

ONENESS

**THE ARCTURIAN
LECTURES**

Dictated to

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Summer 2009

Edited by

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ONENESS

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Forward

Let me begin by stating that this work is incomplete. I have been informed that it is time for me to move on to working with the Ancient Ones and that I need to offer you this work in its current form. I apologize for the unfinished pieces, but I am glad to share the love and teaching of the Arcturians with you.

I first met the Arcturians on the Big Island of Hawaii in 2005, and since that time they have offered any number of public channelings in addition to this brief but potent work on oneness. It has been my honor to channel these magnificent beings, and I am exceedingly grateful for this opportunity to share their energy with each of you.

What has been interesting for me as I have channeled these talks are the division titles such as kindness, generosity, forgiveness etc.

I think of the Christian church, for example, as offering a set of rules to live by. I had not thought of these rules as a pathway to awakening; yet when the Arcturians spell out the specificity of their chosen words and their true meaning, I realize that the Christian church, along with other religions, is indeed offering a path to enlightenment, not simply a code of ethics.

This work is designed to fill you with love for self and for all sentient beings. I ask that you open your heart and receive the energy of the Arcturians, for they are simply love. In aligning with them you open yourself to your own true essence, your own creative core, the divine love that overflows from you and into all life. Enjoy!

Introduction

In the oneness is the holiness, the sacred dance of connection, the sacred laughter of joy spilling over into the ethers and joining all life. Oneness is indivisible, essential, the beginning and the end. Oneness is the cause of creation and the result of creation, the reason for the journey and the destination. Oneness is single, purposeful, conscious and all knowing.

Then comes the creation, the splitting of the one into two, the separation and the forgetting, the beginning of the movement outward and for humans the longing to return to a state of absolute unity, oneness. From the moment the separation occurs, the moment of creation, your longing for oneness begins. At the same time the delight in the creation is experienced, so the two movements of expansion and contraction are born, and each movement is delighted with itself.

Here on planet Earth the duality of these two expressions of the God force is experienced in a very particular manner, that of birth and death and competition for survival. These experiences of living and dieing come from a sense of finite or limited resources. Please realize that this state is particular to this planet and is not a universal experience of creation.

We, the Arcturians, have chosen a life form that is able to pass through many dimensions and alter its *saline* composition in such a manner that we are able to change our shape and our density and be in more than one dimension with ease. This ability allows us to be in various locations or various stages of our life experience and move in and out of what you would consider past and future.

This movement provides us with great freedom and an awareness of the abundance rather than the limitation of life and our own creations. Furthermore it allows us to connect intimately with other life forms, such as yourself, without being parasitic in any sense; rather we contribute to the life force, not deplete it.

The key difference in our experience of the Godhead is that ours is of the infinity of life while yours is of the finite. This difference is not by mistake; it is by design. It is simply different aspects of the God force delighting in and experiencing its own creative impulse.

Saline-characteristic of or containing salt.

*A saline solution, especially one that is **isotonic**, used in medical treatment or biological experiments.*¹

***Isotonic**-having equal tension.*

*Having the same **osmotic** pressure; especially designating or of a salt solution having the same osmotic pressure as blood, so that it will not destroy the red corpuscles when injected into the blood stream.*

***Osmotic**- adjective of osmosis*

***Osmosis**-i) the tendency of a fluid to pass through a semi permeable membrane, as the wall of a living cell, into a solution of higher concentration, so as to equalize the concentration on both sides of the membrane.*

ii) the diffusion of fluids through a membrane or porous partition.

Being aware of one's infinity has its own challenges. For example, humans in their longing for reconnection form very tight and fulfilling bonds with other humans. We do not long for such intimacy; we know it is already within ourselves, so our emotional makeup is very different. We are experiencing your (Lynda's) longing to be with your twin flame, and the longing is a very unique and wonderful yearning that is not present within our own lives.

While we experience separation due to the initial creative impulse of splitting from one into two, we are in constant contact with all aspects of ourselves, and therefore longing for another part of self is not prevalent in our journey of awakening.

Our path is more in the nature of bringing all life into an awareness of the infinity of creation, hence our deep connection to you. In order to bring full circle the creative impulse of life as finite, you had to connect with an intelligence that experienced life as infinite.

Hence in the movement into oneness the most common emotion within humanity is frequently a deep loneliness. It becomes a driving force within the psyche and may well be vital to causing the subsequent absolute connection to all life. Loneliness is an essential part of a Tibetan monk's life, for example, when he is removed from his family, in particular from the mother, at a young age. The sacred and the secular are frequently experienced as separate, and the drive to ease the pain of separation causes the individual to start the journey of awakening.

All life forms on planet Earth experience an aspect of life as finite, for this sense of limitation is part of earth's energy field. We will not go into

¹ All definitions are from Webster and will be indicated throughout the text by the use of italics.

details here as our primary focus is with humanity. However we wish you to bring this awareness into your observations of other life and begin to sense how they experience the finite. It will help you communicate more clearly with other species and understand the different evolutionary paths available and hence come to a deeper understanding of your own.

Meditation

Breathe; breathe deep into your core where you are the very essence of light. Breathing into this light allows it to erupt within you and overflow from you; be the volcano of light. You will soon become aware that you are smiling in your meditation as you are filled with delight. In this state of bliss you will radiate light and become a beacon for others seeking, enticed by the light. Together you will magnify the light, and you will be ever more blissful. Realize that you are a point of the web that surrounds the earth and entices all life to recognize its own light. This awakening is occurring on your planet at this time; delight in participating in it.

Now notice a being you are struggling with in your life and simply radiate light in his/her direction as you face the being in a state of bliss. You offer the being delight instead of animosity, and you provide the mechanism for the two of you to move out of duality into oneness.

Stay in delight and radiate light to us the Arcturians and experience the magnification of the connection.

Radiate light to all the angels and archangels who assist you and experience this magnification.

Radiate light to all your spiritual teachers, guides and the ancestors who travel with you and stay in this wonderful state of magnification.

When you are ready to return to waking consciousness, know that the light you are will resonate out and affect your daily reality in the manner of magnifying your presence here on earth.

The time for invisibility is over. The movement from invisibility to visibility is intensified, and as you let your light shine unimpeded, so you create a path for others to realize their own light and perceive our light with clarity. In time the masses will be able to see the crafts that encircle the earth sending light to the planet and all her inhabitants.

1. Duality

Greetings. We are the Arcturians and we are delighted to be with you. Our teachings through this channel are designed to take you into the divinity of self and then allow this divine movement to move you into an experience of divinity in all life that pervades your every cell and becomes your natural state of being; or rather, you move into your natural state of being. We have worded this movement in the above manner for your experience will be of becoming oneness while you will actually be being your true self.

You live in a world of duality. It is a core experience of your every day life: e.g. man and women, waking and sleeping, work and leisure. In order to move into and with oneness, the energy of duality must be known and used as a vehicle to find the very state of unity you desire.

The energy of marriage is one such state; its core intention is to create unity, a united, connected place to provide a safe and secure arena for the children that are a result of the union.

Marriage- the state of being married; relation between husband and wife; any close or intimate union.

We give you this definition for few reasons. There is a great debate in The United States at the moment about the nature of marriage. Please note that marriage is defined as both a union between husband and wife and any intimate union.

The word husband comes from the word for householder, a free man. Wife comes from the word for hidden or veiled person. So we have the manager, the one who is in charge of the home, the man, and the one who works behind the scenes, the woman. Historically and linguistically, husband and wife represent the outward energies and the inward energies, the creator and the receptor, the male and the female.

As the energy of duality is being challenged and changed, a core duality in your experience of life is being changed—what it is to be a woman, a man, or a married person and the nature of marriage and the connection between individuals of the same sex. This debate is vital as your culture evolves, and the quality of the movement of duality is affected. Not only are individuals moving into oneness, but also whole cultures have oneness as their own goal. The inner struggles each of you face are mirrored in your society.

You each chose the ideal culture in which to awaken; the internal struggles you are dealing with are depicted all around you. Many of you think of yourselves as being at odds with your culture—separate from, different to, maybe better than; however, we tell you that your society mirrors you perfectly. You need to beware of thinking of yourself as different from the masses, for such thinking creates another duality and takes you a step away from oneness.

So the debate about the nature of marriage is really a debate about union; it is the next step after the struggle of equality for women and people of different ethnic origin. It is the movement away from the householder and slave relationship and away from the traditional husband and wife relationship.

In order to complete this transformation, the outward energetic movement of creation and the inward energetic movement of reception, one seen and the other unseen, need to dance together in a united state where each is honored. The animalistic energies that the householder has sought to control rather than be enslaved by also need to be a part of the dance.

Let us look at how The United States of America mirrors these energetic movements.

Civilization-social organization of a high order, marked by advances in the arts, sciences, etc.

Civilize-to bring out of a condition of savagery or barbarism.

Savage-from the Latin for wild; wild uncultivated, in a state of nature.

Fierce, ferocious, untamed, as in a savage tiger. Without civilization, primitive. A human being living somewhat like an animal.

Civilized man, the white man, who came to America believed himself to be of a higher order, his own inner savagery under control. Thus he was able to use and control the savage who was considered a slave to his own animalistic tendencies. Such dualistic thinking kept the white man blind to his own inner savagery; he was still slave to his own needs for power and control over others and had little control over self.

Please note that we have had the movements in the United States from slave owner and slave to a condition where all men are free and from a condition where women were expected to be invisible, to work behind the scenes and to have no rights to a state of equality of the sexes. Now we have the movement where those who have partners of the same sex have equal rights to those who unite with those of the opposite sex. These movements all relate to the movement of duality into oneness—where the inner male

and female energies can be honored along with those of the obvious outward male and female energies. The inner and the outward are becoming one.

The debate within your culture reflects the inner debate about your own male and female energies: Who is in charge within? How do these movements dance together? How is the unseen celebrated as much as the seen? How much time is offered for meditation as contrasted to work and play?

We offer this illustration of duality to show you how pervasive it is, how your daily life illustrates your own inner struggles, and how you can use your every day experiences to move out of duality and into oneness.

We have chosen our channel for very specific reasons:

Firstly she is willing to listen to us, work with us and transcribe our information.

Secondly, she is well aware of her own limitations, her perceived flaws, and thus allows us to use these flaws to express our teachings.

Thirdly she loves words and is excited about their origins. Her passion is vital, for in realizing the origin of the words that you use daily and that determine your thought processes (as opposed to the other way around) you become aware of how you are entwined with your culture and its evolution.

And lastly, she is extremely practical; not for her lots of woo woo information that may delight the senses and help you feel wonderful about yourselves as eminent light beings, which indeed you are. Rather, the channel requires practical signposts and steps to take in order to recognize how pervasive the movement of duality is within you.

Your very words, ideas and daily actions can move you into a state of blissful union. Meditation is only one part of the journey. In your culture there are many avenues, all to be pursued at once, and you will find yourselves living each day with greater awareness of that which moves you closer to unity and joy and that which moves you out of it into duality and sorrow.

2. Dreaming and the “In Between”

“To sleep perchance to dream” muses Hamlet as he grapples with the ghost’s words regarding the manner of his father’s death.

When you are sleeping and have experiences, you refer to them as dreams. When you are awake you assume you are experiencing reality and that your dreams at night are fiction, a fundamental misunderstanding.

The two states of being, awake and asleep, are in reality simply different experiences of life; neither one is necessarily a clearer depiction of reality than the other.

When you are in meditation, you may experience a light show or receive information. You recognize this experience as a particular reality and will normally delight in and trust what you perceive.

In your daily awake state where you go about your job and take care of your familial responsibilities, you also assume this particular reality is one that you can trust and that what you are experiencing is truth.

However, when it comes to the dream state, there is the assumption that this is a fictional awareness, maybe to offer you teaching or a method of releasing events of the day or a reflection of a movie you have watched or a book you have read. In other words you see the dream state as a result of your daily life rather than as a cause of it. You have this idea back to front.

Dream-from phantom, or to deceive. A series of thoughts, experiences or sensations passing through a sleeping person’s mind.

Phantom-something that appears to the sight but has no physical existence; apparition, specter.

(Phantom and deception are linked in the western culture. The culture has clung to the notion that if there is no corporal body the vision must be deceptive. However, your poets and visionaries have long depicted an alternate reality, and they have been key to keeping this essential truth alive for generations. Thus the quote from Shakespeare at the beginning of this piece; his work is filled with visions and apparitions.)

Dreams are causative in nature; your life is a result of your dreams rather than the other way around. This cause/effect relationship does not operate necessarily in the literal sense whereby the dreams may come true as

experienced. Rather, the emotion the dream causes to be awakened results in a specific response from the dreamer. Just as in a meditation/ visualization, the story you experience may obviously be fictional, but the energy that is moved is significant.

The dreams are most frequently related to the emotional response which triggers a desire to take certain actions; both alternate realities, dreams and meditations are designed to change your responses to your daily reality.

Remembering your dreams and lucid dreaming is helpful, but the emotional response is triggered within self whether or not the dreams are remembered. Lucid dreaming, when you are aware you are dreaming and affect how you behave in the dream, is a method of linking the two different realities together. You will become more effective at both types.

Once again we are dealing here with a separation, duality, and it is appropriate, but as you awaken on your journey and long for connection, this desire spreads into all parts of your life where duality is experienced.

How to bring the dream and daily consciousness into one? As already mentioned, lucid dreaming is one method; letting your dreams determine a focus for the day is another. These methods move dreams into their true purpose, that of cause.²

A third method is to let the dreamscape flow over into the next day and for a while walk in between the two. This method is different from trying to understand the dream and is more a case of letting the daytime and nighttime realities merge for a while.

This discussion leads us to the **in between**. It is a concept explored in detail in the Expansion lectures with Astroon (channeled by Lynda), but here we wish to give a brief explanation as to how it connects to dreams and their affect on your life.

The **in between** is literally the space between different states of consciousness, the crossing point between sleeping and waking and moving into and out of meditations as well as the point just before birth and death. It is a place of transition where you alter your frequencies in order to move into the next state of awareness. It is the place where the two different sets of

² Note from Lynda.

Many studies were done of a tribe in the jungles of Malaya who had no incidences of mental illness among their people. The researchers found that every morning the tribe discussed their dreams in the Long House and the dreams determined the actions of the day.

frequencies commingle. Thus the **in between** is an important place when you are intending to move out of duality and into oneness, for this is the very place where the commingling of these different energies occurs regularly in your daily life.

So spend time in the **in between**; it will help regulate your frequencies and it will ease your crossing over at death, for you will be used to matching the frequency you are about to move into. Yes, it is literally a matching place where frequencies become as one.

Match-one suited to another, mate; base of macian, to make, form. What is put together, what is suitable for putting together.

- i) *Any person or thing equal or similar to another in some way; one of a pair.*
- ii) *A person regarded as a suitable mate.*
- iii) *To be equal to or corresponding in a particular way.*

The **in between** is a place where energies are mated, where different states of consciousness come together at a point of commonality, and where their frequencies are equal. Thus the **in between** provides a crossing-over point from one state into another.

The **in between** is another practical area of your life where you can develop an awareness of oneness and how to move within it. You can then use this awareness to affect your every day reality as well as your dream world.

Once you consciously begin to match frequencies between two alternate states of reality, they begin to merge, and you will realize how they flow together with the movement of the figure 8, the infinity symbol, and the cause and effect relationship will become clear. Moreover, the two states will become literally as one, and the division you experience between waking and sleeping will begin to disappear. One more apparent duality will be seen for what it is, and the awakening into oneness will be one step closer.

Allow the dreams to take you on an adventure; go back into the dreams and re-experience them. Then notice where your awake mind takes you; it will take you on a different journey than the sleeping mind would have done. Examine your daydreams and your sleeping dreams and notice their crossing over points and their commonalities. This practice will pinpoint aspects of your development with which you have been struggling. Notice also your fantasies and what they say about your journey.

3. Forgiveness

The movement of forgiveness is the essence of the spiritual warrior so is both the cause and result of the journey. The energetic awakening into the oneness of all life causes the act of forgiveness, and the desire to forgive causes the awakening. The notion that there may be a need to forgive another or self is born in the ego's experience of separation; hence, as a burning desire to become united with all life takes over, the energy of forgiveness becomes a central element within this movement, for it has to evolve into its own truth.

Forgive- give up resentment against or desire to punish.

The energetic movement of forgiveness can only exist where there is also the movement of punishment. The basis of the Judaic-Christian society on which Western culture is based is an excellent example. You have an interesting dichotomy in such religious teachings: that of a loving and forgiving God and also that of a punishing God. If there is no desire to punish then there is no need to forgive. Punishment is core in your parenting, in your legal system, in your education and in your employment. Can you for a moment imagine a society in which punishment does not exist?

The movement to create a society free from punishment begins inside. As you let go of resentment against others and self, you move to a greater awareness of the divinity of all life, and the divine can no longer hold the energy of a punishing God. The two movements occur concurrently.

We tell you that if those in your jails did not believe in a punishing God they would not find themselves in such a situation. The loss of freedom is the result of the need to begin the journey of forgiveness.

You, Lynda, struggle with the idea from other teachers that life is about lessons; you prefer to think that it is about experience. We tell you that yes, life is about experience, but the experience causes a desire to awaken, and the journey of awakening appears to be about lessons. Yet we tell you that life is in fact a journey of discovery about how creation and the laws of creation affect life. Rather than thinking of life as lessons, think of it as discovery. Then there will no longer be a need to pass or fail or a need to be punished for not learning the lessons correctly.

This shift in thinking also dispels some interpretations of karma which can sound very like punishment. However, when the desire to explore and know the laws of creation becomes the driving force as opposed to balancing

karma, you move out of thinking that you did something wrong and move into the awareness that you are a student discovering the laws of creation.

The very notion of student implies lessons, but we tell you this implication is not simply semantics. In your culture, students can pass or fail lessons, and students can be punished. Therefore, until this concept is overcome, we encourage you to think of life as a journey of discovery rather than as a school.

Once you realize you cannot fail, you do not make mistakes. Rather, you simply discover more about the nature of creation. As you discover and understand, you will be less inclined to punish self, and there will soon be nothing to forgive. This movement of awakening can be thought of as the school of creation without damage to your inner being.

In closing we wish to remind you that these lectures on oneness spell out the path to unity with the divine. Hence whenever there is a need to forgive others or self, there is a need to awaken the divine within. This can be accomplished through prayer, meditation, joyful celebration of life, love and compassion. All these paths lead to oneness. There is never only one way, and all these paths energize the other paths, so the spiral of awakening unravels.

Exercise

Forgiveness of self involves being supremely aware of one's thought patterns, for the destructive behaviors that need to be forgiven begin in thought.

Let us consider addictive behaviors. Desire is expressed as a thought: "I want/need a particular item." When this thought arises, a simple response is, "I love Myself; I am divine." Mindful repetition of this thought in response to the desire will start to alter the frequency of the desire and change the behavior. Affirming self love and divinity is the fastest route to overcoming addiction to substances. If the addiction is hurting another, then along with "I love myself" there needs to be added, "I celebrate all life, and in this knowing I walk in peace."

Mindful repetition of these phrases will move you into an overwhelming desire to love self and all life. The need to punish will disappear, and living in a state of constant giving will overcome any need to forgive.

4. Generosity and Trust

Generosity- the quality of being generous, specifically, i) nobility of mind, magnanimity; ii) willingness to share.

Generous- from the Latin, of noble birth; genus, race, kind.

- i) Originally of noble birth, hence-*
- ii) Having excellent qualities attributed to people of noble birth; noble minded, gracious.*
- iii) Willing to give or share, magnanimous*
- iv) Large ample, as in generous portions*
- v) Rich in yield, as in soil. Rich in flavor, as in wine.*

Noble- from the Latin for well known, see know.

- i) Famous, illustrious*
- ii) Having or showing high moral qualities.*
- iii) Grand, stately, splendid.*
- iv) Of high rank, title or birth*
- v) Not corroding or deteriorating rapidly, precious, pure, said of metals.*

To Know-

- i) To have a clear perception or understanding of.*
- ii) To have a firm mental grasp of, to have securely in the memory, as in the actor knows his lines.*
- iii) To recognize*
- iv) In biblical or legal usage, to have sexual intercourse with.*

Good morning and welcome to our generous spirits, for we are of noble origin and wish to share our originality with you. You live in a generous universe; you are of noble birth and your creative energies are noble in purpose and design, for you know from whence you came and where you are going. You know you are partners in this creation; you remember, and we rejoice with you on this journey of creation.

You have all learned about the manifestation of money and the need to allow a full flow in and out of your life, just as with the breath, or else the flow of energy hiccups and there is an experience of less than—insufficient money or insufficient breath. It is the same with all of creation. The act of creation is a generous act originating from a state of knowledge and recognition.

Generosity—our energy awakens this movement in you. Through our connection you desire to be more generous with your time, your money, your gifts and yourself. Through this outward movement, you attract an identical movement towards self and you begin to move and live full time within a generous universe.

This means your gifts become more generous; they expand. You experience having more time, for it too expands. You experience more money, for it too expands. Does this expansion mean more money in your own pocket? Not necessarily; it rather means a more generous flow of money all around you where needs are met with ease, for a generous universe is one where you trust that all your needs will be met.

Trust- firmness, base is in true.

A firm belief or confidence in the honesty, integrity, etc, of another person or thing; faith; reliance. Confident expectation, anticipation, as in trust in the future. Something entrusted to a person, a charge, duty.

Trust is the core of generosity; the two dance together in joy. You are able to be generous, for the underlying anxiety about lack of time, money, and energy, etc. disappears.

Lynda, we trust you to be generous; we trust you to translate our words with integrity, and we trust you to share our love for humanity. We trust you to share our teaching with clarity and wholeness, keeping your own self out of the way in order for our teaching to come through. In short, we entrust you with a charge, a duty to fulfill our contract.

Generosity to self: in order to trust self, you must allow the generous flow of pure love into your heart. You can experience this flow as coming from a God outside of self or from the divine within.

How you experience the flow makes no difference. The purity of the love is the vital core of the experience. As you allow this movement to flow, your own knowing, nobility and generosity awaken, beginning with a generous love of the self which flows outward to others.

Trust begins with allowing an overflowing of divine love, as with a parent for a child; as the receptor of such love, the child completely trusts the parent.

As the child develops and begins to live independently, that same overwhelming love needs to be allowed, but this time it is the love of self. The reason for self love is that in order to trust, there must be an overflowing love of that which is to be trusted.

We the Arcturians wish to take you on an adventure into yourselves where you store lack of trust in your bodies.

Please go within now; ask your own light to illuminate where lack of trust is held inside you.

Now we will get more specific. Where do you hold lack of trust in self and where do you hold lack of trust in the creative forces of the planet? Allow your light to illuminate this for you.

We had you recognize the different places, for often there is a duality between trust in self and trust in the Creator or God. They are often stored in different places in the body, for they are of different frequencies and have different impacts on the life force.

The lack of trust in self stymies self and restricts the movements, for there is a resistance to one's own light. The lack of trust in the creative force restricts the connection to the light of others including us, the Arcturians, for there is a lack of trust in energies perceived as separate or outside of self.

The symphony of the universe will cause these two frequencies to move into harmony with all life, and any aberration will be brought into balance.

We wish you to begin considering yourselves as trustees of the planet.

5. Delight, Embrace and Magnification

Glad- shining, smooth. A feeling, characterized by pleasure; bright, beautiful.

Delight- from the Latin, de- a prefix signifying separation+ lacere, to entice; specifically- influenced by light; highly pleased, rejoice.

We are the Arcturians, and we are glad to be with you today. We are delighting in your presence, and we sense you are glad we are here.

Do you notice the difference between delight and glad? Delight is more of a cosmic energy meaning expansive whereas glad is more passive; it speaks of contentment.

This is where we wish to work with you today—the movement from gladness to delight.

Please recognize that both definitions are related to light; however, gladness is the receptor of light whereas delight is attracted to the light. Gladness is more accepting of and enjoying a state or situation whereas delighting is pure celebration and movement towards the light.

Resistance frequently occurs on the spiritual path when you are required to move from gladness into delight in order to evolve into a deeper awakening into the truth that you carry within you.

There is a tendency to settle for gladness. You fear that you may lose this contentment and not find the light or that the way may be arduous, and you are not willing to take that risk.

Consequently, the majority of spiritual warriors reach a certain point on the path and unconsciously say, “That’s it. I am staying right here. I have arrived at my comfort zone.” Hence you return to life as a human on this planet over and over until one day you are ready to let go and embrace delight.

Readers, we tell you the time has come for you to take this leap into delight. The light is enticing you, and the pull has become so strong that you are no longer able to resist either the light or our teachings, for we the Arcturians are of the light.

Our job is thus twofold. It is to connect to those who know they are receptors of light, and it is to remind those who have forgotten that their light comes from within, from their creative life force.

We are about helping you find your delight and enticing the light from within you to connect to us the Arcturians and recognize that our creative force is identical; it is light.

We now wish to research the words hug and embrace.

Hug-to put the arms around, hold closely and fondly; embrace tightly and affectionately; to cling to or cherish a belief; to keep close to.

Embrace-to clasp in the arms, usually an expression of affection, a hug; to accept readily, avail oneself of, as in he embraced the opportunity; to encircle, include; to perceive, as, his glance embraced the scene.

Again we ask you to notice the similarities between hugging and embracing, words that are sometimes used interchangeably. However, there is an obvious difference.

Hugging implies holding on whereas embracing is to take in and recognize the whole. One does not sense a holding onto in the word embrace; rather it is all encapsulating—to enclose completely or be enclosed by.

We are asking you to move from hugging the path you are upon to embracing it and being able to perceive the truth and the light at a glance and to absorb it.

The energy of delight will attract you and entice you. Then the energy of embrace will follow as you include the new awareness in your being and experience delight.

You will move inward on this journey into your own light. By embracing that light, you will no longer protect it and hug it to yourself. You will be willing to share, and we will entice you to receive even more of our light. This movement will be constant, so there will be little time for gladness and hugging anymore; that time is over.

How will embracing play out in your lives?

Firstly, it will affect your relationships. There will be less need to hold on to or to hug others tightly to you or to keep yourself distant from others. Rather you will be ready to embrace those in your life, celebrate the differences between you and enjoy your loved ones with a freedom that is not wholly present at this time.

Secondly, it will be easier for you to understand what is occurring on your planet at this moment as the light will offer you more clarity. You tend to let go of fear when you have some understanding of what is occurring.

Thirdly, it reminds you that this is a journey into joy. Such awareness will assist you in being open to the enticement of the light, for you will trust it more.

Fourthly and most importantly, with this awareness, you will attract light to yourselves in vast waves of rapidly moving energy. The desire to exist in gladness will disappear as the light overwhelms, encircles, embraces and entices the inner light that you are to shine ever more brightly and visibly.

The clarity you will receive will greatly enhance your effect on this planet. The light from within will shine on your path, so you will move out of self doubt into a deeper awareness of your sojourn here. The need to act and to affect the world with your own very specific frequency will overwhelm you.

The desire to fulfill your purpose for originally coming to the earth, yes that original connection to this planet will become foremost in your life. Your service will be received and embraced, and you will be a highly visible servant of the light. This visibility is significant, for many of you have lived contented lives, happy to be invisible. When you embrace your light, the time for invisibility is over. The time has come to magnify your energetic movement and multiply your effect on the planet.

We'll come to our world. We ride on the waves of delight, and hence we desire to embrace all beings and in return experience embrace, for then our light is magnified and we all dance together.

Magnify- to cause to seem larger than is really so, rare- to make greater in size, stature or importance; archaic- to glorify, praise, extol, my soul doth magnify the lord.

Magnificent- stately; splendid; sumptuous; exalted, said of ideas.

Exercise

Accepting the movement of delight and our embrace causes a magnification of your own light and the light you are able to attract to you. Thus when you go into meditation, ask that we send endless waves of delight to you. Embrace this wondrous movement. In so doing, know that you magnify your own light and thereby magnify ours and that of the creative force from where we all originate.

6. Joy and Longing

We the Arcturians experience joy, for we are of the light; we are the movement that entices; we influence you with the light and help you move into joy once more, to rejoice.

Influence- to flow in. originally, the supposed flowing of an ethereal fluid or power from the stars, thought to affect the characters and actions of people. The power of persons or things to affect others. In electricity, induction.

Induction- induce- to lead to some action, cause; in physics to bring about (an electric or magnetic effect) to the body by exposing it to an influence or field of force. Induction-an inducing or being inducted, installation, initiation.)

Joy- great happiness, delight.

Longing- strong desire, yearning.

Any expression of pure joy is filled with clarity, for the essence of joy is the essence of life. Thus any journey into awakening to the divinity within self and the oneness of all life must in its essence be a pathway of joy. Yes, there will be bumpy spots in the road and there will be pain, but as one awakens to Essence the deepest and everlasting experience is that of joy.

Once joy is ever present, it sustains you through all the heartache life has to offer. Even in the deepest sorrow joy is ever present.

We wish you to realize this truth, for often it appears, especially early in the journey, that you are being asked to give up so much. We wish you to know that joy is your reward.

The frequency of joy is equal to and the same as that of creation and love.

You experience these movements as emotions, actions and desires, yet in essence they are identical. The primal act of creation is that of separation or division. At its core, this act is one of absolute love and joy. The movement, this first creative impulse, begins with desire, then acts to create and ultimately falls in love with its creation.

We wish you to realize then that this initial act which caused the division, e.g. between the light and the dark, between twin souls, is an act of supreme love. This concept is important, for often separation is experienced as loss and/or punishment, but nothing is further from the truth. The experiences of feeling separate from a loved one or disconnected from one's

own source or even experiencing a sense of disintegration within self are not destructive as is often assumed but are rather the result of great love.

We will explain: when one is experiencing wholeness, there is pure joy, absolute love for all of creation and especially for the creator. When one is feeling disconnected, there is the experience of an absence of love for self. However this illusion is one of the greatest of all, for the movement of creation is the very act of disintegration, and it is a loving act.

With each life, there is the opportunity for different creations, different experiences of the Godhead. Each experience involves a disconnect, like a child needing to disconnect from its parents, yet through such a movement there is no loss of love; love is constant.

The creator is therefore often perceived as a father/mother figure; the principal energy is the same. With each separation comes a new creation and a new experience. These separations cause an emotional response in humans to return to the womb of creation before the separation occurred.

This response is vital and demonstrates the difference between the supreme creator and the human parent. Children want to continue to expand and move beyond the parents whereas humans reach a point in their expansion where they are filled with the desire to return to the Godhead, the essence, oneness, the state of being before separation.

For this reason, your scriptures say man was created in the likeness of god. There is the innate desire to return and be one, the same as, this creative impulse.

As we mention in other chapters, we the Arcturians, are not filled with this longing, for we are always aware of the unity of life. This longing is not a cause for our expansion. Rather, our drive is to awaken this awareness of unity, of oneness in all life, in others. We perceive ourselves as pathways, and we are delighted if you join our energy with your own in order to experience the oneness we know. This act of joining will awaken a desire for such oneness in you, and then your path will ultimately diverge from ours.

Because our core movements or experiences of creation are different, we can only work with some of you and for some only for a specific time frame. You will reach a place on your journey inward where matching our energies with yours will no longer be appropriate. For this channel that point has almost arrived. The experience of longing, in this case for home, the twin soul and her own divinity will be the next overpowering movement. While it is appropriate for us to work with longing at the early stages of the journey, for this one the longing will become so intense that our energies will no longer be an appropriate connection. Hence just as we have told her, new teachers will be coming in for her and these ones have introduced

themselves as the Ancient Ones. They were once of planet Earth, so they have experienced the longing in all its aspects. They are thus the ideal energies to combine with the channel in order for her to be fulfilled.

As the channel writes this piece, there is the concern that the longing will result in the pain of separation as it has in the past. However, that time is gone; the longing is now aligned in her with the purity of joy. The experience of separation will not be wallowed in; rather, the experience of reaching out and connecting to that which is longed for will be intensely joyful for the Essence will flow towards her, energize her and call her home.

Personal note

While rewriting these lectures over the last few months (most were lost to a computer virus), my mother has been here from England. I have been told I need to finish this channeling by the end of July, and she returns home a few days later. My mother and I have a wonderful connection, and spending so much time with her has been a delight.

In the past I have experienced great sadness when she leaves, or I leave her, and moving beyond the sadness takes a long time. I have also felt the weight of her sadness which is the result of my living so far away; I had not considered that such a movement may be helpful to her own journey of awakening.

I am profoundly grateful for the information received today; I am experiencing a peaceful inner joy. Thank you, Arcturians.

Note: after she left I had a few moments of sadness, but inside I was filled with joy for the time we had together; this works!

7. Benevolence

We are a benevolent group of beings, and you, dear channel, are a benevolent individual as will be the case for all those drawn to our teachings.

Benevolence- an inclination to do good; kindness; charitable activity; gift.

Benevolence is appropriate for the information you channel and for the manner in which we work with you. Benevolence is equally appropriate for those attracted to your work.

You have a deep desire to bring change and healing to the planet, and you approach this in an active, practical, charitable manner. Your enacting activities on Earth that we wish to see developed is therefore appropriate.

We have offered you two of these activities in your individual and group channeling. The first, **International Healers Without Borders**, is well on its way, and anyone desiring to become involved with this group can find it on the internet at internationalhealerswithoutborders.com. The second endeavor, the **Gifting Community**, is struggling at the moment. It is still waiting for the person who will need to spearhead it, so if anyone feels drawn to do so please contact this channel and find out more about the gifting community we wish to see established.

Now, we will discuss more on benevolence. Benevolence is a wonderful word. The first four letters in Latin mean *well* while in old English they mean a *prayer*. We wish to discuss the interrelatedness of these two words. *The adjective well means according to desire. Prayer means an earnest request, a supplication.* What is a prayer if not a request to have one's desires met, either for oneself or another? *The second part of benevolence comes from the Latin for to wish.* The complete word implies the inclination to follow one's innate desires or prayers, the fulfillment of one's wishes. Thus the benevolent one is a person who desires to be kind and charitable from the deepest core. Additionally, benevolence normally implies activity as opposed to a passively charitable person.

Let us move on as to how this impacts you all.

Because you are living in times of great change, you will be required to act benevolently in order to help the peoples of Earth ascend. For many of

you, the spiritual journey has been an inward, often solitary affair; that is appropriate at the beginning. However, once the necessary internal awakening has occurred, the time is appropriate to turn outwards and serve those who share this planet with you.

This series on oneness demands such action. Such action is our prayer to you and for you; once there is an appreciation of the oneness of all life, the desire to serve becomes an overwhelming need.

Exercise

We ask each of you to go within and experience your connection to all life. In this state of oneness, ask to be shown the nature of your service. Then stay within and experience yourself serving while in oneness. You will realize the truth that we are telling you, for when oneness and service are experienced together, there is an overwhelming joy. You will be filled with delight from the very core of your being; your profoundest prayer will have been answered.

We leave now for these words to sink into this channel and for you, dear readers, to do the work we have outlined above. This will automatically lead you into our next chapter for it is on kindness.

8. Kindness

Kind- archaic: origin, nature, manner.

A tender hearted person.

Kindness- the act of being kind, affection, good will.

Do you find it extraordinary that the word to describe a tender hearted person is the same word that describes one's origin? The quintessential nature of humanity is to be kind; kindness is within your essence, your core. Hence, as you awaken, the desire to be kind to self and others also awakens and will overwhelm you with its intention.

Overwhelm- to pour down and cover, to make helpless.

As you awaken, you allow the light to permeate your very essence, and this light pours over you until you are helpless to avoid its intention. The light causes you to find your kind, your original nature, and any desire to hurt oneself or another begins to disappear. Hence, the healing journey and the path of spiritual awakening are indelibly linked, for in order to heal there is the need to be gentle with self.

Your homework on this occasion is to pay attention to your own inner thoughts. Notice when you are berating yourself. Pay special attention to your dreams, for they will point out to you where you are treating yourself in a malevolent manner. Then you will realize that these very thoughts are creating the veil between your current awareness and your connection to Origin.

My dream prior to editing this material

There are children living with us who have misbehaved. I correct them severely and demand they leave and tell them they cannot return. When I am with one of these children afterwards, I regret my harshness and change my mind. I enjoy the child and invite him back into our home.

Arcturians

Yes, this dream is directly related to this teaching on kindness. There is a child in your life at the moment who has committed the most heinous crime,

yet you are filled with compassion for this one. Your inner child, on the other hand, has committed very minor offenses, and historically you have treated this child malevolently. In your dream, you offer the child acceptance and enjoy him. Well done. This acceptance is an important movement for you. Look out for the other children you are ready to welcome back. You will see them clearly for who they are as you let go of unrealistic, and therefore unkind, expectations of self.

We wish to add further that the struggle with your own self-destructive behaviors is directly linked to your struggle with kindness to self. This link may appear obvious, but when you come from a home and culture where sweet foods are viewed as a reward or as supplements to nurturing and are given out of kindness, then there is an inner confusion between being kind to self and self-destructive eating disorders.

Many readers will be able to relate to this information, and we suggest when preparing or eating foods that you ask yourselves a simple question: “Is eating this food an act of kindness for my body?” You can even take this exercise further: “Am I thinking kind thoughts about myself?” Please remember: most activities that we offer you are simple, but there will be a resistance to following through. Please be kind with yourself in this regard. Resistance is a natural response to changing cherished beliefs and behaviors.

9. Light

Light- akin to the German, to shine, luna, moon.

- i) that which makes it possible to see, opposed to darkness; form of radiant energy that acts upon the retina of the eye, optic nerve, etc., making sight possible; this energy is transmitted at a velocity of about 186,000 miles per second by wavelike or vibrational motion.*
- ii) Public knowledge or view; as everyday new facts are brought to light.*
- iii) Knowledge, enlightenment, mental illumination.*

All that is created is made from light. In order for creation to become form, light is necessary. Light is the second step in the creative experience, the first being intention.

Light brings a specific frequency to the darkness and changes its nature. Not only is seeing now possible, but so is creation. Thus, in your terminology of gods, the energy of light could be called Creator God.

The Primordial God exists in the darkness before light came into being. Thus when returning to Source, you can return to the light which many of you think of as your final destination, or you can move beyond the light into original cause.

We would liken Creator God to the Great Spirit of the Native Americans or the God of the Christians; this force is active and creative and its essence is light.

However the God of the Torah and the Old Testament said, "Let there be light." This sentence was the force of intention and is often forgotten in the practice and experience of Christianity where the light is praised and that of the darkness is perceived as evil. There has been an ignoring of or a forgetting that God created the light and therefore this original Source must exist in the darkness.

How does this affect your journey into oneness?

The realization of light and darkness was the cause of your initial experience of duality; yet there is the tendency to intend to become light, to be filled with light, in other words to be a movement within the creative experience. This intention is wonderful and delightful. However, it is limiting, for it only takes you part of the way. In order to be one, not only

with life but with the force that exists before life, one must embrace the darkness as well.

Steeped in your DNA, in the structure of your society and in your own psyche is the fundamental belief that entering the darkness is to move to the wrong side, the dark side, to become involved with satanic ritual, the dark witch, black magic, etc.

Your illumined mind may recognize the erroneous thought patterns here but your body and psyche is likely to have a different response, that of fear. This fear is significant, for if you intend to go on a journey to a place that you are afraid of, the fear will have a huge impact on the nature of the journey itself. There is also a sense of nothingness, so the intention is to become one with nothing and therefore cease to exist.

We now come to the fundamental energy of duality on this planet. There is the understanding from your religious teachings, your dictionary definitions and your own experience that in order to have form, one must have light. However, energy exists prior to light. Intention creates light, and therefore that which exists prior to light, this primordial energy, must have consciousness. It may be no-thing, as in it is formless, but it still has **a most magnificent consciousness**.

Now we called this piece Light, and we wish to return to our discourse, but in order to know light you must have some awareness of where the light came from.

Light creates form; it is the essential component and without it form could not exist. When becoming one with all life, seeing the light in all life is essential, for that is the original force of creation prior to the light's becoming matter.

At death one moves into light. The light is the energy of **in between**, for it is the first movement, and as death is simply a rebirth into a new creation. The light is the first movement of this new creation.

The most common experience at death is to be pulled towards the light and to see beings of light attracting the person to this light energy. When entities are stuck you say they have not moved to the light and you may help them make this transition. Rarely is it spoken of that an entity has not moved into the darkness.

This teaching is on oneness, so awareness is vital of that which makes all one is the light of creation that stems from the intention, "to move from nothingness into one" (L.Cohen). We consider light itself to be form. As you seek to move beyond the light into the cause of light, you will change your movement from becoming one with all of creation to becoming one with the force of creation. Thereby you move into the fullness of the creative

intention that lies within which recognizes the movement prior to form, the cause of form.

How will such an intention affect my life?

Your journey into the dark depends on the energies you bring with you into this intention. If there is fear of the dark, of becoming one with nothing, then your journey will be filled with anxiety and likely to be halting. You will take a few steps forward and then stop, seemingly moving into old behavioral patterns, maybe old addictive behaviors. A halting journey has been true of this channel.

An understanding of the nature of the light and the dark is designed to assist in letting go of this fear. If you experience an underlying anxiety about the future, life changes, concern for others, then we wish you to know that this stems from a fear of the darkness and from a sense of separation that all is not in perfect splendor. However, as you allow yourself to move into the dark and therefore to be no longer controlled by fear, the anxiety will begin to fall away and the primordial force will attract you into its energy field and you will become one with original cause.

Why is this important?

In order to manifest with clarity the life you wish to create, you need to move into the light, the **in between**, celebrate it and then allow yourself to be enveloped in the dark out of which comes all creative impulses prior to form.

We wish you to realize that light and dark are not polar opposites. Light and dark are not a duality. Rather one emerges from the other; the dark gives birth to the light.

As you allow your own creations to come from the womb, the primordial darkness, they will be less impacted by your own and your society's experience of the light. You will be able to step out and receive fuller knowing that is less tainted by your culture and bodily experience of light.

What do I need to do?

Recognize the temporary essence of all life and all experiences of such. This will reduce the desire to hold on to and also to push for a certain result. Ask

to move into and become filled with the light knowing that this state is temporary.

If one becomes filled with the dark before knowing the light, then one does not connect to the first creative impulse; this step is vital.

The person who moves first into the dark is seeking personal power, creating out of chaos without the initial movement of light. Many of such creations will not be seen with the eyes, hence the dark forces. These forces are then able to affect those who are attracted to control which is not of the light. The movement of control is absent of light. Control comes from fear and is moved by the dark forces in a desire to have power or at least control over one's life.

Control is the opposite of surrender.

Surrender into the light is surrender into the primordial force that created light.

Control is the movement that attempts to bypass this first movement and get to primordial power, original intention. It has at root a gross misunderstanding of creation and therefore that which it creates is hideous and destructive.

For most beings bypassing the light is at some point an aspect of the journey. Bypassing the light can be a force which pushes a person to become the light, for the experience of the dark without moving through and into the light first, was overwhelmingly devastating.

Does this explain darkness and how it is perceived as evil in your world?

Yes, darkness without light is destruction without the original intent to create.

Yes!!! All paths of creation have a destructive element as one part dies and a new one is born. However, the being who uses dark forces devoid of light moves into destruction that is absent of a creative force, so chaos and hatred occur.

10. Allowing

This piece is incomplete. There was information after the definition of allow that I have removed as I am uncertain as to its accuracy. It included information on victim and predator energy; I am concerned that I got in the way.

Today we wish to talk of the movement of allowing.

Allowing is more than letting go. Allowing is what you do, Lynda, when you allow us to come through you. You step aside and willingly let us speak through you. You let go of the need to know where we are going and what we are about to say. You let go of your ego and your opinions. You let go of how you assume the world is in order for us to tell you about a different reality.

Therefore you know a lot about allowing, and you have aligned with this movement very frequently. Now look up the word so you know what it means in your world, and we will tell you more of its importance to the movement of oneness.

Allow, from the Latin, for to + place, associated with praise. To permit, or to keep extra, in I allowed an extra inch for shrinkage.

We the Arcturians, wish you to hear the following:

We are the loving emissaries of a loving creator; we are teachers, healers and literally an energetic path for you to walk upon. We move you into your own knowing through realizing us.

Let us explain. In order to realize self, you have to realize that which appears to be other than self. By allowing our energies to co-mingle with your own, you are realizing this truth within your body; your own human life force is waking up to us.

Now you are used to other energies in your own magnetic field. This information on co-mingling was given to Lynda but is true for many others as well. You attract and repel energies all the time. You are just beginning to realize that you attract and repel constantly; these movements are a gift that you have developed but are still not sure how to use.

Others could not come into your field if you did not allow them by giving them permission. Thus you would have great difficulty in channeling us if you had not allowed your barriers to others to come tumbling down.

So we have come full circle.

You are allowing us, a very light energy, to speak through you.
Because you live in a world of duality, you have the experience of constantly needing to choose.

Do you want to allow others, not of the light, in your energy field? Do you want to live in the present or the not present, in compassion or hatred? There is always a choice until you realize the essence of oneness. Then the experience of duality disappears, and the fear of living in the dark has evaporated away.

You are well on the way to realizing the sacred truth of which we speak and thus allowing it to be your everyday, full time reality.

11. Residue

Residue- that which is left after part is taken away.

Residuum- residue; in chemistry, the matter remaining at the end of a process, as after combustion, evaporation.

We kept residue for the last channeling with you, for it is that which remains after the rest of the process is complete.

What could possibly remain after you have become one with all life? What could possibly be left behind? Your residue, that which remains, is the movement that brought you to oneness.

The lifetimes upon lifetimes that led you to this awakening all become as one; all are healed and fully knowing. Yet there is the path left behind, like that of a snail that has been wandering through your garden; there is a trail on the path to show he has been there.

Your residue are the illusions you have experienced, the thoughts, the teachings you have embraced, the lovers you have exploited and those you have enjoyed, the families you have raised and the jobs you have held—all these leave a residue in the ethers and can be perceived by those needing to access this data.

You may live in oneness and may have integrated all lives into this one moment and be fully realized; however, there are others in your lives who are not. Those you have loved and those you have exploited will need to be able to access this residue in order to fulfill their own path into one with all that is. Thus the trail of your journey will be left until all evidence of your existence is no longer necessary, and then the residue will complete its journey and disappear, finally leaving no trace.

Furthermore, as beings connect to the residue that remains of your lives, they are able to connect to the fully awakened you, and you act as a beckoning, a force field that calls them back to Source. This passage takes eons, and for all that time your presence on this planet will still be accessible to those who need to interact with you.

This residue is true of all enlightened beings. The residue enables you to tap into the energies of the Buddha and the Christ. They left their residue, a trail of footprints on the land, and you can use their residue to help you go home.

Thus in closing we wish to remark that both those you have defiled and those you have loved will all benefit from their connection to you, and this possibility is grace in action. Grace, the unmerited love of the god, will flow through you in your awakened state and in the trail you left behind, and

all that comes in contact with this residue will be deeply blessed. For once you know you are one with the All That Is, you allow grace to flow freely through you and you become a welcoming energy for all who choose to come home.

Welcome- gladly and cordially received, as in a welcome guest. Freely and willingly permitted to use, as in you are welcome to use my car. To receive or accept with pleasure, as in he always welcomed criticism.

Well- base, to boil up, akin to the Greek for wave or Latin to roll. A deep hole in the earth, a source of abundant supply. Vessels for holding liquid, as in an inkwell.

Come- to move from a place thought of as there to a place thought of as here. To reach by moving towards. To be born, actual, evolve, develop, as peace will come in our time. To be caused, as in, illness may come from a poor diet. To become, as in the shoe may come loose. To be obtainable or available, as in this dress comes in 4 sizes. Sexual orgasm.

The state of being welcoming is a state of grace; hence a host may be considered gracious. The two words that compose welcome, well and come, signify an abundant supply that is bubbling over and inviting, calling another to come, to reach for, to arrive, and to fully connect, as in orgasm. When you are living in oneness, in unity with all life, you become the welcoming vessel and your residue is the pathway you have created for others to come into their awakening.

You are on this journey, and you are using our residue to help you find your way. We are the welcoming host, and where our paths are interlaced, you can travel with us into Source. You are well come.

Our intention with this last lecture is to help you realize that the duality you experience, that of love and hate, victim and predator, dark and light, all serve to take you home. All your actions once you move out of duality into oneness serve as beacons to attract others to Source. Do not be concerned about the residue you leave. Those in anger will be able to connect to your anger and those in fear likewise, so that all who connect to you can benefit from your awakening, just as you benefit from others who light the way for you with their own residue.

We, the Arcturians, welcome you into our residue and the gracious reception you find in us is identical to the gracious reception others find when they travel into and on your residue. Your own awakened self is calling you. The wings of delight that transport you to your awakened self's embrace magnify your residue, and the journey of duality into oneness is fulfilled.

We leave you with the following prayer, a statement of who you are, so that you always remember and allow yourself to give up any need to punish or separate and thus set yourself free.

Dancing on waves of delight we answer the call;
Embracing all life we are shown the way;
Magnifying our presence in the universe, we create a path,
And in grace we welcome all we have ever been,
All we have ever known; in the residue we leave
Shines the generous light of love.
We move through the in between
Where our benevolence and kindness mate with the One.
Our freedom is born and calls us home.

We offer you love, The Arcturians

12. In Closing

We the Arcturians are a part of the evolution of planet earth and all its inhabitants. We are delighted to be of service and to experience this planet with you; you have chosen a wonderful home.

Thank you for inviting us into your lives. Thank you for allowing us to share our truths with you. Thank you for sharing your experiences with us; this has been a mutual, loving endeavor.

Many of you ask when we and other extra terrestrials will show ourselves, and we need to dictate the following in this regard.

There are extra terrestrials who are showing themselves and are working with governments; they have made agencies, leaders, and technocrats across the world aware of their presence. This awareness has been done on purpose, for the leadership of your countries needs to change before the multitudes can fully awaken. This sequence may appear to be back to front, for if the multitudes changed, would they not create different governments? In the long term yes, this would be true. However, the most efficient way for this process to work is for the governments and leaders to begin the changes, and then the multitudes will follow suite.

At the same time individuals such as yourselves are working with beings like us to awaken and evolve humanity, but we do this unseen, except by those gifted with true sight. We, as you, work behind the scenes to change the frequencies of the planet.

Many of us are flying visibly over your skies; our spaceships are obvious to all who are open. This group is about creating the excitement necessary for change.

We are about joy, energizing the cells in your bodies and keeping you on the path of true return to the creative essence within.

Thank you for allowing us to share our energies with yours.

We close this transmission.

About The Channel

I have been privileged to channel Astroon, The Arcturians, other wise teachers and now the Ancient Ones for over 10 years. This has been a most humbling; frequently challenging and awe inspiring experience.

I have a practice in Northern California where I offer both group and personal channeling; Reiki healing and classes. When working with individuals each person's spirit guides come through offering wonderful teaching and loving support; I am truly honored to be present during these sessions.

I work out of my studio, over the phone and channel at other locations when invited.

If you wish to connect with me I can be reached through my web site at www.Astroon.com.

I wish you joy on your journey and that each step of the way be filled with light.