

This is Asthar speaking

This is transmission nr. 2058 for ground crew peace palace activists.

In the beginning you manifested a law, a team, a purpose. - Now it is time to start doing much more than spreading the news. You need to know your joys, your capacities, your contracts. You must revere your life and your longings.

Do you want to live your unknown but longed for dream?

In the beginning you need to get to know each other, just as you need to get to know me. Only in trust we can work together. Please trust me. We are working for the highest goal we can imagine.

Life, love, trust, friendship and a beautiful earth on which heaven can be manifested. In the coming times, much needs to be done for this purpose. Much needs to change, much needs to be loved and be freed of pain, fear, loneliness. Much needs to be cleared, cleaned, healed, inside of you and outside of you.

If you ask what you can do for helping in this coming process I will like to tell you a story of 2 helping hands, a loving heart and a mind willingly to accept guidance from his soul. This combination can do almost everything according to the highest good for everybody.

But first, while time is short at hand, we ask you to see if there is any residue left of fear, mistrust, anger, ego and misplaced loyalties. I ask you in the name of the whole universe to make sure you are free of these concepts.

We need courageous people. We know you have grown in the last few month's. We saw the changes you all made in your life to be all you can be. Now we ask you to be more than you ever can imagine to be. Believe, feel, act if you were us, you were God., which indeed you are.

(Cat interrupting message, zero out. — Being back on wavelength again)

God does handle with purpose, with love and understanding. Be like him, act like him, see him in yourself and around you with every breath you take. Let yourself be free, let yourself be like him.

Accept the guidance, love and responsibility you all carry for being at the peace palace for the world. Make that difference and take it along with you through your daily life.

Thank you for your time, your efforts and your dedication to do what is best for the world.

Mission has to begin with you in your daily lives. Others will follow your lead. Go with the flow, act your beliefs out of your system, and just be. While running out of time, there is much to be achieved, much to be accomplished, much to be transformed. Live as your highest level of who you are.

I am Asthar speaking to you, and I thank you all for who you are.

Transmission finished.

2059(?), received during the demo at the Peace Palace. March 5th, 2004

Are you ready for transfer?

This is Ashtar speaking.

Healing is part of today's demonstration as protection is.

The joy of today's celebration fills the air.

The healing is increasing. Now we have a fundament on which we are able to build for the future.

Nothing is exceptional at this moment. Expect the whole Universe to support you and all the people who are working to get NESARA announced.

The announcement is coming, don't worry.

(A wild free cat is meowing and Thea's dog Kultha is chasing her.)

As you see, lots needs to be done before freedom between animals and humans and between animals is going to be restored. And this is what we are talking about.

Freedom, peace, wholeness for everybody and every being, just as the garden of Eden in your Bible (which was something else). But the reminder of a pure state of blessing being together still lives in every one of you.

We, you and I, like to see this again in Heaven and Earth, in all realms, and everywhere in the Universe.

We need you to help us in our mission through the Galaxy.

You choose the hardest way, the fastest way of doing it, to get at the point of being all to help, to do in Universe what you wish to do.

This was the reason for your Earth mission. Maybe it took longer than you (we) expected, but all that matters is the outcome.

With this training you will benefit from experiences upon experiences.

The training will continue, in this lifetime and there after.

I will leave you now with my regards to all the team, with special thanks for your dedication for this Friday. Enjoy today and your being together.

The blessings from Heaven await you and all inhabitants in and upon Earth.

This is Ashtar saying goodbye.

Transmission finished.

PP march 7, 2004, transmission no. 2063

All of you in the team have had a hard time in the world. I am not saying that this is going to end soon. The hard time in the world will change. You will be having a hard time for the world, making all the changes possible. Hard times when the outer world is pulling for your attention, for your appearance in TV shows or something like that.

Especially when everything pulls at you, you have to be centered within yourself. The maya of everyday life will take you to nowhere. And you don't want to be there. To be inside yourself is the place you want to be. It is important to be there where you want to be. There is your strength, there is your vision, there is your goal, there is your help, there is all.

Outside is an illusion, a very helpful illusion, but not the one you want to stay in for the rest of your life. Life will be changing, making a very hard demand on the first frontiers people, to explain, to guide, to heal, to love. That isn't the hardest task. What about the people who will have a hard time to make the adjustments needed after the announcement. What about the structure of the way of living in the world, what about the belief systems, the viewing regarding the women, the muslim, regarding animals (not having a soul and feelings), what about the plants (not having a soul and feelings), the insects, the rocks and stones (again not having a soul and feelings) in most common view of life.

Who in the world is thinking about playing homage to the dwarfs, the elves, the spirits of the cities, the spirits of the forest, the spirits of a river, don't they have body's, feelings, souls, purpose, hurtings form neglecting, abuse, wounds of slaughter?

Love is the only answer we can give to each other and this includes the elves, the dwarfs, the spirits of nature, the animals.

The world is much more then you can imagine right now. But without knowing them, without loving them, without seeing them, without feeling them, you are still responsible for them. And responsible for not knowing them, not seeing them, not feeling them. Being human is a big responsibility, not only for yourself as a soul, and your growth towards God, but also for everything in your neighborhood.

Everything needs to be loved. I repeat everything needs to be loved. The anger in a child needs to be healed as the hurts a cat has from abuse by a human or dog.

Love and Life (which are similar and can be used to mention the same source, the same value, the same beginning) runs through everything, are the same everywhere. So there is no difference between you and the rest. The only difference there is, is the one you make. The only difference exist in your conception of the world. The only thing matters, is how much you love yourself and how much you expand this love towards yourself outside of you. And in matter of fact there is no outside of you.

But first you have to be inside yourself to feel the source of everything. And this is the responsibility for the coming time, be inside you and love. Feel the center and act from within to the outside.

Keep an eye on yourself, how can you be an example, an image for the rest of the world when you treat yourself as unworthy, unloving. As I already have asked: are you free, my dears? Free to be what ever you can be, more then you dream to be? Free to love yourself and to put this love in action, in loving yourself in the outer world?

Loving is the answer, and by love Nesara will come, and in love Nesara shall be received by the world, and loving is what it is all about.

Let love be your guidance in this coming time, and be careful not to be overcome with the outer world, what ever happens to the world, even the announcement of Nesara, stay in love and stay in your center. Let the connection of your soul, the love connection with the Source, be your guidance in the coming time.

That is all that matters.

Thank you for your time and effort and your willingness to listen to these messages,

Connection out.

This is Asthar saying goodbye. Goodbye

PP 08-03-2004, no. 2064

Are you ready for transfer?

Yes I am.

Okay here we go again.

The nature of Love is a natural Law. Every thing exists because of this Law. The law of gravitation is based on this Law. So it is very important that everybody knows this Law, loves this Law and acts on it. During coming times, people will even know how to invent mechanics like a spaceship operating by this Law.

The basic is very easy.

Everything is energy. Energy is Love. Everything in action is Love in action.

The dark side is putting Love in action against Nesara.

The light side is putting Love in action in favor of Nesara.

In either way the energy containing Nesara is building tremendously towards a nice climax. Because Nesara is based in Love, talks about Love, Love is needed on your world, the Love Nesara brings will be accepted because of the need for it.

Depending on the amount of love for it on both sides, how it is coming will be very funny. When the love stays neutral (just as Jennifer Lee asks you all to do and to keep in focus) the implementation of Nesara would be a neutral one.

But the energy of Nesara isn't Neutral at all.

The charging of the Love energy is on both sides building and building. We all hope here that you stop and will go stay neutral while loving and working with Love energy.

It is all again talking about concepts. How do you charge the energy with which concept?

I need Nesara because of my financial problems or Nesara is the best solution for the world?

Ego colors the energies.

Energy is per definition neutral.

Real Love is at the same time talking about freedom, respect, helping, caressing, understanding.

This list isn't limited. These are just examples.

The Love Nesara is building, is charging itself and the colors are very divers.

The whole need to be one color, one magnitude of energy Love. Then nothing can stop it. Now we are waiting which color the Love will be.

It is your decision, your free will. The color will be your choosing. And eventually everybody on Earth will go with the flow of this color.

The color makes the flow. It is just a part of our broadcast system. Color is the language of Love.

Now you ask me about Music. Music isn't a language. Music is color put into a feeling.

A color broadcasting gives a response. This response and the broadcasting itself give the music.

That's why sound is important. Sound is the answer to color, but is also the way of broadcasting it / sending it out to you.

Either you will react on colors of the sound of the broadcasting or the sound of accepting this specific Love by your being. And while accepting the color by making your own music, you are radiating your own color, your own specific form of Love back to the source of the Love.

This makes the whole universe a concert in music, a living painting in color and unique in its existence.

That's why everybody of us is unique. Only you and me can answer the Love in the way you or I do.

This is all this moment. Enough about colors and music. Play and act on it, try to feel your understanding.

(Goodbye for now. Transmission closed.)

(Shall we start again? Yes please!)

We were talking about Love, the color of Love and the way of broadcasting / sending it through the universe. I already told that these are correlated with each other. If you have one, you will have also the other, and your response will be there too.

It goes also the other way around. If you send Love in a specific color on the wavelength of a specific music then you will get an answer back, with a sound, a color. Your Love answer. This way Love makes it possible to communicate both ways.

If you know this, you can put it into action. So you should be careful which sound you make, which sound you are humming, which vibration you are thinking (is also a sound). The thoughts you are thinking are a song sung by you. Is this the song you like to sing? Or do you like to sing your Souls song? Or song of Freedom, Respect, Joy? All these are colors of Love. So we are talking Love right now.

But more important, which color do you prefer? Is that the color of your Love, your being into Action?

Do you wear your color? Do you act with colors, live with colors? Your aura is an impression who you are in colors. Somebody is also able to know you by the song you sing/act.

But most important, which Love are you seeing? Which love are you acting? Which love are you molding into concepts? Yes again I come back on concepts, ego, fear and being free of these limitations.

Life is too beautiful to mold it into a concept.

Rescuing you from your concepts is a task we are doing right now. That's why we are in your neighborhood. But you can make it easier for us and for you. Watch your colors, live your Love dream, sing your highest song. I am not talking about the high notes in your song, but the highest one you can imagine, your celestial song of Love of who you are.

If whole earth is singing this song of true Love for its existence, the source of Love, than you are free and we are free, to move to another part of the galaxy or universe, to do our next job, and may-be you are willing to join us, and sing your song with us to another part of this beautiful creation which Love made for us, as being us, so we can sing back the glory of the Love we feel for Love.

With this thought about the Law of Love, I will leave you for now to think about everything. You all are dearly loved by us and the Love which stands for the Creator, the beginning and the ending, and Love never fails or dies.

All are just concepts / illusions, what remains is Love, we are part of it.

Transmission closed for today, have a good day, on which Love can stall its blessings to all of you.

Goodbye,
Asthar

P.P. March 8, 2004 no. 2068

This is Asthar , are you ready to transfer?

The first lesson of today was about Love, the very basics.
The second lesson of today is about Gratitude.

Gratitude is an important lesson for everybody, including me. While I am working with you, giving you directive orders, I am at the same moment I am teaching you a tough lesson, grateful that you are willing to listen.

Immanuel said once: lots are called, but a few answer. This is the same situation. Lots can hear the call, but a few answer. This few have a lot to be grateful about. Everybody has a lot to be grateful about. But the people who listen to the call, a bit more.

When you listen to your soul call, the soft singing inside you. You are going to be guided. This is a thing to be grateful about.

But there is more to be grateful about. The merrily fact that you are living in a body, in the circumstances you are living in, the possibility to be of service to the divine order, to live in the right spot, the right place, with the right lessons learned already, otherwise you won't be here reading this, writing this.

If you love everything in your live, you are grateful that these things are in your live.

It is just the counterpart of the same Love.
To love is to be grateful.

If you are not grateful for something, then you don't love that thing. So you have a perfect device to see how much your love has extended, and what you need to learn to love.

If you are complaining, the same question has to stir your mind. Do I love this, properly not, so what is with holding me for loving this?

I am not talking about loving everything in your center of being, loving yourself but not taking responsibility for your life, your loving. Loving is acting. But that will follow later in this transmission.

So every inch of annoying, complaining, anger suggest that you don't love yourself and your world. Otherwise you would be grateful.

You people say: I love this person, but he has his own responsibility to do his thing, and if he is not doing his thing, it is his way, he will reap his own harvest.

If you're living on a farm with water, and your neighbor doesn't have water, then it depends on you if he starves or has a nice harvest. He can plant, he can weed, he can harvest, he can cry, pray to God, but if you are not willingly giving him the much needed water. He can't carry his responsibility because you are not helping him. O yes, you love him dearly, but he should take care of his own business. Loving in that occasion is not enough. Loving into action, being grateful to be able to help.

The same in your world is about information. Oh, everybody knows the value of sharing. But not information when you can make money of it. So the rest of the world starves to death, while you are just loving yourself, your family, your country, your neighbors, but loving to help others, being grateful to have the opportunity to share?

Real LOVE with capitals has this, it contains everything. It sings about respect, helping, sharing. We talked about it before. But loving means so much more then you can imagine. This is the job of the world today, what is the meaning of truly loving each other and yourself?

Okay, back to gratitude.

When you are really loving your neighbor as yourself. Then you are grateful for every possibility to respect yourself, your neighbor, to be of help (not by taking over responsibility) but sincerely helping with respect.

Gratitude is the normal response of loving. You love the opportunities, the others and you thank them for being in your life. It is that simple.

Gratitude is therefore a grace. It is a graceful way of being.

It doesn't imply that you have to take everything the other is doing without love and respect in their hearts. No, it simply says, you are grateful for every living experience of being able to put your love to the test. Nothing more, nothing less.

So to measure for yourself how your love is growing, just measure your gratitude. But most of all look at your gratefulness to be able to help. Loving is taking responsibility when needed, letting go when it requires not to interfere, and be of love at the same time in every situation.

Gratitude, or gratefulness, is a grace you can distinguish, you see it very easily if a person has this virtue. But you need to practice it every day of the week.

I can talk a lot about loving, gratitude, saying thank you to others and yourself. But most important is to do it. With only talking you don't give in to the experience.

With loving, lovely sharing (as part of your being grateful for your ability to give because you have something to give), loving respect for the path of the other you can see the God in yourself and in others.

If you are afraid of giving too much and getting less to give to others, you don't know the word sharing. Sharing means giving yourself an equal part of everything you give another. And if everybody shares, the giving and receiving are becoming a party for all the attendants. And you both are happy and grateful for the opportunity to share.

It all depends on the openness of a person, the amount of gratitude to get the loving in working order.

Loving is both ways in one person. Love and Gratitude are the same. You can't be grateful about something you don't love, and you can't be loving something you aren't glad about that this thing is in your life.

So considering Love in your life, you consider Gratitude in your life. And if you want to increase this in your life, you put it in action. Then you choose to share it, to respect, to help another out, to explain, to be an example, to work for it.

Gratitude is an inner riches you need to share to get it even bigger in your life. And it starts with sharing by saying good afternoon to somebody in the shop or something else very easy down to earth approach.

Gratitude is always noticed. If you have a job without liking it, you better quit or start to be grateful about it, otherwise they are going to fire you.

Life is just expanding towards love by gratitude or towards fear because of the complaining or something else.

Which way you choose is your decision. But not taking a decision is a decision in itself. Be grateful for what a cup of life rewards you are drinking at this moment. You made it yourself by your attitude, so better choose for gratitude.

This is Asthar saying goodbye for this evening. Life is.

With love,
Asthar

PP March 9, 2004

Are you ready for transfer?

People say often: you have to believe it.

Nothing is about believing. You believe in lies. Truth can be known. God can be your best friend.

Energies are, they can be measured by instruments.

And because of people believing something, the rest can't be true. It doesn't fit.

If you are open, or at least willing to be open minded, open hearted, then ...

The Peace Palace Crew wouldn't be there if they hadn't questioned life.

It all depends on your attitude, again if I may say so.

Which attitude do you prefer? Being grateful doesn't mean taking everything for granted.

So questioning life is an attitude. And one I prefer for all the people.

Questioning life, questioning behavior, questioning your attitude, questioning your point of view.

You have to depend on your own experiences. But if you don't have an open mind and an open heart, your experiences will be limited by your beliefs, your preferences.

Somebody can be a teacher or a writer, but if nobody tries the techniques presented in the book, the wisdom will be in vain.

This is also with channelings. If the people would listen to a channeling and they would try to live it and put the information to the test it would have been unnecessary to have more channelings on the same topic. Most of the books are channeled too. The people will call this inspiration. And inspiration can come from two sources, fear of love or a mixture.

Sai Baba tells everybody that reading should be because of the learning, nothing more and less.

Knowledge not putting into a test in daily live, is in vain, is useless.

So everything you read is important to be conscientious about. Do you honestly try to put the information to the test of your daily life? Do you dedicate yourself to learning? Do you want to grow into adultery as soul?

Being a human adult depends on age, not on behavior, this is not the way we look at beings. We look at the attitude of learning, the depth of loving nature, the depth of taking responsibility for daily life and behavior, the depth of listening to the directions of LOVE and the Soul.

Life is, but what is LIFE? If you do know the answer, live on it, act on it, questioned it every minute, listen to the answers? Next point of view?

Answers, do you really get answers? OF COURSE you will get ANSWERS. And depending on where you are looking for them, you will find them, but the place you look for them determines the quality.

Do you look in daily life? Or do you look in books? Do you look in your heart? Do you look in the stillness of your being? Is the source outside? Or inside?

Curiosity with a stillness of depth in ones mind is an art of living. This is the next grace of being. And wearing this grace suits more then any dress of jacket will do.

Thanks for writing this down, this is Asthar leaving you for giving you space and rest for you daily tasks.

Transfer opened

Yesterday, I spoke of gratitude and the grace of living grateful. Today the second grace will be dealt with. The grace of curiosity combined with stillness of mind.

One of the team always talks about: research everything and keep only the Good. I will put one phrase to this sentence: the good of every one concerned.

Because you need to define the good. The good in God's eye is the good which flows with the divine plan, your free will, your soul purpose, the purpose on living on earth, the purpose of the loving being called Earth and so on.

And the good of you doesn't include greed, collecting stuff etc. So stillness of mind, curiosity and the best of everyone concerned. And your divine spark is always concerned as is the other which life you touch. You can't live without touching some one. The air you breath has an identity, a soul. Your thought touches the one you are thinking about. Everything is in motion. Every split second you change.

You would say, tell me something new. I heard this many, many times before. You are right. You heard this many times before. But you aren't living it.

The grace of living with curiosity, a stillness of being, and the responsibility for your deeds. I don't see many of these aware beings and in human this is very rare. Dolphins yes, camels yes, birds too, but humans.

Humans aren't aware that they live in the light. They are the light. They radiate the light with every expression for their being. And expressing yourself is easy, every breath is an expression. Every thought the same.

The light workers of this world are more aware of this light expression. Except they limit themselves, living the light, living the responsibility, daring to confront their beliefs, their visions, their habits, their ego, eventually everybody backs off.

Safety they seek, but there is no safety; not in thought, beliefs etc.

Safety is only in daring to be curious, to see no limits in questioning life and experiences.

Daring to ask and be at the same time, still in being, still in mind.

The difference is in being and illusions. Questioning the illusion, see through it to the stillness of creation where there is no movement no illusion, everything is.

How can you be more than you imagine to be if you aren't daring to confront everything you believe, see, think, know.

That's what questioning is all about. The answer will be temporary as everything is temporary.

But keeping love, gratitude, respect, etc. in mind you will get beyond the place you dream of.

It begins with a question and it never stops.

But the basics remain always the same.

Remember the grace of living isn't limited to two items, more will follow.

See you next time, thank you all for your efforts, your dedication in life and your willingness to read this with an open mind, an open heart, and with questions in your stillness of being.

This is Asthar saying Goodbye for now,

Imhal guan patch

Hello all, today we are talking adventures.

First let me explain what an adventure is. Everything unknown by the Soul is an adventure.

Every well educated human would say: but the soul is God, God is everything, how can be something unknown by the Soul?

And it is, they are right, but still there are things unknown. You know something by experience. If you meet somebody, you are able to know this person. If you don't meet this person, you can't. If you watch TV to see the president of the united states, you see an illusion, you don't know him. You look at the picture somebody made of him. The picture moves, walks, talks, but you still don't know him. You have to meet him one way or the other. You can study him, but that won't work, because meeting is something different. Just ask the fan clubs about their idol. They always want to meet.

Meeting isn't limited to seeing in physicality. Meeting can be in different manners.

So going back to the experiences you are seeking by living on the earth. Experiences are coming into your life because you ask for them. If you are questioning life, you dare to ask questions, and you want to know the truth. At that point you invite the adventures to come your way. And with the adventures will come the experiences.

So to have conscious experiences, you have to be careful what you ask for.

(That's why questioning life is important. But to question life, you need to do it with a loving heart, a stillness of being and a grateful expectation of what is coming your way.

And with these conditions, the right adventure will come your way. And that's what we are talking about. The right adventure for the growth into a wise human being, based upon Love.

Nothing more and nothing less. Of course we don't settle for less. You did that before, and you know where that road will take you.

Let's talk again about adventures and why they are important in your daily lives

Are you ready for transfer?

Connection restored.

The grace of love is about being. The grace of love is about an attitude. And today's attitude we like to discuss is adventure. Adventure is highly underestimated in your society. In former days young men and women were allowed to travel, see another culture, get different training than what was usual at home. This adventure expanded the point of view of the men and women, made a flowerbed for wisdom fruitful and the whole society would benefit from it.

Nowadays the adventure is in playing games, being aggressive outside on the streets, suppress the need for it so it will be in experimentation with relations, aggressive behavior, experimentation with sex, drugs, alcohol, smoking, etc.

Daring to live is an expression of adventure too. So it is logical if someone who dares to live, will find adventure on his/her path. And nobody in this society is raised for adventure. Some do take it a bit by a vacation, or living for a few months in a different part of the earth. But there almost the same situation occurs, the people will face their selves much harder than at home.

What is needed to make the adventure a good one, is guidance.

If we see in old societies, guidance by an elder, wise in years and wisdom, was quite common.

This is suppressed by people who wanted to control others by fear, by suppressing natural behavior and so on. As this suppression ends, the people who are a threat to young people need to be cured, just like everyone of you. So this is a mission like to others I mention now and then.

The ideas of closing children in the houses, in schools, in day cares because of their safety made suppressed humans of them. This suppression in mind and in daily life need to be cured.

Children especially need adventure. And wise people make this adventure possible.

The world longs for new heroes. And if the adults are thinking about what they like to change in their life, you always hear the longing for adventure.

But because you take yourself with you on the adventure, the wisest way of an adventure is to have a wise man or woman as a back up for talking. When you see yourself in the midst of an adventure you like to talk to somebody who knows this out of experience.

That's why all the social work doesn't work in the society. Who is talking out of experience? Who has grown wise because of this experience? Who can guide, who knows the process? That's why older people in other universal societies are honored and respected, because of their experience, the love, wisdom and the guidance they can provide. If you look at the older people in the society you see teenagers in their second youth, they missed the adventure, and now with weak body's plenty of time and somehow a bit of finance, they are trying to do what they wished to do in their lives. How sad this is.

The need for adventure can't be underestimated. It is so profound in everybody. It is a longing for wisdom, it is a longing to know yourself at the highest possibility of who you are.

Society needs to give to the people ways of opportunities to be the best of who you are, without competing each other. That is very important, when one wins, the other loses. And this is not a way of a loving society.

You need to direct this energy in a win win situation, in every game. I will mention a few: chess, soccer, football etc.

If you don't use the energy for adventure, you will raise a suppressed generation of humans, not being able to put their experiences into wisdom for the next generation.

The next times after the announcement you will see lots of people trying to live their adventure to the fullest. And this is a good way of thinking. If the adventure will go right, you won't find bitter people in life any more. But to get this adventure right, you need to have guidance for them. And yes, this is a very hard device to accept for the people needing an adventure. They will think, I don't need advice, guidance, it seems like they treat me like a baby, I am not a child in need of a mother, etc, etc.

And no, they definitely don't need that. So we need to talk about guidance.

Guidance is something funny. You have inner guidance and outer guidance and both are necessary. That makes it remarkable. Much of all the spiritual concepts are just mainly inside processes. But guidance is inside and outside. It is an ongoing process inside while you listen to your soul, your heart, the divine spark inside. But it is also an outgoing process that you share your richness with others. It is as a matter of fact, more a sharing on the outside than a giving or asking.

You give guidance while sharing your own experiences, your example, your love by radiating it from the inside out. Eventually, you don't need to do anything for it. You just are.

And if somebody is drawn to you, he or she will ask questions and you are giving an opportunity to share your inner riches, your wisdom with the other.

It is just a question of trust. Trust in your capacities, gained by training in adventures, trust in your wisdom gained through complementation about your experiences, trust in your inner guidance from the source, and trust that what ever comes your way, will be for the best of everybody concerned.

So we are back again with the third grace of living, daring to face adventure and accepting guidance. This concept will give an opportunity for everybody to use their energy, to gain wisdom, to learn from older people's wisdom and restore the balance in the world between the generations.

If this grace is restored, whole generations will be benefiting from it. But the problem the world has to face is generations upon generations who still need to go through this process of going on adventure and seeking the wisdom that lies beneath the experiences. And there will be a great asking for guidance, which requires listening to the inside guidance and listening to the outside guidance. And this both will be a challenge for the world to provide for all, because of the ages long suppression of this need for growth in a human being.

Because adventure is a soul asking for great opportunities to grow into wisdom, into learning, into loving based on experiences into knowing himself.

I leave you today with time for pondering this message if it fits in your life. See you next time, and thank you for reading this message.

Ashtar says goodbye to all of you with a smile in his heart.

Transmission closed.

PP march 11, 2004

This is Ashtar seeking connection.

If you consider life in its fullest, you will have different topics to discuss with each other. I use discussion in the way of sharing, in changing ideas, respecting other points of view, acknowledge the other in their own experiences of being a divine spark, cherish the other, taking care of each other, enjoy being together, bless the other in deeds and thoughts.

Everything goes with the flow and the tides of Gods divine breath. Feeling this flow, acting on it, anticipating the ups and downs of this tide is an art of living. So we are talking about timing today.

Timing is important because when you feel the tide, you are able to time your actions, so you accomplished the maximum with the lesser effort.

This is what children in school always want to do, if they are living in the western society. In India they don't feel the dull obligation of studying nonsense. There they see the reason for study, the poverty of their families and the key to achieve a better life.

In the west the children see the mechanical way of living, eating, learning, and logical. Without the spark of Gods light everything is dull and not worthy of any attention. So they are right also.

Timing is very essential. If you want to go with the flow, you need to find the flow, where is the stream of Life, which way does it flow? Where is it going? But considering this, you also have to consider the flow of the society. Because running in the beat of the society will keep you from disappointment, exclusion and being alone. In some societies this means to not obey equals no food, or no hand, or starving to death without other humans taking care of you when you are sick.

The flow and the beat can make beautiful music when they come together in a mixture and gratitude for the flow of Life. It will become the dance of Life.

This is normally, in your society, not the occasion. Not before long the guidance in books as the I-Tjing for bending to the society but still living in the flow of Life, describing the art of changing, will be out dated. In a society which respects the divine part in everybody, the flow of Life will be respected.

Still at this moment, this isn't the occasion.

The timing is essential for the flow of Life. Creation and contemplation, making efforts and time for fixing and cleaning devices or households depends on it. There are some arts on this topic still in working order and they will be developed in time to a better understanding and part of daily life.

I suggest reading the growing, and harvest calendar based on Rudolf Steiner, astrology for humans, the moon tides, the changing of seasons. To the western human living on these signs sounds very un-free, not rational at all.

But if you are considering living on a living creature, with moods, love, running of blood through her veins, how can you be thinking that all this doesn't matter to you? Being just a little spark of the divine on a big divine being, you can be considered as ants to her. And today you are more behaving like a cockroaches. But then the one who isn't cleaning garbage, but making it with great efforts to spoil everything.

Eventually you all need to learn the art of timing. And this is a grace of living again. Because going with the flow, seeing to flow, living the flow, feeling the flow, life becomes less a challenge and becomes more in harmony with everything there is.

That's what matters. You've lost the knowledge, the quality of living in harmony with everything around you.

Normally in Lightwork groups, going with the flow is something about creating. They consider it good if you want something and going with the flow provides the desired outcome.

Timing and going with the flow, I would prefer, is going in harmony with everything in life. The currents of tides, the breath of God, the rhythm of living of mother Earth. It is so much more than everybody thinks it is.

You need to be very sensitive about it. To feel mother Earth and her way of living, feeling her breath, her moods, her thoughts. Harmonious living with her, with the stars, with God, with each other needs education, needs examples.

In history there was solid knowledge of this, and you need to re-find this knowledge. Because it is indeed an art to live this way on earth. And consider, if you go to another place somewhere in the universe, every planet as a living being has his own rhythm, his own song which need not to be disturbed. And if you don't live on that rhythm, sing your song in harmony, you definitely are going to disturb the song. And this karma isn't the one you will like to burden yourself with. Because you don't want to be a karmic obeying person. To be free of karma, to be free to the

light and the love of God, and obey only your divine will is the purpose of being a spark of God. So everything in life has a song, and this song is singing through the universe, and when things are living together on each other or beneath each other or inside each other, the songs need to sing together. Only in togetherness the songs will become one in harmony. And eventually learning to sing this song. Living on the beat of the heart of all that matters, makes life into a dance and a joy to be.

I will state, that science needs, in matter of fact, to give everybody the opportunity to learn everything about rhythm, flowing, loving. So they need to seek this wisdom for everybody. Then the schools need to make this wisdom available for everybody.

The talks about free energy, cars which don't hurt the environment, okay they are needs of today's society. The people want to live their life without changing much of the habits and try to keep the same style of living. What is wrong, with this you would say.

Nothing for the time being. But consider again, is your style of living in harmony with mother Earth? Is it an expression of gratitude to her existence? Does it keep track of her moods, her view of life? Does it consider her at all? I don't think so. You don't take your responsibility for her life and all her inhabitants. You are thinking about cleaning the garbage you made. But not of a better lifestyle which doesn't make the garbage. If you tape your body very closely so your skin can hardly breath, what will this do your body? So what are you doing regarding the skin of Mother Earth, with your roads, your buildings, your parks?

Who is sensitive enough to sit on a place, meditate on it, and ask sincere to the soil, the air, the waters, what that specific spot wants? And if you need to build a house somewhere, do you ask for permission? Do you ask which house on which conditions is welcome on that particular spot? Again, I don't think so.

May-be you don't like to hear all this responsibility stuff, the rules for living harmonically together, the learning of the wave of creation, the wave of living in a particular place. It definitely keeps you out of trouble. But there is something else to consider.

If you know this, you will know that what you want to achieve will be good for the best of everything and everybody concerned. You don't disturb Life anymore.

Now, you will ask, why is timing important and why is it a grace of Living? You know that the human has his free will. This is the answer to these questions. If you consider everything, you are sensitive about the tides, the breath of God (inhale, exhale), you don't disturb the life of other, the song of the other, nothing will stand against your choice to use your free will and put things to motion, to action. So, matter of fact, it is your free will, which will choose the moment of timing.

So the grace of living today is about timing and respect. Respect for the way of living of other creatures, respect and mingle with the other songs of life singing Gods grace through the whole creation. While being you, sing this song. So better make all together a beautiful one.

Because of your free will, you have the opportunity to choose the timing of your actions. This is your responsibility in life. To choose what you want in harmony with the rest of creation and to choose the timing for your creation.

This is the responsibility of the science in your world. To give you the knowledge, the tools for creating a life for yourself without interrupting other lives and songs.

This is the responsibility for education, to guide all of you through life with the right knowledge to live in harmony with the rest of creation.

To live in harmony, timing of creation by you and me, needs to be done with respect for any other being and their song, their tides, their joys and their existence as being a divine spark of creation.

Freedoms of choice, the free will gives a huge responsibility in life. Humanity chooses to have this freedom, but also to have this responsibility. Better to use it for the good of everything / everyone / ALL concerned.

Ashtar is leaving again to give everybody time to acknowledge the wisdom inside everyone of you. See you next time, goodbye dear hearts.

Transfer closed.

PP march 12, 2004

This is Ashtar speaking.

Very Big Smile, the glorious moment of hearing people speaking of adventure. You see, these messages are thrilling people to rethink their life, to reprogram their mind and their view of the world. It is always about concepts. And depending on the concepts you choose, that will be the world you are manifesting. That's why it is important to choose the right concepts, to contemplate them, to share the visions.

If you are manifesting a world, better make it a good, joyful one, right?

So life is unfolding in it's splendorous beauty of many chances, many possibilities, many directions. Which path shall it choose? The outcome will be the same. In matter of fact, the right path doesn't exist. At this moment, it doesn't matter what your background is, it doesn't matter where you came from, it doesn't matter if you are of pleiadian or of feline nature, or a mixture from both of them with greys and lizards and other aliens you didn't heard about before, because they are extinct at this moment. It doesn't matter if you are the heirs to a great capacity of might, kings. All that matters is the crossroads you are standing at.

The grace of life again, is about choosing. The choices you are going to make the next months determines the outcome, the timeline of growth of a new world. This new world will develop in time into a society. In this society the individuals are growing, choosing what kind of life they like to have on Earth, and this choosing will determine the growth, the speed towards the goal, which is ultimately the same everywhere in the creations of creation.

So how you play the game determines the speed, the quality, the joy, the pleasure, not the outcome. And because the outcome is known, the only part of the freewill you have is timing, coloring and which music you want to play on which moment. It determines the sheet music of the song, not the overall sound of the music.

Every level has his own vibration, the colors which are being used to make the light, it's own character and this is the setting, the playing field we all are allowed to play in. But the freewill situation, makes the game a bit different. You choose and because you're choosing you determine the speed of the flow and the quality of choices makes the flow go faster or slower.

And because of your choosing, you determine the pain and misery you will feel along the path. Going slow means lots of bypasses, labyrinths, going downs instead of going ups.

And all these choices of people and the vision they bare in mind, will determine the solutions of the new world which is coming closer.

The grace of living, as you already have noticed, comes in 2 or 3 words which are going together in one concept of seeing reality.

Choosing goes with freedom and freedom goes with joy. So the bare fact of being able to choose, makes you free as being, this is a responsibility we already have spoken about. Just reread the earlier messages several times to really get the picture of my messages. By freewill, being able to choose the timing of everything, you are free to express yourself. This is a unique experience. And being able to express yourself, you need to find out, what you like to express.

In the books, "Uncommon conversations with God", God always talks about what is the highest expression of your Self. Being a slave or being free and starve, is the question in the United States of America. In Holland you can't be starving to death if you are keeping yourself within the rules and regulations for your welfare money, and this money isn't free at all. They keep an eye on you, about your doing, and oh God, if you are enjoying being unemployed, making the best of your life, instead of being idle for the sake of being able to get to work immediately when a job happens to come your way, then you will face lots of difficulties.

And being unemployed doesn't mean you are being idle. Lots of people are contributing to the society without having a job. I dare to shock everybody and say: being unemployed is a necessity to make a contribution to the society that really matters.

Being unemployed makes you free to be of help to others. To share a smile to others, to stand still and listen to a story of another being, so this being has the experience that some did notice him and cared enough to listen, to share.

People are living when they have time to express their selves. So the system makes sure you don't have time left to do this. Without time, you are walking the treadmill of the system, without thinking, even much better, without feeling your Self, and if you don't feel yourself, you don't feel the divine spark and the urge to express yourself.

What makes expressing yourself so important to make society determined to suppress this urge of living? Expressing yourself is creative. Being creative means you are creating something. Which gives you a clue of being a bit of God. And God needs to forbid this to the people, because otherwise you can't suppress them anymore. Which is right? God can't be suppressed. God can't be a slave of an economic system which doesn't support freedom of expression.

Oh, you sure are free to express yourself. But you will have to add: how about the time to do it in? What about the money to buy the materials? What about the capacities? And how do you do it? Have you learned at school the joy of expressing yourself in a song, a painting, a walk, a ? whatever made your heart sing and made your vibration start to glow, whatever makes your being start to radiate light to the divine source?

I guess not. School is serious, you know Sir. No way, living is an expression of God. This makes you sing of joy. Joyous people are free to feel what they really are. But to make sure you don't have time to feel the joy, the means of expression are limited.

Nowadays the people are expressing themselves, by the car they buy, the movies they see, the kind of chips they eat on the freedom choice of on which couch they are sitting. And the house is rented, the car is paid on credit card checks, and you do only have a bit of spare time to do the consuming of things, because the rest is consumed by the job to fulfill your slavery duty towards money and to pay your checks.

And in school you are programmed to dull your mind to get rid of the ability of expression yourself, by the way your school system is arranged. We can talk for hours about the irrational choices people are making doing all things for the sake of being a slave.

What matters is the joy of living, the joy of choosing, the joy of expression. In this way you are expressing God in its splendor. And if everybody is doing this, living the amount of God he has inside, wow, what a world you will be living in.

So you need to get expression back in everybody's life. Funny it is, the word says how the society sees you: every body. Not every soul, not every being, not every human. Let's rewrite the language in into a healthier way of expressing yourself. Because everything is about expressing, and experiencing these expression. And this way you are getting to know your Self, and then you are getting to know God.

And in either way of expression yourself, you are creative, and this way you are creating experiences just the way God is doing.

And God feels the joy of his creations, he feels the joy of his expressing of being god. He can't choose to do it otherwise. We all can, living in the illusion. And that's why God made us in this illusion, for the fun of it. And we have to make sure for ourselves that it is fun for us too. To make the fun increase, you and I need to study universal laws of creation, universal laws of Love, to understand the nature of God. Which means to become God, otherwise you can't understand him. Which means you are God and becoming God. God in motion, God in expressing, God in experiencing, so everything is God in joy.

To go back to the expression the freedom of choice, the freedom of experiencing, the freedom to live Life to the fullest. You have to choose the life you like to have, for yourself, your children, your neighbors, the cat, the dog, and the ants (not to mention the trees, the water, mother Earth, the elves, the dwarves, the angels, the protecting guides of you (do you like to give them an easy job on you, by living a joyous healthy life, or wandering of the road by your choice to stagnate and obstruct the flow of your life? then they will have a hard time to get you back on track, if you want to) the stars and the federation of worlds, and all the galactic fleet and any spaceship and alien concerned about you and your immediate future.

To use the freedom of choice wisely, you have to consider the freedom and responsibility you bear, but most of all you have to consider the joy of expressing yourself to the highest good of all concerned. Life is too short for you at this moment, to waste time on non joyous occupations. And I certainly am not talking about egocentric pleasures, or something like that. Joy is divine,

just like you. And the real lasting pleasure, is the joy you will seek. This is the joy of God. And you are never to be satisfied with being less than God and feeling less than the joy of God expressing himself in Love for his creation.

And that is the way of being God, acting like him, feel like him, express yourself like him, but first of all rejoice like him, or her, or it. God is everything, no matter what.

I am taking my leave for the moment, reassuring you that the vision, which I have mentioned earlier in a message about how you would like to have your coming world, will come. But you have to decide, which vision you would like to come, how it will be colored, which vibration it will have, how it will vibrate into music, into existence. You choose, and your choice it is to take the short road with the flow or the heavy road up and down the hills.

And let the Joy and Love of choosing guide you through your decisions through the day.

Keep your vision high into your awareness, into your being, into your joys, and it will manifest for the good of every ONE (which indeed you all are, one together) in your world. My you in you benefits of it, with you and appreciation of your creation all together.

Goodnight for all of you, or a good day for all of you, depends on which timeframe you are living while reading and feeling this message,

Imhal anam patch solomoeny

Ashtar,

Transmission ended for today.

This is Ashtar speaking.

This transmission will be logically in two parts, just depending on the abilities of the receiver to keep her eyes open for today.

This is transmission 2085.

The outline of the nearby future is getting more and more clear through the messages. It is not important to follow these guidelines. You are terrific stubborn beings with a free mind to choose with free will which society you like to create. But before you are going to do so anyway, I like to explain again the reason for these messages.

The messages are transmitted to give you guidelines for the use your freewill with discernment. How can you choose something you don't know? You can't create a vision, without knowing what to create. As a matter of fact, because you know something, you are able to create it. And then it is handy to be a God your self. God knows everything, so you do too, being God. That's why the infinite recourses of creation are at your asking. Considering the free will of all of you, you have to ask. So you have to make sure that you don't ask to fill your head with crap, watch TV, eat garbage (the nutrition value of your food), poisoning yourself with smoking, drinking, drugs and cola and so on, work to pay the slavery duty for money, and when you are too old, worn out to enjoy life anymore, you are getting a poor pension to get your children fetched with your hospital bills, so they are sure they are getting the same life as you had. Then the circle is complete. The way out is Nesara, except that is the beginning of the way out. So what are you asking for yourself to get a better life? What is your vision of living a life full of comprehension, love, joy, fulfillment and others having the same values in her or his life?

Life is, how it is depends on your creation. And as a matter of fact, the illusion depends on your asking, your freewill. The rest is, rest assured, in Gods hand. He is taking care of it splendidly. But as far as you know you are living in the illusion, and ultimately you are only getting an illusion for you efforts. So why waste time on it?

Why is Nesara necessary at all, or the golden age speaking in terms of the Bible (the politically corrected, dull one, the rest left out of it, is more worthwhile).

While being in the illusion, you need to see through the illusion to get out of it. Realize you are God into your core being, and then you are free to be God in expression. Until that moment, it is more a pleasure to remember you are God in a setting which values the growth into God, and cherishes the people making efforts to overcome the inner problems they are facing. The determining fact of looking at people will be how much amount of Love they can share with the world, and what the efforts are to increase this amount and how you are able to support. That's all. So it doesn't matter if you are a captain of a spaceship, or a disabled girl in rags. All what matters, is the love you have, the love you increase and the way of sharing your love with the world.

Looking beyond appearances, looking beyond achievements, looking beyond everything and just see God in your self and outside yourself.

Attachment, detachment, cherishing and caring are the words of today grace's. What I try to give you is a comprehensive manual on every day living with the highest values of everything concerned. Trying not in the sense that I am trying to get the message clear, no, trying in the manner that I give this to you in a present, and I hope you unwrap it and will use it in the depth as it is presented.

Lets start talking about attachment. Attachment is the same word with the same value as suffering. If you are attached to something or some human/animal, situation, love, habit etc, you sure are going to suffer from it. While attached you will like to hold it, and trying to hold it, you will be going to lose it, and while losing it, you will feel pain because of the concepts and expectations going with trying to hold something. Holding is opposite of flowing. Life is forever changing. So that's why you better stay away from being attached.

As we are talking about detachment, you are attached, and trying to get rid of it. So you try to detach yourself. As long attachment is concerned, you are going to suffer also. Because attachment is the issue, the basic attitude, and trying to get rid of this attitude, makes you suffer on the same level as being attached to something. This is not the way to get around with it.

Others are talking about preferences. You like something or not and this is your preference. Also the same issue in other words. Wrong again. You will increase your suffering in the same amount. It is only you are a bit free of expectations, and that's why this attitude and concept seems to work. But the main issue still stays the same.

The only way out, as far I am concerned, is to cherish the world. Cherish the illusion of matter. Cherish as long as it is. And then you are able to cherish the next moment in creation. If you cherish the moment, you cherish every moment, and how that moment is unfolding is a blessings to you.

And going back to being grateful, the instant you are grateful you cherish what is inside of you, what is in the illusion, what you feel as being divine and not being part of the illusion, although it is with you all the time, you are in the illusion. So to cherish is the picture of valuing the moment, and let it go. Grateful is being aware of the picture, the lessons, the love, the moment and its blessings.

Cherish and grateful are twins.

The next moment you are grateful as attitude, as quality, you are going to cherish the moment. And in the same instant, you are going to care for the moment. Because the moment, and everything in it, is your creation. So why not take care of it, to let it be a good moment. The logical next step is caring. These qualities, grateful, cherish, care, are part of being Love expressing itself.

Cherish and caring are attitudes of graceful living. It is a grace of Living, while everything is divine and you see it as the way it is. So if you cherish everything the way it is, you take care for the divine in everything and every being. Then you are at the ultimate goal of Live and Love. God expressing itself and it's LOVE through creation, through caring, through cherishing, through being grateful, through Loving. GOD is grateful, isn't that a surprise? Most of the religions learn that GOD liked to be worshipped, but never, never do they talk about a GOD being grateful, or that he cherishes your being. He only cares for the people who believe in him. Funny but that isn't the way of being GOD.

If GOD talks about cherishing. Loving, caring, being Grateful, then you can expect that he has the same attitude for himself. God doesn't ask you to be what he isn't himself. How can He, but nobody thinks about this easy explanation.

Just read the 10 commandments, and see, it is all about cherishing, caring for, loving the GOD inside you, if you see through the demands of not doing things. Let's rewrite them:

1) *I am the Lord thy God.*

I guess that's right, the Lord is a Lord, and God is GOD. And there are up and below, or next to him others, but we are speaking about this creation, this universe, this galaxy and this wandering human people, aren't we? I should suggest that you will read: I am GOD, YOU are GOD, and We are ONE.

Thou shalt have no other gods before me.

If there is only one? Why should he be jealous? I would dare to say, this was meant to be: you are God and you shall not give the power over you to other beings, God in themselves, but only look inside yourself for finding GOD the one who you are.

Then he goes again: "Forbidden to make images of everything".

Because if you look at the images you look at the outside of things instead of looking at the inside. So I would say: forget making images about something, someone, doesn't matter what and where, because you will be lost in the world of appearances, in the world of illusions, instead of taking care for the moment and cherishing the moment of being God.

Now he goes mad. "I am a jealous God, so you are not allowed to bow for any other God or images. And if your father hates me, the grandchildren will suffer for this sin."

No way, if we are talking of a loving GOD, or a GOD at all (he sounds like a human, now doesn't he?, being jealous, resentful and so on). Nice example you have given yourself for thousands of years. Again no way, a living GOD a loving God doesn't bear this behavior, how low can you sink as being GOD, this is a good example of a sinking GOD who doesn't know his key value anymore. LOVE is ONLY GOD. And with this sentence it doesn't matter where you put your comma's it is always true. Just try it.

It is again a way to remind you not to give your power to any one or something else outside you. Because if you do this, it will break your heart, your joy, your experience of being GOD. And this will happen this instant as you are doing it. And by the example you give to your children, your

neighbors, your friends etc, this will be hard for them to turn around to a healthy relationship with themselves as being GOD. So your example goes a long way, and in this way you are responsible for the pain and suffering they endure for having a bad example of giving away the power of being GOD inside you.

2) *You shall give mercy on the ones who love me and keep my commandments.*

Again bless the ones who love me, and not the others. Jealous? Selfish? What about God recognizing GOD in others, and mercy will follow, just as appreciation, respect, love, caring, cherishing. God is always recognizing himself in anyone of us. And we are GOD, so this is no problem. It is just a conclusion of being GOD and recognizing GOD and the blessed state of being GOD. And mercy will follow.

3) *You shalt not taken the name of the Lord thy God in vain, not holding guiltless when you do so.*

Cursing my dears, you like that, don't you? Oh no, lightworkers don't do that any more. But beware what you are asking for, because ask and it shall be given. And this is still the same nowadays. Ask and it shall be given, and imagine your wish and it will come true. And what about the amount of energy you are cursing with, this is a big accelerator of what you are wishing at that moment. Thoughts are very powerful. So this is a nice warning, and not a thou shalt not forbidden action.

4) Then we are coming to the Sabbath days to keep it holy and not working for everybody.

Good way of keeping track of the rest of the people, to ensure everybody is resting at least once a week. There is no talk about resting of enjoying, celebrating, expressing yourself, cherishing, caring etc. And there is especially no talk about the obligation of going to the church or the obligation of praying, meditating.

Who needs to pray or meditate when you are enjoying God in yourself? Then your whole life is a prayer to God inside GOD. This one gives a time frame for at least one day of freedom of labor and slavery for every one.

5) *Honor thy father and mother.*

Good idea, but expand this to the neighbors, the mailman, the teacher, the children in the street, your children. Otherwise it is very limited. And honor only if the wisdom is available, otherwise respect them and give a helping hand when needed.

6) *Thou shalt not kill.*

Good idea, every human a vegetarian. Killing includes everything. Murder is for Humans only, and we make no exceptions on this rule.

7) *Thou shalt not commit adultery.*

May I expand this to every relationship? Trust is the best ingredient of any relationship. If you can't be trusted, you better quit any relationship. And if you can't be trusted, it just suggests you don't trust your God inside you. So you adultery your God inside you. Needs a lot of thinking, but look back at numbers 1 till 6 which reminds you at the relationship inside yourself with GOD inside you.

8) *Thou shalt not steal.*

Just a matter of respect for the God inside you and the same God inside the other and caring for yourself and the other.

9) *Thou shalt not bear false witness against thy neighbor.*

You lie to yourself if you lie to another. And to lie means you don't respect, you don't care.

Ultimately, you don't see the GOD in another and in yourself. You need a lot of working on yourself to restore the relationship you have with yourself and the God inside you. Nothing wrong with this one, but hard to admit your ails in this one.

10) Thou shalt not covet anything that is thy neighbors.

It is hard to respect someone and see the GOD in that person, if you are jealous. And if you are jealous you act out of a lack of trust in the GOD in yourself. And you need to do a job on yourself again.

So it looks like that these commandments are just a reminder and a test to see if your connection with the God in yourself is attained or not. And this test is the one you take for yourself. And the responsibility you take for yourself.

And we here just like to look at your achievements more then on your wrong doings. So lets rewrite them again.

You are loving the God in yourself and the God in others when you see the God in them and in yourself. If you enjoy the GOD in yourself and others, if you express the GOD in yourself and others and if you, by gratitude, cherish the moment of being GOD and take this cherishing into caring into expression and responsibility of living the LIFE / LOVE / GOD in it's fullest you cer-

tainly will be HAPPY being GOD. IF being happy matters at that moment being fully empowered GOD at that moment. But you certainly enjoy being GOD.

So the grace of living has been expanded today in the next grace of cherishing and caring for the moment you are living as GOD.

That's all about today lessons. Keep your Bible's ready if I chose to rewrite a part of it again. May-be I should ask for a channeler with knowledge about the Bagavat gita or something else, to give you another kind of teaching. Just kidding.

Have a good time to ponder these familiar sentences in the Bible, how they work out in your life and in your relationship with the GOD inside you. And never forget to cherish each other in a cherished moment and take care of it and every living being (which includes all) around you.

This is Ashtar saying goodbye.

Transfer closed.

Let's continuing the transfer.

This is Ashtar speaking with a new outline for the future.

Yesterday we were talking about cherishing the moment and taking care for the moment. Taking care for each other and the ten sentences of testing yourself in your trying to be God. Luckily GOD never has to try to be himself. And in time, when you see through the limitations of the illusion, you will know that You don't have a problem with being GOD and you didn't have to try it.

It is always the same, if you are a master, you don't know anymore the hardship in becoming a master. And that's what makes a good teacher. To remember how it was to be a student in the matters of science of the LOVE of GOD.

Science is always about trying to understand the way GOD lives, GOD creates, GOD thinks, feels, expresses himself and how his creation of illusions fits together. Religion is about keeping the knowledge secret, and the believing high. And spirituality is about daily life.

This will surprise everyone except the grounded lightworker. Some think about meditating once a day. But it should be the whole day, by expressing yourself as Being GOD.

Some think about killing of animals, and stop eating meat, fish, eggs, milk and so on. But they don't think about killing themselves with cigarettes.

Some think that ??..

The list goes on and on and on, and there is always a place where someone will fit with his beliefs, concepts, thinking etc.

LIFE IS, no matter what we think. LIFE IS LOVE.

LOVE is expressing itself by LIVING LIVE, LIVING LOVE.

And someone who loves without thinking. One living love, without questioning, just being aware of the love in his or her life, is on the right path, if not almost having finished that path through the world of illusions.

God can be known, Life can be lived, Love can be loved, and everything can be experienced.

So when you realize this, live this, you will go straight to where you want to be, HOME in GOD.

Now you know the lesson, and we can finish our business with you and the Earth, and go home. Unfortunately, you didn't get this lesson in eons. And now on the break of a new world, with lots to do, heal, clean, cherish, taking care, being, growing into Love, you need to have an outline for the world to renew your life, to restore balance, to bring the much asked for Love back in your daily life.

I heard about questions about the history of mankind and mother Earth. In time being you will have people who will find the real history in the history of the universe. You all will read your

own history in the Akasha Chronicles. You will know your part in doing all the wrong things to yourself and mother Earth, and you will start being humble.

You all were part of the wrong guys. You were all part of the warriors, the merchandisers who sold the one who didn't belong to them, part of the greedy people, the slaves, the starvation you caused yourself in another life.

Today's lesson is about being humble. Humble at your achievements in your many lives, humble at your achievements in your present life, humble at your efforts for your doings in today's life. Don't compare, and that is the reason of your humbleness. That isn't the way of being humble. Humble is the way of realizing that you can't achieve anything without the help of your divine spark inside you. Humble that you can't live, love, show compassion, sleep, eat, go to the restroom, without the divine spark in you. You just can't do anything without this divine spark. And you are just one of the trillions on your earth who have just the same spark as you do. So being humble while seeing an ant, is a good attitude. Being humble at seeing a (here I go again, you find them disgusting, therefore it is funny to use this example) cockroach. you know this one is GOD too. Can't image? Wrong! You have to see it, feel it, live it. Then you really know you are one with creation. (hey, you can see an alien in it, you did see Man in Black I and II, lots of violence in it still).

So being ONE with the creation matters. But you can't be ONE without the humbleness for the same creation. All are part and all need to be respected. And only respect shows immediately the way to humbleness.

And because you can't do anything without this spark of divine Light, the divine Light can't do anything without you. Just above as below. Humbleness goes both ways.

Being humble, being respectful to others, so lets look at violence, arrogance, greed, and other nice human behavior. Does that fit together? I don't think so. All this behavior has the attitude that you are somehow better than the other. Or you don't feel it that way but the opposite, and then you are going to hate the other and do take action to get this hated other out of your way so you can feel your self better than any other again. Trying to win the match, just for the game of it, and talk about how good you were at the game. Are you humble about your achievements at that moment? Again I don't think so. And if you aren't humble you aren't aware of your oneness with all.

What you respect, you cherish, what you cherish you are taking care for, and in both ways you are humble about yourself, not placing yourself or the other on number one position. There are people who think that a little bit of game will generate more effort of the participants. And yes, at this moment, this is the situation at your world. Without a goal, a price, a being better than the others, most of you don't lift a finger.

You have to do things because of the expressing of God inside yourself. God does things right. To honor God inside you, you have to do your best, without the game and the competition. A game is to compare you with others. And this makes you feel better than the others when you win. A game isn't a good place of being humble. Comparing isn't a sign of being respectful to others and yourself. And so a game does the same with you. It is in no way a sign of respect.

At the opposite side you can't be to humble about your achievements. Then you are underestimating them. This is not a sign of a good view of who you are. God can't be humble or lowering himself because he is GOD and there is nothing outside him. HE, SHE, IT, WE ARE ALL. While being GOD who likes to express himself, you have to do it the best you can. Because God can't do less then being the best he is, GOD. There is nothing less then GOD and nothing more then GOD.

So you do things wholeheartedly or you don't do it, there is nothing in between.

At this moment the results don't matter. You do it or not. And if you are doing it, then you are expressing GOD in its totally, and you put all your effort in it, all your attention and all your awareness, all your being into what you are doing.

You are giving your energy to the expression you make from yourself. And better not to waste your energy on something you didn't put effort in. God intends the things he is doing, he loves them, he respects them, he gives his energy to the process, to the outcome. And because he is

good, he did do his best (because he can't do less, we in the illusion can do less, but that isn't the way of doing things, as I explain). And that's why he doesn't bother about the results. He knows the results are good, because of his energy and his attention, his awareness, his expression of his being, his LOVE.

And because love equals life. So he gives life to his creations.

We are doing the same. Everything you create, has a life of its own. Better make it a beautiful life. The energy and love you are giving to its creation is your expression of being GOD. And it is ridiculous of you to think that one GOD should compete another GOD in a game, a play to feel good or something like that or the sake of comparison. If you see it the right way, you can be humble at your own achievements, and respectful at others.

And when you are a fully realized GOD then the results do matter. Because you are going to create life upon life upon life upon life as an expression of who you are. And you are sure you are going to make it in the best resemblance of who you are as the fully realized GOD.

And then still you are going to be humble when you look at the beautiful things your recreation will do with the life you have given them. And you honor them and respect them for expressing themselves that beautiful as part of your being.

As you are part of the GOD and part of the oneness, so they are part of you and part of the oneness you are.

So being humble makes it possible to see the other the way they are. And in that way respect has the opportunity to blossom. With respect, cherishing and caring, comes in the relationship and you are able to see the other and yourself as part of the same GOD, as part of the same oneness. And love can flow abundantly from one to the other, because there are no limitations in the expression of being one together as part of the same GOD.

And that's today's lesson of the next grace of living. My channel ponders every day what the next grace will be. And most of the time she is surprised and at the same time she recognized the concepts of the grace of living. I tell you nothing new. I remind you only what you already know.

This is enough for today, I wish you all a good day, and until the next channeling I will think about you and your message to the world and the promises of creation you will bring into existence.

Nibuyat amyn soly aton.

Ashtar.

PP March 15, 2004 no 2094

This is Ashtar waiting for transfer.

Let's talk again about the nearby future and your point of view about it.

As a few people are waiting for the Announcement of Nesara, more people are working to get it done, and lots more people are protesting in Spain to get the perpetrators of the attacks. And will they believe the lies they are being told?

Do you believe the lies you are being told, again and again and again. You are so common with these lies you don't see them as lies. That is the trouble with this world you are used to. And how to change your habits, your old view of the world? The information you get is controlled. If a view doesn't cooperate with the general view, no bookstore will sell the book with this information, the books simply won't be in print. The only way to get this information through to others, is the internet. This freedom will not exist for long, if the world stays like it is.

Again everything, every news at this moment is accepted, accepted when it is in print, accepted when it is on TV, always accepted. The news on the internet is being tolerated. But the worthwhile stuff will be hacked etc. So this news won't last long.

You are being brainwashed by school, by TV, by newspapers, by everything. And eventually, even as with the piano which is a compromise between the notes, and mostly doesn't have pure notes, you are getting used to it. And then a piano will sound like being purely tuned, but in reality it isn't. And if you hear the real pure note, you will consider this one as being off-key. So it goes with your view of the world, your view of the truth, your view on life and living, and how to live the life you are being given.

If you are going to be alienated from your inner knowledge, and you all are in a certain way, then it is difficult to get the right information to you. You don't accept it, because of your view of the world. And if you accept it, you aren't able to experience it. Your senses are not gauged to experience this truth. Luckily, your inner knowing is a strong device and easy to fine tune with the flow of life and the love of God. And this is what is needed at this moment, to see through the lies, the accepted view of the world in printing and so on. So truth still sounds a bell and triggers you inside.

First lie: you have to sleep, eat and drink to sustain life.

In your world there are humans who don't need food or water in order to live.

There are people worrying about the less sleep they need, and ask for sleeping pills in order to sleep.

People with fine tuned senses are being locked up in institutions because their view of the world sounds to the healthy people as being sick. They see the whole spectrum of life on earth, the dark side and the enlightened sight, the aura's and the devastation of people by means of the only accepted way of committing suicide, alcohol, sweets and smoking, because this runs the money into their pockets. The devastation of the aura's are also made by accidents, money problems in families, disease in mind and in body, trauma's and so on. Unfortunately the people with the fine tuned senses mostly will see the dark side of life. With the right practice from early childhood on and a lovely guidance by their families, teachers etc, this would have been prevented, and you would have a nice lightworker, if the karma isn't the issue or if they work out their karma on a good manner.

The society is wasting people and their contributions in order to sustain an unhealthy society. And you all consider this as being normal. You all, including my commanders, support the society in your view. Love, Life is much more than you consider it to be. But you can't say to a blind one that he needs to see the world in order to understand the concepts of crossing the street. You will find another way to get the message through.

I know I disqualify my own people, and all your achievements as spiritual orientated people. I know I disqualify your honest trying to perceive the truth.

And at the other hand I see it and I respect it. You all did much already. But more needs to be done. There is no time to waste, to get learning done, to go and find the supporting information on your path of growth, to sustain the inner balance, to cherish the inner voice of consciousness, to stay aware of your daily concepts and adjust them to a healthier way of thinking.

I tricked my channel, she didn't want to hear the bad news and she was already wondering if this was a channeling or not. She is like everyone of you interested in the good news. To see what is done, instead of what needs to be done. Everybody likes to talk about the cup of tea which is half full or half empty. And all the lightworkers are being learned to think positive. And this is a judgement of value and one of the teachings still in the bible says: judge not, and thou shalt not be judged. So the glass is half and nothing more.

I just painted the picture of what needs to be done. Not to condemn you or something like that. Not to get you in a somber mood. Just to see if you will say, okay, a lot needs to be done, but I am a spark of God. God can accomplish everything, so do I. And I trust my spark of God and I trust the guidance of It.

For everybody of you there is guidance to speed up your evolution to the light. I will give you a clue, there are techniques to reprint your genetics, techniques to activate your DNA, techniques to control if you have done it right or still need to work on it. Techniques to stay on focus. And all these techniques need to be shared, to be learned, to be taught, to be practiced. And if you say like others: I only have to love myself, you are absolutely right. But being human in this world, you need to share your knowing, share your example, be a light for the others. And sharing is active, not waiting till someone will show up. How will they know you have something to share, if you don't advertise it. Loving yourself as the other is an active attitude.

So the grace of today's lesson is sharing and learning.

And if I look to others who share to much of their negativity, their problems, their ego's, than I think you have to learn the art of distinguishing when to share and when to clean, and which one is appropriate for the moment.

The violet flame is a good device for cleaning, and there are lots of other techniques available to get the job done. It just needs awareness when to use them. And these techniques are in books, are on the internet because the world government, didn't find them a problem for their power. They are only interested in money, and the instruments to govern your minds and your abilities to be unhappy and in fear. And if you clean your inner being, they will give you a world to get your attention to the outside, to care for the world and forget yourself by being helpful to disasters elsewhere in the world. So everybody has a war to get along with it, by sending light, holding peace manifestations against war (so if you are against opposing something you give life to it), having diets to live a healthy life without diseases, giving you addictions you need to get rid of. Lots of ways to get you occupied with the world and yourself and the idea that you need to do something about it all.

And now I say you need to do something about your view of the world, your attunement of your senses and to clean your inner being. Am I doing the same? It looks like it, don't you think? I am talking about the grace of living. And how does this fit into a grace of living? Something is a grace about living when it goes with the flow and doesn't cost much energy to get done or accomplished as an attitude in your life. So you need to get something done, and I urge you to do something, but at the other part of it, I ask you to do as less as possible. Funny indeed, isn't it?

How do you get an easy way of doing the things I was talking about in the first half of this channeling? I already told you.

By sharing and if you share with a group of people, learning gets easier and more easily adopted in your daily life.

And sharing includes listening. Because if you don't listen, you won't learn anything. And if you don't listen to your inner voice, you don't know what you need to share.

Sharing is easy-ing life for all of you. You don't owe knowledge. You can't. God owes knowledge, and we all, being part of God, owe this knowledge. And while being one part of GOD, we know him in the fullest, so nothing can be hidden from us. In this particular game of life people can manifest power with storing knowledge and not sharing it. Then you are greedy on knowledge and you are responsible for the not-knowing of the knowledge by the others, and the suffering you increase by doing so. And if you want to earn money with your knowledge, better think twice, knowledge is every beings possession . Hopefully Nesara will be manifested by you pretty

soon, and the problem of earning a living for yourself will be over, if you all have a wonderful vision about this.

Sharing, listening (which means doing fine tuning of your ability to listen to your inner voice), listening to the other, be open minded in which disguise the truth is coming your way, and be eager to learn what is giving to you.

And may-be in the future, books will be printed solely for the wisdom, teachings, knowledge they share to the others.

And may-be receiving knowledge, wisdom and learning from it will be valued as being as important as sharing by the one who knows. You need each other.

To make Life easier to live, to learn, to cherish, the people will need to share the wisdom, the techniques to sustain the wisdom and expand the wisdom to others by means of learning and listening. This learning and listening will be much easier when it will be done in groups. The group energy will ease the burden of learning. Another way of easing the burden of learning is to be an example in daily life and let others know what you like to share by words, by being an example and being willing to share your visions, your teachings, and answer questions.

The art of sharing (didn't you know it is an art?) is to let the other know you have something to share. Then wait if they have questions and direct their questions to a better understanding of your wisdom. This is a healthier way of sharing, then saying, I have something to share, and people will come to me if they need the teachings I can offer. How do they know what you offer?

And the most funny thing is, if you share, satisfaction is guaranteed. God is a GOD of love and abundance. So sharing is giving of the abundance inside you. And if everybody shares and learns, the well is never going to be drained. But to share and to learn, you have to be humble about yourself, and respect the other. Because sharing with another, and learning can be with the same person in one talk. This way to the joy of living, sharing, listening, learning, will never fail to enlighten every being.

Have a good time while pondering this grace of living and the next grace of Life.
Ashtar is saying goodbye till the next one.

Transfer stopped, pity isn't it?

(Editor: Hey, everybody needs a break, at least that's in our current belief system. ;-) *Editor out*

PP March 16, 2004

This is Ashtar, smiling at your computer with transfer no 2101

You think about people with authority, with a good self esteem, and their attitude towards people who don't have built this yet. These people need to look at their respect for every being, and the ones with low self esteem need to learn their own value.
So what matters?

You know, if we don't respect you as beings, being part of the same GOD, then how should we be of help? How would we imagine that we can offer you help. If we didn't see you as family, we would speak of development aid. And we have more techniques, being mind techniques, to give a better view of who you are, or techniques to solve pollution of the water, air and soil. What is the problem with having more knowledge and more experience then you do?

If you are going to settle for less then we have, or we would disregard you in a manner of viewing you as being less then we are, then sharing would become trading. And trading is part of the power struggle. I would trade my knowledge with you, and you give me adoration? Nonsense! And about trading knowledge for people to experiment on them, just as the greys? Utterly disgusting.! Anyhow, the computer you are working on is traded with blood of these peoples. Lucky for all of you, the sacrifice of these people made it possible to turn the tide of this trading in favorite of mankind and that's why you are able to share information, through internet.

Archangel Michael gives lots of information on how to change the DNA, to reprogram the sub consciousness and so on. These techniques are very good for growth, changing life patterns and knowing more than ever who you are. Did you hear about a trading between Ronna Herman and Archangel Michael for the knowledge he gave her? NO and NO. That's isn't the way of sharing. And abundance, joy of the heart, only prospers with sharing. Ronna Herman traded this wisdom for a part, a bit she makes available for free on the internet, and the rest she sells for making a living. Wouldn't it be nice if she didn't have to trade, and stay pure in her intents to be of service to the society? So all the knowledge she gets form the conversations with Michael would be freely available for every one who needs it, and all who just happen to pass by. Everyone would benefit from it.

A society based on spiritual values, should offer free living, free knowledge for every one. Only if you wander of your path of growth, the free stuff should become a bit harder to gain. And giving knowledge to people isn't more valuable in life then making sure every being has something to eat. The question is, what makes your heart sing. Is it making a bread while singing and praising the God inside you for being able to do this? This bread will be very high in energy and nutritional value. Or discussing concepts on the steps of a church? The Greek would have considered the last one. I opt for the first one. Something made with awareness, the love of doing it, the prayer and the energy to bless the bread, makes it more worthwhile than hollow concepts of idle talking.

Pray with your mind, work with your hands and know in your heart that you are God, and feel it in your being, and radiate it from your pores to the world. Blessed will be what your hands are making. Blessed will be the people who receive this gift. Blessed are all in this circle of Life and Love.

The matter of fact that we are going to share the knowledge and wisdom we have, doesn't implicate that you won't have anything to do it for. In history of mankind, we have offered on very different times, knowledge and wisdom to you. It always turned out that the priests hide it for the common people, and within 3 generations, the knowledge was declining. The reason for the declining was that the knowledge of how to accomplish things didn't go with a certain maturity of heart and mind. There was no understanding of the wisdom offered. There was no growth. With this in mind, the knowledge offered, the wisdom shared, is part of your learning process. So it won't come in a instant, it will come in time, when learning achieves wisdom, and wisdom will be put into practice and the soul of the matter is understood by the heart.

It will come through communications with every being through dreams, through the inner knowing of things, through inner viewing, through education available on Soul level, and through

experience of concepts, so they aren't idle any more. Only this kind of learning will last. And we are here for the lasting visions of uplifting earth and earth beings.

I, just as you did, saw the pictures about the bonsai kitten. Humans are cruel. And without a way of thinking and feeling for themselves. And more important, they consider their feeling the best there is. They are swept of by their emotions, not at all trained at school, controlled by media, being made unstable because unstable people are unhappy and more willing to buy to get temporary satisfaction and relief of their unhappy emotions. It is part of the power struggle in your world. The question in your world is: how can I control as much people as possible? They have the techniques ready. They are making the people ready for the control, see the advertising of Volvo and the strange story in Sweden. And off they go.

What are you going to do about it? Nesara! Right!! To be a bit cynical, you can't do it alone. So you need help for it, and what is part of the bargain? What do we get out of this? Just a bunch of stubborn people who do whatever they think is right for their world. And by being mind controlled, you can't decide this for yourself. First you need to learn to be free, free of mind control, free of diseases caused to get your energy level down, and your focus on being unhappy, sick, and so on and so on. And most important free to feel your connection with your Soul, your divine spark of light and possibilities to live at its guidance.

I will tell you what we get out of this bargain. The joy of sharing. The joy of the possibility to give you back the joy of infinite freedom. The joy of knowing you by your Soul, the joy of finding our family back. This is only what we want and get of helping you, and we consider this as a pure blessing of God.

When Nesara is announced, all the problems the world is facing, need still to be faced. But if you are free to search for a real answer, a real change for the good of all being concerned, than you will have a change that makes the world be a better place for you and for me. But you have to make it yourself.

We can offer teachings, wisdom, techniques as I have stated before.

It is your world, your vision (or lack of vision), to change this world in a better one. Lots of education, experiences, cleaning inside and outside needs to be done. And don't think people will change easily. They need to learn that they are just a small spark of light and there are others, like this kitten, who are it also. Humans aren't unique as a matter of fact, their origins are just the same as the origins of a cat, a dog, an ant or the mosquito. But they are unique in the matter of fact that they made the mess, and they need to clean it.

I will end the transfer with the knowledge that before repeating the different graces of living, it is better to read them. Otherwise my channel will run out of time to get her children from school.

Imhat imhal solo manua pateh my dears.

Goodbye,

Ashtar closed the connection, transfer stops.

PP March 16, 2004, Two

Hello there again, are you ready just now?

This is Ashtar speaking for mission no. 2014. We will let the trance be for others in your world just for now. The trance of being in love with each other, the trance of getting high on drugs, the trance of eating too much chocolate, the trance of having good sex, the trance of meditating, the trance of an overwhelming experience, the trance of getting a baby, the trance of lust, longing, being self occupied.

This trance is just the trance of your senses. And this can be in different ways. And yes, this is one of the pitfall of being a human or becoming a human.

The sensing of the senses can be very strong. And the balance of inner chemical metabolism, the balance of the hormone system can be easily interrupted and point to unhealthy ways of living. Put the food issue on these concepts, and you see why it is hard to control yourself in one way or the other. Everyone of you has his price on which the balance will act out of the middle.

And nowadays the children are raised with no balance at all, and the price of interrupting the remains of a balance is easy to find. Just little toys in chips, and sugar in the yogurt, and spirituals at high school, and all the MTV parade of sex and abusing the word love in the context of fucking each other like animals. And now I don't respect animals, if you see the love, the attention with which they copulate with each other, and the reason why they do this. Again and again, human beings with values and a mind where they are proud off, can still learn from sub conscious animals and animal behavior. So how do you like to call the behavior of humans?

Let's start talking today about relationships. A hot issue on your planet, I know.

First we start with being friends. Most of the time, friends aren't friends the way we see it here. Friends who gossip about each other, you can hardly call them friends. Friends because of the same interests, okay, sharing time together. Friends because some one has something the other needs, they trade and mistreat each others friendship. The list will go on and on.

What about real companionship? Sharing a tear, a laugh, a common goal, an interest, a point of view, a quarrel, sharing time, sharing, where did we hear this word again? Did you realize that friendship is a love relationship, almost like being love partners. And yes, you are partners in this friendship. So losing a friendship is just as hard as losing a life's partner.

Never, never underestimate the importance of being friends. If you are lucky, your spiritual family will become friends in your life, if they walk the earth right now. Otherwise you have to find them in other star systems. And then you can visit them during the night, if you ask for it, and they like to see you too.

Friends can be also family members of a previous life. You know each other, and this way the love you felt for one and other, is easy to cherish in a friendship relation. This is the same with spiritual family.

Friends, and the best way for relationships, is being a friend for yourself, for your friends, for the God inside you and to be a friend for the whole world, universe and creation.

And logically, friendship is about sharing the hard times, and the good times, and everything in between. And only in sharing, you are able to sustain the relationship.

I guess most of you already know this and practice it in daily life.

Most of the people in love relationships are just balancing their hormones, their sexual urges and enjoying not being alone in this world. What is wrong with this? Not being alone? You have friends don't you? No? Or don't they fulfill your need to be seen as human, as a valued person, for good talks for sharing the things that ails you?

And if you have a partner in life? Is she or he your friend? You want me to talk about twin flames, soul mates etc. I just like to address the basics in daily life. If the basics are right, the twin flames, soul mates, soul family or soul brothers and sisters will find you, if they have a longing for it too.

Most people know the joy of finding a cherished family member back in your present life. And this is indeed a present.

If you still will be in a love relationship, other than being friends or passer by, it is just a matter of your contract. And this is still overlooked by most of the spiritual orientated people, and today lots of contracts are being played out between family members. Because at this moment people need the trust / knowing of old family members to get the things done in team setting, in a working together. You rejoice about finding lost loved ones from previous life's, and you know at that moment, you need to get busy.

The thing that matters most is to realize LOVE never gets lost and will be remembered when you see each other again. It doesn't matter if you call them friends, beloved, brother, sister, or stranger, when they are close at heart you will recognize them.

Having, or not having, a good working relationship (doesn't matter if they are friends, partners, today's family members, colleagues) depends on your ability to be a friend, to be a lover, for yourself and to be this with the other. And the graces of life will be needed to keep this relationship healthy.

Respect and gratitude are logically needed. But most of all you need the ability of sharing and listening. Then the adventure will come in if you truly want to be who you are in this relationship. And this is an adventure on its own. If you respect yourself, this is inevitable. And the other does the same.

The adventure is going with the flow of Life, taking responsibility for being the best who you are, taking the highest view of yourself into this relationship (being love or friend oriented, doesn't matter) and the willingness to see your fears, angers, bad habits, strange mind patterns, concepts, and other unresolved issues. And this way, relationships are holy and the best playground to become mature in life and in your soul.

Regarding relationships called loved ones, love relationships.

There are lots of talks about what and how in your world already. And I have nothing specific to add to it. You are already told how or what about relationships. And yet, as usual, you make a mess of it.

- 1: LOVE is holy, so are relationships, being living together orientated or friendship orientated;
- 2: Respect is basics for any relationship;
- 3: Gratitude for each others company and gratitude for the willingness to sustain this relationship;
- 4: Sharing life;
- 5: Cherish each other;
- 6: Care for each other;
- 7: Going with the flow of life;
- 8: Seek adventure;
- 9: Be the best you can be;
- 10: Accept mistakes and forgive them;
- 11: Be honest;
- 12: Enjoy;
- 13: Laugh;
- 14: Cry when needed in each others company;
- 15: Value the value of being together in silence;
- 16: Say goodbye when needed and remember love will go on, even when you don't see each other again in this life;
- 17: Don't take it light heartily, you are responsible for the good of all concerned in this relationship. And being close in being connected with your partner or friend through Love makes it worthwhile to investigate in it;
- 18: Don't expect anything back for your efforts, the joy of being able to give and the joy of helping a friend out, should be enough;
- 19: Because you are humans with the values of the power society still in your concepts, I would add, don't borrow money, just give it free or don't give it at all.

I think this list will do in any relationship. And practice being with your parents, children, partner, friends, colleagues, you will cover the whole world in a healthy way of relating to each other.

We can talk now on the moral implications of cheating on your spouse (why did you marry, if you can't keep a promise?), breaking promises for another partner relationship and so on. If you keep the list in your mind, you first have to sort things out for yourself. Mostly you are not problem free when you have problems in your relationship. Or your sharing doesn't work the way it is suppose to.

And what about having the same adventure? If you like to develop yourself towards being more and more GOD in daily life, you will need the adventure. Does the relationship contain adventure? This is more important for partners than for friendship. It depends also on the time together. The more time you are spending together, the more you need to share and decide together which adventure you will seek. If you don't plan the same adventure, the chance of growing in the opposite direction of expressing God in your daily life, will become obvious.

And when this happens, the sharing and understanding of each individual path will head towards an unneeded premature end.

Speaking of being partners, I am not saying at this moment that you need to spend all your time together in the same occupations. You aren't that far in your development of being God that you can stand this without a quarrel or breaking the relationship.

In the future, you are going to be connected with your partner through LOVE, through sharing the same adventure, through telepathy, through inner feeling what the other feels etc. Then you are still two persons, connected with each other by bounds of love and freewill to share the one expression of LOVE together. If the development will go as it should go, eventually you are going to be one in mind, one in energy, one in heart. But then you are that close to GOD that the development makes it possible to venture home very soon, and to become one with GOD.

The future is bright for people who wish to develop him / herself through a relationship. It is the fastest way to get to know yourself, your concepts, your inner truth. And by seeing this you are able to make some adjustments to it. And by going with the flow, using your freewill for growth, being honest to yourself, you will take any change to become more and more a GOD in yourself. Just keep the rules of fair living in relationship in your mind, while working with it, and working your way through becoming to know yourself on the hardest way.

See you next transmission, and remember;

Saom guan imhal patch solomuni.

This time I will keep it at 5 words.

Goodbye,
Ashtar,

Transfer closed.

PP March 17, 2004

This is Ashtar speaking.

If you have read the 19 points on relationship, you see it doesn't interfere with you living your life as a part of God. Relations aren't difficult as long as you stay true to the God in Yourself. Considering the 19 points, lots are part of daily life, such as going with the flow. And if you care about Life, you care about your relationships. If you practice gratitude, you will be grateful for the other being in your life. If you seek adventure, logical if you respect the other, you share it, you invite them to join.

It is all about basics, basic attitude, basic value, basic expressing how you are in daily life. You know this by mind already. And the value of being together is the growth you can attain. Relations are a lesson in Love; self love and love for another being, Love expressing experiencing Love. Just see it as a speed accelerator of Growth in Life and an abundance source of Joy.

It doesn't matter in this case if you are in relationship with children, your parents, your mother in law, friends, colleagues, boss, neighbors, the landlord, the shop owner, the police officer who wants to give you a ticket for speed limit offending.

It (the 19 points) really does the matter, apply it to all relationships.

Lots of talks about relationships are about mirroring. And yes this happens, but it is already misused as a weapon. Real feedback isn't a mirror for the one who gives feedback. They already have thought about their part of the game. And mirroring just sees only one part of the relationship, not two.

It is a good device to use. It has his limitations and it should only be used by the one who likes / needs to look at his / her own behavior. Otherwise you use it as a judgment. We talked about judgements before.

There are other concepts for curing a relationship, and to see the drama people are making of their daily life. And again and again, these are just concepts of the constructed reality. And you have to consider the judgement in these concepts. Are they really free of judgement or is it a condemnation for one of the 2 people. If you are living the 19 points of relationship, you properly won't need any technique of saving. You will need a clear view on your side of the relationship, a clear view on what you are and what you are doing. This is the matter with all problems you encounter. You first have to consider yourself and your inner concepts about things. It always matters most what kind of awareness you have and how you are using it to see yourself as a part of God, and to clean the inside of you.

Then you have cleaned yourself, and you are able to look at the other in the Love and gratitude you feel for life, for yourself as God, and you will see the God in the other. And will be enough.

Lots of talks are about soul mates, soul family, twin flames. And yes, they do exist. It is indeed a lovely experience to be with them, live with them, grow with them, cherish each other, working on a team project, sharing love, God, insight with each other. And the longing for these in depth relationship stirs everyone to go and search for them.

If you choose your relations because of the same sport, the same cigarette or brand of beer or cloths, then you are losing your tie to the God inside you. You choose on your values, and here you show, that your values aren't considering the God inside you.

If you choose your relationships because of the sex they provide or the cure against loneliness, again you are living the outside and the hormones inside you, the body part. Are you only your body? Then humans have little value considering the other animals. Normally an animal won't ruin their own kind, because children, and the future of the children, is the most important part of life. Normally an animal won't spoil their environment, their life depends on it, so they take care. The animal human won't do this at all, if you just look at your world nowadays.

So how you choose your relationships when you are more then your body? Other people think about same background or same hobby and sport. They won't think about a common view between themselves about the society, the same ideas considering for upbringing/raising children, the same taste. Spiritual oriented people choose for spiritual family ties, common karma.

And most of the time, the women feel the urge to live a spiritual life, and the man chooses for a material view of the world. If these two marry, based on sex, karma patterns of debts, you have a good combination for learning, and a lot of trouble, unhappy hours, crying and a good basic for divorce. But your growth can be considered speeding up towards formula 1 racing. It will take good teamwork, and lots of help to keep this car on track.

How do you choose a relationship? Soul mate? Twin flame? How do you recognize them? And do they live where you live, in the here and now at this moment in time? This is not always the occasion. Soul mates, yes, but twin flames is the question. And a soul mate can be your twin flame, special travel occasions in this particular game of the universe you are living in.

The most important basic you should consider, choosing your relationships, is: every meeting with some one has his reasons. Every one you quarrel with, gives you a lesson. The most valuable lessons in life are the hard ones. And the best part of choosing your life mate, your life partner is which makes your soul sing. Whom makes your soul sing? Who do you feel the love of your soul for? The love in your soul being God is a lasting one. This love will stand time, quarrels, good and bad times. If you settle for less, you will be disappointed. If you settle for less, you should be free to live your soul purpose in this life, and still accept your creation and stay who you are, and where you are.

Let me explain this contradiction you are feeling right now. How can I stay and be free at the same time in a relationship which is less then I want it to be.

In an ideal situation, you choose a Love (partner). This partner has the same ideas about living together, growing together. In every quarrel you both choose to take a step to the other instead in turning your back upon him / her. Love has become a proverb as it should be.

After a few years you are getting restless, thinking about the nice woman / man outside your relationship, the feeling of needing a soul mate, the urge of experiencing someone new, instead of turning to each other. Sharing stops, the ideas wander, the hormones are speaking, you are thinking: is this all in life what's is waiting for me to explore? Then you find another soul family member and you rush of to a new adventure, a new relationship. Because you won't settle for less then having a new flowering, promising connection with the other.

So what went wrong with the first love mate you chose?

- Interest, you know her / him already;
- sharing;
- adventure;
- compassion;
- energy.

In the first years of a relationship these are normal, these things come without an effort. Later, when daily duty comes, when you forget to mediate with each other, forget to cherish each other in the little things in life, forget to talk about adventure and to start the adventure, share the feelings of this adventure, making love through the day and sealing this with the act of making love as humans are doing this with their sex systems designed for reproduction. Normally the sex part will go on for a while. But making love through the day, while giving attention, cherish each other, caressing each other in being (mind, body, soul, or soul, body and mind) has been the part easily forgotten when daily life sets in. Or when the first glow of falling in love for the Soul of the beloved fades away.

The problems the humans have, have lots to do with the age declining in history. If you live 70 years, if you are lucky, then you have to do all in a very short timeline. Growing, getting mature, adventures, gaining wisdom, raising and supporting children, learning to live in a relationship (normally, this costs 30 years to learn, and then the time of enjoying the relationship comes in), learning to say goodbye and prepare for the changing forms.

I shall paint you a life process which is more healthy then the one you have. And see the difference in time it takes and what you have for a living in this body.

	Normally	You
Preparing to be born	50	4
Being a child / teenager	30	15
Time to explore the world	150 - 250	15
Time to search for the love partner	50	?
Time to learn living together	30	?
Time to raise and support children	30	18
Time to contemplate wisdom	40	?
Time to share wisdom/education	75	?
Time to be in the wisdom council	100	?
Time to prepare changing forms	50	?
Preparation time for changing	5	?
Actually leaving form	0.5	10 - 15
Time to consider lived Life	400	50
<i>Starting all over again or something else</i>		

Estimated time necessary is 470 in a life time, 450 outside a life time. And then the time for adventure and exploring life, is very short estimated. And the time to develop wisdom is also very short. A life with 900 years, will be much better. Then you have possibilities to share more love relations with different persons, having more time to explore the world, and the wisdom part won't be in a hurry.

If I look at the estimated time in your life you will come at 48 for growing, exploring and raising children. And most people need something like 10 till 15 years or longer to die. Estimated time is 63 years. The rest of the necessary items of life, you just forget to do, or you try to do them in between. The retiring age is at this moment 65. You see why most of the people won't make it to this age, considering the bad working and living circumstances you have created for yourself, the slavery you are in.

It is preferable to raise children in a stable relationship with lots of stable support by wise elder people, just as the normal schedule suggest, the learning to live together for 30 years and then time to raise and support a child for 30 years each. And the council of wise people, and the time calculated in for being effective in education and sharing wisdom is also a major part of raising and supporting children.

In your world, the young people don't have time for adventure, expanding, gaining experiences because of the little time schedule and the reproduction facilities until the age of 39. So if you ever had the feeling of running behind time, not time enough to do everything what your heart desires, then you are absolutely right.

With this explanation, I ask you to look at the time estimated for finding your love partner. 50 years? Does that sound ridiculous? For you, yes, not for us. If you want to live honestly with a love partner, sharing love, gaining good experiences, learning to live together, and building a base for supporting and raising your only child, then you will assure you have a good relationship. And getting to know one another, it takes time. And this schedule is based on mating only once, having only once to choose your love relationship. If you have more time than 470, you can do the process of learning to live with each other, several times, but then again you will choose very carefully which one you choose for raising your only child, to make sure this child will have the best parents, the best loving stable back ground to give it a good start in a harmony and love filled live.

And what about a man how happens to find a new love while being in an established relationship, should he run behind the karma patterns and leave his wife and children? The same question can be answered for a women. It is better to go, then make every one unhappy with your behavior. But it doesn't sound mature to me. There are other ways of playing the karma game with each other. What is a temporary part of the attraction? Is it love or Love, or SOUL love, or ????

And considering children, if you have a life of 470 years at least, 30 years of practicing love in a relationship and giving the children a stable background, isn't that long. But for you, unlucky it is.

In this particular game of love relationships there are no answers of good or wrong. You have to deal with life as it unfolds at this moment. And yes, I wish you all will be blessed with a life span of 470 years of longer. Then you have time to do everything you want for the good of all concerned, to learn to paint for 30 years, to learn to play on 5 instruments, time to see other galaxies, time to gain wisdom and put your being into sharing this wisdom to the all concerned.

Time to give the channel her leave to get her children, again, from school. I am looking forward to the next channeling to give you more interesting materials to contemplate on.

Goodbye for now,

Ashtar closed transmission.

PP March 18, 2004

Hello tired one, this is Ashtar speaking.

Let's talk about a healthy way of living, which you definitely fail to live. I know the urge from me to get the messages to the team and others in the team also costs a lot of time and energy, and sometimes you feel rushed and therefore on a shortage of energy.

Tomorrow, doesn't matter where you are, just put your face in the air, look at the Sun and use the techniques you already know about: eating sunlight. I will repeat them for the other readers of this channeling: you make a triangle with your hands, and you put them in front of you with the point, pointed downwards (it is much easier to do for your hands). Your navel should be in the middle of the triangle. Then you turn yourself towards the sun. It doesn't matter that the sun is behind clouds or it is raining. Then you ask the sun to send you the energies from behind the sun (The Sirius connection, the Sun is the portal for this energy to direct it to your earth), you ask for the energy of Sirius to nurture you, to give you energy to live. While keeping this in mind, you keep your hands in a triangle, until your hands lose the triangle without any interference on your side. Then you are ready and filled with the amount of energy you are able to handle.

Speaking of energy of the sun and its nutritional value. If you ever watch a sunset before dinner, just watch your appetite, it has diminished because you are already fed by the sun.

Sunlight is a big part of keeping somebody healthy. Tomorrow's health care will be on light. I know there are already good books and courses on how to restore balance in a body while using different colors of light on the meridians used for Acupuncture.

A good way of testing somebody's health is to use the Vega tests, within a half hour you will see the possibilities of getting a heart attack, when the conventional care doesn't see the beginning of the symptoms. No reason for using x-rays or may-be to find the spot of the broken leg or arm, I think a good magnetizer will provide this information also. Chemicals as medicines? Utterly disgusting! You have nice herbals, made by GOD for the occasion one of you would become sick. And a big forest with undiscovered wonderful healthy cures for sickness.

The main issue of this all is, how to get sensitive for these treatments.

You, in your view, would say, how to get these treatments available on large scale? That is a problem at this moment. If you develop a better understanding of how the body is working, the industry of chemicals is de-lobbied and out of the political arena, then the issue to put a healthier health care system in place isn't that big a problem. Again it is all about concepts. If cutting is your view of health care (as it is now, based on war field research of treating people), then you won't be able to change it to healthier ways.

Why is the main issue to get sensitive for these treatments? It is very logical when you see your world, full of mistreating bodies with chemicals, low nutrition foods, manufactured with chemicals in huge factories without any thought of love, it is difficult to sustain healthy on this type of food. Many people are used to chemical treatments, that they won't like the homemade stuff, because it doesn't taste right. You are almost nicely reacting apes on this matter.

If you are changing your habits, and eating habits, to a healthier way of living, respecting your body odors as something natural, as something necessary for your eating behavior, and a good way of cleansing your body from filth. Don't view movies with a strong impulses on sex, violence, noise in manner of sound effects and music, don't go for the thrill at the outside for an input at the inside, then you will get sensitive for these treatments.

Just look at your history. In the middle ages, body punishment was very harsh. The living conditions were harsh too, so the punishment to get the people to listen to certain rules and regulations, were more harsh so to get the fear into the people. (not a very good way of getting good behavior impulse form the outside, instead of from the inside. If you educate the inside, you won't need the outside, which is used nowadays, but I will address that later in this message). Today the punishment in the middle ages are regarded as barbarian (at least if you don't live in the middle ages of the Islamic people and in the Middle East). Israel uses lots of these kinds of

punishments for Palestinian people, not for their own people.

Today the punishment is harsh on the mind, taking away freedom of movement. Because freedom of thinking is already attacked with mind control through school education, through TV, through movies, through messages in music. And this freedom of movement, with a big control on your doings during day and night, makes it a punishment today. You still consider yourself free because you don't see the other ways of controlling you.

Considering the best way of controlling you: I already have given an explanation on it in previous materials. (M.E. you should make a reference table for these messages, then other people, including yourself, can easily find what I am referring to. The time together is too short at this moment to write it all again when needed). With this way of controlling, it will be easing the burden if you don't mind the harsh treatment of others and yourself. That's why lots of movies and games have a big amount of violence, war, chemical warfare, in it. And if they reduce sex to a state of rape and proclaim the use of the women bodies for the pleasure of the men, then they are giving you a rape in your mind. Your feminine side will feel the rapture as being her being raped. The male side will see him self doing this act and see it as a deed of aggression against his very own nature. The male inside has more to do with values of protecting, caring then aggression. So this part of rapture, will rape the female inside you and the man inside you. It also will cut the ties of the creative expression of GOD in its beginning. Making love to your loved one, is a deed of creative expression. It is also a deed of sealing the oneness of you, which you are feeling through the day (see the message on relationship). It also gives a clue about being one with nature, being one with creation, being one with GOD.

And especially all the culture in movies, games, TV talks, soaps, don't show the spiritual laws of oneness. And pure basic human, you won't see any respect for one other.

The society, who gospels this way of living, doesn't have respect for their participants. And you are already used to this, and find this very normal. It is already a way of relaxing, seeing one being demolished by another, and while accepting these images as being normal, you will accept the values of it for a living, for you as a person. And if you accept this as common behavior towards yourself, then you will do the same in your personal life. So unhappiness is increased. Talking about barbarian lifestyle, you can see no difference between the games in Rome, and the movies now. Except that the educational factor has been expanded to all the people in the world.

So everybody is insensitive for the subtle energies of the creator on body level, mind level, feelings level, emotional level. And this is where it stays. They can't influence Soul level yet. Just read it again. They can't influence Soul level yet. But with many lifetimes on the above mentioned diet, the Soul will have a hard time to counterbalance these hard acts of cruelty and a hard time to restore the balance of sensitivity in a person. If you have learned many lifetimes that being sensitive is just as committing suicide, then you won't be that anymore. You make very sure that you won't be hurt with this quality (it isn't a quality anymore but a handicap).

What has this to do with being healthy and health issues?

If you are sensitive regarding your Soul, your body, feelings and your mind input, you have the right tool to live a balance life, to find the right treatment for any imbalance if they might occur, and your soul doesn't have a hard time to guide you through your life.

Being sensitive needs to be protected, being developed, being treated as a very good quality in ones life. It is also a basic ingredient of being spiritual in ones life.

Consider: you feel there is something more in life then you experience. Then you go for a research. And by coincidence (you have to accept the guidance on inner level to get these coincidences, and guidance on inner level is always very subtle) you will find a good book. This book stirs a recognition, somewhere inside of you, and a distant longing to get more recognition of a far place home (you don't know yet, but your Soul causes this soft longing to get more and more in touch with you).

All these feelings are very subtle.

And if you are dull, then you won't feel this anymore. And with this loss of being connected to your Soul, you are just a human body trying to live and protect itself and becoming very desperate with the questions: "why does this happen to me, is there more in life then as it unfolds now at this moment?". And balance and health are nowhere to find.

There are a lot of teachings outside in the world about living a balanced life. And these rules of living, considering them being aryuvedic or something else, also need a resonance inside of you. Otherwise the balance you seek will be an act of aggression towards your own nature inside you. So if the inner doesn't correspond with a prescribed way of living, you better don't put any effort in it, because it will be of no use.

With your sensitivity being developed, being respected, you will find ways to live in balance which corresponds with you inner state of being. Then the right guidelines will come to you by coincidence and divine directing. And then you will live a healthy life.

That's the way of gracefully living with ease.

The inner directs the outer and with being sensitive to it, you will find guidance for a healthy, enjoyable life.

So if you thought that today the core message was healthy living, you were wrong. It is all about the next grace of living, being sensitive and let the inner determine the outer, because there is your guidance, your inner knowing of things, your divine spark, and your joy in life.

Have a good time considering this message, and remember
Oumshat patch solemoeny ragat always

Ashtar

Transmission for this message closed.

PP March 19, 2004

Living life to its fullest, you have to be sensitive to experience everything to the fullest. This being sensitive will cause lots of changes in society, as the standard becomes sensitive. And I am not talking about being allergic. Allergic is being sensitive with a negative approach for expressing the sensitiveness. It is a normal way now living in an upon fear and negativity based society. But it isn't the way it should be in our point of view.

Being sensitive should be rewarded because your inner knowing, inner feeling, inner wisdom is already developed, and your inner sense is the 7th sense you are able to use. It will enrich your world, your point of view regarding matters, regarding listening, to your inner wisdom. That's why lots of people are sensitive right now, that's a normal approach of living in this phase of evolution.

And the world will face these sensitive people as opposing their values expressed in movies, games etc. So the sensitive people should learn to be tougher towards themselves, learn to harden themselves, so they can also watch the movies, play the games and be a good normal part of society. And if learning doesn't work out, just take some pills, prozac or something else like that to handle the sensibility in an accepted manner. I hope everyone knows by now that these pills cost your health, and try to make a robot out of you. There are already books about this possible future, more then there are books about a healthy happy future. How did that come about? Makes you wonder.

If you have read David Icke, then you know that there are lizards living on the emotions of fear and despair. This is also the way of controlling people. In the Netherlands they aren't careful anymore. The girl of the mafia boss, will wed a prince. Now every one will know the connections between the crime world and the controlling world, and who is caught in the middle.

So violence is increasing, the food quality is decreasing, the human freedoms are declining with the patriot act, and all the controls to make sure that the taxpayers money will be well used for the society and not given to people who do the same as you wish you could do, relaxing, enjoying, spending and having a good time. Oh well, having a good time with spending is very allowed, especially with rented money.

To appreciate life in its fullest you have to be sensitive to the soft whisper of the Soul, the caresses from the wind, and you can't do this while being in fear or in despair.

So being sensitive gives ways to different manners to enjoy your life, to enjoy your being, to enjoy your connection with everything and all there is, to enjoy the life force in everything. It is almost a contradiction to say that being sensitive is the hardest thing to be in life, but if you have overcome the overwhelming kaleidoscope of impulses of the outer world and its pressure on you, you will enjoy listening to your inner self, and you will enjoy the soft whispers of the outer world. To understand the outer world you have to be sensitive to the inner world, and the riches inside you. And if you have discovered this and while discovering the riches inside you, you will develop ways to enjoy the riches that matters in the outer world, because you are at that moment able to experience them.

Being sensitive gives you a free ticket to joy in you and joy in the world. And this joy isn't temporary in its existence, but it is the lasting joy from the SOURCE, the God in joy, the GOD in the outer world, the breathing of existence.

What for joy could you ever wish for? Which joy will be more satisfactory for you? The temporary pleasures, or the durable pleasure of being in contact, being GOD YOURSELF? And yes I am shouting at all of you. This is the important lesson you need to learn. Only GOD lasts, only the joy of being God lasts, only connection with the source will fulfil your longings, questions, and all the loneliness, helplessness etc. your ego is feeling at this moment.

The way of living with grace is a simple way. And the grace of joy is a simple one. What is so simple about joy, you would ask?

Joy is the basis for adventure, if there is no joy, you would stop the adventure immediately. Joy is the basic for love and at the same time, it is the same Love which is the basis for joy. If you love something, you will experience joy and if you experience joy you will feel love.

If you are grateful for something you enjoy it, you cherish it (is enjoying), you take care of it (make sure that it will stay enjoyable).

And to experience more joy, you need to be sensitive of the different small ways in which joy can come into your life. And if you love all, you will take pleasure out of all, even the smallest parts of life. And then being sensitive is very worthwhile. To notice these little small parts of joy in your existence.

Joy keeps you going on. Where your joy is, there is your love. And where your joy goes, there is your adventure. And to feel the joy to its fullest, you have to be sensitive. And only the lasting joy counts, otherwise you get bored.

So to ensure that you know where your love is, where your appreciation of things, beings is, you have to be sensitive. And being sensitive starts in the inner world.

People like to complain. They sure do. And I know that you don't want to clean the inside of you to be able to be more sensitive to the inner voice of joy and love (God, the source). Because cleaning, and disciplining aren't works that appeal to people. It hurts to feel the garbage of feelings, again, to face them, to see them work out in your life. And if you take joy light hearted as you should do, then you are very attracted to the outer world's joy. And this is the joy which doesn't last. So you need to get through the dirty work. And I ensure you, if you get used to it, if you have a certain amount of discipline developed, then you will enjoy this job. It sounds like a contradiction, cleaning hurtings, cleaning ego stuff, enjoyable? And yes it is. The feeling of getting a job done is quit satisfactory.

Cleaning is very enjoyable in the beginning. Then you feel the rush of something new, something expanding in the inside. This is very enjoyable for you. But when it comes to the big mess, of watching behavior, watching your little judgments, watching your concepts, and counteracting them, then you need to have discipline. Having discipline in these matters is very hard for humans. To have it, it is a joy in itself, you will have the satisfaction of seeing little victories on your ego matters. These victories are very enjoyable. But you have to be sensitive to see them and not to disregard them of not being worthwhile, because it takes a long time to see more achievements than these little victories.

And certainly it does take a long time. But what is long in your mind, being restless, chattering with idle words, being impatient. If God was that impatient with you, He would have cancelled the whole operation of the freewill game in the beginning. Lucky you have the same amount of patience as God, being God, though this isn't a reason to stop. It just reminds your mind to this. And your mind can't imagine being God, so eventually he will stop chattering, and go on the standby mode just as the operating system of the computer who is responsible of noticing action on the keyboard or the mouse.

Going back to topic, discipline. You know, this can be enjoyable too. You have to be sensitive about it. And discipline isn't a jail you can't escape. Habit is this prison, your fear. Because you are fearing a prison, being part of the prison society pressured you in beginning at the age of 4, and in Japan at the age of 1 or 2. And this fear of prison makes discipline a hard job. Others are using discipline as a habit, or an excuse not to think anymore, why they do things, or why they want to achieve the things through hardships. They overlook the little joys discipline can bring. And getting a complicated job done, teaching your ego better ways to be in contact with the Soul, the rewarding and joy is more than imaginable. So discipline provides you with little joys during your path of development and the ultimate joy of getting a job done.

This is why joy and discipline are one grace of living. Discipline makes is possible to feel more joy on your path. And joy keeps you going on the path of discipline. But joy is the experience you seek, your guidance in the world, while discipline provides you with the duration of going on. And to experience joy you have to be sensitive. And only in Love you will feel joy. And joy is a part of gratitude.

You see, we are talking circles, spirals of DNA twisting around and around up to the ultimate goal of wisdom, love and being fully aware of being part in oneness with GOD.

All graces of Living are a joy to expand in your life. And GOD IS JOY. Sometimes the concepts we are talking about are very logical, so that everyone forgets how inter correlated these things are. And that's why we are here, where I am living, with many others, others whom you are part of while living on earth at the same time, like to develop understanding upon understanding if we

are seeing and experiencing the next deeper level of the same context over and over again. By now, some of you will have found some interesting stuff, to learn about. These messages of us can be presented in a book, a remark to a stranger or family member, a coincidence to happen, a longing which is stirred, a logical next step on your interest scale. All this has increased your curiosity, has increased your joy in finding out where your curiosity will bring you.

I would suggest you go with the flow of these events. See, there is more coming your way. And while this flow of adventure in the mind, experience, is developing your horizon and is challenging you to be more you than you dream to be, you will grow to what you intended to be at the time you signed for this job.

We smile at your development. We enjoy it very much and hand in hand with your Soul and divine purpose in life, we like to see your development. In cherishing and caring we offer to you in respect and appreciation of what you are doing at this moment.

Enjoy as we do it here. And a bit of discipline to sustain this joy won't harm. We know this remark doesn't fit you, but some of the others of the team or your father or mother or the neighbor, or somebody else.

This is Ashtar gladly saying goodbye at the end of this succeeded transfer.

Salute to all of you.

PP march 20, 2004

Hello again, This is Ashtar with a hasty transfer.

Time is running short before the channeler will need to go for a well earned rest, and I like to do this transfer before that time will come at hand. And yes, I like to have this message as soon as possible on the communications circuits you call internet.

Why does time matter? Time has to do with timing. And timing is a grace of the freewill given by God. Time is an illusion. And while you and I are dealing with illusions, we have to obey rules which are part of that certain illusion. And that's why we need to learn to deal with time.

Time is based on the development of one moment into the other. How long does it take to create these moments? This will create time.

Time is also a matter of a mind who is trained to think linear instead of parallel. As everything happens at the same time, because there is only one moment, then you have to consider time as being non exist, which is quit correct. Then we are talking GOD time. And God timing is always accurate.

Going back to the development of creation from one moment to the other moment. One should consider (you don't like me using "have to" too often and others will become obstinate, saying I won't listen to a channeling which uses HAVE TO, I am free and I don't "have to", and I don't do it). I start the sentence again. One should consider the amount time necessary to get one moment created and replace the other moment. The creation of moments is going very fast. This is part due to the zero point of the transition to another multidimensional lifehood. (you didn't know that you lived in a multidimensional world before. Just consider heaven as a place on earth. The transition of being human in body form to a human in spirit form, and the place they went after death as transition point, was nowhere. They stayed on earth, if they wanted to be there for another next reincarnation, and they experienced heaven or some version of it which was sufficient).

To go back to the transition. While being in the photonbelt, you will grow from one multidimensional lifehood to another. In this moment, you aren't used to create in stillness of being God. If you are, you won't see the changes of the moments. Inside God the moment is stillness, there is no movement of moments of creations. Everything is at the same time, in the same instant of moment.

So not being used to stillness, you create one moment into the other. And with the progression out of the zeropoint, the fastness of the creation and your getting used to it, will get the haste out of the creation of moments. Then time will slow down in your experience.

We here look in awe at your ability to create moments in moments with that accuracy of resemblance of the same before. You don't fail in creating the same moment into almost the same moment. You prove to have the right and the ability of being God in creation. It is so wholesome to see you doing the same over and over again. The problem is your habit in this. You won't let go and you don't use your creativity to change it, as you are afraid of using it and the consequence of using it.

Let me assure you, nothing will go lost, nothing is going to be hurt. Energy can't get lost. It is, it will differ in form, but not in energy. You can't get the E out of creation. So what about a change in creation? What in an instant you will decide with each other to want to experience. The announcement of Nesara? The world is afraid of changes, and yet the changes which are allowed will hurt you more in the illusion you are living in, then the announcement and implication of Nesara in your world. But because you are used to being controlled, more controlling and suppression is allowed to be created in the group creation of the moments for mother Earth. It is just more of the same.

And this makes the world consciously hesitate with creating NESARA. It is the beginning of something new. And this something new, is new, it isn't more of the same. And because you all want to create almost the same moment again and again, because it exists in your group conscious, that's why it is easier to create then something new.

So the problem with creating Nesara is the group consciousness. This one hesitates to create it, there isn't a (coherent) view of Nesara, there isn't enough information in the group system to create a world to fit it. The vision of it, isn't clear enough to fit in a creation and there isn't enough energy from the world's people to get the creation into existence.

That's why a vision, a state of mission is necessary, that's why a group consciousness as the group at the world court or the SSN group is so important. That's why it is important to have Dove with her outlines how the 3d version of Nesara will look like.

If enough people will view the same vision, support it with their creative energies, the group consciousness of the human people on earth will have fuel, a direction to start the creation. Then Nesara will come.

As the divine will has stated, NESARA will come. The GOLDEN AGE as promised to you will come. The beginning of this age has already started. You passed the beginning, you passed the zero point in time of the Golden Age. Yes, you will mark another date for the beginning of the Golden Age being manifested in your illusion. But you passed already the beginning date of the Golden Age seen by the Source and the galactic forces.

That's why we are looking at your group consciousness, your group energies, to see if there is enough energy, enough clear vision to get the creation of Nesara done by you. It is your creation. We can assist, we are assisting you already.

We tell everybody who hear us, to get the vision of Nesara in their minds, Souls, visualizations. The vision isn't about clearing the Earth from the dark people with dark agenda, it is all about vision of creation. The people with dark agenda, are people with the light of God insight, they only have to realize it. And this realization will come as part of their remembering being part of God and their healing into the light.

The vision of the Golden Age which Nesara is part of, is all about love, respect, growth, cherishing, caring, joy, adventure, sharing and all the other aspects of the grace of living.

The vision is also a change of concepts and topic I have referred to in my earlier channelings. I have referred to topics that need to be addressed to in a more healthier manner of living and expressing God in your daily life with you as God as responsible for being God and seeing God in others and giving other beings the respect and love they deserve as being part of the same God as you are.

It is time to dream this vision, to breath this vision, to radiate this vision and at the same time stay neutral in it. For being more than neutral you judge.

You can also eat this vision, pie this vision, share this vision, love this vision, sleep this vision, live this vision (the better way of doing this), and thank for this vision.

This is all about creation. Let's change it for the better for all beings on, in, at the Earth, and for Mother Earth herself for the good of all beings, which means all concerned.

It is all about CREATION. SO LET'S DO IT ALL TOGETHER!

And yes, I am shouting at all of you, to get you out of the winter sleep into a beautiful new spring and a new life.

Creating something new, can be a challenge, but that isn't something new to you. So do the obvious and create the already known new moment of the Golden Age, which Nesara is part of.

Have a good time in the announcement period, and think about this message as you create the Golden Age of which the economic changes of Nesara are part of.

Nesara is part of the beginning of this age, so share the vision and create it.

Before I repeat my today's message over and over again. I will ask the channeler to press alt-c to copy it several times, so I don't have to waste my time and you will see the message more than once.

It is all about CREATION. SO LET'S DO IT ALL TOGETHER!

One change will do:

THE VISION OF THE GOLDEN AGE IS ALL ABOUT CREATION. SO LET'S DO IT ALL TOGETHER!

THE VISION OF THE GOLDEN AGE IS ALL ABOUT CREATION. SO LET'S DO IT ALL TOGETHER!

THE VISION OF THE GOLDEN AGE IS ALL ABOUT CREATION. SO LET'S DO IT ALL TOGETHER!

All good things will come in 3.

All the good prayers will be repeated 3 times.

108 names has GOD, and with the announcement of the embodiment of Prema Sai Baba, you will know that GOD is with you in the GOLDEN AGE, and he will stay with you all the time.

So do what you have to do, to get the vision done and remember ANAM PATEH.

Ashtar finished transfer for today.

Love.

PP March 21, 2004

This is Ashtar with a new transmission.

Don't you get bored with the same creation all the time? We do. We like to try different views, getting more and more deeper understanding of what it is to be God and become more like God. And with the grace of living (taught at every primary school in a high standard civilization) combined with the techniques to experience the blessings of it, life is more enjoyable than the suffering you are making. And yet, behind the veil, you are enjoying the suffering also. Going through matter, condensed energy, to a form, is an art which not many Souls of the Universe have experience with. If you could say so, they were afraid for the implications, the hardship this particular game would bring them. And they are looking forward to hearing your stories, to see your victories, to have you as their guide, when they feel compelled to have the "same" adventure themselves. Of course it won't be the same, because the choices will be different, but the rules will be the same.

But first, to get you through it, we still need to do a lot together. I hope the message from last night was a wake up call for everybody of you. You have to do the creation. And you will need a vision. I can offer you one from our point of the spectrum, but you have to decide in the inside of the game. That perspective is only yours to understand, to feel, to experience. And being with that many beings on earth, and with mother Earth as well, you have lot of choices to forge into one vision, one goal for the good of all being concerned.

Because this ultimate vision you will act as a God for yourselves, create for your selves, and than experience for your selves if it was a good vision. In the history of being on Earth and being Earth there was a lot of interference. And mostly this interference didn't respect your freewill, or didn't embody a goal for the good of all concerned. This has to be made undone. That's why we are here at your break in the history. To undo the influences of the history, to undo the ongoing influences which aren't in your interest of becoming the best you are for the good of all concerned.

And lots of depths of the history made by these interferences will be settled when you will reach the Golden Age. At that point there will be no more debts or wrongdoing in history in mankind to count for.

The help we all are offering has also to do with the more moral standards of awe and respect for your process. We know that on earth there is a warning of extra-terrestrials giving you a good feeling with uplifting messages with ego boosting talk. And yes, they are right, and I need to be careful not to give your ego a boost, because this is the very one, which makes the troubles and poses a hardship to your goodwill, spirit and Soul. At the other hand the rules of the game make it very easy to correct these faults. But I don't think I have time to see these corrections, at the other hand I won't like to waste time with this childish behavior. Life and the vision I like to share with you are more important than anything to be interfered by with this stuff. Just use the violet flame, use the techniques Archangel Michael is giving you, read the lectures of Sai Baba, or do your best to become a lightarian, and you are all dealing with the ego matter in a healthy way. There are a lot of teachers and healers around you to provide you with the right information, the right techniques, and if you use your inner sense for your truth, your easy way of changing patterns, you will pick up the right instructions for making simple adjustments in your daily life and dealing with ego problems.

Vision. Why is nobody of the lightworkers, spiritual workers capable of viewing the Golden Age in its splendor? Why is every being backing off when we are talking about manifesting light into matter? We are talking about the 3rd ray. The just doing it ray of light. And there are little people used to handle this ray.

I can give you the answer on this question right away. You are trained not to do it. You have learned that you are getting hurt if you try. And even in this lifetime, with hardships, pains of not being accepted by the world, belonging to the world, but not being part of the world, you had endured a lot.

You are afraid to dream your highest vision of yourself. I asked in the first and second message I have written to you, to be all you can be, to be more then you imagine to be, to be free of fears. I suggest you read the messages again.

This question is still the question you all have to answer all day. This question is the same question I have to ask you today.

What do you dream for a Golden Age, and are you willing to use our abilities in this life, your abilities in previous lives to actually do the changes, to make them happen?

You all will start to talk about freewill of others, their karma patterns, why you can't interfere with their lives, their own responsibility in life, their own power to change life.

And you are right as usual in these matters. And you are wrong also. What if you made the agreement to be the leader, to be an example, to be the first ones to take the new road? Okay, you don't now where you are going, you don't know if life will be recognized by you. You don't have a map. But life and the Golden Age have to be manifested in daily life, of you.

If you don't try to master spirit over matter, spirit in matter in a co-achievement with others in the same game. Who will else do the job? We here won't certainly won't do this. We aren't trained for this job (as you are), we haven't learned to be a master in these matters, we don't have the achieved experience of this kind. YOU DO, DID and HAVE DONE this ALL.

So WHO is going to save you from this kind of game, YOU.

And you take this stage of the game in a (prolongeerde fase) and this isn't necessarily.

You have the techniques. We all, including you, made it clear that these were available for this matter. You have the experience, the training, and the achievements to be a master. So why won't you do it?

Still a tiny bit of fear left? Still a tiny bit of less effort to make a nice vision for the collective mind to create? Still a less vision of the highest good for everybody?

The vision you need to have is one for the good for every being. And I literally mean every being, every bit of dust on your earth. If the vision is flexible enough to include every being, adopting smoothly every energy and includes all, and this vision feeds all there is, what will stand in its way?

I say nothing, and nothing at all. You are GOD, remember, so you create your own experience and the experience of others, being interrelated with each other.

Just a reminder of who you are, what you came to do in this world, and how you can change it in the best way for every being. This is the beginning of the new announcement period, and if you step in your responsibilities and your capacities to create a vision, and stop fear, than you will succeed. And if you don't do this this time moment, you will have another announcement period, and again and again, until you learn the message. And if you don't learn it, then your children have to face the lesson, and have to learn it the hardest way instead of looking at you and your example. And nobody will be proud, happy and filled with joy with this achievement.

Internet is your way of sharing visions, sharing visualizations, sharing dreams, and together you can built more of a dream than you are able to dream alone. And this is the power of the people, the ability to be visionairs together, to exchange dreams, visions. Not to keep them inside and only for you and a few intimates, it concerns everybody. The power of you is in sharing. Again and again I come back to the different graces of living. And again and again the power of these different graces is in the easy way to adjust them into daily life. A grace is an easy one, otherwise it isn't a grace. You can use them for everything, everywhere, every being, every occasion, it really doesn't matter.

It just matters to share them, educate them, use them, fulfill their promise to you and others, just do it.

And if you are afraid of risking your head in society, just remember, society is going to change. So there is no place anymore to risk your head, except if you just want to risk your head. If you live in the grace of living, in your power, in the power of your being, being GOD, there are only bad habits to fear.

So share your visions, start a newsletter with visions, circulate them. Invite others in. And don't think about the transition time as the time your visions have to adjust themselves. Visions don't adjust themselves. Then they aren't visions anymore. Visions are a roadmap for the road you like to follow to the ultimate goal you like to accomplish.

There is a lot of information already in the hearts of the people and especially in the Peace Palace Team and elsewhere. If everybody would write their vision without trying to be all encompassing,

without trying to have a complete vision, you will see that these visions will fit together as a puzzle. Then the shared vision will be a vision which will adjust others in itself, to be more than the parts, to get a life of his own. To be the vision of the Golden Age.

It starts with sharing, it ends with sharing. And without sharing nothing will be accomplished, and this way this announcement period will end like the other ones before. And this isn't a threat, it is just a conclusion.

You have to do it different to get different results. And you never, never own a vision, knowledge, an idea or what so ever. SHARING is all that matters.

When will you start?

This is Ashtar hoping for wonderful visions to be read and to circulate on internet, to reach other visions and this way getting a new vision of a good life on Earth for all beings included.

Last remark, don't adjust the visions to the transition times, just ask Horst about these transition times. You know he has the vision for overcoming these times. He already told you about it. What about starting a yahoo group or something like that for vision sharing, a mailinglist will do too. Just invite every being, every where.

And don't wait for Nesara to come first, otherwise Nesara won't come.

Imagine your greatest vision, invite others to do the same, and see where your world is heading to!!!!!!

Big adventure time is awaiting you all.

Transfer closed.

PP March 22, 2004

This is Asthar speaking.

Joyfully we are awaiting the shared visions. Not the history is important, not your daily circumstances, this all will pass. It is just a matter of changing the future. Which vision do you all hold in mind. What are the similarities between each vision? What is the common mark of happiness you envision?

The vision you have to envision (nice word vision, it can be broken in two words (one word, in dutch: "visie", translated it means vision and you can see it as "I see"). That's what it is all about, to see with your own eyes, the spirit third eye, the minds eye, the vision. And with your own 3d outer eyes the manifestation of it in your live and in that from others.

Life is to precious in my point of view to waste it in a secondary life full of fear, trying to raise a family on slaves wages. It is far better to do what is in your hearts desire to be of service to the God in you and the God inside the society. And yes, they won't be all painters, musicians and all those professions. People will be teachers, fathers, mothers, farmers, scientists and so on. But everything manufactured with love has its own value and will be respected. And there will be no waste, no disposal and no garbage.

Every part of God energy manifested is worthwhile to see, to work with. I guess it will take time, but you have to envision the vision you like to see in front of your eyes in this world of matter and illusion. Just go to the next chapter of life written in the book of the living which rests in the hands of God.

Today, I like to speak about the grace of movement. If I see you walking, moving, I don't see anybody (at least some women and some gay do) moving with a grace, without an effort, a movement balanced on the inner music, inner vibration.

Life is a dance, a joy, a flow. And every being willing to listen to this music will move as a centered being with this music.

If you are able to listen to the music, you will move with the music and in this way you will flow with the music. The flowing, the movement with the music marks your ease to flow with the movement of life, the music of life.

Going with the flow will automatically sustain your flowing movement of moving through life throughout the day. The inner dance will be seen, will be noticed. You can stop it, but the flowing will stop too. It is an expression of your inner movement, your inner grace, easiness of living.

If you have a standard, a measuring rod to measure things, just use it gracefully. If something happens with grace, then it is okay. If you live with grace, move with grace, meet your challenges with grace, you show with grace that you are the master of your existence.

Joy comes with grace, with flowing, with music and dance in life. Moving being creation in movement is done in grace too. If you force the outcome your way, it won't come, or won't stay long in creation.

Creation, as a joy of doing it, is effortless, gracefully done and gracefully accepted. That's why I am always talking about the different graces in lives. It is an art, and if you master this art, and you can do it with grace, you show your mastery in the only way worthwhile to see. And you won't brag about it, you won't be proud of it. It is. And it is you. And you gladly accept this achievement and you will rejoice in it, and every one who holds you dear rejoices with you. So life and joy will sustain each other through the society.

I can't emphasize it enough. Creation is a joy which is obtained in Grace. Grace is the standard to look at for everything and every being. Forgiveness is a grace too. Being love and being loved is a grace too. And yes sometimes things cost energy, cost efforts, but most of the time, the grace disappears because of your thoughts, your concepts and your attachments to it. And this costs the most energy to break through, to let it go, to detach yourself. Everything which costs you a

lot of energy to get, hold, create or something else needs to be examined. Look at your attachments, your concepts. This provides ease and grace to flow through it. And it also provides for going with the flow of life.

If I was allowed to give you only one message to guide you through life, I would emphasize to use the grace of everything of every doing as your guide. If you can do it with grace, you are a master.

And yes, you can kill in grace too, if that is what you want in your life, just do it. And be a criminal, lie to people, everything can be done with grace.

But think again, is it a grace? Yes, to kill some being to rescue it from suffering can be a grace. It can be a burden for your karma at the same time. Is it a grace for your future life?

Let's see what kind of questions you can ask about one thing being done with grace:

- Is it being done with grace?
- Is it a grace for your life?
- Is it a grace for the outer world?
- Is it a grace for the inner world?
- Is it a grace for every one concerned?
- Does it flow with grace?

With these questions you have a simple tool for living in your hands.

I know, without an easy to adjust concept, you won't do a thing in life. Without an anchor point for your inner compass you will be stubborn and refuse to read the already given knowledge. And not all of this knowledge has disappeared before your eyes. It is available, it is inside you and with a certain clarity you can distinguish it from different sources in the outer world, called books, channelings, animal behavior and so on.

And speaking of wisdom, the plants give a lot clues about creation. And the stones are the library of your history. Go to a stone and ask his history and then travel around the world for more stories. If you do it right, you will have collected the story of Earth and the humans upon and in the being of mother Earth. They tell you the hi-story. Just as plants will tell you all about healing, geometry, adjusting with grace, light and love, the essence of life and creation.

What do you think about trees of 200 years old? They are being ruined right now. To many spiritual thinking people are learning to talk with trees right now. And a child tree, between 20 and 400 years old, won't tell you much. So learning to talk with trees isn't a big threat for the establishment of your world.

Everyone will use semi precious stones. No harm done, but to talk with stones, to see them as being with an identity. That's not of the way you are raised in beliefs. So this isn't a threat to society.

If I go on with undermining of your concepts, you won't have things to eat, to sit on, to build houses with, to walk on, and so on. Life will be much easier to live if you neglect these extraordinary concepts.

But never have you asked yourself why a precious stone or a semi precious stone feels like he/she/it calls you, so you choose that one out of a pile with the same stones? That one is willing to support you, to give his/her contribution to you in energy in love, in healing qualities. The others are waiting for someone else.

If you see all the beliefs falling down like the tarot card "the Tower". What will be an ease of living to you?

Only the inside of you, the inner you matters. This inner you will provide you with everything you really need. This is logical, for the inner you is God. God knows what you need for living and your willingness to listen will go with grace, with the flow of life. That's why God knows everything. That's why he can answer your heart prayers, and smooth your travel so you can do things with ease, and therefore with grace.

Allah provides they say, but tie your camel. And yes, Allah provides, you are God, so you do it yourself. And to make it easier for yourself, you tie your camel.

To set things in motion, you help your inner God to create things, coincidences to ease your way, so you are able to live Life with grace. And grace you will know if you cooperate with each other becoming one another, becoming one.

The grace of being grace of being one will expand throughout your life and will give you a grace of movement when you listen to your inner music of divine melody, harmony, rhythm, one with life which surrounds you.

This way, life will become a dance of love, a dance of creation, a dance of joy, a dance of gratitude, a dance in movement towards becoming being God.

Have a good time pondering this messages and don't let this message be an excuse to forget to share your hearts vision of the Golden Age.

Humans are too much still thinking of being a solitude island in the stream of living. When you are living with zillions of beings on one living planet, this thought is just silly and utterly stupid. How do you get a whole vision for the good of every being included (stones too, you know, just like elves, dwarves, ants, etc) if you don't share.

Nesara is about sharing money. So share visions, share creation, share life. If you share, you live. If you stop sharing, you are a dead end road for energy and you will be going to act like a living dead. So sharing is letting the flow follow his own flow, her own course.

And this is, of course, the end of today's message.

Amyat patch solemoeny, adhil anam sole for love reigns all.

Transfer closed, right now.

PP March 23, 2004

Hello, cozy isn't it, with two felines as guardians at your computer table. Hello again. This is Ashtar speaking.

Today you are bit restless, having a distraction close at hand, at heart. And yet concentration and single focus is hard to find. You aren't trained to do so.

I will write you a day of a boy or girl going to school (to keep the attention going).

In the morning, when the dew is still fresh on the meadows, a boy or girl is awakened by his/her mother with a song to greet the dawn of the day.

In every house in the neighborhood you will hear the same joy when the mother sings for her children or child the song of the daybreak. This is the sacred moment of the day. The child rises quickly and walks to join in the song. The father is also joining in the song, and they all sing the day to the new beginning, when they watch the sun rising.

Then the family settles to have breakfast in the garden, when the sun is warming the sky and everything is starting to live and rejoice in another day. The breakfast is more a breakfast for senses than for food. There are one or two slices of bread for each, some fruits, and a fresh glass of water made for the day by the well in the garden. This well already knows what kind of water it has to make to sustain the family members.

After giving thanks to the food, the love and light, the family starts with sharing stories, reading some books to ponder about, meditate with each other, play some music and exchanging love. After a while every family member rises to go to say hello to the house, their living quarters, and make it ready for leaving.

While they are ready to pack their bags, they sing a song about leaving, coming back and what they will do in the meantime. The house, the animals, feel the love in the song, and get the message about free time, freedom and joy time. The house is a living creature itself, so he/she starts to look after herself, her gardens and exchange thoughts with the well.

The family walks slowly to the school of their child and greet the teacher. The boy sings a hello to the others and they join in and start to play. While watching and appreciating this view, the man and woman walk together to what they plan to do that day. This will differ each day on the energy of that day, the inspirations during the night and the joy of doing things directed by their Soul. The couple can do things together, or with others, or along, just as it goes with the flow. The boy in this story, has enough of playing and the teacher is singing a song about quit time, a time about learning and a time about contemplating. All the children will go inside the school building (again a living creature of herself) and sit in the cozy room, full of warm colors, soft pillows and makes himself comfortable. The teacher starts today's lesson with a meditation and a story about the topic he wants to exchange thoughts about with his pupils. I use the word exchange, because it matters on the topic who will be the teacher or the student. It doesn't depend on age, it depends on wisdom. And every being takes his wisdom of her Soul to a reincarnation. After some time, when the flow is going in a more faster speed, the children will raise and go to the experience room. Here they are free to learn to experience what they like to experience. This can be techniques and trying new concepts, this can be music and its healing vibrations on animals, plants, human bodies. It can be also arts and the use of colors, it can be making jokes with materializing things (trying to get a car, a device out of the history books, or another device) or trying to materialize food for the evening. It doesn't matter what. If it is something rubbish, then the lesson dematerializing will be put into practice. And these arts need to be practiced a lot before they have enough experience to equal their parents.

The teacher will watch the flow and give the children free time to play, when needed. He also watches with his minds eye every effort and thought in his group.

After playing, there will be time for some lunch, always some kids have materialized the lunch to eat, just think about some nuts, fruits and herbs. Some sleep, some meditation and the children go to the next part of their lesson. They go to the city halls to see if they can assists some very old people who are preparing to die, or to help with the animals, or to help in the science labs, or to go changing thoughts and insight at the city rooms for helping to govern the city, country and the planet they are living on.

After a while, they go back to school, for some playing, and at day closing, they sing their farewell song to the school after they have shared their experiences and their meditation.

During the day their parents have the possibility to drop in, to share lunch with them, to invite them for helping with their task or just to say hello. The evening meditations and sharing of experiences are free for the city to join. Mostly, the day at school ends with a celebration of people sharing with each other, and making for the fun of it the most beautiful rainbow colors images in the group circle. The goodbye song for school, is one with gratitude for today's joys, experiences and laughter.

While the parents walk home with their child, the teacher is walking with the other teacher through the school building, preparing the school for closing. When they leave, the school will do some cleaning of her inside, she will yawn, and get a good rest for the next school day. At home the parents and their child will sing a hello to their house, and the animals will rush in to greet them all.

The evening is a quiet dinner at the fireplace, watching the sunset, with some food, and mostly the child, proud of his learning today, will provide what he can materialize, and the mother and father help him when needed.

The well will provide the drinks based on waterlight to sustain the bodies of the people in the house, and these are very appropriate for the time of the day. The child will go to bed, after doing some cleaning of his energy field, his body, and with a song to sustain his connection with his Soul during the night, he goes to his bed. The house (which includes the furniture) gives him a big hug and rocks him in sleep. The parents watch the sleep take over, and go to their own rooms for a restful evening together and to do what they wish to do.

They will talk a bit about the day, share feelings with the animals, and ask the house if there is something the house will need, may be a change in colors the next day or a different furniture as an expression. Before sleeping, the parents will connect with every part of the house, to see the health, the energy flow and this way they clean their house, keep the energy flow flowing, and after a song to the evening and the night, they too will decide to go to bed.

To do all the materializing and dematerializing one needs to focus on love, be love, live love. It can be done by devices, but this civilization has chosen to do everything herself. If you use devices for doing something, you don't get the same results compared to doing it yourself with focus, awareness and love. The missing part is love. And love needs always a living creature.

The teacher keeps an eye on his pupils, by telepathic, clear viewing, clear hearing and so on. This is a common way of communicating. This is the reason why this society uses their voice for singing. Singing is an expression of joy, gratitude, love and a greeting to each other. They don't have to use their voice, but they decided to use their voice in this healing way.

The singing is, most of the time, just as their hearts tell them to sing. And with improvisations the song is born and others will join. This is also a flow of expression. They have instruments too, they call it old fashioned instruments, because they are the ones you are using right now. The new fashioned instruments live and make music for themselves and if they wish, they will play for the people. But most of the time they do it for themselves and mother nature and her inhabitants. You can compare these instruments with your birds, but that won't fit the description because these instruments can make more sounds than a whistled birdsong.

The houses are quite extraordinary, being living creatures themselves. The people live inside these creatures. And you are only allowed to live in one, if you fit with it. It is just like today in your life, buying a car, if you don't feel at home, you probably won't buy the car. So the house has to decide if she/he likes you or not, and if you can live together. Sometimes a house won't live with children, others adore children and will become a school.

We didn't talk about the planet yet. The planet is a living creature, has a say also about the city, the place for the houses, the school, the waters, the walking roads etc. If the planet wants to change the structure of water, land, mountains etc, she/he will tell to the people so they have time to move everything and to help with the changes.

The healing methods are based on love. The interaction with other beings is based on love. And every communication is within the mind. They still use books for information transfer, but they are also capable of projecting stories in the air in front of people, so they can see a realistic 3d movie, where they are able to walk through, to walk around or to participate in as an identity. Some of the games are based on these projections. Some teachings are based on these projections too.

The teachers use this especially when they try to explain the history of war or matters which don't breathe. The best way to teach what a solid rock is, is to let them touch one. Or project a house as you know it, and let them walk through it, and let them experience the solid walls, the

dirt in the kitchen, the disgusting garbage. Mostly of the children, after a time of being absorbed in it, are very happy they don't have to live in these experiences. Some of them get somehow stuck, and then the parents and the teachers know, that this soul came from this view of the world, and needs to get extra nourishment to forget the barbarian ages where he has lived before this reincarnation.

These children are considered very special. These are the ones, who made it this far. And they are very valued for their accomplishment in previous lives. Most of the time, they will become healers for other arrival children, and this way they are expanding their lives in this reality and to make certain that they don't have to go back to the barbarians stages again.

This is just one view of another society. May-be you have noticed the way of creating. It is always done with the focus of the mind. This is an art you all need to master. Being aware and being able to focus your awareness into creation. This is the next logical stage of learning when you are arrived in the promised land, the Golden Age.

And in the future, when you look back at this Golden Age, you will see the flaws and spots, and you are happy that you have already experienced other real Golden Ages. And this will keep you going to others and other and others.

Imhat aman patch, solemoeny, and keep in mind Divine grace is always to be seen.

Ashtar says goodbye to all of you.

Transfer closed.

PP March 24, 2004

Hello Ashtar.

This is Asthar speaking.

Last time we had a discourse about movement and the grace of moving gracefully. The going with the flow was expressed in moving with the flow, with the rhythm of the universe expressed in movement.

Let's go back to the movement again.

Movement, to move, is an expression of flowing. Nothing in the universe can be without a movement. If you see your children move, you know it. They move every split second. They move, they fumble, they are all absorbing being active with their body, their mind, their joys. And yet they are still and aware also.

When we look at the adults of your society, they are without movement in their body expression. Logical their body can't stand the inertia and will find other ways of expression, and these ways aren't necessarily healthy ones. The society is thrilled with sports, sport events and so on. I compare this with a secondary way of expression yourself. It isn't you doing this, you watch it and that's all. And moving once or twice a week in a sports school doesn't make up for being without the expression of movement for the rest of the week.

We already have talked about the expression of going with the flow by moving gracefully. The finer part of this expression is the body movement all the time. Everything inside moves, but the outside has to be without movement in your values.

Because of the non-motion in the outside movement, the mind and body are becoming stiff, hardened. Yoga won't help you out, yes may-be for getting relaxed as an outside expression of what isn't at the inside, so the tension will come back at the outside for the inside didn't relax at all. This hardening will have its results on what your brain is able to do. They aren't flexible anymore. And without having a flexible brain you will not be able to adopt easily with grace to the flow of life. This results also in your capacities of learning, understanding, comprehending and adopting things in daily life.

Movement is very important as an expression of being, as an expression of going with the flow, as an expression of who and what you are. I am not talking about moving for your job or something like that. I talk about the little tiny movements of a child, the curiosity in expression, the eagerness to learn expressed in being. For knowing what I mean, just look at a child at the age of 3, at the age of 2 and at the age of 5 or 6. Then you will notice and see the difference between them and you. Just become like children, their open mindedness is very rare in adults, and this quality is very needed.

My concern is not only the movement and the stand still of the body and the results of this in your health. It goes far beyond this daily advantage of this. It is an expression of being, of the inside of you. What matters is the stiffness in your hearts, your minds, your spirits, your learning and so on. You lose your capability for learning, adopting new ways of being at an early age as child. This is sad, but this is the way it is. And you have to do a lifetime making changes in your belief system adopted at the early ages of a child. I wish you could do it otherwise.

Being flexible means, being able to learn, adopt new ways of being and new ways of expressing yourself. It would be easier for you to live to your fullest potential if you were able to be this more, then you are now. I would consider a kind of exercising for your body on daily basis, not to exhaust your body, but keep it flexible, next to a healthy eating pattern, and a good day and night rhythm, necessary to keep you in good shape. You already have lots of programs that advertise with this common knowledge.

Next to this body health system, it is necessary to live a life of expression and experiences of the expression who you are as God in yourself. How do you express it for yourself, and then from the tiny part of it as a being, how do you do this? With movement in body and mind? With a part of awareness of how you move, why you move, and what you move? Still it is the inside that matters for the outside.

Do you exercise your hands? Do you exercise your mind? Do you exercise your love? Do you exercise being flexible adopting to new patterns in daily life, adjusting to new habits? Do you play with the schedule of you daily life? Do you adopt to new colors to wear? What about new ways of thinking? What about concepts changing? Belief system changing? How flexible are you in this? And how stiff is your emotional body about these things? And doesn't the outer determine the value of the inner? I said it right. If you become the expression of what is inside of you, then you are able to look at your body, your gray hair and see the results of your lifestyle, your thinking and your being. And we are able to read the value of your inside flexibility at your outside appearance.

Everything is connected. The inner determines the outer. And this way the outer gives a clue about the inner value, the inner circumstances. You can do it both ways, changing the inner and look at the outer if this works out fine. Or you in your position in the world, start to help the inner changes to exercise the outer. Start on both levels. Start an exercising program (mind me, a healthy one), adopt a healthy eating pattern and become vegetarian (respect for life, don't you remember) and eat less then you are used to, change your patterns to a healthy one, and be also in these changes a flexible person. If you are absorbed in these matters, and you like to preach them to others, you are causing a freezing in your growth. You can't preach, it is only possible to be an example.

Then what can you do for mind exercising, to be a flexible person in mind, emotions and live with grace through the day? Because flexibility is very important to be God, God is at the inner a virtue of stillness, peace, harmony, love. At the outside God is forever changing, because growth is change. If you grow in mind then you change often in point of views, in being and at the same time you are at rest, in peace.

This exercise is a funny one. Try to adopt opposite truths on a simultaneous basis. Find 3 or 4 truths in one situation. Try to feel the other point of view, the feelings with this point of view. Try to feel how it is to be the other person. Reading books about life of others (especially written by themselves, or conducted by themselves is very useful).

The second step is to write every pain you have felt during your life on a piece of paper (need a lot, don't you?). And then start to heal yourself, reassure yourself that you are worthwhile, and see the other point of view, the others incapacibilities to act otherwise, the pains of the other, and respect them for what they are. Next to this, start being grateful for the lesson in your life, they are representing, and start being grateful for the love they bring you. This sounds very strange to most people. Most of the time they are hurting because of the lack of love they have felt. And now they have to be grateful for the love the hurters have brought them? Every hurt brings you to the love you feel inside of yourself. This is the love they bring. And this is the love you can give them, the love at the inside you can bring to the outside and you are able to give them your love by loving them.

If you have finished the list of healing yourself, you will have the space inside you cleared to be flexible at the inside of you. If you keep going on with expecting things from others, you will have filled your list pretty soon again with lots of work. Expecting things isn't a flexible way of living. Even expecting people that they will share isn't good. The quality of sharing isn't the matter, but the expectation that every one should share, that everyone will adopt this quality in their life and do this as an expression of life, isn't a good expectation. This and any expectation isn't an expression of freedom and respect for the other.

Does this make you flexible at the inside, no, it helps a lot, that's all. What does help next to this normal healthy pattern of living? To suggest: being free of addictions such as sugar, alcohol, smoking, too much exercise, too much freedom without responsibility, the addiction of fame, the addiction of being a victim, the addiction to feel the peace of mind during meditations and so on.

The grace of the inner movement is the grace of being to be. To leave all not necessary pains outside you, the ease of expressing yourself in movement, in creativity, in being God. The feeling of the inner movement by experiencing the sensations in your aura, your body, your cellular senses, the flow of life and the rhythm of the breath of God flowing through you. The freedom of being God and feel it as an expression in your being, in your body, with your body. The freedom to choose if you like to touch something or to go through it with your hands. So a rock can be a rock or an energy pattern where you, being an energy pattern, can move through without any

disturbance or residue for the rock or for you in your energy pattern. The freedom to be all connected and feeling yourself at the same time. This flow between all and you, being all and being you, is the freedom of the inner movement without any preconceptions.

This grace isn't an easy grace to contain. When you are this grace, you certainly know it is a grace of living, makes living a grace to be, and it is easy to live in this state of grace. But before you are this grace, it takes a while. But what is life, without something to strive for? And the more graces you are living, the more God you will become. And what is difficult today, will be a piece of cake tomorrow.

And what is unsaid today, will be outspoken tomorrow.

And all the graces I have spoken about, are necessary for this one to be able to explore.

I suggest you will read this grace tomorrow and ponder about it in your sleep. You aren't flexible in mind to understand what I am trying to say, and you are too tired to get the meaning of this. Your mind is a puzzle and it doesn't find the fitting piece. And most of this grace isn't a mind concept, it is a feeling, an inner movement, a freedom as a matter of speaking. And when you are stuck inside, sleepy, then you won't get it.

Ashtar wishes you a good night and see you tomorrow again.

Transfer closed.

(Editor: addition in handwriting, some time later.)

The inner movement is the movement of the universe inside a being.

If you have space at the inside, the rest of mind of God, or the quality of being peaceful, sensitive enough to feel your self (mentioned as feeling the aura, the cellular experiences as an example) then you can distinguish who you are and what the movement of the universe is at the inside of you. You can feel the flow, and you are flexible enough to adapt to this flow. The movement of the universe is the very essence of the universe, the breath, the inhale and exhale of breathing. If your inside is flexible enough, you can go with the movement of the universe and be that flow.

This is the grace of inner movement. To breath at the rhythm of the universe. At that point there will be no difference between you and the universe, both sharing the same movement, both being the movement.

At that time you are truly one with the flow of life.

Because you are part of it you feel the pulse, cherish the movement, cherish the moment.

In time you are able to expand yourself to feel the whole universe within your energy, your inner level, your inner self inside.

With this feeling you can dissolve yourself and replace yourself at a different location if you wish this to be.

So the inner movement becomes a way of expressing the outer movement. But this is only a nice complication of an inner being of grace.

I hope you understand the content of my message as I was unfolding it through the channeling.

Goodnight dear hearts.

Pateh sole ragat shaiva solemoeny istar.

PP March 25, 2004

This is Ashtar speaking.

Funny isn't it, when you see the concepts after a nights rest, you see the connection of it within everything.

You were pondering if Le Comte de st. Germain works with this concept when he walks in through a wall, a solid brick stone wall. And yes, this is the thought behind this very capacity.

Let see it again. If you know the inner movement of energy in you, you are sensitive enough to feel the movement of the universe. Then you are able to put your hand into a rock without disturbance of the rock and you are able to get your hand out of it, without a disturbance of your hand.

It is a part of mastery of energy. You can do this when you are able to distinguish your energy and the others, and to feel the pulse of the energy you are part of, the energy of the universe. If you do master this, you can do with your energy pattern as you like, dissolving, placing and displacing through the universe, adopting to different levels of existence. And yes, everywhere you come, you need to make sure that you respect the other in his / her being and her path towards the light. So you even have to respect the beliefs of this being. And if the beliefs aren't ready to adopt a new concept of materializing a person in front of their eyes, you can't do it, because of the respect and the love you have for them.

Again and again, every freedom of expressing yourself has his own disadvantages in it. The responsibility to be a master of something, makes you think twice if you do something or not. Every one is of course self-responsible for his or her life. And being there at the timing of you materializing there, they should indicate that they are ready for it. This is a very ego centered way of thinking. And this isn't the way it exactly is, and yes it is this way.

Let me explain; if you are sensitive in the way you feel the universe in you, breathing, you are a master of matters, so you can move through energy patterns, without disturbing it (as a matter of respect). Then you are becoming able to feel the purpose, the divine pattern in every creation, in every being, in every thought and action. By then going with the flow is to adopt to this purpose, the pattern, the energy expression. Then you know God and God knows you, because you are communicating with each other, almost at the same level of existence. I don't say you are at that time equal to God, but you feel him, hear him, see his expression, feel his existence, experience. You are aware of him at the inside. He or She will be aware of you also at the inside.

At that moment you won't do anything that makes a disturbance in the energy pattern, in the purpose of life, in the existence of being on their path towards God. You are in line with the Divine and you enjoy being there. So you won't interrupt the divine plan made for a being by him or herself to become God. And if it is part of the plan to see a being materialize for their own eyes, so they get a clue about what they can do themselves in time being, then it is okay to do it.

You can't master techniques without the responsibility for being the master in it.

This is what the world is lacking. They master the techniques of nuclear energy and then they misuse it. Okay, in my opinion you aren't a master in it yet. Because you can't undo the results of the nuclear jigsaw slush you were making. You have the devices to murder everything with chemical weapons, but you haven't got the techniques to get the chemicals out of the environment. You are a master when you are able to do certain things and you can undo them too. If you are able to materialize, then you are only a master when you can dematerialize too. And in being a master, you make sure that you don't have to undo the things you are doing (which makes you less a master because of the "faults" it indicates, when you have to undo things). But then again it can be very handy to be able to dematerialize things (just ask Sai Baba, he use it a lot in his daily life on earth). This is only the case of living in matters.

Energy patterns like gratitude, joy, peace, life, can't be made undone. Love is the very existential part of it, and you can't undo love. Pity isn't it? I guess you wouldn't have it otherwise!

So it is also with every deed you do, you can't undo it. So better think twice before doing it. This is also the case with thinking, feeling, expressing, you can't have the same opportunity twice. The moment is in a split moment a different one. So nothing can be done twice, and every opportunity is only once. And yes, you can create another almost similar opportunity in another moment, but it is still another.

Going with the flow is an art of living, and a device to practice it every split moment. To be a master is to be a master of the flow. And then we are talking about being God. Because being the master of the flow, is to direct it, to cherish it, to care for it, to bless it and take the responsibility for it.

This is something else than going with the love, feeling the flow, being the flow. Then you are only part of it and not aware of being God. It is as usual part of the same issue. Because you being God can direct the flow in your expression of being God, and at the same time going with the flow is to be participant of the flow who is directed by God.

Life is an expression of both ways. Being and feeling. Directing and seeing, feeling, experiencing the results. This is what God is doing through his creations, with us. And this is what we are doing in daily life too. This is the creative process of being God.

And this makes the creativity of expression a grace of living. And every outing of creativity needs to be experienced by your self. So this way, you are making it for yourself and you are experiencing it by yourself. This is also the law of the Karma. Everything you make, you feel for yourself. Nothing more and nothing less. That's why Buddha taught everybody that being nothing, feeling nothing, detachment, was a very good device of getting out of the hands of Karma. Because in nothingness lies the salvation of this rule.

You would ponder if the joy of God for his creation, because God can't be less than being satisfied with what he is creating, an expression is of nothingness. And yes it is, and no it isn't. A feeling is everything except a nothingness. A being is something else. In the heart of the matter, nothing is. Because matter is an illusion, it is only energy and energy patterns. And energy isn't a feeling, isn't a being, it just is. But in the illusion, in the creation, energy is directed to different forms of expression. And one of the major forms is love. Energy is love into matter. So the nothingness is right, but we all being God in expression into experiencing himself / herself / itself (it doesn't matter which one you use), you can't talk about nothingness anymore.

Is there an escape to this game of being into experience into expression? If you need one, because it is a joyous event we all are making, God included you and me. You have to ask God and you have to be God in full awareness of being. What is behind God, where does God grow to, why does he choose to have experiences, why does he choose to get to know him more than he already does? God is everything isn't it? God is the beginning of it and the end of it all. So where is God up to?

First answer I can give you: he is up to getting more Gods. He is up to getting more expansion of himself. God is growing. But how can something infinitive be a part of a growing process? The answer to this is, God is part of another God and part of another God and part of another God. And all these are doing the same, expanding experience, expanding love, expanding expression, just like you and me only in different fazes in expressing and experiencing, until all becomes one and in matter of fact, all are one already.

And we both being finite in this expression of love, we can't understand infinitive. And the only answer to this question is, you know it by being it, feeling it, experiencing it. This is a challenge to become in daily life. To become infinitive as being in the matter.

Again and again I come back to Sai Baba and his example to you. He knows everyone of you and he loves every one of you, he takes care of every one of you. This love you see, feel, while thinking about him, and seeing him walking around. He is pure awareness of being. His body is finite and his being infinitive. If you become as him, you are part of him as you are already now, but are not aware of. Then you need to outgrow your limitations to become more like him, grow more into him, understanding with being more his being. And then I won't have to talk to you anymore about the infinitive experience of being God, and you would like to explain it to me.

This is also the same with being Jmmanuel, with being Le Comte de st. Germain, with every prophet, teacher God has send to you. Only the experience of being part of God will do, and will explain what we are trying to fit into words, and uttermost are failing to do so.

The grace of life is the feeling the expression of being God in music, in light, in love, in being. I feel to be, therefore I know I am who I am.

With these words, I will finish this message. If everything works out according as I plan, I will be back again later on the timeframe you call day to give you another demonstration special to think about, to cherish the moments at the demonstration, and to feel the possibilities of humankind in the nearby future and the far away future, which are unfolding at this very moment.

Pre anam sole istar.

It is said as it has been said before.

Greetings, Ashtar

Transmission closed.

PP March 26, 2004

This is Ashtar speaking.

As time is unfolding and you are ready to listen, the messages will unfold a splendid occasion to learn, to be an assistance in the world, and to be more than you dreamed to be. You are God inside and human outside. Like I am humanoid outside and inside God realized, because I am more aware who I AM than you at this moment. The vision we hold in mind for you is the most perfect embodiment of God we can imagine here.

AI is about visions, and sharing them. You are living in the matter and it matters for you to share the same vision with others. When that happens, the vision will be growing stronger because of the shared effort, the shared hope, the shared energy. And when 2 or more will be gathered in the Name of the Source, giving creative energy to a vision, this vision will come true. There is only one exception on this rule. Other visions. When there are other visions opposite to the one you envision, you have to put more effort in it to get it realized. And if a vision is abandoned, this vision won't come true, but will stay unfinished in the realm of creation. And sometime another will envision the same vision and then to the astonishment of the one involved, the ease of creation of this vision, makes a wish for more. But then these visions won't be that easy, and one gets disappointed instead of being grateful for the help offered by an already half-made vision.

When we look at Nesara and the announcement, we see lots of efforts and these are abandoned very easily. The vision of how the announcement has to be done is always not very clear. So you're getting clouded vision, and these visions are easily defeated with visions of the opposite nature.

If we see the vision of Nesara, the earth isn't very clear in what Nesara is. This lack of education of information makes it very hard to get a clear vision. People write a lot about Nesara, but nobody is willing to lack the text of the law. White Knights or no White Knights, nobody is willing enough to give the people, considering the participants of this law, a clear view. The gag order has to be broken one day, so better start with the text of the law.

If we see the participants in making a view of the world after the announcement. I don't see much effort either. I know that there are already nice visions of a new world. It doesn't matter that yours isn't nice or is already written by someone else. What matters is your energy in a statement of agreement, your energy into words, your energy into pondering on paper what somebody else has forgotten. Your energy into dreaming how life will be for you living in this vision.

It starts with giving the vision an agreement, so it is a shared vision. Then you share the vision by talking about it, sharing it, cherishing it. The vision has to be lived inside. How is it to be in the vision, what will you do, how will your food taste, how do you make it, what knowledge do you need to make it as is described in the vision. Okay, I have written you a vision of creating by thought your own food. What do you need for this part of the vision? The information how to do it. The information of what is good food for you to eat. What will nourish you, what won't nourish you. And what is healthy and taste enough to get you satisfied. Try to visualize the process of the thought getting into matter, into food so you can eat it.

How will the medical part of the vision work? Do you envision fat people or not? And how to deal with different ages? What will people look like when they are getting older? How old will the people be in your vision when they decide to die? Is there a possibility to decide to die or will it happen to you by incidence, just like now in your life upon your earth.

How do the people live, how do they interact. Do you see yourself be a participant in this interaction? What is needed to get the people just like you in a healthy interaction as you just envisioned?

Just think, think, think. There is more to share than what is on the website. The visions aren't clear enough. Do you wish to live in an accidental world, in an accidental life, or do you wish to live in a world with the security of a life, well thought over, designed with love, guided with love and purpose?

Why do you act in case of Nesara just like it's an accidental life, an accidental world?

The world you are living is for you an accidental life and world. We see the careful planning of the so-called illuminati to get you into this life, and into this thinking. And with Nesara, you do the same. You just let it happen. You just swallowed every excuse of it not going to happen this time. But don't worry, the next time it will succeed. OHH wake up! How many times do you have to be in this process until you take your responsibility and envision your life with a good vision to live in.

When do you become a power of vision, into creation, into life, into your capacities of being God, into your very destiny? When you do this, nobody will stand between you and your vision. Especially when you do it together. You are with billions of people living on this earth, every one with visions, wishes, dreams, longings. If you get these on one line in a shared vision of a better world, then it would happen in a split second.

But now the effort of a small group is powerful enough to stand between you and your vision, just because you let them, give them permission. I use this world just as I should use it. You give permission. Permission for excuses, for not acting right to get the announcement done, because nobody really cares how life after the announcement will look like. It will be better, much better. People won't be slaves anymore of the rent and debt policy of the illuminati. Health systems will be better. And so on and so on.

If you stay in your power, if you make sure that you take your responsibility to share the vision, to make the statement of agreement, if you start to write one little part of it, the part you are capable of writing, and you share it, dream it, live it, who can stand against you?

You are still small unworthy beings of the God with wrath and jealous rules. Not worthy to be in the presence of God, not able to think for yourselves, and your dreaming, you let the illuminati control it by watching TV, movies and mind control devices. And to make sure you don't dream yourself free, they give you soaps instead of adventure, financial and health problems to keep you occupied, and they make sure they control the criminal world for the fear basis of the society you are living in. And just like little sheep you run behind the leader (wolf in disguise) to get you nowhere, only in more fear and pain. And if we didn't see the light in you growing and growing towards God, you would be believing the same over and over again.

Aren't you awake yet? Shall I repeat it again, or will you start to envision the life you like to live, the world you enjoy living in, the love you like to feel for yourself and for others, and make a good picture of the shared vision? Even that kind of picture, where you can count the hair on the head of yourself. If God is able to count them (written somewhere in your belief systems) then you are able to envision the details compared with this for your glorious future.

Make it sure it is indeed a glorious future. We are waiting for you. You taking your own responsibility for your life, and to make it a good one for all concerned.

And enjoy being creative, enjoy being and sharing with others. This is a nice game of being God, being together, creative, and make it all included, all encompassing towards a glorious life for all concerned. And be sure it will be a heaven on earth, because this is promised to you, and you have the power to make it come true.

I will leave you now with some time to think, feel, taste, cherish and share the brilliant future you have waiting for you. Let's bring it down very soon, you will love it.

Asthar is saying goodbye for now.

Connection dismissed.

PP March 27, 2004

Hello all, this is Asthar speaking.

It is time to share your being, time to share your vision, time to share your loving heart, time to share your hurts, sadness, your happiness, your joys, your everything you are, it is time to share you.

Don't be afraid of hurting, if something hurts you, you have something inside what needs to be healed before you felt the hurt, it was already in you. Just say thanks to the one who gives you the reminder of a job unfinished.

If you get a negative reaction from someone else, just look in the mirror they present you and see your part. Just as they should look in the mirror and see their part. And yes, it is not of your business to make sure they look in the mirror and to make sure they do their part. Just bless them and trust God, trust yourself, that in time they will see God inside themselves, as you see God in them right now.

If you give someone a negative reaction on something, just look in the mirror, love yourself, love your mistakes, because they give you the opportunity to learn, to be closer to whom you already are. See the guidance in these occasions to heal others and yourself.

In sharing, in accepting yourself and others, you give fear no basis to live on. You don't give hurtings, and other separative emotions, time to get hold of you and wrench the light out of you. Sharing and willingness to learn from the view of another is the most important part of becoming and playing the God you are.

And If people don't act with the rules of respect for a relationship in their mind, just accept and let it be. You were a few times ago just as they are. Share you, share your example, share the example of others. If you don't share your life, how will the Golden Age become possible?

The most easy way of sharing, is the sharing of information. Information isn't you, it is just knowledge. And knowledge can't be owned. In the society it is already a power basis to have more knowledge than the other, and to play your knowledge in the power game for your own win, more money, more power, more satisfaction or revenge, just for ego matters.

A vision, a dream with a message, needs also to be shared. If you as the receiver (nothing more and nothing less) don't share the dream with a message, who will the givers of this message send this dream to? It is your capability of receiving that makes it possible to reach the others with the message. If you become a dead end road and keep everything for yourself, then you are not flowing with the flow of energy and not doing your job in providing the necessary information to a changing world who needs this piece of the puzzle for the next step. So you will be held responsible for your arrogance to keep the information just for yourself or a small inner circle. Again and again, you are part of GOD, not an island without any connections, not a single part of you isn't connected.

Without knowing you share your thoughts with the whole galaxy, we see what you think. So sharing knowledge, messages in dreams, thinking of visions and so on isn't that big a deal. In relationships you are becoming more that you are, you are becoming God. How can you measure yourself and your values except in a relationship with others? You can think you are loving, but to actually put it into practice is something different. Then you know with test and exercise it is really part of you, may-be you need to refine it a bit, but it is you.

What more do you need to share, to put it into practice? EVERYTHING. Yes everything. To see God in yourself and others, you need to practice. Knowing without practice, isn't worth a dime. Practice it in voluntary work, put an old lady on the toilet and keep her hand in your hands, because she is afraid to fall in the toilet, and see the God in her while doing this, then you know. See the God in your partner when she or he is making you accusations of laziness, because you can't fill her / his expectations of what you need to be, considering her / his point of view, is good experience too.

See in the mirror presented at that time, may-be it is right, may-be it is the hurting of not feeling important to you what causes this problem, and see the expectations as a test to stay inside you and with the truth as you live it, and see it as a misconception of your partner to give you these

expectations instead of seeing God inside you. And be humble enough to see the truth when you really are lazy. And see if this laziness is not part of the loss of energy given away to your partner, the society, the ill health, mentally, emotionally or physically. In all the above mentioned occasions you have to get some work done. Laziness isn't an excuse to get some work done. And to overcome these ill health issues, you might like some help. And with asking and accepting help, the problem would be come durable or solved. Don't be lazy in asking help, reaching out for help, and accepting help. Otherwise help can't come your way.

It is also important to share your qualities. In that way you are able to put them into exercise, which means you keep them alive, and refine them, become more of them, and see you are more than the sum of these qualities, because you are God which can put them into action. And at the same time, you can help others with them, and by helping them, you have time to see the lesson, that while helping them you are not less valuable than them, or worth more than them, you are the same. They give you the opportunity to practice to give something of yourself. Giving and receiving are of the same value, the one can not exist without the other.

It is also important to share your weakness. By sharing, they dissolve, if you don't keep them close at heart. Sharing is something different than complaining. Complaining is just an energy eater. If you complain to get out of the mood, to clear your mind (just like lots of ladies will do) then you are sharing, and let the things go by speaking your mind. This isn't a big deal, it is just a good mechanism to keep your inner health. But don't start to gossip. You can't undo gossip. The hurts in the point of view of the other can never be undone, for ever. And this way you are responsible for causing the other troubles in seeing the God inside your topic of your gossip. And you are a very long, long way off the road of seeing God inside the others.

While speaking, I come to the topic of respectful behavior towards others. And yes this is all part of the game of being God. I think I shall start with "the don't do it anymore" list. It will be a long list:

- don't gossip;
- don't judge;
- don't work with hidden agenda's;
- don't manipulate;
- don't go in power struggles;
- don't chase power;
- don't expand your ego on mischief of others;
- don't boost your ego with your accomplishments;
- don't boost your ego with your capacities;
- don't boost yourself on good health, good character, good style of living;
- don't diminish the value of others;
- don't (mis)treat animals as not being part of you or part of God;
- don't value any being of not being worth to listen to;
- don't value any being on their value they see in themselves;
- don't value any being on their awareness of their part to God;
- don't value any being at all;
- don't put expectations on somebody;
- don't see the faults in the other first;
- don't see the faults of you in the other;
- don't see the dark side in the other;
- don't judge any being of not worthy to share yourself with;
- don't judge time to be more important than sharing and helping;
- don't judge helping being more valuable than accepting the help;
- don't judge anybody not worthy of your company.

I think this list will do for now. There are more "don't do it any more"s to be ad to this list. You will notice in time the other ones that need to be added. Just do it on your own list. Because that list will be yours to work on.

The list I gave considering a good relationship is in every occasion a good one to practice. For you are always in a relationship with some being. And when you are all alone without any being around you, so you think. You are already together with mother Earth, because you stand on her face. I am very careful not to say, you stand on her body, because you don't know on which part of the body you are standing. And to stand upon the face of some being, you sure have to be res-

pectful. In daily life, you won't think about standing upon the face of a being (except in a power struggle) so this view is the best view of how you will honor her, who is willingly and with grace, having you on her face. Otherwise there won't be a place for you to be (to be God). In this view of your highest potential of Being GOD she, with respect, lets you walk upon her face. And she knows you are capable to respect her and thank her for this honor.

Funny thing it is, you are always more troubled with don't than with allowed's. And when you live the way of GOD, the respect and love for all being, you won't be troubled anymore with do-not's. These do-not's would come natural to you as part of your inside, as part of your expression of being GOD. And this way you can see with the list of do-not's how far you are on your way to become GOD. And you only know how far you are, if you put yourself to the test and look at your beliefs, your behavior.

And then only then Humbleness comes in.

And being Humble is the next grace of living. And this is an easy grace also. It comes natural on ones path if you walk your life of becoming more and more God into being, into existence. And never get proud of being Humble. This is the best ego trap the ego can give you. And it is a really funny one too. It is also a good way not to mistake a lack of self esteem, a lack of self worth for being humble. These will never be the same.

You only can be humble if you have a good view of how you are, what you like to become, what you are capable of, the good and lesser spots in character, and what you still need to learn, to practice, to experience, and to be.

Having a good time all together, see you next time, with another Grace if God provides.

Goodbye,

Ashtar.

Transfer closed.

PP March 28, 2004

This is Ashtar speaking.

If we consider the list with do-not's and the mistakes someone easily makes in a relationship, I will give you as few other have done, do-not's especially for love relationships, and these are also valuable for friendship relationships, and other relationships as well.

- Don't expect something from any being;
- don't accuse some being;
- don't complain.

And consider: the good habits, the good things some being is, the strong points in a personality, will become, in time, the weak points in this person. Every good thing has it weakness. Because most of the people strive to get the weakness better, and forget to look at the good parts in them, everything can be improved, and most of the people forget to improve their strong good points.

This is the ego trap, and you will prevent this with being humble. I already talked about the mistake of being humble and having a lack of confidence in life. These aren't the same. This is also a nice ego trap some will fall into it. This is part of the game, and keeps your alertness going on. Otherwise your awareness will fall in sleep again.

Next to being humble is the trust in life a natural thing that will come in your being if you practice the grace of living. If you live the grace of living, you will see that some nice coincidences will follow you where ever you go. This is a natural state of being if you go with the flow of life. This is a measure point to see if you really are in the flow of live.

If you happen to see the flow of live, the course it will take, you will find trust an easy grace of living. With this trust in yourself as Being God, you make a lot of things possible with creation. This is part of the mastery of life, mastery of being.

Again being of trust can be a self centered experience, which can be highly overestimated. The ego trap will join you quickly. So being Humble is the only way out of this trap, and to avoid this trap. A good thing to do is to look at the lists of do-not's, (just eat a donut and remember yourself at the lists of do-not's). If you really look at yourself, you see a lot of things you still do. So being humble won't be that difficult to be.

When you are me or an Ascended Master, you still are humble, knowing what you still need to learn to be more of God then you already are. Being humble is also a power to keep you going, as I stated in the message of yesterday. And don't forget to be of joy, to enjoy the ride. I say this because you won't laugh at stepping into an ego trap, but it is funny to do so. It gives you a valuable lesson in life, gives you opportunity to be awake again and avoid falling to deep in sleep. When you fall too deep in sleep you will have more trouble being and becoming awake. It is as matter of fact a grace to fall in these traps instead to fall into descending. This trap can be an outing of your descending, but with trust into your higher self, your minds eyes open, you will get plenty of opportunities and reminders to stay on track or to get back on track.

Your God self, your higher self, can be trusted. They are to be trusted when you wander of your track, if you take the road less traveled (the good easy road towards becoming God) or the normally heavy road of difficulties. In time you will learn to trust them. As it normally goes, when everything goes right, you trust them, if you wander and get lost, you don't trust them anymore. And then they are very handy in providing you the right course, giving you clues, postponing the happy coincidences to remind you that you are not going with the flow, and are encouraging you to go with the next step on the right road, to shower you with coincidences with the first step you take. Then they will say, okay, we have shown you that you are on the right track, it takes a little effort, but you can trust us right now, we have proven it. So we see what you have learned of it. And then the happy coincidences will be less, and you will easily get into the state of paralyzed fear of not getting guidance anymore. The trust they ask of you, you need to show at this very moment. If you don't trust your God inside you, what will you trust in life? Nothing, and this will cause you a lot of problems.

The God in you, your higher self, will come to rescue you once again of a wrong track if you will listen. And they persuade you to go on, while showering blessings (happy coincidences) upon you. And the situation will be where it was before you left the right track towards becoming more God.

And then trust will set in or you wander again.

Your God inside you can be trusted, your ego not. So what is the big deal, the big problem if you have already the confirmation that you are on the right track, doing the right stuff? To ask more is an act of lack of confidence, a lack of self-esteem. You will need to do some work on it. To strive with trust towards your goal. And when needed, the happy coincidences will follow you. You need to put just a little effort in it, to show you are of good will.

Having a lack of confidence, a lack of self-esteem is a sign of lacking the trust in your Higher self, of lacking the trust in the God inside you. If you start to listen to the God inside you, at every time, then your guidance will be close at hand. In your heart you will find it. And then the outside coincidences will be of less worth for you for your confirmation, guidance is inside your.

It is a good idea to practice the art of trust, the art of listening to yourself, your God self. And you only need to be trained in listening.

If you start listening, then you will find lot of things inside you where you can listen to:

- ego matters;
- emotions;
- habits;
- beliefs;
- body longings;
- instincts;
- feelings;
- programming;
- concepts;
- thinking.

And all these things aren't the God inside you. So how will you find the God inside you when you get a lot of noise to get confused about?

There is a layer underneath this all. This layer talks softly about the good for all, the love for existence, doesn't manipulate, gives respect to all concerned when presenting a solution for a problem. It is a inner feeling of peace, of happiness, of being at one, at ease. And this feeling can be questioned, and it will stay the same, it can be tested, and it stays the same. This feeling won't change, because it is everlasting. The solution can be changing considering the situation. The answer can be changed because you have changed, and your question doesn't have to be changed, but you can have a possibility for a deeper answer, another step closer to God inside you. The answers will be appropriate for the moment. And this moment, as we have stated before, changes form moment into moment. So never the answer form within will be the same. Don't expect this, otherwise you listen to a static CD with a repeat button switched on and this is definitely not the God inside you.

Some will say that the answers will stay the same, they never change. It will depend on your adoption of the truth. The graces of living concepts are in the beginning just concepts. But when you start living them they become a living truth. And truth is also depending on the situation and your inner state of being. After a while you live them and you are done with the concepts. But meanwhile you could think about teaching them to yourself, your children and by example to every being who is willing to see you as you are now at that very moment of looking at you. Better decide what kind of view you are giving them.

I know that lot of people say that the all loving God won't give you remarks like "you have to do", or "when you don't do this". This will give a lot of people distrust in the messages when I use these very words.

It is a matter of a guideline. If you accept the guideline, then you go with the flow of it. Then the "you have to"s are just a matter of speaking to make sure that you go with the flow of the guideline. If you step aside to this line, as you are free to do so, you will feel the why of these "have to"s. You will see the wisdom in it. Or you just step off the guideline and figure it out by yourself

(as this guideline persuades you to do for yourself). You can figure it out if this is a right guideline for you. You can figure out if there is another one that resonates more with you than this one. You are also free to decide that you won't follow any guidance. That's alright for me. I don't feel any satisfaction with people who follow the guidelines presented in these messages. It is just a possibility to give you a guidance to get the easiest way of going with the flow, to get to know yourself better, in becoming more the God who you are. You are completely and uttermost responsible for your own discernment and steps and growth in your life. You choose to test the messages in daily life if they work for you.

You are free to be whatever you want to be. This is the first law of creation. But if you are, by change, longing to feel the God inside you, to express it in daily life, to become more that GOD and to go home, may-be it is worthwhile to read these messages and ponder them in your life and put them into a test, a fair one.

It all matters if you trust yourself, trust your discernment in feeling the truth. And this discernment will grow into fine-tuning when your sensibility has been valued and has been restored (healthy) from hurtings and hardening from outside worldly sources. And then you will have seen the value of one lesson I have given you before, the value of being sensible and respecting yourself as being sensible.

And last but not least. I am just God for myself, just as you are God for yourself. The guidelines I offer should never and never stay inside you when the God inside you doesn't resonate with it. This is never a guideline to replace the God inside you. It is just as it is, A GUIDELINE TO FIND THE GOD INSIDE YOU, and my humble way of presenting my values to you to think and ponder about and to see if they work for you.

And in matter of fact, lots of societies are busy pondering them, to refine them, to practice them, to examine them, to think about them, to write extensions on it fitting to their view, and to reconstruct them, but most of all to feel the love of them for existence, the love for them, the love for their growth, the love for them being GOD.

I love you being GOD. And I trust you, being God, to do what is good for you as being GOD and as part of the GOD-being you all are.

Have a good time in being God, and I hope the message about trust and humbleness (with my example in it) will give you something to ponder about. Getting awareness is all that matters in your society and the changes you like to see will follow if you do your best to get a vision which can be put into creation.

Have lots of fun while doing everything you like doing.

Ashtar

Transfer Closed after receiving: Inam Pateh Sokinoa always.

PP March 29, 2004

This is Ashtar speaking.

As you have had possibility to read the last messages, you could see that I am addressing to daily life situations of people. This is logical. In daily life you express your being, you express your life. And in this very daily life you will experience yourself as being God. I know that you will have troubles with the society to get your expressing of God manifested. God is. And the Society isn't, at this moment. And every being, aware of the misconceptions of the society, likes to change it outside themselves by the announcement of Nesara. And then Nesara will take care of everything, or the seeing of us, your space brothers and sisters, will change everything.

Sorry to see so, this won't be. People will have a shock for a week of 3, and then start to live as they used to, without seeing us anymore. People have this ability you know, if they don't want to see us, they are capable of not seeing us anymore. And life will go on just as now. And people will sell their kind for the power they want, if they have the possibility, and they did before and they do after us showing up, if nothing changes.

Being an example will change things. If all the lightworkers would be an example of tolerance, flexibility, in egolessness (nice word isn't it, don't you like to make a new language more fitting?) (*Editor: we're working on it, aren't we ;-)* ?), fair play, loving, lighthearted in money issues, then the world would have something to chew on.

But logically, in your state of being, nobody has already solved their problems to this high standard. And logically again, bodies can't do this. There are a few people who are doing this right at this very moment we are speaking. And yes, you don't see them, because they are an example in their own neighborhood, their own environment, their own peer-group, their own family. And if Jmmanuel was on earth to be an example again, just like 2000 years ago, you still would think that it is only given to the son of God, and yes this is very true. You are all the sons and daughters of the God, you are God. So being like him or being an example, if you really want to be it, you are able to be God.

Let us consider children. Are you a good example for them? Do you express the high value of only love matters? Are you strict and loving, tolerant and straightforward, are you consequent in matters that matter most? Or is the TV the teacher (the illuminati controlled device of influencing people)? Are the schools based on good values, or just winner orientated institutes based on learning facts, and dead-making of creativity, expression, music, grace of movement expression? They will tell everybody how good they are in raising children to fit into the society. And you suffered a lot of society. Make sure that your children won't experience the same dreaded feeling problems like you did before.

And therefore, you are going to underestimate your feelings and longings as a child for a more fitting school with place to be at home, to have a method to express the inside, to express the creativity without the harsh treatment the children are giving each other. The children copied the behavior of the parents, taking some nice habits and characters from past lives with them, a lesson or 10 to learn in this life time, and are raised in a school with less attention, 30 children or more in a classroom, teachers not having solved their own problems and issues, and guess what you get?

Then they watch TV, play the games on the TV, in their play at home or at school, and play violent games at the computer, and you wonder why the youth doesn't seem to be in a better position then you are to save the world?

With your school system I would find it very easy to get fear based, violence orientated, aggressive children, with lots of interest in sex and sex abuse. It is a miracle, that thanks to the power within, you have possibilities to overcome this all, and try to be a love orientated human with good values. God is invincible, you are the very prove of it. So will your children be.

In daily life trying to cope with children already raised on TV and bad school systems, while you still search for the God inside yourself, and don't have time to raise children at that moment in your life, first try to solve the issues in your life, before you start to raise children. In your world and your lifetime it isn't possible to do it as it should be (just look at the life planning I gave to you earlier in these messages). You have to do it all at the same time. So it won't work out as it should. The only advise I can give in this matter: become as good at parenthood as you can at this moment, gain that much wisdom to help your children in all the respect you can give them,

to raise their children. I don't see much help in advising, telling your children that they should live their lives different, like lots of elderly people are doing right now. They had their chances and ruined them.

Now you have time to learn respect, practice it on your children and all the other values you want to have in your life. Practice it, it is not too late to learn, and to give an example of learning valuable things. This is the only example you can give them, an example of trying to gain wisdom and the experience of practicing good values and respect. They will be raised with this example, so to do the same, and it can come naturally to them. And while you are learning and developing your skills in being a better, lovelier human, you gain wisdom to give to the children of your children, and eventually, your grandchildren have elder people to turn to if they like to have advice in their adventures, in their capability of experiencing things, and learning their lifetime issues.

You can't give them an example of respect, all loving, unconditional love, if you can't do it now with your life partner, you can't do it with your children. But you can grasp every possibility to learn of their mirror they are presenting to you. They will show you, especially in their teenages, what your expectations are, what you have to do to show respect, how you have to trust your inner power, your inner god, to deal with the issues they are presenting to you. With the schooling at school and the TV they watched, they will test every border of your values, your rules and restrictions for their best. How to give them freedom and still have the respect of your values (you still are trying to learn), how to be honest and open and respect their expression of their values as they experiment with them on a daily basis? It is a bit to late for teenagers to learn about the grace of living. In your teens you like to experience, experiment with things, and learning the values at that time presented, are just ridiculing your phase of life. You, as their parents, have had your time in the early ages from 0 till 12. In the period from 20 until 30, you have time as parents to give advice when asked for. This will be very occasionally, except when you have given a good example and a show of humble wisdom to let them be as they are, experimenting and challenging life to its fullest, as they should be and do.

In the teens you have to practice distance and intimacy, listening and choosing for yourself. Finding your inner balance for things in life. If you have a good schooling, you find it easy to look at the inside for answers. If your schooling is just as normal in this life, you aren't able to look at the inside when everything is trying to get you with your attention to the outside.

You have to deal with consequences of belonging to the group and starting bad habits, or doing things you regret later. Or falling out of the group but staying true to your inner God. Or trying to find a group with the same issues, and be restricted with what the group tells you how God will react in this or that occasion.

If you look at what the world tells you, about sex, smoking, school, power, money, relations, friendship, clothes, shoes, make-up, how you need to look, how you are supposed to spend your (borrowed) money, what to buy, what to do, what to think and so on and so on, you soon will be unhappy to fit in all the expectations of the world. And if you succeed in all this, if you study, have time to do the right things, at the right time, with the right look, the right friends, the right whatever, do you feel right inside? Or do you tell yourself that you are right at the inside?

Does your inside tell you that you are at peace, in the love motion of life, seeing God and your own rewards of being God at the inside of you?

Are these fitting together? The right things in the world and the right things in the inside of you? Do you respect your inner longing to know yourself? Do you respect the rules of a good life with the rules of a good adventure? Nothing is wrong with adventure. It is a grace of living, but is your adventure for the good of all concerned? Do you respect yourself? Do you love yourself? Do you do things for the good of all concerned, which means including your parents? I am not talking about obeying your parents, I am not talking about taking their life and copy it to be your life. I am not talking about fulfilling their expectations for your life. I am not talking about their wishes how you should live or do or be (because they are projecting their lost life on you, so you will have your own lost life, while listening to them).

How do you see life? Earning money, power struggle, getting as much girls in your bed, or getting the right terrific man at school as your boyfriend? Or the struggle: if he doesn't like me anymore, I am worthless you see, otherwise he would love me still? Or when I don't get this (good grade at

school examinations, or to be at the top in the school-team, or a place in the school-team, or the best place in university or the best slim figure and so on and so on). Come on, is this life you like to live? Then you are a nice victim of the illuminati politics and a nice sheep to follow the leader. Which one do you choose to follow: drugs, sex, smoking, aggression, abuse, stealing, or the death of creativity, of individual thinking, of consciousness, of awareness, of feeling one with Creation?

And to be of service as human to the world is just not an issue for your life? Isn't it? Or is it an issue just like you like to see life and the world?

If you look at your life while seeing the rules of relationship, what do you see?

If you look at the other graces, what do you see?

If you look at tolerance (your parents by example)?

If you look at respect for the inside of your friends, what do you see?

If you look at your longing for adventure, do you misuse it in sex, smoking, alcohol, belonging to a group, or do you address it to an adventure of expanding yourself, expanding your horizon and an expanding in thinking, feeling, in being sensitive?

Do you treat your body with respect for its needs?

Do you nourish, cherish your body?

Do you nourish and cherish yourself, your friends?

Do you take care for every being in your class?

Do you look at the inside value or the outside appearances?

How do you think of clothes to belong to a group or as an expression of your ego?

How do you think about being one with everything in creation?

Do you feel all these questions and their answers, or do you think about it with your mind and just go on with your life?

Being a teenager, being a young adult, has its responsibilities. You will be forming the new world eventually. And you are going to save the world. Your parents won't do this, or only to the high level they are able of. You have to build on what they are giving to you. You can shout that it isn't enough, that they should do more, that they have wasted precious time while being occupied with less values and loving of the world, you are right. But, but, but, but, this is what you got, and this is what you are starting with to get a better world than you are living right now.

And in case you don't want to get a better world, anymore, congratulations, you lost your life in the treadmill of the world of outer experiences of expectations and occupations to get you going without thinking for yourself. And this is really not of your liking to fit in, to be a number just like the others, this was your vow to yourself when you became a teenager, to be and become not like them. And now you just do and are the same.

In case you consider suicide because nobody loves you in the world, you don't fit in, you don't see a way out, you just think everything is black in your life, too much to handle, too much negativity for what really matters to you, to little self esteem, not fitting in a group at school, getting less results for examinations and so on, you forgot the best thing in life. **YOU ARE NOT THE OUTSIDE! YOU FORGOT TO LOOK INSIDE.** You think inside me there is just nothing. And yes, this is what the world wants you to believe. Inside the ego is, and that is just nothing to be glad of. But look deeper, find the GOD in yourself, and you will find the world, the universe, the galaxy and all there is. And you are connected with all there is. **YOU ARE CONNECTED WITH ALL THERE IS.** There is your love, your peace of mind you are searching for, the happiness you are longing for, the tools for a better place in the world for the world. Inside you there is no emptiness, only at the top layer of the inside, not the inside that really matters.

And yes, it is a long way back to life if you wanted to say goodbye. Sometimes it takes a lifetime to go back to life if you wanted to commit suicide.

And most of the teens, don't see they are trying to cope with the world, the expectations and the outer values as given to them by TV and other mind control devices, that do not fit them. So they try to escape it by more drinking, more smoking, more spending, more career, more, more, more and more. And this is a way of committing suicide also. To become a good sheep of the society, you are trying to ignore the longing of the soul, the longing for adventure, the longing for wisdom, the longing for to be of service to a good world, who deserves you, who deserves your service.

And this ignoring costs energy, costs you tears, hurtings, wounds, ill health, bad relationships, wounded children with the same issues as you have and nothing will change for the better.

The only answer to this circle of becoming another circle and gaining less and less freedom to express yourself as the God you definitely are, is just be God, feel God, express God, respect God inside you and outside you. Be an example to others.

And may-be think about to learn about the graces of life, and the expansion you can make if you study your inner God and be the best you can be, even the best you never expected to be possible to be.

Tell all the children, the teenagers, the young adults: you are the most beautiful view of God upon the earth. You are still the God you are at the inside. You are still the ones who will find God at your inside. You still have to possibility to dream, to be flexible, to be the best God you can think of.

And for you the world will be changing into a better place if you decide to help the adults who will need your help very much.

Just be a mirror and annoy your parents with it. Just be the sparkling energy and remind your parents or every adult that they should be the same. Just ask for wisdom and remind your parents that they should strive for that in their lives. Just ask for respect for your being, for your expression of being God, and remind them that they should respect themselves. Just remind them that they should be like you, be the God they can be. And don't forget to do it yourself too.

This is Ashtar saying goodbye to you all, with a smile in his heart for all the youngsters on the planet. That they may live in the joy of being God expressed to its full potential.

With love,

Ashtar.

Connection closed.

PP March 30, 200

For today, you don't start with the words this is Ashtar speaking. It is boring. Don't you think so? (*Editor: you bet!*) What did you do for adventure today? Just think, what did you do for adventure today? Yesterday the energy was very good for adventure, restless, searching, you could have wings while doing new things. Did you have your adventure yesterday?

And just let me see how far you are with listening to yourself. Yesterday you were restless, you didn't do anything with it, so listening to yourself, no way.

Did you show respect to our children? Did you read the message about children? Did you see yourself as the youngster being addressed? Would the teenager inside you listen if you read this message? Did you ask?

And what about going with the flow? Did you notice the flow? You noticed that something you wanted didn't flow. And if you had listened to the voice inside you, you didn't have to go to certain shops or other places, you knew it wasn't there, you knew it wasn't the time for it. So what about timing?

Next question, how is your God inside you doing today? Did you pay it a visit? Nope?

How is your creativity living today? Did you do something creative to express yourself? Ah, you did with cooking. That is an idea. Lots of people do boring cooking, every day the same factory stuff.

Do I like to visit you and eat at your table?

Did you investigate something new today? Nope again, how boring are you today? You considered something but you didn't do it. Okay, next day, new try. And do you know, God doesn't try something, she just does it.

Did you express your gratitude today? For nothing? Not for the rain, the shining of the Sun, the birds whistling, the birds visiting your house to see you? The housecat giving you attention? The dog? The fly on your hand? Nothing again. Oh my dear, you are very good in doing nothing worthwhile.

I am talking about the gratitude you feel with your heart, not the mechanic thank you, you are welcome, pleasure to meet you, and that utterly nonsense phrase of sentences for just being polite.

And how did you feel today? Normal? And is this your ego speaking? God doesn't feel normal. God is life, life isn't normal at all.

Did you feel your connection with everything there is? Or to make it easier, with the animals around you? The tree? The plants inside your house? Your spouse? Your children? Your car? With yourself?

Did you dance to the music inside you? Did you hear the music inside you? Did you move with grace if you didn't hear the music? Again what is your answer?

Do you like to see the list with graces I have talked about? Then you know what kind of questions I will ask for an answer. Did you study the list? Did you feel inside if you felt there is truth inside it for you at this moment?

Did you see the moment change from moment upon moment? Did you keep your distance to the moment, not being absorbed in it?

Did you watch with the God inside you, the changing of your moods, your desires, your longings?

Did you see your occupation with the outside? If you are in the outside, you definitely won't notice it.

Did you see the expression of the joy of living from you? Shall I ask it again? Did you feel the joy of living? And if you did, did you express it?

Did you experience the God you are? Did you experience your creativity in being? Did you experience the vibration you are? Did you experience your creations? Did you see how you create your day?

Did you enjoy being? Did you exchange this joy? Did you see the joy of another being? Did you see the God in them at meeting?

If some being was angry at you, did you see at that moment the God in them? Did you see the mirror they were holding to you, and did you see the mirror they were looking in for themselves? Did you express your gratitude that they were in your life?

Did you see your achievements in creation? Did you see them with gratitude, did you see them in humbleness for what they are? Did you do anything today with joy? Did you see the light after every creation?

Oh, you did look at the list, right now. Then you know which questions I will ask you right now. You like to cheat now and then don't you? Did you look at your bad habits (like cheating) did you take some efforts to overcome them? Right, there you are.

And are you curious enough to see where the answers to these questions will lead you? Do you like to experience the answers or are you running away for your responsibility in life (on which I'm addressing you at this very moment), or are you showing some discipline right now, or do you start tomorrow? And then we all know that tomorrow never comes. Only now exists.

Do you like to be God in expression? God in creativity? God in being God? If you answer these questions and you are really going to do it, then you will see and experience that these very questions will lead you to just one experience and that is being GOD.

Next question, I really like to present you the facts of your doing today. Did you act for the good of every being concerned? Did you see a being today? Were you a being today? Are you of service, being of help to mother Earth today and the other beings in and around you?

Did you respect yourself today? Did you respect your body today? Did you eat too much sweets, food? Did you eat enough to sustain your body with healthy nutritions? Next question is: did you nourish your body? Did you cherish your body?

Did you nourish and cherish your partner? Your children? Did you listen to your stillness of being?

Did you do anything at all? I can ask you lots of questions about every grace of living. I can ask you a lot of questions about every aspect of living your life as being God, what you really are. But it is your choice, unfortunately. If I would have a say about your life, then I would say: only you can save yourself, if you like to be saved. Only you can do something if you like to do something. And only you can discipline yourself in being GOD.

And that is what it is all about. To discipline yourself in being God. Sounds ridiculous doesn't it? To discipline yourself to be creative, to discipline yourself in being flexible, to discipline yourself in being the best you are, to discipline yourself in being happy (being God is being happy).

If you have a common sense, then you would do everything to be God and to be Happy. And that is exactly what has been asked from you. To do everything to be God, to discipline yourself in being God, so you don't become lazy, you won't lose your awareness and let the outside world and the ego take you over.

I can go on for hours with questions. And may-be I should. At the other hand there are lots of topics to change minds and concepts. And in this changing and sharing you have a different view to choose your own path.

Before I stop, another couple of questions. This is the joy of being a teacher. To ask questions after a lot of talking, while I prefer stillness of mind, stillness of speaking and telepathic communication, much easier, faster and it takes less efforts to get the right message understood, felt and experienced.

Did you share today? Your bread? Your money? Your feeling? Your hurtings? Your wishes? Your vision? Your being? Your knowledge? Your wisdom?

Did you watch your experiences to get some lessons from it? Did you gain some wisdom of your doing today? Why did you do it then after all if you didn't enjoy it? If it wasn't an outing of creativity, of being GOD or a way of expressing yourself, or a way of expanding the God in you, or a way of sharing the God in you, or sharing your abundance, is it just a way of losing energy? Wasting precious moments that don't come back anymore? Wasting opportunities of being God in motion, God in expression, God in knowing him/herself as an embodiment of God, God into matter.

If you don't express your God inside you, then you waste your energy at the outside you.

And in everything you do, you can express the God inside you. It just takes some joy, some awareness, some love, some gratitude, some discipline to be at the inside, some creativity, some curiosity to experience the God inside you.

Again as always, and this isn't boring, I leave you some time to ponder about this message. It is rather very funny to see you pondering and thinking, and seeing you grasp the messages at the level you are able to understand them right now. Not understanding with your mind but understanding with your being, just feel them, taste them, express them.

In one word: LIVE THEM.

Goodbye, Imanhuat Anam Pateh.

Ashtar.

Transfer closed.

PP March 31, 2004

Always and always again, the prophets are right, the voice of God inside you is right, and the love you feel for creation is right. God is GOD how can't he be right from the beginning till the end of times? And yes, time will come to an end, but God can't come to end. Life is.

And you can experience it during the times you are living in. These are the times for finding lost ones. The lost one inside, and the lost loves from previous lives. Which gives every one a prove of that LOVE lives and never dies.

Could you just be sure about that. LOVE LIVES AND NEVER DIES.

Your uncertainty has something to do with you going to the outside of you, where you find nothing. And you consider this nothing all there is. It has all to do with your choice of going to the inside or not.

If you look at the outside of you, the we say: no wonder everybody of you are uncertain about life. Your capabilities, your character, how you are looking, if love will stay in your life, if it is really love you have found, if you really love your parents, your partner, your children. Most of the people don't love working, but you have to do something for a living.

I used the language right. I was talking on purpose about every body. If you identify with your body, then life will end, the body will crumble and dissolve, put into fire, and it is gone.

Let we talk about every being. Is this being absorbed with the outside world, then this being is a body and has the uncertainty of the body, the ego, the character. If we are talking about beings, about a being who is in a body to be, to feel to be, express to be, to cherish this being, this expression, then we are talking about different things. How can God into being be uncertain? GOD is GOD, there is nothing to be uncertain about that.

So you should wonder why you don't feel it every moment into every moment. This is your programming. And I have talked already a lot about your programming. It would be more fun to talk about the energy supply of my UFO, don't you think? But that won't save you from the programming you suffer.

The first rule of your programming:

1. you can't be happy in life, life is miserable and we make it so to insure it is for you the way we preach;
2. there is a shortage on everything;
3. your country and your belief system are the only ones who are right. The rest are wrong;
4. you have to work all your life to get money which makes you happy, and you won't succeed;
5. you have to work to eat, and everything you do has to be considered in context of your first obligation of working or be available for work or supporting others for their ability for work or to get ready for working;
6. to participate in the society you have to work, otherwise you don't count or you don't have the money to participate;
7. you can't decide for yourself;
8. we have to keep you busy in your spare time to insure that you are happy consumers;
9. every society has dropouts, look how miserable they are, make sure this won't happen to you.

For the people who look with a more balanced view on society, I exaggerate. And at the other part of it, I don't.

Just try to find the answer: what is your doing in not finding GOD inside you and what is part of the society which makes very sure that you don't find it inside you or that you won't stay long at the inside?

If I only could awaken you and get you out of the sleeping mode. But you have to do it yourself. I can tell you lots of stories, lots of different views on your world. But if you try to stay asleep, you will succeed. And if you try to stay awake, you will have a hard time.

Just look at the questions I have given you yesterday. It just measures how awake you are in your daily life. That part is the one that matters. Your daily life, there you put your energy, there you express your view on who you are (or do I have to say, what you are).

As I have stated before, and I will repeat it with love again: life is.
And you choose what you will experience, what you will express in your daily life.
I can give you lots of explanations, lots of concepts. But all that matters is your inside.
Who are you at your inside?

How do you listen to your inside?
Just say: I am my inside. Only God is real. I am GOD.
Or any other Mantra will do, which will remind you that you are GOD.
Meditations, yoga, everything will do. Everything which makes you go to the inside instead of staying with the illusions of the outer world, and the illusion that you are your body and the capacities the body has given to you to live in the outer world.

Just ask yourself:
what does the GOD inside me want to tell me?
Then you start to be silent and start to listen.

The best thing you learn in your life, is the stillness of being. Being still, silent, all hearing, all feeling, all intuition, all knowing, all receptive for the inner wisdom, the inner silence of being.

This inner silence of being is the basic attitude in life. Without this you can't listen to GOD inside you, and you will be wandering far and low, to different places and will gain nothing.

You choose if you want to obtain this inner silence of being. This is a capacity, an attitude and a being at the same time. If you learn to be this, then you are getting the capacity to be it. If you want to be this often, almost every time, then it becomes an attitude. And then while practicing the capacity, the attitude, you become a being into itself. You are the inner silence of being at that time.

Then the graces will easily become a natural state of being.

You can also begin the life circle of becoming the inner silence of being at the other end. If you start listening to yourself and your gratitude or your inner music, or your inner love, or your and so on. Then you have to practice listening. The choice for a grace put into practice as an attitude, makes you aware of the need for listening to your inside. And there you go again, you start listening. After a while, you will notice that you will practice the inner silence of being to listen to the GOD-self inside you for what you like to express (love, gratitude, being sensitive and so on and so on).

With every concept, I am introducing you to the same topic of becoming more and more GOD. And everything is connected. So it doesn't matter where I start with the concepts, or where you start with practicing it. It really doesn't matter.

You choose which one you like to feel, to express, and that will lead you to all the different graces and topics I am referring to. And every part of the experience will get you closer to the inside (if you have the discipline to go on with it, no matter what may come).

With every choice, you make clear what matters to you most in your life. The outer world or the inner world, the love inside you or the deceptions of love in the outer world.

Are you detached or attached?

Love inside or false constructions of love (as an example sex, fame)?

Trying to live God or trying to live expectations?

Inside security or uncertainty because the outside world conceptions?

As I practice a daily life based spirituality, I take off the holiness of every spiritual practice. And at the other hand I bring back the holiness in daily life. If you are still in mind, practicing the inner silence of being, you are able to look with awe to everything in your life.

Life again is holy. Life again has a meaning. Life is life, is GOD, is HOLY, just as you are. Only in life you will find satisfaction. Only in daily life you are able to practice the love you like to give to life, to GOD, to yourself. And this way you give certainty to yourself. You feel that you are infinitive. You feel that you are connected. You feel that you are.

You feel, not your body, not your ego, not your mind, not your character. Only in the inner stillness, the inner silence of being you can become aware, awake and alive. So lets talk the next time about the blessings of being aware, awake and alive. The 3 A's. In lots of management theories they always have smart abbreviations for a concept of thinking. That's why it is really funny to talk in the same manner with the seven steps to mastery, the 3 A's, the grace of living of shall we call them the grace for living?

Anyhow, if you are the 3 A's, the society doesn't have a hold on you anymore. If you practice the graces of living in your daily life, you have a good attitude for expressing your being as GOD. With the stillness of being, the inner silence of being you are receptive to feel your sensitivity, to listen to the voice within, to use your sensitivity to feel your connection with all there is.

I like to repeat one phrase again and make an extension on it:
If you are an inner silence being, you put back the holiness of existence in your daily life. Who can withstand this, to have this splendid a view in daily life, just by practicing the inner silence of being?

And with this thought I like to leave you with time to ponder the message of today.

Have a good night sleep and see you with some nice fresh concepts, to change your attitude in daily life, if you just are willing to listen and to adjust it to your life.

Ashtar wishes you a fond farewell, C U next time, folks.
(Editor: yo, cool jive Ash'!)

Transfer closed.