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I Love God

YHWH through Arthur Fanning
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Getting to be a lot of fun around the planet. Let me look you over and see how much energy we can bring in. Whether you know it or not, what is building for your next year is your ability to meet the Christ, face to face. That means your physical body has to be able to handle it, the energies, and to find out that the Christ is you. In order to meet the Christ you have to vibrate the same to be there. Everyone breathe. It's okay; you're required to breathe, know you, in the physical.

The energy in the diaphragm, the energy in the heart chakra here is blooming, becoming you more. The aches, the pains of the physical body are the changes occurring within your structure. You are remembering now deep withinside your being and about your being. The physical body was trained within rigid social consciousness systems. The pains now are the readjustment to your christhood. So in one manner you're going back in time in the physical body to your pristine condition where you knew, even before your birth, so to speak. And that's going to require great remembering. Be it as I say it this way: Before you were born you knew, and even then you didn't remember exactly what was going on in the physical body — it just felt good to be physical. You didn't know the, we'll say, machinations of the energies — you didn't remember. Now that you've had a chance to play in the physical body, and becoming the Christ that you are within the physical, you will remember the machinations. You're going to have to live in the body differently. Your social structure won't support this christedness as it becomes. It's a new thing. It is a good thing. It hasn't been done before

in this way with this many, in this great a number. Everyone breathe a moment.

So there's no system that you can rely on, not even your metaphysical system. Oh, it'll help you a little bit through your aches and pains and readjustment of the energies, but you are the being within the physical body now living it. You're going to need to learn how to breathe again, through you chakras — what you term pranayama. You're going to use your breath appropriately in the body, and you will see prana working appropriately. You're going to learn to be still, in your power, to heal the body. So it's a grand time. Lot of fun. Everyone breathe a little bit. Center yourselves in here [heart chakra].

Now, there's a lot of activity going on now in the dream state, and that is for you to remember. What will cause you to leave the planet through these energies, with these energies, is not being in love. So you better be sure you're in love with what you're doing, wherever you are. Love is going to be the requirement. Beings are going to seek it, and if it's not where they are, they will move to find it. That includes leaving the body physical. So you're in outrageous times. Know that the love is in here, inside you here, brilliant light. Brilliant light.

Now, this is the easy time, the slow and gentle time prior to your December. Know you? This is a piece-of-cake time. The energies are very gentle now compared to your December. You can handle them. It is when you get up here [head] it gets a little confusing, indeed? The heart chakra will need to be open in this time because a lot of these energies that are coming now are mental energies, and they have to sit upon this great heart here, the soul. If the heart isn't open, this great mental energy will crush it. You'll feel pain in the body. This is not a good time to figure out what is happening. This is a great time to be in joy in the energies in your body. You can figure it out whether it hurts or not. So adjust, indeed? Now, we're going to do a little meditation later to assist you here.

What is . . . I'm going to approach it from another way. Another way to understand what is occurring is that you are part of your high self walking upon the planet. You are the part that is taking this journey in this decade from high self — you were sent here, you volunteered, etc., etc. Your high-self energies consider your physical body its home. High self wants to come home, right on top of you — all of it. So you better learn how to shapeshift a little bit. [He chuckles.] Lighten up, entities. Your body is a result of the desire of you and high self (your words now) to play here in this time. You've done your job; high self wants to play now. So it is a great landing of energies upon you here. Great becoming. The portion that is in between the soul and the high self is what you call

the physical body. Guess what's going to give. [Laughter.] Soul, high self, no problem.

Grand Chakra Meditation

Allow your spines to be erect here. Center your being. Now, when we do this meditation I want you to focus inside you here, and I want you to move slowly if the energies need to be adjusted in the body. Now, when I tell you to close your eyes, close them gently, and as you do, be likened unto a garage door come down. As it does, gold light is pulled into the body when you close your eyes, and it fills you. So allow your eyes to close gently. And also allow the color red there, red-gold. Grand. All the way down now. Down into the body, down to the feet. Peace. Now very slowly I want you to make a fist with your hands, but gently so you can feel the energy. The fingers should begin to feel a little puffy. That is all right. Allow. Little fist, not too tight, and then open again. As you open, breathe out the heart chakra, gentle breath, so the energy moves through the fingers. Indeed, allow.

Now there is a sensation if you allow yourself to feel, energy all around you, around the physical body. I want you to sort of use your nostrils and breathe in this energy and feel it go into the nasal passages, right in back of what you call the eyes. Breathe it in through the nose, and as you exhale out the mouth, exhale so you can feel the energy come out the toes. Feel it move. Allow. Very gently. Inhale through your nose again, and I want you to feel the energy at the roof of your mouth, in the back, near your palate. Breathe in. Feel it there. Now breathe out so energy moves out the knees. Indeed. That be grand. Now move your right leg a little bit, just a little bit forward, slowly. Move it back. Your left leg, [same]. Back. Center your being.

A lot of energy is going to begin to move up the spine in these times, so if you feel a little pressure you may adjust the spine a little bit, and center. And you contemplate inside you what the energy wants to do. You're going to feel it from the root, from what you call your perineum, right to the roof of your mouth, right up there, and through the sixth seal which is behind, in the center of your brain here, and out the top of your head. It wants to move that way. And it'll affect that chakra in the back, what is termed the Grand Chakra, right in the center it wants to open. Allow, open. Open the chakra in the back. Now I want you to visualize that chakra, simply see the design of it. Allow. Allow it to be there. The chakra knows what it's doing — it is a mandala of you. Allow. It is your power also. Pay attention now.

Focus on the energy of the Grand Chakra. Breathe in at that chakra so you're sucking that energy from the back to the center of you.

Suck it to your chest. Now breathe it out so it pushes out the front. Allow. Now let it stretch from top to bottom. Allow. Breathe in the nose again. Feel it at the roof of your mouth. Breathe out, stretch that chakra top to bottom. You be in the color now, all sides, allow. This changes your focus, entities. This is what you utilize to be in many realities at once. Allow. Peace. You're in safety. These are the energies you use to travel from place to place in a moment. Breathe in again and feel it at the roof of your mouth. Now when you breathe out, I want you to feel more energy coming from the Grand Chakra at the back, forward. Gently! Gently! Gently. Allow your eyes to open.

The soul that resides in here [chest cavity] remembers the energy of the Grand Chakra. It is what it has played within for many, many times. It remembers. And when you push that energy further, the soul with its memory can utilize all of its experiences — “Oh, that’s where you’ve been . . . wondered where that was” — that memory here, and you can play with it. A magician’s bag of tricks there. You’re carrying it right behind you, right here, little sack sits right in there. Haven’t lost a thing. It is time now to breathe it in the body, utilize it, and remember.

Now, one of the keys, because you were born through woman, the sexual appetite is a big issue for you, and that key is still there. There’s no judgment on it, not at all. I’m simply telling you what is working here. When that appetite begins to manifest here through you, understand it. Understand that it can take you to many realities. Just be sure you know where you’re going, because you forgot the last time. And it is also that appetite that keeps you, around the planet, from remembering your christ-hood. Of course, when you’re out here you think you remember. But you get here, you say, “Oops, shit! I forgot again. This makes 32,004.” [Laughter.] Oh well, what’s another 90 years? Except the struggle within the soul is a burden, because the soul wants to enjoy all of this without judgment, without limitation. The soul is almost complete for many on the planet — not everyone, for many. Little bit further and you can become. That would be a grand thing, indeed? Be great wisdom.

Is everyone having fun in their dreams? One of the things, you must allow your dreams to play out, because most are messages now at this stage. Some of you want to control them, to change the ending, so to speak. Don’t do that just yet, know you? Move along with it and find out where your energy is in it. Center in love in your energy in the dream and everything will automatically shift, instead of trying to manipulate the elements of the dream. Know you what I mean? You are the power, you must center. Particularly in your dream state now, they are mirrors

for you of conflicting energies in the soul patterns. These are your words, simply.

Comparing will get you into more trouble than anything else in these times, because it is your body and your experience here in this transition. I understand some of the fears you play with, you say. Some of you think it is more comfortable (many on your planet do or will here very shortly), more comfortable on the die side, you be died, to play die. The greater truth is you stay right where you are in the energies, the vortices that you've developed. And then you'll hang around looking for another suit to get into to finish what you said you would do.

Many are going to play this suicide game. It is not a wise choice to even contemplate this thing, not wisdom at all. To wish you were on a ship or another planet is to take what would be termed potshots at your soul's wisdom for being here. That is you in your greatest level of wisdom in the physical body saying you want to be on another planet, yet your soul knows better. So in one manner it is you showing you how stupid you are. But you must be careful because you might get the soul to agree with you. Know you what I mean? The soul says, "I'm tired of arguing with you, let's go to another planet." But the body stays. "Oops!" It shifts. Everyone take a breath.

In one manner you are in class. In another manner you're polishing, very finely polishing your soul forces to be of assistance. Not only here, but other places. You must complete here in order to be of assistance. If you don't complete what you call the inner direction (your words), then you will come back again [or] go to another place to do it, and pick right up where you left off. Right up where you left off with that last piece of prana.

Know you those little lights you see in the sky, that prana, the one you don't want to breathe? Be off the planet, no more prana breath. You pick right up there: "Oh, I'm sorry, I'll be back. I forgot you last time." That's how, know you, God evolves. That's how, in one level of understanding, prana evolves, becomes, because you utilize it — it enters your system, becomes part of you, you let it go again, gain wisdom. Indeed? Everyone lighten up a little bit.

Now, these baby powers, what I call baby powers, yet they are very powerful forces of you when you were brand new from Father (your words); the memories were there, the desires, the plays, the knowingness was there.

Now, you're all dealing with consciousness. Consciousness — that is how you play here. You have social consciousness, you have metaphysical consciousness, you have Christian consciousness, you have Jewish consciousness. Somewhere there's God consciousness — I

know it! I think I can find it, too. That is you, and the Christ consciousness is you, that is on the planet that you know of. That's what's becoming now. Now, when these great energies begin, know you this Photon Belt that's going to eat you up? [Laughter.] When these energies come — and they are already here, actually, in one manner — they're expecting avenues within the brain, circuits within the brain, to be open to travel upon, to work through the body. So you may utilize your brain, physical brain now, and literally manipulate consciousness, manipulate your reality, shift things. That means you have to be very centered, know you? Now, some of you will play control with it, and that'll be all right as you bounce back and forth — no big deal. But in the center, as you hold the thought of it here because thought is everything, you hold it here above you and you allow, in a manner, your body to rise to the thought, in your physical now, and you become that thing.

G-O-D Meditation

Now allow your eyes to close and remember the gold light. Center. I want you to be in your brain now, in the physical brain, in your thinkety-think place . . . you know how to get there! Be thinkety-think now, that be grand. Now, above you I want you to contemplate this one word. It is your word, but we must use it because it is what you understand. I want you to contemplate the thought of it now in your thinkety-think — the way you thinkety-think, know you, work? — “God” right above your head six inches. Just contemplate that thing and center on that word. See the word: G-O-D; the O is right over your crown chakra. G-O-D right there. Centered right above you. Think about it right there. In order to think of it, you have to know it in the soul. Now feel that in the soul here, in the chest, the heart chakra. Allow. And right there in the heart chakra contemplate “I love God.” Just contemplate that, feel it there. The feeling of it in the body. Allow that feeling to move in the body — arms, legs, torso, everywhere. Thinkety-think again the word “God” above your head. Contemplate in the heart chakra, “I love God.” Off your right shoulder “God” is there, right shoulder, see the word, thinkety-think of it. Off your left shoulder, “God,” thinkety-think. Allow the top in the left and right shoulder to come into the center of the throat chakra, and feel the energy there, “God” at the throat chakra. Allow. Center. In a gentle manner slowly open your physical eyes. Everyone breathe. Relax.

Where you lose your ability to connect with God (in your words now), how you play, is your competitive behavior, your controlling behavior. That is all outside of you. Now, we've used many words, and so have many other entities, to get you to understand these things. But I'm

going to throw a challenge out to you. We've told you beings for years to meditate, to center, to become, to become, to become. We've been telling you so much: to become, you're the Christ, become the Christ, become, your meditations will assist you, know you? You've heard of masters becoming masters, walking on water, indeed? Or do you think that's just a myth, can't be done? Your meditations are for you to practice so you can center and know and do these things. And your meditations are to be practiced so you can levitate with them. These energies that are going to be building over this decade are going to be very challenging, outrageously challenging for normal consciousness. They be cake of piece for the christed being, and the christed being is going to be needed to be here, many of them, to show others how to do it. So your meditations aren't simply meant to sit there and meditate all day. It's to center the energies and become so you can walk with this centering, knowing what you're doing, knowing what you're breathing, what you're completing in the thought of it, with the breath of it that will be manifested shortly. Time is speeding up, it's stacking on top of each other here.

Have a Christ Party

So the challenge, huh? I'm going to let you grade yourselves on how close you are to your christedness. And initially you'll have a lot of fun. It'll be grand to have these, we're going to call it, "Christ parties." Bunch of beings gather around, know you, have some wine, little beers, some pretzels, hot doggies and all of this. And you get yourself a little wading pool with a few inches of water in it, and you walk, and you walk, and you walk, and you walk, and you walk, and you walk, until you can walk on top. That'll be your answer [to] whether you're in tune with your meditations. And if you have what you term 52 of your beers and then you walk on the water, then drink 52 of your beers, whatever it takes, know you what I mean? I wouldn't count on it, however. That is the challenge. We'll see how many of you do this. You think it's foolish. You have to practice, you have to center, and you have to become. It's very, say you, much easier to walk on a wading pool to practice your levitation, the ability of the water to recognize you, etc., etc., than it is when a big tidal wave comes, know you? And you say, "Oh, I better practice my christedness now." Things are happening, a lot of them. Everyone breathe, lighten up.

All of the extraterrestrials that you know, the masters that you know, the gods, won't do it for you! You must do it. Now you're moving beyond metaphysical understanding — you have to. It served you, and it served you well, to provide you a tool to get out of limited con-

sciousness. Yet metaphysics is also very limited. Now you must move into Christ consciousness. That is doing with the body what you want to, be it levitate, be it bilocate, be it heal, whatever. Why? Because it is fun and you know what you're doing. Not to impress another. The moment you impress another with it, you go showy-offy, you're going to lose it. Don't go showy-offy if you're taking a boat into the middle of the ocean to take a walk, know you what I mean? Go showy-offy first in your little pond, make sure you really got it. [It] be all right. Everyone take a breath.

I know at times it's more fashionable to worry about: What is the next earthquake that's going to happen? How many people are going to die in this war that's coming up? Who's going to set off the next nuclear bomb? When's the planet going to tilt on its axis? When are the extra-terrestrials going to mass-land so everyone knows? Everyone knows. Everyone! All of that is a smoke screen to keep you from becoming your Christ! "Give a little bit of worry shit over here, keep them busy. I haven't figured out how to become the Christ yet, but I certainly don't want them to get it, so give them this." That's what they're doing. You become. Now, this decade is meant for the becoming Christs — that's what it's meant for. Now there are those beings that know it, want to keep it all to themselves. Know you competitive behavior?

There are many masters out there that love you outrageously. I'm not the only one. We're going to make sure you get it — the hell with them. [Laughter.] But it's your choice, know you? You must apply. You must apply. Otherwise you play fear, die body. Well, no big deal, you've done it before! Really very simple. You're going to have all of the tools that you'll need. Meditation is one of them. You should do it at least 15 moments a day. And you should practice to feel your bodies bouncing a little bit and levitate your body — I don't mean leave the body; that's no big deal, you do that all of the time, but move the body.

The Lightbody Is Manipulated by Thought

The lightbody of you, what you would term a replica, holds energy, and at times it holds resentment because you told it to. In your social consciousness your lightbody will say, "I can't strike that being, the physical," but your lightbody might want to because of the thought. You see, your lightbody is manipulated by thought — what you think, it will do. "I love God" will center you in a moment because that is you, and that is everything else, also. That is everyone and everything. It will bring you back to a balance. "I love God."

We have worked, for some of you, several years on the opening of the heart chakra, because you're going to need to be in love with things,

everything now, when this great ability comes (it's already started, in a manner), that you think it, and it is, right in front of you. But what will happen first is, you're doing it. It's a movement beyond telepathy. Some of you are already becoming very telepathic, indeed? You know who is going to drive up in your driveway, you know who is going to be on the phone, and "Damn it, I should have paid that bill." But the thought now . . . and you choose your thoughts because it all be around you. And you center; and if you're in confusion, "I love God." And then, "I'll pick this one, and this one," and if you're not sure, "I love God; [I'll] pick this one, this one; I love God." Because this is the vehicle now that is going to be working with each thought. Not only the ones you have today or tomorrow, but some of the ones that you thought you forgot back here, couple of years ago, know you? Six months ago, that you played that, "Well, it wasn't really my thought," know you? They exist in a spiral, entities, not linear, not linear. And the spiral is to tighten around the owner, through the application of the physical. Oops! "I love God." Remember that one; it's going to get your buns out of a lot of muck, I'm telling you here. Use it in your quiet moments. You don't have to say it walking down your street — I know how you get embarrassed — unless kundalini moves. "Whoa, I love God!" [Laughter.] It's all right.

You must center now, and apply the thoughts here. That means what you're going to do, you're going to learn to think very precisely, because you're going to learn to think, "Where do I want this physical body to go?" and "How do I want this physical body, as long as it's transitioning, to become? What do I want to do here, what do I want to do? I love God." Now, that doesn't mean to sit in your restaurant and say "I love God" all day long, because you can't make a decision, know you, whether to order red meat or fish. Know you? "I love God." Everyone breathe.

[To a participant:] And don't judge yourself. One of the things you must understand is you can't judge yourself this lifetime . . . you can, but it is not wise. Because you judged yourself in past lifetimes, that's what brought you this lifetime, so you better figure out in one lifetime to stop judging. Know you what I mean? There's a little humor here.

[To another participant:] Know some of the difficulties in this society, as little ones [children] begin to demonstrate their wisdom, it doesn't seem to fit in with normal structure, know you? And then you go through the turmoil of whether you're inhibiting their growth, spiritually speaking, know you what I mean, in their psychic abilities. So you must learn to make a game out of it, know you? Communicate more every day; ask them what they dreamed or what they saw out of the side of

their eyes, do you understand? Because they see very much. And they wanted to be with you because you wouldn't forget in this time, you understand? You're an outrageous being. Anyone have anything they want to chat about?

Yes, how can I help me help myself, my health inside?

Are you willing to listen?

Well, I can't guarantee I'll like it, but I'm willing to listen.

Well, I never ask anyone if they like what I do, know you? insofar as you say approval. No problem. Will you allow yourself to meditate 15 moments a day?

Yes.

Indeed? And you'll pay attention to the images and the messages?

I pay attention; I don't always understand.

Well, say yes.

Yes.

And then you won't talk about anything you see in these meditations to anyone, or voices you hear, do you understand that?

Yes.

You apply it to your being now. Know you what I mean?

I promise.

Okay. You must become first. Now, focus on yourself in this healing energy, you understand? Particularly in your meditations, all of the way. And then, when changes occur, then you can speak because it is knowing here, understand? It's going to require a little work, but you can do it. Are you willing to work?

Yes.

To start off, before your meditations a little raspberry tea. Know you raspberry? It is outrageous, what is termed herbal tea, for the female system.

Leaf or fruit?

Start off with the leaf, know you what I mean, "leaf"?

Yes.

Centering "I Love God"

Indeed, allow your eyes to close very slowly, gold light as you close your eyes. Bring it in, in the body. Contemplate, center, "I love God," right here in the heart. Also at the solar plexus, "I love God." I want you to contemplate at the solar plexus, "I am God! I and the Father are one," contemplate that, solar plexus. That is power there. Center. Not

in competition with God. "I love God." Stay in the bodies. Open your temples, the chakras at your temples, open them. Allow. I want you to feel the energy in your head and in your hands and in your back. That be all right.

Now there are some of you, as you're dealing with some of these energies, it's going to affect some muscles because the muscles were built with previous thoughts that weren't totally aligned here. So you might require what you call your masseuse, your massage beings, [and] a little exercise, to work some of this off. Some alignments, know you? Some crystal work, etc. You're aware of these processes in your metaphysical community. [It's] simply to get you to adjust to [where] you feel better, but you still be "I love God," because that's where you get into your center. Utilize your tools that are available to you to ease some of the strain now. You must always get back to the center, "I love God."

Now, when you open your eyes this time, very gently, I want you to, as you open your eyes, see the body, garage door up, open, and it's filled with a brilliant white light, what's called prana. Allow. Center. Allow your eyes to close, gold light. Center. Now, your eyelids are not simply little tiny eyelids. The energy actually goes way in the back of your head. Allow your eyes to open, bright silver light. Allow. Center. "I love God." Center. This is what you do with colors and thought and energy. It's really very simple. Allow your eyes to close gently, gold light. "I love God. The body I Am is healing I Am. It is pure I Am. It is God." Allow your eyes to open. White light, feel it. Peace.

You say that we are dreaming constantly and so forth, but what if you do not remember those dreams when you awaken? It doesn't mean that you didn't have the dreams, it just means you did not remember them?

You chose not to see them.

But they still occurred?

They occurred. You would judge yourself. Some of you are still fighting in your dreams, know you? Warrior attitudes type things. Cutting people's heads off and all of that nonsense. Know you what I mean? So that is still there in the package; it's a good thing you don't remember them. (Everyone breathe a moment.) Anyone have anything else they want to talk about? You ready for more energy?

Indeed!

So be it. Allow.

Meditation: The Heart, The Healer

I want everyone to breathe now in the body down at the diaphragm. I want you to feel the energy. I want you to spread it out, push it down. Now I want you to breathe in the crown now, energy, and I want you to see a pyramid come down over you as you breathe it in. Breathe the energy right down, pyramid stays there. Now blow it out so the pyramid opens a bit, little bit, gently. More energy comes in. Allow. Peace. That be grand. Focus on the heart chakra. I want you to remember what you came here to do. Focus on the heart chakra. Feel it there, the knowing. Allow. Allow that thought that is the appropriate thought. Some of you know that you know how to heal. I want you to own that in your being right now. Every minute part of that knowing I want you to acknowledge, from the heart chakra right into the brain. Allow. Remember. So be it.

How many of you are going to practice walking on a little bit of water? [Laughter.]

I'll practice. Can I do it in the shower?

I know you think it's a joke. But it is not a joke, becoming the Christ. You can joke about it once you've become it.

I have a question. You're asking us to literally get a little tub of water and try to walk on it?

Practice.

Are you serious?

I am very serious. Because every time you do and you go through you'll say, I'm not the Christ yet! I'm a very metaphysical entity, but I'm certainly not the Christ." You understand? Know you what I mean?

The Intent of Your Meditations

Is there anything that we can say to the water so that it will honor our power?

Well, one of the things is meditation, know you? Now, don't . . . I have to be very careful when I say things to some of you beings, know you what I mean? But you will know because the water will communicate with you. You'll hear it — a normal conversation like your friend next door. Know you? Only, the water is not going to call you a bastard. Your meditations were meant, the tools taught to you for years now, for this decade, so you could become in it, to remember. They weren't simply little stories, fables. There was purposeful intent here. I am certainly not joking when I say this thing . . . but you can treat it like a joke.

I'll explain a little bit more here. One of the things you beings utilize in your school here on your planet is to prove whether you're a Christ

or not, and when you really find out you're not, that's when you're dying. Oops! That's when you move into the fear [of] what's going to happen, because you haven't studied, you haven't applied what you knew. You listened to someone else. Your meditations were tools to provide you to connect with God inside you, to remind you [that] you're one, how to do it! Metaphysically, you want to become the Christ so you can manifest gold in your hand and buy this \$2 million house on a hill and overlord all the other non-Christ. I know how you think. This will be a humbling experience for you. You'll find out rather quickly how close you are. Now, you will, some of you, literally feel the tension of the water that's becoming. You will feel the elasticity of it. But it's not going to occur overnight; you're going to have to practice. Now, I notice how many of you practice your meditations all the time, so I can see the extent of this practice. Don't say I didn't give you clues.

Would it be appropriate to do that in the bathtub? Would it be okay to fill a bathtub with a couple inches of water?

You might slip and fall. Try a little pan, know you?

What about the creek?

That'll be grand. Whatever. Little bit of water. I don't want anyone to fall and hurt themselves and blame me, know you what I mean? Or drown, either. I'll be there when you drown, if that's what you wish to do. I'll grab you by the hair and say, "You idiot!" and I will call you that, too.

You can use this little water trick for beings that think they are playing, know you? You're going to have to do it because your extraterrestrials are not going to do it for you. And your media is getting loaded with fear and controlling energies now. Used to be fifty-fifty. Now you're really getting bombarded, know you what I mean? And it's all a deviation to get you away from being a simple man, simple woman, in love with God. That's all it's for. They are certainly not going to die for you. No, they can't. You must do that yourself, each one of you. So it's wisdom to figure out how the body works here, and your meditations have been provided. Over the years many masters have provided step-by-step meditations to take you further, further, further, further. You, in your limited behavior, you compare the masters. Don't do that. The masters are working together to provide information so you can get it linearly when you need it. You're all in this big spiral. Pay attention to your intuition here, your power. "I love God." It'll save your buns, it really will. If not on this level of activity, next one for sure, when things get really hectic. Now, give me a moment.

Sometimes it's wise to allow others to go, to make their transition,

to move. Because they're moving at a time when they have established a state of grace, so sometimes it is wise. Never make hard-fast rule of thing. You be in love with the soul of the being as it's moving, whatever it decides to do. You cannot change the mind, the force (your word "mind" here) in its movement. Because it's moving out of love. Not "out of" out of love, but it's moving because of love, is what it's doing. Everyone breathe. So you must know when to love, and you should know to love at all times, all of the time. Indeed?

Have you beings noticed the energies between male and female? Indeed? How there seems to be even more resistance than usual? Indeed? You're playing this thing [polarity]. In the center is neutral. Either side is polar, polarity. To understand the both you must be in the center. You will always see the other side as an opposite, a pulling about you. You're moving this way [around or on either side of center, back and forth], not continually forever this way [aligned in the center]. So you stay in the center, "I love God," and you'll see it all. You'll see part of yourself, more of yourself, and more and more, more, more, more, more, more of you, is what you'll see. It's not the other person at all, it's you. So you must center to know this, and when you do, those that are this side/that side, will pass through your energy — they have to, to get to the other side, know you? And as they do, you can leave them a little something, "I love God." They'll come back again, they have to. Stay in the center, do you understand?

Now, when we did that meditation earlier — close your eyes, know you, gold — you felt it, and when I said "I love God," could you feel it in the middle of your body? Indeed? That is the feeling I want you to remember when you deal in these thoughts now, when they're coming from all over. Know you? And that is, all thought is God, every one of them, no matter good/bad, your word, whatever they are. But within your being you know the application of it, and "I love God" in the center here allows you to deal with the application of it in the physical appropriately. Appropriately.

I do suggest you meditate, be you play you 15 moments a day. I suggest that you focus on attaining the wisdom of you in here [soul], that knows how to levitate, that knows how to walk on water and have it brought forward. Little bit at a time. When you think you've got it, then begin to apply it. Then go back to your meditation to get it. It's going to take work, entities! Your extraterrestrials haven't rescued you yet, and they're not going to! You're going to have to work. It is your body, it is your God force. Sorry to break the news. How much do you want to know? How much do you want to become? Are you willing to use this lifetime to become? Are you willing to apply yourself to become in this

physical body? Are you willing to work at it, to become you more, the Christ? This is the decade to do it! This is it, wide open.

1996 Will Be a Window

Your year 1996, the whole year is a window, the whole year. We gave you a little window in 1993 — no one made it through, not one. We said, Oops, give ‘em big window. Well, that’s not entirely true; it is from your perspective, anyway. So this year ‘96, you work, you apply, you apply, you meditate, you become, you become, more, more, more. You apply yourself, work yourself. I don’t care if you listen to my meditations or not — doesn’t bother me. There are many meditations out there. This part [soul] knows what you need. Get one, listen, and apply. Desire to become. Your guides are working with you. They’re put on overtime schedule, by the way. They’re not too pleased about it, either; they don’t get time-and-a-half, know you what I mean? They want to work with you here, very much so. And it is important. It’s not only important for you, it’s important for others that haven’t a clue yet what is happening.

So it’s application, 15 moments a day. You can do it early morning, you can do it late at night, it doesn’t matter. Little bit more, you’ll center and learn to walk in it. But you must practice. That’s how you become great athlete, same thing. Your Buddhist monks, they do a lot of work, know you? They can do this. But they worked, they applied. Know you? No one gave them a TV dinner already made up. They worked at it. They know who they are, and even what you term some of your Native Americans know, not very many now. This is application of spirit, what you call your holiness, your sacred self, in density called physical body. It’s understanding that part of your being. It is not a church, not at all. You are the church, you are the god, you are the Christ. Now, get off your bottoms and become. Indeed?

Indeed!

So be it. So it gets to be fun after a while. You can talk of your progress with one another. But don’t talk about it competitively. Talk about your experiences of the feeling of the energy, that “This might be helpful to you if you feel this; this is what happened next for me.” Because it’s all similar. So it’s a sharing, not a competitive thing, you understand? Your metaphysical behavior will create a limitation here. Practice, practice, practice, practice.

What do you mean by “metaphysical behavior”?

Where everyone does their chit-chats, metaphysically, know you what I mean?

Not really.

Well, um, how say you, “Where’s Mercury today?” Indeed? And numerologically. “I couldn’t levitate today because Neptune happened to be retrograde at this time.” Know you? And it also goes with what the secret government’s doing, know you? “Secret government gave me a bad day today! Almost made me drowned.” The reason — and I am not the only one — there are other masters now that are going to begin to push you harder, harder, [is] because many are going to be leaving the planet, rather dramatically. At least, having heard some of this wisdom, when you leave this time, you’ll be able to go further. If you make an oops, at least you’ll be on the fast elevator, oops higher. “Well, at least I oopsed higher. I have a greater view. Now I can see all of the idiots down there, and a few above me, too.” [He chuckles.]

It has nothing to do with whether the Moon is full or not. Some of the information astrologically is important — within the dietary system, within the function of the electrical system in the body — yes, it is. But it is not a controlling; it is that you know how to use it. “I have a full tank of gas, I can go this far; I have quarter tank of gas, I can only go this far.” It is the same. You beings got it backwards. Everyone breathe a moment. I don’t want to upset any astrologers, now. The numbers don’t control you; you chose the numbers because it vibrates appropriately for your lessons here, but you must apply your wisdoms to not only complete the lessons, but to overcome and become more. More, more, more.

**The Ten Commandments
Were Meant to Get You on Track**

Now, I know how some of you enjoy rules. You’ve heard of the Ten Commandments, eh? Everyone got pissed off about that one, that there were laws to control you. Not originally. They were what you would call levels of information, that at your level of consciousness at that time, it would be wise to follow these precepts to get you out of the muck you got yourselves into after Atlantis. Well,

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you didn't pay attention. And then the priests took over and got you really mucked up. So now you're on your own, with all of your lifetimes here becoming. Pay attention. It is your body. It is your christedness. Your guides are around you; listen. Don't argue. Let go of social consciousness thinking — it keeps you limited. If you're told by a master [to] take a little wine, [then] take a little wine! It opens the arteries. (I don't mean a keg. Little bit.)

Now, as the energies increase in your December here, we will be doing meditations each week here [Fridays, 7:30 p.m.], plus I will have him [Arthur] and this one [Cheryl] do them in the middle of the week for others — some of you will be invited. It is to anchor energies, so that means you're going to have to hold a lot of energy in the physical body, more than you got tonight, more than you've ever had before. This is just preparing, preparing the physical. To do this, it's also advising you that your planet is getting this frequency, too. And in your meditations it is important, at times, to bring the planet to your heart chakra.

Now, I'm saying this thing with this meditation in this time because your guides are very close now, and your oversouls, your higher selves, are coming forth around you, individually, each one, to assist you. But you are the one that has to want to be assisted, that's willing to work on this thing. And the work is not really that bad. All you have to do is to allow yourself to remember, without judgment, what you've done in the past. Whatever it is, let it be there. No excuses. None. Allow yourself to remember. You become crystal-clear and everything becomes very easy. Indeed?

Indeed!

The Animals and Evolution

[To a participant:] There has not been an animal born on the planet that has become the Christ, you understand? This is the place to become the Christ; you must have human form. Enough said.

Are there any other questions?

I would like to know more about the animal kingdom. I really don't know their origin or their purpose. Could you talk about that a little, how we interact with them, and our purpose for interacting with them?

We'll put it this way: it is a training ground. Do you know what a training ground is? It is also a . . . how will we put this so you won't get it really confused? It's not really a punishment, yet from a certain perspective you could say it is. The being evolves, yet to complete its evolution, it can't move higher because there's some energy that is distorted. So it will inhabit an animal to come to a sense of patience with the distortion. Do you understand? Enter an animal body so the being doesn't

have to incarnate completely. Do you understand that part?

Now, this is the difficult part. You are God, do you understand that? Who made the birds in the sky?

We did.

God, indeed? What allows you to see the bird in the sky? Your perception in your physical now, your eyes? The light of the Father that's within you sees the bird in the sky. Do you know that you're not looking at the same bird everyone else is, that you are the creator of that bird, then and now? Do you understand that?

Mentally, but not . . .

Metaphysically. This is another example of your metaphysics, like your astrology, indeed? The knowing is, you created this thing! Do you understand that? Don't go hierarchical now — which God created the gods? etc., etc. You'll lose it. If you allow yourself to meditate and you look after 15 moments, 20 moments of your meditation, you look at the clear sky and you command from the Lord God of your being for an entity to fly there for you, to show you the beauty of God in flight, if you are centered, a bird will be there and you won't see it come or leave. That's power, indeed? So move out of this comparing, indeed? You are the creator of the animals. Now, if you try to figure out which system the animals came from, and what was the name of ship that brought them here, you're going backwards. Understand? It applies to everyone.

This particular person said each one was ensouled.

Well, there is a fragment of what you term energy there that would be termed soul.

But there's a group soul for each species, isn't there?

There is. You have to get permission to . . . let's say you died your body, and you go out, and you don't want to completely incarnate all of the energy, so you park some here and say, "Well, I don't want to be human again; look at this, this animal has life span of four years — I think I'll try that simply to learn this energy." So you send a piece of you, four-year-old length of piece, to be that being. What you do is you create it. You create the body and you inhabit it, just like you created your physical body and inhabit it.

Didn't I tell you these things before? But I love you outrageously. It doesn't matter. You can compare all you want. You are the manifestors of everything you see. You just forgot how to do it. In the thought of it, it is. You're learning. Now, knowing that is entirely different. You'll learn that when you meditate. You do your meditations and you practice and you practice, and then you'll know. But it is metaphysical

behavior to talk about it as if you do when you don't. You know you don't. That'll create a limit for you. Practice. Meditate. When the water talks to you, attempt to walk on it and like the water. You'll succeed. It's being done on your planet, not in your Americas here. You must allow the simplicity of yourself to come through now. Bargain?

Bargain!

So be it. Well, gave you quite a bit to think about this evening, eh? Especially when you thought I was kidding about trying to walk on water. But at least it brought the point up that you must work here, know you what I mean? You must! Fifteen moments each day. It's going to be helpful in your December. We are through. Have a grand time, indeed? Love each other. Bargain?

Bargain!

So be it.