



Transcript of New Year's Channeling, January 1, 2005

Spirit beings and Earth Mother channeled by Michele Mayama

Hello. Happy new year, in your cycles of life. It is for you a stepping forward, is it not? Each of you who is here today, either in person or via phone technology, feels as if you move forward in your lives. Feels as if you continue to open, continue to grow, continue to accumulate, and continue to do whatever it is that you do in a somewhat forward motion. The cycles of your years give you a map, a sense of that past, present, future.

That which is this time, however, has a bit of a convergence going on. In the next two years, you will begin to sense...at least in moments...as if you are not moving forward or backward, but are in some way shifting, expanding, or moving the envelope of your experience of time into a little different experience. That has been prophesied, it has been predicted, and at the same time it is very disconcerting for the human self. So, perhaps you have felt time speeding up, yes? But it has still been going forward, even if it has been felt to be faster. We are preparing you for a different experience. It won't happen all of the time, or all at once, but there will be a sense of what you consider periods of time where you will open into a different experience. It is not better, nor worse, just different. Perhaps a bit disconcerting to those of you who are accustomed to forward motion.

So, one thing that we would suggest that you do during the first months of this year, would be to allow yourself to practice relaxing into your immediate experience. Relax into it so that your mind is not thinking about what you are going to do next, or what you did last week, or what is your plan for the day. Immerse yourself in experiences where you can let go, and drop into that moment. Some of you may be practicing this already, yes? That has been some practice to get you ready, so that you are not so discombobulated or disconcerted by a shifting of the matrix, or mapping, of time. That which is shifting is not necessarily going to affect everyone the same way. But, those who have been opening into what is being called the new template or new matrix of creation will notice it more, and more, and more as the matrix anchors into different levels of creation. Some of you have now felt it anchoring in such a way so that you can feel it emotionally, and physically. That is the first place you will notice it, that sense of support, connection, and stability, and a sense of stabilization emotionally. You no longer feel as if there is so much need to go up, and down, and through all of the cycles of emotion. Your bodies are working as hard as they can, and as fast as they can, to shift frequencies so that they can anchor more and more through the meridian and chakra systems. These all link you into this new field of creation. If you have not yet practiced opening into these places, we suggest that you do so. There are those who would assist you if needed, to anchor more deeply, to release blocks of fear, to release old memories, or to heal in your body or emotional body. These areas will precipitate the first link-up for this new creation.

The phase during these next two years, however, is linking in beyond the physical and emotional plane into the levels of creation that use the matrix that has been part of your living experience in earth, part of your designations of such things as time and space. You sit in a chair in this moment, either in this room

or wherever you have a phone line hooked up to what we are saying. That is your space, your sense of your physicality. It is also a sense, in your physicality, of your materialization. Your body needs a chair, or it needs a substance to feel as if you can sit. It supports you. All of this is physicality and spatial dimension. As this new matrix weaves its way into the next levels of creation during the next year to two years, you will find "slips" in your experience where you find yourself no longer noticing time in the same way. You start to realize that your power to create is so present, that there is not a need to have it mapped so much within the time/space continuum. You actually begin to intersect, or interweave, within it. Those of you who know some physics or mathematics actually know how this can work. Those of you who do not, you probably don't want to learn it [laughter]. It's pretty technical, and your minds may have difficulty grasping some of it. Some of you watch science fiction movies, yes? Those films have prepared you for this next experience of that sense of slipping beyond what has been your normal experience.

In the last thousands of years, the frequencies of light have largely been unable to interpenetrate directly into the fields of matter. Now, the merger of light and matter is beginning. This is the marriage of Light and Life, as it has been predicted. That is happening, now, the fulfillment of the promise of all of the different beings such as Yeshua (Jesus), Krishna, Buddha, Mohammed, all of the different beings that came as a way to anchor, or seed, frequencies or light, and facets of the whole of consciousness into this living field through having a body. None of them wanted to have a religion formed after them, except that in the passing on of things, they tend to get crystallized in the old, material matrix. In the old matrix of creation, things tended to dogmatize, crystallize, solidify, and densify. You all felt it, yes? Breaking free of that became a bit difficult because of its nature. There is nothing wrong with it; it's part of its nature.

But, you have now come through the process of, in a sense, disassembling those structures, dissolving them, and re-creating yourselves so that you can be receptive to what is now the marriage of Light and Life. This interpenetration of these frequencies of light within matter is now occurring in such a way that the whole of your created experience is affected. Not all at once - and you will thank us for that [laughter], you will thank the Mother for that, you will thank everyone for that, because, that would be too discombobulating for your consciousness to handle. You would perhaps feel as if you were losing all sense of reality. Those who do not have enough structure within their own consciousness to grasp a certain amount of it DO have difficulty with losing track of reality. You call it mental illness. In your world, you don't want to have that as a diagnosis while you are transforming, yes? Yet, at times you might feel as if you are slipping out of a fairly firm grasp on what was real.

Because you have been doing this gradually, and as you allow it, you will find that there is a sense of opening to what is the locus point in consciousness that allows you to truly become more and more the Creator within Life, the Creator within Creation. And that is an interesting thing to be. More interesting than being the reactor, more interesting than being the one who thinks they have no power to change things, and more interesting than the one who thinks they have to have a sense of control over it all, which comes from fear. The new matrix does not have fear running through it, so guess what? You will not be able to fully open these capacities with that frequency in your field. Fear will not open it. Therefore, you ones have no need to have any fear that this new matrix will in any way be distorted or misused. As you open into it, and it into you, you will find that there is a gradual sense of relaxing, almost like an infant in it's mother's arms. Almost like an infant at the breast of a loving mother where there is no need to have any holding, any fear whatsoever.

As the old patterns and structures gradually release out of your field, and you open more and more to drinking in and marrying this new field of Living Love, Living Light, your awareness is shifted. You *become* more of who you are, and less *attached* to who you are. More aware of your desires for fulfillment of who you are, your gifts, your dreams, your skills, and all that is in you and part of you. And there is less efforting towards that. Words such as service and purpose have served you, but they may not illustrate or be eloquent enough for what your experience is to become.

So, you may find yourselves needing to find some new language. Language is malleable, or was meant to be malleable, except now you have books and books of it. Young people tend to make up language, do they not? They make it up because it is fun to express experience in ways that your body or your experience feels it. There are those in different cultures who have no inhibitions about making up new language and passing it on to others. This particular culture, particularly those who are English speaking, has a tendency to keep structures intact, and want them to stay that way. There is less of a sense of malleability in your language, unfortunately for you during this time. So, we invite you to independently, individually, give yourselves permission to make up some new language, new words, that come from the experiences you are having. See which ones begin to be sharable with others. You will find that some fit and are sharable, and they take off rather like wildfire. You might find that children come up with these words, and you like them. Use them. As you hear language evolving, you will know that it is now crossing those boundaries where consciousness is now being informed more and more intimately and directly.

Is not language intimate to you? Yes? You use it do share intimate feelings, do you not? Therefore, it is an intimate expression, and in order for this Living Field of Love to pass into the fullness of consciousness, it will need access through language. Not just through your altered time/space continuum, but also language. You may also find that you find melodies or certain ways that words flow together. Poetry would be one way of saying that, but not in the way poetry has been in the past where there is a certain rigid sense of rules. Poetry is the music of language. The music of language may begin to inspire some of you, and you may not have felt you were poetic at all, do you see? But, again, how is it to translate and transfer into consciousness if there are not ways to do so? Pictures, colors, other ways to move through into experience, and to communicate, to express, intimately, what is becoming a very intimate experience for those of you who are beginning to feel this new, living template of Living Love. Once you feel it, you know that you are feeling it, and yet how do you express it? How do you feel a way through your body and voice, to share it?

So, things are moving into the next level of creation. Language is important, also, because it is how you create. You need say out loud what you want, and what you need, even if it is to yourself. This is the way you have learned to create, is it not? Yes. So, for you, language has many levels of importance as it makes known what is reality. The new matrix, this new field of Living Love, these new frequencies that are now married into matter, are now beginning the process in the next two years of breaking into the fullness of consciousness. It is breaking into the whole of consciousness, not just a few of you here and there. Language is part of that process.

You will also find this year that the tension that has been held in the field of the Earth Mother is again beginning to shift. You have recently experienced one large shift that affected many people. And it affected not only people who were immediately present, but it is rippling out and affecting all of you. The earth, herself.....and she may speak at the end today, for she is with us.....she is also moving in ways to assist the cracking open of different portals that are now needed in order to interface between the old and the new. Between the rigidity and crystallization of the old, and the new Living Field that is here. There needs to be places where it interfaces and intersects directly. So, that has begun. Atmospherically, this last year, you ones had many hurricanes, yes? Now it is penetrating the next level, which is the rock, the physicality, the material levels. This is all on course. Can you tell? Yes. Relax. Do not fear. You are part of it, not outside of it. You are within the processing of what actually is moving forward, even though it is altering your perspective and perception of what is forward motion [laughter]. It is still moving forward; it is on course, do you see?

It is a large story. It is a very large story. You are part of it, within it, not outside of it, weaving intimately into its living, animating currents of creation, through each of you and your unique contributions into this Living Field. You are not outside of it. Relax into it as if an infant is now in the mother's arms. This is your invitation. It's an invitation, and has always been an invitation. Some of you said yes a very long

time ago, before you even entered this body. Perhaps some of you have been saying yes more recently, and yet every time you say yes to this place, this Living Field, this transformative process, every time you say you are willing you are woven one or two threads more into the whole.

This year is a significant one. You managed in the last year to make it through your election without cracking too badly. Some of you thought you might crack up, but you didn't. And at the same time, it is now that the crystallizations will begin to be affected in the next couple of years. Two or three years, perhaps, or even longer depending on how fast it goes. Many of your institutions have felt invulnerable, yes? As if there is nothing that could make them fall apart or be affected. There are to find out that that is an illusion, a misbelief, something that they have fabricated to make everyone else believe that they were all-powerful. That is to crumble. Earthquakes are a symbol as well as an effect of that which is the cracking and the crumbling.

Tsunamis, the great waves that come out of the body of the Mother, have another symbol, another communication. And what is that? Would anyone like to guess? Earthquakes are pretty obvious, but how are the great waves speaking to you?

EMOTIONS.....GREAT POWER.....AFFECTING THE WHOLE ENERGY FIELD.....A
BAPTISM.....ENERGY.....

Yes, but actually it is closer to.....they ripple, do they not? They have a center, and they move out in all directions. You do not notice it until it hits your landmasses. So, it is a sort of movement of the power of the earth's emotions, like a blessing, upon the land. It is a sense of a merger of what has been rigid, with that which is fluid. It is a matching-up of your yin and your yang in some ways that have not been able to match up in the old structures; your yin and your yang, your feminine and your masculine, your active and your receptive. The active has held on to the earth and the template of duality. The yang principle felt it was the creator of all that exists, and that in some way it deserved to hold on to it, to keep it the way it was. About 500 years ago it divorced itself from its feminine counterpart more completely than it had before. That created a great rift. Some of you have had relational issues in the last few years, yes? Male/female, yes? And that has been through your perseverance, through your willingness to choose love, through your capacity to stretch beyond where you thought you could go, and to allow more transformation in relationship than you even perceived possible. Through all of this, whether these relationships survived or not, you have been allowing your yin and your yang to have more of a sense of a place to connect, a place to re-live, re-connect, re-marry, if you wish; to come together. So now you have in your earth, just in the last week or so, a great confluence of earth and water, the yin and yang.

Do you know that the yin is now opening up more fully in your whole of consciousness? Practicing receptivity, relaxing into being part of, are yin qualities. You cannot open the fullness of this new matrix, without fully activating your yin qualities. The tsunamis, the great waves, are the lapping of the Great Mother on the shores of the crystallizations of the old structures, saying 'hello, I am here'. And, I am not only just here, but I am here now to assist you. Even if there is destruction, even if there is loss of life, there is now the opening that is available to each and every one of you. Not just on the emotional plane, not just on the physical plane, not just on the spiritual/energetic plane, but on all levels of reality. It is now mapping into reality, your perception of what is real. Not just yours, but it is affecting the whole, is it not? Yes. You will begin to sense and feel how this shift opens for many of you the possibilities of allowing your voices, your contributions, to have access into the whole in ways that it has not previously been able to do so, because the pathways are opening.

You are no longer....what do they do, they say it is a "woo?" [laughter].....we think it is funny.....but it is as if you are out in some other land, you are the unreal ones, and what everyone else is doing in the world of great finance is the real stuff, yes? Have you every felt as if you have been designated by others as the one who is far out here somewhere, you're not real and don't count, yes? You will see that change

in the next year to two years, and we are saying one to two years, because it is a larger wave than one year can handle. All of what we are saying now is part of a larger wave that is moving its way through consciousness, and it will take a couple of years, if not longer. We are always optimistic in terms of how long it will take, and sometimes we are even surprised because things move quickly. But, we are giving a sense of what we feel is most likely.

So, reality is going to shift, and you ones will be brought more into the center of creating the next versions of reality. How do you explain these things that have no explanations when those who are in power cannot explain why things happen the way they do, and they are losing control of how to be of assistance. They hold on every more tightly to what they perceive to be reality, do they not? They crystallize as much as they can, even while there is the cracking, even while the institutions that have been created by this crystallization have no way to respond to what is taking place around them.

In the next months, some of you may find inspirations that come out of the blue, so to speak, but have such great power and such great energy, and are supported in ways that you find miraculous. This will be in order to put into place certain structures that are going to be needed in order to bring these awarenesses and the sense of the larger story, as well as who you are and your ideas, into the next Field of Living Love and Creation, into reality. You might find yourselves surprised in some ways, even more than a little, by all that you accomplish. Perhaps for these past years, the years of transformation, things have moved more slowly. Even if you have been changing rapidly on the inside, on the outside it has sometimes seemed rather slow. That may change dramatically.

So, we have been speaking for quite awhile. We have been giving you an overview with as much detail as we could, to have your minds prepared for experiences that it will not understand, and for you to also be aware that it is now time for you to truly connect and plug in more intimately and deeply within this Field of Living Love if you have not yet done so. That will be your ticket. It is like a ticket, or a key. It is like a grand gift that allows you to truly emerge and create what you have been born to do, what your inner self has always known is possible, even if your consciousness and life did not yet unfold it.

Take a couple deep breaths. Yes. Stretch your bodies a little, and get yourselves in your body. Reach down into the earth, and allow your root chakra and your pelvis to open up.

We would entertain questions at this time, if you wish.

I HAVE A QUESTION ABOUT SOMETHING I'VE BEEN EXPERIENCING PHYSICALLY, RECENTLY. I WONDER IF IT'S PART OF OPENING TO THE NEW MATRIX. I CAN ONLY DESCRIBE IT AS A GENTLY WAVE, BUT ONE THAT SORT OF COMES OVER MY BODY. INITIALLY, IT SEEMED TO SORT OF GRIP GENTLY, ALMOST LIKE A LITTLE TIME OUT OF SPACE. NOW, IT'S MORE LIKE JUST NOTICING THE WAVE WITHOUT SO MUCH OF THE GRIPPING SENSE. COULD YOU COMMENT ON THAT, AND IF IT'S PART OF THIS NEW MATRIX ENERGY?

It is, and you are describing it very well. Each of you may have a subtly different experience of how this feels to you, physically, as it interpenetrates your body's mass, matter, and cells. Yes, it can feel like a wave, and it can feel like a current. For some it will feel as if you are just very relaxed. You may not feel the energy or the wave of it, but it is an interpenetration of Light and Matter. So, physically, you will have an experience of it, because it is the interfacing of energy and physicality. Do you understand? There is a frequency shift, and this field is actually quite porous. Some of you have meditated and opened into high frequency and felt that, but this isn't like that light. This is not that. This is light as it is interpenetrating

the material field, the denser levels of energy. So, you will feel it physically. Some of you will feel waves, some of you will feel other things.

A FOLLOW UP QUESTION: I END UP FEELING DIZZY A FAIR AMOUNT OF THE TIME, AND IN THAT RESPECT IT SORT OF LIMITS MY DOING OF THINGS. PERHAPS THAT'S A GOOD THING.....BUT IS THERE A SUGGESTION OF HOW TO FACILITATE THIS OR OPEN TO IT MORE EASILY SO THAT THE DIZZINESS ISN'T THERE SO MUCH?

It is a root chakra issue, not a head issue, even though you are dizzy in the head. You perhaps can practice, or allow, or move into putting your attention into the base of the spine and the hips. Once there is a wider channel, and it is stabilized, then your body will not feel as if it is off-balance. The channel of the root has been kept contracted through fear. It just perhaps means that there may be some layers of unconscious fear that continue to release. So, pay attention, give permission, and relax.

IT SEEMS THAT IN THE PAST COUPLE OF YEARS A NUMBER OF US HAVE DOING A LOT OF INNER WORK, IN THE WOMB, SO TO SPEAK, AND PREPARING OURSELVES FOR THIS OPENING AND THIS HAPPENING. AT THIS TIME IT FEELS WITHIN ME THAT WE'RE BEING MADE READY TO BE CALLED FORWARD TO ASSIST OTHERS, YET THERE'S NO GOAL PLAN TO IT LIKE THERE WAS IN THE PAST. IT SEEMS LIKE WE'RE BEING CALLED TO STAY IN THE MOMENT, TO LISTEN DEEPLY, AND THEN RESPOND TO THE CALL.

Yes, as part of these next couple of years you will find yourselves coming forward and being put into the positions or places, and creating structures that will allow the new organization and frequencies to have a way to interpenetrate what others perceive as reality. Their realities will not be working so well, or they will in some ways not explain. There will be those who will be very fear-based, and trying to pull everyone into a certain interpretation of what is taking place. There needs to be some other options, other voices, other language that articulates for people a way for them to release the fear and open into what is present for them so that they can also begin to release out of the old structure and move into the new. This process went more slowly and gently for you. However, it may not be as gentle or as slow for those who are coming next. That is why we said earlier that you may find yourselves having a sudden inspiration with great empowerment belonging to it, people showing up to assist, and there you go.

FOLLOWING THAT, IT FEELS LIKE MANY OF THE NEW KIDS ARE THE NEW ENERGY AND THAT THEY'RE HERE WITH US. MY GUIDANCE IS TO GO TO THEM, BECAUSE THEY HAVE THE WISDOM OF THE NEW WORLD WITHIN THEM, AND WE WHO HAVE BEEN THE PIONEERS ARE TO ASSIST THEM TO FIND THE OPENINGS. IT SEEMS LIKE THERE IS A YOUNGER AND YOUNGER AGE GROUP THAT IS READY TO PLUG IN, CONTRIBUTE, AND ASSIST.

They are the ones that do have the new template already in their field, already in their bodies, and are here to create structures that will be informing of life. They know within their own field, within their own wisdom, how to manifest and materialize this new matrix, this new template for creation. They're geared for it, wired for it, you say. You ones are re-wiring, you see. That's a little different process. So, even hanging around some of the new little ones, just being with them in the same field, your bodies will take cues and you will learn, even without language. You will feel it, and it will assist you. They also are coming in waves, these ones. There are significant waves already in place, but there is a larger wave yet to come. Some of you who are of childbearing age, may be open to receive these ones who will be coming. They are yet to arrive, and this next large wave will not start arriving for about 3-5 years. Then, in they will come in a large wave, and you will feel them as they arrive. In the mean time, the last waves are still continuing to arrive. So, you might find yourselves hooking up with these ones in ways that will feel natural and joyous. Most of them have a great deal of joy. They love to laugh and play. Some of the newer ones tend to bounce a lot because they are so light they can't quite keep their feet all the way

planted. They are continuing to embody, and that will assist all of you.

I'VE RECENTLY HAD THE EXPERIENCE OF BEING IN HAWAII ON DECEMBER 12TH. THERE WAS A CEREMONY AT THE HEALING STONES ON WAIKIKI BEACH RELEASING THE ENERGIES OF MU, OR LEMURIA, AND THEN USHERING OUT THE ENERGIES OF ATLANTIS. I WONDER IF YOU HAVE ANY COMMENT ABOUT THE LEMURIAN ENERGIES AS IT APPLIES TO WHAT YOU'VE BEEN SPEAKING ABOUT. ALSO, I'VE BEEN AWARE THAT WHEREVER I GO I CARRY THAT ENERGY TO SHARE WITH PEOPLE THROUGH MY HEART.

It has been a very long story, and Lemuria and Atlantis have been part of that story, setting up some of the early templates for duality to play out as it has in these last thousands of years that you have as recorded history. But, history was going long before you got pencils...so to speak...before it got recorded. As the new template interpenetrates more and more of life and reality in this experience, the old structures, the old templates are being released. There are those who are guided to do planetary work on this level, and that is their part. You have been drawn into that, and we are grateful to all those who listen, who hear, who do the parts that are theirs to do in the dance of the whole. All are needed, every step, every part, so our gratitude to you and all who listened and assisted in that way.

I'VE BEEN OBSERVING MY FEARS IN REGARD TO INSTITUTIONS IN THE PAST THAT HAVE SEEMED TO WORK FOR MY PARENTS, ETC. I'M TALKING ABOUT THINGS LIKE RETIREMENT FUNDS, HAVING MEDICAL PLANS, AND VARIOUS EARTHLY THINGS LIKE THAT. I'M AWARE THAT THERE IS ANOTHER PART OF ME THAT KNOWS WHEN I NEED OR DON'T NEED THAT, AND THAT SEEMS TO BE PART OF THE SHIFTING AS TO MY DEPENDENCE ON THOSE THINGS. DO YOU HAVE ANY COMMENTS ON THAT?

Old realities are beginning to pass away, and they do not have the same kind of security that they once had, because in this time where there are realities interpenetrating realities, that is not so secure. Life, however, is secure. The new matrix is exquisitely secure. If it is like a baby at the mother's breast, and if that is the best metaphor we can come up with...so far...and that infant feels that all its needs are met and need not have any fear whatsoever, then let that image be your guide. And if there are choices to be made.....usually you wake up one morning, or you get a stronger and stronger sense that perhaps this particular fund, or this particular investment needs to be changed. Follow through. Life informs you directly. It tells you what you will need, when you will need it, and it supplies avenues and places to put resources that will be secure for the next time, even if it is not forever. Because, there are some things that will not be very stable, and some investments, some funds, will be very affected in these next couple of years. If you have a sense of where to put your resources in a different place, then do so. Some places will stay stable. You are being guided, and you are informed directly, just like animals, yes? Animals are informed directly. When there is a need to leave a certain area because of something that is to happen, they leave. The humans, they do not pay attention, do they? Because they are attached to what they believe to be real, not how they are informed, directly. Listen, pay attention, and follow through.

I JUST RETURNED FROM DOING SOME VERY INTENSIVE YOGA OVER THE LAST 5 DAYS, AND EXPERIENCED BREAKING DOWN A LOT OF THE CRYSTALLIZATION PATTERNS THAT WERE HELD IN MY BODY. I WAS ABLE TO DO THINGS I NEVER THOUGHT WOULD BE POSSIBLE, AND I'M WONDERING IF THAT'S PART OF THE WEAVING OF LIGHT INTO THE BODY. ALSO, I STILL SEEM TO HAVE SOMETHING STUCK IN MY RIGHT SHOULDER, AND I'M WONDERING IF YOU COULD COMMENT ON THAT.

Yes, you are opening to more of the new matrix and the frequencies that are interpenetrating your body, breaking down those places that were previously crystallized. Yoga, for you, is a support for that. And, it may be a support for others. It depends on what it is that your nature draws you into for support in this time, to assist the breaking down of the crystallization. Some will seek body work, and some will find

certain forms of exercise are freeing. Some who exercise quite a lot may find that periods of not exercising is needed to allow some of the structures to disassemble more. So, then you might find an injury impeding you in some way. Listen, all of it is purposeful. So, bodies continue to hold in certain areas. Root chakras still tend to have a lot of structural binding, old fears, old reality still kind of moving around and keeping things locked up a little. Work on that.

Right shoulder is usually about needing to have a certain amount of control, a certain holding on to something that yet provides the perception or illusion of security. What is it? Let the right hand open. Let the right arm open. Find out what you let go of when you let go. Sometimes it is not so obvious to the conscious mind, because it is so bound that the conscious mind has defended you from understanding or seeing what you are holding. So, continue. You are doing well.

CAN YOU DESCRIBE THE ENERGY RELEASE FROM ATLANTIS AND LEMURIA, AND COULD YOU BE MORE DESCRIPTIVE OF THE WAYS WE CAN RELEASE THESE OLD FEARS FROM OTHER TIMES AND OTHER DIMENSIONS.

Lemuria was the birth mother place, or part of the planetary experience of having a unified field. A unified, sort-of mother field. It evolved, and then Atlantis was the next largest experience where there was a seeding, star seeding if you wish, of various attributes of consciousness into this planetary experience. All of the seeding did not map well, because this was such a fluid planet, and the structures of consciousness that came into this planet were highly crystallized. Therefore, the last eons of your experience have been the working through of the crystallization that mapped your mind, with the physical experience that is connected with the earth and the fluidity of the earth. These structures are now married together in the new way, the new template. The old way in which one asserted itself over the other, the crystallization over the fluidity, whether it was the sense of superiority of mind over matter, religion and its dogmatism, or government and their institutions.....whatever way that superiority asserted itself and crystallized, that is what is breaking down. That is the Atlantean structure.

Similarly, that is what is breaking down within your bodies. Anyplace where the mind interpreted experience in a certain way, and locked it in to your field, as 'this is the way it is'. It could be a simple explanation; such as I was not loved because I was bad, therefore you are afraid of being who you are, afraid of being yourself, afraid that you are bad. Or whatever it is. All of those explanations that are in the mental field that got crystallized or locked up, whether it is in this body, whether you carried them through from others, or whether they are in the collective, those are up now. They are to be looked at, and if they need to come out of your body to have a sense of what they are, then they will do so. So, how to do this? If there is fear, then breathe it through. Relax down. Open the image of the infant at the breast of an all-loving, all-giving mother. This is for now, to assist you to relax out of the old structures. Anything that you can do to assist yourself to know that this is real, that you can relax now, that it is in place. Practice, try it, and ask for what you need. Open to receive. Relax out of the need to do and be it all. Relax out of the need to take it from someone else, and to have it and to keep it, and to attach to it and hold it. Relax into the experience of your needs being met fluidly, presently, in every moment creation continuing to create, not just creating one thing and then that's it. Holding on to it, do you see? Creation is a verb. It is an ongoing experience, yes? Your bodies and consciousnesses, your minds in particular need to be practicing now a different way to be here. And it is practice, and you won't get it all at once. That is okay, but choose it. Practice it. And more and more fear will release out of your bodies.

IN THE LAST SIX MONTHS THERE HAVE BEEN TREMENDOUS CHALLENGES IN MY LIFE, AND THE CRUMBLING THAT YOU ARE DESCRIBING HAS HAPPENED. BUT I HAVE TO SAY, THAT OVER THESE SIX MONTHS AS I'M DODGING EMOTIONAL BULLETS AND LEGAL THINGS, THAT I HAVE RELAXED INTO THE PROCESS TO THE POINT WHERE I'M NO LONGER DODGING BULLETS BUT AM INSTEAD STANDING UP TO THEM LIKE SUPERWOMAN. I HAVE BEEN REALIZING THAT THEY DON'T PENETRATE ME, AND I'VE

FOUND TREMENDOUS CONFIDENCE IN REALIZING HOW POWERFUL ONE CAN BE. I WOULD LIKE YOU TO COMMENT ON RELAXING IN THE MIDST OF CHALLENGES, AND TO TRUST THAT YOU DON'T HAVE TO LOOK INTO THE FUTURE, BUT THAT YOUR FUTURE WILL UNFOLD. CAN YOU EXPAND ON THAT AS ONE EXPERIENCES TRUSTING THE PRESENT, AND EVEN ADVERSITY?

How else are you going to practice if you do not have things, and times, and challenges in some ways to practice with, do you see? Some of you need more proof, and you have to test this out for yourself. Some of you have scientific backgrounds, so you like the proof, you like the evidence, and you like that in your own experience. You don't just want to be told. So, some of you create more practice for this. Once you get it, you might not need so much practice [laughter]. Do you see? Then you'll relax and not need to create practice time. You'll create more creation time, and you'll have more fun creating with others those things that you are to gift others with. Then your energy will go there, rather than standing up to bullets.

Your future is based, in a sense, on how open to receive you can be in the midst of anything. It is not how much you can do. That is why the great waves are now coming into the lands. It is not how much you can do; it's how open can you be to receive in the moment. And then, your action flows out of that. It's a reversal of the old structure in some ways, and, you will find that it works. It works very well. The more you open to receive, the more it opens into you, the more effective you are in doing whatever you have to do in every day. It's very practical, it's very in the moment, and it's also giving you opportunities to practice now, so that when the currents for life and creating the new reality begin to move through you, you are well prepared and your capacity has grown, so you can handle the current. So, you have done well.

I HAVE A QUESTION ABOUT GIVING AND RECEIVING ENERGY, MALE/FEMALE, YIN/YANG AND ALL THAT. WITHIN THE WORLD THERE IS A NATURAL ORDER OF BALANCE THAT ALLOWS PERFECT HARMONY, HOWEVER I HAVE SOME CONFUSION ABOUT DISCERNING WHETHER DUALITY IS PRESENT OR WHETHER THERE IS A NATURAL OPPOSITION OF ENERGIES. SOME PEOPLE ARE RIGHT-HANDED VERSUS LEFT-HANDED, FOR EXAMPLE. IS THAT NATURAL, OR WHAT DOES IT SIGNIFY? THE OTHER THING IS A RESPONSE TO WHAT YOU WERE JUST TALKING ABOUT AS TO RECEIVING. MY EXPERIENCE IS THAT SOME PART OF ME FEELS THAT IT DOESN'T DESERVE TO GET IT ALL, AND THAT YOU HAVE TO JUSTIFY OR EARN IT. WHAT WILL HELP CLEAR THAT OLD BELIEF THAT WE DON'T DESERVE IT ALL?

That is just an old belief, a story that was made up. It grew a certain amount of power because there was a certain investment to keeping that belief alive in the whole of consciousness, particularly in duality, to have some more deserving than others. So, what we would invite you to do is to perhaps use a couple different frequencies. Since it is a mental structure, use the indigo and blue to assist your mind to release story lines, and then use a little bit of magenta within the body's field to release and secure those places in the unconscious or inner child that yet feel afraid that you are somehow undeserving or bad. Let the Great Mother inform you differently.

Yin/Yang. In duality there was a split, a separation. One was deemed more superior, or in a sense the active principle took control of materialization and did not give enough credit to the receptive aspect of the whole, the yin, or the feminine. Therefore, the yin/feminine became less visible, and at the height of this split there were very split roles that were then dogmatized by institutions and religions. That is still taking place in much of the world. Women have this place, men have this place, yes? So, that is the picture of the old structure and its crystallization. Within the body, it is not right hand/left hand; it is the way the brain is formed and the pathways that you use. Many in this culture are designated right-handed, even if they tend to want to be left-handed. All over the world there is a tendency to go toward what is dominant, and to say the right, the yang, is dominant, therefore that is good....you see? If you watch

children, they may favor one side or the other, but they are also quite adept at using both hands - and both feet, if need be - to explore something. Have you ever watched a child explore? They use every aspect of their body that they can to feel, touch, and sense.

When you open to receive, you may need to reactivate whichever side of your body has been less dominant. To be a whole experiencing being, you may need to have some sense of opening and reconnecting the capacities, the pathways in the brain, the nervous system, to reactivate some of that latent capacity that has not been totally utilized. You may still have a tendency to be right-handed or left-handed in the sense that you have learned that. It's where you are most coordinated. And you may still have a sense of being either more spatial, or more defined in your outlook on life. Those things are part of what you chose for this body and this experience of creation. They will be there. However, as the yin and the yang begin to form a new relationship within this new template, there is not a standing over dominance. There is not one over the other. There is, however, a rebalancing, and the rebalancing may look very different that what has been in the old structure. Because, the listening and receptive aspects of the yin are necessary for the new matrix to be drawn into the materializing experience, or the forms that you will then create. There is not a way for it to be utilized, or you cannot draw the currents into your life, into creation, without it. Therefore, the partnerships of the future will have strong feminine beings who are opening to receive, AND able to assist the whole not just in partnership, but in groups and in the collective, to draw upon the substance of creation and to bring it into the structures, into the organizations, into the partnerships, into the places where these will then bear fruit, where they will then become manifest. These great feminine beings will begin to be recognized for what they do on behalf of the whole, rather than an invisible person behind the throne, so to speak.

I LIVE IN THE NORTH WOODS, AND HAVD BEEN EXPERIENCING VISITATIONS FROM ANIMALS THAT LIVE AROUND MY HOUSE. WHEN THEY ARE AROUND ME, I RECOGNIZE THEM AS A DEER, FOX, OR SKUNK, AND THEN THERE IS SOME KIND OF MANIFESTATION I MIGHT CALL THEIR MEDICINE. I'M SEEING THEM EITHER AS IN AN EXAGGERATED FORM, OR QUITE STUNNING MOVEMENT, AND I WOULD LIKE YOU TO SPEAK MORE ABOUT ANIMAL MEDICINE IN THIS PROCESS OF TRANSFORMATION, AND ALSO WHAT WAYS WE CAN RECEIVE IT THAT WOULD BE HELPFUL.

Excellent question. As this new template merges with you, your body, your consciousness, and reality, you become more aware of the consciousness within all of creation, including the animal kingdom, the plant kingdom, and the rock and mineral kingdoms. You begin to be co-conscious, so to speak, of that which has been with you, but perhaps you have not been able to be fully aware of all of these many years. Yes, they have medicine, but more than medicine there is consciousness that can come through any aspect of creation. Any aspect can communicate and gift you. If you live in the woods, then your closest neighbors are the animals, the trees, and the rocks. Therefore, your communications in this place are probably going to open up with them first. Enjoy it. How to do it? You are already beginning. Pay attention. If you ask a question and you have a need, perhaps some of your needs will be met through them and not just through the old expected ways. You might also find that they have messages that they would like to share with others. Be their vehicle. They don't have a way to share except through you as their vehicle. And enjoy them, they like to gift. All of creation does. Creation's delight is to be received. The more you receive, appreciate, and acknowledge, the more they will gift.

I FEEL THAT THE TURN OF THIS NEW YEAR IS DIFFERENT FROM ALL OF THE OTHER NEW YEARS. IT'S BECAUSE OF THE TRAGEDY IN ASIA WITH THE TSUNAMI. CAN YOU SAY A LITTLE MORE ABOUT THAT TRAGEDY, AND APART FROM GIVING MONEY WHAT WE CAN DO INDIVIDUALLY, TO HELP?

Yes, it affected everyone, and it was on the precipice of this year so to mark it. We said earlier that the marking is the cracking of the old structures, the old crystallizations. Now it has begun. The reality that

has been bound in consciousness is beginning to unravel. That is what it is doing. How to assist? Listen to your body and your heart. If it is yours to gift resources in some way for those who are living to rebuild their lives and to heal, then that is your part. If it is yours to undertake releasing of old structures wherever you may find them more in your own body, your own field, your own work place, your own home or family, then that is your part and you are still participating. If it is yours to allow Life to inform you and create new structures so the emergence of new choices can reach the minds, hearts, and bodies of those who need new choices, then that is yours to do. Listen. Listen to what is yours. We cannot say that there is only one way, there is not.

I'VE BEEN TOLD BY MORE THAN ONE HEALTH PRACTITIONER THAT I HAVE SOME KIND OF A LOW-GRADE VIRAL OR SOMETHING IN MY SYSTEM. IT DOESN'T SEEM TO MOVE, AND I'M WONDERING IF YOU CAN COMMENT FOR ME ON THIS?

Viruses are an interesting creation, are they not? They mutate and they shift. So, in order to open these places in your own body that have housed or given a space to such, it requires transformation or shift of you, frequency wise. It also requires that the place where it is housed in the body be brought into a place of great love. Most often, viruses take up residence where there has been lack of love, and so great love is needed to allow that place to be filled and to no longer allow that virus to have a place to live. Simultaneously, that allows a greater shift of frequency within the field. Some see viruses as the counterpart of great evil, and try to eliminate them through all sorts of methodologies. Rather, see them as those things that grew wherever there was a lessening of love, and then open your heart.

SO, I HAVE AN ISSUE IN MY JAW RIGHT NOW. DOES THAT SYMBOLIZE SOMETHING THAT YOU COULD HELP ME WITH IN TERMS OF BRINGING MORE LOVE TO THAT?

Love it as much as you can. Any place in the body will tell you what it is that you have not been loving. Perhaps you have not loved all of what you have said in your life.

THIS IS TRUE [laughter]. THANK YOU.

I HAVE SOME ISSUES STEMMING FROM EVENTS AROUND 1990, AND I'M CONCERNED ABOUT DAMAGE TO VARIOUS LEVELS OF MY BEING AND MY ABILITY TO MAKE THE TRANSFORMATION YOU ARE TALKING ABOUT. WHAT TYPE OF HEALERS WOULD BE MOST BENEFICIAL FOR MY SITUATION? ALSO, I HAVE SOMEONE IN MY LIFE I WOULD LIKE TO COMMUNICATE WITH ABOUT THIS, AND I'M WONDERING IF YOU HAVE SOME SUGGESTIONS ABOUT HOW TO DO THAT?

Bodies are not as cast-in-stone as you might think, even injuries to the etheric template or the physical body, itself. There are many things that the medical field does not know or understand about the capacity of the human body. What kind of healers? A good place to begin would be those who deal with restoring structural integrity on the etheric template level, so that the areas of trauma can be released and restructured for flow of energy and life.

How to communicate about this? Well, right now it is an interesting time, because you are at the convergence place where the realities are simultaneous present. You have one reality that is informed by a living field of love that you know to be real. It's true, and it works in your life to create every day, or you are practicing to learn this. Others have a different reality, and it is very real to them. Communication may not work right now until there is greater cracking of the other reality, and more pathways open into it. How to? With your heart. Stay true to yourself, continue to follow through with what you need for yourself, and open the doors to anyone who is open to receive another viewpoint or way of seeing. Otherwise, you might find it difficult. If your mouth does not open, do not open it [laughter]. If it is

difficult to speak in a certain situation, do not speak. It's very simple. Life will inform you. It will tell you that now is the time to say something, and it will also tell you now is not the time to say something.

HOW DO WE HEAL THIS GREAT POLARITY BETWEEN THOSE OF US WHO ARE FOLLOWING THE LIGHT AND TAKING IT INTO OUR BODIES, AND THOSE THAT ARE RIGID WITH FANATICISM, AND ARE INFLICTING VIOLENCE ON OTHER PEOPLE. HOW DO WE HEAL THIS GREAT RIFT?

You do not heal it, that is a misperception. You do not heal that rift. There are two realities. You have chosen to open into this new reality. The other reality is breaking down, and it will in the next couple of years begin cracking more and more. You don't have to do anything to crack it. You are not the agent of the cracking. You, perhaps, are the agent that when there are those whose lives and securities are crashing around them, because their reality no longer works for them, then you will have an opportunity to say I have gone ahead, I have explored another way of seeing, another way of living, it works very well, and may I share it with you.

But, you do not heal it. It is not a healing now that is taking place. It is a shift of realities, and the old reality is holding on very tightly. Fanaticism is a symptom of holding tightly, and there will be those who engage that even more so, even if it is ludicrous and nothing to base it on. They will still hold on to that as their explanation for what is happening. But there will be others who will see through, begin to question, and will experience the crumbling and the disassembling. It may be very painful for them, because it will be much more sudden than some of what you have experienced over the past 20 or 30 years.

(CHRIS): WELL, THIS FEELS LIKE A GOOD PLACE TO MAKE A SHIFT. YOU SPOKE EARLIER THAT THE EARTH MOTHER MAY JOIN US AT SOME POINT. IF THAT TRANSITION NEEDS TO HAPPEN, THEN TIMING FOR US WOULD BE GOOD.

We will make that transition. Perhaps you might need a stretch to stand and allow yourselves and your bodies to be acknowledged. If you have any nice music, we like your music and don't get to listen in very often.....

For us, we thank you for participating and listening, and receiving us in this time. Many blessings.

(A short break and then the session continued with the Earth Mother)

Hello!

HELLO, HI.....

It is my joy and pleasure to get to speak to you today, even if briefly. We don't want to stress this body that I'm in too much (Michele), but it is my joy to greet you in this new year, new cycle, arbitrarily chosen as January 1st. I did not choose that date [laughter]. I greet you as one who opens life to you, and I would like each of you now to relax. Relax. Some of you effort so much at living [laughter]. You are alive. It is an isness, it is a beingness, you are alive. Your body is designed to live. It is well equipped for life, do you understand, well designed. Your mind has other thoughts, but your body loves life and opens readily if you choose it with your mind.

You have a certain amount of control over your life, yes you do. You have learned that, perhaps the hard way, that your thoughts, your mind, where you choose to put your attention impacts how you feel. You

have learned that, yes? Yes, usually the hard way. So, right now, in this time, realize that you can choose to focus with me, and with life, and with your body. You can let your mind be more agreeable, perhaps, to what your body already knows to be true, rather than trying to contradict it and make up a different story or version of things. Invite your mind to listen to life directly, to pay attention, to learn from, to be a student of this new, living field that I have worked very hard to birth, along with you and all in Spirit. It's here. It's for you, and for all. Relax. There is more life here than you have yet received. There is more life to be lived than you have yet opened. And life is not just about doing, although that is included because you have a great deal of need to express. That is your design. Life is about experiencing, it's about feeling, it's about the isness, the being alive experience.

It is now time to practice being alive.....and that seems a funny thing to say. It's time to practice BEing alive. Whole heart, whole mind, whole body, whole spirit, living in harmony with all of life in creation; part of life. You know much, you can read, you learn much, you seek it, and at the same time you miss much. It's time to not miss so much in the everyday moment of life. Breathe more deeply, and move more often. Listen to what your life force wants to do. Listen to what your heart and soul, married to your life force, wants to create; the quality of your life, the feeling of your life, the fullness of fulfillment in your life, all of that. So, if you wake up in the morning, and you do not yet feel alive, choose it with your mind. Breathe into your body, release more of what has been stored in your field as if it is reality, and give another reality a chance to wake up inside. Relax. Relax, and relax some more. Open the muscles of your bodies, open the meridians that energize your bodies. And open to me. I will teach you, I will guide you, I will show you, and I will inform you how to live and be alive now, in this time, informed by what we have all birthed. And it is growing exponentially every day.

Do not pay so much attention to, how would I say, the horns of the old structure that would blast away, and try to make you believe that they are true, that they know what they are saying. They don't. In fact, their own words feel hollow to them, and it is why they are more afraid than ever. They already know that something is amiss. That is why they contract even further. It is all they know how to do, is to contract, hold, and bind even further. Do not pay attention. Choose life, practice living, practice creating, and open to greater playfulness and joy. Know that there are many prepared to assist in this time, and some of those are you. Some of those who have been prepared to be the assistance for others are you. Not that you are going to give your life away to do that. You live, and through living you are that which then imbues others and the fields that you are in with greater life.

Some are leaving. Many will leave their bodies in this next time, just as many suddenly left recently. It was sudden, and yet many of them slipped easily into the next experience because there were so many bridges already formed. There were so many bridges already in place, and they slipped from body into spirit, and into the field of love. Many left as families. They are together. It is not my intention to take the lives of those who are choosing to live, through movements that I need to make in order to continue the process. But those who are in agreement that they will take their consciousness out of their body and into the next level of consciousness, those who choose this as their time, they are in partnership with this time, too, but differently than you. They are in partnership with this process, too. Differently. Not worse, not better, but a different part, a different choice. Release, if you can, judgment or any perspective that would give a story to what is taking place now that may be limited in how much truth it can carry.

I acknowledge with love all those who are leaving, as well as all those who are staying. I acknowledge with love all those who are contracting and binding even greater fear, as well as those who are opening into greater life and love. I acknowledge with love every part and portion and being within the whole of life, whether their bodies are now choosing greater life, or choosing to release life. I embrace with love all choices. And all are needed. Some are here to create and anchor in a new experience of life, and some are here to take that old experience out with them. Some are here to build a future, and some are here to close the past. It's a large story. You are part of it. You are within it. Once in awhile, ask to see it. Ask to see how you are within it, what you part has been, and what it might be. Relax into love, and into life. Open

to receive more than you have ever opened. Realize that receiving is not something foreign for you, but actually is designed as part of your being, part of your nature. Your expression, your gifts, will flow out of your capacity to take in. Your creativity will be tapped in ways that you have yet to even experience. And, you will not do this alone. You will find yourselves dancing with others, collaborating with others, others that you do not even know well. And yet, they are part of the dance for creation. Appreciate the differences. Draw upon the skills that have been formed for this time, and have a great deal of fun. Do not contract into pain, just because there is pain in the loss of others in the world. Realize there are different parts. They are doing theirs, and you are doing yours. Do your part well. BE your part. BE alive. Imbue everyplace you are with greater life and love, the living light that you are. And more and more and more of you will join together and create the forms, the structures, the experiences, the expressions that will guide others to this choice.

I leave now, and yet I am always, always, always with you.

[She closes with a blessing in the 'language of creation', which can not be meaningfully transcribed]