

PP April 1, 2004

Hello all, lets talk about the rules of creation.

When God made his being into creation, he made some rules to guide the process, which states immediately that God has made the rules and must obey them also. He is the boss of the rules and the servant of the rules. He is only the servant of the rules because of his creations. He loves his creations and he respects their beingness, which includes that he will respect the rules by which he made them.

If he is going to create something more for his creations, then he has to include the rules he has set for this creation in his creation.

Everything in his creation has to obey the rules for creation. Everything in his creation is a servant of these rules. If God wants other rules, he needs to make a whole new creation to apply them. His existing creation won't be able to apply the rules, without being made undone as creation.

It is rather annoying in our point of view to be God and to be limited by rules made by yourself. At the other side, if you look at children, because of the rules, they are free to express themselves. And this is also the case in expressing yourself as God into a creation. It is just part of the game.

If God wishes to create something new for a being in his creation, he obeys the rules for this creation. So if we as GOD like to create something in our lives, we need to have knowledge of the rules/laws of creation and apply them to the process of creating.

Let's look at the rules. If you know something about visualization, you will recognize a lot. Most of the people aren't gifted with a lively view operating system in their mind. They are more clear hearing, clear feeling, clear intuition, clear knowledge people instead of clear viewing. During a lifetime of becoming more and more God, this ability can develop in ones possibilities, just like the others can be developed spontaneously.

The rules:

1. set an intention of what you like to create;
2. make sure this intention is for the good of all concerned;
3. feel this intention to go with the flow of life;
4. start the process of description of what you want to be realized;
5. see if on your way in daily life, there are things you can adjust to the description;
6. see if you can make some adjustments to your life in anticipation of the creation;
7. see your life already nourished with the creation;
8. see the nourishment of your creation for the good of all concerned;
9. see yourself share your creation with others;
10. say thanks in gratitude for your creation and the joy, blessings it brings to you and the others;
11. let it go in trust;
12. enjoy your creation just as you have wished;
13. go on with the next one;
14. see if you can co-create with others and share your wish for creation into a vision of creation.

If you are aware or not, you create. And with you, creating things, you follow these rules. It isn't something difficult to do. A baby is already a master in it.

Now apply these rules to every creation you like to have in your life. Nesara for instance. A rather delicate topic. Nesara is at this moment of no good for the illuminati. And your views about Nesara and your views about the illuminati don't fit with rule number 2. Nesara and you thinking about the outcome for the illuminati doesn't fit in rule 2. If you forgive them their role in the play (someone has to do the nasty job in order to give millions of people the possibility to learn and to practice), then rule number 2 has been fulfilled. The creation can go on and speeding up towards the actual creation of Nesara in daily life.

Looking again at the creation of Nesara with rule 4, 5, 6, 7, 8 en 9, these are all part of the same vision people need to have for the very creation of Nesara. If you don't have an accurate description of what you like to create, your creation will fail to come into existence. That's why I ask you to create a vision together. The trouble with an example as Nesara is, that it will change the lives of lots of people. These people are also creative. They use their energy to benefit their lives.

So your group energy has to be big enough to encompass the creative energy of the others to fit them in the same vision. So your vision has to be a rather good one for all concerned to accomplish this. And your energy has to be on high amount to accomplish this.

Being aware of creation makes it possible to direct the creation towards a goal. It is also making it difficult, because you have to be very aware to sustain the creation with energy. If you do it unconsciously, then the energy needed to sustain it is given also unconsciously. You also have to be aware that your goal is something you unconsciously also want in your life. If you want something with your awaked mind, but your unconscious doesn't want it, you are zeroing out your efforts. In that case some cleaning of your inner self needs to be done to overcome this effect of opposite directed nature of the given energy.

Creation is a neutral device. It can be used also with negative energy. That's why people see who does good, encounters good. Who does negative, encounters negative. How can something negative be for the good of all concerned? Very easily, it enlarges the opportunities to awaken the people who are concerned. So negative directed energy can also be used into creation. If you do it unconsciously, then we are talking about a self fulfilling prophesy.

If you are awake and aware what you are doing, the results of negative creation are more dangerous than if you do it unconsciously. The negative creation done by unconscious mind, is part of a program. This is allowed to be because of the good that can happen. If you learn your lesson, you will become aware of what you are doing and you start to be awake. Not that much harm done.

If you are awake and aware, then you are willingly harming others. You will be very much responsible for what you did. The pain it will cause others, and the results of this pain, the suffering, the descending of the involved people because of the suffering and their incapability to give it a sufficient answer at that time of being. And you will risk a spiral of descending yourself. Nothing I would like to risk, because when some being does this, it is a great show of the self hate which isn't overcome at that time in being. It will give another circle of learning, being at service and experiences where you are able to show that you do love yourself as a being GOD.

Anything you like to accomplish has a vision, a goal. If you see it working out together with the visions, goals of others, then you don't have to spend much time into details. You can leave the details as a surprise to you. If you are talking about a big project, then you need more details to think about. How will Nesara change the world, how will it be for the benefit of all? How will the people trusting the government react, what will your answer be? How will life go on after the announcement? How do you make sure that there won't be another group of people in power afterwards? Dove and her NTAT group for an example? Mind me, I don't say it is going to be that way or that is the purpose of the NTAT or the purpose of Dove.

Let us see the creation of an animal. It isn't just a thinking about an animal and there it is. No you have to consider the location of the living environment. The structure of the planet, the structure of the circle of live, the structure of the nourishment inside, the structure of cellular life, the structure of laws of physics, the adopting abilities to live and to the information received from the outside, the purpose of the life, the purpose in the bigger plan for the planet, the inhabitants, the purpose in the bigger plan for the galaxy, the universe. We can go on for hours to lists all the involved rules and concerned beings when talking about just a single creation of a new species.

When we see the lists and see how perfectly everything fits together in creation, and you really realize it, you will become very humble and overjoyed with gratefulness for the beauty of creation.

We will see there is still much to learn about creation. I can't explain everything in a single message. This will be enough for now to give you some inside information about creation, as I have addressed it in the messages of the visions. I hope with this message I made once and again clear how important a vision is to reach your goal, if you call it Nesara, or with something different.

To answer some questions regarding this topic.

Yes, with creation you are getting help in your daily life from your guardian angels. Some are specialized in creation. Normally they take care of the details of the actually creation. That's why

at this moment in time frame, at rule 11, you are asked to let the creation go in trust. If you don't give this trust, you are changing constantly your view, your vision of the creation, and the directing of energies will fail.

These creation angels are also helping you with rule 3, 5 and 6. Also with getting a view, a vision. They help you along with dreams, with inspiration, with the happy coincidences and they orchestrate them in cooperation with your Soul and your Divine Essence.

If it is something which can be considered as a lesson, your guardian angels with special interest in schooling will step forward to carry your creation.

The ultimate goal is that you will be aware of them and your Soul, and the cooperation will be together. This is a matter of being aware, awake and alive to a certain amount of it.

If you are aware of guidance, you are sensitive enough to feel the guidance, the process of creation will go much easier. But following the guidance is just a tiny step to the ultimate goal of being aware of your creation.

If you become completely aware and God, then you have overcome the need of protection and help asked for by your Soul to assist you in daily matter life. Then you will do all the creation yourself, without any help of the Angels, but then we are talking about you being a realized GOD. And I guess by then you'll create some helpers to get the job done just for the fun of it, and as part of the rules you make to sustain your very life you are giving to your creations. By then you make your own Angels to help your creations through life.

I will finish the transfer right now. Just keep your questions for the next time, and I hope for a few really good ones, which tells me how much you have understood, with your being, the message and the purpose of the messages.

A good communication serves a goal. If it doesn't serve a goal for the good of all concerned, then we are wasting time and you better make a tea party for the elderly sick people in your society who can't move without help. Most of the time they can't talk that much anymore, but they will enjoy it very much. And you will learn to be of service and to be humble. That is a worthy goal for all concerned.

Have a good time.

Goodbye,

Ashtar

PP April 2, 2004

Hello my dear, what do you think about expectations? They hurt you don't you think? Most of the people think that the other hurts them. And they are going to fight the other for the behavior of the other indicates that there is something wrong. There must be something awfully wrong, otherwise he or she should do different, should act different. That is the way of most endings of a relationship. The problem isn't the relationship or the behavior (at least most of the time) but the expectations that exist inside the people in this very relationship.

If you expect something, then you take away the freedom of the other to express him/herself to her/his fullest potential of being God. You expect God to be less than GOD. You also don't respect that person in his being.

What matters most is that you look for love at the outside of you. This indicates that you don't respect yourself. And the issue of "do you love yourself" can be answered with a big NO.

The solution is: go to the inside of you (or at least search for it at the inside). In time you are getting better in it. Just practice it on a daily base.

There is also another part of this story. How do you see loving behavior to loved ones? If someone doesn't mind how you are feeling, is more polite to strangers than to you, you can ask the other to look at the mirror. The way how he treats you, is the way how he treats his own being. If someone loves him/herself, it should be noticed at the outside, at the behavior and attentiveness towards the loved ones and the lucky stranger. As usual, there are always 2 sides to the story.

Normally you are getting a fight if you ask someone to look in the mirror. It is considered as an accusation if you do so. If someone hasn't found the inner being, the inner God, then they feel like this. So better ask the higher self of that person to see if there is a willingness to look in the mirror for this kind of behavior. Then you just let it be. You have done what you can do. You can trust the higher self of a god being. And if you don't, just look at the mirror yourself.

Before asking to the higher self, make sure that you have done your part of the story. Did you see your mirror? Did you take your lesson? The higher self of the other isn't concerned with mess coming from your point of view, but is really concerned with an honest question for the good of all concerned.

This is the very basic about expectation. If you expect something, just see what your lack in this situation is. If you are detached, your expectations should be zero.

Let us address another bad human behavior, which causes needless pains: gossip.

It is very easy to gossip. If you talk about a behavior of another without staying to your inside, you are gossiping. The hurt of the gossip is very deep and can't be made undone. One word said in haste and without love, can ruin the possibility of a whole open communication in one sentence.

Let me give you an example: if somebody jokes about liking young boys very much, then you are going to think about it if it is only a joke. Then you are going to talk about it with others if it was really a joke. The others will think it wasn't a joke. They are telling that the first person loves young boys and everyone knows that the first person likes young boys for sex. And if that person is a trainer at a soccer or football team, he has serious problems. And this example isn't gossip. So what will gossip do?

There is only one remedy to gossip. Sharing. Sharing is a way of open communication so that others don't have to talk about you to inform the others. They know you, and they know what you feel, express and experience. If some being hears a gossip, the best thing they can do, is to see the person involved and ask. Then to hear the words, to see the love in action, into feeling, into expression, you will feel, will notice if someone speaks her or his truth.

With sharing there is no need for gossip.

Another reason for gossip is the point of view from the person who is gossiping. He or she has expectations how something should be, how it would have to be. If someone doesn't fit into this picture of a make believe reality, this will be the reason to gossip about the strange behavior, not fitting, no good. This is also a way of judging people and accuse them for wrong doings in their life expression.

The mirror techniques should be sufficient. The person involved into gossiping is definitely existent in the outer world and not loving the inner world of him/herself. Love is far away, the security of living an inside life is lost for this person at the moment of the gossip. The only solution is to ask with love, and sincere, the question to the higher self of that person for a change in the behavior for the good of all concerned.

The only problem with this solution is: the person who hears the gossip has to ask this question. The person who is "the victim" of the gossip can't ask for it. Mostly he/she won't know the gossip and the person who does this. He will only see the results of it, and can't undo them anymore.

The best way to avoid gossip: stop speaking about a person with one who isn't involved at the situation. If everyone would live this rule, gossip wouldn't be a problem and wouldn't have a chance to harm anyone.

Let me see if there is another form of communication worthwhile to address.

What do you think about complaining? In the Netherlands it is just a sharing of togetherness of the spirit of the people. And they have something to complain about every minute of the day: the weather. The weather changes every minute, or at least that is what they think, and they aren't happy with it, doesn't matter what weather it is.

Complaining is an attitude. And complaining about the weather, is just a way of getting in contact with each other in the Netherlands. It is common. This attitude gives an indication how these people think about their life. I complain, so I indicate that people don't have to be jealous about me. I am as much normal suffering being, like they are. They avoid in this matter being the topic of a gossip campaign. Not a very good attitude, and a false way of humbleness. Not that much harm done.

There are others who think about themselves as being a victim of circumstances (society, parents, sickness, ill health, less luck in life than others, etc, etc). These people complain a lot. With complaining they make sure they won't strive for a solution or only temporary to prove that it won't work out (self fulfilling prophesy). With complaining they generate energy from others (see it as stealing) and they put their responsibility for their lives, outside themselves.

You just see God as not wanting to be God and to make sure that they will do everything to avoid being GOD and take the responsibility for being GOD. Then they have a right to complain that nobody is coming to save them. Or they are waiting for the Messiah, Allah, Jesus, reincarnation, to save them, they are just insufficient beings at the mercy of the harsh world with a bit of luck getting lots of attention of the Devil and dark forces. And the devil (if he exist) and the dark forces won't have to give attention, because this person does it perfectly himself, getting into trouble and out of love. No need to do more or waste energy on this person, it is already perfectly arranged by the person himself.

This is a God expressing himself of not being God. If you like this particular game, you can walk in circles for ages. And some do.

The advice some are given, is that they have to look at the bright side of life, to see only the good in a situation. You are getting some false living people with this advice. They aren't looking at their inside. No they are just looking desperately at the outside for some good. And there they won't find it off course.

If you are trying to get out of the victimhood you are in, because of your complaining, and giving the responsibility of your life to the outer world, life won't be easy. Taking back your responsibility, to see what you have made of your life, see the shit in the mirror, is not part of a good game for people just started. Just to tell them that they have to look inside and see the God at their inside is one bridge to far.

So how do you start? Just accept their expression of life. Just tell them that they are right, to live life in the outer world is just a cooking pot of shit where they sit in, and then start to tell them that they have to look at their inside to search for peace. If they have a glimpse of being at peace, being at love, with some encouragement, they will go on and look for more. And if they come to pain places guide them through, not by taking the responsibility, just by reminding firm that they have to go inside, with every occasion, every time again and again and again. With some goodwill they will come to a stage that they won't need the reminder anymore.

Don't do it anymore, they try to trick you into that. They are good in that, don't you know? Don't do less, you only give them more reason to believe in the cooking pot with shit. You know better and your experience of it makes you an example and the good one to give only the lovely reminder to go to the inside.

You see three normal communication forms indicating a lot how people see their life and with which attitude they live. To say so in Pleiadian: you talk your way. Explanation: your talk clears the way, so watch your talking to see where you go.

I can give you a lot of examples of that proverb. I consider it much better if you see to it your way, and see if you will recognize your way where you are striding too. That's why it is better to watch your words, use them in discernment and see what kind of thinking is guiding them. If you change your thinking, you change your words, you change direction of your life. Logical isn't it?

This is Ashtar saying goodbye. Just as life is unfolding, you all are invited to change your language to a healthy one, to change your communication skills to more fitting in the daily circumstances of the Golden Age. My last question is: did you think about a vision? And did you write your piece of art to contribute? It doesn't matter if it is in English, Deutsch, Nederlands or Espagnol and if some being likes to translate some messages, be welcome. How many people are working on these materials, the more impact it will have on your greatest vision of the earth, including all for the best of every being concerned.

Goodbye dear hearts.

Transmission closed at last.

PP April 3, 2004

This is Ashtar speaking, are you ready for transfer?

Take a deep breath and see how you sit on your chair. Is this a healthy way for sitting? Change position, if necessary.

Take another deep breath and see if you are able to feel some tension inside you. Where does the tension reside in you body? Can the tension be neutralized by thinking: relax? Or does it need to tell you something? Just ask and feel. May-be you want to tense your muscle and let it relax for 3 times to get a relaxation for that part of your body. Send a color to the tension place, ask which one. Sometimes it is a question about accepting, so say it out loud. If these simple tools don't work, think to ask advice from your guardian angels, attend a tension management course or see a healthy doctor (one with herbs, light techniques and so on) Yoga lessons will do if you have looked after the inner being who isn't found and who isn't at ease.

Take another deep breath and switch of the light in your mind, lower the volume of your thoughts or set the power break of your thought on free or zero. With some exercising this will do.

Take another deep breath, say hello to the inner you. Just let the sounds of your hello resound at your inside.

Take another deep breath and say to your self: I am at home. Feel it this way (or at least try it).

Take another deep breath and find the stairs down to the deeper you.

Take another deep breath and knock on the door you will find, and ask to be let inside.

Take another deep breath and step inside, say thanks for the favor of getting inside.

Take another deep breath and look around, see what's already there and what isn't.

You inner self can be seen where you are now as a landscape. You can see little houses, the violet flame, a transdimensional port to invite visitors, refreshing water, a temple, mountains, deserts and much more. Your loved ones can be invited to live there (actually they already live there, but it is possible you can't see them).

What do you like to ad? What needs some attendance? What needs some resurrection? What do you enjoy?

If you make it a beautiful landscape, where you feel yourself at ease, at rest, relaxed, safe? With time and love you give it and love you feel while being there, you can make it a blessed place for yourself.

The best way to make a blessed place is to invite your SOUL, your divine spark to live there and feed the fountain of love so the water of it is able to go to the rest of your body and you can feel the water floating around you, out of you, as a well that never fails you.

Go and search for the loved ones in your life. Love never dies. This is your place of love, this is the place where love resides, your well of love. Your love for them has made them a house in your heart, in the very core heart of your being. This is the way God has made you a house inside his heart. This is the very reason that Jmmanuel could tell you that the heaven/ house of his father had many houses prepared for you.

As you are still within, you can start thinking about playing. Who do you like to invite and play with? Ask and imagine or let the feeling, the deeper feeling of the moment guide you.

After a while it is enough for the first visit.

Before you leave, just walk around and see if something is needed. You can find some pain places you need to work at, just register and promise (and keep your promise) that you will do it. This can be in different manners, in daily life or when you get back here.

If you have seen enough, felt enough, then you go to the temple and say thanks to all there is for your visit, your welcome, your time at this beautiful place. Never forget to give your appreciation and gratitude. If you don't do this and hurry away, you forget to bless the place, and you will eventually forget to come. It needs time, blessing and love to become your holy space. Normally it is a desert, a waste empty land at your first visit. If you still treat it that way, running out of it because of your daily life occupations, then it will stay that way.

Then walk slowly to the entrance. You pushed the door open and with a last glance over your shoulder, you close the door. You see the stairs going up and up.

Take a deep breath and walk up the stairs.

Take another deep breath, to feel your heart (there is the beginning of the stairs).

Take a deep breath and start to feel the rest of your body.

Take a deep breath and say hello to your feet, your legs and give some of the love and quietness you experience within.

Say hello to your pelvis, coccyx, lower body) and give some of the love and quietness you experience within.

Say hello to your upper body, your lungs, your heart, and give some of the love and quietness you experience within.

Say hello to your arms, shoulders, neck and give some of the love and quietness you experience within.

Say hello to your head and face and give some of the love and quietness you experience within.

Say hello to you, everything that you are, everything that makes you you. Give some of the love and quietness you experience within.

Especially say hello to the parts you don't like, and give some of the love and quietness you experience within. Say I accept me totally as me. I accept this part of me, as being me, as being GOD, and I thank you for what you do, the blessings that you bring me, the lessons that you learn me.

Take a deep breath, thank your self for yourself. Your willingness to be here and now with these lessons, this love and your contribution to yourself, your contribution to everything there is to be yourself. Say I LOVE MYSELF. I HAVE EXPERIENCE THAT I AM LOVE.

Take a deep breath, say hello to your eyes, give some of the love and quietness you experience within and ask your eyes to shine this love, quietness, being at peace out to the world.

Come back regularly.

PP April 4, 2004

Did you like yesterday's meditation? I always speak about experience and going within for the source of your love, your strength, your inner values. This is the first time I gave an easy meditation for going within to get the experience, to feel what I am addressing.

Now we are talking. With this experience you can start doing wonderful things.

How did it look inside? Desert, lonely waste(d) land? Barricades? Needs some attention, water (of tears of not cried pain inside you)?

Did you find houses full of love? A temple? The more you get there, the easier it becomes and the more the place will indeed grow as your altar, your temple of inner being. Everything in the universe, in creation, grows with attention, nourish with attention.

Today's focus is on attention. Everywhere you see in more educated groups that they understand the value of attention. But still it is underestimated everywhere on earth.

Attention needs to be learned at school. Attention is something different than concentration. Concentration is a hardship for the ones who need to give it, especially when you find the topic boring. Concentration has nothing to do with love or attention.

Attention is the focus value of your energy. Everywhere you send your energy to, you give attention. You can do it with care and very mature, or you can have a wandering mind and spilling energy while doing this. By example you can listen to a person without giving a dime with your attention (wandering far away in a daydream). This person will feel that your attention is somewhere else. This is a normal complaint in relationships on earth. Most of the time, you don't have to agree with something if you have listened with attention to the story and the feelings the other person likes to share, put into words. The other likes to be heard.

The wish to be heard, makes it very clear why attention is important. It has something to do with BE. If you give attention, you have a focus point of your (love) energy. Love and energy are the same, do you remember? If you give attention, you make something be seen, be heard, be listened to, be enjoyed, be experienced.

You give in that way energy so something comes into existence for you. That's why it is important to select your focus point, your attention point very carefully. What do you like to come into existence for you? Where you give your attention, your energy goes, that part comes into existence, into being. This is the law of creation, if you give your attention to a creation, it comes into being. You direct your energy to a focus point (your attention) and that way you create your being into existence.

To give another view of it: you are in a dark room, everywhere it is dark, only where you look at, will the light light up and give you a view of what is there. You determine where you look.

If you don't look, the very spot doesn't reflect your energy (the light) back to you. You don't know what is there, or that it might be worthwhile to you or not. What is there, doesn't come into being for you.

If you look very short, you give some light to shine on it, and the light reflects back so you can see colors, shapes etc. This is the spot you see, comes to life, comes into being within you. Why do I use comes into being within you? Your eyes just accept some light codes, the registration of this acceptance goes to your mind, and your mind makes a picture of it. And the more you look, the more you shine your light. Your mind makes a better picture, and you see more, know more, and it becomes more and more something you can give a meaning to, into being. You look at a book, first you see the shape of something, then you see colors and it comes to you it might be a book. And yes it is, with more looking you see letters, and then with more looking you are able to read the title and the author of it. Without looking, it would not become a book known with title and author.

Where you give your attention, that is what you see. This is also with feeling, hearing, touching etc. If you don't go inside, this place doesn't have a meaning for you. It is there, almost as if isn't there at all. You don't know about it, so you don't go looking for it. Some being needs to tell you about it, you give your attention to try it, and then with more and more attention, you will find everything you need when you go within.

Giving attention is giving energy to creation, to give something, some being the opportunity to become real for you.

This has also to do with respect. What does attention, creation, have to do with respect? Yes, if you have the respect to really look at something, you are able to see the being of that thing. So it isn't a thing anymore but an expression of GOD being in your life. That's why women complain a lot about not getting attention from their husbands, friends, parents. That is the biggest complaint from children, attention gives life, gives value, gives recognition of the being as a being God. Only with attention something comes to being, into knowing, into respect, into the life of the viewer.

If you don't look with respect, you devalue a being into a thing in your life.

If you look with respect, a being becomes real in your life, it comes into creation into your life. He/she/it lives in your life.

Why it is very important to become very sensitive is also clear right now. The more sensitive you are, the more you can feel, touch, hear and the more information you get to put something into being. Feeling, hearing, looking, smelling can be in different manners. With your body is one of the manners, but you can do it also with your other energy systems. Your hearing can be described as a radio to hear the thoughts of others. Your looking as a satellite for espionage purposes and a TV at the same time, your smelling like a bottle cleaning instrument that can smell almost one molecule from oil. Your feeling can be described as a radar, which can sense moods, emotions, changing in energy patterns and so on.

If you practice your skills, become very sensitive and very fine tuned in your energy, you can sense, feel, hear, smell, touch, see more then you do now. How many of you see aura's at this moment? What about angels, dwarves, elves, earthspirits, UFO's, aliens?

Without attention, you devalue beings into your live, so for you they don't take part in your life. Nasty business, when you talk about your wife, your husband, parents, friends and children. At the other part of the story, this is a very worthwhile technique to make sure you don't create things/beings/situations you don't want into your life.

Lucky for you, beings exist already in themselves without you being responsible for their creation of being GOD. This is true and isn't true.

You are GOD and you create at this very minute your own galaxy. You are God and you create at this moment your own experience, and your own future, your own history, and every moment you are in.

With your attention of BEING GOD, and with your attention of being in the expression of what you are right now. So you are responsible on every layer we are talking about.

Your focus of attention tells something of who you are. And if you give your attention to the outer world without feeling inside you are God, you decide which creation and which experiences you get. If your focus is at the inner world, to let it shine to the outer world (sharing, responsibility, nourishing, caring, nurturing, expressing God, expressing LOVE) then your attention is a breeding ground to feed the inner you to rise and shine, to make way for the Soul to live inside you.

To determine were to focus the attention, the value of the attention, is the choice every being is making every split second of creation. If you are trained to give your attention to other things than yourself and your loved ones, it is easy to do this again and again and again. We all know what becomes of this focus point.

I suggest you undo your training and change your focus point into a healthier one. In the beginning it will be hard to do, used as you are at wandering minds, distractions and consuming without taking responsibility for ones life. It is all about free will.

As I stated before the timing is your free choice. Eventually every being needs to train it's focus point, to give attention, aware, to creation. When is your choice. How, we can help with that, and there are already lots of teachings and devices available.

Attention, as I have stated in the beginning, can be given conscious and unconscious. The training needs to be followed so you become aware, awake and alive. You know at that moment what you create, and how you focus your attention so you create what you like to create. You know why you create it this way. Then we are talking about the attributes of being a self realized GOD.

Attention nourishes relationships. You are everywhere in a relationship with a being (standing on the face of mother Earth, remember?). It also nourishes the relationship with yourself within you (the inner you). It nourishes your love for yourself because it gets a way of expression itself inside you and outside you.

Attention is also a device to help you with being the 3 A's: awake, aware and alive. And attention is respect put into practice.

Lots again to think about isn't it? The most important thing is not to stay thinking about it. It needs to be experimented with. You have to put it into a test, to know/feel if it is true for you. Without experience a theory can't be known as truth. Wisdom comes from truth into experience. In this occasion the matter of the quality of your attention determines the outcome. This is always the occasion, the effort, the focused attention, gives the quality to the experience. In the occasion of experiencing the effects of the attention, the training of the focus of the attention is very important.

The quality of the attention, how the attention is directed, is also a nice thing to experiment with. Think of with love, with humor, with aggression (bad idea), with wisdom, with longing (doesn't work very good, because of the coloring of the energy), with gratitude, with obsession (bad idea also), with joy, with grace (stick with this one).

Why stick with grace? Because if you do it with grace, you do it with the flow of life, with the right amount of love, humor and gratitude. But then I will repeat one of the earlier messages about living with grace and the measuring rod you have if you live with grace, act with grace and think with grace and put grace into action.

May the lovely outcome of your graceful attention astonish you in your being GOD (this sentence is readable in 2 ways (both are true)).

Have a nice thinking attention point, don't stay too long, and live your life with grace, C U next time.

Ishtar Asmuhat Anam Sole.

Ashtar.

PP April 5, 2004

This is Ashtar speaking.

A transition time

When Nesara is announced, in the beginning nothing will change much.

After a while people of the government will become unemployed and need to find something else. If the income taxes will become illegal, the people working at the IRS, will have in the beginning some claims of tax reduction of years before the announcement. When these claims are settled, they are free to expand their world to different jobs.

This takes time and a helping hand from others. And then after a while all the other people (having jobs that will disappear too) will start changing jobs, and need to learn new skills for the new jobs which fits more with their hearts desires. And other people in jobs, unhappy, but for the sake of money, will start to do it too.

I hope that after a while people will rethink their contribution to the society. Will they leave the government to other people, or will they take their responsibility for their own lives? Instead of democracy (people deciding for others) we can think about getting in support groups for different topics. And no decision is made unless it is very clear that it is for the Good of all Concerned and that no ego-topic is involved. This Good for all Concerned includes every animal, mother earth, the people living now and the people coming after us. The decision-making will take some time, but the outcome will be the responsibility for all and accepted by all. It also asks for creative solutions, new technologies to make the good of all possible and a big cooperation with the helping forces. No being is asked to settle for less then its highest value as Being.

If the energy supply basis of the world will change to zero-point energy, the people working in the off-shore and oil companies will expand their working view to other branches.

If we are going to treat mother Earth as a living being, we have to consider the changes in the food market. The whole industry of food supply, from farmer, to factory to selling company, have to change into a healthy co-workers respectful branch for mother Earth. We might think about consuming less (also eating less), more healthy for our body and mother earth. It is a common knowledge that today the people in America eat more strawberry taste than the farmland can provide, the whole country should be farmland to give the industry the possibility for a real natural strawberry flavor to their products.

The medicine industry is based on oil and chemicals. This isn't healthy for mother Earth. The plants in the rainforest can provide us with lots of healing medicines. The first thing needed, is the protection of the rainforest and other forest to secure our oxygen, just as the water of the sea needs to be secured from disposals of oil and other chemicals. We need to get rid of plastic and chemicals in our environment, because they demolish our health and the health of mother earth. Then we can think about studying other healing methods, just as a healthy life pattern, spiritual operations, herbal medicines, personal energy management, tides of energy patterns in nature to go with the flow of life.

This following text is an example of a possible part of normal healing in the nearby future:

The Casa is a healing center in Brazil. This is the report of someone who visited the Casa:

" I feel as if for two weeks I was existing in another dimension. At the Casa, there is an aura of love and peace, and their motto is "Love is the healer". It truly is. What is happening there is truly miraculous. At least five hundred people visit the center every day, on the three days a week that it is open. Joao (in entity) performs between 150-200 psychic group operations a day mostly invisible but you may have visible surgery if you prefer. The entity just looks at you and decides what is needed, it only takes a second to scan. The operations are performed without anaesthetic but no pain is felt and then you have to rest afterwards for 24 hours. Those who are not having surgery sit in the current room, doing meditation for four to five hours a day, this helps everyone's healing process.

Healing may take time, some people feel the results quickly whereas with others it takes time. Some people need to return a few times for their healing to be complete. Two of the people in our group with serious problems saw very significant changes whilst they were there. Healing may take place on any level, psychological, physical or mental. I met so many people who had tumors

removed or cancer healed. A woman who needed a pacemaker had her heart completely healed. Arturo is the main translator and he arrived at the center a year ago when doctors wanted to cut off his legs because of infections in the feet.

Now he is walking fine.

All of the people working at the Casa are volunteers and most of them are there because they have been healed or are in the process of healing and want to support the work of the Casa..”

The tourist industry isn't healthy for the earth, the local biotropical balance (think of airplanes, the need for beautiful beaches where there aren't beaches on a natural bases) Somehow we need to find a balance between the need for leisure and the need of caring for mother Earth and all her inhabitants. If techniques of zero point and the is available, we still need to rethink our tourist mentality.

I guess every company will change its working methods when the workers in the company start to change their view of life, and the job they like to do. If the principles of respect and business for the Good of All Concerned will settle down in the working environment, people will have a voice in what they do, how they do it, and how it is for the Good of All Concerned. The value of making more and more money with the company, the financing with market money and the whole attitude of bribing people to get the business deals should be reconsidered.

If people don't have to be concerned anymore about money, food, shelter they are able to widen their view of the world and what they like to do in this world. They might think about something which gives them pleasure. This can be doing something with your hands, painting, knitting, something with wood and so on. The hobby material shops will have a good time to provide these materials. The education places for artistic and creative development will blossom for the asking of teaching. May-be more people like to learn to play an instrument.

All this asks for education, I am sure. If you introduce new techniques, new ideas of how to live with mother Earth and her nature, the value of egolessness, the standard of for the good of all concerned, it is logical that we have to rethink school and education. May-be lots of people like to learn something new. Classes to learn to stay with your inner being instead of looking at the outside for government as an example. Learning and education will be the major business. Schooling and education has to be transformed into a pleasure for adults and children alike. Being and having a good respectful teacher will become of major value in the world. Coaching of people by others is also a way of getting the transformation the world likes to have for the good of all concerned. Without coaching and the willingness to change behavior and thinking patterns, everything will stay as it is.

So life will unfold around learning and this will determine the appearance of our settlements.

Quoting Jennifer Lee:

“We begin the process of creating a world with right lively-hood for everyone, where correct and honest business practices are followed by all, where mutual respect and consideration for all life and this planet is held as our highest goal and where PEACE ON EARTH AND THE RIGHT TO HEALTH AND HAPPINESS is available to ALL BEINGS!”

And so it is, and so it shall be.

And you just thought that you were writing the vision you heard in other conversations.

I like to leave you all with another stone for the building of the house.

Let's say the foundation is under consideration.

Now the map, the plan, the details of the house you all like to live in.

Have a good time, Solisthar Pateh Imhal Guano

Ashtar.

PP April 6, 2004

This is Ashtar speaking, again.

As life is unfolding to a beautiful climax, we still like to say one thing to you: thank you. Thank you for being here, thank you for being here on this spot, on this tiny planet, with this mission you have already fulfilled in the realms of Light.

We know that you can be feeling a bit hasty, restless. And yes, for sure you are, you can't say I am hasty, God isn't in a hurry, you feel and think you are in a hurry. You are not. You are perfectly on time, just as the plan is unfolding.

Yesterday, a lot of you were thinking about financial problems. Others were thinking about leaving earth (it isn't the right time yet, its coming soon). Others were considering health issues, work related issues, children issues.

Yes, the issues are the issues at this moment, when you anticipate on the announcement and nothing happens, just consider the issue of the expectations considering the announcement. Every being reading the Dove reports is waiting with impatience for what is happening. This is a funny joke she plays every time again.

A few messages ago, I said that the best way to stay in this process is the part of staying neutral. If you are neutral, nothing can happen. The highest flight will cause the lowest fall if you are pushed so eagerly into eager anticipation. It is just as fear, highest anticipation on the tip-tops of your nerves and the fall and disappointment when the promises end up to be idle. This is just harvest time for all the forces not with the best for all concerned in their mind, with their purposes and their working hands. And it is indeed a good harvest what you all offer.

So stay neutral, just work towards your goal with anticipation, with a blessed heart, fully in your strength of a God being expressing him/herself to its fully potential. Don't think you can do something else, if you don't want something else. You need to stay on focus with your attention. Your focus isn't NESARA. Your focus is being the ever best GOD you can imagine yourself to be and beyond your imagination still being the Best GOD you are.

With this focus, everything will happen. Also NESARA will happen. But what is more important is to be the best you are, the best you wish for the Good of All Concerned. If you are the best for all concerned, you are God. And to become God you need to be the 3 A's (aware, awake and alive) and not asleep. It doesn't matter if you are astonished by your self, that's just good. Amazed is pretty good too.

So without expectations about what so ever, you can't be full out of your being. The very expectations make you lose touch with your inner being. I already have addressed to the hazards of expectations in a relationship. The expectations how the world needs to be, that NESARA should come immediately, the expectation of a bad world, full of danger, all these expectations are wrong.

It is your coloring of the perceived reality, it is your wishing for you, it is you losing contact with your inner being. Your inner being just is. The word describes it already, BEING. Not wishing, wanting, expectations, condemning or so on. Just being. Your being just can be, nothing more, nothing less. You think you have to be more, do more, be more, if that is possible, then the reality of GOD is utterly nothing, because he can be less and more, which means nothing. Just take infinitive nothing and add infinitive more to it, the sum is nothing. This is the reality in your world, in your point of view. And in this nothing the being of GOD is. And this nothing is all, but not in your reality. In your reality nothing is nothing.

In the reality of GOD, nothing is all, and all is nothing. There is no duality in the being of GOD. That's why he created the dualistic world and the dualistic game with the free will component. If God ever can be bored, then he made very well sure with your creation and game, he has no time, no reason anymore to be bored. Luckily he isn't bored.

Oh, it is boring to speak this information and nothing worthwhile for high standards spirituality. The wisdom of everything lies in the simplest concepts of reality. If something is very difficult, just ignore it. Creation is splendid in its single easy concepts. Only humans (and other societies) make it very complicated. That's part of their game of getting grip on consciousness of the play-

ers and trying never to lose control. Luckily never is a very long time, so never won't do. Eventually everything goes back to the source.

To be straight forward today: the concepts are:

- banish expectations out of your inner system. God is. You, the inner God, just is.
- Wisdom is to be found in the easy concepts, which runs a true tone inside you.
- You only have to be (for you this is difficult enough).

Let's talk a bit about wisdom.

Your world is all about knowledge. If you put knowledge to the test of practice, you will find that the more you study knowledge, the more you are handicapped to put it into practice. Knowledge hinders the awakening of the inner being into wisdom. So get rid of knowledge when it doesn't serve a goal for the God of everything concerned. My channel thought she mistyped the word, but she did it right.

Knowledge has to serve the GOD inside you. And then you can put it with grace into practice, and you will find wisdom at the bottom of the experience.

Why I use grace again. If you do something with grace, you are the master of it. Otherwise you have to work hard to get something accomplished. And yes, failing and falling can be done with grace also. Most of the people aren't even master of this. With falling and failing you learn how to do it next time better. It is a mastery you want to learn and gain some wisdom out of it. Without the possibility to fail and fall, the whole wisdom experiment into practice wouldn't be a real chance of learning. Now it is.

Wisdom has a good way of getting to know you. If you, by coincidence, hit on wisdom, if you really listen good, you will hear the clear tone of triumph, and you know it is true. Or you feel the shivering of the expected found lost one, you have hit wisdom and truth at that moment. Easy isn't it, to have these standards inside you?

No way, in your society, children learn pretty soon not to trust these signs. If they do, they are getting in serious trouble. They feel Mommy doesn't love them, but Mommy doesn't admit. So the children have to believe the lie, mommy really loves you all very deep. The children are raised with lies, and the biggest lie they have to tell themselves, not to trust the inner being, because Mommy, Daddy or teachers tell the truth. And they are just little children who don't know anything. In your society they say: children and drunks are telling the truth. But these don't do it anymore, raised as they are (mold we would say so).

The kingdom of heaven can only be achieved when you are getting into children again. An innocent trusting child with trust into his own inner being, which guides him along the world, without a mind stuffed with useless knowledge. Just an open view, an inner knowing, an inner longing for love and a being which is able to be flexible and go with the flow. With these capacities it is easy to enter the kingdom of heaven. Don't you like to be a child?

One thing the children have problems with: expectations. They have a lot of expectations about how it should be, what they are used to. They take along with them the feeling of love in the heavens, the feeling of being loved by their guardians, their view of why they come to earth, what to learn, what to do, what habit of predominations of concepts they like to overcome, their view of what they like to change to the world for better. These expectations will give them reasons to get hurt.

These expectations are right. They know all this they have to work on. But the world has a society of its own, based on agreements, expectations of others. They have to mold themselves to fit in. And these worthwhile concepts of a better place, a better world, just make them homesick, hurts them, because the unfitting reality where they live and need to get along with.

The world isn't a place at this moment where these concepts can be worked out for the good of all concerned. Bad habits have to be overcome. Good views of how it should be here on earth should be welcomed. They are closer to heaven than you are. They have still a memory of the lost world on the outer side, just as you had when you were young.

Maybe this is the very reason you mold the children into knowledge. To get rid of the reminder,

which makes you homesick for your innocent youth (when you knew and felt the better world you were coming from).

If you are following the lead of the children, not the ego lead, not the karmic lead, but the innocent reminder of where they come from and what they come to do. You will have a better world. They bring you the tools to recognize love, the tools to recognize wisdom, the tools of being GOD, the tools of creation, the tools of being creative. Why don't you sit on the ground and just learn of them and be with them? Respect them as your teacher of lost memories.

In time when these little children are raised in a respecting society, the learning will be on both sides. You learning of them, and they learning from you, how to stay within themselves and go for adventure without losing themselves, how to gain more wisdom out of the experiences without being overwhelmed by them.

Then the circle of life will be completed. Both learning from each other. Both having a worthwhile contribution to the world and its evolving for the good of all concerned.

Then for sure, all of you, will have the pleasure of being with children, and the children will have the pleasure to be with you. If you can't stand children or get tired of them by their asking to much attention you can't give them, just look in the mirror and see what you are missing in your life, where your pain is, where your longing for healing is. They are just a reminder, and when it hurts, just see it, thank them, and make sure you are getting the healing you desperately need.

They are presenting you a change for growth towards yourself, your inner being. Isn't life beautiful to give you these opportunities again and again?

Have a good time, and enjoy being with yourself and the children given into your care to learn from you and you from them.

Goodbye,

Ashtar.

PP April 7, 2004

This is Ashtar speaking.

Let's talk about Parents.

I have talked about the role of the elder people in your society. I have talked about the problem the elder people are facing right now. Just to remind you: having a body with malfunctions (such as diseases) and still having the wish for adventure, experience, love and so on. They hadn't time in their youth for adventure, and if you have missed these changes you will ever feel the itch of adventure, just outside your reach.

These people with resentment about missed changes, wrong doing and wrong understanding between their relationships, with a society with lots of choking rules from church and government, try to get their youth back and do the things they liked to do in their youth. It is no use to tell them that they are at the phase of wisdom, gratitude, learning of past experiences. They just don't have the peace of mind, the quietness gained from lifetime experiences, the gratitude towards life, the love for the youth. They just want to be in their youth again.

In your society the young people have to run the companies. When you are young, you have a lot of energy, you don't have obligations at home (animals, wife, husband, children, sick parents), you don't have the trouble of a misused body (you are just at the age of misusing your body, so you aren't bothered by it at this moment). You are supposed to have the maturity to make wise decisions, act like an adult, and make as much career as possible, or start as soon as possible an own family-life. If you look at these wishes pushed on your shoulders, you would be blind, if you don't see that you are supposed not to act like a young adult, in for adventure.

You are very well pleased with these possibilities, the call for duty, these responsibilities, just forget that it is a once in a life time opportunity to have adventure, until you are satisfied, bored with it. You just start working and forgetting to listen to your heart. The wish to be treated as a real full responsible person, worthwhile part of the society, makes you act above your age, forgetting your wish to be free.

So the new cycle of young people, who don't have the possibility for adventure, will grow old, sick, immature, impatient, restless, bored with obligations, longing for adventure, with envy for the young people who have these opportunities.

And somewhere in the middle, you see your parents in the same trouble. You see yourself running after life obligations, trying to secure your lifestyle, trying to get a job or hold the job for money, a home, a family life with the longing for adventurous freedom, experiences, and a life lived to its fullest.

With one hand you try to keep your boss happy, you like to live in peace with your parents, you run for errands to the shop, the school and the cradle and paying bills, trying to save for the education you like to have for your children. And as you live the life of expectations for your parents, you ask the same from your children.

Don't you like to break free? But, but, but, you would say, my job, my mortgage, my relation, my children? I would say: your dreams, your longings, your hearts desire or sickness, dissatisfaction, complaints, secondary life with TV shows, soaps, big games on TV, cheating on your spouse. Get a life for GOD sake! For the GOD inside yourself sake.

Every being is complaining missing something, and the society with its rules makes sure it stays this way. Some one needs to free them selves from this cycle. Just to learn to be of gratitude for the life you have had and the lessons you have learned. You knew what kind of society you chose to live in before you signed to be born in this timeframe. A wasted life is a wasted life, just make the best of it.

To be of grudge, will prevent you from gaining wisdom, prevent you from being of use for your Soul, and prevent the rest you can do with joy, gratitude and fulfillment.

To stalk the younger people with your missed chances doesn't help them, or you. Learning wisdom, be grateful for the youngest ones in your neighborhood and the chances they give you, is far more worthwhile. Just read yesterday's message with the topic children and wisdom.

It is rather difficult to ask people to be of wisdom, talk with wisdom, act with wisdom, when they didn't have the possibility to learn it with lives experiences. It is rather difficult to ask young people to treat their parents with respect when they are in a competitive position with each other. The one wants to have their wished life lived by their children and the other just wants to be free to live his own life and get his own experiences. Mom, don't you see, I AM DIFFERENT. And sure she is. DAD I AM NOT LIKE YOU, BASEBALL IS COOL. How will you get respect as parents when you don't see your children as a person free to be himself? And how do you get respect from your children when they see you are jealous, full of judgement, full of grudge and envy for their youth, choices, flirtations and sex attention? And if they don't do it different then you (they tell you they will, but you will see that it really doesn't matter that much) they will become just like you.

The only way out of this struggle is to gain wisdom, to practice it, to scratch it from every available experience, to use every split second of your life to get the lesson, the wisdom out of it. The next thing you will need is to practice gratitude to every being, especially to your parents and other older people.

And if you really happen to find the exception to this image of people in circles, just cherish the example and learn from it as much as possible.

Most likely, you would say this isn't the way it was in your youth and with your parents now in times moment and then in history. I sure hope so. There will be nice exceptions considering the devastating way of family life I have written you an imagine. If you are one of these exceptions, this makes only your responsibility bigger to display the wisdom. Pity isn't it?

Just use your time wisely. If you have read the life time message about time to live and time to gain wisdom, you will remember that because of the short span of life you have, you face the difficulty to have to do everything at the same time, where other societies have more time to get everything accomplished.

It is very normal to have this kind of problems with gaining wisdom, adventure, experiences now in your world. It is very normal to have these problems with each other of different generations. It won't be wise just to leave it that way. Be the first one to step out of it, out of the circle. Be the wisest God you want to be, you dreamt to be when you were young. Give yourself this present to the young one inside, wishing for adventures. Give yourself this present to the young ones outside you and enjoy multiple respect for each other.

This is rather a short one considering other messages, but that won't be for long, because Imhat inpat anaou ishtar solemoeny patch manoua (yes, 7 this time) (*editor: yes, I did finish the other ones today, so now I'm busy, again. ;-)*)

Goodbye

Ashtar.

Transfer closed.

PP April 8, 2004

This is Ashtar speaking again.

Let's start talking about blessing. There are 3 sides to consider when we talk about blessing.

If you bless some being, something (food, which is a very good idea), you have to consider yourself.

Do you really feel the gratitude, the love for what you bless? You bless it, so you have to feel it, see the quality, see with respect, see the God inside the other, otherwise your blessing will be empty.

If you bless some being, something, you have to consider the other. Does the other want your blessing? Does the other accept your blessing? Has the other ways of accepting your blessing as being or as living form? A being always is happy with a true blessing. A being just as the word stated, is GOD into be-ing. And the form, does this form be happy with your blessing? This depends on the form of your blessing. I will address to this a bit later in this message.

If you bless some being, something, you have to consider the overall picture, the overall Good for all concerned. What does a blessing do with your environment? The circumstances you are in the moment you bless. Because a blessing is a sending of good energy, love energy to the other to the air towards the other, the environment will have some benefit from it. And because you are aware enough to bless, you radiate good energy from the inside of you, your inner being, to the outside of you, your outer being. You will share light, love every time you bless doesn't matter what you bless.

If you simply want to start to improve the world, there is nothing, nothing, that is able to stand in the way of a proper blessing. A blessing comes from a loving heart with gratitude, respect and awareness of GOD in everyone concerned.

I said a proper blessing. And I talked about a form that can be very displeased with your blessing. Let me give you an example. If you go to a being and say: I bless you, then they really think you are nuts, with a very good reason. Who do you think you are (god, but that they won't recognize) that you intrude their life space and press yourself upon them with a blessing they didn't ask for? If you were GOD then they would accepted it, but now, they won't take it from you.

So a blessing is best given inside your heart, inside your inner you, where you indeed are GOD and this is the very good reason to do it often. Only GOD can bless. And you feel it, realize it, become awake to it that you are really GOD.

This is the most simple device anyone can give you for realizing, remembering, you are GOD. Start to bless, inside you, everything, every being you see. Bless them, see the GOD in them. And just feel and see what happens to you. You start to glow inside, and this glowing, radiating with love energy for the creation for all beings, is your GOD inside you starting to live, starting to enjoy being awake and starting to enjoy getting you aware for your being GOD.

And a simple truth:

What you do to others, you do to yourself.

Reversed it is also true.

What you do onto yourself, you do to others.

That's why blessing is fun. You make the whole universe happy, including yourself.

While blessing, you learn the other graces of life. You learn you are GOD. You learn to keep your focus on being GOD and being of service to the GOD inside you and outside you. Blessing is also a good device of sharing. With blessing you share a piece of yourself, your being GOD to the outside you. You realize that everything is connected and indeed, everything is one. And the joy and fun will dance from the inside of your heart to the outside. The flow of fun, joy, love will wrap around every one and will go its way.

Don't think that everyone can stand your good mood when you start blessing (by the way blessing is a good remedy for a bad mood). It may be enlightening your day. But it doesn't do that for the others form.

Most of the time a radiating personality, radiating with love, attracts people from different energies. Some just like to be with you to be remembered what it is to feel GOD, or a spark of light. Others will come to see if they can extinguish the spark of light that you are radiating. They are annoyed, because they are suppressing their inner light and they definitely don't want to be remembered that they have this light also. The remembering hurts them. You know and I know, that the emptiness of not remembering will hurt them more, but they won't feel that. We respect the expressing of a being of his view of his inside. And if he or she wants to express denial, emptiness, so it be, so it shall be for this person. What you like to express, you and I will say also, so it shall be, so it be.

Blessing is a good device of expressing yourself as being GOD. And so it is, and so it shall be. You shape this instant, this moment, your now and your future. So bless and be blessed, what you do onto another you do onto yourself. You are yourself, it comes from you and it goes to you, everything you send will come back to you. Time and moment may differ, but it will come. And you are the other, so what you send, will come to you as the other, because you and him, you and her, are one.

If you start being lonely, you forget the connection with all there is. You forget the connection with you as God. To step out of this in an instant moment: blessing. It is just an easy device, works in every situation. Yes, of course you have to do a bit of work with the violet flame of Le Comte de st. Germain to get rid of the thought that causes these feelings of loneliness. And if they are really persistent in staying with you, the sword of Archangel Michael will be of help, when asked. But blessing is the trick to feel at ease with your GOD inside you.

Did you ever had an idea that this is the very reason why only GOD, or his representatives on earth (priests, pope, vicar and so on) were keeping this to their office? They didn't tell you that you are also a representity (*editor: this is definitely not a misspelling*) of GOD.

Who will do the benediction of today? Always you or both, you and me.

I bless you with the further knowledge of being God put into practice, that you will see the fruits of your experiences, the joy of your love. That you may feel the glory of GOD inside you, that you may see the Glory of GOD outside you, that you may see there is no difference. And this way, we make way for the Glory of GOD on earth. May you step into your power of being GOD, that you may express your being GOD with this power, that you may be a blessing for all who encounter you. For the good of all concerned, so it is, so it shall be in heaven and upon earth.

Your turn:

(Editor: yes, he means you, dear reader! Here's mine: may all your moments be filled with graceful being. Your turn:)

PP April 9, 2004

Did you do your blessing today?

Let's talk about sickness, being sick and so on.

God is never sick. You are God, so you aren't sick.

What did you do with your body? Did you respect it? Did you listen to it? Did you take care of it? No? No wonder, that your form wants to tell you that you are not acting like a lovely God to your form, to your body.

So better undo this error.
It is that easy.

Now let us see what you are making of it. Your form is sick. Reason: bad treatment. You have to take care of your form, start to listen to it, see what it needs, nourish it with love. What do you do? Swallowing bad medicines, going on with working, worrying, and so on.

You are sick because you didn't use your heart for yourself, loving yourself. So your heart is protesting for the lack of love nourishment.

You are sick because your kidneys didn't have their say in what they should do for you. You are giving bad food with too many chemicals and your kidneys aren't allowed to tell you who to trust and who doesn't have to be trusted. And you just keep too much to yourself and therefore you are creating kidney stones.

You are sick because of your lungs, you don't feel free enough to breathe and get the flow of life through the air you are breathing. You are closing yourself in.

You are sick because you don't use your creative energy. Energy needs its expression, and one way or the other it is going to do so. Maybe some cells are going to be creative and don't function as they should do, and they are taking the rest with them along in a small revolution.

Just wonder why you are keeping something on your stomach, you're making a grave of your heart, and you have something upon your liver.

Did you ever listen to the wisdom in these sentences?

These are the normal body expressions of neglecting and not taking care of yourself.
What you sow, you reap.

There is also another dimension on being sick.

In your society the food isn't a nourishment for your body anymore.

The air contains a lack of oxygen, the percentage is lowered by the real government to the percentage you are able to live on, but not to think clearly on and come to independent actions.

The food also contains a lot of sugar and other chemicals to give you a lack of energy, so you don't have energy or the freedom to think for yourself. If you are addicted, you just think about the next intake of the addicted food, or smoke or drugs or alcohol. The addictions are what doesn't matter.

With any addiction, the freedom is lessened to zero. And this way they like to keep it.

The quality of water is really bad. Most people don't drink water anymore. They drink lemonade, coffee, beer, spirituals (the kick makes you think for a while, you are happy and in heaven) or water (carbonized), and the government makes very sure, that the water you drink isn't good enough to give you a sensation of drinking of the well of life. They put a lot into the water that doesn't belong there (fluoride) chemicals, plastic and (insecticide) as an example. The water also has lost its normal way of behaving, and therefore lost its life, and the information it can contain. There are beautiful pictures of the information power water contains and the results of good and bad behavior imprinted in water.

Water is very important. It contains your memories inside your body. It also brings instructions from one place to the other. If you see what bad thoughts can do unto water (you really need to see this, just very logical, scientific, and available on earth).

You know why you should be careful with bad, unhappy thinking. You program the water inside you to give this information to your organs and cells. So their information will cause them to do less, function less, because they aren't fed with the energy for the good of everything concerned (here we go again), and they act accordingly.

No wonder in time being, your body will protest and start giving you little signals to do different. And if you don't do it, then nothing helps, except becoming sick. First time just a little bit, and then much more until it is life threatening. And your body doesn't want to die, so it fights for attention, good nourishment and lovely God thoughts. That's why miracles are possible. You are God and your body will live when you act accordingly.

The best thing in life you can do to destroy your body is being attached. If you are attached, you are able to feel fear, feel worried about the future, what they think, what you should do for the society. And without knowing, your body isn't a relaxed place anymore, but is a container of rubbish emotions, rubbish pains, rubbish past memories, and rubbish thoughts about the future. When the body has to collect these things and hold on to them for you, you are building stress and tension.

These thoughts just go like the way of the other thoughts, imprint the water in your cells, and the tension will cost a lot of energy which needs to be released. Until you learn how to release them, you have a good way of demolishing your energy level, your body health, your mental health and start to get the symptoms of being sick.

You are living a nice life. And you make it more and more interesting to have more and more painful experiences just to make sure that you will remember you are GOD and LOVE. Disease and being sick is just one of them. When will you stop?

Life isn't supposed to be a suffering for you. Life isn't supposed to be to cause a lot of pain. Changing extensions doesn't have to be a painful process for you and the loved ones you make see you suffer and then leave behind.

Au contraire, life is beautiful, nourishing Soul and Eternity, giving you lots of opportunities to learn, laugh, enjoy, feel, be fully awake, fully alive, fully blissful, fully aware.

If you ever have the chance to change your life into a healthy one, with good habits, with lots of freedom, lots of choices, lots of enjoyment, lots of expressing your being, just grasp this opportunity with both hands, and start being it.

Why should you wait until later? Why should you experience more trouble, more pain, more sickness, more and more. Didn't you have enough already?

We here just think that way about your life and the life of mother Earth and all the other inhabitants.

You are free to choose, what ever you wish.

And yes, bad habits are just bad habits, and you enjoy them (to keep on smoking, drinking alcohol, eating bad stuff with lots of sugar and so on). That's why they are addictive, they tell your mind that you enjoy them. Just ask your body very sincere, ask your soul very sincere. Your body will tell you no way that he/she will like it. And your Soul just starts to sing the song of freedom into your being. Just your mental body, your ego wants to keep going on with this.

If you ever have the chance to change your life into a healthy one, with good habits, with lots of freedom, lots of choices, lots of enjoyment, lots of expression your being. Just grasp this opportunity with both hands, and start being it. This moment is NOW.

Just have fun doing it. And be creative when your mental body, your ego asks for the addiction. You can find solutions for the addiction to get rid of it. In time you will enjoy expressing your creative willpower to these kinds of demands from your inside. To assure you, this inside with these questions isn't the God you are. An addiction is never a God. God can't be addicted.

I know, most of the people don't think they are addicted to something. They are free to stop if they want to (they don't want to). They can stop tomorrow (and tomorrow never comes). They enjoy it, so there is no reason to stop it (nice addiction, otherwise it wasn't an addiction, of course you enjoy a bad habit, otherwise you would have stopped the behavior in the beginning).

The excuses the people of the earth use to keep everything as they are used to, are plenty. Maybe that's why everything is still the same, don't you think?

When will it be time to change? Time to take back your freedom? Time to take back your health?
Time to Be really the GOD you ARE?

Everything in the system is to ensure everything will stay as it is. You aren't happy with it, but you are used to it, you have a few addictions and bad habits, you don't want to confront yourself with it, and the tension of the change is too much for you at this time. You already have lots of tension, and you can't be bothered with more, your system won't be able to handle that.

YOUR SYSTEM, AS BEING GOD, DEFINETLY CAN HANDLE EVERYTHING.
YOUR EGO CAN NOT.

The only remedy you have is BE GOD, THE ONE YOU ARE. Don't be unhappy without being satisfied, when you can be happy, full of life, handling everything with grace and love, be GOD and never, never, have to run away of dissatisfaction, because that word doesn't exist in the vocabulary of BEING GOD.

Your choice is now!

Have a good weekend, and don't underestimate your power as GOD in these matters.

Goodbye,

Ashtar.

PP April 10, 2004

As you could have read yesterday, a body as an expression of GOD isn't sick. Because the body is the embodiment of GOD and when you are the Embodiment of GOD you are the perfect expression of the energies of BEING GOD into matter. So if there is something wrong with your body, you need to look after your expression of being GOD into form, that's all.

Shall we close connection, because everything has been said before has been said?
If you are smart, then you will answer, not in this timeframe in these moments we are living here.
So we will continue the conversations.

How do you advertise yourself? You don't? But you should, how would everyone know you are GOD and they should listen to you, because you have the wisdom?
Oh sorry, you consider this as being dumb. And God isn't dumb or deaf, so you won't advertise yourself. Quit right.

If you are an example, you don't have to advertise yourself.

Why do all the spiritual leaders of your world advertise themselves? To raise money and sell their products, so they are able to live in abundance, enjoying a good health insurance and giving their children the best of education possible, and you know college fees are very expensive in the States and elsewhere.

This is almost the same to sell your body for money. They sell their wisdom for money. Wisdom is a present you get to present to the world. If you ask money for the present it isn't a present anymore. The normal experience is, that when it is free, it isn't considered as worthwhile, and the people attending a free course, don't respect it.

This is the way the world has made you a slave of the money thinking. If something is free, it is rubbish. And the amount of the fee asked for it, is the amount of quality you expect it to have for you.
And only money is the determining factor of the respect you give to the teacher, the guru. Money talks. If you respect money, that's the way your attachments are.

To undermine the money orientated society, Sai Baba has invented a good idea of being of service to the society. If you are of service to the society, you don't expect something in return. If you do, you are talking about having a price for your work. If you don't expect something back for it, like praise, compliments, you are really of service and unattached to the outcome of your work for your benefit.
He introduced the concept of voluntary work for the society as a daily practice to serve GOD in yourself.

In time when you have no need to worry about a shelter, food, clothes, health care and school fees, you are really free to express your being and your connection to all there is through service to being kind, to society, to nature, to mother earth, to all. I use very specifically being kind. It is rather unlogical to talk only of humankind or humanity when everything is connected.

Nowadays you look at nature, animals, the air, the water and all the different things with the questionmark, how it can sustain you? How can you enjoy it? How can you raise money with it? How can you do something with it? How can you protect it? This list is very long. The center of your thinking is always you.

It is just the thinking as human on the top of the development, the jewel in the crown of creation. Just to quote the Bible: you were given the earth into stewardship and only eat the fruits and the seeds of the trees. Stewardship is a difficult viewpoint for humans.

A steward takes care of his responsibility taking into consideration the owner of the belonging, property etc. So if you take care of mother Earth, you have to consider who owns her? Exactly, she does own herself, nobody or no being else. So you ask how she likes to be treated. What does she want? What does she like to be changed? Sounds different then how can you clean mother Earth from your garbage and chemicals? The possibility exists that she definitely likes to have a

say in how you clean the chemicals on her face. And a shovel (bulldozer) can be just out of order and vetoed to a halt and a big NO NO. Then you need a big creativity of a God into expression to solve this riddle, to clean her face with respecting techniques and with a lovely hand while doing it.

A steward goes to the nature, the trees to see what they need. You go to the nature to get some energy from it, and to leave your tension, your stress, your demolishing emotions behind somewhere next to a tree or a rock. Did they ask for your emotional garbage? I don't think so (where did I use this sentence before?) I am not talking about the real garbage you leave behind when visiting the parks, the seaside, the mountains, plastics etc. Most of the people don't know how to find a garbage can anymore. If that's the way of your paying homage and respect to nature, nature will surely say, no thanks to you. You won't listen, so that doesn't help.

A steward leaves everything in the way he or she finds it, and only makes some adjustments to it for the good of everything concerned. When we look at you and your way of acting to the living environment of the animals, you just grasp what you need, and kill the animals when they are in your way. When eventually you can make tourist money with it, you don't respect their way of living, their way of hunting, their way of mating and so on. No wonder they will come to you to settle things right. Which gives you the reason to destroy them for killing a human.

What is real stewardship?

To give love in an unselfish manner for the good of all concerned. To feed the world with your love, your blessing, your focus, your attention, so every being (animal or plant or insect or rock or mountain or water or air) can blossom and bear fruit to its own time, in its own way, in its own timing.

To give love and heal when needed.

To ask what is needed, and does this in service for the whole and love of all in the way of the voluntary work I have described earlier in this message.

To avoid unnecessary action, to do just what is needed, no more.

If you have to cut something or demolish a part of the population of an animal kind, you ask in love and respect that they will take care of it themselves, and you explain the reasons for it. For stewards are able to see the overall picture and this way they are able to see what is needed to keep the balance in the middle. When you do ask this question you guide it with love creation, respect and trust that they all and you do what is best for every being concerned.

Real stewardship is all about love, respect and healing for the good of every being concerned.

If you just look at your attitude, lots need to be done, don't you think?

This is what it is all about, being stewards to mother Earth and every inhabitant in and on her surface.

The most funny part of this picture is, that if you look at the negative side, you will think: "Sure, lots needs to be done. The attitude changes you ask of us, are very complicated and ask for a different lifestyle than we are living right now. How can we manage all this?"

We see the opposite side of all this. If you see what you need to do, what adventure lies ahead of you, how you will grow with the changes you make in your life, in your belief systems, in your attitude, how much more connected you will feel, how much more happy you will be, how much more blessed you will feel, how much more you will be an expression of being GOD, and this way you will lessen the need for disease and pain in your life, how this will be a great task to do, when you see what awaits you, when you become more and more of what you already are. It is just a question about reprogramming and remembering within you who you really are. The rest is rubbish and make belief.

When you become what you are, the blessings of being God will follow you were every you go.

This is your reassurance for the changes you have to ask for yourself. Have to, is still a word you don't like to hear. But yes, you have to ask it from yourself for yourself. How will you ever change, if you don't ask it to do it yourself? Who else can do it for you?

When you are GOD, the expression of being God comes natural. And this isn't a big deal to be. You are GOD so being God comes natural to you. This is also a grace of being GOD. That way I talk about the graces of life, the graces of being GOD.

Why do you have a hard time in realizing that you are GOD and to live it? This is the way of your belief systems, your being suppressed by others, your accepting and not questioning life as it is now and the way it is unfolding towards more imprisoning of your very being.

Most of the time you don't welcome changes. People like to create everything such as it is now, because their mind can't accept another reality, another way of living. You hate changes. You feel insecure with changes. Your mind can't accept them, it becomes unsure, doesn't know how to react, how to see, how to feel, how to judge, how to correlate to things and so on. Your being, your spirit welcomes changes because going with the flow of creation is its very heartbeat of being alive. Your Soul likes to direct the changes, and loves the element of surprise into the creation he offers you.

So you are in between two opposite fields of forces who like to determine your actions and your attitude towards change. Which one do you like to prefer in your live? Which one is prevalent in your life right now? Which one will come more natural to you? Which one costs less energy? What do you like to do with this energy? One suggestion; being more what you are, and being a good steward to Mother Earth (and if you do think this is two suggestions in one sentence, I will advice to rethink what you know of being GOD and being connected as GOD).

I hope I don't have to explain right now why being a good steward is also an expression of being GOD. As always, I suggest you do some homework, and read the previous messages about the different graces of live, the different attitudes towards being GOD and why it is important to become more of what you are right now.

I hope you will see yourself as we see you right now. A wonderful being GOD in its splendor just playing hide and seek with each other, just forgetting that it is a play and wondering why it hurts that much. We will advice you to wake up, remember who you are, take your responsibility for your life as God, and forget to give too much importance to the circumstances of a life which doesn't fulfil your need of being GOD. Being GOD and Being Creative and create a future you like, and desperately seek, is far more important than how much more distinguished you are with that car, that house, that education or that hairdo you want to have.

Just wake up, be alive, awake and aware of who you really are.

Goodbye, dear Hearts,

Imhal patch ishtar solomeony true hearts

Remember in the hearts of hearts love is always there to guide you through the changing times coming. Love awaits you on the other side.

Ashtar.

PP April 11, 2004

This Ashtar speaking.

With a personal transmission to all the female humans and the male humans walking on earth.

If you look at the curve of the history of mankind (look at the word mankind) you see that the past times, the male aspect has been dominating the point of view, the values, the images of God, the role of people in societies. Everywhere in the world, being male is worthwhile, far beyond what is normal, and being female it is useless to strive for any achievement.

Upon a day as today, with the image of a Christian society, it is a good thing to speak about the resurrection of the female energy, the female qualities, to counteract the male energies, to restore balance.

If we look at the females in your society, we see only pain. Pain of sex abuse, pain of being neglected and only used for service to the male aspect in the society, pain of lost contact with the roots of being woman. If we look at women with a strong view, strong belief in herself, we see both parts in balance, we see a guide in her teenage life full of wisdom, love, respect and praise. We see a woman. These women are very rare.

First of all, let's invent a new word for women (a wo of a man, isn't a nice word for being female in body expression, with female aspects of being GOD), the word fe-male isn't right also.

What is a woman? Soft, nourishing, capable, strong, (gracious), you name it, she is it. English is such a horrible language, you can't talk about a she, without seeing the he in it. The male being a fe, the man being a wo-man. Don't you like to say Who'man? Mankind? Womenkind?

A celestial Goddess dressed as human (man again, terrible isn't it) with qualities you all need to explore, because women have lost contact with their origins of being Women. She is the life bearer on earth, the inner guide of life. The safekeeper of feelings, intuition, the inner knowing of connection, the chooser for connection instead of separation. The trusted companion to mirror yourself, the safety device of home, the balancing counterpart of the man energies, the accepting energies with grace of life and how its unfolding. And to speak as poets, the garden full of fruits, the safekeeper of the soul nourishment's, the mediator between heaven and earth, the inspiration bringer, the power of just being into everything there is, the acceptor of life, the accepting energies of life, the contemplation of wisdom, the depth of feelings, the stillness of being.

The male is the force, the bringer, the anticipator of energies, the investigator, the outgoing force of life, the hero, the fighter (in the good sense of the word), the giver of life.

When man is the outer movement, bound to go inside, the adventure seeker, woman is the inner movement, fulfillment inside, inner knowledge. Both need to come together in a marriage inside each of you, so the experience can fertilize the inner knowledge so it becomes the fruit of togetherness, experience and inner knowledge becomes wisdom.

When man is the hero, the strength to accomplish things, to put creating into motion, woman is the mirror to give feedback on his accomplishing, to let him see the fruits of his creation. Without a marriage inside each of you, the man will dominate other men in games, wars and bombast his achievements at the costs of others.

He inside you gives the input, the nourishments, she inside you knows where the nourishments are needed.

It is always a play of giving and directing, knowing and using. Together, experience and knowledge become one in being wisdom.

When we talk women, we talk man. If one loses outside you, the one inside you loses too. When you put one down, the one inside you will lose connection, and feel the pain as a result.

You all are the male, going back to the source, full with experience. The source is the female waiting to be fulfilled and anticipating on being seeded with love for the source, with experience to compare knowledge into wisdom.

If you look this way to universe and creation you can always think of sex and orgasm. And yes it is, and no it isn't.

Yes, it gives pleasure to accept a soul coming back to YOU (THE SOURCE), with the love and understanding of the value of the LOVE for LIFE, for GOD. Just with the same love the egg will accept the seed to bear fruit, to come to life as a child, as an animal, a flower, a rock and stones. It is also an eruption and a collapsing in one flow of life, in one dance of life. You can see the metaphor of a lava lamp, something is going with the heat of love his own way, and then on the top of his reach, he decides to go down, back to the source, magnetically drawn towards it, to melt into one.

It is the way energy flows in life, in creation. The pulse of going out and the pulse of going in.

The pulse of going out is male energy. The pulse of going in, is the female energy.

The inhale is the female quality, the exhale the male quality. And in the stillness between them, you will find GOD. Just like the moment of melting together in the lava lamp, there you will feel the principle of GOD.

The source of light can be addressed to as female. We all, outside the source, going back, can be best addressed as a male quality. Curiosity is a male quality. To contemplate about experiences, about all there is, is a female quality.

If you want to suppress a country, a people, just people, make male believe that the holy rites are just only for them. They will suppress their female relatives to stay home and accept what they hear. The one with questions, with remarks, with mirroring qualities, isn't there with them to keep the balance and the perspective on life in the minds of the man. Never trust a ritual where women aren't allowed to join, especially when they are menstruating. A women with sensitive moods has her intuitions very strongly working and feels very precisely when things aren't balanced anymore, when respect isn't the measure for the good of everything concerned.

Back again on being female and being male. When you read the above statements, it is easier to be male than female. The source is female. While being outside the source for the sake of experiencing and going back to it, we are all having more male energies than female, just for the sake of the game. If you are a female in this game, the nature of what you are in body, in experience, is somehow twisted in your experience. And this is a logical feeling. If you have difficulty to be female, feel female, it is very logical. Being something different than you are in basic, is hard to do. And it is a very rewarding job, because you can personalize the qualities of being the source. Being male is easier, the outgoing energy is you, and you are the male embodiment of these energies. It is rather difficult to understand and feel what it is to be female, the source. And yet you long to be with the source, to feel the oneness with the source, to go back to the source. The female trying to be the source in its energies, will feel this longing too. But this longing will be more the longing for feeling one, feeling connected, feeling an ongoing flow of energy between the source and her being.

In most beliefs, the man has more possibilities to go back to the source. If you take the reincarnation system of the Hindus, only as man you have possibilities to go back into the source. This is logical because opposites attract. To respect man more for this easy task is not logical. Woman has to personalize the qualities of the source, being the source, being one with the source, while in the beginning they were send away to gain experience as a male energy form. So let's talk about respect when you consider this to its fullest.

There is more to this game of being male and female. Every one has to make a marriage inside him and her to the male and female energy residing inside his/her very being.

When a man looks for a women in his life, he looks for the qualities he possesses inside him.

Every woman will fail him because she has her own balance between male and female, and this balance, the qualities of the female and male, he doesn't seek. It is just inside him.

Just like a woman looking for a male partner. If she didn't balance and married her male aspects with respect for her female part, she won't be happy as she looks outside for what she has inside.

Let's talk about the help the parents of the opposite sex can offer the child of his/her responsibility.

A girl will learn from her father the respect she needs for her female part. If he respect her, she will develop a healthy self-esteem. The male qualities have a solid base for helping through life with the right actions, without losing the female part of her expression possibilities.

A boy learns from his father how to respect females, and his own female inside him is just one of them. But his mother gives him the respect of his male part, if she has a healthy attitude towards men and enjoys their company, her son will grow in self-esteem, and her daughter will value man in and outside her. So both parents are needed with examples of a good inner marriage of the female and male parts, and with the examples of respecting the opposite sex.

Everyone has 3 marriage to make in a lifetime:

One marriage with the female and male part inside.

One marriage with the opposite sex in a partner relationship

One marriage with the source at the inside of you.

And the last marriage isn't the ultimate coming back to the source. That will take a couple of lifetimes if you are happy. Otherwise it takes just a bit longer.

Let's see how many different orientated energy a man has:

Male going back to the source.

Female inside

Male inside

And outside in embodiment: male.

Which makes 3 times male and one time female.

Let's see how many different orientated energy a women has:

Male going back to the source.

Male inside

Female inside

And outside in embodiment: female

Which makes 2 times female and 2 times male.

If you just look at the ratio 2:2 and 3:1, you think being women has more advantage because of the balance. It is hard to disturb this point of view. Everything is out of balance.

The male energy going back to the source is the strongest part of the energy balance. The other male parts has a piece of cake to keep up with this energy as you are a male.

The female at the outside has an inner male part, she has to cope with, which determines the flow of live, with the male energy going back to the source as the strongest determination part. And how to understand what you are, a female, while the strongest part is a male energy.

To restore the balance you need to add to this calculation the energy of source. Eventually every being comes back to the source. But still you don't see energies in harmony.

When you add the female energy of the source to the male and the female

the male becomes 3 times male and 2 times female,

the female becomes 3 times female and 2 times male.

There is only one way to solve this unbalance in female and male energies.

This is why a soul companion comes in handy. If you are ready to become one with your counterpart, become male and female together, an androgen, then you resolve the problem and become whole.

3 times female meets 3 times male plus the meeting of 2 times female and 2 times male makes 10, which can be considered as ONE.

And ones as ONE you are able to enter the Source.

Your counterpart, you can see as your twin flame, but that isn't what it is.

With your counterpart you melt down into one, into the source. You will only meet your counterpart if you are ready and willing to melt together into energies, to give up your identity as energy to melt down together and immediately to the source.

Just see it as a nuclear explosion if you meet your counterpart. You will activate this process

and there won't be a time to stop this process. You go into One, into the source. You can't stop this process, and you won't stop the process, this is what it is all about.

But this explosion won't cost lives of people or beings, like we like to talk about. It will be a big orgasm of life, joy, fulfillment, creation, celebration, and a starting of a new cycle of life, creation, expression and experience, with you as BEING GOD.
But who are you at that time, you or your counterpart?

Just see the words of male and female, man and woman. Somehow these words are right, you see. But still it won't do any good to the energy of the woman living the energy of the source (female energy). Because the source has no part of male energy in herself.
We need a new word for this relationship between women and the source in your language every where on the world.

The most part of being women in the world is to live the energy of the source and this way give a way of expressing the source into life, into remembering, into existence and lead the way home for every being in her neighborhood as a living example of being the Source.

This is a hard job to be and to do, considering the 2:2 ratio with the most weight being energy of the male part wanting to go back to the source because opposites attract.

Women like man need a lot of respect and love for their part into the existence, into experience of being GOD, being the Source. And balance is very dire needed.

This is Ashtar saying goodbye to all of you.
Cherish the women part in your outer life, and in your inner life, you will need them to remember what the source is and where your longing comes from, and where you want to go back to. And this is why it is suppressed in all the religions, in all the cultures of your world. To suppress your longing to home, to the melting down to the Source.

Goodbye.

PP April 12, 2004

Hello sleepy head, you aren't awake yet. When you are awake, and fed with the energy of the source, you don't need to sleep anymore. Sounds rather annoying to live through the night without any moment of sleep, what would you do with your time?

First let me answer some questions about yesterdays channeling. If every being is balancing the male and female inside and becomes androgen, why do you have to keep up the sex-difference until being close to the source for meeting the counterpart?

Your creation is male in energy. The counterpart of this creation is female. Which means that your source is female, and the counterpart of the source is male.

When you have a source as being male, then the counterpart is female. The creation of this source would be female. If two creations come together it will be a male - female orientated meeting in energies. The sources of these creations will come together also, female and male oriented. The souls of this creation will come together, male and female orientated.

Just imagine the 8, with the middle of it as the meeting point. One part is male, the other part is female. In the middle you have two sources, female and male. Because of these two sources, you can see the 8 spiraling upwards, or sideways if you prefer. There are more layers of different 8's connecting within each other at the zero point of the middle center.

When you go to the source, meeting your counterpart, coming from an opposite cycle, the melt-down into the source will sweep you into another cycle of creation and existence.

Just remember, the use of female + male are just names to indicate direction of energy, to indicate the flowing from one part to the other in a yin/yang way of flowing.

When you live in this side of the creation the creation is male. This means that every being has male energy, has the main source for going back to creation: being female, because opposites attract. This will give some problems with being female in being.

If you are living in the counterpart of the creation, with the source being male and the creation being female. You have opposites that attract also, but the problems will be with being male, instead of being female.

Don't worry too much about these problems, they are been seen and provided for. It gives just one way to think about creation, movement in the creation and movement of the creation by itself. It is just the way it is, to keep the movement of creations going.

Didn't you wonder why you were living on a female creature? Because the male and female aspect of your outgoing male energy wants to go back to the female source. In your counterpart the planet is father Earth and mother Sun.

Let's talk about another principle of dualistic thinking. Do you know love in itself doesn't move? Can't know her self? Love is the source of creation, we all know. But love without action, isn't creation, it just is. That's why love invented creation, to put love into action, to get to know her self. Let's put movement into creation. Every creation wants to go back to the source. Creation is love into action, so love is used for creation. If you think that the flow will go where there is less of it, then the source has given love to the outside to gain it back, and it comes back. Just consider the black holes in the universe. These holes attract matter (= love in creation) and when everything becomes very dense at the other side, you see new creation, solar systems been born. So what is inside? The very principle of creation: love coming out into creation, going back to source. The feeling of attraction between you and the source you can call love because the closer you are, the more you feel this lead to come back to the source. If you put this dualistic concept much farther into thinking, then you know that the source isn't love, because she has given it all to you. She is waiting for love to come back. The love you feel, when you think about the source, is the pull of the attraction back to the source. If you listen to this attraction, you set the flow into motion to go back to the source, and you bring with you the love she has given to you back to her, with a lot of experience of being love into action, into movement. Because this is an ongoing process of coming and going at the source, the source is never empty of love, and still capable to be enough empty to maintain the attraction on such a level to give you free will to choose your own time in returning.

Why do I use these concepts of opposites? It is rather important to know that these concepts exist to be able to use them for your expression of going with the flow. You need to know what

the flow is. You need to understand the nature of this flow. Without movement, everything collapses and there won't be a creation to experience. The movement gives you creation, time, flow, longing, experience.

Because of the wavelength of the flow, the creation gets its structure. The geometric patterns on which the creation is based finds its basics in the flow. In a different movement, wavelength the patterns on which the creation is built will vary from the one used in yours. Every single difference in wavelength will give another creation. And as I have written in this message, every creation exists in 2 parts, male and female, both counterparts for each other. And with a little difference in the wavelength of the flow, you get almost similar creations (seen as realities), because the geometric pattern doesn't differ that much. This way the parallel realities come into existence. If we change the wavelength of a creation, we see the patterns of the geometric and we change creation. If the source likes to give an input into growth in a creation, she will direct the wavelength into a slight difference and there you will go on a next stage of adventure.

This way it is good to see the colors of the wavelength you are in. This changing of the wavelength will change the creation as I have stated before. But how do you change the wavelength, without interrupting too much of creation? The creation is based on a wavelength, a flow. This flow can be translated into sound and light. Sound will give the basis to the creation. Every creation has its own basic sound. You can't change much in this, you are able to grow from one sound to the other, but you can't use it as a direction mode for the wavelength. This is where light comes in. Light is a fine-tuning instrument for differing the wavelength. A wave has, because of the basic tone, a certain amount of light. This light you can put into creation and bears the full spectrum of all the colors available. Not every creation has possibilities to see all the colors. The way of breaking of the colors defines the view of life in the creation. You can start with the colors almost close to one wave and then differ the colors to the middle of your particular wave and then to the very end of it, close to another wave. And when you come very close to the colors of the next wave, you can jump over into another form of creation and existence.

So if you have seen the developing of colors in your world, if you know the color rays the ascended masters are using, if you know how you and your world are reacting to this changing of the color pallet than you know that you're in for a change. You are in the middle of it.

The source directs what change you get. The rays direct how the change will apply to you. And you will decide how you will react to it. What will be your answer, your movement in this spectrum of change.

If one creation is at the end of the color spectrum of her particular wave, then you know now, that she wants to jump onto the next one. That way others are getting a possibility to move on also. And in this stage of creation we are right now, all together. This is why the changing of the creations is, and this is why earth is asked to change too. This is the way of directing the rays of light by the Ascended Masters, to get the possibilities to change wavelength for this creation. Mother Earth asked for this change, and you and I are making this change possible.

With the changing of the colors, the following jump upon the next wavelength, the next tone of vibration, creation will differ in its appearance, rules, possibilities, and if everything will happen according to plan, you are moving bits and pieces closer to the source. With every step closer to the source the pull of the source to go to her for a reunion with her and your counterpart can be more deeply felt. With this pulling into your heart, the joy increases, the pleasure increases and you become more and more alive, aware and awake. When you are alive, aware and awake, you will become more sensitive too, and you will sense the change of the tone, the changing of vibration and you will notice the change of the colors available to your world. You will rejoice with every sign you see. At this moment the sensitive people in the world notice these changes already. They started a few years ago.

The most beautiful part of this aspect of creation, is that it all doesn't matter where you are and what you are becoming. Everything is in motion. Everything is in change. To the source you are going and there are at this very moment new creations leaving. The attraction will stay as it is.

In the inner heart of everything, because you come from the source, go to the source, nothing moves and nothing is empty or female and male, love just is.

With lots of things to think about, new adventures are coming right now, adventures in mind, adventures in schooling and adventures in life, we all are growing to maturity back to the source.

And if you wonder why your GOD is a him. You know the answer right now. GOD is a him, logical. When we speak of the source of source, we all, including him, are going back to her.

Have a nice journey, till the next message.

Good love for all,
Ashtar.

PP April 13, 2004

Hello dear heart.

Yesterday's message was all about love and existence.

Do you have some time to share with me?

In the message about stewardship, I talked about responsibility for nature, mother Earth.

Responsibility, sharing, caring, nourishment. Not she nourishing you, but you nourishing her.

If you are sitting in nature with the sounds of nature around you, you enjoy where you are if you are in the moment. If you are not in the moment, you would probably have a busy mind, thinking: "what if?" and "but?".

Stop every sentence when you hear one of these two phrases come out of your mind.

You are sitting in nature and you are enjoying the scenery in front of you, the little breeze of the wind, the sunset, the playing of children in the distance, just close enough to keep an eye on them, far away enough not to be disturbed by them. Now look at you sitting there from afar, like you are the one who made this scenery, just perfect for you.

Are you happy with the results? What do you like to add, to change?

You, from afar, take a close look and see a troubled mind. Do you judge your sitting there in nature as not completely enjoying the scenery? Or do you accept it as the free will decision of you sitting in nature? You, as God, decided for the last manner of thinking.

Now you are back you again. You start to quite the mind.

Now you are the bird flying above the head of the human and look for food. Does this human share some bread with the ground?

You, sitting in nature, become hungry. You take some bread and eat it. The crumbs you dismiss to the ground. Again, you are the bird. You hip-hopped close enough to be save and still managed to get some bread to eat. You fly away, whistling a little theme in gratitude to Creator for the food.

You are God again, looking at how the little cleaners of nature come close to get the rest of it to the anthill.

Then you are part of the grass, one tall stem standing and waving along with the rhythm of the gentle breeze. You delight in just being this. You become the breeze who plays with the leaves, the grass, the things full of sand you take with you. You delight in your power, in your gentleness. You start to play with hair of human sitting in nature.

You rush to the children and play with their hair, their clothes. The sound of their laughter you take along with you, in your memory, in your being.

You are the creator again and you see that everything is as it should be.

You bless the human sitting in nature and you keep an eye on all the expressions of who you are. You are all of them and you are delighted with them. You love all of them.

Now you are human again and you know that you are them and they are you. You are connected. And you say thanks to the beautiful creation you made for your self.

The children start bothering you. You decide to go home with a last thanks to the rest of you you leave behind for the other creations who might want to visit their own creation just as you did.

And the boy leaves a mark of an angel in the sand that will be washed away by the wind.

With this exercise you see how easy it is to feel the connection of all there is. The image I talked about is an easy one. What will you do with the next picture?

Again you are sitting in nature. It is your favorite spot. You look around and you hear a car coming towards the little park in the city where you live close by. You hear in the distance a voice shouting and an other voice shouts back. The winds blows gently in your face. You try to keep your awareness with the nature you see and try to shut of the noises of the city.

Now you become the God who looks at the scenery. You see a human trying to relax after a day of work with his mind busy. You see the birds searching for food, you see the clouds slowly drifting by as you see the signs of another beautiful day.

Again you are the human, sitting in the shadow of an old tree. The branches waver softly on the rhythm of the wind. You are the tree and you enjoy the water you were given by the man today. The wind plays with your leaves and you see the man sitting in you shadow. Two men are approaching the tree with a chain-saw. You start to become anguished, you have had experiences before with the chain-saw. Are they going to cut of you or a branch or more of them? Full of questions you stay, and try to listen to the intend of their energies. A shivering rustles your leaves when you see them approaching. The man walks around you, makes some marks on your bark and starts the chain-saw. You become again the human who wants to have a quiet time on

your favorite place in the city-park. You don't feel the quietness of the place anymore. Rushed you stand up and walk away. You are the old tree again, left alone with the men with the chain-saw. They cut through one of your main branches and moaning this one falls to the ground and breaks. You start to bleed at the wounds the man makes you. They decide to cut another branch and there again the other starts to fall down on the ground. With an effort you try to hit the man with the branch to make them go away and leave you quiet, alone with the pain they are causing.

Now you are the man standing side by side by your colleague just doing your job. You shout: "look out!" A branch just nearly missed the colleague. You look at the tree and say: damn good job what we're doing here, this tree is sick and hollow. Lucky it didn't hit the man who was sitting on the bench. Watch out there is another one falling. (okay, normally they use a more poetic form of words, shorter and more to the point). To make sure that you got all the sick branches you do a few more, just to be sure for the safety of the children and the visitors of the park.

While talking about your favorite game this evening, you just leave without a look at the tree. You are the tree again. You look in dismay to the cut branches and the blood of your veins dripping on the ground. You send a message to every part of you in the hope you can stop the bleeding to death and cover the wounds with resin to prevent rotting. The evening falls, and your blood is still dripping.

You are the man who walked away just getting a headache of the noise of the chain-saw.

You are the dog having his daily walk for his pie and with the mess of the branches you can't play with your boss, but you can take one along with you.

You are the ant, crawling towards the blood of the tree, and you try to get some resin back with you to your home, but you get caught by its sticky nature.

You are mother Earth, and you are stuffed with concrete, roads, houses, and you want to stretch your skin and your muscles.

And as the moon sets, you are the God looking at the creation of man in the city park, and your heart bleeds with the tree, with the death of the ant, for the man with the stress headache going home without a sign of relief and for the men doing their job without thinking of the feelings of the tree. You smile at the dog who made the best of it, walking along with a branch in its mouth, trying to sneak it into your home.

And you see mother Earth moan with the weight of concrete and building upon her. And you know as God she can't do much to get her relief of the weight, this is not a volcano area or an earthquake area.

You look around the picture and you just bend your head as God. This is the world as humans like to have it, without consideration for all that is. This is their choosing in a collective creation, and you as God gave them their free will. And you bless the free will of man. You bless the tree and its suffering. You bless the group soul of the death ant. You bless the soul of the city, you bless mother Earth, you bless the humans who cut the branches of the tree, without asking permission or explaining the reason. You bless the man who was in the beginning in the park for a breath of fresh air and some quiet times.

You know, that when humans know that they are GOD, they will take their responsibility for their creation. You know this for sure, because you are them and they are you. And you know and feel the very reason why this is all possible, why you made it possible, why you made the opportunity to let humans go so far astray of you.

You send your longing to them, to invite them home, to awaken and become aware of what they are doing and alive to their responsibilities and joys of being GOD, with respect and love for every part of your creation, as they are your creation and the creators of the creation they are living in. You are them and they are you, and you both love each other. The only difference there is, you are awake, alive and aware of this love and they at this moment are not, not yet.

Have a good love in your timeframe of the day.

Ashtar.

Connection closed.

PP April 14, 2004

In time being, spirituality is just as normal as breathing.

In time being, spirituality is called science.

With science of the inner heart you will achieve felt understanding of life, purpose of life, the possibilities of creation and your part in all there is.

Felt understanding is worthwhile for having experienced the knowledge and with stillness of being and contemplation, you gained wisdom for the Go(o)d of All (you included).

This Asthar speaking again, about the necessity of gaining wisdom.

Wisdom isn't knowledge.

Wisdom isn't the true sense of being GOD

Wisdom isn't the basic experience you get with living and living adventures.

Wisdom is the results of the art of combining these three into ONE. When you "have" wisdom (you can't have it or own it) you are able to advice the people coming to you according to their purpose in life, their stage of development. You are able to translate the wisdom you posses into clear understanding, concepts, so that their way of thinking will accept the wisdom you offered. You have the sensitivity of the translator, the force to break stone walls, and you know exactly when to use it and when you don't need to use it.

Being impatient is the attitude of the youth.

Being in search for new adventures, is the attitude of the youth.

Being into contemplation, is the attitude of the mature.

To learn, experience, to grow into deeper understanding, is still the attitude of the mature.

Wisdom has left these stages and has possibilities to address them, without needing them, to consider these without needing them.

Wisdom grows only to deeper wisdom, when the need of the youth is overcome, and the being of the youth is satisfied with the experiences, the knowledge and the outside adventure.

Before wisdom the stage of the inner adventure will merge. You already have had glimpses of the inner being. And with luck, you already have had your training in school, college and daily life in going within, being with the One who you are. After a while the need of going outside will change for a need to go inside. Somewhere the balance will differ from more outside to balancing, to more inside, as a normal phase in life development.

With the need to go more to the inside, to contemplate, to overview, to get a deeper felt understanding of who you are, and the riches of what resides inside you, you have the space and the possibility, the restlessness changed for quietness for gaining wisdom.

This is a natural development in ones life.

This phase is where wisdom will set in, where you are able to built on your felt understanding of who you are, your life, your experiences, your ability to contemplate, and go for inner adventures to seek the unknown.

After a while in these new phases of life, you are able to be and be a guide for others. In the message, "time to live", this is the phase where you teach the young people about life. After a while of this period in life, you will grow further into wisdom (if you want to) and the council of wise men and women is the next spot for you to put your talents and energy into.

In this council, you are the advisor of young adults, the wise man and woman for adjusting conflicts (if there are any).

In time being, you will grow into being more connected with universe, all there is, and you will feel the time of longing for home, longing to say goodbye to the world you are living in. With this longing you are going to prepare yourself for leaving and changing form.

While you are getting familiar in leaving your body behind, seeing the pulls of life between you and your body, you will finish your doings in the world and your body is getting fragile for the world, in other words, your body is getting the essence of light, is developing to be of light.

When the veil between you and the other side is very thin and you are very used to stepping behind this veil and back, you will get the knowing it is your time to say goodbye.

With the ceremony you decide, you will say your farewell to the ones on your world and you will leave your body behind for the really last time in that life moment.

Maybe you like to give a hug to the ones still in body who need to look after the last resting place of your body. Maybe you like to visit the ones you didn't meet in body life, the ones you dearly loved as soul.

You did these visits before, and maybe you like to do it for the last time with your body energy, to tell them it is your time to leave. Or maybe you did it already in your preparation time.

Then it is time to set off.

There are already lots of books about life after death and life before death. And these books are, for as far you and the writer are able to understand, right. They are right to the point of view of the giver of the experience and the undertaker of the experience see it at that moment.

It depends on who shows you the way, and what are you able to see for yourself. If I take some being, still believing he is a body, with me to the realms of the after death, then it will depend on his belief, what he will see. His belief, he is a body, will be the determining factor and his belief that the muslims or christians will go to Heaven or Hell. But if the mind is willing to step aside and the Soul is encompassing existence, you are getting much further in experiencing life after death.

Going to visit the realms after death is part of schooling in some societies. Life is much better appreciated when you visit the planes of the after and before death. With these visits, you gain much more insight and wisdom to adjust to living, then any teaching will give you.

Pity for you I don't give a description of what there could be at which viewpoint. Too much work and not important because, for the real point of learning, the real experience which matters for wisdom, you have to have the experience of visiting yourself. Ask for it to be guided to it by your guides, ask for it in a guided meditation, ask for it to see and feel it yourself. Only then you will know how it will be there for you. Just see my sentence, you will know what is there for you.

In the way you create your life on earth, you will create life in the after death worlds too. What you manifested now in your worlds, your creations, your lessons, your tuning of the energies, you will do the same and experience the same. Most of the people live on and do what they like to do on earth but they didn't manifest it on earth, so they will do it in the after death life.

So your hearts desire you do in the after death life, when you didn't live it on earth. In this way you prepare your life after the death of your body here and now. If you live your adventures, if you live your hearts desire, if you live your dreams, you don't have to live them in the after death life and you can move on. Otherwise you are stuck to do it there. At that moment, you don't bother that you are stuck to do at that moment what you have wished for on earth, it is your heart desire to do so. And you do it then.

But BUT (and this time but is allowed to be used) you should have done it in life into matter, instead of in the after death realms. If you are free of heartdesire, free of the longing to do something as an adventure, learning, doing what you liked to manifest in your matter live, you have done it all and went beyond it. Then you will go beyond this phase of after live realms. You don't stick in these realms and you will pass without participating, which is really good for you. Then you are free, which should be, after your death from your body.

Another reason how people can stick to the after death realms is the habit of being addicted to something in life. This can be anything. I already suggested smoking, alcohol, sugar, drugs and so on. I can also suggest: watching TV, doing nothing, eating chips, gossiping, complaining, sex, movies, fame, money, only doing and not interested in what so ever, narrow minded, preconceptions, feeling good at the costs of others, severe judgements, (status and status symbols). This list is much longer then I can provide, you will get an idea.

If you are too much into living at the time of the death of your body, then you will go to this realm too. In this realm you have a sense of living, you are living like on earth, with the same attitudes until you are able to release them from your system and to move along.

In this way the books of death which some cultures have, the guidelines of how to prepare for your death and how to make sure that you won't stick in these realms and to make sure that you will get a nice next karmic life, comes in handy. Not because of the next karmic life, but because of the good rules for preparations your transition to another form of existence. I hope in time there will be writers who are able to put the knowledge of these books into one manual. I hope also that they will change a few things in more practical handy way of teachings before the person starts to die. Dying is very worthwhile to do if it is full consciously. You prepare your birth very carefully. It is time to prepare your death accordingly.

In a life where you are master of your fate, you know when to prepare for your transition into the next phase of living. And when your life in the matter changes into a life on the other side of the veil, you should be prepared for it too. In the message: "time to live", you could have seen the time people are suggested to take to prepare for a life after the death of the body. And if you do, the death of the body will come as a friend to you, invited on your time according to your plan of life. You will give all a hug, and say goodbye to all your loved ones for a while, then you give death a hug, and there you go to another adventure, the one you are really prepared for.

You can consider Death as a friend, coming to you on an appointment you made previous to this life in form. To trust him as a friend when the time is ready, to love him as you could, meeting him for ages now, loving him as you should, you should know, you can't change forms without his helping. You can't stop pain and suffering in a your body without his help. He knows you, he did help you before and he will do it after this life again and again. Most of the time, people try to fight him, to hang on life as much as they are able to do at that moment in time. The experience of death won't be a blessing with this attitude, because Death will come and take you away anyway.

Just prepare yourself, see in Death the friend he is for you. Changing forms isn't that difficult when you did in life what you wanted to do in your life. To live life to its fullest, you can appreciate to experience the death of your body to its fullest. And just remember, to give Death a hug, and you will see, he doesn't look that devastating as the movies make him, he is rather sympathetic, loving, caring and knowing. He makes sure you don't stay too long into a life in matter, which hurts more than it will cure at that moment in time. At that very moment it will be a relief to step out of life, and to be prepared to a new adventure.

Please give yourself the joy of being prepared to hug Death.

This is enough for today on wisdom and the wisdom on dying. C U for another transfer pretty soon.

Good love,

Ashtar

PP April 15, 2004

As you see, concepts drift people away from their inner self. They aren't used to discuss concepts without going into the rational mind. With the domination of the rational mind in your world, you underestimate the power of the feminine, the power of the man.

With this domination of the rational mind, man and women have no answer to their animal instincts of possessing things, running after sex, running after aggression, power, warfare, domination from one group upon another. To control this animal instinct you can bring in a very controlling belief system, a controlling way of living, working etc. It doesn't matter what you bring into control, this instinct, it will find its way out, rebel against it.

So this isn't an answer to the humans, although lots of followers of any religious system will think otherwise. The answer to this instinct lies within. You can decide to follow this instinct. With repression of this instinct, it is hard not to follow it. It can easily capture you and keep you imprisoned for ages, lifetimes. This is the way the secret government wants to control you. To deliver you to your instincts by forbidden natural ways of living, expressing etc. And with restrictions, they don't give you a way out, except complete surrender to guilt, moral whoring and the law of power. When you are of use, they will accept and encourage you to do what you want (killing, beating, sex with children, adultery, it all doesn't matter. But when they want to get rid of you, or you don't do what they want you to do, then you will find blackmail or the whole system at your back. There are ways out.

If you are a woman, they control you different. They control you with your need of love, being accepted and respected as a woman. They make pretty sure that you won't get these things. Your man will fantasize about forbidden adventures, or doing them. And without the latest dresses, a slim figure, good learning children, two vacations in a year, you don't count. To make sure that you won't rebel or you will get your husband into rebellion, they make sure that you both will have suppressed feelings, sickness and problems with understanding each other. To keep a woman busy, give her soaps and relationship problems, the complaints of my husband neglects me, he is more interested in sex, movies, or I don't have a relation, so they all will accuse me of not being of interest to a man.

Just give a woman a man only interested in sex, and he ruins her, so she will ruin other men who try to love her sincerely.

Rules, beliefs, power, security aren't the answer to the problems people have in their daily life. Money won't solve anything. The insecurity won't go away with a new car, or a smile of a pretty lady in the street, or the next one-night stand, or more salary, or more power in society, more respect for your deeds in church, or, or, or.

The answer lies within, always. The only thing you need to find out is: what is the easiest way to go within and stay within. If you don't have an easy way, you won't keep up with it. This is the very nature and nothing is wrong with that. Just see it and accept it. Lots of beautiful words won't stay with you. One slogan of an advertising campaign does. So it is with the way of going within. You need to have a simple one to begin with and to stay with. When you got your way of doing it, you can expand on it, add some things, change a thing to become more fitting. With time, you will find other simple adjustments in your life, which make you go more smoothly through daily life.

In one of my messages, I wrote about that truth lies in the simple, easy things. If something is very easy to comprehend, to understand, you have pure truth in your hands. This is also with the techniques of going within. If something fits with you, you will stick with it. So keep on searching until you find your way to the top.

Meanwhile you are searching for your way of going within, you will bypass beautiful landscapes, ravines, waterfalls etc. This is part of the job, part of the joy, and most definitely part of the adventure you seek in daily life.

One of the best things you better remember, as far as I can recommend you, is: that you ask for adventure for the good of all concerned. If you don't know how to have an out of body experience, you can ask for it sincerely. If this is really your wish, you can force it into creation. You also can ask for it, for the good of all concerned. Then yes, it doesn't have to come your way, if so, it isn't the right time to do it, or it isn't in your good interest to have this kind of experiences.

An out of body experience doesn't have to be the way you have to go to go within. Most of the time, this kind of experience sweeps you out of your center, and only if you are really good in going within, you are able to stand this experience. There are also entities who like to play with you, and will give you this experience. If the experience leads you to better understanding of your relation to the inner source, to wisdom and being more and more an expression of GOD, you can think it is a good experience. Something can look good at the time being, and at the same time it can give you also a distraction for what you came to do. Be careful what you ask, and ask with a sincere heart that what you ask is for the good of all concerned.

Strange isn't it, to be always in the position of responsibility for yourself and the good of all concerned? This is the way your reality works. You live with that many beings on a living creature, co-create with each other and everything you do has an impact on others.

EVERYTHING what YOU DO, has an IMPACT on OTHERS.

Every breath, every thought, every look (or not) has an impact on others. Every thing you do is an expression of directed energy. This energy goes to the group-energy and according to the way it is directed, and this way the impact of it will be twofold.

Every unconscious deed (which is all you do or not do) has an impact. That's why it is important to be conscious about it, so you know what you do, and why.

Every conscious deed has impact, by then you choose what you do, and you know what the impact is from your doing.

The phrase: For the GOOD of ALL concerned or For the good of EVERY BEING concerned will keep you out of mischief. This way you pray that your conscious and unconscious deeds won't harm others in their being, in their existence, in their experiencing of being GOD.

If you try to live this phrase, to do, to pray for it, and to try to keep the good of every being concerned in your mind, you won't find it easy to harm others. You will need to have a point of view where responsibility starts and where the others stop and (vice versa). In that way you don't inflict yourself.

Sometimes the good of all concerned gives you a view of your responsibility and others, and you may decide to inflict the responsibility of the other. The reason will be: if I don't do it, then this person will circle in this energy for years and I see the cry for help, or the question for help, insight, love. In this way the good of all concerned will give you reasons to impose in the situation for the sake of this very good of all concerned.

Meanwhile, when you think about the good of all concerned, not as a device of going within. It is. How? To see the good of all concerned, you need to go within to listen. Easy. But (this time, it is allowed again) if you don't consider your good then it isn't for the good of all concerned. There is only one place you can find the real good you are concerned about. Not the ego matters, but what will satisfy your Soul. We are talking about this kind "for the good of all concerned".

The only place you are able to distinguish what is for the highest Good for you, is at your inside. What makes you at peace with the inside? What gives you wings to fly to your Soul purpose? What is the highest joy according to your Soul? What will satisfy your being while you are doing your thing?

Everything that runs away from your responsibility as a human, mother, father, teacher, being, isn't for the good of all concerned (including you).

Everything that gives you a restless mind, isn't in the interest of the good of you and all concerned. This won't do.

Everything that gives you an opportunity to hide you for your responsibility, for your feelings, for healing, for clarity of being (crystal clear being), won't be for the good of every being concerned.

Every time you have excuses not to do things, just the same.

Every time you know you waste energy, just the same.

Every time you take some sweet, just the same (also with alcohol, smoking, drugs, you name it).

Every time you use a dogma, judgement, you do the same.

Every time you suppress an expression of the inner being of you, just the same.

To look sincerely to what is good for all concerned, you have to look at yourself very sincerely too. You are part of the picture.

Let's talk what is good for all concerned, otherwise you can decide that you will use this simple device to live by, but you don't know what it exactly is.

Every time the love in the world is increased, it is for the good of all concerned.

Every time the love you feel for the GOD inside you, is for the good of all concerned.

Every time you share this love for you, for the world with the world, with others, with you, it is for the good of all concerned.

Every time you are able to be of help with love in your hands and heart, seeing your part, the question in the Being of the other, this is for the good of all concerned.

Every time you laugh, it is for the good of all concerned.

Every time you are the very BEING you ARE, GOD, it is for the good of all concerned.

Every time you are able to express yourself as being GOD, it is for the good of all concerned.

Every time you see the GOD inside the Other you meet, it is for the good of all concerned.

Every time you feel connected with everything there is, it is for the good of all concerned.

Every time you act with this connection as your guide, it is for the good of all concerned.

Every time, when you put love into motion, it is for the good of all concerned.

This list isn't ended yet. It is no use to put more of this into words, because by now, you have an understanding of what I try to get through.

There are other techniques of going within. This is just a simple one and that is the very reason why I mentioned this one. As I have stated before, only the simple truth, and simple things will help you with living in grace, being in grace the grace of GOD. There is more to say, but for today I leave it this way. I am looking forward to the channeling of tomorrow, if God provides.

Before I will end my message, I will like to give you one advice: Just start your inner (re)search to find the best technique, easy to adjust into your daily life, and enjoy the changes it will bring. Only experience will count, especially if you are interested in gaining wisdom (for the good of all concerned).

Have to love which includes the Good of all, for the good of all concerned. And don't forget to do some blessings today.

Have a good time for the good of all concerned.

Ashtar.

Imhal patch solemeony seeat imprato ishtar meanisis.

Transfer closed, and now for real this time only. See you next time.

PP April 16, 2004

Have a good morning.

Life is. Everything is. YOU are (the language doesn't accept the word is).

We, The We, Are at least with two persons. So we have twice the word Is-Is. Sounds familiar doesn't it?

This is Ashtar speaking. Are you ready for another roller-coaster ride? Stay tuned, please.

In the realms of light you have different roles to play. One role all will see with respect is the role of the dark angel, so called Lucifer or Devil, or Master of Darkness.

This role of darkness, this role of being the evil personalized for one person (you have to start small and learn your role), till you have grown mature to be the evil personalized for a whole galaxy, is the most important role you ever can play.

If you are really love, if you are really connected with the Source, if you understand really the reason why this role is important, you are able to put all your creativity into it, then you are free to play this role. Free to play the dark side of the source, the dark of the night, the counterpart of God in the play of existence. Only GOD can play this role for the GO(O)D of all concerned.

Why is this role so important? With a love being acting the dark side in the play, you can have your play. If you don't have the dark role in the play, God won't be able to see himself in relation to something which isn't GOD in the play, so the play would be in vain. It is just like you, having in a soap, the role of the witchy, complaining, evil doer mother in law. Just for the fun of it, to give the play the plot, the energy and the vibration to keep you going on with it. Otherwise all will become very boring and a waste of energy.

With the dark role in a play, you make pretty sure that you have opportunities for beings to see both ways, to learn from it, to choose which one they like, and why, to learn inner discernment and have a point of reference where they like to go and where they come from.

Why is it important that some being of the highest LOVE plays this role? First of all this being needs to be of the highest love, to stay pure while playing this role. It is also that this being needs to prevent to identify with his role, for the fall of grace would be a very hard one. In that occasion it will be very hard to go back to the light. The whole creation will mourn for you if you are the one who plays this role and you have been fallen of the grace. If you are of the highest Love, the risk of falling of grace still exist, but you will have the tools, the wisdom to prevent it, and experience love for all your deeds and doings.

This is also the reason why evil is so attractive to beings. You will feel the love of the evil bringer for the existence in the core heart of the evil. This is why every one will warn you to be careful, because the evil bringer will disguise itself with love and the likeness of GOD. Because the bringer is LOVE, it can't disguise itself. This way evil, the dark, the hate, the suffering, the bringer and the ones who will do it in the play can be loved. They are love. You only have to see it.

You only have to choose for the love of the evil bringer or the love of the GOD. They are almost familiar to each other. There is one difference. One will play dirty tricks on you to get you back to GOD, and the other will play fair with you to give you a fair choice of which one you will follow. If you look at the seed and the deeds you will see the difference of which flower you wisely choose.

If you ever wonder why the last ones will be the first ones in the Kingdom of Heaven, you now know why. The biggest angels of love will play to the end of all times their role of evil, dark bringer beings because of the love for GOD they feel, have and are. The hardest task of all is on their shoulders.

Hopefully one day, you and I are playing this role.

Lets see where we are right now. If the duality in your existence becomes one, the role of the evil bringer will change. The main energy force, the main play was in the universe of duality. The choice between good and bad was very clear to see. The easy way to glide into the bad way of living, was also very clear. With the duality overcome in the history, the evil bringer has to change his role too.

All the people of the light would have sighed with the idea of living the bad influence out of the picture in the Golden age coming. They didn't think about new adventures, new ways of living, new lessons etc. Without this role in the play, life would become very dull and boring for all of you. You would invent immediately the dark role to existence to have something to do. How is this role to be seen in the possible future?

As we are talking about going from Duality into Oneness, the role of the dark angel will be going with the One experience too. This will mean that the role of the dark angel will be inside the One. Inside you, inside me, inside all.

Next to it, the role is the one of mirroring of who you are. If you are GOD (and indeed you are GOD) you like to see it, experience it. You need to have a stage to put on the play so you really know you are GOD. And to see the depth of it, in time being when you grow more and more into being GOD, you still need to have the mirror. That's why existence came into being in the first place.

Next to the role of mirror, it will have the role of choices. You need to have a choice of what to do, what to express and what you like to experience. This role of giving you opportunities (in history between good and evil) now between you and other parts of you, in your choice to choose what of the aspects of God you will like to express in this particular moment, is the role of the dark angel.

Next to this role, it will have the role of providing you with learning moments in the encounters with others. You as a Soul choose for this experience, you create it, so you see that the role of the dark angel is the role to play inside you.

The stage and the focus point will be inside you. Before the stage was the world, outside you, and you could change the world by going to the inside, the inner you.

Now the role of the dark angel is inside you. To test, experience, to determine how One you are with all concerned. This is the role of GOD to experience itself in the ONENESS.

It is the role of testing how sleepy you are in your being of GOD. If you become fully aware, alive and awake, you will play consciously with the role of the dark angel at your inside to determine the results of your choosing for the good of all concerned, to see if you really and always act with this consciously in your mind.

The role didn't change much, the stage differs, and with being one, the energies will change from rough structure to the etheric, subtle forms of perception and influencing.

Once you have learned really to love the dark angel, his contributions to your growth into yourself, into GOD, you really become one with GOD. Then you are ready to accept his love for you, for God and her creation. You deeply feel why they are more respected than you (if you can talk about more or less). And in your turn, you really feel honored to get this chance of development, this change of growth, and you will take the risk of the hazardous danger of losing yourself in the role of playing the dark angel.

We live in the creation where the highest, loveliest Angel, has lost himself in his role. Just help him and therefore yourself, to go back to the light. How? To be of light, to live your connection with your inner GOD to its highest fulfillments and to love him as yourself.

Every planet in this creation has to go to the stage of going back to the light, and therefore helps the fallen Angel back to his grace, to his remembering of being GOD. This is what it is all about. And you with your freewill can do a lot for yourself and while becoming Masters of Matter, for the other planets as well.

Good luck with being the lovely GOD inside your being!

Don't forget to go within.

Don't forget to bless yourself and the others you encounter in your life.

Don't forget the graces of life, and try to practice them into your daily life.

To repeat: without experiencing that concepts work, you won't learn them with your being.

And your being, Soul, doesn't need to learn them, but your outside being does, your existence does.

Just think about the fallen angel of grace. Guide him home by your love and by your example!

Do you know why the dark angels listen to love and obey love?

First they have to recognize it. If you aren't love, you can't recognize love. They are love, so they recognize love where they encounter it. They encounter it, if you practice it, and take a stand for who you are (being GOD, being LOVE). The dark angels see the love of them inside you, and they will salute you in respect of the Source.

Second of all, nothing can withstand love. You can try it for a while. Everything is made of love, so what can withstand love, if you are love? The question isn't the question of obeying and listening. The question is that they recognize and remember LOVE, as being made of the same essence.

If someone is keeping himself very busy with his role in the play and forgets to remember the love at the inside of his being, it might take a while to get the memory back. The longing to the source of your being will eventually bring him, you, back to the source. It is just a matter of timing (the place where your freewill exists, see the grace of timing).

Have a good time with pondering this message, and with practicing the graces of living. It can be quite a lot of fun to do if you take it seriously.

The time of time is a matter of timing.

Ashtar says goodbye to you all.

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PP April 16, 2004

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PP April 17, 2004

Sometimes you wonder what I will talk about. In your view you have had answers enough, concepts enough and you are very busy to try to live them in daily life. You call in and say: I don't have more questions, this is enough food for thought already. Does Ashtar have more to say and does he have more wisdom teaching to share?

Fortunately I have. So this is Ashtar speaking again.

If you didn't have questions about life, existence and so on, you wouldn't live a life in the matter. With this life on this particular planet, you show us and all existence: you even don't have much questions but you are willing to take the tough road to solve them and become a beautiful GOD yourself.

There are more questions that need to be answered then you can imagine right now, where you are living right now. If you had experienced all there is, if you had experienced all the answers of being GOD into matter, going back and being back to GOD, having the eruption of the melting into One with your counterpart and GOD, then you wouldn't be here. It is that easy.

Living in ease, is being at the point of no return to excuses, pretexts, detours, distractions, stagnations and descention.

Living in ease, is having fine-tuned your inner discernment of truth. I have said before that the truth is easy to comprehend, rings a clear note of recognition and fills you with the warmth of the love of GOD.

Living in the grace of God, with the graces of life, with the grace teachings I remembered you, you can have a wonderful life, wonderful discoveries, wonderful questions and a wonderful experience of being GOD. And that's what it is all about.

Just take everything back to the basics. Do you know, feel, experience, express that you are GOD?

Some being can remember you that you are GOD, by seeing the God in you, and share this with you. It will never take the place of the own experience and own expressing, but it keeps you upon the way of going within, it is an insurance that you are GOD. You only need to see, feel, experience and express it for yourself. This is the way "A course in miracles" works. If every being sees the God in another, he sees the mirror and remembers himself and the other at the same time that you all are part of the same GOD, that you are GOD. This way, sharing comes in very handy. Without sharing the experience of seeing the God in the other, the other won't know, and the process, the energy stops. And I already told you what happens with dead end roads.

If some being feels itself left alone, outside the flow of life, without any idea to look for life in itself. The best help you can offer, is to share the sight of God in that person, respect that person in this light of looking, and this person starts to wonder if it is really truth that you saw. With the process of wondering started, the dead end road starts to flow a bit. With others assuring that the experiences of someone who saw God in you, wasn't unreal, but very alive, the flow of change will come. If some one needs the confirmation of being GOD, before they can go inside to search for it as an own experience, you will leave this person to its tragedy and will be held responsible for it, if you don't share your view of the GOD inside them. You also give yourself less then you can give yourself, because with sharing your point of view, you will see the reflection of the mirror and experience, feel that you are indeed GOD yourself.

This is the way the responsibility of God works for its creation, its existence. The good deeds carry a double sided sword with them. They reflect to both participants. The not that good deeds have the same advice, you will harm the other and yourself. This way the dimension of being one starts.

What you do unto another, you do unto yourself. May-be you don't reap the results of this in this live, having a good harvest to feast upon from previous lives. You will seed the next harvest.

There is also another dimension of being One. This being ONE is more complicated to see. The ONE that you are one with others. You at this moment aren't that interested to feel the feelings of others, except of spying on them, gossiping and making fun of the other problematic view of their world and who they are in this world.

With time being, if you are really one in mind, in thought, in feelings and still being yourself, you feel what the other feels when you do something disrespecting them. This perspective of being One, this experience of being one, isn't possible at this moment in your existence. I hope you decide that it will come, and hopefully pretty soon.

With this perspective in your life, you will think a long time about if you want to hurt some being. Killing for food will be gone, killing for fun too, killing for power too. Indeed your gain, will be my gain and my pleasure will be yours. Even the sexual experience between two people will be felt by others. Today the expression of love, fun, enjoyment and other feelings are felt throughout the whole creation. You can't withhold it, everything is connected and energy. So people can feel the lovemaking of you. People definitely will notice the results of this lovemaking and exchange of love. It can be a blissful experience, a lust based experience, or a love duty experience. What do you like to carry on in your energy systems until the next experience?

Lovemaking and exchange of love isn't only the sexual deed of doing it. When you see the God in the other and you share it. You do it, you see the God, this brings love of the source into creation, into movement. And you directed it by seeing it (movement) and if you share it, you are opening yourself for an exchange of the energies. Sharing is the direction of the love to the person you see. If you just see it and you don't share it, you directed the energy of recognition to the universe, and the exchange will be with the group energy. You just forget to have the twice folded results of it. Every exchange is with the group energy and with the source. It only multiplies if you share and exchange it with the other who made you see the GOD in that person and in yourself at the first place.

To make it a multiply expression of your being of seeing the God inside yourself (in all), you have to share it. If the person sees the recognition of you, and is able to mirror it back consciously, then you are both blessed with love. If the other one isn't aware of being GOD and can't recognize it without your mirroring it back to her/him, then you will be blessed in your participation of awakening this person. Unconsciously for this person, the God in the other will bless you for your recognition.

If we talk about raising children, you only have to give them rules that guide their curiosity in expanding their bodies, in expanding their capacities, in expanding themselves into adults. And you only have to give them the love they deserve, being God into creation. If you withhold this love, you will have put a brake on their growth into healthy Godlike adults and you will cripple them in their expression of being GOD.

To heal these crippled people in the recognition of being GOD, in being worthwhile because of them being GOD, this very recognition is enough. With this recognition you give the person the love they deserve, not mattering what they do in life, or did in life, or how crippled they are. They deserve the love of GOD, and you are the right mirror to reflect this to them. If you decide to stop this mirroring you take part of the crippling, your responsibility.

If you think that giving this recognition makes them dependent on you, you made one mistake. May-be they are a little while dependent on the recognition they get from you, only because others don't give it to them. If the whole of society gives this in joy to others, the depending factor of only you should not be considered as a problem. Now the only you who gives this recognition is the determining factor if this person gets it or not. And with this getting, this person will get a feeling that is stirred inside him/herself to look for more. With getting this recognition the person will start flowing. With some other help and the lovely reminder to look inside, and to remember to look inside again and again, until they are able to look inside, they will become healthy, God remembering at their inside, adults again. And when you don't give this recognition, this person won't get it, when it is only you who are able to give this with love. This is your responsibility to heal others like you heal yourself.

When the society acts as one, feels as one, out of free will, with the possibilities to give every person the love and recognition of being God at the inside, the problem of emotional handicapped, crippled people will be easily cured.

With this curing of these people, the way of feeling the connection to all there is, ways to feel what is good for all concerned, you are able to live, feel, enjoy a healthy society with space for every unique being as part of the GOD we all are.

At that time, it doesn't matter what you are, we are all God, it doesn't matter what you do, as long it is your unique expression of being GOD, and we all will be equal in being GOD. The expression of God will differ, and this will give a way to explore being GOD into its fullest, living in a multi (fashioned/ faceted) expression of beings, GOD.

There is much more to say about this. Much better is to experience it yourself. So start to create a future for yourself where you are able to experience every beautiful aspect of expression of being God. Because we are all interconnected with each other, in time, the way of experiencing will multiply with your capacities to connect and communicate with all there is. Then the phrase that we are ONE will be a knowing that we are really one, you can feel, experience and enjoy it with respect for and in recognition of being GOD for all beings, including yourself.

Have a good time again in wondering and questioning your expression of being God to reach for the fullest expression and experiencing of Being GOD.

Ishtar som sole patch probayat.

Ashtar

Transfer closed.

PP April 18, 2004

Hello dear Hearts, did you bless your Soul today?

This is Ashtar speaking.

Normally I ask you to remind that you have wonderful teachings to read (being humble hmm?) and a few wonderful techniques to help you with your core business of life, to go within, to connect with your inner Being God. Today I find it very good to change something in my messages to keep the boring part out of it, and I will start with the benediction and the reminders.

I bless you for your willingness to read, for your open mindedness to ponder these messages, for your dedication to life to search for what satisfies your inner Being. I bless you for what you are right here and now and for the capacity of loving you bring as a gift to this world and beyond. We are ONE.

I hope you will say: I bless you

And: I bless myself for Being

And aren't you grateful that you are still alive, full of energy?

What did you do for the good of all concerned?

Did you expand your love?

Did you see with the eyes and the point of view of God today?

Did you go within?

Kriael ishtar sole patch sokinoah prodayat imhal

What can be more serious than feeling, remembering that I am God? Nothing. So what is the serious matter we want to talk about today?

Good question, my channel had an idea I want to talk about. It was indeed a good idea, but she lost it in the wilderness of an unfocused mind. Focus is so important in this world and beyond. With focus, being aware, alive and awake you can move mountains when it is for the good of all concerned.

How do you become more the God you are?

Is just as good a question as: how willing you are to train your focusmind. People being dogmatic are very good in focusing on their dogma's. And focus isn't the same as being dogmatically single minded.

So lets talk about living a spiritual life in a day, or would you say, live a spiritual day, or live a day spiritual. It does matter, these differences. It determines your focuspoint of how you want to live, feel and experience the day. Shall we address life, experience and feel with one nice dutch word: LEF. Translating please: (*Editor: aye Capt'n, Sir!: guts; courage*) this is what is indeed needed to live a spiritual day.

How do you go to sleep? Why start the day with the sleeping period, when every body starts with waking up. The way you go to sleep determines your morning. If you forget to activate the alarm, you will be sleeping very restless, because your unconscious mind wants to keep track on the time, or you will awake to late to do the morning tasks in time for your time schedule.

How do you go to sleep? If you don't finish the day with a quiet mind, a meditation and a reflection on the day, you never will finish the day and take it along with you in your sleeping period. And this isn't a good idea. First rule: finish your day, with a reflection and a meditation.

Second rule: make sure that you have prepared yourself for the next day (set the alarm, have your bag already packed, made a list with things to do in the morning, and have a clean place to start your day with. I mean a dirty kitchen or a dirty restroom or dirty laundry aren't the best way to start your day with.

Third rule: Give thanks and blessings to the persons you have encountered for the experience you have had, for the lessons you got today, for the possibilities you had to go within, to remind yourself and others to be GOD.

Fourth rule: Set your intention for the next day, what do you like to learn, what do you like to accomplish, what do you like to experience? What kind of wisdom do you like to put into action, into practice?

Fifth rule and last one for going to sleep: set an intention for the night, say thanks for the coming experience out of body, ask what you like to experience for the good of all concerned, be glad to have the opportunity for cleansing and resting your body while you are off to other adventures, say thanks for the reunion with GOD and the Source and the refreshment you will get.

This all makes your night a good one. Just like the first lesson in school: repeat to get the message through:

Preparation for sleeping and the beginning of the new day:

- 1: Finish your day, with a reflection and a meditation.
- 2: Make sure that you have prepared yourself for the next day.
- 3: Give thanks and blessings.
- 4: Set your intention for the next day.
- 5: Set an intention for the night.

What will you do when you awake?

Rushing in a hurry out of your bed, or postponing your day to stay as long in bed as possible? Hurry the children to work a bit faster, complaining about the lack of time, forgetting breakfast yourself, doing multi tasking in getting children ready, getting yourself ready for your job and do some household tasks in the meantime?

Better to do it different:

After the alarm waked you, you say thanks for the healthy night for you body, you say thanks for your experience of the sleeping time. You contemplate on what you have experienced and learned while being in the out of body time of the sleep. You write a dream into your dream diary.

Next you will bless your day.

Then it will be good if you will think about your intention you have set for this day and while thinking, you refresh your intention.

You stand up and start to do some exercising to awaken your body, to let the blood flow through your awakened body and to let your body feel the flow of life through all of its parts. This exercise will also keep you grounded during the day. You make yourself aware of your body. Next a shower will do fine, but the exercise doesn't have to impact you that much that it is a workout with lots of sweat.

Next: you go and awake your children, you cherish them and give them love to make them feel that they are seen and recognized for being GOD. This way they remind themselves of their connection with God as being God and being Part of GOD.

Next: while your children make themselves ready and dress themselves. You go downstairs, open a window, to let the fresh air of the new day come into your house. You start to make breakfast for yourself and your children when they are too small to perform this task for themselves.

Singing a song for the morning would be a good thing to do also, this builds an energy of joy and appreciation for the day, for the food.

Next: with rest of mind, you talk with your children what the day will bring you and them. So every being shares their day with each other, their intentions of the day, and what they like to do or like to learn. This way every being has put the creative flow of life into motion, into creation. It can happen the way it is asked in the intention, it can give you lots of surprises, if you do this with a sincere heart for the good of all concerned.

Let us review the start of the morning.

- 1: Start the morning with saying thanks for the night, reflect on the night and keep a dream diary.
- 2: Bless your day.
- 3: Refresh your intention for today.
- 4: Do some exercising to awake your body.
- 5: Cherish to start off the day with your loved ones.
- 6: Open the window and let the morning and life pour into your house
- 7: Make breakfast while singing.
- 8: Share the creation of the coming day.

Then you go to begin the day. You will put the creation of the day into practice. Hopefully you take some time to contemplate on your intention, your encounters, you will have time to go within, bless yourself and others, value the time of sharing, and act with the graces of life in your mind.

The next list of living in the day will be like this:

Daily living.

- 1: Live your day grateful.
- 2: Stay open minded through the day.
- 3: Cherish the jewels of love and wisdom on your path.
- 4: Take time to go within.
- 5: Take time to bless others and yourself.
- 6: Take a walk in the free air to keep connected with the flow of life energy.
- 7: Remember you and others are GOD.
- 8: Contemplate when necessary.

Coming home you can rush into households tasks, complaining about the day, putting on the TV. You can choose to do it also different.

In the evening.

- 1: Sit down and cherish the moment of drinking tea with each other.
- 2: Share experiences.
- 3: Decide who takes responsibility for households tasks, homework and cooking (change roles as seen as best).
- 4: Start cooking with a song and an open window.
- 5: Dress the table with love.
- 6: Share the meal.
- 7: Say thanks to the food, each other and the Source.

Preparing for bed.

- 1: Take time to contemplate about the day.
- 2: Read a book of interest, or do something quiet of interest.
- 3: Enjoy time with each other, share encounters, share wisdom, share experiences.
- 4: Make the house ready for the next day.
- 5: Prepare for the next day.
- 6: Take a shower, to cleans your energy field of influences.
- 7: Meditate.
- 8: Remember your connection of being GOD.

You are now ready to start the new day with other possibilities of creating a good day in your life of being GOD. There is much more to say about living a spiritual life. The rules I mentioned in this messages will assure you enjoy your day (you have enough time and possibilities to do this) and you will stay in connection with yourself as BEING GOD.

With the time of reading a book of interest, I made sure that you have time to study new concepts in life so you can have input to grow more into yourself and to grow more into understanding, feeling, experiencing the universe and God.

It is also important to share the roles of cooking and helping the children with their homework. When they are becoming older, they can also do their share of cooking and providing the family with a good meal. If you change roles, the tasks of taking care will stay anew and every being knows that what the other does is very appreciated and shared equally. This way you prevent role models, getting too used to a fixed division of tasks and will give boringness no room in this part of daily living.

Always it is important to see what you create and to appreciate what you are doing. Going within during the day, in the evening, is very important. This way you will assure that what you create is for the good of all concerned. You also assure that your creation will change according your day and your needs in being a God unto yourself. You will feel in your connection what you need to create next to sustaining yourself as being GOD and to sustain your environment in their expression of being GOD.

Haste makes sure that you will rush out of your center. Don't do this. Never rush. It also makes sure that you don't have time to appreciate one and other, that you appreciate your creation of the day. You also will forget to go within. And you have forgotten that with your connection alive

and kicking to your inner Being, to your GOD, your day will be a creation with the flow of life for the good of all concerned. Everything will work out fine, if you are with yourself, with GOD.

Never create with your mind (this isn't a creation, it is devastating). Only with your connection within on green light, you can be master of the mind. Otherwise the mind will master you and your day, your way of living.

Time spend on blessing, meditation, going within, cherish and share with the others is never wasted. You will think it costs only time, but with you being in harmony with yourself, you see that everything will happen according the flow of life, and the household tasks, your work and other occupations will go smoother than you can imagine. You are this way full of energy of the Source and the Creator. Who can stand in your way in doing the good of all concerned?

With the energy of the Creator fresh air comes into your life, into your body, and into your being. You have to take care that you have, on various occasions in your daily schedule, fresh air with you. This is important when you are cooking, making the food to give energy to the family and your own body. More energy will be given when you open the window and appreciate what you are doing with an aware focus on your tasks.

This way, I regret the possibility of multi tasking that women are able to do in life, because they can't keep up with all the tasks and expectations in life. A burnout is easy to create as being God, to get you the time you need to remember you are GOD. God is that easy and beautiful in his creations, I love that.

With this schedule on your mind, you won't do that much in daily life, I agree. But what will you enjoy living your life. That's what matters.

I regret leaving you with this very interesting topic on this stage of information transfer. I am very sure that this topic will come back later in other messages and if you read between the lines in the others before this one, you will see remarks very related to this topic. I will leave now the rest for your own discernment. And if needed, we visit this topic later on again.

Good love, dear hearts.

Connection closed.

PP April 19, 2004

Let's talk about being tired or tiredness.

This is Ashtar speaking.

Being tired, is impossible. God isn't tired. And you should know about this already. You in the form can feel tired. There are two sides at this story of feeling tired.

When you feel tired, you are sure that you don't feel the flow of life, the flow of love within you. So you should take some moments alone to be connected again. If your mind is overstretched, which is a sort of a kind of feeling of tiredness, this is, very specifically, the occasion.

The other side is that when you have worked a lot, made a big effort with your body, you need to refresh the body because your body feels a bit over-used. You have used your body too much. This feels like being tired. In that occasion it is wise to reconnect with spirit while you let your body rest for its effort to regenerate its capabilities. This is just a matter of charging a battery. To charge the battery, you can do the meditation/eating of the sun I have described already in a previous message. Getting some sleep while you are off to adventures in other realms is a good idea too. And any meditation to strengthen your energy level, your connection with the source will do.

When you look at the heart of the feeling alone, you see again that the connection with all there is, is the problem. If you restore this connection, you don't have to ask the other humans for a confirmation that you are been seen, that you are worthwhile. If you are connected with the source, you know. The Source, the Creator dearly loves you, and while connected you feel this love. If you feel alone, just check your connection.

Jealous? Do you think that you are unworthy because some being might not choose you, or choose not for you? This choosing has nothing to do with who you are (GOD), maybe only with that you don't remember it. And if you remember it, maybe the flow of choosing will be with the flow of life, or not. You have to leave every being with his own flow, respect this flow, and flow with pleasure with yours. Things change, that is the way of creation. Don't play it hard on the creation to stay the way it is, you can't own creation, you can't own the pleasure of sharing with some being. Just accept the flow of life and float on this flow. If you are connected with the inner you, the inner GOD, you feel the time of flowing, changing, and you won't regret the changes for the good of all concerned. Yes, in the beginning it may not look that way, but if you easily adjust yourself to the flow, you will see the advantages of flowing, changing, loving and respecting.

Envy? Oh dear, if one part of God has something, another part has it to, because all are one. If you feel envy you limited yourself to your body, and you belief you are your body. Better think again and start to make efforts on feeling your connection again.

Disrespectful behaving? In the eyes of whom? If some beings like to cherish each others company, the values of society may think this is disrespectful for others. It might be very disrespectful to these beings to address expressing the joy of being together as not being respectful for the society. It is very disrespectful to limit the expressions of being GOD, and feeling the joy of being together is a very good expression of being GOD together. So walking with your bare feet on the street is very respectful for mother earth, at last a being who wants to feel her face with his feet on the ground. To hug, kiss, cherish each others company in public: it is very respectful to exchange your feelings of joy, appreciation of being together. It isn't respectful when you limit this.

Fear? You know where there is fear, there is no love. This is very clear. So what to do when you face fear? You can walk around and restore your connection with the source, but that won't change your attitude towards the "thing" which causes the fear. Do you love the being/thing which causes you the fear? Do you love the spider, are you able to see it as a part of GOD, as a part of you? You might think about what it will cost you when you have fear, the fear of losing a thing, the fear of losing love, the fear of experiencing things you don't like to experience. The funny thing with fear is, what you fear to experience, you will experience. This is the only way to grow through this limit belief, that you aren't strong enough to experience this feared, dreadful thing or experience. If you are able to see the fear straight into the eyes, see it at all

sides, see it happening in your life, and say, so what? I am still an expression of being GOD. What is worse than losing this awareness? This isn't that hard when it happens. And yes it will be hard to see the flow and love of God in this experience, but everything that happens, has a reason, has a reason to be created into existence. So what is GOD telling me to see, to learn, to appreciate him being this way?

If it really happens it will be a tough lesson of learning to love the creation of being an expression of GOD and the others are it too.

If it really happens, it is a fear. It can happen, if you feed the idea into creation. So look at it, get the energy flow out of it, and just love yourself, love your fear and love yourself for the limited belief that fear is worse than loving GOD. Stay with your connection, and in time when you trust upon it, you feel guided through it, you are able to see God in everywhere you see, then fear won't be part of your life anymore. What a relief to stop wasting energy on this part of the duality game.

Next feeling, please? Oh, you are getting the idea that it is all about limited beliefs and just a sign for restoring the connection with the inner self, the inner you, The INNER GOD. Right you are.

Now we come into balancing of feelings.

What if you feel joy, so very much, that you just feel joy and nothing more. And you want to stay in this joy forever. Good feeling, but it is limiting yourself too. If you feel only joy, you limit yourself not to feel the other expressions of being GOD. So you have to know where you have to stop and make space to go with the flow of things to another expression of being, of feeling GOD. This is the way of balancing energies, balancing expressions of being GOD.

With time you are a master in balancing, and then you can balance more and more and more of different kinds of feelings, expressions of being GOD, and your scope of the balance can have much more weight than before.

So what can be too much now, can be in time, good to handle, just of your mastery of balancing. This balancing point is the zero-point inside you.

The experience of being GOD is overwhelming if you are not used to it. GOD is used to it, his balance is perfect (while being GOD this isn't difficult). With the balance, the flow from and into existence is guaranteed. It is the point of in between the inbreath and the outbreath of creation. And you know you have this point also in your being, even your body has this point. You can easily feel this point, and you easily can get to know it better. Just meditate on it, see what kind of knowledge, experience you can pour out of this.

These are the feelings of being GOD. You can have also feelings of joy of being human, in form.

Maybe you like to feel the joy of having a sexual experience with another being. This can be only a bodily feeling of joy and relief and an expression of hormones. In that occasion you don't respect yourself as being GOD, you limit yourself in being a body. And you don't respect your partner, if this is your only focuspoint, in the physical deed of becoming one body. You neglect the whole scope of becoming one in energy, in exchanging energy, in expressing the pure act of creating new life, feeling one with creation, feeling one with your partner.

But now, you do respect this feeling, you cherish the deed, you cherish your partner. And you like to feel it over and over again, because of the joy it brings, the fulfillment you feel. In your creation where you are living, it is a very good device to do, to feel, to experience, but don't limit yourself to it.

Satisfaction of the joy of creation, the joy of feeling one, the joy of an orgasm, which is a very basic part of creation, the satisfaction of fusion, the orgasm of fusing an ovary and a seed isn't limited to a sexual experience of a blending of two bodies together, or creating new life together. That would be a limit on creation, a limit on everything.

When sex is a good reminder of the joy of being one, the joy of creation, it is just a limited expression of it. This expression is very worthwhile to sustain a very special relationship with. The feeling of connection, the feeling of being one, the feeling of orgasm isn't limited to this experience.

In a relationship you learn how to be one, how to remember the joy of being one, the rules of creating a living together, to create together a love, to sustain it, to cherish it. To undo yourself from limiting beliefs, fears, and other ego matters. A special relationship is very handy, when it comes into being close and the ease where you can see together where you both still need to undo thoughts about limitation. It is the very best playground, mirroring place of who you really are and what you like to express. In time you will learn that sex is just an aspect of it. Being close, being one, isn't limited to sex. Orgasm isn't limited to sex. Don't limit yourself to a form of expression.

The creative energy to be felt in a very good love relationship, isn't limited. It is the very basis of creation. (Editor: see the Matrix Revolutions where God speaks to the Oracle as to his wife: "you were playing a dangerous game this time", my dear, I would add.) The joy which comes in a good love relationship, the satisfaction, the orgasm, is also not limited to having this relation or having a good sexual experience with one and other. It is just a reminder, and you still need that reminder.

The same feelings, the same orgasm, the same being one you can have with the whole creation. Not by making love in body form, but by making love, feeling love, expressing love, being love with the whole creation. The very act of creation is an expression of sexual energy if you look at that this way.

Sex in body form can't ever give satisfaction enough to fill your Soul. The orgasm of creation, being one with creation will do, nothing less. Making love in body form is enjoyable to repeat several times, it is only a reminder of the orgasm your Soul will feel, the oneness your Soul will feel, when coming back to the Source, when at work at creation as being GOD.

And because the coming together is part of the creation, just like any hologram experience, the rules and part of the whole creation are part of this experience. So you have a lot to discover in having a good sexual relation with one person. Only if you limit yourself to one person, you have the possibility to go to the depth of the experience, the depth of the expression, the depth of exploring all possibilities and the depth of learning. In time, when you master this experience, you are able to do it without bodies, without the limitation, because the learning part is over. Then again you will still have a significant other being to play with and learn with in closeness you don't have with the rest of creation. Until you don't need this anymore and are ready to go into the ONE Source of being.

If you limit your sexual experience with your partner to the body aspect of the sex, you limit yourself exploring the possibilities. What if you start to meditate together and become very close towards each other? What if you are able to read each others mind? And what if you put these capacities, practiced, experienced and known, together in making love, what do you get? A holy experience for sure, still limited, but with a new scope of experience. What if you are able to build together a vision, a guided meditation, while you both add to it, and you see exactly the same picture? And then you put it into practice while making love to each other?

Talking about sex is always a hot item on any planet. The idea that sex is limited to a body expression is very hard to break. Being in a body which makes fluids of attachment, caring, creating a bond between the partners when having sex, which makes it also easy to live together in closeness, which makes it possible to experience oneness in small, creation in small, and to explore the ego matters in to depth, to explore the rules of creation in sex, this all makes it a very difficult to handle topic.

When people outgrow their body, have learned of it, cherish it, see that the love making is on energy level until you do it with creation and become ultimate ONE, then they know for sure, have experienced it for sure, everything is an expression of making love into creation.

So let's go back to the place I was talking about, having feelings of joy of being human, in form. Sex is a very big example of this joy. It has a relationship with everything there is, so it also has to do with experiencing GOD.

Let see what other experiences of joy you can have too much so you are stepping outside the balance, outside the zero-point of being in balance.

The joy of eating, experiencing taste, experiencing the joy of fulfillment in body form, can be very overestimated. In some societies it is also a device of avoiding to think about the longing you feel for oneness, for having an experience of being GOD. In some societies it is an experience of fee-

ling GOD. It is only a way of sustaining your body, and highly over estimated. Your body is more helped with uncomplicated, nourishing meals than with very nutritious tasteful meals. It is a manner of identifying your self with your body and your body experiences. This is also the way if you use drugs, alcohol, smoking, sweets, etc. This can be the way you like sex, making love and express yourself in this way.

The joy of the satisfactory part of sports, being nicely tired, feeling really nicely grounded in your body. It can be an identification with your body, you being your body, and you being the nice sensations in your body. As I have stated before, you are more than your body. You can feel more than what your body feels. If your body is dead, you can feel more, remember more, which can't be explained when you come back again with an almost dead experience. Being in a body is very satisfactory when you fulfill the body demands. And the pleasure this gives is very rewarding. It is also very temporary and if you let your body control you, you end up with an identification with your ego and you will honor the rules of the ego instead of your body. Too much sport isn't healthy, the body sensations of eating chocolate are very nice, but your body won't like to carry too much weight. Unhealthy habits are nice to fulfill on asking, but with time your body doesn't ask for it, but the senses directed by your ego. Just as your ego can ask for sex, or your hormones.

In time you will notice the difference between joy of your body, joy of your ego, joy of being God into expression. Your body is very into habits. But it also rejoices when you start to live with healthy habits. Your ego is addicted to habits, and when you start to stop giving a certain kind of enjoyment to the ego, it will protest very hard, and give you a very hard time, without any enjoyment to feel. This is the addictioning way of the ego, this is the very tool of the ego. And with time your body will be your partner in getting along with your ego.

If you don't act as GOD, think as God, your body will express the results in being sick. If you just are addicted to unhealthy patterns, your body will easily adopt to healthy ones, and give you joy to assure you that you are on the right track (you feel more energetic, you feel more healthy etc). If the soul wants to talk to you without any interruptions of the mind and the ego, your body will have the certain kind of feelings of shivers, what tells you the very message of the Soul.

Your body is a very terrific device made to be the most highly expression of being GOD. With well treatment, it can easily live for 1000 years.

While your body can trick you into sensations which your body really likes (relaxation, some tastes, satisfaction of hormones, effort), where your ego can jump right into, it is you who decides, you who follows the guidelines of your Soul or not.

You are in charge to decide to balance the joys. You are in charge to see which joy is healthy to all the aspects of who you are. You are the one who can maintain the balance and stay in the zero-point or not.

When you are the master of the different kind of joys of living in a form, you know which joy is the joy of being God. (the joy of blessing people is the joy of being GOD).

It is really worthwhile to know which feeling is part of being GOD. It is also worthwhile to know, to experience and to be that feeling, without neglecting to be the other feelings of being GOD. Let's name a few of the feelings, so you get the feeling of what I am talking about:

- the feeling of joy
- the feeling of oneness
- the feeling of love
- the feeling of gratitude
- the feeling of joy of creation
- the feeling of orgasm when you are creating
- the feeling of fulfillment at the core of your being
- the feeling of being
- the feeling of satisfaction when you express your being GOD
- the feeling of blessing
- the feeling of feeling pure essence.

This list will be longer, if you make a job to find the limitless feelings of being GOD into expression.

It is rather nice to be GOD into expression, into creation. It keeps you busy and the grade of satisfaction is overwhelmingly high. So high that you forget that getting high is just one part of being God into expression. That's why a balance is necessary. GOD is everything there is. He is the balance in itself, the starting point and the ending of all matter. That is all that matters. Balance is one of the aspects of GOD, of being GOD.

And if you see any channeling asking you to stay neutral, they only have the balance in their minds. If you have balance in your life, you are free to use your energy whatever you wish to use it for. If you are out of balance, you will waver with your energies, until you have learned to keep your balance.

Just as I said yesterday: time to close connection. There is much more to say on this topic. And I rather like to share much more. This is also a matter of balance. When to talk, when to stop, when to channel, when to give the channel the earned rest. When to smile and when to give some lessons to be learned.

It is never a matter of balance: when to love.

It is always time to love, to express love. The way of expression is a matter of balance and the timing may be in your timeline a matter of balance.

LOVE is never a matter of balance. There is never too much love. And this way it's rather nice that love multiplies when you share it, when you express it, when you feel it, when you give it, when you are it.

You are it, you are LOVE. You are your answer to your very prayers. YOU ARE IT, we all do, don't you know?

Have a good time pondering this long, very long message. If you have to read it twice or more to understand all I talked about, I am very sorry. I loved to give you this messages and my apologies at the same time. And before I start teasing you too much,

Goodlove every one.

Ashtar closed the timeline of connection.

PP April 20, 2004

This is Asthar speaking.

In yesterdays message, I spoke about different feelings:

- seperative feelings
- enclosing feelings.

And about the different levels of feelings:

- body level
- ego level
- being level
- soul level
- and God level

It is rather a question about fine-tuning to see on which level of feeling we are talking or feeling. A feeling may have the same word expression but the experience of the feeling, although familiar, will be different.

Some of the feeling you will experience will be having existence on one or more levels. Your joy as human being can be the same joy of God Creator. God will experience all levels of joy at the same time. He will know also on which level which being is feeling what and if this feeling includes more levels than just one. He also knows if this feeling is an including feeling which includes the whole existence, including him also.

If we are talking about enclosing feelings you can also consider the very nature of the being. If the being is into sharing, he/she chooses to include the property of enclosing in the feeling. If the being isn't into sharing, the choice for including all existence isn't natural. The whole nature of this being, the core being of this being unto the very Soul, can choose for seperative experiencing feelings.

Only if you have enough riches in your feelings you are willing to share them. Some species have difficulties to share them because of their nature. If they have a trip into another experience being in a form of another species they learn to feel, and they suck it into their very being. This is the experience they came for and they like to take it home. Just forget about sharing for a while. Their intent is to have the experience of feeling into their being so they can share the experience of it at home in a next life. This way you have a cross-fertilization between species and the possibilities of multiple experiences.

To go back to the enclosing and seperative feeling, it is important to see another difference between them.

A seperative feeling needs to be cured by healing them, healing the connection inside with the inner GOD.

An enclosing feeling sustains the oneness of creation. If you act with an enclosing feeling to be seperative with it, you don't sustain all there is. This isn't for the good of all concerned. This is something which needs to be healed in time too.

The choice is about going towards the source or going away from it. With every feeling and your way of acting on it, you choose. If you start the healing of a seperative feeling, you choose to go to the Creator of all there is. This is an act of bravery.

An enclosing feeling used to separate is an act of shutting of the energy of the Source. I already told you about the hazards of non-movement of energy. It stops floating and it stops coming. The movement of energy can have two directions: horizontally and vertically. An enclosing energy used to separate only can flow top-down, Being - Creator, existence into matter, and vice versa. By sharing, including all existence, you choose to have it top-down vertical and horizontal. In this way you are creating the holy image of the equilateral cross.

In this way you are getting balance and harmony with the riches of your feelings.

Balance and harmony are the capacities of the Source Creator. With this creation you become more and more of what you already are.

The creation of the holy image of the equilateral cross has one perfect spot where it is very worthwhile to be. In a single line, you have to find the middle of something infinite to be at the

zero-point, the neutral spot in existence. What is it? How far is the endless experience of creation? Difficult to say. If you live the equilateral cross, the zero point is easy to define and to live in. In this spot you aren't pulled one way or the other. You put the dimensions back into your life, back into existence.

It is also being of love, Buddha energy, and sharing it with the world, Christ energy. These two combined give the zero point of existence into matter. If you draw the picture of equilateral cross on the paper, you are able to see that you only have a 2D picture (+). To give it another dimension: up or down, considering the viewpoint of the paper, you have to add something to it.

If you add movement to it, you add a circle to it at every side of the cross. This way you are getting the 8 into the picture, the in- and outgoing experience of creation. Then you have still the 3d experience, what to make it multi D? You should know by now (pause?..). The Source (of course) of all creation, to multiply the experience into multi D realities you have to have the Source.

The ultimate answer to all questions is the Source. The ultimate question is: are you going to the Source with this or going away of it. If the information you are reading gets you away of the Source or the representative of the Source, your inner being, then stop reading, stop thinking, stop feeling this way. This is also with any experience you want, every adventure you seek, with every creation you like to manifest.

In being the source, feeling stops, everything just is, the ultimate feeling, the ultimate experience of Being. The zero-point of everything there is. The middle between in breath and out breath. The middle of the point of the single line with no beginning and no end.

With the source, with the feminine energy for this part of the creation, you can go of the line, of the paper, and create more zero-point in existence for yourself, to come closer and closer to everything there is, closer to everything there isn't.

This is enough about feelings and its perspective for this moment.

Have a good time pondering about the life, experience, feel (LEF) level of experience. To make sure that you are putting the multiply possibilities into this picture you mix the 3 A's with it (awake, aware and alive, part of the Source being, without the 3 A's you just is).

With this mixture, just see where you end!!!

Exactly: at the source of all beginnings and endings.

If you have questions about feeling, the graces of living and other human experience to shed a light on, just ask. Before I start reciting the Bible with ask and it shall be given phrases, I will close this connection for a while.

Until the next transmission, I am looking forward to it, and you?

Good Love,

In the hearts of heart, everything is. (are you able to translate this in my language?)(*Editor: given time VBS, wait, I'm God, let's create time: amanua oumshat anam.*)

Ashtar.

Transfer closed.

(Editor: hope to see you soon!)

PP April 21, 2004

This is Ashtar speaking.

Do you really understand, feel, that life is evolving very beautifully? Life is beautiful. Life on your planet is also very beautiful.

You may not think so. You may choose to see the pain, the strive, the battle, the prison around you. You also may choose to see with the trust you may have in the Creator, in the Source.

The problem with trust is, that you are able to trust the Source, The Creator, as you are able to trust your inner self. And all of society, all values, everything about raising children, nobody has ever learned that you can trust your inner self. You learned to trust your body, and you will be betrayed. You trust your capacities and it happens that they aren't enough to keep the job in a declining economic environment. They say you may trust the government, but then you see yourself facing a miscalculation in money, and you didn't protest on the right time, in the right manner, sorry, that's the way rules and regulations work. You trust your youth, and it fades away in adulthood. You trust your sex appeal, and your husband cheats on you. You trust that doing the best you can in the outside world, will keep your family happy, and they complain that you don't pay attention to what and who they are.

If you choose to be bitter, say: I am not trusting anybody again. You're right. A body, an illusion isn't to be trusted. You don't mean that you are going within to find the one, who is really worth to be trusted. You think: screw society, the world, I just do what I think is best for me. No more values for me, they just cheated on me, betrayed me and they get what they want. I am not taking care of anybody, only about me (as a body). If you would know that bodies need to be respected as a vessel, a means of transportation like a car, and you would know that being interested in bodies isn't helping you much. And taking care of you, inside every-body, the you the GOD you are, inside every-body, means every-being. Then you can say, this statement you make is absolutely right, GO for IT.

If you trust the inner you, you may face problems with your body, declination of your body, changes in your social environment. You may face a government who goes to war because of the money (other reasons you probably won't see). You may face things happening to you, because of the group energy you are living in. With the trust you have in the inner you, the outside problems won't hurt you that much, you know where your strength is.

The inner problems of getting in touch with the inner you lie in staying in touch, let the inner determine the outer. See with everything you encounter, how it is to be in relationship with the inner you. You can face a war of your country. Living in a group energy gives this kind of problem to face. You can step outside the energy, at least you can try. The group energy of the country, the soil energy of generations of praying, crying, living and suffering, just like the joy, has build a tremendous identity of living, identity of grounding. The energy has set a group identity in which you exist and lots of cause and effect items need to play out in your lifetime.

This is what I have said about giving energy to thought visions. You may not see it in your lifetime to come into creation, into illusion, but the energy never gets lost, so if lots of people think something, it gets hooked up with other similar energies and get into creation if the energy amount is strong enough.

You can't undo this following behind effect of creation.

Another factor concerning group identity suffering is the tradition you live in, or not. If it is Europe you will find a lot of history, a strong group identity who keeps the people grounded. If you get yourself away of this identity, you find yourself a bit of freedom. You also find yourself a bit of lost. You've lost your grounding in the group energy you belong to. This happens with immigrants in their new country. If you have a country with many lost group energy members, without the ability to adopt to the identity which is in the group energy existent in that country, you will have a lot of lost people. This lot of lost people may form in time their own lost group identity and base a society on it. You still have a lost group identity without a connection to the soil, and the group energy belonging to this soil. If you can see, this is the way the Americans, Australian people in New Zealand and Suriname are living right now. This is also the way the people respond to problems they are facing right now in their country. Their way of living wasn't

meant to be in that country. They didn't have ways to connect with the existing group energy and they ruined the bearers and the culture of the group energy in the country they live in.

The Americans can't get along with the group energy of their country and without grounding they are exporting their problems to other countries. Countries who did have a strong fundament for their group energy, and who are very unknown in culture to them, are the first ones they attack, if they get a way of doing it. They are attacking the group energy reflection of what they have at home. You can wash away the whole cultural identity of the Americans, it is just a build energy process of 200 years. The Indians lived there for more then a thousand years. The trees in that country, (with a very strong energy,) the national parks and so on have lived much longer in that country. The Indians have a respectful way of treating mother Earth, the animals and the soil, water and air they lived on. When the Americans start to live that way with their country, mother Earth, the Animal kingdom, the Soil, the Water and the Air the group energy of the country will welcome them. And the Americans will find at least a welcome and a real home for their beings to be, and their Souls to rest.

People living in New Zealand and Australia took along a bit of English traditional culture and they are not exporting their group identity problems to the rest of the world. Which gives a better structure to enable welcoming their new identity to get along with the country they live in. They are also raping the country to a lesser degree because of the lesser amount of strangers in the country. Lot's of the country can feel its identity as it is, as it should be. They didn't waste the whole country with houses, roads and other nice devices of the western culture.

If we look at the other western-culture countries we see a lot of weaving of the group energy with the energy of the country. We see a lot of different cultures as a result of it. We see also a declining in the identity of these cultures because of the expansion urge of the Americans. The people become more and more ungrounded in their identity group energy because of this expansion. If we look closer to the land and the land-energy, we see, because of this weaving and tradition of existing with each other, a loss in identity of the country. If the people in Europe want to feel, experience, what mother Earth is really for them on their spot, they have to dig very, very deep to find a clue. The layers upon layers of history, group energy levels, will give a big opportunity to rediscover the energy of the land, the way of living in harmony with the very living being of their part of mother Earth.

Considering the job in Europe and the job in other countries, the people in Europe have more work to do, have a bigger adventure to look upon, then their nephews and nieces in America, New Zealand, Australia and so on.

The cultures of the Middle-East, the cultures of the Asian people, are more in line with the identity of the land they live on, then the western people. If we look at the respect they pay to mother Earth, the respect they give to women (as representatives of mother earth), they also need to change a lot in their cultural identity, their way of respecting each other and the love every being disserved as being God, as being part of the ONE and only, you.

If you look at the way how every being in the world respects the woman inside, the women outside, and the very treatment of the women living next to you, inside your own house, inside your very life (daughters, wife, mothers and so on), the respect and love you all are giving them, the feminine energy, the women of the earth, and the Earth woman have lots of reasons to cry upon.

With this crying of women, the identity knows, feels what needs to be changed, to dry the tears, to heal the heart of the world. This crying exists in the man, because they are women too, and the pain the women feel outside themselves, they feel inside themselves. Instead of feeling guilty or helpless (this is not my doing, this is not my wanting for them) or blaming the society, or blaming the women of hurting them (when the women act out of their pain) they better take a stand to do it different.

Male energy is the energy of acting, of changing, of creation. The change to respect comes from the male energy. The change for a better treatment comes from the male energy. And luckely, all women in the world have this energy too. SO USE IT, my dear ladies.

I know you are afraid of becoming too much male, and not of interest to men anymore. If you are becoming very self honored women, this won't be a problem. Just trust your inner being, and you are prefect the way you are. Use what is in you, male and female, without any restrictions.

Women are using their energy range from male to female to change the world for the better. They feel the pain, they feel the need. The question towards men will be to balance their energy of female and male inside, to respect both ways in them. To feel and understand the pain the women are facing in the world and pay homage to them, respect them, love them. Not in words, not in concepts, not in general, just starting in your own heart, your own life, your own relations. The way to understand and respect women starts in your own heart. And never and never, feel a threat from or turn away from women when they try to love you as much as they do, and try to live their own life with the fear that you, occupied being man, don't see them as women anymore, or don't see them at all.

Every being likes to live in a lovely environment. Women especially when they try to be a woman in a male creation.

When this hurt inside men and women, inside the world, are cured, the golden age is really happening, because nothing, nothing, stands in its way.

To spell out one clue, if I look at the male and female troubles, I see also the same troubles with group identity energy and the specific country. The one is the minor mirror of the problem, and the other is mayor mirror of the problem, and the state of being of Mother Earth is the obvious mirror of the problem, and the needed changes in your galaxy is the galactic mirror of the same trouble.

Just start with the small steps in front of your door, and if every being just does that, see what tremendous changes you all are making for the Galaxy and all of us in existence everywhere. Because you and I are one, Soham.

Iman Pateh sokinoah amanua ishtar imhat kriael visha.

Love,

Ashtar.

Connection closed.

PP April 22, 2004

Let's talk about living your dream. Do you live your dream? No? Why don't you? You don't know what your dream is. You lost it while growing into adulthood.

If I would have lost my dream, I wasn't here, helping you out with yours. So what is the problem with living your dream? My dream was traveling and helping other species to become member of the love federation of galactic worlds. And here I am.

First let we talk about what is absolutely not a dream of the Soul.

Becoming famous, becoming wealthy, becoming a star, becoming a celebrity, becoming a high rewarded politician. Everything in with money, with fame, which aims on the respect/admiration of others, isn't living the dream of the Soul.

The soul has more to do with giving. Giving your efforts and qualities to the world, to give people a better time and become an actor. To help to improve the world, and become a politician or an activists, to move the souls of others with beautiful music and become a musician, to play with light and colors and give the people something of a memory of heaven and become a painter. Or to heal children, and become a teacher. To help the Earth with clean devices and become a researcher.

So a soul wants to give to the world, to other people and take along to the earth qualities, capacities and the drive to put in the efforts to get it accomplished.

At the same time, the soul wants to learn something, to become more and more close to the source, to go back to home. The lesson of the learning part is mostly part of the gift the soul wants to give to the world.

So if you are born for luck and get a good job, a good family life and you are very good in research and earn a lot of money, your lesson maybe how to handle companies that want to make a lot of money out of your research and offer you to go along with them.

You have the capability to make beautiful music, do you make less quality then you are able to make, because of the music market and the million dollar deal you can get from the music industry?

You are very good in acting, do you play in a less valued movie because of the fame and the money deal it will give you?

Do you sell or do you stay true?

What if you want to do much, earn much, get fame, and you are very good at meditating? Do you push yourself over the edge of what your soul wants you to do, and you who wants something which isn't provided for in your luggage.

When you go to earth, you take with you the luggage you think you will need to give your gift and to learn the lesson. In this luggage you will have some smaller lessons, some nice amusements things to do to give you leisure time, fun and happiness. The main part of your luggage is the qualities you take along with you, the problems your soul has destined for you to encounter and learn the lesson. Most of the time the qualities and problems are the two sides of the same coin.

If you look at your life, you will see two kinds of problems. One kind is the problems you have to face, when you are not going with the flow of life. The flow of life your Soul has destined for you. The other kind are the ones you have to face as the counterpart of the gift you took with you. If you start giving your gift to the world, you will face the problems at the same time.

First the problems you have to face:

- How to prepare yourself for your task? How do you find your task? What gives you joy? What makes your heart sing? How does the world oppose you? What made the world very hard for you to get, to accomplish? Is it a gift?
- Get rid of unnecessary burdens in life. What did you learn to survive life and bothers you? What did the upbringing in life tell you, and stops you in doing your specific thing? What are the expectations? What were the expectations? What are you supposed to do things? What are your need to do things? What are your excuses for not dealing with things? What are your mirrors? What say your longings?
- Look at the empty playing field. When you get rid of all these things, you will get an empty playing field. And this is the way it should be. If you get afraid of this field, and build it full with houses, sidesteps, maps, streets, thoughts, concepts, preventing you to be idle by doing things, doesn't matter what., you never get the way of finding what you are looking for. You just have to start all over again in cleaning garbage. If you have an empty playing field, you may look at it with your inner child in the moonlight of a full moon, looking at the stars with longing. You get the idea. Only in a vacuum of having, in the stillness of only being, you will find your inner calling of what you came to do in this world.
- Look at your answer on dot one, is it the same? You're lucky. If not, don't bother. Take what you find and carry it with you through the day. Look at it, feel it, taste it, see how it fits in your life? If it doesn't fit, see if you can make some changes so it does fit, feel what makes you happier, the situation as it is or the results of your changes and the actual feeling of living your dreams.
- Use the rules of creation (I already gave them in a previous message).
- Start to enjoy your life as it was meant to be.
- Give thanks to your Soul for this perfect design called your life in matter.
- Keep yourself awake and be aware, your lesson will hit you, and challenge you to be the best resemblance of your Soul as you can be. If you don't, the lesson will be a success to trip you of guard and of the road, it makes a tough lesson when the lesson will have a big success in your life.
- Look at the lesson sincerely and see the mirror of love in it. Take it by heart and learn from it. When you are able to overcome the lesson, you can move to the next phase of life.
- Be prepared to restart this process when needed. Logically with every new phase in your life, you may have a different purpose, a different gift and a different lesson.
- Enjoy all the steps of the road into an unknown country of your Soul. And it is only unknown by you in the matter. Your soul already knows everything about it.
- Trust your soul and your guidance.

If we are talking raising children, I talk about keeping the personality free of cloudy misuse of society stuff, so they are able to hear the Soul songs about their purpose in life. It is always better to prevent then to fix the remnants of a broken dream. The glue for this is hard to find in ones life.

It is hard to find a dream, a purpose when you lost your connection with the Soul. The first lesson is to go within as always, if I may say. The second lesson is to listen within. The third lesson is to start cleaning garbage. And the fourth lesson is to start to be what you are. The rest you can do with the graces of life.

So no excuses allowed, no past drama's allowed to play again. When do you start to live your life's purpose? To be the gift you are meant to be on this beautiful planet? When do we meet you, with your head high, proud of what you are, a beautiful Soul? When do you say: I will start what I want to finish in life? And I will enjoy every part of it. It is time.

Have a hug,

Ashtar closing connection.

PP April 23, 2004

This is Asthar speaking about the need to balance knowledge with the guidance of female intuition. In earlier messages I spoke about knowledge put to the test begets experience, experience overviewed with contemplation is the basis for wisdom.

The female intuition comes in very handy to guide you to the right experience your Soul likes to have for you into the existence in the matter. Not every experience is welcomed by your Soul. Not all experience is the experience the Soul seeks, why you are right now on this spot of moment in the creation.

So you have to have a guide in your daily life to guide you through the right waves of energy to the right moment for the right experience. Lots of beings just seek experience without seeing if the experience troubles the Light into creation through its being. The mere question you need to ask before you go to an adventure is if you are going to like the experience as a Soul. The divine part needs to be taken in consideration. Is this experience for the good of all concerned? The good of the world, the good of you, and the good of your Soul?

This is the next consideration to experience and adventure. This is the next level of the good of all concerned. Is what you seek of adventure good for you, for all, and for your SOUL? If you seek something, and it doesn't hurt any being, okay, you think, here I go. What if your soul disagrees? Then it isn't right for every being. The being of your Soul isn't a part of the Earth. You are as an illusion upon earth, you aren't upon earth, your body is an illusion.

The question lots of men in the world need to ask themselves, is, if the knowledge they seek is participating in the experience, in the expression of what they seek and in the building of their wisdom. When you get balanced knowledge guided by intuition, and you are the knowledge you seek, then nothing is wrong with it. Except that they have to know, that they are more than the knowledge. Wisdom is, LOVE is, knowledge is just a mind exercise, nothing more and nothing less.

The question of knowledge is also if it will burden your life with a worthless amount of misused energy. This is often the occasion. So be careful when you seek knowledge. The world at this moment has a lot of information to guide you to the next level of development as beings towards your soul. It also has a lot of information to get you astray of your path to your destination. Lots of information is a smoke curtain to mislead you, to misguide you. The only knowledge that serves you to your very being, to your inner you, to better understanding of who you are, is the only wisdom you seek. The rest is just a use to your ego, a misconsumption of information to keep you busy with nothing at all.

So what are the intellectual questions you seek when you study? Is it a study of wisdom or a study of useless knowledge? If you feel the information, if you use your hearts discernment of what is right and what isn't, then you won't burden your mind with something you can't use to get the right experience.

When you talk rational concepts without the experience part, the feeling part, it is useless. We only talk about an addiction of the mind to study information, knowledge. The world of today where you live in is all about addictions, all about keeping the body occupied with information, knowledge, competition to avoid feeling deep into the understanding of your own being.

If some being isn't schooled at all, but has an inner peace of heart, a strong sense for the good of all concerned, a working connection to the Soul and a very graceful expression of the inner being, GOD, who can withstand this? Who can stand in its way? Who won't pay homage to this being? So what gives knowledge without the sense of love?

We are talking again about balancing male and female energies. What about one without the other? It is just a misuse of one part of the energy. Knowledge without guidance is also part of the misuse of it. Feelings without discernment can also be dictating (lots of women use this and say it is their intuition speaking).

To avoid misuse of one energy, one needs to be connected with both. But most important: one needs to get or stay connected with the good for all concerned and with the good of the Soul con-

cerned. Then again the knowledge can be good to obtain, can be put into experience, can be put into use for all concerned, but then is the SOUL pleased with it?

Did you ever know about people with too much wisdom at a certain level of living? When every being isn't supported by the environment of living, with group-energy, the body can't bear it anymore. Just like having too much energy without a way to express it, to let it flow. The body will be worn out to the energy level inside and will dissolve. This is a problem right now when you live in a transition period to a new level of energy, a new structure of coping with energy inside the body, and the restrictions are still there in this time frame. To assure you, this will become better in time.

If we look at the opposite side, there are lots of bodies who have troubles associating with new levels of energy, with new levels of being and with new levels of information, transformation and adjusting. This is also the problem of the transition time you are living in. It is just a spectrum of two sides of the same occurrence.

Why is the balancing of the male and female important at your time line? With everything in balance you don't easily get misuse of information, misuse of concepts, misuse of energies. This is important, otherwise a new way of living can't blossom, it will be cut off and have died before it has a thought about blossoming. Also a new way of living, thinking, feeling won't get a chance to flow when one side is bossing the other around. Too much woman, too much man, is as much paralyzing as the other part when it comes to being out of balance.

If this balance is restored inside you, you will see changes in the outside world. This is always what comes first. First the inside, than the outside. The inside dictates the outside. If you all start to work to balance your female and male part, the world can do nothing else than follow your lead. The most fun part of us to see, is where in the individual the balance is. Every being has his or her own balance, her own way of expressing the balance of being male and female. And logically, the male in the society has a bit more balanced male aspects than the women in your society. This to keep the energy flow from male and female available to creation. You don't want to put the flow of energy to a halt, don't you?

Luckily being female and male has much more to do with the inside than how you look at the outside. And most lucky for all the women who think they are looking ugly and not attractive to the opposite, it has nothing to do with sex and sex appeal. The qualities of being female have more to do with intuition, contemplations, gracious inner being and being able to rest inside, conception, accepting graciously, warmth, riches of being, healing. Wisdom is more a female quality, getting it from knowledge into action, taken into contemplation with love, made into wisdom. And the female part of giving guidance through intuition and other devices available for the Soul (happy coincidences and the orchestration of them is definitely female too) is just as important as the impulse of outgoing into action.

Every deed has two side to it. An inner part and an outer part. If you go outside you, you need direction. This is male and female into one. If you decide you need to have reasons upon which you decide, male is making decisions, and female is providing the right information for the decision.

If you start to walk, one leg moves, the other leg sustains the weight and the body, to prevent falling to the ground. This is the very principle of harmony between male and female. The one can't do without the other, otherwise you are getting a mess. And see how messy your world is, this just says something doesn't it?

If you do the one without the other part, you won't get anywhere in life, in the world, in development. But you want to know how to keep the mind happy. You are used to information, you are used to action without a guide, without a direction. This is the very problem of your world. Action without contemplation if the direction is for the Good of All concerned. Non guided energy from men, not valued energy from female. It is just the same issue all over again. I gave the answer already, without contemplation, without guidance, without intuition, without connection to your inner being, you won't get anywhere. If you don't value the woman inside you, you can't come far with going to the inside, with going to your connection with your Soul and the GOD inside you.

This is why it is very important to value the woman inside. Every time when you value the women in your life, the one who lives in your bed, in your neighborhood, in your family, you give a positive sign to your inner female that you value her too. It is also the opposite way. If you value your inner female, you start to value your inner connection with the SOURCE, and you will live this at the outside of you.

Most man say: I do value women. I like to talk to them. I like to meet them. I like them to look at me, and this way give a compliment for my being and this way I play with the attraction flow between male and female. This is not the way I, Ashtar, talk about valuing women in your life. This is just the male point of view towards women. I hope you understand it right now why. The energy of the attraction between female and male goes beyond this part of the attraction you talk about. The attraction in the creation from female to male and vice versa is much more subtle than this blunt way of looking at it. If you look this way, you look at the outside of the energy flow of life, the coarse structure of it's appearance.

It is much more the way I described in this message. As part of the whole, two sides who exist at the single moment of time, two ways of everything, the movement part of action and the going inside part of contemplation to guide the action. Both ways exists at the same time, both are needed at the same time. If you cut one part, you cut the other. If you underestimate the one, you hurt the other.

If you seek just the opposites attracts part of being and valuing women, you hurt the one inside you, you hurt the one living with you. It is just that only the unknown part of the women you meet at the street stimulate the opposite attract game. If you get to know the women you won't be stimulated in this way. Then you need to be open to the other way, the deeper level of women inside the one who lives with you and inside yourself to really value the contribution they can give to your life, the enrichment they give you in being you.

If you are open to this part of relation with women, you are open to more riches in being then you can imagine. You will heal the woman in yourself, in your life, and maybe the attractive one on the street too. At that time, you won't bother this anymore. For your value lies within, and you know this, and you are connected with it.

The same I can say about women who need a man outside themselves to feel woman inside and to relate with the man inside. It is also a matter of being connected at the inside. If you have a good connection at the inside, the opposite attract game won't bother you, you won't play it anymore, and you are free to be what you really are. A woman rich in your being. Just like a man who needs to be rich in his being. When at that moment, when you both, male and female, are able to be this, the meeting between you two, is the meeting in love, with love, in the right way of attraction. Then you know that the sex part of being a being, the gender part, doesn't matter, only love matters.

This is what I wish for you in your life, in your world, in your existence.

With this I close the connection. Have a good time to ponder this message and maybe read the message about balancing expressions of God to feel how this message perfectly fits in that message.

Ashtar.

PP April 24, 2004

Dear Ahtar, are you willing to transfer right now, here?

The situation you all are living right now is like a train station. You are waiting for the right train to catch. You see all different people catching different trains with different destinations. Some are very determined which train they want to catch, others aren't.

Some think their train won't come and are preparing for living on transitional grounds. Just like stranded people with their airplane on the airport. Some people are waiting on the wrong station or for something that doesn't come right now.

First the destination need to be known, felt, lived, then the right UFO will embark. Not just now, or then, only on the right time.

If you know which stations, which transportation vehicle, which destination, you wouldn't suffer from insecurity. You wouldn't suffer from the idea that your loved ones would take another one then you are supposed to take.

When will you get rid of the insecurity? Only the moment when you feel the force, the light inside you, than the outside won't matter that much anymore. It only depends on your willingness to go inside, no matter what happens.

The pull of the celestial beings (planets) is very strong at this moment. Are you going with the flow, are you riding the flow, or fighting against it? You feel the urge, what do you plan to do with it?

You are God, so what do you decide?

Humans aren't aware enough, I suppose. Also a lot of humans are used to the others thinking for them. That is almost gone for a lot of people right now.

What destination do you choose? You have to choose eventually. Not choosing is a choice of cowardliness. Create! Instead of vegetate.

You should learn right now to perceive light in the darkness and the darkness in the light. Nothing is as it seems to be. The process of getting the Golden Age and the (landing) of aliens shows this very clearly. It will go on until you trust yourself and you create together. I am happy you get started right now.

Just to answer questions right now. I am not interested in selling products. Alchemy is a nice hobby just for the fun of it. It don't cover all you need to know, to be, to experience, to manifest to be GOD, the ONE you are. Knowledge without love, knowledge without the guidance of the intuition is just empty ego manifestation.

To answer another question, somewhere around March 2003, your time, you all were facing a break in a timeline. We here could choose to get along with that particular timeline. We all decided that another would be much more convenient for the learning process of Earth and all her inhabitants.

If you see our point of view, not the outcome matters but the process matters. The better process the better the results will stay carved in stone, spirits and hearts. Drawings in sand to mark a new time gets wasted away by the sea or the wind, or both.

We here like to see a change that is destined to stay. Going along with your free will for the tough road, the heaviest and the most heavenly learning process, we all change timelines, energy frames, for the best outcome for all concerned. The Sirians, or me, aren't GOD right now in this moment. We are just like you are, but that is another story, another moment, another timeline, and just at the same moment, we all are GOD. Your freewill makes the play a tough one, also a nice one to play, a good one, with the most valuable lessons, and not all the Souls dared to take the road you have taken. That's why channelings start often with love and gratitude for you for the daring ones you all are.

If you try to get all the multi faceted view of the different channelings into one picture, you strive

for a failure. It is a nice gymnastic for your mind. It really doesn't matter. What only matters is the question if it is for the good of all concerned. Decide which information fits with you, what kind of facet do you like to look through to the reality as you see the reality. Reality is an illusion. A view on that particular reality is also an illusion. It is as it is. So in that view you are illusion, your reality is an illusion, your ideas are an illusion and every bit of information, a channeling or not, is just as hard an illusion as the rest is an illusion. What really matters is your willingness to let go of knowledge (the reason I explained already in a message) to become the God you are. And for lots of men and women right now, they need to balance the male part and the female part right now at their inside, before the world can take another step closer to the Golden Age.

The next step will give another question, another issue to solve and so with the vision building towards its momentum the Golden Age will come closer and closer. Just do what you want to do as Being GOD. Decide what energy you will give, how you like to participate, how you like to be in the process. And trust, trust, trust my dears, a lot of matters that are playing right now are beyond your scope of coping. You don't know what kind of balance the world is playing to get everything in order. What about contracts? Learning Issues, leaving appreciated times, invention time, issues that need to be solved before the next step? What about learning to let go of the need for drama? What about learning to be awake, alive and aware? What about giving animals time to leave, the choice for another creation, or to change into another level of being? What about time for mother Earth to give her trust in you as inhabitants as caretakers as part of your stewardship? At this moment you fail any test in taking care of her. When will you stop in failing her?

Most of you, you think that with NESARA everything will change. If you don't start the change inside you, you won't change anything. If you don't start the change in the world (as a mirror of your inner change) you won't get the change you like to have when NESARA comes.

Are you all ready? Are you ready to solve problems without the ego and ego wishes, ego agendas and so on? If so, I needn't present you with these messages. You would feel that you were complete and finished, and the world was ready, with you to accept in joy the announcement of NESARA. As long as NESARA isn't for the good of all concerned, you won't get ahead with it. If all of you feel the process is finished, a feeling of fulfillment, a feeling of completion, then you are ready for it. No sooner, no later, NESARA will come at that moment in time.

This is enough for the answer section of the messages of today.

See you all next message. I am looking forward to it. I also really hope on a few heavy questions so my mind gets some gymnastic. Should be a nice adventure and a nice challenge.

Have a jolly go(o)d time

Ashtar,

Connection closed.

PP April 25, 2004

Say hello to life. Say hello to adventure. Say hello to being GOD in the inner you. See it in everything there is. What do you want more in your life?

This is Ashtar speaking.

You already have love in your life.
You already have fulfillment in your life.
You already have satisfaction in your life.
You already have the bliss of God in your life.
You already have the ONENESS OF BEING with everything there is in your life.
You already are everything there is.
You already are GOD inside.

You can provide for everything you want in your life.
You can choose to be whatever you want in your life.
You can create every experience you want in your life.
You can heal yourself.

You can waste your health if you want to.
You can perceive everything as black or white.
You can perceive yourself as being dark.
You can perceive yourself as unworthy.
You can perceive yourself as being sick.

You can create yourself misery.
You can create yourself blame.
You can create yourself loss.
You can create yourself failure.
You can create yourself into nothing.

You can create yourself all certain kind of things: a car, a house, rain, snow, cold, warmth, a CD-player, a cadeceus coil, a family, kids, a job, a loan, a rent, a debt, a gift, furniture, a computer, and so on.

You can create yourself all kinds of feelings/emotions: love, hate, jealousy, friendship, hunger, longing, (lust), independence, co-dependence, satisfaction, hurt, pain, loneliness and so on.

You can create yourself all kinds of experiences: losing, finding a lost loved one, killing, becoming a billionaire, being poor, starving to death of diseases, starving to death by a broken heart, starving to death of hunger, being powerful, being a victim, being a guru and so on.

The only part that comes back always, the only part on which these things “happen”, “occur”, is YOU. You are the determining factor. You choose. You can create whatever you want.

Before you come to the Earth you make an outline of what you want to learn. Earth is a learning place, and so are other places in the universe, in the creation. You can't count them, or, you as GOD can count them. I would rather think of it as a waste of time to count them. It isn't a waste of time to visit them in time being. Should be rather fun. That's what's creation is for, after all.

You are in this life because of this outline, a bit restricted, in your way of creation, because of the lessons you like to learn. BUT (yes this time a really big one), if you have learned your lesson, you are free to rewrite the contract you made with yourself. Then you are free to choose whatever you want to do except that it has to be another lesson to bring you to you being GOD. This is what we all do in life. To learn, to love, to grow into BEING GOD.

I know, you find the restrictions a bit dull. If you don't need it anymore, you are free to be GOD, the GOD you ARE, at that MOMENT. Then you will make restrictions yourself for your creations, your expressions of being GOD. And maybe you like to research another way of expressing there was never before into creation. Maybe you will start a creation without the lesson and learning part. How you will make your creation into GOD's like you are (into your image), will be a question you have to adjust.

Lessons to learn keep you going on. Without a lesson, there is no growth. Without a lesson there is no chance for learning. Without lesson there is no movement in the creation. At that time the creation collapses into its beginning. Collapsing isn't fun, I can assure you. You, with your freewill, decide how long it takes you to get the lesson. One hour, one lifetime or 10 lifetimes. If you've learned your lesson you are free to choose, staying into your body and take along another lesson, or change forms to find out if somewhere else, or another body will be more fun for a specific lesson. You, or better your Soul chooses. You are being your Soul, so this won't be a problem.

When we look at some people who are living on Earth, they have more than one lesson. Big brave hearts these people are.

There are also people on Earth with a being of service mission. They come to Earth not only to learn, but to assist in a certain kind of area. This being of service is for the ones who have learned already a lot and start to put their being into tests and services. Some like it very much to be on contracts of this kind. Some have lots of service contracts signed before they came to Earth. They are very brave also. These contracts are difficult to keep and failing their contract is a bit hard for them on the consequences.

There are always reasons why some being fails, and the group energy is one of these reasons. This isn't that bad. What is really wrong is to be that kind of stubborn and you don't listen to your call to duty when you have signed your service contract. This happens right now to lots of people. They try to avoid being of service, they try to avoid coming out of their cozy corner of existence. They have their freewill to say no. That's right. They have also limited their freewill with a contract. Contracts are subjected to breach of contract. I would suggest you do not take this lightly. With a contract, people are getting some credits to make life easy and effortless. This makes them probably lazy, I think. To risk a good life just for an inner pulling to the direction of an unknown future because of an unknown contract, is a bit difficult. It is also very rewarding.

Let's start to talk about contracts and freewill. This is a very wrong understood concept of divine grace. You've read it very good. A contract is a grace. You have developed yourself to a certain kind of level. You are graced with a contract to test your capacities, your being to your depth of being GOD. With a contract you put your love for the world, for the people into action. You aren't consuming lessons anymore, no, you are the one who puts them into being, into test, the very lesson you have learned in a previous life. This is very rewarding, to see, you have learned it, and you are able to use it.

You choose to put it into practice at the beginning of your life when you sign your contract, and during your life, when you are asked to fulfill your contract of being of service.

To make the discernment of your heart necessary, I will address the illegal contracts some of the clever users of good willing people are binding people into misery with. When you are of service, you can be asked during a life to sign for another duty. When you are willing, you do, and it is a grace to have this question asked to you. This is the device others are using to get contracts in their favor (instead for the good of all concerned). So you are asked to sign a contract to help the Grey's, the abducting ones. If you know what they do, you better don't sign. This is luckily finished right now for your Earth. Still the risk for these contracts is still existing.

How do you avoid these contracts? Get a connection to your Soul very lively, nourishing, feeding you. When your Soul is the master of your life, you won't sign what isn't of the highest good for all concerned. If you have dissolved connection to your Soul, your subconscious has an idea of being GOOD and being of service and falls easily into the trap of these false contracts.. If you know what you are doing with the help of your Guides, you can erase these contracts as SOUL. You still need a good connection with your Soul to do this. You also need to get your case at the Solar tribunal of being to get rid of them in bad cases. Normally you can call in the law of love, respect and sustaining creation to break these kinds of contracts. In this solar tribunal all your breaking of oaths, breaking of contracts are judged.

Luckily this solar tribunal has a completely different way of judging and ruling than the ones you have on Earth. This tribunal sustains love, clears the way for expression of LOVE, and always sees that the highest good for you and all concerned has its way into creation. So no way you have to fear this tribunal. And yes, this process in this tribunal can be tough when you have to see in the mirror what you have made of your life and the chances you had in life, and maybe wasted them.

Maybe it sounds very odd to you. Contracts and lessons are a gift of love to your Soul. It is a gift of grace granted by the Creator, by the Source, to give you opportunities to use your freewill, your discernment and your determination to grow back to the source.

In the realms before birth, all the ones who aren't going into the process of matter, are envious (if you may say so) of the ones who are going to birth with the opportunities, the lessons and contracts that are given them. With these lessons and contracts, you are giving yourself (when you accept them) a certain kind of character, capacities, problems, an amount of good and bad luck, some guides to help you through, and meetings of significant people who have signed to help you along. (Then you are talking about learning contracts).

If we look at the state of being of Mother Earth, you will see that to help her, there need to be a lot of people with a contract on this part. A lot have taken this assignment with them to Earth. Some are very true to this task and search for ways to keep their promise. Some are directing this promise into the wrong way, at least they try. And a lot won't wake up to this promise, this longing to be of assistance. Their guides, mother Earth, their Soul, all will try their very best, to awake these people to their promise. We all, you and we here, need them. Especially Mother Earth needs them.

When we see the contracts, we see that the freewill is limited by the signing. This isn't nice. When we see the grace given with these contracts, we see the divine love, the divine plan for all creation. It is a sign of growth as a Soul when you have these contracts. It is just like a knighting for the Soul to accept these contracts.

So if you have one, or more, ENJOY them, Your Soul definitely enjoys them, and urges you to go along with them, and fulfill them.

Have a good time, to find which contract you have, and if this contract fulfills the highest GOOD of all concerned. So not, enjoy a visit to the Solar tribunal, and ask if you can see this visit with your day consciousness, then you have a nice story to share with others.

Enjoy the ones who are for the good of all concerned, and fulfill them with ease, grace and bliss (and gratitude) for the ones involved. Giving thanks to your Soul for these wonderful possibilities, is a very good idea.

Pre sathal athem pradoyat pateh.

Ashtar.

PP April 26, 2004

Hello, this is Ashtar speaking.

The spark of being creative illumines your being. It is good to see the flow of creativity in a being. The energy starts to sparkle. The flow of energy is directed into creation and you feel the joy of creation floating around you. In time you will become addicted to this energy. It gives you the highest potential of being GOD, being LOVE.

What has creativity to do with LOVE, don't you think? It is very easy again. When you are creative, you love what you are doing. Creativity is love into motion, into expression. Love is the only way of getting a creative direction into motion for the good of all concerned. Without love, without joy, you would do anything. Being creative is the best condition to be love, joy into expression.

Being creative is neutral. You can direct it to a positive goal or a negative goal. In either way when you are satisfied with doing, proud of the results, enjoying the process, anticipating the outcome, you are GOD into expression. The conditions to be a God into action, you have encountered them all. No matter what you do, you are always a God into action, into expression. The only choice is, is the action for the good of all concerned or not. The results of your action is yours and yours alone. The harvest is yours.

When you look at the shadow part of your being, did you ever look? Every human can be a murderer. If some people think to program you so you would become a murderer, they always find an entree to get their programming connected. It is now already easy to control people, and in the nearby future when everyone will become crystalline of structure, the programming is much easier. The only way to avoid this part of earth's history revisited again, is to grow beyond the need of controlling, beyond the need for power, beyond the ego. Being creative is a way out.

The ego keeps everything into duality, into fear, into pride, into structure. And normally, being creative is also a good way of feeding the ego. What if you are creative without being interested in the outcome? Then you trick the ego, you enjoyed the process, and you are free of concerns, so you are able to stay neutral.

Being creative is also a good device to overcome the borders set by the ego. It is also fine to get creative solutions for ego-traps, ego-tricks and so on. In being creative you are able to go with the flow and you are able to avoid all the ego stuff, provided you are free of results. I already told in a message, that God is free of concerns of the outcome. He knows he did what he did (God can't do his best, he does something or he doesn't do it, either way, there is nothing in between). And he knows that it is good. This is the way of GOD, just doing something and God saw: IT was GO(o)D. God can't do something less then GOOD. You are God also, so you made a big mess of your world, you are good in that. Maybe time to stop and be good in something else? Just use your creative bone.

If humor is the language of the Soul, being creative is his expression. They need each other. When you are creative, you can be creative in viewing the situation, this is where humor comes in. If you use humor to transform a situation, you open the road to new ways of doing things, so you are able to put your creativity into the situation, which generates humor again. There you go, the spiral of creation towards fully remembering you are GOD is set into motion. And this is as it should be.

If you use creativity and humor without LOVE, without all the aspects that come along with love (see the graces of living) then you are going into a spiral down wards, to a dark point of living, when you have a bit trouble of coming out again. It is a waste to go down again, when you already have been there for several times. Don't you think that it is enough for now? I think so, but you have to decide for yourself.

Creativity is a good way of putting love into expression.

Humor is a good way of communicating, which is also an expression of love (if you choose it to be this way).

There are of course other way's of putting love into expression. So let's review them.

- Sharing is another way of putting love into expression. If you share you give others the opportunity to grow, to learn, to enjoy your example.
- Being of service to the good of all concerned, is also a good example of an expression of love.
- Meditating.
- Enjoying life and all there is.
- Respect.
- Gratitude.
- Dancing.
- Music.
- Being open minded.
- Being (an sich).
- Being open hearted.
- Singing.
- Living.
- Being alive.
- Being aware.
- Being awake.
- The rest is for you to discover, if you want to.

If you become a more and more multidimensional being, you need to participate life with a multi-dimensional perspective way of living, view, talking and so on. The way to get to this way of living is using your creativity and your humor to get along with it. Being sensitive helps also a lot. It is also a matter of attitude of respecting, enjoying, celebrating, being the 3 A's.

If you want to be creative, you will have a problem. You are it already or you have lost it. If you have lost it, that is logical in your western society, where being creative has been hammered out at school. Every being is born with the capacity of being creative. Every being is also born with the capacity of using humor.

How do you get your creativity back? To challenge it. You can't challenge it by going to a course of painting. Normally you will learn the art of painting. These techniques won't help you with being creative. Some art courses from the anthroposophy are good to try. There are more and cheaper ways to learn to be creative again.

How?

- Look at the clouds and see if you can see imagines in them, don't give up, stay until you find one.
- See some garbage on the street, look if the form of this garbage reminds you of something else. Just try to find something that looks like the form of the thing on the street.
- Next: if you see some garbage again, try to make something of it, what you can judge as beautiful, or as beautiful as you are able to get it.
- If you see old furniture, how can you decorate it so you can enjoy the view of it again? (I don't say you have to do it, just try to imagine).
- If you see something ugly, how can you make it worthwhile?
- If you see a branch, just think of a story, a funny children's story, with the branch as main character. You can do this with everything you see on the ground or somewhere else.
- In a situation, try to find as many views on the reality, step in the shoes of your opponent, think how they may think about you and the reality they perceive.
- Try, using some normal stuff, (for example kitchen stuff,) to make a game. So how can you make a game with 3 spoons?

You see, if your inner child still lives with you, you won't have trouble with these assignments. The child in you is the condition to be creative. If you can't, just get along with the child in you, find it, hug it, cherish it, nourish it, nurture it. It is part of healing yourself and healing society.

When you are a child inside, you are able to enjoy, value and see the funny part of life. And when you are also the adult inside to guide the child, you will have a healthy combination to get along with yourself. Of course you have to love both to get along with yourself.

And this way we are back with the love as base for a healthy way of living, and with being creative as a healthy way of expressing yourself as Being GOD. As we have seen, there are also other ways of expressing yourself, with Being as being the best way to be GOD.

Before I get into a knot with my expressions and teachings, and my channel into trouble to understand what I am talking about, I will finish today's channeling. Logically everything comes into circles. If you aren't used to these circles spiraling up or down, doesn't matter which viewpoint you choose, you can easily think I will get into a knot with my explanations. Just look at the DNA structure and you see the base of the spiral in life's explanations. And a spiral, and also soft women's curves, makes the flow go easy and smooth.

Tomorrow more on this subject. It just happens to be of interest at this moment of saying enough for today. Just to keep you interested and informed.

Have a good time,

Ashtar

Pateh solal imguan coustal imhat.
5 is enough for today.

PP April 27, 2004

Yesterday I talked about the flow, the spirals and the curve of the flow at the end of the message. So let's start at that point.

The main sentences where: logically, everything comes into circles. If you aren't used to these circles spiraling up or down, doesn't matter which viewpoint you choose, you can easily think I will get into a knot with my explanations.

Just look at the DNA structure and you see the base of the spiral in life's explanations. And a spiral, and also soft women's curves, makes the flow go easy and smooth.

To take this into the science of frequencies, a rounded curve makes the flow of energy into a harmonic one. Sharp edges like the pyramids, a stair, a triangle, are a deformation to the energy flow. It stops the transfer of energy, the transfer of information and wisdom. In a universe where everything is sharp tangled of structure, the flow of energy goes with soft curves, in circles spiraling up and down.

The water in the natural way of behaving (where do you find this anymore on earth?) goes also in curves, with rounded corners, naturally flowing from high to low. This natural curve is also to be found in the flow of energy. The flow can be a strong one, heavy to cope with, the nature of the flow will be with soft curves, just like the curves of the woman's body.

In your counterpart universe, the soft curves are in the matter, being female of nature. The energy and the source is male, so the energy flow is with sharp edges, triangle of shape, a straight line. With soft women's curves the energy wouldn't be recognized, and it would be a very difficult job to adjust the energy system to it. And yes, the reaction to the idea of the curves of the women's body here is the same as the reactions to the idea of the curves of the man body in that universe.

If the flow of energy, the flow of life in your universe would be with sharp edges, triangle of structure, straight lines, you wouldn't see or feel it. Your roads are this way, the houses, everything is this way, even the way of behavior towards women is this way. So it is just opposite of nature to what matter is made in form. Just chew a bit on this sentence, will you?

With all the troubles you have in your universe, it is easier to adjust to soft curves when living in a straight line society, than if you have to live the opposite. The soft curves are easier to adopt. To go back to the topic, the flow of life is soft curved energy current with a playful childish element in it. The flow of energy is also, directed by women. This is their way of expressing themselves. The Source is female, so the energy of the Source penetrating (male word) every being is also female. Instead of penetrating you can use entwine.

If you look at the flow of life, it is never straight forward. It always goes with some side steps, a strong meeting, a happy coincidence, a bit of misfortune which turns out to be the best luck you can imagine. This is because the flow is going up and down in a range of frequencies. The up is lucky and the down is something less lucky, but helps you to get on the high mountain again.

If you see the nature of the flow, you can start to play with it. On the down you can anticipate for the up, when good luck and fortune is smiling at you, you can put some efforts for the next up into motion. Just like the tides of the moon, the tides of the sea, you can play with it and see the line and organize your life around these tides. It is favorable to clean your house when the moon is waning. A party will be a rough one at full moon. Romance and feelings are also on the highest at that time. To put some energy in a new adventure, the first quarter to full moon is a good time to do so. When you see this, you would know that these influences are very good for timing your life. Some of the agricultural systems keep these influences in mind, with sowing, harvesting and so on.

If every thing, every being is made of energy, then it is very logical to understand that the influences of the behavior of the Sun, the Moon, Venus, Jupiter, Saturn and so on, will effect your daily living. And they will leave a mark on your personality the first time when you feel these influences as a single body, just out of the womb of your mom. If you learn what the influences are, what kind of changes they offer you, then you are ready to go and ride the tide. You also can

choose to live the influences as a part of it, as a being who can't say anything about it, as a victim. All that matters is if you like to live as a conscious being or a subconscious being. Remember, the 3 A's, alive, awake and aware, or not?

With the influences of the celestial being upon your life, you have also the influence of the sun activity. With the sunspots very strongly necessary for your change into different vibrational beings with a different structure, you face lots of increases of energy levels. As part of the process, you need to cope with this also. I would love it, I hope you do too.

Next influence you have that leaves a mark on the flow of life, is your own group energy which you are all building and feeling at the same time. If the critical mass is reached you will see changes in your world. Before that time the influence is felt, this is why lots of people in an area are depressed or getting the same diseases. The other way to look at it, if you all accept the wasting of the living environment, is you are getting the same diseases because of the chemicals in the ground upon which your house is resting. It is just part of the same issue.

The flow of life is also directed by Earth, her wishes, her moods, her diseases, her wish for growth and change. Mostly she wishes for a change for the better, to overcome the pollution in her seas, earth, and air. She knows she needs you to get along with her, because you are the reason of her diseases. And you will be the reason for her death, if you don't change. But change that's why we are here, and that's why I communicate with you, and that's where your hearts desire lies.

To be very honest, it is because of her, that all the galaxies are putting that much effort into you. Of course we love both of you, but Mother Earth has asked for help, has asked for assistance, has asked for change. The good of all concerned is also the good for you all.

The flow of life is also directed by your guides, your Soul, your Soul contracts, the lessons you liked to learn when you came to earth, the lessons you have learned already. What is nicer than to look in the library of experiences to see what lesson you have learned this lifetime and what you can start to learn right now?

The flow of life is also directed by the people you are interacting with. You live with a woman, man, a child, and they make their own flow of life, have their own answers to the flow of influences upon their flow of life, and the flow of life of their group energy, the flow of life of mother Earth and the flow of life from other celestial beings.

This is also the case with the animals you are living with. If the flow of life directs them to leaving you to go back to their Animal spirit Soul, then they go, no matter what you like to manifest for their health.

If you thought: when will I talk about the direction you can give to the flow of life and your influence upon it, than this is the moment.

You direct the flow of life of yourself, your group energy, the flow of life of others in your environment, the flow of life of your beloved ones, your friends, your animals, your house and so on. The way you do this, is by choice. What you choose, you value. When you choose, you make a magnet to attract alike and you have at the same time a device that shuts of the other possibilities. Every choice is a deed of energy you send into the cosmos. Your choice is also registered in the group energy and this way you all make clusters of energy to create a specific outcome. What you value, you choose. The flow of life is sustained with choices with a focus on the outcome, a vision. When you choose without a focus, without a vision, your flow of life will be a mess. How? If you attract one possibility with your choice, and the next time you choose opposite, then you attract the possibility you first had shut off. This way you don't go far with the flow of life. It looks like a whirlpool if you choose this way.

When you direct the flow of life by your choice it is good thing to think about the flow of life of the others. The flow of life will go smoother with a vision, but also when it is for the good of all concerned. The flow of life will also go smoother when it is in harmony with the other flows of life.

It is a very good thing when people start to educate each other, to handle the flow of life with care, understanding, anticipation for the good of all concerned. I would suggest to make this part of every day education at the schools in the future. To be sensitive to the flow, feel the energies around you, and decide what you like to do, with respect for every being there is.

To give a warning: if you misuse your knowledge to interrupt the flow of life of others, or gain something out of it, this is a deed of treason. It is also not a very good idea to use this knowledge to direct the flow from a person without the agreement of the one involved. This is what the world is doing right now, and what in history is used a long time to suppress other beings. It is always the same, knowledge can give you power. Knowledge should guide you to be of service to gain wisdom. Only with being of service you can gain wisdom for the good of all concerned.

Coming back on track again. The determining factor is your choice. If you choose wisely, the flow of life will benefit from it. Others will benefit from it also. This way you sustain life, the creation and you will feel you are carried, caressed by the Source. With your choosing in line with the flow of life, it is hard to feel lonely, to feel sick, to feel insecure, to feel left alone, to feel homesick, to feel of no use, to feel like a tiny spot on a tiny planet, that it doesn't matter who you are or what you do. If you go with the flow, you know, feel that you matter. The feelings of being separated from the rest is the sign that you aren't on the flow of life, that you don't see your connection with the flow. You can't lose the connection, but you can decide not to participate in the flow. This is always the case when you choose different than the flow of life is going.

There are only two choices, going with the flow or stepping out. It is a deed, an action to step out of it, it is a choice. Not choosing is a deed of stepping out also. If you have feelings of separation, you made the choice to feel that way. You never can be separate of the flow of life, you can't die as a being, it will always sustain you. But you can decide to feel this way. This is the choice you have when you live in an illusionary world. For you the feeling is real, the flow of life will sustain your choice, and you will attract like. You will find, everywhere you look, the separation. What you decide you see. What you choose, you get. It is your harvest.

Luckily the flow of life is also a loving flow. With respect to your choice, the flow will offer you always another way of choosing to come back on track again. I already talked about this in previous messages. To refresh your memory, when I told you about the happy coincidences that will come to sustain you when you choose for the first time towards the Source after a while of wandering. If the cross reference table is finished, you will find this message more easy to read again. Now just look for it in the graces of life. I don't give away which message it is, so you have to read all of them, or use your discernment. It won't harm to refresh your memory and read them all.

Time to finish this message. Your lady cat needs some attention, and likes to play as a dog. Nice example of integrating different energies with a grace into living and enjoying life. If you all would be more of the feline kind, some lessons wouldn't be that tough as they are right now. Maybe I will talk more about compassion next time.

Have a Go(o)d time.

Ashtar.

PP April 28, 2004

Hello, funny one, why do you worry? Yes to worry is very funny, when you can have the trust of God inside yourself. If you didn't know by now: this is Ashtar speaking again.

Yesterday I spoke about compassion as a good topic for today's message. Before I go into details, let's first talk about worrying.

If you worry, the worry consumes your energy, as it goes on and on it will eventually consume you. This is the habit with every negative feeling in your world and elsewhere. Just try it with anger or fear or complaining. With like attracts like, and what you sow, you harvest theories, this is very logical. Pity enough when you are an outsider to the whole situation, you can look only with compassion upon the suffering the people are enclosing themselves in. Sometimes it is enough to knock on the door: knock knock, who's there? Ash and Tar, Who? Ash tar. Ash tar what? With time you will become Ashtar. Okay, this is a silly one. You and I are one, so why can't you become me in time being?

At the other hand, if negative feelings consume the one who is feeling them, what about positive feelings? If you think very carefully, you will recognize that they are addictive. With a bit of bad luck you are going to strive to have these feelings more often. And with the strive to this goal, you make sure that you won't reach it. Than you try to do your best, than you try to do more your best. And than in despair you start to feel, something like anger, worry, fear, feeling of insecurity. So the positive feelings are a fertile ground for the negatives to settle in. The only way out is to stop to be in this spiral of feelings.

How do you stop to be in this spiral? To stay neutral is the logical answer. Most of the time staying neutral is a hard job to do. You also can choose for a creative way out and then start to look for the neutral spot in the overall view.

In duality you have black or white. You can draw a line between these two. This is the way of duality walking on the line of good or bad, black or white. As I have stated before, a line has no middle, no neutral point. The first step you can take to avoid duality thinking is to feel both of the feelings at the same time. You are both if you want to. You can understand both sides of a reality, or more if you are trained. It doesn't have to be the one or the other. To be both is a good way out of the duality.

The next step will take you much further away of the one or the other question. What if you can step aside, above, below and look at the situation? You can have a different view, a different feeling, and you avoid being attached to the situation. To step of the line is going in the neutral zone. Just one of the ways out of these feelings and let them be. If you are able to look at the feelings from both sides, than you know you aren't these feelings, because you can feel them both. So what is you? You are the inner you, the zero point of being you, being GOD. At the point of being god, you aren't any feeling, except the feelings of GOD, peace, fulfillment, love, compassion, gratitude.

If we go back to the feeling that you experience, worry, fear, anger, and despair, you can start to complain and be these feelings. You can also look from your GOD spot inside you. What kind of feeling would you choose to feel if you look from your God spot inside you at the situation you made yourself?

What if you look upon every being with compassion, including yourself and the misery you made yourself? What if you look upon every situation with compassion? You won't suffer with others, you don't use passion (is a trap also), you won't get attached to the feeling, pity you luckily avoid. You also avoid other feelings like the one you were experiencing. Good deal, don't you think?

In every situation, there is action. If you choose to be something you are in action too. If you think you are in action too. So what is the action you choose when you choose for compassion? It depends on how you will see compassion. Does it come with you to give a helping loving hand when the good of all concerned directs you to do this? Does it come with an understanding heart and a sharing to give an example without being compulsive? What is compassion for you?

Immanuel ben Usef, taught that love was an action, a deed of a heart full of compassion. Buddha taught love was detachment to avoid coming back in the circle of reincarnation. The zero point is a place of detachment, there is nothing and there is all. Compassion is action, already out the zero point, but is neutral enough to stay close by.

If you have compassion for the situation you see it, you experience it, you give attention to it, you see your part, you see the other part, but if someone bleeds to death if you don't take action, you do take action. You don't walk away and say, it is none of my business or I let it go with love (and if it falls and breaks it isn't my fault). Compassion is love into action for the good of all concerned. Sometimes you don't take action, sometimes you see with wisdom and honor the struggle the other is having with life. Sometimes you send love to a war area. Sometimes you start to fight yourself to end the fighting (sounds difficult isn't it?). Just an example: being involved in your process to change the world and bring about the golden age, is taking part in your struggle to free yourself from an outside view. This is compassion. It is also taking part in the struggle. You know that they won't succeed when you don't offer assistance.

Compassion is staying inside as the God you are, seeing the world, be involved without being attached and act with the love for the good of all concerned. To make the sentence a bit shorter to enable it to be remembered: compassion is to act with the love for the good of all concerned. It is an obligation for being into matter, and for being GOD.

Humans normally don't like responsibility and compassion is another responsibility when you live in creation. When the wisdom, development of being, starts to come in ones life experience, than responsibilities start to come in.

If you are a child in spiritual view, you can't handle responsibilities. When you grow older and start to mature, it is a logical part of development. You do this with your children as well. You give them a bit of freedom to decide for themselves, but with the freedom the responsibility starts. So it is also with you and the world. The infant phase you left.

Time to take the responsibility for one another and do with compassion what is good for all. Put love into action, put feeling of being one into action. The one who suffers could have been you, and was you in another timeframe. This is when compassion sets in, when you feel that you all are one. When you are able to feel what the other experiences. How can you be happy when you know that a part of you isn't? How can you enjoy to be part of God, when someone else suffers without this bit of information? Compassion is dearly needed. Especially when I look at the people in the world without anything (except a better way of living then you do).

Most people are feeling troubled when we talk about responsibility for others. What about the other and his own responsibility? And yes this is true too. Your responsibility is for the good of every all concerned. You and the other, both. Nothing is single, it is both, all inclusive, your self is also part of this all included.

Next, what I like to share with you, that compassion is an attitude which can be used with grace. It can be done in a gracious way. The consideration is a gracious way of considering your responsibility because it includes you too. It also fits outstanding in the graces of living. And without talking too much about the graces of living anymore, they are the outline of the information I am giving now. Without grace, don't start anything.

Compassion is also a way of respecting the other. By example: you don't take the suffering away. How would you dare? If the one made this himself, he chose to experience it. You can't take it away. You may offer a way out. This is a matter of respect and helping at the same time. The way out you offer is the way out, by stepping of the line. Otherwise you won't solve anything. You don't get involved in the drama just as pity does. Nothing is wrong with explaining the reasons of his involvement in the drama and offer a way out by being an example, or sharing wisdom. If he wants to listen of course.

Compassion is a difficult concept to talk about. You offer help and help, and you let them be as they want to be. So lets see tomorrow if you get the feeling of the message, and to see if you understand it by heart at that time.

Time to close connection for you. Have a good nights rest and see you tomorrow.
Ashtar.

PP April 29, 2004

This is Ashtar speaking.

It is a very good time to speak about discernment.

If you look outside you for confirmation, you're looking for trouble. These kind of confirmations won't come as many as you like, and they don't last. Lots of humans aren't trained for receiving or giving a compliment. If you are able to give a sincere compliment, you are able to appreciate yourself. This is the prerequisite for all. If you are able to be yourself, love yourself, appreciate yourself, you are free to see it in others too. If you still need a confirmation for what you are, you can't shower it on others. And showering is what is needed.

If we are talking about a new language, a new attitude, then for sure, the language will be having lots of positive phrases to express yourself, giving compliments in honesty of your being is the new way of living with others, and just as blessing it is fun to do. You compliment in two or three ways: you, the one you give, and the world by generating your positive energy. Compliments working the same way as blessings you will understand how the world will benefit from it, as you shower it onto others (and this way upon yourself too). You have to be something before you can recognize it in others. And yes, this isn't a problem, you are GOD. You are everything.

Every body needs confirmation on what he or she is, looks like etc. Bodies facing decline (and in your world the decline starts in very early), are very unsure about everything. If the Godspark is felt, the body is sure, how can it be different? I urge you to go within and restore the connection with the GOD, yourself and the Source every time you feel the doubts and wishes for a confirmation. It really doesn't matter what kind of confirmation you are seeking. Confirmation is confirmation. You are what you are, you feel what you feel, you express what you like to express. You are GOD. God didn't want a confirmation when he decided to create the worlds, the universe, the galaxies and you.

He and you just wanted to see, experience, what it is to be really GOD. This is an act out of curiosity. The question was: I am what I am, but What AM I exactly, when I am all that IS. To experience you are all (you are infinitive) you are all making it a very good game, a play. It keeps us busy, at least.

Next person in your life is your ego. Your ego swallows every confirmation and start to disagree with it. It has no other way to keep you in insecurity and this way feeding it with lots of actions, deeds, asking, pleading for confirmations. You are very beautiful, I like to bed you immediately, I think you are very clever, I find you attractive, you did a good job, I think I deserve a raise, why didn't the teacher grade my presentation with an A? If you are looking for this kind of confirmation, you will give yourself a hell of a job to keep your ego satisfied. The funny part of it is this will exhaust your body, you will neglect your inner calling, and you are asking this way for a big disease to set you back on the ground or facing loss and then all will hope you go to look inside you for all your confirmations, the answer to all your wishes to be appreciated. Most of the time, people will do the same after a winning game with a disease only a little bit less then usual. When you have a burn out, you learn to avoid trouble, but do you learn the way out of it?

If we see what people do in their life just for a confirmation. We all cry, and think you are going to be nuts, if you aren't already. You all do everything to get a confirmation. Women will bed man they don't like just to be sure that he finds her attractive, but why? People quarrel with each other in a relationship, because they both feel that the other doesn't appreciate them as much as they should do. I deserve more then I get. This is also with the children, asking again and again for a confirmation for what they did. Some don't do anything so when they do something, it looks really like a terrific thing for them, so the compliments come raining in. Their parents are very pleased that their children aren't lazy and try to persuade their children this way to do more. And why should they? This is the easiest game to play. You go to jobs you don't like, because your father believed it was a good choice. Your mother still quarrels with you, you didn't do what she wanted you to do, and to honor you for what you are, is a compliment, a confirmation she doesn't like to give. And you quarrel back because you did do your best to please her, but didn't get a compliment, attention, or any kind of confirmation for it. Please let them all be what they are. GOD.

If you are free of any need for confirmations, you are free indeed to be what you are. This is a circle in its existence. If you are the one you really are, you don't need a confirmation. If you don't need confirmations to be what you are, you are really free to be what you are, you won't be bothered that you don't get them. And you don't do things to get them. Somewhere in this circle you just have to plunge in and get started. If you wait for one or the other situation, you will wait in vain, it is never going to happen without you to get started.

Confirmations, either compliments, attention, will never satisfy your being. If you look outside yourself for this satisfaction, you won't find it. I can tell it time and time again: the only answer you have is to go within, to love yourself, and be what you are, act accordingly and express yourself for the fun of expressing. God isn't self occupied with getting attention. From whom? For what? It would mark that God isn't all there is, when he has to look outside himself. And then indeed there would be an outside for him. God doesn't have an outside. All is included, all is inside himself.

To go back to the topic. What have compliments or confirmations and the need for them, to do with discernment?

If you look for them outside you, they will be your measuring rod to judge the information you get. It will color your every action, your every thought, your every expression of what you are. In this way you aren't free to use your discernment to see what is really for you or not.

If you want information that fits in your system, you look for a compliment that confirms what you think is right. It isn't part of the discernment I would like to talk about.

If a road is free and looks like a good one, you may choose on your discernment or in your way of weighing, the way you do in confirmation, based on what you already know, feel, have experienced.

When you use your discernment, which resides in your heart, your inner knowing, you like to be free of all. Every situation is a new one. If you look with old eyes, you are still looking from within old patterns, who like to see more of them to keep your point of view of the world still in working position.

When you are in creation, when you are in motion, the discernment is getting influences of what you do at that time. If we look at the rules for a good discernment in your life and mine, we already have two rules. Just look at things with new eyes, everything is new in the moment they exist. You created it a nanosecond ago. You have to be at your inside, connected with the God you are to use it on its full operational basis. You have to be still, without movement, to be able to use it, feel it, experience it. When you see these preconditions then you are able to say it is a female quality. And yes it is.

Next rule is, the more you practice it, the more you are getting a better result.

When you act on discernment, on this very inner quality, you will see that it involves your intuition. Your intuition gives you information on your next creations of moments in time. Your intuition sees in the future, knows what you are creating and how it will work out. (Do you need a better device to remember you are GOD into creation? God knows). This way your intuition gives you the necessary information to choose in discernment.

Discernment is the whole process to give you all you need to choose wisely. Choosing is an action. It isn't a deed of judgement. Discernment isn't either a judgement or condemnation. You just say with your choosing, this isn't for me. This isn't for me, doesn't say anything about the value for the person (god being) involved. You also give the others involved, the whole of creation, the freedom to say: this is for me. This is what my discernment says: it is for me.

What is a logical choice based on discernment for you at this moment in time and space continuum, can be something else the next moment. So you don't see that others make the same and same discernment over and over again every moment in creation. They can't do it. And you are limiting their freedom of expressing what they are. In that cause you are also operating expectations. You won't do that, don't you? I can imagine that it is hard to do not so. It is a question of being neutral, and clear all the old stuff you find you pulling out of your neutral spot.

With discernment you know what is for you and what isn't. You are also able to let others free to use their discernment to choose wisely for themselves. If you are able to look with discernment, you can also look at yourself with discernment. You know that you are GOD, you know that you

are god into expression. You don't need any confirmation or compliment. You are what you are, GOD into motion, God into him/herself.

The strange part of creation and the hardest way to get around with is, if you don't need something anymore, you get it. This is the way with love, money, compliments, attention, with everything. And it is of no use to act if you don't need it, while you still believe at the inside you do need it. God is everywhere, and creation can't be fooled. This is also the way that you have to live: like you already have it if you want something to be into creation.

With discernment you choose what you are, what is for you. You do this with a feeling of what you are and who you are. You do this with an inner knowing, a sureness of what and who you are on Godlevel. Therefore, the first rule, you have to go inside and be connected to your inner self, is the base preamble to act with discernment.

Of course, there is more to say about discernment. I hope I emphasize the need to have it, to practice it. I hope also that you see how beautiful this fits in the creation, in the graces of living. It is a tool for gracious living. Fine-tuning your discernment and your intuition (your sensitivity in general) makes you a queen inside yourself, a king in your movements, and both in being.

Have a good time. Remember who you are. That's all.

Ashtar,

Connection closed.

PP April 30, 2004

This is Ashtar speaking.

When we look at the different kinds of energy and the feelings we all get when we play with the energy, there are a few points to consider.

The energy available for your solar system is rising. The energy your solar system is able to master is also rising. The Bovis value is consequently also rising.

Your bodies need to adjust themselves to this energy system or they have troubles. If you help your body with the adjustments she/he has to make, the changes will be much easier. You are able to offer help with a healthy sleep and day rhythm and a healthy eating pattern. If this is not the case, you may consider to change your assistance to the body.

One of the changes I am talking about is the change to a healthy eat and drinking pattern.

Did you ban the meat out of your system? It makes you have spiritual weight, very slow in thinking. Logically when you have the animal vibration in your system, which you need to raise in frequency back to human, and then to the level where your system wants to change you in vibrational light beings.

What about your drinking habits? Is alcohol a daily intake? It devastates your brain, poisons your blood and brings this poison to every cell. Every cell lives on water. And the refreshments of the water in the cells depends on the water level in the blood. It is worthwhile to consider to banish alcohol and other spirits. What do you think about lemonades with or without sparkles? It is already known that because of drinking too fast a lemonade with carbon dioxide somebody died because of the contamination of the carbon dioxide in the blood taking the place of the oxygen. The sugar in the drinks also brings your vibrational level down.

Do you check your daily food if it contains insecticides sugar? chemicals?

Do you check your food on which vibration level it operates? And does this level sustain your body and helps it to be healthy or does it bring down your vibration level? A pendel (editor: this is the dutch word) and a bovis circle to check the energy level of the food you plan to eat is not a luxury, it is necessary.

Do you smoke? Are you bringing your vibrations in your aura down, with the smoke out of your cigars and cigarettes? What kind of reason do you use to keep on going? What kind of reason makes you think it is good for you? Don't you have anything else to get you relaxed? What is your spirit reason or emotional reason in the addiction to smoking?

What can you do now to change a few things?

Pray on your water. Check the energy before you pray and after it. If you do this a few times, you know why you will continue to do so.

Pray on your food. Check the energy before you pray and after.

Stop consuming non-nutritious food.

Buy better food than the ones you find in your local shops. Start to grow your own vegetables.

Bring back the home made things, cakes, pies, bread, custard, cookies, and so on.

Cook your own dinner.

Be aware that every herb or spice you take to spice your dinner, has its value in your body. See if the spice you take fits with all the family. If you cook, you are the caretaker of the health of the family. Every spice has to be in service for the whole family. Know what every spice does in a body, how it works on the energy level. Have an intuitive feeling what every participant needs (not only what you need to get out of the dinner, but also your children, your partner and your visitors).

Change consuming alcohol, coffee, lemonade, tea to herbal tea and water. Be careful what you like to do with the herbal tea. Every herb has its influence on your body. Every water has a different taste, start to experiment with it.

Start to eat light as much as possible. Take strolls outside, before you start to work, before you go to sleep (a companion as a dog has its advantages).

The next few things I would like to address without any responsibilities in my case. You know, I am not a doctor, but I can see what is wrong with your health systems and your doctors. Change as much as possible to homeopathy, acupuncture, aryuvedic healing and other natural treatments of your diseases, retrain your doctors to get the indoctrination of the universities out of

their systems. Health has nothing to do with the pharmaceutical industry. Health has nothing to do with chemicals. Almost everything which is healthy is banned out of your society or is that expensive that only the richest people are able to afford them.

To assure your health is being sustained by nature in the future, do something to stop the killing of the planets, the animals in the sea. Do something to stop the cutting down of the rain forests. Stop the genetic food, stop the genetic vegetables like mais, corn, soy, rice. Examine: why do they take these four basic food supplies from humanity? Make sure that the water in your country has its natural way of living, behaving, to get healthy good water.

What you can do also is to give every child and every adult, before you all start at school and work, some exercising, like t?chi and yoga. China is completely right when they ask everybody to do this.

Exercising gives a fresh supply of oxygen to every cell in your body. The body is well used and trained, has had his daily movements and the concentration is sharpened with it. This argument makes it possible to give any employer the reason to do it in working time. You make sure your workers are fresh, well concentrated, and with less possibilities to develop a disease. The balance of body, soul, spirit is harmonized with exercising. To end the working day with these exercises is a good idea too. It gets your mind out of your work, fresh and diminishes the troubles rising out of one single movement or no movement at all during the day.

Next thing to consider to get yourself a healthy life. Do only things that give you joy. Some times you need to develop the joy. The joy of the exercising of yoga, t?chi, has to be learned, has to be felt. When you grow older, you know what joy it is that you have lived a healthy life with exercising. You will see the results.

Everything with competition, everything to win, to be better, to train to be the best of the whole world doesn't help you to get a healthy balance in your life. It will cost you energy to get rid of the adrenaline in your body and other side effects.

Read again the 7 steps to mastery I gave, you will find them in the additional information page of the site.

Have a good life, have a good health.

Don't consider to be one of my companions on board of the New Jerusalem, when you can't stop to live an unhealthy life without discipline. What I suggest to you, I do myself.

There is no other reason why I should be in the circumstances to suggest you if I am not an example to you by my manner of living, thinking and understanding at the deepest inner level, I am the same GOD as you.

With love,

Ashtar

Connection closed.

PP May 1, 2004

This is Ashtar speaking.

What shall we discuss now? Yesterday I discussed the reason for a healthy life and what you can do now to obtain it.

I already discussed with you the rules for a healthy spiritual life. The rules of creation to create a healthy life on earth and make the golden age possible is also discussed.

My channel thinks about taking a few days off, because of the completeness of the presented materials. She wants to read them herself.

Funny isn't it, that the ones very close to the presented information, the ones who work with it, the ones who read it first or translate them, are very busy with it, without seeing the value. The lessons the material is giving them is the same like it is given to the other readers.

So you take a break? Do you take a break of what you ask of yourself? Do you take a break of being busy to save the earth? Do you take a break and see the loved ones in your life? See the lesson on healthy life style, and adjust your life to it, then you have less trouble to keep up with everything you want to do. And find another job, don't wait for NESARA. If you wait, NESARA will wait. If you give waiting you get waiting.

Did you two, married couple, still meditate with each other? Do you meditate with your children on a regular basis?

If I look at a meditation between a married couple, then I like to see two people united in a hug taking time to go within to their inner selves. Then go to the space between them, the loving space between them. With the visit of this place, the awareness as being one at that place, go on a trip to the shared vision of heaven. You can also practice to get an out of body experience together. You may also think about visiting past lives in that state, or visiting childhood of both of you, and send love to the child, the teenager you once were.

You are also welcome to explore the universe, the galaxy, visit the father sun in your minds. What one can do in a mediation, two of them united in love can do better.

Did you do some meditation in making love with each other? The love connection will be filled and thrills of excitement if you do so.

Do you take time to give the other the feeling that he or she is loved, appreciated in being before making love and after making love?

To go back to meditating with each other. I can't emphasize enough the value, the necessity of it to sustain the relationship in a healthy beautiful glowing one. Just make time of it, don't let the tiredness of the moment skip this wonderful opportunity of togetherness, of fulfillment of being into a love based relationship. Start do this on a weekly basis, then do it on a daily basis. The more your practice, the more you will benefit from it.

Expand it to the rest of your family.

Start to do it also with your children on a weekly basis. So once a week you do it two times, one with your loved one, the second with your loved one and your children. If you can do it on a daily basis without getting bored (in which case you don't put enough awareness in it and you don't put enough adventure in it), in that case you all are blessed with the infinitive possibilities to learn, feel, enjoy each other and share the love you feel for one and other. If you give the teenagers their responsibility to guide you to the next level of creative being, you won't lose them, and the results of this practice can't be underestimated. What trouble with children? No way any more.

What if you start every family reunion with a meditation? It will set the energy on a good level for the rest of the meeting. And this is just one of the good things that can happen, when you do so.

Meditating together as a couple united in a hug is a very good healing operation model for both of you. The possibilities of learning together, exploring the creation, practicing different techniques are almost infinitive.

You can also think about practicing in meditation to make love to each other. First the connection on inner level and then the connection with the bodies.

I am certainly not talking about going to meditate as separate beings and then connect as bodies. That won't do the trick. Okay, it will be different and nice to experience. It won't fulfill you to the amount I like you to experience.

First start to meditate with each other.

Try to connect with your inner selves separate.

Second, try to connect to the inner level of your being together.

Once the connection is really good, deep and as it should be, you can think and feel as one while being in this state.

With this combined being one, you take along with you, your both energies, your both capacities, your both love for existence and your love for each other on soul level.

Once you are in this state you can start making trips, go on adventure and so on and so on and so on.

You have to have the feeling to act as one being in the meditation, to go as one through the universe, the connection to feel, think and be as one in the combined state of being. If you need to go safely on a trip you need to communicate as one being with each other. You can see this as a manner of telepathy between you. In this way you are sure that you have the same experience, you also know that you can act as one when needed if you happen to wander in places not that familiar to you. You also can have one taking care of generating love and the other directing the course and you can immediately switch roles when needed or when wanted without talking first to each other in form.

In this way you can go for the stars together, enjoy it together and share a wonderful level of being love for each other. If you can go along with this, you can start to create with each other.

If you are able to do this, have experience with it, you may try to experiment with sex meditation, as the ISIS tradition through (Maria Magdalena) can shed a light on. In the tantra yoga you will find also wonderful techniques to try. There are more techniques already available.

Don't rush into the sex thing when you don't have a level of togetherness, sharing awareness and be yourself at the same time through meditating together.

First things come first. And sex is always the sealing of being together, the union between you both. And it is never the starting point to come together as beings. If you do this, you get disappointment in sex and distrust in expressing love this way is coming into creation. The next step of hurting each other, and the disconnecting with creation on inner level is easy to reach. This is why your society is exploiting sex in commercials, movies, games, clips, music.

Why do you meditate with every being, in groups and so on, when you don't meditate with your loved one? Why do you meditate with strangers (in a manner of speaking) when you don't meditate with your children?

Your garden of experience lies in the family, in your relations. When you are lucky to have a loved one in your life, and you don't cherish each other, you don't keep the level of awareness of love of being together open, you shut of so much opportunities to grow, experience and love together. Love deepens when you share it with each other. A love relationship should be an ongoing meditation, an ongoing communication, it doesn't matter where you are, what you are doing. If you need to shut the communication, without words, off, you shut the other outside you. In time he or she will be living outside you, without you. You have cut of the roots of the relationship. And if you think that unconsciously it will go on. Yes for sure, energy goes where the mind directs it. So if you shut of, you shut someone outside you without a connection or communication. If you are having a 3D relationship based on sex, companionship, shared loneliness, this is no problem. When you share a soul love, a love, a lifetime, a mission, and you both are being sensitive for energy, love and so on, this will be a problem and a reason for losing one and other.

So when you live with someone you dearly love, take good care of each other. Start to meditate with each other on a daily base. The time you meditate isn't wasted. It is a time in joy, in peace, in peace of mind, in peace of being, in peace of being together. It will change a lot, and it will erase a lot of talking, because being together is of much more value than talking together. Outside level gives less satisfaction then the inner level, this is also the case in relationships.

First it will cost you a lot of exercising to reach the shared inner being of you being together.

In most love partnerships this inner being together is neglected. Most of the time the woman feels this and starts to pull her husband to this inner being of being together. If that doesn't work she starts to complain about being neglected and so on. It is just the inner dissatisfaction of not cherishing the relationship with each other. She is right after all, this is what matters. If only she knew exactly why she feels dissatisfied, and if only she could explain it rightly. It is not his behavior or his neglecting of her, it is just that they both don't take time to feed their inner being of togetherness with the love they feel for each other, with sharing and communicating through this inner being of togetherness.

Don't give in when you don't reach your goal immediately. Practice creates art. To be a master of it, you have to be able to do it consciously.

Every one in the relationship has to work on his or her personal process also. If you can't see things with your inner eye, you have to train it, otherwise you can't go on a shared trip and see the same things.

Next question is also, are you familiar with the other body? If you don't feel secure naked with the other, you have a bit of mistrust to each other. Let the other feel you accept the body as it is, by massaging each other regularly.

Are you able to breathe together? Are you able to breathe circular?

Are you able to play visualization games with each other? (to play with the images in the clouds, play with a development of a car or a house or tree or new animal or a vacation or doesn't matter what, make one together in your minds eye, while lying together in bed or while sitting on the Sunday breakfast table as a family).

Are you able to look each other in the eyes when you make love together?

Are you able to paint a painting together as couple, as family? Or draw a picture, or make something else together?

If you don't start at home, your home, the place you live, the place where you want to be happy, where else do you like to start? What is more your own making than home?

If you sustain love at home, it will flow out into the world, and become a better one. You will take the love with you to your work, to your health, to your boss, to every one you encounter. The nourishment of your Soul starts at home.

So to end with the beginning: if you don't make time to read the messages, to put them into practice, start a communication about the contents with your loved one, share the practice with each other. Where do you live? Where do you waste your energy? Find time to connect with your inner being, and find time to connect with your shared inner being with the one you love and live. You will flourish when you do so, and so will your relations at home. Then you are a gift to yourself, your loved ones and the ones outside in the world.

Have a good time to each other. Love each other dearly and do it consciously.
Ashtar.

PP May 2, 2004

Channel: dear Ashtar: is this the way of a woman's life, to find her beloved, love him dearly, give life to him, represent the Goddess until he leaves you in search for wisdom, insights? This is what the story of Mary Magdalena is all about. I feel sad to think it is a women's way to love and to lose, and yet love remains on both sides.

Man and woman have a different outcome in life. Men look for wisdom, insights. Women choose for love, for deeper understanding being love. This is the way it is. It is their nature. It is your nature as man, as woman.

When man leaves you for more wisdom, insight and deeper understanding, in time he returns to the Well of ALL, inside the female nature. This may be you or another woman. The love for a man transcends every woman. It is ISIS in love. And Osiris searching for her.

As loves goes on, you are able to be love, to transfer love to a deeper level. This is the path of the woman, to be the embodiment of love on all levels. Even when your man doesn't leave you in body, he will be on his quest. You are the keeper of love, you are the keeper of your love for both of you. You can put him through the wringer for being absent, you can also transfer your love to yourself, to others, to the world.

Women are the lovers of the world, the caretakers of the world. Your love sustains the worlds of man, the worlds of creation. Every woman comes to a point where you transcend into the Goddess. When you strive to be the embodiment of the Goddess, you are the very well where all come to drink. This is your maturity as woman, this is your path as woman. Transcend through the pain and see the value of all there is.

It might feel that your love isn't valued, isn't answered. The answer to this is, you don't need his love to be of love. With him or without him you are love.

If you live with a man in sacred relationship, you are very lucky when he sees you as you are, and values you as you are. Your salvation isn't him, and this is true both ways. Don't strive to be a man, as a woman. Enjoy each other, be with each other, let the other be who he is and who she is.

Don't feel pain for what isn't meant to be. In a sacred relationship you are loved the way you are. All love can be deepened in time when you both strive for it. Don't look at the way the illusions teach you how love should be. You aren't made for that, and this is the way it is. It only makes you both unhappy.

If you look at the value man has been taught about love, about women, just start to change the world inside you. This is the only right answer. Respect yourself, respect your capacity to love all. Enjoy when you are in a sacred relationship. Enjoy when you aren't in a sacred relationship for you can have it inside you. The male and female inside every being can be united in a sacred relationship. Find this inside you and teach this to your children. Female and male are equally valued in being together ALL creation.

Feel your sadness, get rid of the false expectations, love yourself and all dearly, respect yourself, treat yourself worthy, make sure that you fulfill your needs as women before you open the well for all.

If you don't have something to sustain your being, you don't have something to give to yourself, to the world (is a part of yourself).

Get yourself connected with the woman inside you. Get yourself connected with ISIS or other female Goddesses you feel acquainted with. Then get yourself connected with other women, don't strive for the love of man. Be companions with other women and not opponents.

If you look at the nature of the creation in your part of the creation, male leaves female source to become creation, only to come back in reunion, and being reunited, he will leave again. This is the way of nature. In the counterpart of your creation it is the other way around.

If you look at the nature of males and females, you will see that with his leaving in mind, in body on his quest, he stays with his love and comes back to it. This is the way of creation and this is the way of relationships.

The source is everything the male creation strives for. The creation wants to be reunited, longs for it, searches for it, and eventually comes back to it.

The female source is the frequency of the universe. Females are the embodiment of this wave of energy. They are, and that is all. They go with the flow of life. They are representatives of the source, of the flow of energy.

When we look at every male and female in the creation, we see this attraction between source and creation between the sexes. We also see it inside every being. Every being is a representative of both. To outgoing impulse will have a longing to stay at the inside. If inside you all stay, than nothing happens, the movement of creation wouldn't be seen. To know thyself needs the outward impulse to experience, and the inside impulse to gain wisdom.

If again I look at the pain of leaving and the pain to be left alone, I see two sides of the same. Two sides of the same love which lives forever. The pain to be left alone is also the pain of the females being less valued in life then the male part of going out. So the emphasis lies on the going out principle. This causes that much of the going out principle was more then needed. There is a time for both. While a man has a female inside who values staying with the flow, the women have a man inside that likes to have the outgoing impulse of adventure and experience too. Both are able to meet halfway. This way the pain can be healed for both sides. For both sides are able to understand, feel the other pulse and the need for balance and respect.

Unlucky for all women in your part of creation, what you feel is underestimated and not valued. The pain of being left alone isn't valued, and the urge to go outside and do your thing as women isn't valued. To stay isn't valued, and to go isn't valued either. What hurts more as a woman or female inside the man is that the love you can bring to the world, the values to live and love you are representing, aren't valued. So the problem isn't only the pain of leaving, but also the pain of being less then respected. And if you search for this respect in the male outgoing principle, the hurt deepens.

If you cling to the male energy for your value as female energy, you will cause an eruption of aggression, for he has to go without a look at the past. And you are past, history. The urge is that strong. That's the way of creation in every being, in the whole galaxy, in all creation.

The source is all, everything what is needed. So the female energy doesn't have to been valued by the male energy to feel fulfilled with being what she is. She is all, she encompasses all, she gives life, she is life.

The male energy will go out and find that it isn't giving him what he needs in life. So he loses his impulse, his direction, his movement and starts to go back to the source. The male energy needs to have the source to push off against and to go back to. The male energy, as opposite to the female energy, needs to have it's opposite to feel what he is, to feel what he can be, to know he can't do anything without the female principle. When he comes back, he takes along his experiences, her reflections of her being, and his coming back enriches the source with the seed of his being of experiences.

All is in the dance of nature. And although this dance can be understood, felt, experienced. If it is logical to feel the pain of leaving and to be left alone, if you all are able to transcend it and feel the connection with all there is, know that going back to enjoy is part of the happiness, part of the expression of being, the pain will be less.

Because you are both of the principles of going and staying, the pain you feel in your relationships can be healed. With healing the female inside all of you, the men and the women are able to enjoy both parts in their life, and in their sacred relationship. Then we are talking about companions playing with the energy of being male and female inside each other in a dance of creation.

Next time it is worthwhile to talk about the ins and outs of the sacred relationship between a man and a woman. Lot's isn't understood in your world about the ties that binds the male and female inside to a sacred marriage, and the ties that bind a man and a woman in a sacred marriage. Before you are able to experience a marriage like this one, the hurts of being woman, the hurts of being misunderstood, mistreated, unvalued, are needed to be healed throughout the world. So no woman will have emotional and physical hurts anymore for just being born in a female body. And it also ends with women that stop fighting each other for the love of a man, when they have all the love they need inside themselves. Just share it with each other.

Time to leave for this moment. Keep your love going. Heal yourself and your neighbor. Heal your female part, all of you, don't matter if you are in a male body. And start to respect each other as you are.

With love,

Ashtar

Thank you for your question.

Channel: thank you for your answer.

Connection closed.

PP May 3, 2004

Life is all for all.
This is Ashtar speaking.

If you can channel me, with your children around you, you may think about next steps in channeling, the next development of being a channel. It is a matter of listening inside you to the source you are. A process of learning to be the radio who listens to the station as you go through life and decide to which station you listen, and what you do with the information with your discernment and your free will.

An open ongoing communication is possible with the Source of all there is. This is a matter of attunement.

To be the fine-tuned radio through daily life and stay free to choose who you are, is a matter of abilities to listen, and your choice to what you listen, how you listen and what you do with your information. If you listen in the manner that scientist listen, you are a channel for inventions. If you listen in the manner of a poet, you will have inspiration to write. The way of listening matters to how universe, creation sustains you in your being. You choose with your being how you like to be sustained. Every one over here, Angels, ET, passed away loved ones, others, no matter who, like to communicate with you. The information you get can be off help, it can help you in the right direction or in the wrong direction. Your discernment has also to be fine-tuned when time paces and you are getting more and more experienced in open communication.

What makes the fine-tuning of your discernment easy? The way you communicate with your inner self, with your connection to the Source of all there is. Your Soul gives your discernment wings. Your Soul has the overview of what you are, what you like to do in life, what contracts you have and how you are able to operate the contracts and get new ones if you want to prolong your stay on earth a bit longer. If you are connected with your Soul, you both are masters of who and what you are on earth. If you are able to fulfill contracts and find new ones to work upon, you chose together your lessons, your life, your stay, your growth. This is the way we are working in our dimensions. We have a long life and we choose very secure what we like to do, to learn and to be of service. In fully aware connection with our Higher Self, our Soul we are masters of our fate. This way we choose also our leaving or changing of forms.

The next level of being a channel is to operate a fine open communication with all there is and stay focused on who you are. You can learn to recognize the energy mark of every being and recognize yours to stay who you are, without an intermixing of energies. This is a very funny way of being awake, aware and alive. It is part of the job. When you are able to sustain an open communication, you are able to talk with all there is. With time you are really able to communicate with all there is.

Just wonder what kind of love, information, you will get to enrich the world of your living, the example you are able to set for all, and how you can be of service.

Intuition, inner knowing, inner feeling, channeling, healing and all the other capacities of plugging yourself in the flow of life of all there is, is a way of an open communication. If I talk about an open communication, I talk about not being open at all expenses so you can have lifters, stickers to your aura. I talk about guarding yourself as energy source, but still be open to all love, all love for the good of all concerned. Some communication will operate on inner knowing basis, others on inner feeling of truth, others on intuition, others with answers and questions. When the veil of worlds is becoming thinner, the communication will be much easier for both sides to keep ongoing.

The channeling you are doing right now is a matter of receiving a fine thread of information through your third eye. This is your antenna. For you with your fear for a hostile take-over, like others who are more open to be a channel with their body and stepping aside with their personality, this is the best way. It also allows you to think to ask questions and receive answers. This way the communication goes both ways. It also makes it possible to be aware of your environment and keep an eye on your children, and answer some daily questions. You feel their energy interfere with the transmission. In time you get used to it, and the interference doesn't disturb you that much as it does now. The radio gets experienced in being a radio. Which is a good development. It also opens an opportunity for better time management at your side.

If you are fully aware, alive and awake and you mix it with love, you have the perfect balance to operate as Soul in matter. How the development will go on, depends all on what you came to do on Earth. The situation in itself, gives thousands, or infinitive, possibilities of experiencing of who you are at this level of being, how the growth of life will be experienced. Everything will work out in service to the world, to the source, to your Soul. Maybe you decide to stick to the world as it operates now or on the next level, to be of service to respect, or unity with, all there is. You can decide to go to the next level, or you decide to stay and work on lifting humanity to the next level because the love you feel for what you are part of. Some will go to the next level and will come back later on to fulfill their will to be of service. It is as it is, and it fits with the course of life your Soul wants to take.

What matters also is the manner of the development of the other parts of your Soul. If you are ready to leave to the next level, and they don't like to go, you are free to choose to wait until they are ready, or become a guide to them. You can't go without them. A Soul never rips itself apart. The development of all with the same Soul will have to be on almost the same level of awareness and almost at the same level of operating love in matter. If one becomes very developed, the others feel the urge to come along. To be of guidance to the others is a logical answer to the unbalance between the Soul fragments to prevent the stagnation in growth as a complete operating Soul and growth to the next level.

You don't know where the other fragments of your Soul are living. You can find them in mediations if they want to be found. The decision to grow can only be taken by one fragment on his or her own responsibility and own discernment of what he came in life for. Please read the other message on this topic. The cross-reference table will help out.

The matter of development, of connection throughout creation, is a very complicated matter. If you are understanding how it is to operate a computer program with your mind, how to direct the impulses of light through it all, how all is inter-correlated with each other, you will know that being GOD is more complicated then what you are understanding at that moment in life. One time, you and me are able to be this, to do this, to be all but then not in being aware of being all, just by being all at that time. Then it is our time to be source, to play creation.

In time being, we are all, we are now all in love connected to each other. Your development as beings on a being matters as much as the development of heaven in a more fitting realm of being. As heaven and earth is changing its direction towards being more of love, so are you. First start to be a more open communication channel for your Self, for your Soul and trust that everything will work out fine. Trust is what is needed. Your Soul if full of trust, and the trust of your Soul for every fragment is the most beautiful present your Soul can give to you all.

Stay connected to all there is.

With love for all of you and me's.

Ashtar,

Connection closed.

PP May 5, 2004

All is well in the world. All is good in the universe. There is nothing that isn't going as God wants it to be. God is looking after the grand plan, the map of events, and God is looking after the details of everything.

Did we say anything yet about trust? I know that I would say something about sacred relationships. The time isn't ready yet to talk about this. I need to talk about other topics before that one. Trust is asked right here also. Just like trust is asked when you channel the way of today. You don't have much clues that it is a channeling, it is, but you are missing some specific characteristics of what you are used to have.

Trust. When I am very strict and outspoken, I have the trouble that some humans stop and don't listen to the messages anymore. If you are nice, talking the way the humans want to hear, they trust you. If you don't, you have a trouble. Truth can be hard, difficult to accept. If you need input in your system with some taste and some foods which poison your system, just to keep you going along with the system you are living in, then there is something completely wrong with your system, and your answer to this misunderstanding. It is a reaction of lullabying your body, to make sure you don't feel the inconvenience anymore. If I talk about discipline, going to the source for your supply of everything you need, being the master of your body, living the light and living on light, these aren't merely concepts. Then you will say: you don't live here in the matter, you aren't facing the world and its problems as we do. Just try to live our life, with working for 10 hours heavy physical labor, then in between working being of service to the light, with some demonstrations every Friday, or having relationship problems to face when the announcement of NESARA would restore your credibility in your family or coping with children in the age of teens, or getting yourself along in a boring job or facing a decline in health, in money.

The only answer in this is: trust your inner self, trust your GOD inside yourself. And I know you have chosen the hardest path possible to find this as a truth inside yourself. The God in you is able to transform the bad habits of eating, drinking or anything you like to transform. If only the ego gives you the freeway to do it. And who is the boss of your ego? Trust yourself. Don't trust me if you think this isn't the way of the GOD inside you. Sometimes I need to be very outspoken to shake you awake for the truth inside yourself.

I know you like to hear that you have accomplished a lot. Because lots of channelings have these words I don't have to repeat them. And I rather have every day a good fine-tuned channel and help to get the messages translated and online than I would do without this help. In matter of being appreciated, of course you are. In matter of being stupid as human to burden your lifestyle with wrong habits, I will tell that this is the case for lots of you. And if some wrong habits will help you to put my messages online, and help you to be of service to humans and mother Earth, who am I to judge you?

I simply don't have a replicator on my ship with information to make you sweets based on sugar, drinks with alcohol in it, and all the different brands for smoking. The air-conditioning (as you call them) isn't programmed to clear the air of smoke. And if these habits are only an answer to keep you going through a wrong based society and living system, you won't need them onboard. If you defend them because of your addiction to it, you certainly need a mirror to look in. And trust me, I presented the mirror to you with love. I know lots of my commanders living on earth are facing the same problems. I trust them to do what is necessary while being in the job and fulfilling the contracts. I do my part with loving you (you didn't notice, didn't you?), presenting a mirror, giving information where needed, and giving you nice concepts to chew on, to stumble on, and get you awakened by it. So my part of the job has had a confirmation that it worked out fine. Thank you very much.

So we are talking about mutual trust.

The problem with trust is: at the moment you start to operate trust in your system, the God in you has that much problems to face and get along with, before it can manifest in you, in your daily life as the God you are, that it seems that clearing this mess only makes the situation worse. God needs to have a hard-disk with some space to operate. If he does have a small piece of it, he starts to clean it. You properly will be shocked by the mess the God in you wants to erase, delete and to install another program based on love. This will take time. So trust is needed.

Also the God inside you will have some troubles to go around the harvest you made yourself with your deeds directed by the ego. If you lived a very misusing life of your body and your energy system, you will reap what you sowed. The God inside you can heal your body if you are really connected with it, doing what the God wants you to do. Before the God inside you can heal you of mistreating your body, you have to do a lot of work. To go along with the job of cleaning the inside, facing your harvest of your deeds, trust is needed. Without trust you don't go far.

With trust there will be confirmations coming that you are on the right track. We have talked about this before in the grace of living. With trust we also talk about the trust the God needs to have in you, that you will tie your camel or stop smoking, or go out to be available for happy coincidences (with doing nothing they won't come your way, they can't).

Trust is passive, this is the general way of looking at trust. Trust isn't passive, being of trust, is absolutely active. Every moment you choose trust or not. Every act can be one based on trust or based on fear. With trust you confirm that you choose for love. This gives the God in you the input he needs to go along with you. So the flow can come your way.

When you are living on the flow, you won't see or feel the flow anymore. You are used to it. Then trust comes in handy. If you trust your being, your going with the flow, you don't need that many confirmations to go along with going with the flow. If you look for water when you are a fish in the water, you won't get the picture of it. It won't work. Only when you happen to be on dry land, in the air, you know for certain that you aren't in the water. Then you got a problem. Before you only got a problem with trying to understand with your rational mind what water is.

Trust is something else than belief. If you believe, you can't put it to the test, belief is something you can't experience, you can't know. Trust helps you to experience, to put something to the test, you only don't know when it will be time to do it. You trust and you know that this time will come.

When you trust the God you are, you become familiar with him. Next step is accepting the guidance of him. The next step is to follow the guidance in trust, to put it to the test in trust and this way your trust is helping you to perform the positive results/outcome. In time you won't need trust anymore. You know you are God, you know you can perform as a GOD, you are God, you manifest as GOD, you see as God, you act like GOD.

In that case you don't need to trust the flow anymore, you direct the flow. You are aware, alive and awake to your inner being, your GOD, and you manifest the flow. So you don't need signs to see you are in the flow, you don't need trust to know you are in the flow. And you certainly don't need trust to know, feel, experience that you can manifest whatever you want for the good of all concerned.

In this life, like all of us in creation, you start in small in being GOD. This is the way of the rules of creation, this is the way you operating in the group energy of your kind, of your living upon Mother Earth.

As long as you are living upon Earth with no way of contacting us with seeing with your own eyes, touching with your own hands, you have to trust your inner discernment to know if these messages are right or not for you. I have to trust you that you will be open minded to use your discernment and you won't stop with this because of a sentence that will mirror you, or wake you up to where you are living right now, what you are believing, what you are doing with your life, your body and your energy.

I know if you will follow every suggestion in my messages, you will think that life become dull, without the distraction of a luxurious lifestyle, without taste treatments to spoil yourself, without some things to get your mind rest in peace, and your body in relaxing. These things keep you going along for these are the rewards you give to yourself, to keep you coping with the world. These are also the solace you are giving to yourself. These are also the distractions you give yourself to keep you asleep and far away of being with yourself as GOD.

I offer you one remark. These things just give you difficulties to feel the God inside you. If your life is an ongoing mediation in your inner being of GOD (I know this is difficult in your world with lots of distractions you have to deal with; this is your challenge you chose when you came the first time to Earth) you don't need them anymore. If you follow the 7 steps I have given you,

then you don't need the distractions anymore. You won't have time, because of the fulfilling adventures and nice experiences you are gaining for yourself. If you don't go to the inside, you go to the outside. If you are what you are, you don't need to change the world anymore to feel or express what you are.

When you look for compliments of your achievements on the increase of light in your world, you have enough messages that have this message in it.

If you want some nice words to get yourself asleep, I suggest you go for help to your TV and the dark angels who are inside you.

If you are looking for habits to keep you going along with a lack of energy, just go along with your eating pattern and lifestyle.

If you look for nice jobs, nice duty calls, lots of adventures, and lots of remarks that you have everything inside you, you don't need these messages (maybe only to keep you awake), I would love to present this to you. You don't mind to see a mirror sometimes, do you?

If you want to know if these messages are worthwhile to read, trust your discernment.

If you want to be GOD for yourself, be fulfilled with being God, only need yourself to be God and the world to be in service with, just start.

Have a good time to think about this harsh message. I know that the circumstances of your world, your taste sense needs some training to get along with the poor quality of your food. This isn't an excuse to go on wasting your body because of the bad habits you have developed in time. The only answer to this is, get along with your being GOD. Then it won't matter anymore, the food, the circumstances of your job and so on. Because when you are the GOD you are, you transcend these circumstances. Then you have become the master of the hardest, toughest, game you could play. A God enjoys every moment. Until then, listen to the 7 steps, and change your living according to them, or make some attempts to do so, because manifesting the 7 steps takes some time and trust.

With lots of love and respect,

Ashtar.

Transfer closed.

PP May 6, 2004

When you look at the beauty of life, you see it expanding. When you see beauty, you are beauty, because what you are, you are able to see.

When you see what you are, you will hear what you are. And this way the universe, the creation will always confirm what you see, are and what you be.

May-be as you are able to see, this is Ashtar speaking.

Otherwise I am Ashtar speaking in my transmission to you. If you have ears, hear. And yet a channeling has nothing to do with ears, only with the inside radio. How clear are you to conceive? Fine-tuning of the radio is a nice job and needed, for all of you.

This message of today is very easy. I have said it already. You are able to see what you are. This is everywhere in the creation, in the universe. If you are peace, you will see it. If you are love, you will see it and recognize it whenever you encounter it. If you are ugly you see it also. And you can be both at the same time, ugly and beautiful, so you are able to see both.

This principle is very easy again, sorry, I use this word almost every sentence. If you are the mirror in creation for the source to see yourself, to learn by experience who you are, what you are, then you have to be everything to be able to see everything, to experience everything. Only what you are you will recognize. So taking it to the limits, the creation is just a mirror game. Lucky for us, the use of creation is more than being a mirror.

The experience we take along with us when we come back to the source, is the extended part of being the mirror. This is the very seed of being. The seed for being as the source. With this seed something new comes into creation. A new source, may-be you can call it a baby. We are all there when it happens and I would love to see it. The multiplianc of the source going again into creation.

So what you see about yourself is true for you. What you say about some being is your truth for you. If you see what you are, be what you say, then you are operating in a circle until something hits you and gets you out of there. In this circle of being and saying what you are, consciousness is directing your play. This conscious feeling/being is what you really are. The rest is just outside.

This conscious being is a great observer. It observes you until it will notice a question to get rid of the circle were you live in at that moment. Then it will open, or break the situation for another one, already put into creation by your own feelings/energy. Then it starts again to wait and see what you are doing with it. As a person in daily life, you can keep yourself very busy with everything. Lots of people are still doing this as a daily routine, there is nothing more at their outside and at their inside.

When you start to be open to be more and more aware, alive and awake, you will come into contact with this conscious being, the observer in your life. The observer is, is just nothing. But while being nothing, he is all. He recognizes experience. He recognizes love. He recognizes beauty. And this observer can observe with love if you want it to be that way.

Is there another part of me, deeper, when I decide that the observer inside me, observes with love and understanding? Yes there is. You are the observer, the conscious being, but you are also the one who directs what this being sees, observes and this way what the observer lives and is.

To speak about this, is like speaking about a multi layered being of consciousness. When you observe, you are. The quality and the love how you will observe, and the decision to do this, is you also. And you observe that you do it, or not. The observer observes his self. In this process there is a will determining what you want in your life as observer. There is a verification point to measure the quality of the observations. Where do you get this all?

Next step to this is the layer of group energy. This isn't you. But the information is available.

This information you can choose to use as a measure for your observations.

What is part of you, but isn't you either, is the information and the experience you got with you from a previous life. You can use it or not, so it isn't you either. This isn't the determining factor of what you are. When you become more awake, aware and alive, you are able to see this information inside you and you will see what you did with it, what you have learned of it, and how

you can put it into use. You will be the director with more elements to play the orchestration of your song.

The observer sees. The director does. In a daily life, the ego is the director, and the victim of the deeds of the ego at the same time. Because what the director does, the victim feels and the victim will reap the harvest of the deeds. When you are transforming the ego into a connection of the Soul, the being of the director will be changed to the Soul.

As we see now. The observer is part of the body, part of the being you. You can observe in an out of body experience or near death experience. It is an awareness of being. The prime director of life is your Soul, when the ultimate direction of your being and experiencing lies in the hands of your Soul.

And again your Soul has an inner level of connecting within. In this inner level he or she has, also forms the observer, the director. The Soul is to this director the same as the ego is for the Soul. And the very state of being for the Soul is the observer. As in earth as in heaven, the same situation occurs.

In the role of observer you are in the zero point. If you do more than observe, you are going out of the center of being, into doing.

So your Soul as ego to its director has an obligation, just as the ego, to dissolve him or herself to the direction of the main director at the inside. This main director is GOD. So the Soul wants to go to God and lose its identity just like the ego loses its identity when delivering itself more and more to the direction of the Soul. The Soul has the same task in becoming more and more God, so giving more and more to the direction of being GOD.

Next level please. God has an observer role also. He needs to see and experience everything as it is. He also needs to know what kind of direction he likes to take with his beings everywhere. So again he needs to have a guideline, an inner knowing what to do. So he will have a director in himself too. This director can lose itself just like the others into action. Then the observer comes in handy. So the observer guards the consciousness of the director and its being. As long as the director tells the observer to be the observer instead of identification with the outcome, the feelings and the ego.

Okay, when we come to the next level of it all, we see that God has the wish to experience as much as he can. To observe who he are as much as he can. When he is full with it, the longing to be part of his inner guide, his inner director and his inner observer will become very clear. With a clear feeling of his longing, the longing of going within, to be part of will, grows. Then he is able to go back to his source of being. With his losing his identity to be more of his Source, he will be more and more the Source. And this way the creation will be back to its roots, the Source.

This is what the Source wants, what the Source is waiting for. And here the story stops.

The source doesn't do anything. She has send God out, and given him the observer, the director role with him. So he could feel, experience, be whatever he wanted to be, experience and so on. When you are two roles, and can do what you want to, you have the third party to guide you. When you learned to trust your guidance, you become more and more connected to it. You become more and more your guide at your inner state of being. This way you are sacredly married into one being with your inner self.

The Soul plays the role of Source in our life. The Soul plays the role of ego in the life of the creator.

The creator plays the role of ego in the life of the Source. And eventually, everything goes back to its own source. We to our Soul, the Soul to the Creator and the Creator to the Source, everything becomes one. When you look with the eyes of the Source, we are all one, part of each other.

There is no distinction between us and she, between the soul and the creator, between the creator and the Source, between the soul and us living in the matter.

First you trust your guidance of your Soul. Next phase you are connected with your Soul and you don't have to trust anymore. The next phase, you are sacredly married and you are the Soul into being, into matter. Then the next phase is the connection of the Soul with the creator. This relationship will go through the same development. There is one thing that differs. The soul has

more parts of itself into being, in the matter. The Soul needs to be, in every part of itself, the Source of being into matter. The sacred marriage inside has to be done by all the different parts of the Soul, before the Soul can give its direction back in a sacred marriage to the Creator. This is also the same with the Creator to the Source, the Creator has to have all his Souls in a sacred relationship within each to be able to go back to the Source.

If one speculated about the very essence of the Source, you can ask if the development stops at the Source. For us it stops there. It is all there is for us. But maybe we can say that a development never stops. Maybe the Source has her process of being and sacred marriage also and she needs to have her Creator coming back to her, to go to her next phase of being? It sounds logical, doesn't it?

If we look at one person, being part of a Soul group of 12 Beings, into one Soul.

One Soul being part of a group Soul, being part of 12 Beings.

A group Soul being part of a family of 12 Beings.

Then we don't have names for it yet in your language, to address the existence of these Beings.

And this is going on to infinity, until you reach the Creator.

Every universe has its own Creator, so they are part of a group of 12.

And one of these is part of a group of 12 also.

Then a group Creator will be part of Being, part of twelve Beings.

This will go on also to infinity, until you will reach the very Source of it all.

Somewhere on the line the parting into 12 pieces will change into parting in 3 and 2.

Because the Source divided herself into 2, out of curiosity, to have something to look at and to have something to see what she was really. And this way the play came into being.

Time to finish the transmission for today. Have a good demonstration. I don't mind if you erase this sentence in the message when the demonstration is done, Friday afternoon.

Be what you are. Nothing more will satisfy you. Off to bed you go. See you next time.

With love,

Ashtar.

Transmission closed, finished, stops, final, the end for today only.

PP May 7, 2004

Dear All, this is Ashtar speaking.

Sometimes we see people just trying to be happy in their daily life. They just keep their focus on their work, their families, their loved ones, and try to live happily in balance in this live. There is nothing wrong with this attitude. Except, and yes you could feel this one coming, when the way you live needs to provide you with balance and satisfaction. If you are living your balance at the inside in your outer world, it is complete fine with me, you are master of your world and you live balance. If you seek the balance at the outside world, you make the mistake lots of people are making. Happiness, satisfaction, living happily ever after, is a fruit of your inner world. You sow at your inside, you harvest at your inside and outside.

If you have to answer one question, your answer will be: I am myself. I only have to be myself. And what are you? Look at the inside and surprise yourself with the ever changing answers to this question. You are God into expression, you are God into experience. You are God into manifestation. And what you consider to be God, you express, you experience and you manifest. And your answer to your question: Who Am I? Who Am I as GOD determines what you do. And while seeking your answer, experiencing your answer, you go on with the attraction to be yourself, to experience yourself to the circle of going back to the source. When you ultimate know you are God, you are the Source, you are them, and you are one, then the journey ends and your questions has been answered.

So ask questions about how you are. Give yourself the joy of manifestation. Be curious, be humorous, take yourself lighthearted. This is what is the matter with the world, they take the play seriously. And this way the world is serious, deadly stuff, you know. And to be honest, I don't know. For me the world is lighthearted, with joy, pleasure, a joke, a distorting mirror, humorous, happy and so on.

Don't you get bored with the smooth face you have to wear in Sunday church of being deadly serious about well loved sins. You would only sin to feel the pleasure of living, when you are a member of any church. Better quit having churches and religions. And if you have a religion, just have the one of the heart. Your heart is an ever loving well of light inside you. If you have this as your guide in your religion, in your belief system, everything turns out to be as good as it can be.

If you ever have the chance to help someone who has walked the path of a self ending death, do so. This person needs to have a turn in life purpose. If the life purpose becomes death, death this person faces in every detail in life. You can retrace your steps when you are this person. Most of them do. But just think about how you will give yourself the pleasure of living, the pleasure of being of sparkling energy back to yourself. This is the problem all people are facing when they have walked the path. Your life systems in your world are made so that no one can retrace this path. Its is made so every one walks this path, knowing or unknowing. Every one will lose his life purpose, the pleasure in life, to be a rat in a treadmill of working for a living.

So what can you give to this person who has walked the path of a self ending death. (When you do act your plan of murder yourself, you commit suicide). First a hug, they won't stand alone anymore.

Second go and search with them for their dreams, their hopes. Without hope they are lost. Know that the hope they will grab life with, is a straw to hold on to in life's turbulences. The foundation has to be stronger then only hope.

So they hope for a tiny place in a corner of life, without being in sight of big problems. In this tiny corner, they try to live a happy life, where they seek balance and joy in their outer world, for inside they have already died. Just to give life to them at the inside, and life is love, and love is light, and rain to wash away the sorrow of not being accepted, or felt accepted by the world. Lots of people who have walked the path of a self ending death, are very sensitive, full of life purpose of changing the world for a better one for all. They need to be their selves.

In time they will find out that a tiny corner won't help them. That nobody will love them in that tiny corner. So what to do next?

Retrace your step as a child. What made you smile? What gave you sparkling eyes full of joy and wonder? Ask yourself, ask your family. To live a vivid life again, full of purpose? I would die for that one. When you reincarnate you do.

Give yourself permission to fly. No matter what flying means to you. You can spread your wings and become yourself. Just learn to trust your wings, your Self.

To retrace your steps, you can unlock yourself in different manners. And you should do. Un(c)lock yourself and feel free to experience joy. To feel guilty when you feel joy and others in the world don't isn't necessary. It is rather ridiculous. Why should you stop and feel unhappy, when you do a better job when you feel joyous and when you share your joy? Unlock yourself and say to yourself that you are free to accept gifts from the world and yourself. You are allowed to feel love, to feel free, to feel humorous, to feel happy, to feel secure about yourself, to feel anything at all, as long as you wish for. When you feel you will go from one stage to the other, feeling helps you to experience yourself, but only feeling won't satisfy you.

When you feel again, you will feel the sadness of your being, the very reason to walk this path of a self ending death. Until you find this reason, and healed the reason, you are still on this path. This reason is rather difficult to find, and needs a lot of courage to see, lots of experiencing of pain. It also needs a lot of healing. If I look at the world, I see a lot of people who stopped at this path, and don't know how to step aside of this path. If you shut off ways of expressing, being, to walk this path, you have to find the keys you carefully threw away, and you made perfectly sure that it is very hard to find them. Ask help from your higher self. You won't get far without help at your inside, with the overview of a loving being to help you to become yourself and this higher being at the same time.

This is your guide towards the path to living. You can walk the path of self death at your own. But you never get off alone. Stepping aside, turning your steps, retracing your inner happiness as child can only be obtained, when you devote yourself to living. You have devoted yourself to death. So only when you devote yourself with the same intensity to living, you go back to the country of the living. Then the tiny corner is not what you are seeking in life. The tiny corner is just a way of existing, without being able to live.

There are lots of techniques available to get into contact with your higher self. A few channelings ago (don't mind my words, its a few channelings ago), I made you a beautiful meditation about going within to the inner garden of your being. Do this meditation every day. Ask your higher self to visit you every time you are there. Make sure you give your higher self a hug, and be hugged in return. Then go to your temple and sit on a couch with your higher self. While sitting, talking and listening to each other, you can talk a lot of pain, a lot of healing, a lot of learning. While talking and learning from your higher self, you are able to re-find who you are, what your joy's are and what you came to do in this world.

With this richness in your inner world, your daily living will improve. I know, it will take time, but the time it takes is worth a million. How long did you walk on the path of the self ending death? How long do you stand on this path without a direction to take, only with the pain of not knowing how to retrace your steps? So the solution has to be ready in one day, one channeling? The solution is ready in one channeling, see for yourself, but to live the solution is something different. It will take some years. Luckily many of you have many years that would have been spilled idle without this task. When you come back in the land of living, you have time to find your life purpose and fulfill it. So better hurry, there are wonderful things to explored at the inside of your being.

With your inner self been taken care of as the garden of Eden, the higher self as the wisdom guide to retrace your steps, the love of your heart as your source of warmth in your daily life, you have all the tools you need to retrace your steps to the land of living. With determination, love, guidance, the happy coincidences going your way, growth, healing of pain, making space at your inside, you will experience the richness of being. When you have this connection, this satisfaction of being alive, you won't try to kill yourself anymore. While being the 3 A's, you are alive, awake, aware and kicking your ass of the side road, you are going towards life, and no one (including yourself) is able to stop you. And certainly you won't mind that you dare not stop yourself. Who won't dare to be himself?

Next time when you take one single tiny weeny step on the road of the self ending death, it doesn't matter if this is physically, mentally, emotionally, better think, the road back is very long. The road back you walk, when it is in this life or not, you have to walk back, because there is

where you belong. You can't stay away. There is the life you like to live. In this life, or the other, it doesn't matter.

I can't resist the remark that every addiction or habit that is bad for your body, is made by society to lure you into the road of the self ending death. Maybe I am patronizing you. Maybe this is a mirror image you don't like to see. Everything you do that harms your body, is a step on this road. Love yourself includes your body as your neighbor. This sentence stands tall after all these messages and ages. Don't talk this walk, just walk your talk.

Have a good time with pondering this message.
With love,

Ashtar.

Transfer closed.

PP may 8, 2004

This is Ashtar speaking, again.

Hello all, it doesn't matter if you walk the path of the self ending death if you incline to kill your body or when you incline to kill your inner self (so you won't feel the pain anymore, you don't live a life which is opposite to the society, you just fit nicely in the expectations, and you do what is expected, the trouble is you never can make it to fit all the expectations, they change, ironically, this will be your problem, and this will keep you alive at the inside). Nicely, you always have signs that remind you that this path isn't for you (for no body and no being). You are a living creature, as the rest is. This way you walk the path of living. And you can't wander far away (only in your point of view it is possible) for life sustains your point of view that you don't have a worthwhile life. Life sustains you, no matter what. So when you indulge yourself in the path of self ending death, you, the god inside you, sustains you with this path. You see as you like to see, you have experiences as you like them, fitting in your point of view. You are God expressing, god into manifestation, god into creation. No matter what you like to create. You create every instant of a moment.

Good love,

Ashtar.

Transfer closed.

Summary

What does it take to feel alive?

To feel, experience, accept, joy, feeding of the essence of divine, and be yourself to the nerves of your being.

What does it take to be aware?

To experience the experience to the finest of every corner of the experience of being.

What does it take to be awake?

To know and be your inner being of God in experience, into creation, into manifestation. To be aware of this inner truth and take your responsibility for what you are.

What does it take to be alive?

To live your self created creation in an ever changing moment of being.

What does it take to feed your soul?

To meet like minded people who stimulate you to be more than you are now, to expand your horizon to the next manifestation who you are. To be what you are, experience what you are, to live a stimulating life of expressing who you are and dare to expand it beyond your dreams, beyond your expectations of what you are, beyond your self inflicted limitations of what you think you are.

To be, feel, experience what you are in the ever changing moment of being.

Make yourself an environment that can mirror what you are.

What does keep your body healthy?

To live a honest life with yourself and others, to give nutritious food, take a bath in light (inside and outside), live a regular life with respect to the limitations of your body, and give free way to express the God you are, to keep the energy flowing, dancing and creating.

What makes your life worthwhile?

To do what makes your heart sing, your body dance, and what makes your Soul being satisfied with being you.

What if you can do all this?

YOU are GOD at that very instant, and you would know you are GOD. That you are God, you know with your mind. But knowing with your being, is your game you came to play. Play it with fun.

What is knowing with your being?

To be the master of feeling, experiencing, expressing you being God at your inside, with wisdom, insight and love for All there is.

What if we all feel that we all love each other and ourselves?

Just envision this as your biggest vision for the world. And see, the Golden Age will be yours.

All these questions and answers were given by Ashtar. Next questions he would lovely answer if you ask some. Ashtar likes to have a 2-way communication with all of you. His purpose is to learn of us, to be of help where ever he can be with his limited point of view, not being of the earth, not playing our tough task in the ascension of the Earth. He likes to shake us awake to our essence of being. He wishes us joy and pleasure in our plays and games of beings GOD. (Editor: this seems to be a bye bye for now explanation from his secretary.)

Have a good time of being with each other. The next channelings will be coming when needed or when there are answers to be answered and questions to be raised.