

Transition – Walking into the Light

It has begun, our Ascension into light from a great darkness. My guides asked me to write a small essay on how you all can assist in this process and gain a greater understanding of what it is that you are doing and how it effects this transition. Most importantly though, to give you some insights into your spiritual awakening that will help you begin to heal yourself, others and mother earth herself. I don't profess to know all, but I do know a little and what I want to share with you, is the simple tools of healing that is within all of us so that you can go about your daily life in a state of healing and love, without really doing a lot.



Why is this important? Well we are live in a universe that is based upon one fundamental law, the Law of One. What we do to others we do to ourselves. The consequences of harming others is that we harm ourselves by removing the potential that others could give us and everyone else, this extends to all life. The earth is life and she vibrates at the same frequency as we do and in that we are just as much part of her as she is of us. We have been lied to all our lives by the SYSTEM that earth is merely a thing of which we can mold and destroy into our own liking. However earth is an ecosystem of life and all life comes from her, she is our birth mother and if we destroy her capacity to give life, we destroy ourselves. It is that simple.

So with that in mind we need to shift our thinking some in what we are doing to earth, nature and all life, including us of course. What we need to do very simply as Kiesha (Little Grandmother) has told us is to move from a state of being ego centered to a state of being love centered. That is all we are being asked to do. Of course looking at the world through the perspective of love versus ego changes a great many things quickly. No wars, no poverty, no money, no law, no hunger, no prisons just love. Love does not own things; we simply make use of things in ways that cause no harm to earth or anyone. This is all we are being asked to do.

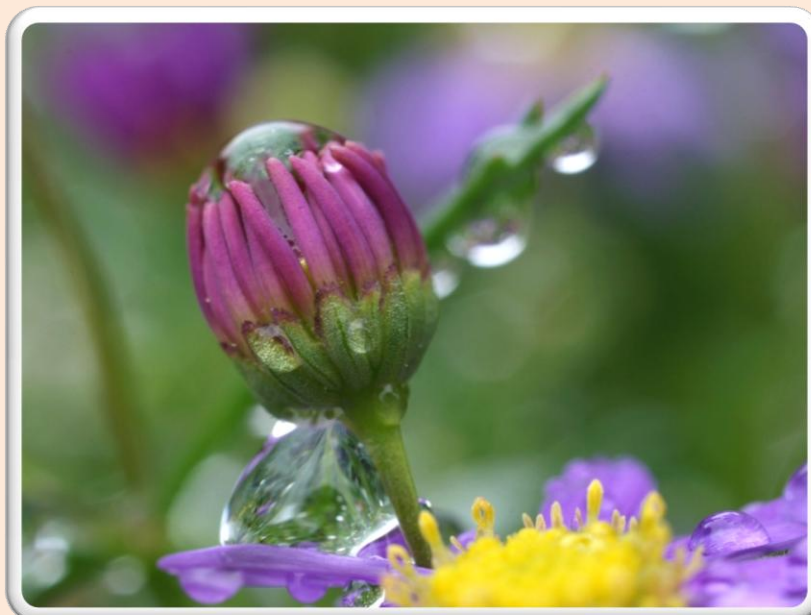
So how do we get there? I know many of you have already begun to wake up and begin to shift your thinking towards creating more love through harmony and care for others, even the ones we may hate the most need our love. **We are One.** So what my guides have asked me to share with you today is something simple that will allow you to communicate with earth, nature and all life in the Universe. Pretty neat eh? Not only communicate but heal as well. I have not reached the point where I can

communicate with animals, but I have a strong empathy with nature and can sense what is wrong and give love and thoughts that help heal. In some cases the healing of nature and people are instant, but many times it takes time, so just stay with it and make adjustments as you feel the need to.

I want you to imagine that you are swimming in a sea of energy. Your body is part of that sea in that with every pulse of light that comes to you, you pulse back in all directions talking part in a orchestra of light and sound. When you walk you are walking on energy dancing with light with every step you take filling you with love and you pulsing back 10 times or more that love in all directions as you are a star of every giving light radiating love all around you.

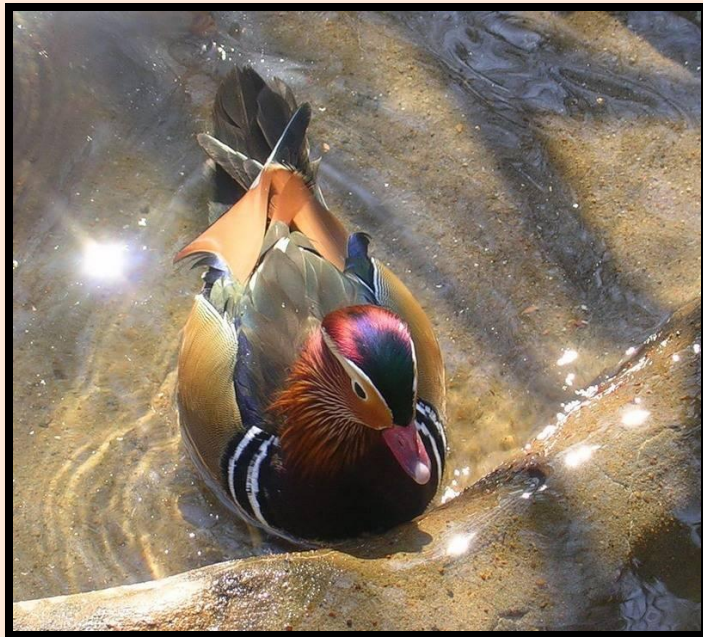


While standing take your arms and move them out to sideways from your body so they are at about 90 degrees to your body. Now imagine and feel all that energy sea filling up to your arms and slowly at first move your arms together catching some of that energy between your arms with your palms facing each other. You may have to scoop up some of the energy as you do this but trust me it is really there! Now doing this about 3 or 4 times you will notice that pressure is building up between your hands and arms you will feel a ball of light forming between your hands and arms and magnetic like pressure will build up pushing your arms back. You can imagine the dance of light going on all around you. The light is love and it is life, it is self aware of you and your intentions.



After you have some magnetic push back on your arms, turn your palms down towards earth and imagine growing roots to center of the earth grounding your whole body to the earth in a way that you feel a tug of getting heavier, be the tree as it were. Do this while moving your arms up and down imagining that as you push down that you are drawing in energy through your feet and out through your hands and that it is all love and this

beautiful dance of light of all colors blending into white light and out again into many colors, infusing the earth with love and all of nature. You may want to turn your palms up and to draw in more energy into your body so you can transform more of the gooey stuff you sense around you and the earth in to vibrant colors of light. As you are doing this you are pulsing light energy with earth as you were one with her. It is easier to do this on a sunny day, but over time of doing this, it won't matter if it is sunny or not, you will just do it and the results of many doing this is just staggering! Walk in light!



Think that is neat? Well now that you are doing this, hold this state of love and light and use it heal and clear all the gooey energy between you and others that have been created over the years, seeing them in a perfect state of health allowing them the freedom to accept your gift now or at a later time when they are ready to transform. Just imagine placing a healing ball of light in their hands and tell them we are one and this is love for you. It will help heal you. Also don't be surprised that after some time of doing this that you begin to see other forms of life that operate at a higher frequency than we do, appear. There are

others that tend to energy fields of plants. We are multidimensional as all life is, just some dimensional life does not exist in our "normal" perception of reality.

The PTB do not want you to know that this simple exercise is what we can use to transform our world. Instead they poison us and cause as much distraction as possible from us becoming aware of inner world reality of who we truly are. In the end I believe we will be able to heal them or they will simply choose to leave earth and find some other place in the Universe to prey on others. I do however they may have come here to enslave us, but in the end perhaps they came here to heal? All I can say is that the Law of Creation is that we are all One. It is an immutable law that proves itself true over and over again without fail. They have to make use of world based upon fiction to get us to believe that we are separate from each other, when in fact it is not true as we all come from the same Source or Divine Creator, we are one.



So instead of seeing the world as buildings, cars, roads, nature, wind, clouds or simply as things separate from us, start putting yourself into this sea of energy and start feeling the connection to all life through your arms. All life gives off an energy fields and when you are in this state and move your hands close to other life, you will feel their energy field, their life force energy, which you can give love to them. When you give love you tend to heat up as well, as love vibrates at a higher frequency thus creates more heat on denser materials such as our bodies. I think eventually we may ascend which will be that we will have purely light bodies, but how that all works out I am not privy too, just yet! So keep positive and don't let negative news drag you down, just be aware that all that is going on in the world is not nice and perhaps we can send some love that way to bring about change and harmony.

rob

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