



Transcript of New Year's Channeling, January 1, 2007

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Hello, blessings for this new cycle. We are very pleased to join you this afternoon, and it is our pleasure to give our perspective on this time as well as to open to questions and perhaps some discussion from your own perspectives. Take a few breaths with us, and let yourselves open heartily. Open your hearts to receive in this new time. Breathe away some of what you might have carried along with you from the last year.

In the last two months, most everyone has been touched with some process of release or letting go. If it has not been physical, it may have been emotional or mental. You've been releasing old thoughts and old structures, and perhaps you've even been cleaning out your house. You may have even found that something has prompted you to make changes after a very long time. Are we speaking to anyone here [group laughter]? Yes, a few of you, anyway.

So, the last two months may have felt as if you were squeezed a bit, and as if you did not quite know for sure who you were. It is almost a sense that your old identity, your old persona, your sense of how you felt about yourself was beginning to disassemble. Perhaps there began a release in ways that you felt would never be possible, and yet it has been happening. If you have done this process in the last couple of months, then you are in the wave moving into this new year, this new cycle. And, it is necessary to move into this new cycle without your 'old clothes', so to speak, without the old persona, the old identity, the old experiences that went round, and round, and round in the old karmic story.

The old story is passing away, and is releasing from your bodies, your emotional selves, your memories, your identities, and however you have wrapped around the old story. It may include thoughts, beliefs, old structures, a wound, dogmas, or whatever – all of it. You probably have a little left to do, and perhaps some of you are still in the wave of release, but it will process more quickly than it has in the past. Allow yourselves to know that going through this passageway is more than just transformation. You have been doing that for a while. Being in this passageway is an experience rather like before you come into a new life, or party, or celebration. You have to remove the old robes of what has been your old story. For a while you may feel a little bit naked, a little vulnerable, a little as if you don't know who you are, or a little like you are in the void of the place in-between. Some might even call it a re-birth, coming back out of the mystery, back out of the womb of creation. Whatever place you sense yourself to be in this process, allow yourself to be there.

If you are still in the womb and still dissolving the old story, then so be it. Allow that process. If you feel as if you are emerging, but you do not know who you are, then allow yourself to open each day without knowing, without having a sense of who you are in your fulfillment. You don't know, yet. And if you have come through the passageway and are in the moment of fulfillment, experiencing more and more and more matches as if things are plugging in at a deeper level, then be there and enjoy that experience as your sense of who you are emerges and perhaps begins to inform you, anew.

Your essence, your being, has never been in this new field, this creative milieu, this new template for life and creation - the marriage of heaven and earth, light and life. For many, many, many lifetimes in many different stories you have been in duality. Before that, you were in a tribal, more unified, mother consciousness. Now, it is the marriage of light and life, mind and matter....spirit and matter....light and matter.

It is the marriage, and it is a new experience and a new time. Your bodies will have to get used to it. The more you merge and emerge into this new experience, the more the cells of your body begin to re-tune and recalibrate. At times, some of you may find yourselves with illnesses, and yet if you support yourself to cleanse and purify, you will begin to notice that you feel lighter, or even happier, afterwards. It is as if your body is vibrating at a new frequency.

Over this year, you will be shifting frequency in your bodies in order to sustain fulfillment and what your souls are capable of experiencing. Your physical bodies have to move out of what has been the mapping of duality and what has been in your genes and genealogy as far as the story you carried from your parents or ancestry. Your past lives continue to dissolve away as if you have no more past lives. What is this the first life, again? What if you get to have the first life of a new story? What if you are now in a process of opening the doorway beyond the karmic story, and beyond what has bound you on any level? What if, while in the same body, you are now opening a door to a brand new story that you get to live out for thousands of years? What if your future is being formed in your now moment, and what if your past can no longer create from the pain of the binding, duality, the separation, or the suffering? What if there is a passing away, and a rebirth? That is this moment.

This year is one in which those who have chosen to open this doorway will find yourselves with greater and greater momentum, creating and experiencing more of what's possible within your own human, embodied experience. You will find your bodies and your lives shifting in ways that you have thought about or been promised, but when it happens it is a new experience.

This is a doorway into a new experience, and the momentum will grow. If there are those who are not yet choosing, this year will feel as if they are being squeezed, pushed, and in some ways pummeled by the energies of this time. This is the year when another wave of people will make this choice, but they will make it because they have felt a certain push or force to make it through their own lives not working, through things coming to such a peak of insufficiency, or a place where all of what they have tried has not worked. Some of you have been through such a story in your own past.

This next wave that will choose will be a wave unlike those that you have yet worked with. They will come to you feeling either more battered because the pressure is more intense than ever, or they will come to you with such certainty that there has to be another way, another opportunity. They will, in a sense, beg you to teach them or help to bring this to awareness. If you are in positions to share and to open, you will find yourselves sought after, and will not have to do so much marketing. They will seek you out, and they will find you. That is the next wave, and there is a magnetic pull toward those who have already chosen and opened the door.

It is also a year where the children will be demanding that their voices also be acknowledged. It is their time of being able to open what is for them, and they need more support. These young people, great souls in smaller bodies, need to have pathways and avenues to consciousness. They have things to say, they have things to teach, and they have things to bring to all. They are here to light the way through this new time. Some of them are articulate, and they are trying to speak but are not yet being heard because the pathways or support is not yet in place. Their voices, as well as those of you who are in place to support you will also find yourselves being called into alignment with them and to do your part with them.

Out in the old world....if you still look out there....there will be some gnashing of teeth. It is getting more clear that those who push agendas that have no life are, in a sense, losing life. They are losing life for themselves, and they are losing life on behalf of those that they serve or represent. It is time for those agendas to be held up, examined, and to know that there is always another choice. The great choice that you and others are making has

not yet found its way into the larger story, the old story. Not completely. It is working its way in, but it is not yet there.

So, there are intermediate choices, all of which assist over time, and some of which will be better than what has been. But, ultimately, the only choice will be to move out of the old story of duality and separation. It is the prophesied end of the old story. It is not that the Christians have it wrong, so to speak, or anyone has it wrong in terms of how they interpret it all. But it is that whenever you attach to an interpretation you are likely to be disappointed.

So, there is in this time a shift of the ages, yes. There is in this time a new millennium, yes, and a birth of a new experience, yes. Will half or more of the population disappear and ascend? Probably not. Will this consciousness within this planetary body gradually move into a new harmonic, and a new frequency of embodied love and joy? Probably. Is the passageway smooth? Unlikely. However, those of you within the new field have nothing to fear. The more you open, the more it sources you. The more it sources you the more you feel supported, and the more life opens to you. You need not suffer during the years of transition. You can, in fact, begin now to grow your new experience, your new life, your new future. It stretches out in front of you for millennia, and you can begin now.

The death of the old is not the only story on earth, and you need not look at it that way. It is only one of the stories. The other is the birth, and that is your story. The old story is only painful as long as people attach to it, as long as they believe it as the only truth and the only way. As long as it continues to define who they are, their identities, their beliefs, their dogmas, and their positions of power or authority. Whatever it is that they have invested in and attached to as reality, that is fading away. Some will go with it, and their bodies will die. Their souls will move into a new experience, and they will begin to realize that all of the attachment, all of the energy, and all of what they put into that creation in the old story did not grow much for the new one. And they will sit for a while in spirit, perhaps for longer than normal, before they come back into creating.

There will be others who will fight to the bitter end. And, that is their choice. So be it. Some others will continue to believe that suffering is necessary. Who, on the other end of the polarity, will continue to attach to suffering as a great good. This belief was given by religions to keep those they deemed unworthy in a place of unworthiness, and therefore suffering. That is all passing away like a bad dream. If you carry any of these old stories, erase them. Dissolve them and release them, and allow yourselves to move forward into a new day, a new experience.

In the last 10-20 years you have seen a few things that, collectively, have been metaphors for what is happening. There has been the dissolution of a wall that separated East Germany and West Germany, the east and the west. The wall came down, and people are now beginning to grow a new kind of appreciation for the gifts that are coming forth from different places that before were walled away. Remember that. There were also great waves that crashed upon the shore, wiping out many people and creating a large-scale humanitarian effort. There was more than one occurrence around the world of waves that came over the dam, so to speak, or over the earth. People's hearts opened, and they opened in order to help others. Many people are still opening their hearts as a result. Remember that.

Hearts open, and they don't close up again. And, sometimes what it takes to open a heart is now what you think it takes. Remember that.

And then, there was an election in this country [United States], that moved in a way that some were surprised and others were gratified. What is now taking place in this area is a question: do the choices that have been made make a difference? You may begin to sense that those that are newly elected to office are still walking in the old story. If so, then it is time for those of you who have felt latent urges to stand in places that you never thought you would, and to do so in the next year or two. Watch and remember. The choices are intermediate at this time in the larger story. They are steps. If the steps do not bear fruit, then continue to make steps.

Remember, there is no turning back. Once you have opened into this new field you are then creators within creation. You begin to have more effect, more impact, with every choice you make.

You are conscious, embodied creators. Open into this new field so that your soul aligns with your choice within your own life, and you no longer make do, you no longer give up, you no longer base your choices on old story realities. Instead, your choices are made only by what resonates, vibrates, and emanates from your essence within this living field. You are you, and yet within the field you are whole. You are within a new humanitarian experience. A new humanity is being formed. You are that. Humana, or Lumana, light within matter.

Each of you has had your own pet duality story. You have petted it, nurtured it, and even loved it, yes? Those things that you have dragged around like a baby blanket that you have been unwilling to let go of. Little thoughts, little beliefs, old parts of your story that are tattered and don't even hold together very well. You try to tell some one, and it doesn't have much energy. You forget parts of your own story. Yes? Yes. So, I'd like you to see your old duality story as a tattered blanket that you have tried to cover yourself up with. Can you see that? Just like a little one, I'd like you to see that when you are ready to take the next big step that you can let the blanket go. As you do, look at yourself and realize that under the blanket that you have been trying to cover yourself up with, is this beautiful presence with beautiful colors, beautiful and wondrous gifts, all-present, all-grown, and ready to be revealed to you and to others. You're already dressed for the party, and the blanket doesn't do you justice.

So, discover those places in you that are the old blanket. Let them go. Let them go, and allow yourselves to emerge in this year. To emerge, to show up, to be who you are, and no longer hide. To no longer be invisible, voiceless, or feel that you can't. To no longer give power to the limited thoughts that have bound you in old, limited experiences. They are passing away. Good riddance, yes?

So, as you open in this moment with us before we move into taking questions, we'd like you to breathe again. We'd like you to breathe in your future. Breathe in the next millennium. Breathe in what is now opening you into your creation beyond this moment, beyond this particular transformation, transition moment. Your souls already sense the potential unfolding within the next thousands of years beyond duality, beyond the old story. Wherever you and your soul are going, you are taking this new marriage with you. You grew it, you labored for it, and you assisted it to come into life through you. You will take it with you wherever and however you manifest yourself in your future. Allow your future to come into this moment, and for this moment to open into your future. And allow it to be far into the future, and near future: this year, this month, tomorrow. Allow it all to merge into this experience of the release of the old story, and opening the new.

The new is not really so new. It's you. Are you new? Most of you are old. You've been around a long time. You're old, you see? Your bodies are not so old, but your consciousnesses have been around a long time. As a result, you might say that you're very experienced, yes? You are also very skilled, and have lots of capacity. You have a lot of your soul that has not actually embodied. Why embody in a limited experience? Most of you would say why, there was no reason to. So there is much of your soul, Great Spirit, yet to embody. Is that not something you would choose for this next time, to experience the possibility of unwrapping of who you are within an experience of life that is not limited?

Some of you have had dreams of that kind of experience. Some of you have opened in your own waking time to moments of that experience. And some of you are peeking, asking if that's possible and if it is real. Yes, it is.

So, in this year bring more of your souls in. Allow more of your great spirit, your being, to land in your body, transforming the frequency of your embodied experience on all levels. Know that you and the children that are also emerging with their voices clear and strong are here to now give form to a new life, a new light, a new potential for life on earth. New forms, new ways to be together, and new ways to create all of what you need as a population of humanity, of lumanity, can now create. You are the creators within creation. And we are merging into the field from our perspective to join you. You have bodies, we do not. In the field it does not matter

whether there is a body or no body. The great field is the merger of light and life, or heaven on earth, and those of us without bodies walk very close to you. It is our time, too, just as it is your time.

So, take another deep breath. Feel your own light illuminating within your own being, and let that light for one moment be un-shaded and un-limited. For one moment, take the blanket away and just let your light be. In this time, just be as uninhibited, illumined, and bright and beautiful as you are. For one moment, shine. [quiet moment for several seconds]. And in one year's time you will be double this bright, if not triple. That is what you are up to this year. Your bodies cannot yet sustain the light that you are, but they will. They will grow to that.

So, would you like to dialogue? Do you have any questions?

HELLO. THIS IS IN REGARD TO MY BODY NEEDING TO PHYSICALLY CHANGE IN ORDER TO CONTAIN THE ENERGIES. I'VE FOUND LATELY THAT I HAVE TO EAT AN INCREDIBLE AMOUNT OF MEAT. IT SEEMS AS IF MY BODY IS JUST STRUGGLING, TRYING TO MAINTAIN WITH THIS LEVEL OF ENERGY. I WOULD APPRECIATE IT IF YOU COULD SPEAK TO THAT.

Each of you is in a process where your systems are going through a change. The body can't work on everything at once, and needs to move in a sequential pattern. So, when you have a great desire or need for protein, amino acids, or meat, you are working with your bodies to strengthen. You have to get stronger in your physical form. Your muscles, your blood, your liver all need some strengthening, so that is where you are working right now in particular. So, listen to that and follow it.

Others of you may find yourself working in other areas. Perhaps you are working with kidneys and that system. Perhaps you are working with an endocrine imbalance, or your brain chemistry, or with digestive issues, or whatever. Each of you has within you a knowing, a wisdom. As you move thorough this process, each of the systems that needs to be re-calibrated in a frequency shift, and cleansed, and some of them are in worse shape than others. Some of your systems may be pretty good, and others may need a lot of shifting or assistance to work through something. That is your particular story this year. Pay attention. If you feel a great craving for something, then follow it. If you have a desire in your system to eat less, drink more fluids, or take a certain supplement....whatever it is, follow it.

Right now it is a year of transforming the cellular makeup, and it will be sequential, each in your own way. Thank you for the question.

I HAVE A COUPLE QUESTIONS ABOUT THE PREDICTIONS FOR AN AVIAN FLU PANDEMIC, AND ALSO SOME QUESTIONS HISTORICALLY BECAUSE I'VE BEEN READING ABOUT THE 1918 FLU PANDEMIC AND HOW MILLIONS OF PEOPLE LEFT VERY QUICKLY DURING THAT TIME. IS THAT SOMETHING THAT MIGHT RE-OCCUR, NOW?

It is the fear of it that is worse than the actual experience of this kind of event. There may be some epidemics, but they probably won't come from the place they are looking. If people look at something external to themselves and are afraid of it, then they give it more power than it actually has. So, any pandemic or epidemic only has as much power as people give it, in some ways. At the same time, fear is magnified in the old story right now. It is big, yes? People continue to be afraid, act out of fear, and do things because they are afraid of....whatever. And fear manifests within the physicality of bodies, and can manifest an epidemic of sorts. This time is ripe for such a thing, yet where they are looking is probably not where it is going to come from.

IF THERE WAS SOME KIND OF A PANDEMIC, IT COULD AFFECT OUR FOOD SUPPLY AND EVERYTHING ELSE. IS IT IMPORTANT TO PREPARE FOR SOMETHING LIKE THAT, EVEN PEOPLE IN THE NEW MATRIX?

Only if you want to put fear there. One of the reasons you are shifting frequency is so that you are no longer vulnerable to what is in the old story. In a sense, your bodies are not able to pick it up and vibrate it. So, if you shift this year, you will be less vulnerable to any of those things that others are saying you have to be afraid of, because your body will not be able to vibrate it, pick it up, or manifest it. That is partly why things have been speeding up these past couple months, and through this year you will continue to feel this sort of push through the system to move things along. Especially cleansing, clarity, and old blankets.....things like that.

IN THE BODY SHIFTS I'VE HAD THIS PAST YEAR I HAVE BEEN REALLY SENSITIVE TO FLUORESCENT LIGHTS. IT HAS GOTTEN BETTER, BUT IT HAS CHANGED MY WHOLE LIFE. I'M ASSUMING THAT IT'S THE FREQUENCY OF THE FLUORESCENT LIGHTS, AND I'M WONDERING IF YOU COULD GIVE ME SOME SUPPORT ON THAT. I'M ALSO CURIOUS HOW FLUORESCENT AFFECTS THE CRYSTAL CHILDREN AND THE BABIES.

Again, as you move through these shifts, you move through different places in your system that are affected. Any kind of light sensitivity is also an endocrine issue. As you work through the endocrine re-balancing, then you are also moving into a new frequency through your whole system in how you process light, or anything that is taken in. When you shift frequency, you lose certain frequencies and open others. As you lose some of the old frequency, you begin to have a greater sense of what is harmonic in what you choose, in terms of your own light or your own input for your life. You also begin to have a sense of being "part of".

You said the crystal grid, but it's the living field. All of the crystal children and new babies are weaving into this new field, each of them in their own frequency-map sort of way. As they do so, their bodies are sourced and supported differently than you have been in duality. Being sourced differently allows you to have a different kind of feeding or nourishment that isn't just food, air, oxygen, or light. It is the nourishment of your own nature, as well as your physical nature. And you become part of the larger natural experience that is also being informed by this new field. So, the sensitivity will become better as your endocrine system balances. As for the crystal children, it's not so much the light that affects them, but how they are in the field.

IN TALKING ABOUT THE SHIFTS THAT OUR BODIES ARE GOING THROUGH, IS IT POSSIBLE THAT WE CARRY VIRUSES WITHIN OUR SYSTEM THAT ARE ENCODED TO BRING A PARTICULAR PHYSICAL PROBLEM OR IMBALANCE INTO FOCUS AT DIFFERENT TIMES IN OUR LIVES? DO THEY KIND OF WORK WITH US INSTEAD OF AGAINST US, AS WE OFTEN THINK?

Viruses are an interesting creation, because they mutate. Mutation is what is partly responsible for the shift of frequency within your bodies. Otherwise, if you had no ability to make any changes your bodies would stay the way they've been. So, in some ways you all carry the possibility of mutation. And, there are certain viral agents that are within your bodies that assist that kind of shifting.

Do they manifest from within at times to affect timing? Possibly. There is a certain way that they are always working, especially as you open this sequence of process, in a sense. You also are drawing certain viruses to you that are particularly supportive at different times. There are also some viruses that are just latent, and they only operate when called upon, so to speak, and those are the ones that are yet to be revealed in the larger story.

Yes, you may have a negative experience of viruses, in the sense that you perceive them as something bad, but if you did not have that quality, you would not be able to shift. So, yes, they are also beneficial.

I JUST HAD SOMETHING I WANTED TO SHARE. AT TIMES I HAVE THIS FEELING OF NOT KNOWING WHO I AM. THE INFORMATION CAME TO ME TO REQUEST THAT MORE OF MY SOUL COME IN AT THAT TIME, AND THEN THAT FEELING DISAPPEARED WITHIN A FEW SECONDS.

That's very good. Allow yourselves to embody, and you will get to meet yourselves, yes?

I WONDERED IF YOU HAD ANY OTHER SUGGESTIONS IN MAKING THIS TRANSITION, DEALING WITH THE LITTLE PULLS TOWARD FEAR THAT MIGHT COME UP, AND JUST KEEPING CLEAR AND MOVING FORWARD AT THE RIGHT PACE?

Well, fear has been woven into the old story so deeply that you grew up with it, so to speak. It was normalized, and even made to be good in some ways. Many of you, as mothers, worried about your children. That is fear. Fear is now unraveling from places within your own consciousness and bodies where it has hidden. It has hidden for centuries, even in your past lives you have dealt with it, so you have memories of it. You've had trauma with fear, freezing the fear into a certain kind of rigidity. So, yes, it is coming forth.

As the pulses or waves of fear from the old story come forth, allow it to wash through as if it is releasing. Let it pass through, and let the field take it from you. Let it be composted, and recycled into life. Allow yourself to deepen. Relax through the pelvis, relax through the base of your spine, relax through the root, relax through your hips into life into life, itself. Open into this living field, and allow your bodies to open to nourishment directly. You are able to be nourished directly. You don't have to go up into spirit to get everything. That is not where to go right now. Light has merged with life. It is here, it is in your physical experience. It is here, open to it and let your bodies drink from it.

Do not only see yourselves as spirits with a temporary embodied experience, and then you're going to cast your body off and go through the karmic story again. That's the old story. You are opening into a new one. You don't yet fully know what it feels like. You are opening it like a present, and it is a present that has no end. It can be opened, and opened, and opened. What fun!

I'VE RECENTLY DONE A LOT OF WORK ON MY THIRD CHAKRA, RELEASING FEARS THAT I DON'T DESERVE TO BE HERE, CAN'T BE VISIBLE, AND CAN'T HAVE ANY POWER. UNDERNEATH ALL THAT I'M DISCOVERING JOY AND POWER. I ALSO HAVE HOT FLASHES, AND IT FEELS LIKE SOME LAYERS OF GREAT SADNESS ARE RELEASING FROM MY THIRD CHAKRA. I'VE TALKED TO MY BODY AND SAID OK, CAN WE GET THROUGH THIS QUICKLY. I'M WONDERING IF THERE IS ANYTHING I CAN DO ENERGETICALLY OR NUTRITIONALLY TO HELP MY BODY MORE QUICKLY GET THROUGH THESE WAVES OF GRIEF AND HOT PERIODS.

Each body is unique, so as you move through this particular release of old sadness, old grief, and the wave of heat that seems to accompany it, allow yourself to open to what you can receive at the same time, this nourishment. The nourishment from the living field is actually more balancing for your body than anything else that we could give you as a supplement. It is immediate and direct, and the body recognizes that it is hooking up to something it needs. And it gives your body that sequence of transforming or shifting, and comes into an alignment process where your body starts to work more diligently on what it is working on, rather than trying to do too many things at once, which is what often happens.

Some of you go to nutritional people, yes? If they support you in your sequence, and you are working in a sequential way, then you will be much more efficient and things will move much more quickly. If they say you have all these things wrong with you, and they give you a million supplements to work with all of them, you will be inefficient and things will not move quickly. So, hook up to the living field and let yourself be directly nourished. The more you are, the more efficiently your body will move through these processes.

I WOULD LIKE SOME UNDERSTANDING OF WHAT RIGHT RELATIONSHIP IS BETWEEN HUMANS AND PETS IN THE NEW, LIVING FIELD.

In the old story, there has been much loneliness. There has been much feeling in human experience of being alone, apart, and separate. Many have chosen to incorporate animal friends in their lives as a means of feeling less lonely, and less separate in some ways. As that story disappears, then pets are no longer drawn in by loneliness and separation. Therefore, they can be different. You might have a pet as a means of enjoyment, in the sense that they may bring you joy. They may give you opportunities for exercise, or they may be some aspect

that you bring into your life to grow a certain kind of responsibility, if that is something you or your child may need. But they will not need to fill a space, which is what many of them have been doing.

Many pets have filled a human space rather than a pet space, and that human space, as it releases from the old story, opens to true fulfillment and greater capacity for sharing and being with. It becomes possible to open your true nature with another, where you are no longer so alone and no longer continuing to create the old story. So, they will move into a different relationship, and out of the place where they have been filling a gap or a lack in the old story.

I HAVE A QUESTION ABOUT HEALING. I HAVE WORKED WITH DIFFERENT HEALING WORK, AND LATELY THE MESSAGES I HAVE GOTTEN ARE THAT THE HEALING WILL JUST TAKE PLACE IF YOU HOOK UP. THAT'S GREAT, BUT THERE ARE THINGS LIKE I'M LOOKING AT GETTING MY TOOTH EXTRACTED IF THE ABSCESS DOESN'T GO AWAY. I WANT THE ABSCESS TO GO AWAY, AND I TRY TO HOOK UP, BUT IT FEELS LIKE A TIMING THING. I'M WONDERING WHAT I CAN DO TO AVOID HAVING MY TOOTH PULLED. OR HAVING MY EYESIGHT BE CLEAR...THINGS LIKE THAT. I'M ALSO WONDERING IF THERE IS ANYTHING WE CAN DO WHEN WORKING WITH HEALING TO MAKE IT MORE IMMEDIATE.

Well, bodies have grown used to storing things. They have had to. That has been their job in duality, so to speak, when there is a separation of consciousness. You stay conscious of certain things, or you run certain consciousness through your own experience over and over again. Your body tends to store it, and then manifests it in different places. Then, you have an abscess, or perhaps even a growth or diseased organ in a particular area, or whatever it is. So, some parts of your body have stored things. Sometimes the body needs to just let it go. It's almost as if it is saying, okay, take the suitcase out. It can take so much energy on behalf of the healing to do it all in this time, and sometimes the medical community has a way out. To start over, in a sense.

It is not that you have to do all healing in only one way. Overall, you are in a process of shifting, yes. Overall, your bodies are now getting used to a new field and you are moving out of your old stories. But, if there is a persistent area in your body that does not respond to any of this new experience, your body may just be saying 'I'm done, my job has been to store this', and then it is released directly. We are not here to diagnose or to tell you how to do this. Your bodies are your own creations, your own experiences, and they have been serving you for a very long time. So, sometimes they give you the message, too, that 'I have pocketed this for you, perhaps it is time to take the pocket and let it go'.

MY AVOCATION IS WITH MY HANDS, AND FOR THE PAST YEAR I'VE HAD PAIN IN ONE ARM AND HAND, AND NOW THE OTHER. I'M WONDERING IF THIS IS PART OF MY TRANSITION, OR SOMETHING LEFT OVER FROM THE OLD STORY?

When the body starts to tell you things in terms of pain or a feeling of calling attention, then there may be some other part of you that has yet to be birthed, or yet to be opened fully. You have used your hands, because that has been the way you have been able to create your life or your story, and it has served you. But, is there another way of expressing yourself that wished also to emerge? Is there some aspect of your nature that has not yet had as much practice or as much opening in order to have access to an expression?

Paying attention to expression is helpful, because oftentimes when the arms are affected, it is an expression that's coming from a deeper level within you that desires some form that has not yet expressed. So, pay attention. What else is emerging?

I TRY TO GET MYSELF IN A FRAME OF MIND TO MAKE A SHIFT, YET ON A DAILY BASIS I ENCOUNTER MANY PEOPLE WHO MAYBE AREN'T THERE YET. THEN I TEND TO GET INTO THE SAME KIND OF OLD INTERACTIONS, AND IT FEELS THAT I MAY BE PULLING BACK INTO DUALITY. LATER ON I THINK THAT MAYBE I SHOULD HAVE HANDLED THAT DIFFERENTLY. COULD YOU SPEAK HOW WE MAYBE CHANGE HOW WE ACT IN THE WORLD AS FAR AS INTERACTIONS WITH THOSE THAT MAY NOT YET BE AT AN AWAKENING POINT?

Two things we would say to your question. It is important, as you open into the field, that you also maintain the field in your own energy field. The outer membrane that defines your aura may need a little bit of strengthening, or it may need a filter or two so that you hold your own sense of your own experience without it being diluted when you are amongst many who have the old story running and are having a different experience.

Maintaining your experience while in their midst would be number one. Second, it is important, as you open into this new experience, to pay attention here [inside] rather than here [outside]. Rather than being out here, paying attention to what others are saying or doing, pay attention to what you are feeling within you. Then you can begin to notice whether there is a response within you. If it is yours to say or do something, then there is a current or life-force, a "yes" or something. It is an inner knowing, and you feel that yes, I will say this or do this. There is something within you that is yours to do, and you feel it. You pay attention here. If there is nothing happening here [within], then there is nothing for you to do or say here [outside]. Do you see?

So, in that time, you may not have an action or anything to say. It's not yours to do or say anything in that moment. How you act is determined from within you by a prompting, a feeling, a sense, a current or a knowing. It is a sense of coming from within. Then, you act. Then, you speak. And you pay attention as you're listening to someone, as you're with them you pay attention. If there is nothing, then there is nothing. Honor it. Then you honor yourself. If you do not honor it, and you attempt to talk with them, respond to them, coach them, listen to them, or whatever, you start to feel diluted as if your field is less and less your own, and strong.

MY FATHER IS JUST STARTING TO WAKE UP, AND IT'S EXCITING TO WATCH. I FEEL THAT PART OF MY JOB IS TO HELP NURTURE HIM WHEN HE DOES THAT, AND REALLY SUPPORT HIM. I HAVE SOME TROUBLE WITH THAT, BECAUSE I FEEL LIKE HE'S MY FATHER AND HE SHOULD BE NURTURING ME AND TAKING CARE OF ME. BUT, A LOT OF TIMES I'M THE ONE WHO KNOWS BEST, AND I SUPPOSE I HAVE SOME SADNESS WITH THAT. I DON'T QUITE UNDERSTAND THIS, AND SOMETHING FEELS STUCK. I WAS WONDERING IF YOU COULD GIVE ME SOME INSIGHT ON WHAT THAT MIGHT BE.

In some ways you have already spoken it. The new field dissolves all roles and positions, even father-daughter roles and positions, because within the new field all souls are equal. You become who you are, and you are encouraging him to become who he is. Yes, he has fathered you in this life, but he is more than a father. He is a soul that is emerging into a greater awareness of himself. And, you are a soul that is merging into a greater awareness of yourself.

There may be some gentle release or coaching with your own inner child, that within you is also an emerging parent. You can be within this living field and it can parent you. You can parent and care for yourself in ways that are now opening with greater awareness, honor, and acknowledgment of what you need. And you can allow your father to be an emergent soul, as he is. If you have support and gifts to offer him, then you will feel that and you will do that. There is a kind of dissolving of the old stories, which include the old roles and the old positions, so fathers, mothers, daughters, child, is less and less important than it once was.

FOR THREE OR FOUR MONTHS I'VE BEEN GOING THROUGH A PERSONAL PROCESS AS YOU DESCRIBED AT THE BEGINNING, AND FEEL THAT SHIFT HAPPENING, EVEN ON A CELLULAR LEVEL. I'M HAVING A GREAT DEAL OF DIFFICULTY DETACHING FROM PART OF THE STORY THAT INVOLVES A PERSON I DON'T REALLY WANT TO DETACH FROM, BUT WHO ISN'T MOVING IN THE SAME DIRECTION THAT I AM. I'M WONDERING IF YOU HAVE SOME SUGGESTIONS WITH HOW TO DEAL WITH THE DESIRE TO DETACH ON SOME LEVEL, WHILE EXPERIENCING AN INCREDIBLE FEAR THAT THERE IS DESPAIR, ISOLATION, AND LONELINESS INVOLVED.

We will gift you with something, all of you; and that is a particular frequency that is now available to you to assist with such detaching. It is a frequency within the blue-violet or ultra-violet range, and it is available to you to dissolve old stories, particularly ones that exist between people that have had other lifetimes or karmic journeys together.

You open that frequency into the place where your soul remembers. The soul memories that you carry with you of such partnered people, or people that have joined you in other times, are most often the most difficult to release from. In this time that story is changing or evolving differently. You can feel this frequency now, because we have brought it in. Allow it to access the levels of soul memory, whether in your own soul blueprint, in your body, in your field, in your emotional body, or wherever they have been stored. Use this frequency to dissolve the stories, the agreements, the contracts, the vows, the karma, and all things binding.

You can all do it right now, if you wish....Breathing and allowing....Passing away. You can bless these souls, for they have joined you in different times with great love. At the same time, in the dissolution of the old stories and the bindings, you are now being freed to open into the new field. You are freed to create greater fulfillment than you have ever known in duality, and perhaps ever in a body.

[process] Yes...here's the blue-violet.....it keeps working. My, you ones are very eager. Let it work.....All past lives.....old wounds.....old fears.....old stories of lack, limitation and death.....old relationships that server you during duality, but are unraveling now.....new forms of relationship are possible.....It is still working, so let us keep working.....breathing and allowing....It assists the old blankets, the old stories, to dissolve more rapidly.....that is good.....

There is also another frequency that is more open to you than it has ever been. It is a particular frequency within the turquoise, although a deeper color than turquoise. The blue-violet has a wave-like frequency that comes through to dissolve, but this deep turquoise, which we are calling in for you to feel right now, is an illuminator of your essence. It's as if it highlights areas within you that have yet to be fully illuminated or brought to consciousness, or what you might say has been under the blanket. So, if you use the turquoise, you'll start to get stronger and stronger senses of what belongs to you and who you are; what is yours to give more creation, or credibility, or experience, or form to. What is yours, what is your nature, what is your essence.

Okay, you're starting to tune into it now. Tune into it, feel it, it will help you. These two frequencies will help you in this year.....Yes, they feel different, and you will feel this illuminating, perhaps even in certain areas of your body or charkas. These are the places where you have been hiding. Allow it to find you, and illuminate yourself to yourself.

[process continues].....yes.....that is good.....that is good.....

It feels like this might be a good time to close, with this feeling of turquoise within you, because it is what we came to say, after all. And now you can feel it more. This is your year, opening into your experience in this moment; the dissolution, and the revelation.

It is a year of great momentum, and you will feel it build throughout the year. Simultaneously, there will be things in your world that will continue to look as if it is falling apart or holding on for dear life. Do not give that so much power or energy. Continue to inform your own experience as you immerse in this new experience of life, of the light that you are within the body of experience. You are creating within the beauty of your nature emerging, and sharing it with others. Dance and flow, allowing your body to open in new experiences, as a different frequency of embodiment is now possible. It is possible, and you are choosing, opening, creating, and evolving. And we are dancing right next to you. It is both a year of wonder and discovery, and one where the old walls will continue to fall apart.

So be it.