

Arcturians
11-17-2008
Channeled by Lynda Marinics

Please find below notes from the Arcturian channeling at Liz's home in November.
These are paraphrased and not the direct transmission.

Those of you who are here today are HUMBLE you are working successfully with the energy of humility, and we wish to help you to HONOR yourself.

There are a series of assignments.

1. MIRROR WORK

Look into the mirror; do this daily.
Look into your eyes.
See who is in there.
Find a word or phrase that expresses your finding.
End this exercise with the words "I am Honorable."
Send the honor to the grid around the world to awaken honor.

Keep a notebook at this mirror and write down a word, a realization each day (optional).

2. HEALING OF THE PLANET.

Go inside yourselves and find which particular country/location you need to offer healing to.

- a. Consider the aspects of the country that need healing.
- b. How does this relate to self? Note the similar chorded energies that drew you to this location.

3. RELEASE SHAME (starting today)

Write everything you are ashamed of on a piece of paper.
Throughout this week the Arcturians will help us to release these items of shame.
At 6:30 PM on Friday each of you are to celebrate the release of your shame and the shame of the country which you chose today. Light a candle, sit in contemplation, move your body, invite in your teachers and guides, whatever is your way. At 6:00 to 6:30 PM this Friday (11-21-08) they can all be released, be gone. Lynda will burn all the pieces of paper with the things you wrote.

Death – rebirth – the grid - freedom

This work is VITAL for the grid that surrounds the Earth. Some of you may be flooded with the shame coming from the country you chose.

4. REALIZE THE PRICE/COST OF SHAME

Realize that any remaining shame requires a lot of energy to hang on to. Think about how that energy could be used if it weren't tied up in shame. Work to release any remaining shame.

When we have shame we are a “grid point” on a grid of shame which amplifies the shame for everyone on the grid. We attract others of like emotion.

The goal is to release the shame and use the energy for **rejoicing**.

Freedom comes from **rejoicing**.

By releasing shame you all participate in freeing the entire country and other countries.

Each of you chose a country of the world as we went around the circle—one that might share your shame and benefit from your Honor. While we do work internally of releasing shame and owning the Honorability of the shame, also imagine that country releasing shame and filling with and acting honorably. Choose an area within the country that identifies the country.

This country USA, and others, are in a death-rebirth process.

We (the Arcturians) want you to help the USA release its shame.

The American Dream is:

Freedom to express yourselves.

Freedom of religion.

Freedom to protect yourselves.

Freedom to enjoy yourselves.

Notice what direction your country has taken. Notice what is dying. Notice what is being reborn, and notice how it is reflected in you and your journey.

***** Write down that which **you wish** to release so something more beautiful can be born.

Ask for help for all of you on the grid to release the shame. Do a prayer for release. Send healing, love and joy that you are ready to let it GO, and as you do this breath IN humility, for the finding of one's truth is a journey of humility.

5. HONOR YOURSELF

Each of you is struggling to HONOR yourself. What do you most HONOR within yourself.

Write it down.

Bring it into your quiet place.

Feel the honor.

Allow it to enter and notice the grid it creates.

Send and receive honor on this grid.

Celebrate sending and receiving.

Notice how this grid overlays, overlaps the SHAME grid.

6. GIFTING COMMUNITY

Lynda channels an energy that demands we all transmute, and part of transmutation is SERVICE.

We are beginning a GIFTING COMMUNITY with you. This GIFTING COMMUNITY is a parting gift from the Arcturians as there will only be one more of these regularly scheduled meetings, in February.

Giftng pushes you to trust yourselves and your society and way of being. This program is designed to be a point on the grid where the energy of GIFTING becomes strong. This is compared to the energy of TAKING which has destroyed the banking community. The Giftng Program begins to change the energy of you and your community and country and world. There are currently the energies of barter and payment.

As we, this group, creates this GIFTING COMMUNITY, we will face the issue of trust. No one will know who has given the most or received the most. We won't know if we will get anything back.

It is to function such that— if you need something, you ask for it, and if you have something to give, you offer it. It could be planting vegetables, computer assistance, having a fence put up, checking on the pets and doing the dishes for someone who is at work, offering your home as a place for a potluck or gathering, a prayer.

This Community can be as big or as small as you want it to be. Asking and receiving are the issues. The shame of asking. The honor in the shame.

What is the country (that you chose) good at? Asking and/or receiving?

Don't try to balance the give and take in this Giftng community. This will push your buttons! (laughter)

One or two of you are good at organizing. Give the gift of setting it up.

This is the transportation to the birth of the now.

7. Be alert to the possibility that we, the Arcturians, are speaking to you individually in the future. After February there are no more scheduled meetings for this group. We may speak to you and give you the idea that there needs to be a meeting about something and you call Lynda and set it up.

7. Charlotte's task. Three sessions ago five people were identified as having a calling to work with those that are dieing, passing over.

Get together with this group by phone, internet or energetically at scheduled weekly meetings. Tune into fears and strengths regarding death. Tune into the grid. Help each other. Pray for each other. Create a name for the point of the grid that you are holding—for example Ascension. Send healing to those on the grid. Charlotte to report back to this group in February.

8. Pray almost continuously. Do not listen to anything in your cars, only pray as you drive. Pray for those driving next to you, for the birds, the sky, for safety if that is to be. Your prayers are needed at this time to build for the best future.

Questions, Answers, Explanations and Comments from the Nov. 17

Arcturian Session Channeled by Lynda Marinics

P's Question

P: What is with all the bears?

There is much suffering for the bears in Afghanistan because of lack of food and because they are (being hunted?). Let the bears of Afghanistan and the Americas know you will be working with them next week. The bears of America can teach the bears of Afghanistan. You can be a focal point to connect bears in need with bears they can work with. If necessary and if you desire, identify a bear to be the focal point.

There is a grid around the world about this and many other grids. Recognize what grid points you hold and therefore attract more of. Bring assistance and the energy of honor. Then the focal point begins to shift. Saying "I am honorable" puts you in a place of strength and choice to transmute energies. Being honorable is easier than shame.

S's Question

S: About investments: Should I forget about them and trust that the near future will be so different that they are not important? Or is there some amount of time before things change and I/we will need to be concerned about money and supporting ourselves and I should learn to be a nimble investor and drop the anxiety about being right? I am bouncing around like a ping pong ball trying to decide what reality to focus on.

The best place to put money to invest in will change daily over the next 9 to 11 years.

You are thinking with your left brain, but notice the real issue here; it may be: Fear of Not Having Enough.

Ask to be connected to the grid of those who are releasing that energy. There will be thousands there – humans, angelics.

Move into the energy of being honorable. Honor the part of the issue that you can release if you can't release all of it.

As was said to C., do it piece-meal/peace-full. Begin with a piece you can do now. Do it. Next day, repeat. It may be the same piece!

Each morning when you get up, ask, "Is this a day I should do something about my investments?" Listen for the answer.

S., you are to bring JOY into investments. Do not look at them as a number. Look at what the investment is in. You NEED to seek out the details of what each company is doing. Build an energetic connection to your investments based on knowledge and reality of what you are supporting and what they are doing.

For example, if you are invested in a company which works in the Congo, you are energetically connected to this area. So you need to research and find out what the company does and if it is something you want to be energetically connected to.

It is all about how you impact the planet with the money, with the investments.

If you expand, your abilities will expand, and maybe money or land will be given to you.

(You think) your survival is connected to these investments.

Some are good; some create havoc, and the latter comes back to you as confusion (about) how you impact the planet. Some will press shame buttons. You can heal the shame, and it will help heal the grid of shame around that.

Our thoughts, how we eat, our investments—all affect the grids.

(When you find the energy of judgment, it is only you; extraterrestrials and angels do not judge us.)

S2's Question

S2: I read and hear so many different things about 2012. Are the changes spiritual, geological, or societal/financial?

One cannot separate spiritual from matter. If you are afraid of not having enough to eat, you are manifesting that energy. Everything we all think of affects the future.

We are in a process leading up to 2012. You are all on an 11 year journey that started 7 years ago. We have specific projects for you. Some of you know about yours. Much of your work is to bring your right and left sides of your brain together. It will come together in your 3rd eye, and you will walk in truth. Truth is transitory, of course.

Be fluid; move investments around because truth will be changing. Let go of the need to _____ (?).

As earthlings you have adjusted enough in your change process so that the coming energetic movements can be managed a bit easier.

Obama is a transition – he represents the old and the new. He is still “before the brightness.”

J's Question

To J: You have done a little painting. Do much more; it can help your financial situation. Bring a report on your progress to the next meeting.

Silence.

J: An old friend died recently and I feel like I should do something for him.

Just let him go; release him from you so he can transition.

Death—death is the most obvious transmutation of energy. More so than birth because with birth there is a pregnancy and the knowledge that there is a baby in there growing.

With death there is no longer a physical presence. It is difficult for those here, frequently, to disconnect. You who are still here think about the unfinished business, the

coulda' woulda' shoulda , your sorrow; this is all about us left behind. This does not accelerate the journey of those who have left to move onto the God Force.

The greatest service you can do is find our own joyful knowing connection to Source and from there connect to their place of joy. You will move into a state of honoring them, their journey and joy VERSUS honoring the pain of those who are left.

Sympathize with those left behind, but don't expand that pain.

There are three energies having an effect: the Past, Yourself and the Others.

Death brings up much from yourselves of how to distribute the accumulated things of the departed. Death is another journey into shadow, a collection of fears and anxieties. The one who dies may move the ones remaining into their money needs. These fears are in the open. Their acknowledgement of them now allows them to be healed.

Death of Society As You Know It

You (are) also (seeing) the death of a society as you know it (not a collapse— you will still have gas to run your cars). What are your expectations of this society? What happens to retirement and to medical care?

Do you want to let go of some things and do it differently?

You have many choices. You can expect income for work or expect some gifting or expect a full barter economy. This can be a great opportunity or it can be a great fear.

Acknowledge the anger: "I've paid into this, and I should have a retirement fund." Honor those feelings to make this transition easier.

South Africa transitioned, and it rose above. It chose not to imprison. Consider this.

You can complain, but as you sit together you should catch yourselves (and not complain).

Prayer is the most powerful thing you can do.

Your economic collapse is on purpose because it is necessary to save the environment. Third world countries are raped for their resources; first world countries rape.

You wish to be reborn from this. You as individuals have a responsibility here.

What do you wish your country to be and you to be?

We would anticipate your praying in a more constant manner where – trusting – you ask for help but you don't know what that help will look like. Let go of the end result of your prayer. In asking for a specific ending, you restrict the response.

Pray in your cars; turn all radio and CDs off. Pray for those driving next to you and the birds in the sky and for safe driving, if that is meant to be.

Comments on Overwhelm

Someone: I feel overwhelmed.

All right. When overwhelmed, tell yourself, “I can begin with the piece I can do now.” Then do it. The next day, repeat. It may be the same piece.

Notice the words PIECE-MEAL PEACEFULL. Look them up in a dictionary. (Notice) where they originate and what they share. You could be overwhelmed with stuff or bills; just do what you can, now.

Look at the troubles and responses you are having due to the economy. You say, “I don’t know what to do with investments,” but the original assumptions are changing/changed. Look for the core themes. Be excited about a brighter human energy with each other.

Comments on the Brighter Human Energy

You are being given an amazing opportunity. Many generations have only had the opportunity to work with moving towards the brighter human energy through the death process.

You can bring in a whole additional layer of learning in this one life. Because of this opportunity, you birth a new self and do this for the country you’ve selected (to work with) and the grid.

It’s almost like a new incarnation—to do your own inner work in an extraordinary manner in this one life time.

When you are learning in a life time, each life is separated. You forget between lives, but your soul remembers, and at some point all the learning comes together.

The way you can do it right now, going through transmutation while still alive, magnifies the learning 1000s of times and sends it through the universe.

D’s Question

D’s question asked for him by S.: I would like to get on the list to fly your (Arcturian) space ship, please.

Laughing is channeled. There is no waiting list. All you need to do is just ask.

The best way to do this is just before you go to sleep. As you are actually dozing off, invite in the space travel.

However, you may not remember much or anything after you have driven the space ship.

(Lynda says she sees his hands in the air moving around to make the ship go where it needs to go – I don’t know if she saw controls or just air.)

He has actually driven a space ship other times. There are individuals locally who can help him remember this. Different experiences of gravity are also available. In fact, tell him only he can prevent this. At the end of April or beginning of May, he will give up preventing it. Also he’ll be ready to give up something else. He’ll be Free.

Next meeting February 12, 2009

At the home of Lynda Marinics.

