + divine masculine to birth a new blend of humanity, are all gyrating with change + motion. Hue-mans are just now collaboratively realizing we are consciously choosing to break through our own inner membranes and shells,

expanding into frontiers never before ventured. A huge galactic experiment in the making... we are creators, participants + spectators of this energetic symphony.

Star knowledge, star laws, energy essences embedded in symbol code combinations are repatterning, layering, restringing new lines of communication... within the underground root networks, between all the body neurons + DNA light code cells, filaments of light streaming around + through each one of us, within the electromagnetic lines telepathic communication rides upon, weaving throughout our 13 chakra centers + auric fields, throughout the planetary transportation paths + way stations, deep within Earth's the nodal points + ley line grid system... we are all glowing anew each moment. Resonating with light + sound + vibration all the elements are being unwoven, rewired + restrung to sync up new modes of heartfelt communication channels throughout all galactic and bodily systems of existence.

Invoking the flame imperishable — a fire that will never cool, but must be self-fanned — we struggle, wrangle through, not realizing we are really rebirthing alongside + meshed with the evolving starlight that is the Great Mother Gaia — we are her child, we are in her child, we are the Mother, we embrace the Mother, with joyous anticipation + awakened questions of what shall be. We do this together, one hand, one heart. Sacred flame societies + Ancient Masters of Light walk on this sacred ground. Heaven + earth come together to merge in the center, our center; the soaring bird + meandering earth snake, the phoenix dragon arising, the sacred fire-water essence, the sun-moon dance, the union of One. At the crossroads, it all meets in the high-heart. The plumed serpent + the giving hand, lovingly extended. May we truly receive continual knowledge wisdom through the Star Path to the Earth path and back again, may the tones of the 13 rise once again + become manifest in form.

Caterpillars knows not what they will shape into, but succumb to their destiny line, pushing ever stronger with newly formed wing-tips out the curved edge of the temporary cocoon, longing to get on with the business of living; they know in their heart they will allow themselves to fly. free. at. last. They know not how, but know they are the impulse itself — somewhere in their seed of inner life they ARE the will, the goal, even more so: the belief that they can, and the want to experience the magic. Chicks must crack their own shells, burst through the membrane, break part of themselves to reclaim themselves. Osiris allowed fragmentation, that Isis + Horus could understand the hologram of life + the unity of One. He allowed this process to show us in his action, how to operate + return to source, for the learning of the greater good. a model blueprint that life IS + IS endlessly transmuting — that creation, manifestation, entropy + rejuvenation are all possible, therefore must be experienced in full form to be understood inherently deep within ourselves. We carry the seed-codes of Creation, we are part of Creation, we ARE Creation itself.

The new + returned Tribes + Masters, the elders + wisdom keepers, have all heard the call of the great heart of the Mother and are taking their positions to do this high-vibrational Spirit Work, together. They must ask who will join, as it is all a free-will choice. We are all spinning on our own line grids in the web, finally seeing each other's light, Heartsong, calling to play together. Only then can we create harmony, melodies, patterns. Bodies come into alignment, sometimes they need to be shaken not stirred to be fully effective; a rugged downpour of rain must be called if the gentle rustle of leaves cannot catch the hearing of those in transit slumber. Return into form, walk the lands with awareness, awaken + arise to our sacred responsibilities now.

We choose to align the galactic center with our eternal center – within the double torus around the heart & body, mirroring earth center & universe, big sister and little sister walking together, big brother + little brother walking next to each other. Spirit of the waters, riding the crest of white wave foam, we are all Leaders on the edge of a newly-shaping consciousness, expanding + contracting. Our eternal nature, the golden dot orb seed cell within the 8 cells of our Medtronic blueprint, rotates continually. The space between the notes, the zero point energy location, composites nothingness + all-ness, vibrating peace + harmony. The tree systems + the crystalline earth-body elements see + record all in silent witness, now available to be tapped into at will. All these “systems” of the akashic, when over-layered, make the most glorious melody. The music of the spheres, the sound of possibility. When silent + listening we can hear the subtitles of this great symphony. We are being asked to be fully present and intuit all the universe messages as all our higher senses come online to “read” vibrations + “interpret” the messages. Living Light Language emanates everywhere.

There are those of us who hear the call, who can read the messages in cloud formations, who know at various stages what we came here to do in this earthly Walk. Like etheric lightening rods to connect the grids + anchor the teetering of the forces, WE HAVE ARRIVED to balance all energies... we are collectively breaking through the negative ceiling block of energy put there in the past by those who got separate from their natural source + seemingly have no heart...but they do, they just actively chose to quiet it for a while. We are showing that Love begets Love, all re-creation is possible, all determined contacts can be rewritten in a moment's notice.

For all of those that operate on their own volition without care, may they be deeply + kindly wrapped with blankets of love + care, for they know not consciously what they do, and the shadow is part of us all. In finding our inner glow we can show them how to again ignite their fire. I will never give up on those souls who have a short attention span for community and companionship... hearts that have separated from the soul body can be reunited by choice, the violet ray of love can again flame in temporarily abandoned vessels.

As they say, as long as you burn, you belong to life. Keeping the inner seed of life alive + evolving + of high vibration is the work and play of Masters — all of us here now — as above so below. The Creator seed carries the essence of potentiality within it — the creative force + the creation are intertwined. Energy is endlessly moving, vibrating in and out of existence; beings hold etheric resonance as conscious forms best when in service to others + Unity consciousness of the One + the All.

They will find their way the brighter we blaze the trail.

In many lifetimes we have traveled through the temples looking for the life pulse, behind the stars, through the center of the earth, into the essence of the golden orbs, through the dimensional layers, shape-shifted my soul throughout various places in my physical + the beyond, journeying through languages, stages of ourselves in different times, together with partners + alone, sometimes defending + protecting the sacred territory, oftentimes in deep silence... realizing just now the one thing we were seeking was always at our side, around us, inside. The glow of love. The Force, that one glowing orb inside the seed of life, expanding, contracting, blooming every so brilliantly.

The worlds are alive... do you see it, did you listen, how it glows and how it glistens.... I am just one being, requesting the knowledge to Know the world + myself again. May I align with the ethers, the elders, the ever-ever plan, and fulfill my mission. Release the mind, dance barefoot, knowing that we have all raised each other's vibrations ever higher, one energetic wave at a time.

Fascinating, the heart is— always giving, every push of the pulse of the will to be. The truth + magic is in the shadows, the between parts, the becoming, the space between breath in + breath out, between the half notes. In wondering where to go to shift this planet out of negativity, the wise ones looked back at an idea one soul had, just a concept, of how to shift into the other plane. Just an idea, an impulse, a wondering, brought by innocence, because it seemed there was no other way. We are now manifesting that etheric impulse into being, together. The young at heart will always move in the heart. They will find the way. And show the ALL. We can never lose connection to our innocence, we are born anew again every day, every moment. Awaken again to the innocence of your being + merge it together with the wisdom of your experiences. Therein lies the power of Creation... true alchemy of the soul.

We are collectively writing new etheric blueprints of the new human body, new society, new world — new ways that we are all evolving into ...we manifest what we see in each heart's soul, our mind's eye, in radiant new forms. Hang on through this bumpy ride, stay in your center, live from your heart with joy + laughter, we will all get to the new shores. Many have already dreamed this new way of living we will emerge into, and some are already living There in these higher frequencies now. We are dreaming it all now from slumber out into awakening existence — the current real becomes as the past dream, as the current dreamtime manifests as our new reality... and it is magnificent. Let's go together.



Your Personal Body System: A Vessel You Operate By Choice

Earth crystals + diamond light photonics speak through Your personal body vessel system is a **blending of your physical, spiritual, soul-ar, emotional, etheric, auric + energetic fields**) + has been pre-wired throughout the ages with all the information you need to navigate wherever you choose to travel. Now you can further learn/remember how to tap into it to travel in + out of whatever realms of consciousness you choose to manifest + operate from.

You are a Portal pillar channel of energy from the higher realms into this world + back again; you can continually practice how to navigate your personal Lightbody ship. One way is to Vision (in your mind's eye, during meditation or whatever ritual you personally do to get to your Center) that all your atoms, photons, elements in your body + your DNA are all etheric Light energy photons that are vibrating at a faster rate, which you can alter by applying your will + intention + attention — script new belief systems that your personal system will abide by. We are capable of re-programming ourselves, as we re-member how to do this (i.e. bring our encoded information back together in a unified field within our vessels, such as restringing our dormant DNA light codes). **The new etheric “blueprints” you are creating anew for yourself are your personalized GPS maps that are constantly altering all around you — you can learn to draw, read + follow these maps at will.** These maps are unique to you + understanding how you individually process information + work this new system of energy as a cellular level of intention will help you immensely during this shifting time.

:: You are An Individual “Unit” That’s Also Part of the Bigger “Unit” of Creator Consciousness ::

Your body system is truly a vessel that holds you together as an individual “unit” (which is part of a bigger “unit” of collective beings in the web of all Creation). This is your own unique Energy Frequency Signature — a personal star ship that you are in charge of + can drive where you need to go, physically + energetically. It’s a traveling ship you can propel through existences + experiences, willing them to occur by your heartfelt thoughts. **Your body vessel is a self-sustaining system equipped with all the information + intelligence needed ... humans are seeded from the stars + carry great knowledge— we just need to re-member how to tap into it.** My guides have shown me each of us has our own akashic record tracker, like a consolidated crystalline chip that carries the vastness of all our experiences, thoughts + outcomes throughout all our lifetimes... which we can tap into when we tune in deeply to our inner self + personally lift our own hidden veils of consciousness. In the ethical realms additionally there is a universal akashic record of all experiences of the Collective, the motherboard of all mainframes, the energetic soul source crystalline structure of creation, which can also be tapped into as a resource as needed (much more about this topic this later...).

One way to “operate” your personal vessel is to “move” your energetic soul’s nodal point in a conscious, sensory way from your Mind to your Heart ...speak + live from a heartfelt perspective. You can do this by envisioning your Spirit center moving from your brain down your spine into your heart. Your heart has a large toroidal donut-like field around it, so imagine “spinning” through that field to get into your heart). Choose to radiate all your

intentions from your heart; listen to your heart + follow what feels right + true + good. You will know when you have done this, it will just feel right, it's just a knowing.

:: You Actively Choose to Create the World Around You ::

You constantly get pulses + in-formation architected all around you by many forces, mostly your own manifested creations — **it is up to you to choose that which you resonate with, what you “align” with, what you “react to”, what you hold dear to your heart, what you disregard + what you utilize.** In essence, **everything is a symbol calling for your attention... you are the chooser of those information “tools” + can activate them at will by your intentions + emotions...** choose well, + you will be guided in stages back to your true authentic Self. This is the power of blending intuition + wisdom... all is your choice in every moment, because **it is all of your own Creation.** Yes, you create the reality around you, you call everything into being that appears in your realm, + you can alter it at will to another reality. **Acknowledge, have gratitude, forgive, bless, continue your journey anew.** At every moment you ARE anew — your cells, DNA, neutrons + atoms are constantly flickering on + off... where they go next only you can determine + will to happen (+ your body already knows inherently how to do this). Changing your thinking of yourself, who you really are + what the world really is in a split second can cause you can initiate a new life path journey. This is the mystical secret understanding of true Free Will... you are in the driver's seat + you have always been. Reclaim your true power + have fun with it — it's all a creative game. Don't take life so seriously while understanding your love really moves worlds... because you ARE the world. Nothing is “out there” in your realm — all is a creation + manifestation of your thoughts, impulses, beliefs, interpretations + emotions. Master your emotions, tune into true understanding that **the “world” is not something that happens to you, it is of your own determining Creation.** So, paint a new picture + Walk Into It. Live it, breathe it, become it. It is your own Creation. This is how you drive your own ship. It is your center of power, in your High Heart... live + Walk your life journey with love + radiate your Will outward. This is how we are birthing our own reality + therefore birth the collective consciousness that is Becoming right in this Now moment. Your thoughts + feelings have incredible power, so choose wisely; if you feel you are slipping off your track never judge yourself, just change focus + begin again. You'll get it eventually + it will become second nature to you. Like breathing. Remember we all knew how to do this in many past lives before we actively chose to forget. Now is the time to re-mem-ber this skill set, + use it once again. It's a great addition to your lifestyle tool belt!

:: Life is For Your Growth + Advancement ::

Whatever appears in your life (the good, the “bad” + the “ugly”) is truly for your growth + development — regardless of how it feels to you, it is important to be aware of + observe how anything manifests in your life + begin to understand you can change the outcome by your intention + belief. It is all an illusion anyway, determined by your soul to be experienced by you before you came into this realm. Have fun with your life + realize that you are your own Creation — you can change what you wish to experience at any time. Each of us carries with us a golden seed essence of Creation; therefore, we are not just holographic chip fragments of Creator Spirit, we are made of her/his very essence ... therefore we ARE Creation itself + can Create accordingly with the new consciousness of our creative abilities already engrained in us all. Get to truly know yourself again, and Be-Who-You-Are. Self-express yourself now in full glory — your unique Energetic Frequency Signature is so needed and valuable to the world. Express yourself!



Experiencing + Navigating New Higher Dimensional Frequencies

:: We are Now Operating at a Higher Dimensional Frequency ::

All living beings on Earth are experiencing huge waves of personal + galactic energy shifts into levels of higher consciousness, in the Now moments of our Collective Evolution. These changes are caused by many factors, most noticeably: **a recent spiking of the Schumann Resonance pulses from the core of inner earth outward, the “Song of the Earth”** (*frequency vibrations emanating blue etheric energy which effect the electro-magnetic fields around the earth + our physical body blueprints*) ... **PLUS the recent influx of higher frequencies to our planet** (*stardust from the photon belt that earth’s passing through, in tandem with magnificent solar flares radiating golden/white diamond codes of light on us, which our evolving crystalline body systems can now absorb more easily*). **We are each being “activated” from all directions, inside + out**, and the effects of these vibrations are providing new opportunities for our higher dimensional selves to come “onboard”, so to speak, from deep within our personal body systems — generating a new energetic renaissance in our world.

We are now operating at a higher dimensional frequency within our full body systems — yet the perceptions many people (the “Collective”) haven’t quite graduated into understanding that this higher dimensional shift has occurred. Therefore many keep reenacting a 3rd dimensional existence + experience living in the same 3D world they have always occupied — recreating the usual 3D stuff + work + family dynamics + issues etc.

In the past many have experienced our 3D lives in the here-and-now, feeling a need to climb the spiritual ladder upwards to get to our “better” or “higher” selves (as if that’s somehow “above” us). Due to these recent shifts, our **collective essence now resides at a higher frequency + we are being offered the opportunity at will to emerge into the 3D world as needed to finish some earthly business** + let go of all that no longer serves us. My Star Guides (aka my “Star Team”) show me that our physical + etheric bodies function as a prana tube where we can travel between higher + lower states of density at will... all the dimensions exist simultaneously together in the same space, so shifting between them is as simple as changing your resonant vibrational frequency feeling.

:: A Shifting of Collective Dimensional Conscious Into 5D-13D Has Occurred ::

I was recently in-formed that there was **a shifting of collective dimensional conscious into the 5th dimension in Dec 2012**. Some people felt it very deeply (I experienced a huge movement in my auric + etheric field with many visions), while some didn’t “get the memo” energetically at all — due to each person’s coded level of awakening time + their empathic body sync with Mother Gaia. Nevertheless it happened, what the Mayans called **the “end of time” was the end of our “traditional” or known experience of time**. Everything is cyclical in the time band (which is affected + generated by gravity + spacial relationships), we were just beginning a movement cycle again at a new, higher experiential level. Time itself had split, moved, warped, regenerated itself... a natural process that occurs in multi-thousand-year time blocks (growth, entropy disintegration of systems, neutralization, then new starts). Therefore, we became **figuratively + literally “out of time”**... while the majority of “the Collective” (all living beings walking the planet now) are now just beginning to feel the delayed reaction to this shift, like we’re perceptively out of sync with this + scrambling energetically to catch up.

Additionally, profoundly, I was also in-formed that **in Dec 2016 there was another major shift higher into the 13th dimension** (hard to comprehend what that is or feels like since it's been a long time down our respective rabbit holes here since we operated in higher dimensional realities). **We have now vibrationally expanded our perceptions of these higher dimensions** + the multidimensionally banded energy fields where we now fully reside can be experienced from this high-resonating perspective. Our physical (plus spiritual + mental) bodies are not only absorbing a higher form of energy now, they are THE conduit for the change in our overall system.

Many people who are deeply entrenched in the matrix field of 3D-manipulated reality are just beginning to experience their first baby-step “ah-ha” awakening moments. Those of you/us who have felt this shift have endured a very bumpy ride, walking between these two worlds, needing to keep the 3D-factory-machine well oiled + churning (bills, kids, work, cultural beliefs + practices, daily engrained behavior, celebrity wish-dreaming, marketing doctrines + buying stuff, massive pop-culture engagements etc), while at the same time tapping into higher realms of energy + the special effects of it all — but somehow we all got through it fairly unscathed, ha.

People were sucked into believing that those appointed “power-over” individuals had the upper hand + The Collective just needed to go along with the program prescribed to them to be successful citizens for the “greater good”. I call this the “get-er-done” thought process, utilized by people who have remained entrenched in 3D distractions. This was due to the alignment of The Collective’s belief systems + literal/figurative buy-in to the agendas of the “power-over” people. I love this neutral phrase “get-er-done”... to me it’s a mode of being, a learned feeling of being in action while thinking we are making “things happen”, yet not considering that those making the decisions behind the smokescreen are the ones who are benefiting from these manipulations. The Collective have been making daily life choices we were told are good for us, while power-over factions are actively cyphering our energetic strands, a happening still unknown to the many logical, loving human beings. This all changing due to these new energy shifts in our world... **our pineal glands, DNA + photons at a cellular level are being re-stimulated to function in new, higher-vibrational ways**. We are all collectively waking up + looking around in this new worldly existence of ours.

:: Reception Through Distraction / The Medium is the Message ::

We have been experiencing the manifestation of the concept “reception-through-distraction”: the finely-architected agenda by those in “power-over” was to keep people moving so fast with fully booked schedules + desires for stuff as to make them appear + feel valuable to the world (the world of desired illusion which remains never really attainable, just the dangling carrot in front of us), persuaded to just keep consuming things. In pushing forward with this way of life, it creates an inability for the Collective to designate the “time” to focus their attention on what’s really occurring in the world and within themselves due to endless distractions — a well-tuned marketing tactic in full effect.

This is also the materialization of the concept “the medium is the message”, with a twist: the Collective have become so mesmerized by the eye-candy + gadgets they we “thought” to desire so much that we don’t grasp true message delivered to us or it’s manufactured intention (*note: my Star Guides often use funny word-plays...they say here we ARE “thought” itself that becomes a reality; also they are layering the concept that we are TAUGHT, as in a teacher*

giving us a programmed lesson; at the same time we become “taught” like a tight rope tether of control around us). In this way, people are **deliberately distracted to miss the real value, purpose or energetic natural exchange that occurs in life + real human interactions** due to the over-abundance of tech tools, devices, beliefs + other distractions teased in front of them. Attempts have been made to **seduce us away from our True Selfhood, our spiritual purpose, our feeling hearts + the wisdom of self-thinking** ... the Collective has been officially lured into willingly believing + accepting that these imposed decisions were our choice + were good for us. This, in reality, has caused people to willingly forfeit their **personal free will + internal power they naturally carry** (which supports self growth, reflection, rejuvenation, true wisdom + heartfelt living connection with nature + the art of creation). *On a personal note, I enjoy experiencing the full spectrum of human living stuff-ness, but don't get entrenched in it so much these days... like being in the world but not of it. I love tech gadgets, wizzadoodles, good music hooks, style + various tactile experiences etc, while I also will my spirit to move fluidly between 3D + higher spiritual dimensions as needed by choice, which we are all capable of doing.*

Yes, society on the whole does currently use + rely on the internet, smartphones, computers etc. to bridge the gaps in time/space with others, to connect + exchange info + passions, yet it's not the sole way to connect with the world, nature + others. I intuit **these external devices are a pre-cursor to opening our senses to the art of true telepathy + Light Language communications**. There will be a time when the shrine built to high-technology will begin falling away + our powerful inner higher senses will come back on board fully (telepathy, auric field reading, chakra connection “blending” with other people + animals + concepts etc.)... these heartfelt + natural ways of connecting will again become dominant tools, while the tech tools will be balanced in rightful service to the natural essence of Creation + connection once again.

:: Navigating Through Many Worlds At Once Is Our Choice ::

The “Key” to this all is balancing both (actually many) worlds, at once. It's the true feminine way of blending + living in paradox... all are included, all are celebrated, all are respected — the duality of opposites merges back into Unity. It's an active choice of how we can live our lives.

We must begin to realize this is how the energy of the world functions + determine to reclaim our original power... to understand that **this has always been our choice**. Then, we must make a choice to Live + Walk this way in every moment. This is one reason we are in this 3D world of Gaia: the Earth is a school of learning to master our emotions + understand creation/manifestation in all it's myriad ways... we can actively choose to Do IT, Live IT, Be IT. We have descended into 3-dimensional vibration here to actively choose to master the evolving into higher consciousnesses of Love + Light + merge back to the Source of all that is.

Another “Key” is to recognize the signs that the manipulated reality world is signaling to you deep within your unconscious + identify the source they come from. These have been embedded by the “power-over” factions with deliberate coded triggers priming you to interpret incorrectly as your own thoughts + reality, which is an illusion.

The more significant “Key” here is to see how the universe + your own personal Guides (aspects of you in all dimensions + other spiritual, elemental, star + guides) come to you

+ inform your daily life to “read” the energetic MESSAGES they are intentionally showing you. How you see + interpret those messages that may just feel like random coincidences (which they are not) will determine your current state of mind + your future, defined right now from the moment of understanding. This your true communication with Creator, Nature, Guides + Self, in action.

Have fun experimenting with this new reality you are individually creating with every personal impulse, will, thought, intention + action. Remember how powerful your vibrations are. You are co-creating blueprints of the new body vessel, our new earth, new world, new universe + new society — which we are all collectively evolving into through rapidly expanding creational waves of consciousness. How you choose to conduct your energies at each moment affects your life PLUS everything in the whole Collective of Existence itself. Make good, conscious choices + create new masterpieces of existence... in this Now moment, in this Now moment, in this Now moment, and so on, infinitely. **Be Who You Truly Are.**



Time Shifting to No-Time / Your New Internal GPS System / Elemental Units

Time is becoming more available: if we need more “time” to complete a task we can just set our intention on it and is it SO... We are beginning to be able to warp time and/or experience time warping + bending, shortening + elongating, because **time itself as we experience it is beginning to fall out of a grid-like structure**, which it has been artificially locked into for thousands of years. Linear time has been a false construct that doesn’t exist, and was only created for control. It is almost as if we can physically manipulate it — like in the movies where they show a holographic screen projection materializing in front of a person who can then **manipulate energy patterns by their hands or minds**... we can begin to **visualize + “map” systems of energy** (such as our bodies, our thoughts, materials, other happenings around us, time constructs of past + present) + begin to reshape these systems of energy in different ways.

The elements (water, fire, earth, sky) themselves are changing + “upgrading” — they are taking on new form, coming into contact + merging with higher frequency elementals within the element of ether (aether) + tuning into other vibrational elementals that exist on other dimensional levels. **LOVE itself in its purest form is a vibrational element, that carries with it all potentialities of the universe**...more on this later. **It is very important at this “time” in our current state of existence in the NOW to ground yourself in any way you can + find your Center** — go inward, calm your mind, listen to your higher self, + connect with your Heart center. The external 3D world is vibrating higher + beginning to feel off-balance. Also time is speeding up, warping or feels like it is melting — **it is vital now that you begin to move at your own pace in any activity you do** — unplug from the clock + the calendar + other external stimulus (especially electronic technology devices), at least a few times a day...get in a quiet space and be calm with yourself, go out into nature, have a calming ritual... **this will ground you + you will begin to hear the higher impulse signals from your Higher self** — this higher self knows what to do, where to go etc. It is your **new internal GPS navigation system**.

It’s important to have Faith that it is possible to be guided by your inner self + that it is possible to begin materializing what you need as you need it in any form... and you do this by beginning to visualize what you want in your mind’s eye until what you want to materialize is fully functional — “fake-it-till-you-make it” kind of thing. **We are quickly moving into a state of “no-time”**. Time as we have experienced it up until now was tied to space, false calendar systems + sliced, pre-designated units of fragmented moments, and our experience of time in the 3rd dimension resonated with very densely packed atomic structures; but now as all **elementals are vibrating at higher levels**, the **“space” between matter elementals is opening** up. The distance between atoms, photons etc. will seem more vast + spread out, but **in that vacant space between things there exists infinite potential** — as if everything is connected like glue or strings (i.e. String theory)... these are the **lines that can be woven + manipulated + traveled**. Many indigenous cultures speak of time having been woven into the fabric of our lives and time is now becoming undone or unwoven. I vision that the “fabric” we experienced as matter was only experienced in limited dimensions like a flat piece of paper... when in essence it was occurring in many layered dimensions in all directions simultaneously.

Every atom + element carries with it its initial impulse from when it was Created, and therefore never dies + has inherent potential in it — as it pulsates + moves + vibrates **it is both the Creator and the Creation being created** (just by partaking in joining with other elementals + holding temporary form). **Any combination of atoms can exist by your willing them to do so...** we can therefore begin to manipulate energy + forms into impulses that form into thoughts + ideas + desires that then project outward into our auric field and begin to “call” other photons collectively to them that resonate with the same vibration — we begin to **manifest thought into form**. We are made of atoms, therefore **we are all the atomic + photonic structures that make up our bodies as a separate “Unit”, within the larger structure of the “Unit” of all photons/atoms/elementals** that exist in our world and in all the universes. Each of our body systems are separate “Units” in and of themselves, and at the same time are part of the Unit of the Whole — Creator Spirit is one, within one, within one etc. Therefore we can **act with free will as a separate governing “body”** managing our own body “systems”, and at the same time because we are **made of the very essence of Prime Creator we are part of the whole** — our actions affect everything that exists “around” us + in us, and at the same time we can connect to + pull from all that IS around + inside us. Begin to realize this concept and begin to play with it in your daily lives.

All is connected, therefore any thought, feeling, action, impulse is connected like strings in every direction to everything else that is in materialized form + also that is in potential form — every vibration is either “on” in Material realms or “off” (it just can’t be seen with the visible eye). We are beginning to **become conscious + aware of our latent abilities, as we come “online”**. You will begin to experience “impulses” to want to do something in your immediate realm but may not really understand why, what it is or be able to put any meaning to it yet... this is **your internal intelligence rewiring itself and beginning to upgrade you with new signals radiating from you** (not in reaction to experiences outside of you as we have been so conditioned to behave). It is as if **the elementals in your system + around you + of your guides/higher selves are beginning to orchestrate new ways of your BE-ing in the world**, and it’s important to listen to those impulses, observe them with neutral emotion + no attachment, and see what next you visualize in your mind’s eye. **ESP + telepathy** are the pre-form vibration of these impulses, + when seen with another filter in your mind’s eye you can easily “catch” thoughts and intentional vibrations put into motion by another being.

These are New higher dimensional Tools you’re beginning to develop + experience — play with them and explore them. Soon you will be called to utilize them + will begin to identify your **unique skill-set + unique artistic expression in the world** — your true abilities and skills that are unique to you will begin to manifest + will begin to be requested to apply in your day-to-day life. You are truly in the NOW being shown YOURSELF and your unique skills and qualities — those qualities that you YOURSELF have chosen to learn, follow, develop + master — throughout many lifetimes and experiences just for this NOW moment! You are coming fully online and your unique way of operating + being + expressing in the world is not only important and available to the world and others, but is the **exact reason why you are here and one of your many Soul Purposes** — your skills + abilities + ways of being in the world is truly unique and each of us will soon **begin Shining those new personal frequencies out into the world** like Lighthouse beacons calling to each other (as those who will **GLOW** will begin to recognize the Glow in another).



Speaking Creator Language of Elementals + Photonics

Go inside yourself in your meditations and general thoughts during the day — to find truth, joy + new inspiration evolving inside every one of your atoms. Each cell in your body carries it's own **packet of intelligence** and has sensory receptors that can extend out of the cell and perceive or “read” information in photonic Light, which the cell interprets and returns to inform + update it's core operating system — then extends out to “call” other cells of similar resonance to action, to join together to create and form new ideas, functions + ways of operating. This happens billions of times a second, and there is a brief lull moment of null exchange between impulse + receiving pulses, similar to Zero Point, where nothing + everything exists simultaneously in that moment + all possibilities happen at once... before the cells move on to manifest what they intend.

At this zero moment no space/time exists, and this is where connection to the galactic center is possible, merging of all dimensions is possible, and **where the All-There-Is I AM energy exists** — where the source of Spirit flows through. These cells are firing + floating + pausing numerous times — and this process can be altered quickly at any moment. This is where manifestation of anything occurs, and **why it is so important to be mindful of your thoughts as they will manifest as you intend them.**

This is also how telepathy works + quantum physics quarks/strings function — all is connected by this **invisible negative space between matter and no-matter.** It's like the space between half-step notes on a piano, that space between impulse + something becoming “other” or something new. **When an artist creates something, this inter-“space” is where the impulse + communication + vision flows through,** before the artist interprets a message they receive to manifest it in form.

This is the same as the **Flow state** for athletes, artists + anyone manifesting anything in 3d: the person's body system (mind, body, spirit) becomes simultaneously (1) **the attractor of an idea/energy/vision,** (2) **the interpreter of that message** via their skills + intuition + life experience, and (3) **initiator of their personal choice** of how + what gets manifested + birthed into the world.

The elementals of creation + potential in the universe connect with a person's internal elementals, mix-n-match to form something new, and that “**unit**” or “**packet**” of **information creation** gets presented back into the world of actualization. **The key** is how one picks up the impulses + how **sensitive** they are, what they **attend** to (where they put their attention), how they work with their **unique energy frequency signature,** and what **they intend to manifest** that then gets created. In this process, a person is **mirroring the function of creation,** therefore has merged with the source of creation + the process of creation — becoming Creator, part of and ONE with the grand Creative Spirit.

We must find our own inner inspiration + the will to be + exist — the current 3d external society as we have experienced it has served the purpose of gestating our new frequencies, globally, collectively, + individually... it is dismantling as it is no longer needed or operable in this new place of being.

When you meditate + quiet your mind, you can begin to better hear your own inner voice — that voice carries all your past life + ancestral experiential information — it is the method to connect with your Higher self (it actually IS your higher self). This is the way to the **universal collective** (the Akashic records), the **universal stream of consciousness + communication**: etheric non-linear, non-time space where all communication on all dimensional levels is possible + anything/everything exists at a probable + possible state, where you can choose any line of outcome as you wish, this is that which is connected to the higher and galactic realms.

All nature + elementals + ether energetics communicate on this strata of communication — a kind of energy beam superhighway that you can ramp up onto and exist with and pull out + off of at will.

Begin to master this. Envision what it looks + feels like + you will begin to “**see**” it in your **mind’s eye**. The 4 elements as we know them in the 3rd dimension are beginning to become more malleable — taking on new form... even your physical body will begin to “feel” different. We are experiencing less “definition” between our physical frame + the space around us, as if we can “blend” in + out of former “walls” of air + material objects next to us.

All atoms in our system are vibrating faster + more intentionally so that we can almost “see” inside our physical body + move our Spirit into different parts of our body. While being completely present + holding our physical form, we begin to move in + out of our “**layers**” of **being**, walking around + coming back into our bodies.

Play with this experience and get to know your unique personal process of doing this activity — **create your own Style Signature of how you operate this.**



Old Negative Structures Are Unraveling/ New Energies Coming Onboard

Disregard all the negative, old structures that appear to be unraveling in the 3D world – most negative activities shown are false flag receptors of those in power-over role-play scenarios to keep humans detached and separated from their true nature (reception through distraction) ... **we must come back together with our selves and others in Oneness and unity consciousness.** The falling-apart process is always a precursor step of the new forming of any consciousness template.

Understand that you are here on purpose, with purpose and you very important in this process of change and evolution of our society and Conscious – your new “roles” and tasks and joy and play will be revealed to you shortly:

We all have a **contractual agreement** (made by us before we went under the veil to come into earth bodies) with Spirit to be here in the world at this time to do this Work (your system and higher Guides will inform you more about this soon.

The Clarion Call is trumpeting out to us all – NOW is the opportunity we are being asked to be of Service to the Shift in the world and helping Gaia ascend with full Consciousness of all on Earth...and it is our conscious choice how we will engage, how much, in what way, and where our Heart is focused during this change Our Faith in the Way will be tested and we must be very centered and clear in our intentions.

Forgiveness (of all and of others and of ourselves) is the way of letting go of all outdated systems that no longer serve us.

Almost everything you **learned + belief systems you adopted/adapted to outdated** and will not resonate with this new world – disengage from them and **learn a new way of being in this new golden age and new earth as a new human.**

You are being presented with a **multitude of ways to experience your life, moment to moment.** Choose which path you will follow, as this is now possible in multidimensional consciousness – no judgement, just actively choose which infinite possibility path you want to walk... no need to ever judge self or others, just realign and recalibrate your path on your the Walk of your path... shift to a parallel reality into the way of living that suits you – this is your choice and your power in this new world. There is no wrong way or right way, but a Heart way that is operating with respect and support of all living in the NOW.

As we **begin to let down the “veil” that separates our consciousness** from the other dimensions, **Star beings + elemental beings will begin appearing to you more in your visual field...** be prepared to receive them and not be fearful of them, as they will appear to you if they trust that you will respect them and honor their ways. They are truly your Family as we are all connected, and they will appear and begin to teach us all new worldly dynamics that have been hidden from our consciousness up until this time.



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Carbon Shifting to Crystal / Matter Shifting to Energy

Due to energetic changes in the world now, our carbon-based elements are beginning to morph into more crystal-like structures (Christ vibration consciousness), which are able to perceive, hold, carry and radiate much higher energy information communication. There is a new Golden Light grid surrounding the Earth that we can tap into any time now. This is a new kind of Diamond consciousness – “As Above So Below” – that is beginning to manifest on the earth. We are beginning to literally GLOW, which will be fun to watch materialize in us all.

The actual number of people at this time who are harmonizing with their inner and higher self + higher vibrations isn't relevant in the grand scheme of things (because each person engaged in any Light Work represents a multitude of humans now) – it is the **size of each individual's heartfelt intentions that matter**, and how each of us chooses to live day-to-day (because each moment is a ritual + cause for celebration, if you so choose).

Due to the energetic frequency changes in the world + new photonics Light radiating to us from the sun, we are all vibrating at much higher levels now, and it is important to release any 3-Dimensional ways of perceiving the world (listening, hearing, sensing, etc. and smelling), and begin experiencing the world in new ways.



Create Personal Ceremonies of Manifestation to Attune to Self + Spirit

Ceremonies + rituals can be done at any time of the day – it is the intention and focus you apply to them that make them Sacred to you and those joining the activities. There are more elaborate ceremonies + rituals for various needs and intended outcomes, **but even simple gestures when done with purpose and willing from the Heart can be wonderful ways to tune in with your higher vibrations and Higher Self and focus your energies on your core center** – so you don't get swayed by external stimulation (versus just creating mental goals + focusing on manifesting something you don't "have" at the moment which takes you out of the NOW moment and keeps you encased in linear time).

One ceremonial way to connect with + to center Yourself is to find activities that **Celebrate YOU**, especially when it involves combining various elemental forms + properties that offer your senses pleasure ... like making a lovely warm cup of tea, lighting natural candles and feeling the glow inside of you, closing your eyes and letting the fleeting moments pass by without judgement, being in or near nature (even putting flowers around the house), drinking fresh water with mint/lemon/cucumber (my favorite!), making a delicious sampling plate of colorful and yummy food (I love good juices, fruit, nuts + cheese)... and truly experiencing all of these things deeply by yourself or in the company of others. **What you choose to work with, how you put it together and how you feel about any activity is a choice**, and I find that when you **combine various elements (food, atmosphere, music, light, a friend's company) in your process** it stimulates your Multidimensional mind + spirit + body through various senses.

One great way to manifest what you want in your immediate world is to offer a Vision Prayer of what you would like to see manifest in your near future life – and really experience with your **heart + mind** what something actually feels like ... **as if it is happening (until it becomes real)**. The more details you can provide in the picture, the better.

So much of this new way of manifesting energy and materialization in this new 5D world we are experimenting with is about utilizing your skills of **imagination + visualization**. When you "view" what you want to experience **as if it is already happening**, your mental mind + ego don't know the difference, so your system behaves as if it is really happening... which actually makes it happen for real.

This is truly what **Faith** is about: not waiting until you see miracles happening around you to "believe" in your abilities and Higher Powers, Faith is finding a belief you create + adhere to and living that belief completely from within you that truly manifests what is wanted + needed from you in your experiential world. More than "fake it 'till you make it".... **you now have the spiritual green light to use elements + materials in a new way in the world**. The consistency + physicality of "things" and matter has now been altered and is vibrating much faster... therefore they are much more mailable + change much faster in our perception of Time (which is dissolving as we know it anyway).



Let Go, Upgrade + Write Your Own Blueprint Manual In This Frequency Shift

You are here on the planet in this NOW moment to live out all your dreams + desires. All the experiences in this life's journey (and your past lives—as we have been many people + places) inform you how to raise your own personal vibration, to shape your life to your liking + help the worldly Collective shift to a new way of interacting — new community, new conversational + transactional exchanges, new ways of interacting with the environment, new art forms + new ways of being. Worldly systems (finance, culture, entertainment, food, etc.) appear outwardly to be falling apart at the seams, but this is part of the energetic transitional shifting process + has a purpose to create new ways of interacting. Coming onboard are new, open + inspiring methodologies + visionary actions taking place to shift the whole system that will completely redefine what our current world looks like and how it operates. All these will come to fruition in the very near future. Like the calm before the storm, the Sun is not too far away on the other side of the cloud, and it will become visible once the wind blows the clouds onward.

This is a processing time for all of us to review + let go of personal + collective past traumas (we all churn these emotionally/physically/spiritually), outplayed family dynamics + old behavioral conditioning we have been told that we thought defined our identity. Energetically, all is now coming up for “review” for everyone — to let go of these outdated energies once + for all, so we can move forward with a clean slate. This includes consciously reviewing our personal relationships with EVERYTHING (food, money, friends, family, work life, etc.), thereafter determining what works for us personally + what is no longer useful. We are shaping our own new personal paradigms in how we relate to the world, Nature, other people, friends + family, and especially to ourselves. We are truly coming “online” with our new abilities, desires, needs, + skills. For so long we have been collectively “instructed” to dummy-down, follow order, and feel as though life gets projected onto us as another character “label” — we have collectively functioned often in fear-based survival mode + reacting to things that seem to “happen” to us from “outside” ourselves.

Well folks, the energies in the world are truly shifting quickly and becoming fluid — due to many factors: galactically via the photonic belt the Earth and all her inhabitants are moving through, planet relationships, new photonics radiating down from the Sun to Earth and all her Creatures — including us Hue-man Beings (this new Sun/Photonic Light carries new energies + upgrading information to all our cells) + a real consciousness awakening rising among many people + planet Earth herself (Mother Gaia is a being of incredible intelligence)... Due to all this shifting, our bodies + minds are experiencing a change of... well, heart! Or I should say a CHANGE TO HEART — we as a Collective are deciding (consciously + subconsciously, and some completely unconsciously!) what is not working, what we do enjoy + actively choosing to live in other ways that are taking on many new forms — organic farming + getting back to nature (possible in the country AND city...rooftop gardens, farmers markets with local produce, locally sourced artisanal cooking), moving physically or changing work/job/life relationships + locations to create new surroundings that vibrate with the new “us” that is changing.... We are beginning to call in new Tribes of people + places that resonate with our new vibrations, worrying less about those people +

places that no longer “fit” our new lifestyle + ways of expression. A kind of energetic changing of the Guard, on our conscious night watch rounds.

The byproduct of these shifting energies that many are now beginning to experience as physical + emotional + spiritual life changes are referred to as “Ascension Symptoms”. Humans are electromagnetic beings directly influenced by all of the Earth + interpersonal re-jigging that is going on all over us – because we have the same physical + spiritual makeup as these things that are shifting our consciousness. That could manifest as a need for extreme quiet + deep immersion in/with nature in some form; you might feel the beginning stages of heightened sensory perceptions (Sounds + Light take on a new intensity, your intuition gets heightened, you feel more compassionate or empathic with others etc); even babies + children may seem to catch your attention + your eye a bit more + differently... the YOUNG ONES are especially sensitive to the shifts in Energies (the younger set already arrive here in this world just wired differently + hit the ground running with an awareness of life-purpose work + fun to be done). All this to say, we are awakening to dormant abilities we may not have known exist in us until now, these special strengths + gifts we inherently have to manage our lives + Creatively Manifest what we need + want in new ways. Different people get “activated” at different times in their growth stages (some may be full-blown in the thick of these energetics, some may not feel anything or have a clue yet – but is coming to you soon). It’s like we just got (or are in line to receive, if it hasn’t quite greeted you yet) an upgrade – and there’s no blueprint or manual yet to refer to that goes with the new “us” model.

We actually need to write our own personal guidebooks, because the manifesting change is completely unique to each of us, and only we understand our own unique wiring. So if you are feeling a bit wonky these days, know that much of your agitation, frustration, aches + lethargy could stem from these things. Nothing may feel “right” anymore or you may have no desires to do any previous activities you thoroughly enjoyed... and/or you may have crazy energy spikes + feel motivated to stay up all night to build a new project or turn your house inside out, and the next moment you want to sleep for 3 days straight. Yes, crazy-making – until you understand that this is just what’s happening + why, then you can flow with it + let your instincts begin to guide you. We need to be aware of how we operate in our unique ways as these shifts are occurring + temper ourselves with new ways of functioning, on our own terms. It is a conscious choice we are being asked to make now – to evolve + break through old ways of living + open up to ALL POSSIBILITY... or continue to choose to be controlled by outside forces, directives + decisions.

You have been in a state of cleansing + incubation... now you are coming out of your shell and need to **shine like the Golden Light Beings** that you and I all are. I AM. WE ARE. We have shifted from carbon-based beings to Crystalline-Vibrational Light Beings radiating Divine energy. This is not a philosophy or a mental construct or a “happening” – this is a HUGE vibrational shift that is newly “existing” on many multidimensional levels of existence ... the choice is up to you to take the leap of Faith and believe this “Shift” in all its glory is possible and is truly happening in this NOW moment, or choose to stay on the fence + ponder + judge the mere possibility of this change even occurring. That is one form of free will choice... you determine your destiny by your belief systems. What you believe you perceive NOW.



Learn to Speak with the Elementals Around You

The elements (earth, fire, water, sky) around + inside you each carry unique codes of information that can help you chart what to do with your life + your next step. Each of these elemental groups are separate “Nations” that have their own properties, messages, qualities and language, and can be tools in your life navigation if you listen + understand them. They are especially helpful when you combine them together – one, two, three or four – in any activity you do.

When you combine the elements of Earth, Fire, Water, Sky... to also include Ether, which is the etherial energy in all matter that corresponds to your Heart Love vibrations (which are also a form of elemental energy)... you transcend dimensional communication at a higher vibrational rate into the 5th Dimensional vibration. You are, in essence, **creating new energies, like spiritual alchemy...** which will bring new Information (i.e. Creator Intelligence) into your realm for you to interpret + understand **as you choose to do so.**

When you listen with your Heart to the Messages you receive from your internal source + your light body communication (how you are vibrating at various levels – physically, mentally and spiritually, as the 3 are all working together now), you will be **guided to the highest form of living and experiencing life that is possible** at that moment for you on your Journey.

Learn the language of Nature + the Elementals, and decipher what nature is communicating to you. All you need to do is be present in nature, quiet your body and mind, and just Listen to any sounds you hear and any impulses you feel around and inside you. Then you can begin to connect with Earth Gaia’s **crystal consciousness and crystal kingdom**, which are beginning to materialize now. We are physically and energetically One with Earth as we absolutely connect to + are present with Gaia (who is a truly energetic light Being) during her ascension to the higher levels of existence.

The **Ancient Ones** who carried very high frequencies throughout history and existed in ancient times are now returning to help on this ascension journey – they are beginning to manifest around us and in our world, and also they are descending into our very systems – **all people + beings who are here on Earth at this time are an aspect of Them.** It is very important now to **learn how to listen to the voice of the nature elementals with your light body** – they speak to you in various ways that you need to explore + find out on our own. If you request to be connected to them and be of service to Gaia and all her inhabitants at this time, you will be shown what to do and how.



During these intense times – choose to live in Love + Light + Joy

During these intense times – choose to live in Love + Light + Joy. Remember a knowing inside of you that is incredibly powerful – all your thoughts + feelings do manifest the world around you. Look for the helpers, look for the signs of change... put your heart into love + do not fear “fear”, give it no power here...

In these days of intense transition, know that systems must always break down during the changing of the guard... **YOU are the ones who change the world**, from one act of kindness + one positive thought... we can be empathic for the suffering of others and still be determined to radiate joy together in the world.

Understand there are motives behind every action happening in the world... there exists the law of free will – you can also choose your own motives + actions to correct our collective destiny + steer this earthship together in a new direction. Inspire another, instantly forgive those who are not conscious of humanity, and **love, love love**.

The shift of ages is happening now, walk in gentle strength, no fear. There is light at the end of this tunnel because it becomes a doorway into a new form of living + existence. Eye see it, feel it, know it. Eye know U do too. xox, love you all.



Welcome to The New World + The New You

We are all collectively shifting into a very new way of BEING in the world – due to energetic changes in the electromagnetic flow of energy in the universe, established systems reforming themselves and people waking up to their true poet and potential and human beings in the NOW (living this exact moment in time).

You may feel changes happening all around you in your world – a desire to change jobs or relationships or where you live, a need to seek out a deeper purpose in your life, finding and living by new values that you passionately believe in, wanting to find and align with your true purpose for being on earth at this time, and even physical and spiritual changes you may be experiencing (most of your “symptoms” are due to an influx of new energetic information coming from the sun and your whole body system coming “online:”) – you are waking up out of a long, deep slumber and may be finding that the world feels different... well IT IS.

We have now entered into a very new time, a really new Golden Age of the New earth and New You and New Possibilities – where manifestation and materialization of new dreams and realities are really possible... people are awakening to the reality that they now have the ability to create anything the want or need... with a few new ways of BEING in and experiencing the world. Your life is really a creative act, and you are the driver, the Master Creator of your destiny, your reality, your joy, your day-to-day reality. Trust that this is occurring, and you will begin to raise your vibration and be able to see visual manifestations of this new way of BEING all around you – you are attracting it to you, and you are actually creating your life at every moment! Actively choose to raise your vibration and you can ride this new wave beautifully!

Play... have fun + celebrate little moments in your day (especially the most difficult ones).

Know that everything that happens to you is exactly what you need in that moment for your growth... and welcome it with open arms.

When you strip away all the Stuff...**you can truly respect all that is in the world...** no longer reacting to what is happening around you, you begin to generate Light and Life from you and create exactly what you need outward as your gift to the world.



Poem to the Wise Elders: Grandmothers + Grandfathers + Youth

Merging Masculine & feminine, head & heart, ancient wisdom & modern energetics.

Essence of the water, smooth and flowing free
take me to a higher plane that's where I want to be
Formation of Fire, materialize above
build your strength in inner power, fill it with your love.

To the Grandmothers,

We have joined you in prayer and ceremony—I know the water is the eternal language, the essence of the light codes in our system, that carries the Star Messages.

During Ceremony I see all the ancient ones in ceremony above our heads, in a circle talking through the bark of the trees and whispering sweet sounds through the breeze. The fire circle opens a portal above our heads to the heavens and beyond the beyond, so those in other realms join with you. You merge the east and west coast when merging with the elementals and water and Mother Earth.

The ancients are happy.

You are all following the call of Spirit in your hearts, and humble you all are, so generous in heart. When we are around you, we long to just sit near you and feel your love.

We see you in the hills, and in the city too. When you are in any city doing ceremony, the ground and concrete and tunnels and hard streets take note, and became gentle for your walk, and the roads part on your way.

You show the way by your be-ing. Hue-man be-ing.

Grandmother says we are re-member-ing.

Thank you for your smiles, your wisdom, your way.

To the Grandfathers,

In the south, north, east, west, middle-way,
we.are.coming.back. we have made a promise. to you, to them, to all Ones.

We will try again.

When the tribe child forgets how wonderful his voice is, her dance is, longing to be with the ultra-tech modern world, we can remind them that it is really the illusion, the masked world ideal of a false image.

The real truth and joy and fun and center is what was suppressed for so long by those who didn't want to let Spirit fly in youth hearts.

It is so.important.to.hear.your.calling.

Be Who You Are :: :: ::

Grandfathers, thank you for holding the torch, for bearing the weight, the wait, the wisdom. Thank you now for trusting us, now that we are growing and shifting and awakening enough, even baby steps.

To be able to learn how to hold and carry the torch. We know the symbols and laws of Love when we see them, though our heads may be foggy. We know you all by the very glow in your eyes, that star nation twinkle glimmer. We recognize you in your gestures, the symbols somewhere deep in our memory we can understand.

The children are asking for you. For the stories. For the Truth. For the beauty to be returned. Mother earth is awakening out of her caterpillar cocoon, shifting the magnetic pull and stretching her wings. Father sky is bursting with flames of galactic center energy, awakening our DNA light codes.

To the Youth, babies, young adults & young at heart— this is your world, manifest it as you wish. Break the old paradigms, the old roles and rules and create the most magnificent vision you see in your mind's eye. You have the abilities inside of you, trust your instincts, trust your heart. Live from your heart and Love will manifest in everything you do.
We love you all.

We.

Golden light bodies, barely contained in our package. Not knowing our true creative powers. Awakening together. Creation becoming creator. All returning. All coming together now. A New Earth. Dreaming a new dream.

Spider woman weaves her tale tapestry. White Buffalo Calf Woman roaming the plains once again. Lightening beings and Earth elementals and all Nations sing and dance together — Stone Nations, Animal Nations, Tree Nations, Elementals, Water Nation, Hue-man Rainbow Nations. The Rainbow bridges, Antakarana warriors and guardians are return in the NOW as well as the Ancient Ones, to shift Mother Earth into new dimensional vibrations.

Star Nation beings are returning. H-u-g-e beings, light channels, wings, orbs, floating, surrounding you, our elder guides. Thank you for calling them. Keeping the hope and dream alive. Holding the laughter in your heart even during the long rain. Teaching the middle way is the powerful way, walking the grounded center, through the heart of the 11:11. The cities of light, the glowing new earth, new you, new us, happy we are birthing into Light.
Gratitude.

For all 7 generations of the future and realigning the 7 Generations of the past and present, we move forward together.

Peace. Patience. You. Us. We. All.
ONE dance.



Poem for the Kogi Mamos

An essence, a glow
inside my hearts
it calls to you from over here, which you initiated.

In your travels

I see your village, I see your children running with joy in bare feet talking through soil.
I see the birth of young Mamos, opening their eyes for the first time to the breath of light
after white training and guidance. life. they already see inside their inner heart, other
dimensions, other layers.

You hold the essence of the world, you kiss the roots of the world tree as it pulses.
You have called those of us beings back to source, to essence.
Your offerings, your great work, without end, generates much joy.
You need to awaken the language of heart-beat, the wave, the constant hum, inside us all.
From the bottom of my heart, I know we have strayed so far away now in dreamtime,
but there are those of us who can still feel the magic of the earth mother breathing,
expanding her lungs, pushing for air, pushing her children onward, even in her struggles and
need for rest.

We who walk the surface, some of us have a subtle memory
of talking without words, in light sounds, in energy waves.
As you shift your form, manifest in various levels, traverse the grids,
offer your blessings and gratitude to the soul of earth, the heart inside the crystal iron grid,
there are those elementals who carry your wishes and intentions out
and some of us have ears and eyes and beings who can pick up that frequency ...
...we feel it in our be-ing, and we start beating together with you.

If there is one innocent child who knows

in her heart of heart, in his depth of depth, that
behind the world there is a lot of stuff-ness, then all is not lost.

The way, the truth, the light, the drum, talking drum, inner ear drum, inner heart
sanctuary, resonating kiva, light slowly streaming in waves, circulating in golden spirals, all
sacred dimensions, spawning through the grids.

I love you. I love your truth, your desire for peace.

For keeping the traditions, I hail the light.

You make my heart sing. I give and give and give to you. With a smile in my heart.

Please utilize my essence to help awaken those here in my realm.

Your eyes they shine, inside like mine. us. all.

Please kiss the children for me, and tell them we will all get There together.

Sit quietly next to them, that they may feel our presence out here, awakening slowly but
still awakening.

And thank them for their wisdom.

They know, and they know they know. That's why they glow and smile.



Personal Heart Travels

When I travel my spirit into my Sacred Space + Tiny Space of the Heart during meditation, it is a Kiva.

Floating in the center is my **Egg of Life** – 8 blue sacred circles, with a tiny gold orb dot in the center (3 layered atoms) rotating very fast.

There are also many **tools, sacred symbols + sacred objects** stacked in different areas of the Kiva, and 6 elements (with ethers + sphere), language of light writing and Star Law Manual symbols -these all materialize when I call them by their ancient name. I am quickly **learning what the objects are and how to activate them.**

All the **portal doors of the world** are there (starting with Aramu Muru, ending with Telos + the Plasma beings)-they await travel when I slide them in a line, with a special hum sound. It is the same with the objects-they know how to speak to each other when I bring them together in a certain way.

The are now vibrating faster, the crystals and skulls are humming and radiating prana and energy bolts, and the layers are **“patterning”**.