

An 'Emerging Earth Angels' E-Book

Heaven's Gate

Navigating the Dimensional Border

KAREN BISHOP

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Table of Contents

| | |
|---|----|
| Introduction..... | 6 |
| Leaving the Old World Behind...the First Step..... | 9 |
| Rejuvenation...My Story..... | 19 |
| Approaching the Dimensional Border..... | 28 |
| The Dimensional Border...Navigating the Waters..... | 35 |
| The Store-Fronts..... | 48 |
| Are We in Heaven Yet?..... | 57 |
| Additional Information..... | 63 |

Introduction

Through a monumental spiritual evolutionary process created by the souls of this universe, the Planet Earth is ascending as a whole into higher levels of living and being...into higher levels of consciousness...and into a new reality that continues to evolve with each and every day. The Planet Earth is where it is all taking place, this plan for the entire universe. Thus, it serves as the experimental palette for this one-of-a-kind and never done before ending of a massive reality... enabling a very new reality to take its place.

This amazing and exciting process is occurring in never ending increments. And so, there are many levels or rungs on the ascension ladder...each holding a space of particular vibration or frequency. As each individual reaches a certain frequency within, he or she is then granted a residency on the unique rung that now matches who they have now become.

Reaching a new and higher frequency within occurs by releasing old patterns, darker and denser energies, and mis-perceptions that we carry within us.

Certain individuals participating in our ascension process are the forerunners. These brave souls are the first to occupy a new rung of higher vibrating consciousness and being. Eventually, many other souls join them, and after enough of a critical mass has been reached, they then move on in their journey, or up another rung into very new territory.

So then, we are ever growing, expanding, stretching, and sprouting new feathers on our angel wings, as we also continue to wait for the scale to tip, enabling us to move forward once again. We will hold a space until enough of the masses catch up to ensure the permanent creation of each new space.

Most of the souls that have come into form and who are currently occupying the planet at this time, have been inhabiting this universe for a very long time. They have come to the earth this time around to be a part of this exciting adventure and to experience it while in form (as they are the creators of the adventure to begin with), thus being a crucial part of the plan by transmuting much of the old and denser energies through themselves.

These souls did not need to grow while here on the planet because they were learning lessons in order to go back “home” to whence they began. These souls were already “done” when they arrived. They are here now because they have chosen to jump into this grand experiment and experience it in its totality while also completing their soul’s final moments in this universe. If you are one drawn to this material or reading this now, you are most likely one of these souls. To ensure the success of the plan, *many* of these souls are here now.

One of the pivotal places on our journey home, as we complete our plan, is a place that serves as a holding area. Each rung on the ascension ladder eventually leads to a plateau (there are many plateaus, but not nearly as many plateaus as there are rungs on the ladder, or road that gets us there.) One of the holding areas is the gateway to Heaven, or to a higher vibrating reality of many realities. This holding area resides on the dimensional border, as Heaven’s gate is the area that separates one dimension from another (there are, of course, many “Heavens” as well).

In the latter part of 2008 and as of January, 2009, enough of the masses had created that tipping point that then created a very new plateau, or dimension, to be utilized and accessible for many. Thus, the creation of a new dimension for the New Planet Earth was now assured.

The dimensional border can be a tricky place, as when one is there, he/she juggles from one reality to another, or rather has one foot in one world and one foot in another. Yes, many of us can go all the way over to this new dimension, or other side, but we have chosen to spend part of our time on the dimensional border for several reasons.

We are still a monetary based society. Most of us still need money, then, to create what we need until the “other side” has been completely set up and created. So then, we will create store-fronts or arenas where money can flow to us, enabling us to stay afloat a while longer. These store-fronts will exist on the dimensional border. Secondly, because we have reached the other side, our angel wings have sprouted as never before. This then, created our new roles as the angels of the earth. The angels of the earth are here to assist humanity in reaching this other side or higher dimensional reality where we already are. We have been where the masses now are. We have been on that lower rung of the ascension ladder. We know. In this way, we can assist as needed in whatever way our store-fronts serve to assist. There are unending arenas for store-fronts, all relevant to who we are and to what we are here to very naturally create and contribute.

Some souls are just arriving at the dimensional border, and others have to “go back” in order to get there. If you are one who has to “go back,” then you will not be able to stay

there for long. This e-book was created for anyone spending time on the dimensional border, whether going back or just arriving. It will give you the navigating tools and guidelines to assist you while you are visiting this holding area, and will hopefully serve to validate what you may be experiencing and why.

The ascension experience continues to create strange, unsettling, and surprising experiences for us all, and spending time on the dimensional border is no exception. May this e-book calm your spirit, guide your soul, and connect you to the greater purpose of your experience here in this reality.

Leaving the Old World Behind...the First Step

Through this long and many times arduous process of ascension, or following our journey home, we continually take step after step in removing ourselves from the old reality...in letting go of anything and everything that is “heavy” and holding us down, thus continuing the process of lightening up... leaving more room for the light within us to bloom and expand.

Eventually, after many phases of letting go are completed, we find that oh so gradually we are no longer able to stomach much of the old reality. We are simply no longer in alignment with it as we are now vibrating much higher than it is vibrating.

This process of separating from the old occurs very naturally, as like energies can only exist in the same space as like energies. Whether we part from individuals, residences, places of employment, or much else, it is almost always because we are no longer a match to them. The simple laws of energy take care of this process all on their own, as do our souls who are always at the helm navigating in divine and perfect ways.

Ouch... Jobs First!

Leaving the old world may begin very gradually then, as first leaving our jobs or sources of income behind (or most times having our jobs leave us!). Because we no longer exist in the same vibrational space that we used to, and our jobs have remained in that old vibrational space or old reality, we must then part ways.

If you have become uncomfortable with your current job as it no longer fits “where you are,” but it has not yet “left you,” you then have the option of tweaking it in as many ways possible so that you can remain there until your next step of departure arrives (or perhaps you may even choose to find a job elsewhere in your profession that is more in alignment with where you are now). Next, you may eventually choose to work at home or consult (an even greater step in removing yourself from the old reality), until you can find a very new source of income, while you continue tweaking your old profession again until it is in alignment with the rapidly expanding and evolving you. Perhaps a job that has no time constraints or deadlines and appointments, for example, as this is part of the new ways of being.

If your job has suddenly “left you” (this is very common with ascension), and you cannot find a replacement no matter how hard you try, then this is simply a sign that you have rapidly expanded and evolved, and have literally been kicked out of an old, stale, and lower vibrating reality that you are no longer a match for. A nice compliment indeed, but it can be a stressful one if it takes you by surprise. Know that you would not be kicked out of the old reality, if you were not going to be perfectly OK. Our souls know what they are doing, are continually navigating for us, and we will always be right where we need to be. In various ways, we simply must depart from realities where we no longer belong. We either get kicked out, or they become too unbearable for us and we then choose to consciously leave on our own.

The experience of having a job suddenly end usually indicates that the opportunity has arrived for you to now find out who you really and truly are, and what you are here on this planet to contribute. Your soul has dictated that it is now time for your soul plan to kick into gear, and thus, the process begins. This is a strong indication that what you have come to offer is now ready to be offered...the temperature is now right. It is your time, then, to explore, create, and take time for you. When this experience occurs for us, we are always taken care of, as it is a divine and pivotal step on the evolutionary ladder. Eventually, you might create a new source of income for yourself....one that is a great match for whom you now are, and one that is much more in alignment with the new reality. But eventually, it becomes out of alignment as well, as we are continually evolving and expanding.

In 2006 and 2007, I knew that my next step was learning more about the ancients...how they lived and how they built their homes and communities. Living in these ancient and pristine ways of aligning with the stars, cosmos, and the earth was in great alignment with how I knew I wanted to live myself and where we were most assuredly headed as a planet.

Therefore, I moved to an area in Arizona that was overflowing with ancient sites, portals, and the ancients themselves. I learned much, communed with the non-physical ancients, and then I was done. Now, I am no longer in that space. We are now vibrating even higher than the ancients and can even take some of their ways to an even higher level. I am thus, no longer a match for these ways and the reality that they introduced to this planet such a long time ago. So then, I have now evolved beyond where I was when I had this desire, and thus, no longer have a strong interest or desire to know of these ways.

We are changing, expanding, and evolving so rapidly now, that it really does not matter what arena of expression we choose to pursue because it will simply be fun and relevant at the time we are experiencing it. At the highest levels, we are always here in form simply to experience and create. "I remember when I was so interested in that!" we might remember saying at some point. "It seems like such a long time ago, and that I was a completely different person then and in a completely different space...almost a juvenile compared to what I know now!" And this is how it is. We can only be where we are until we are not.

In this way, we are continually leaving the old behind. At the very highest levels where our souls reside, we are *really* leaving the old behind. We are leaving this old universe behind as we have experienced all that we came to experience...and this is what the ascension process is all about and why it is occurring. We will create a very new Planet Earth (as most of us were the original creators of this planet eons ago and thus, have this god-given right), and then depart for some very new and exciting horizons where we have never been before!

So then, the leaving behind occurs at all levels depending upon where we are residing at the time. We leave jobs, individuals, relationships, geographical areas, careers, and even our old roles here on Earth as we continue with this ongoing process of evolutionary expansion... enabling us to journey back home to our original creation with a very clean palette, and enabling us to begin a very new adventure. Phew! No wonder some of us are so weary!

At lower levels of experience then, we begin by leaving anything behind that vibrates lower than where we are now vibrating, no matter where that is. This has to be a gradual process because if it were to happen suddenly, we would never survive. A sudden departure was our way of leaving via the physical death process in the old 3D reality. So then, we leave these many lower vibrating things behind, as well as many lower vibrating aspects of ourselves, and even any non-physical guides, the more we vibrate higher ourselves.

This process of "leaving behind" goes in the other direction as well, as it enables us to move forward. The higher we vibrate or expand, and the more we leave behind, the more we are allowed access to higher vibrating realities. Up the ladder, up the ladder, up the ladder!

I'm All Alone Here!

The ascension process is very much a process of the whole. The whole always vibrates higher than the individual. In the higher realms, we are each a very valued and integral part of one awesome whole (of course, we are that now, but the higher we vibrate and the more we expand, the more the veil is lifted and we are able to see this clearly each and every day). We are also evolving and expanding as a whole, as this was the plan. In this way, we evolve and expand, reach a new rung on the ascension ladder, and then wait for much of the whole to then catch up.

So then, we can become lonely at times, as we are the forerunners paving the way for all others. We are the ones who hold the space for each new rung of the ladder...the ones who lovingly agreed to transmute all denser energies through ourselves, while at the same time releasing each and every experience or incarnation we had experienced as a soul.

Thus, if you are really a forerunner, you will find that you are one of very few on your particular rung of the ascension ladder...creating then, the loneliness.

In 2001, I had a huge experience of expansion which was supported through an experience of crushing my leg in an automobile accident. I flew to another reality in one big whoosh! For many years there-after, I had a continual dream where I had graduated from school, but had to continually go back and take classes that I no longer needed. I must have had this dream a hundred times over the years. I was simply holding the space on one rung of the ascension ladder and waiting for others to catch up. It was not because I was so wonderful and awesome as a person, but because my soul had planned this from the get go and I needed to be poised where I had planned to be poised when the time was right. And this is true for all of us.

This scenario of ascension was clearly present most recently at the end of 2008 and the beginning of 2009. Enough souls on the planet (in the old reality) had reached the space that many higher vibrating souls had been occupying and utilizing to bring "up" this particular space, and thus...these higher vibrating souls were suddenly released so that they could now begin a residency on their next rung or dimension of reality. These higher vibrating souls had succeeded in bringing up the vibration of the planet where the majority of the population was residing, and now they could depart. This was a monumental time, as it indicated an arrival on a new plateau, not just on a new rung.

So then, it was now time for our president here in the U.S., George W. Bush to move on, as he was very done with his particular soul purpose of waking everyone up and of

creating a willingness for change. We elected a new president, Barack Obama, and his role is to simply hold things as steady as possible with outstretched arms, while the old world makes the changes needed to then reside on its very new rung of the ladder. Holding things steady during the fall is the role of Barack Obama. The role of George Bush was to create a fall in the first place. At higher levels, we are always going in the same direction, supporting this amazing Shift of the Ages, and these two souls, among others, have beautifully succeeded in fulfilling their purpose.

(A brief redirect: I used to receive frequent warnings about governmental things, about Barack Obama, and other messages about impending doom from my readers. Some believe that there is a shadow government at play, here to control and own us, thus taking away our freedoms, etc., and also believe that Barack Obama is part of this team. I believe this to be a very low level interpretation and experience of our reality.

Here is what is actually occurring: At higher levels, all energy is always going in the same direction. At higher levels, there is no polarity, dark or light, good or bad, right or wrong. Everything is simply part of the light, and thus, part of our magnificent plan. There is a story about Jesus and Judas. A 3D interpretation might be that Judas betrayed Jesus and led to his demise. The actual story is this: Jesus knew he was ready to depart. At soul levels, Judas said, "Hey... I will gladly help you with your mission and plan. No problem." In this way, Judas was an angel and has been getting a bad rap ever since.

At soul levels then, we are all in this together. Each soul plays a pivotal role in getting our ascension process accomplished. I am not saying that Obama is playing a dark role either. He is most certainly a very advanced soul. I wrote about his impending nomination many months before it occurred, as his position during this time was most certainly pre-planned by the light at hand (and boy, did I get a lot of angry and disagreeing mail!). This is why he won against all odds. At times, we reach new levels when enough of the planet is ready, and at other times, things are divinely orchestrated. His nomination was one that was divinely orchestrated from above. His role is simply to hold things together so that the fall will not destroy us, no matter what that looks like and no matter how strange his actions may seem at times. Now, back to the show....)

As these higher vibrating souls were then released from the old world now being held together by the energy of Barack Obama (and of course many others), they were then ready for a very new occupancy on a very new ascension rung...or really, a very new plateau for many. This exciting and incredible time created a loss of identity for those who had graduated to the new plateau, as they could no longer be who they were before and thus, needed to prepare for some very new roles. Depending upon which

rung each of us had then ascended to, would be what dictated what each of our new roles would now be. This mini e-book was created to address and assist this new situation, and to hopefully serve as a guide for our very new roles.

Leaving much behind then, can at times be a challenging experience indeed. And we can never go back...it is simply too darn uncomfortable back there.

During the ascension process, there is a common theme (one of many), that continually occurs. And this has to do with the loneliness and at times isolation. Because of this on-going process of evolving and expanding, and because we cannot participate in many of the things we used to, our interactions become limited. We may find that we choose to stay in our own personal sanctuaries more often than not, and our circle of friends and loved ones becomes increasingly smaller.

In time, we find that the relationships that remain or are new to arrive, are very pure, come from a deep love and respect, and feel oh so good and oh so much better than any we had experienced thus far. With the advent of the end of 2008, when many of us completely departed the old world and left much behind, we were then left with a very new and clean slate. A very new and fresh palette was necessary to serve as a foundation for our very new roles, lives, and creations. We had to start over, and this meant that we had to be left with near nothing before we could begin once again. We were really and truly starting over from scratch.

Before we can begin a residency in a very new reality, and one that vibrates higher than we have known in our current lifetime, we have to leave the old world behind. If we are not yet willing to let go and jump off this seeming unknown cliff, we usually find that our experiences in the old world are nearly intolerable. Our experiences and interactions in any lower vibrating dimension are grossly uncomfortable because we no longer belong there. Higher vibrating energy cannot tolerate nor be around lower vibrating energy for very long...higher vibrating energy becomes ill, gets thrown off balance, shuts down, and most certainly gets negated and abused.

It is vitally important then, that we leave the old world behind as our first step in crossing over to the other side.

Not In Any Textbook

The symptoms of leaving the old world behind can often times be confusing, challenging, and at best, never seen nor heard of before. And they are rarely what we

would have imagined a spiritual evolutionary process to be about. Many times our strange and bizarre symptoms and new ways of being seem anything but spiritual, but this is only because we have imagined spirituality and higher ways of being from an old limited 3D mind. As we evolve and expand, we come to know differently...and this can indeed be the exciting part, as it is proof that we are most certainly onto something new. We could never have made any of this up ourselves!

Below are some common experiences of leaving the old world behind, what they mean, and some tools for comfort:

- *You suddenly feel like you have jumped off a cliff with no net, with strong feelings of no sense of place and nothing to hold onto.*

This is an indication that you have made a separation from older and denser energies that are now residing where you are not. This occurs many times during the ascension process, each time that a critical mass is met within and sometimes without. This feeling always passes in time, even though it can feel very uncomfortable when it is occurring. We can take comfort in knowing that these feelings always pass, and that we eventually begin to recognize and accept them the more often they occur.

- *No one seems to notice you, pay attention to you, or give you much, if any, regard.*

Although this can create uncomfortable feelings of dis-respect, irreverence and even abuse, know that the individuals that are not “seeing” you are in a completely different space. In the old world, many individuals have not yet evolved out of themselves, and thus, are seeing through a substantial wall of density or ego. It is still all about what is inside of them, as they are not yet ready to see that everything around them is part of one beautiful whole, that each and every one of us is a brilliant light comprising that whole, and we are all one. The higher we vibrate, the more invisible we become, and the more noticeable it is. You will know when you are “seen” and revered, and these are the individuals that you will eventually choose to spend time with. The nature spirits always see us, and they are wonderful to spend time around. Staying in your own personal sanctuary can help as well. As more and more souls on the planet begin not taking things personally, they will be freed up and begin to see what is around them as well.

- *It is difficult to be in crowds and you are no longer able to participate in anything that has to do with group energy.*

Unless the group is a very unusual one, where each and every member is honored and respected for who they are and what they are there to contribute, with equal amounts of involvement, and a similar purpose that is a passion for each member, groups will no longer work for you. In higher level groups there are no leaders and everyone is on equal turf and very “seen,” with much gratitude and reverence. Also, being around groups or crowds brings in a large array of differing energy, and the more highly sensitive we become, the less we are able to process or handle too much differing energy all at once. In the higher realms, things are very simple as so much of anything vibrating lower has been transmuted or shed. There is not so much density or variation to wade through or feel. Opinions do not exist and all of the energy is always going in the same direction. Thus, groups from the old world can feel downright awful once we have departed from that world. Fun groups that are here to vibrate fun and enjoyment, with no agendas while everyone involved is going in the same direction are always good ones to be involved with at any time on our journey.

- *You feel very lonely, have but a few friends and loved ones left that you regularly connect to, and no one really thinks like you do, nor understands your view of reality.*

We can try time and again to make new friends, connect with new people, and join new groups, but unless these energies are vibrating where we are, it can always seem that we are going in two very different directions. It is very common with the ascension process to feel like everyone else is at the end of one long tunnel, so very far away and difficult to reach. In addition, the more we evolve, the more we find that New Age and “spiritual” groups no longer fit, as many times they contain old and stale energy, as well as spending far too much time focusing on intentional spirituality, which does not exist in the higher realms. It can be extremely difficult, if not impossible, to go back to energies that we have evolved out of...they become simply intolerable. Love always vibrates high, and even though we may not see eye to eye with everyone we encounter or connect to, connecting to the energy of love can always serve as the one and only connector or commonality and will keep alive relationships that may have otherwise dissolved.

- *You have simplified your life to a large degree, removed yourself from lower and denser energies, and you feel that there is nowhere left to go.*

Congratulations! You have now reached your center, or rather the eye of the storm, the space in between thoughts, the now, and where it all is. In addition,

the higher vibrating realities have not yet been created, thus, there is nowhere to go that matches where you are now vibrating. Once we reach the eye of the storm, we begin to effortlessly create much of anything that we need or want. We begin creating effortlessly, as all we need do is be still, entertain a thought very randomly, and what we desire to connect to arrives in no time. I have this experience all the time, as I know many of you do as well, so I know it to be very true and very possible. Very soon, this will be the only reality that we experience, and this is happening now. Feeling confident enough in leaving the old world behind, will naturally place us here. This is a very protected space as well.

- *You no longer have a desire to heal others, bring up the vibration of the planet, teach new ways of being, read spiritual materials, meditate, SAVE anything or anyone, or participate in anything that has a spiritual intent.*

The planet has now reached a new level. Your job is over. And even before this new level was reached, after each of us reaches a certain level of frequency within, we are now ready to lose that old purpose and get a real life. This means that we do not need to speak about spiritual matters, we do not need to read about them, and we do not need to learn anything new. We come to know that being spiritual occurs very naturally 24/7. We are then simply *being* spiritual without having an intent to do so. Having an intent places us outside of our center and also comes from an old ego stance. Saving others or meddling with intentional desires to help others when not asked, is also very out of alignment with being an Earth Angel. Spontaneously offering spiritual guidance or messages to others fits in this category as well. There is one exception to all of this and it has to do with our store-fronts. Because our store-fronts exist on the dimensional border, and not in the old reality, they will serve to assist others in getting to the next plateau, or to the other side. In this way, we will be *asked* for assistance, and those asking will be poised and ready to receive what they need through our store-fronts.

- *You are so tired and weary of the old reality, that you do not care about anything anymore and simply give up with disappointment, exhaustion, apathy, and what feels like depression with a strong desire not to be here anymore. You think that nothing will EVER change. You are beyond discouraged.*

You are now ready to be in the eye of the storm. You are now ready to leave the old behind. You needed to not care about what is happening elsewhere, as what is happening elsewhere no longer has anything to do with you. You had not yet

realized that you had “died” and crossed over into a new reality. You were still hanging around in the old world and believing it was your world and about you. The outside, or old world, had to become so unpleasant that you would be willing to let it go. It felt acutely unpleasant, as you no longer belong there because you have died and are now being re-born. You will know when you have taken the plunge and trusted or become exhausted enough to let it all go, when you find yourself in states of great peace, contentment, trust, and calm. It is then that all your needs will be miraculously met with ease and you will feel a peace you have never known. *And then...* you will eventually meet others who are here as well and unite to create something very new.

But before we can create something very new in a very new reality, we must first rejuvenate and restore ourselves.

Rejuvenation... My Story

Reaching a very new plateau was a monumental event indeed. It signaled that we were done with so much. We had successfully reached and embodied rung after rung of the ascension ladder, all leading us to a very new Heaven on Earth.

Thus, we were most assuredly done with the very distinct purpose that we had come to fulfill...at least the first phase! This first phase involved transmuting the lower vibrating and denser energies through ourselves, and while embodying more and more light (and most of you reading this *came in* embodying more light than most..oh so very naturally!), we also had the distinct purpose of holding the space via our light-filled bodies, until the masses were able to catch up or depart (oh, the weight gain!).

The scales finally tipped, we were then released and put out to pasture (to graze in our self-created Heaven on Earth), and thus, we were most certainly ready for a very new beginning. Before this grand tipping of the scales that occurred during the latter half of 2008 and into 2009, the waiting period became almost too much to bear. We lovingly wanted enough souls to be on board...to have the opportunity to connect to a higher way of living and being...and to be willing to now let go of the old and move into their very new space. So, we waited. And for many, we had experiences of being *misled* into situations that proved to be unpleasant while we still held that space in 2007 and 2008. If we had not been misled, we would have never entered these situations voluntarily, and at our soul levels we agreed to bring up the vibration of the planet in every way possible.....most times through our presence alone. When things do not progress rapidly enough, at soul levels we make group decisions, and this was one. During these two years then, we went into situations that perhaps vibrated lower than we had experienced in such a long time, as we wanted at our soul levels, to really get into every nook and cranny...to have the opportunity to raise these lower vibrations as much as we possibly could before we departed forever more.

Thus, the last two years before we were released were brutal for many. Many felt that they were trapped in a lower vibrating reality, could not get out, and were being bombarded and subjected to attacks, strangulations, and a holding on of very low vibrating energies. Continually swatting away denser energies that had found their way into our seeming boundary-less spaces became the norm for a while. It was almost as if we had waited too long and now we were most certainly completely exhausted,

drained, unbelievably weary and past the point of no return, and inevitably discouraged with thoughts of losing our faith. We could take no more.

But just in time, the shift occurred...we were finally released ...and our souls could finally depart into a very new dimension and reality of our making. And even then, as is always the case, many steps needed to be completed before we could actually touch down on a very new shore.

Those two years of 2007 and 2008 (and generally the ascension process for many years all on its own) left many feeling old, worn out, aged beyond belief, hobbling around like very elderly individuals, and wondering what it was all about. Were we finally able to get to our very new Heaven, but now be too old and exhausted to enjoy it?

When we reach the other side through the old 3D death process, we get to have a rejuvenation period, and this time would be no different. So then, as 2009 commenced, and onward, especially into the spring, we are rejuvenating...restoring ourselves back to our original and pristine condition, rebuilding our cellular structures, and renewing as never before. We were preparing for our new beginnings and our new roles.

If you are one who received many messages in 2009, that it was finally time for *you*, if you were feeling urges and desires to self-nurture, bask, take a break, and attend to your health, then this was why.

During this time of reaching our new plateau, I was no exception. The first inclination I felt oh so strongly was to discontinue a medication I had been on for the past five years. Although I rarely medicate myself for any reason, I had been on a very necessary medication in order to keep me afloat during the first ascension phase.

When I experienced a very rapid ascension process several years ago, I really had a meltdown. I was having one on-going panic attack that seemed to never end, nightmares beyond belief, rapidly losing all sense of my old self, and connecting to higher dimensions in a way that seemed out of my control. My doctors immediately placed me on an anti-depressant called Lexapro (I was not depressed, just having anxiety), and my very sensitive body only needed 5 mg per day, although the doctors had recommended more.

Immediately fighting any suggestion of medication, I sought alternative remedies, and of course consulted alternative healers, but the medication was the only thing that eventually fit, as I was most assuredly coming "un-glued." I also knew what was going in within me as I had done a scan of myself and clearly seen that the Lexapro indeed

had a benefit at that time, as nothing else could. It was also evidently clear that each and every one of us who naturally vibrates high is also a microcosm for the entire planet. We are the earth herself and all the beings inhabiting her.

In this way, I knew that I needed to be pulled together by artificial means until the earth and her inhabitants could do this themselves...until this energy and way of being was then embodied within and without, and thus, I could then discontinue my medication. As the old energies on the earth began to fall apart and break down, so had I. I also knew as well that the ascension process in itself, and so very naturally, had healed me within a long time ago, but because of the intensity of my prior experience of melting down and breaking down so much density within at such a rapid rate (it was *acutely* unpleasant!), I was still very wary and not yet ready to discontinue taking it. I am grateful to this day for this medication. It held me together like glue when everything else within me seemed to be breaking apart, thus, making my experience tolerable. *A brief note here:* Again, this is the same scenario as the soul purpose of Obama, holding things together while a substantial part of the old world falls apart.

So then, when it was time to finally say good-bye to my medication at the beginning of 2009, I consulted a primary care physician as well as a naturopath. My primary care physician said that I could try getting off of the medication, but it would be highly unlikely that I would be able to succeed. He wished me luck. I had been on it for far too long. My naturopath said that he would love to see me get off of it, but that I needed to be very careful, as I had been on it for far too long and it would be a real challenge. I also called in a non-physical being and asked her advice. She said that my body was indeed healed and strong, but that the medication for me was “like candy” and had created an addiction. So even though I was very ready in many ways, I was also a little frightened at another level.

And this is what happened: I discovered through stumbling upon and literally bumping into various information, that coming off these addictive medications can be done with the support of certain supplements which seem to eliminate any side effects or withdrawals. Very coincidentally, I was already taking these supplements, as I had recently jumped on the self-care bandwagon when 2009 commenced, after years of taking absolutely nothing. Thus, within six weeks of slowly tapering off the medication, I was done, with absolutely no side effects, absolutely no indication that I was experiencing anything unpleasant, and I actually felt oh so much better the minute I began to cut down and taper off the medication. I have never felt better. *(For a list of these supplements, and for further information about any other supports mentioned in this chapter, kindly refer to the **Additional Information** section at the back of this e-book.)*

I still find it interesting that my doctors at the time my medication was initially prescribed, said that I would need to take it for the rest of my life! They said that my internal make-up was faulty for hereditary reasons, that I had experienced far too much trauma and abuse in my younger years, and that I could not produce the necessary elements on my own enabling my cells to communicate and work together! I feel so very free now, and so very healthy indeed. I have always felt very strongly that the ascension process is a great healer all on its own. And now, when I do a body scan for myself in regard to this situation, I can see wonderful new “buds” of cell connectors growing and thriving as they come closer and closer to each other, readying to join together, work together, and hold hands within my body. And this is what is happening on the planet now as well. The lightbearers are preparing to join together in a very new reality, holding hands and creating a grid for this very new world of our creation.

Next, I began to address the aging I had begun to notice with my attitude or feelings, and also with my skin, hair, and body. As I know is true for so many of you, I have always felt young beyond my years. And in addition, I have always *looked* young beyond my years. For my entire adult life, so often I would be told in dis-belief that I did not remotely look my age, but many years younger. The past two years, I had begun to feel very old and worn out. I was very discouraged and disappointed, as I never thought I would age, wear out, or ever feel old. I continually told my daughter that I felt old, out to pasture, tired, weary, and really...*just old!* And I *looked* old too! This did not fit in with my reality in any way...this situation and these feelings were clearly impostors in my space! Why was I feeling so *old* and *done*?

What was occurring was that I had reached the end of my residency in a reality where I had been holding the space for so long. I was basically “dead,” and looked and felt it. I was finished, worn out, and used up. But...as with all of us...I get to be reborn again. It was not about beauty being within, about aging gracefully, about menopause, about the wisdom of an elder, and so on. This was something very different indeed and I knew it. There was something else going on here.

Very gradually, I began to find amazing and enlightening products that served to support my system and body in rejuvenating itself. The ascension process involves dying while we are alive and still in a body. This is a never-done-before experience and as always, we are learning as we go. We will need to be rejuvenated over and over again...this has to be so, and thus, we will receive new and exciting supports in this arena.

So during this time, I was very naturally led to products and supports that seemed to miraculously appear all on their own. We have come far in regard to skin care and rejuvenation. My old ways of being involved frolicking in the sun without any kind of sunscreen, as I loved the natural feeling of it all. Oh, how I love the sun! And although I never used soap, but for my entire adult life, always a very good product for the skin, I was fairly ignorant on what was going on out there in regard to cellular repair and anti-oxidants. It just did not really matter to me, until I began to look and feel so old!

I very soon began to utilize a regular system of self-care and skin care. Self-care is a very important part of the rejuvenation process. I found out (and I am no expert on this, as this is not my arena) that as we age, we have the opportunity to encourage our skin to rebuild and produce more collagen and elastin all on its own. There are many products out there that do this and that actually work, and many are new (you can also make your own, as many of these products can be fairly expensive). In addition, our skin needs the repair element. Thus, anti-oxidants are oh so crucial for this purpose. They serve to remove all the damage that has been done by our environment, on a regular basis. Hydration, of course, is also key. There are internal products as well, that can assist with these things, such as anti-oxidants and other internal remedies that encourage collagen rebuilding, hydration, and so forth. I simply did an internet search of anti-aging product comparisons (and there are a lot of hoaxes and scams out there!) and found some products that fit my needs, as being an avid researcher, I wanted to know *everything*, not just the products that were showing up in my space...and they work! A good skin care expert would be helpful as well, I am sure. It was not so much about making my skin look good, as it was about loving and supporting it, and about *feeling good, revitalized, and rejuvenated*.

But my hair had died too. Several months prior, I began using a wonderful hair care product, as my hair was suddenly dead, dry and falling out. I thought perhaps this was due to menopause (I turned 55 in April of 2009), but my normally long, thick hair had evidently decided to leave my space during those difficult years of 2007 and 2008! It had literally begun falling out by the handfuls. For many years I had used high quality salon products, but very suddenly, they did not seem to be loving my hair! One night while in a hotel on my way to visit my daughter and new grandbabies, I found a wonderful television channel that was all about things natural and healthy. Through this, I was introduced to a hair cleanser. It cleanses hair without soap, drying, removing natural oils and moisture, and is simply a conditioner that cleanses too (I am not promoting nor involved with this product in any way). Its philosophy is "why take out the moisture in our hair to cleanse it, and then put it back in again via a conditioner?" I

still use it and absolutely love it, as my hair is now back to being healthy and glowing, soft and lush. It has been rejuvenated and restored.

I had done a little “look” via a reading several years ago regarding aging (as I was having a conversation with someone who was concerned about herself), and had seen that there would be products available that would rejuvenate and serve to keep our bodies healthy and strong as never before. I have since found that scientists have discovered a grape extract called resveritrol that indeed does all of this and more, but it is not quite ready yet for the masses in doses that would cause a significant effect, even though you can purchase supplements now. They are wildly excited about it and anticipate it being approved shortly. In the meantime, any good anti-oxidant can be of enormous help in this regard. Before we move forward into the new, it can help to release and remove damage from the old, even if in regard to skincare, etc. I found that due to my heightened sensitivities, I could not tolerate many of the anti-oxidants out there, but did find what worked for me, which is listed in the *Additional Information* section as well.

There will be new support products emerging soon as well, as it is time. The subject of rejuvenation will be a very hot topic in times to come.

For an extra self-care boost, I also purchased a satin pillow case (great for hair and skin), along with the best quality towel I could find. Being a seamstress, I also made some extra satin pillow cases as well. After using my oh so special towel, it is now near impossible for me to tolerate a regular old towel! These very small and relatively inexpensive actions really made a difference in my rejuvenation process.

In the past, I had not cared much about wrinkles and aging, as my goal and best feeling was simply that I was as healthy as I could be. And I have always gone the natural route as well, as having to take a multitude of products to keep a person healthy, never felt quite right to me. It really did not matter to me, what healthy really looked like. Rejuvenation is different. I do not believe that we were ever intended to feel old. Through the ascension process, we need to be restored, just as we are restoring the earth to her natural and very pristine condition. Those of us who are the fore-runners and in the baby boomer generation may not end up looking like we did in our 20's, but we will be able to feel young, healthy, and most certainly restored. This is why new remedies and supports will begin to emerge for us now. And once we begin to feel rejuvenated and caught up, we will not need so many supports, if any.

The last thing I did was to look at my body. My natural body build has always been tall, thin, and wiry. Never having to diet, I have always remained slim. With the advent of

the ascension process, the first interesting thing that became evident in regard to our bodies was the abdominal weight gain. This was really very new to me. But as the years progressed, even though I could not get the extra five or ten pounds off no matter what I did, I eventually came to accept that this was simply an aspect of the ascension process and knew that it had a very distinct purpose....we had to hold the light and thus, needed more body mass. I had always been far too thin anyway. But those last two years of 2007 and 2008 had added an extra ten or so pounds to my already extra five to ten! This body most certainly belonged to someone else! The extra weight for the last two years was partly due to the stress and unusual and unpleasant experiences occurring then for so many of us. But know as well, that every time we leave an old plateau, we drop some weight, but only until we arrive at the next plateau, and then we usually gain it again, in order to ground and hold that light here on the planet.

After being “released” in 2009, so many of us were ready to tend to our health and well-being, as we knew at some level that it was now time for us. But the ascension process will always serve to create challenges in regard to weight. Through-out this process, we need incredible amounts of fuel. The sporadic low blood sugar attacks will always be present. Needing to eat lots of protein every two hours will always be present at times. We are undergoing massive internal restructuring, and need all the fuel we can get! And again, many of us will need to have an adequate body mass to *ground* the light we carry within. (Abdominal weight gain is mostly for protection while residing in the darker energies, and over-all weight gain for grounding the light.)

I cannot tell you how many times I had begun a regular exercise regiment but had to discontinue it for a time, as my body was undergoing great change and needed to rest and not overload itself. Sometimes just a simple walk was all I could muster up! And in addition, I discovered that what I consumed had changed as well. I did a reading on what I need to eat for ascension and found it very interesting.

Evidently, chicken and beef are not the ideal sources of protein. Even if we can find these meats without hormones and antibiotics, etc., the species alone has been so abused and misused that it has mutated beyond its original intention and purpose. Ouch! There is then, not as much value and benefit from the chicken or the cow species as it has so drastically changed and evolved.

Even though I still eat chicken and beef, the primary sources of food supports for ascension that I consume, are: A high protein diet with very little fruit, carbohydrates, or sugar. Meat, beans, pork, hummus, nuts, tofu, salads, and green leafy vegetables comprise the bulk of it. And of course, for me, I have to have my occasional bites of

dark chocolate! I am not completely disciplined with this diet, although this is primarily what I eat...a MacDonald's snack wrap does hit the spot every once in a while, and on special occasions, a few sips of Corona beer for grounding or part of a decadent desert! Rigid dieting feels too unnatural for me, so I have learned to consume what feels right, so that I do not feel deprived. A great diet format that works for me, is the South Beach Diet, or a modified version of it. It has worked wonders for me, but we are all different. My body likes it because I have always had low blood sugar issues (nothing serious) and the high protein supports the ascension process. (As always, please note that I am not affiliated with this diet program, nor promoting it in any way, and I am not a professional health care practitioner...just a writer sharing my personal experience.)

Although we are all different, and thus have different needs, muscle strengthening, swimming (in chlorine free water if possible), some yoga and Pilates, and walking and mild hiking are also some of my own personal favorites. Being so very sensitive, I need gentle, gentle, and more gentle. I have not received an intentional "healing" in many years, have not been to a doctor (except for a kidney stone and a medical intuitive to check my hormones, and...the unusual doctor visit I recently had which I mention in the *Are We in Heaven Yet?* chapter further on) in many years, and have found over and over again that the ascension process all on its own can do some pretty miraculous things. Now I just hope that it will eventually rejuvenate us as well, all on its own!

After I became fully enmeshed in my rejuvenation process, I really began to notice a difference. I felt softer within and without, more nourished, and certainly more loved and cared for. And I had an incredible amount of energy as well! As we begin to emerge as the angels of the New Earth, we will need to have a foundation or palette intact in order to embody these very new roles. This rejuvenation process contains significant amounts of love energy. Love, light, joy, peace, a new calmness, and so much angel energy all arrives through this amazing process of rejuvenation. When our new palette is ready, we will then be able to soak up so much more of the angel energy, enabling it to thrive within us. Hydrated, cushioned, and loving cells are the perfect conduits for our new angel energy. After I began my rejuvenation process, I felt as if I had been to a high-end spa, when I had actually never left my own home and sacred space. And I have never had more energy nor felt as "ache free" as now.

Now that you have probably heard far too much about me...

If you would like to assist in your own rejuvenation process, and do not know where to start, simply ask that what you need be revealed to you. There were several times when I was ordering a product on-line and the ordering button would not work. I was being

blocked. It was then that I began to do body scans and readings of my body, as I had done many times in the past but was just too lazy to do now, and I could then see what product would be the best for me. If you do not have this ability, ask our loving angels to bring what you need into your awareness somehow, and they most certainly will. Three times is usually the charm. If something shows up three times, usually with a variety of messengers, then go for it! And you do not even really need it to arrive three times...once can be enough if you receive the ideal information you have been seeking. We are so very loved and cared for by the universe and our loving angels!

We are being loved now more than ever before, and this wave of love arrives so easily through our rejuvenation process. The ascension process mimics menopause over and over again, even though so many individuals experiencing it are men, those far too young to be having menopause, or those who are already complete with it. And now, after leaving our old roles behind and finally being able to really take time for ourselves until our very new roles manifest in their entirety, we may be feeling as though we are surely having a menopausal experience indeed.

The rejuvenation process occurred for so many of us because it was a vital stage for our new roles. We would not have gone through this stage, if we were not going to be moving into very new territory, and a new territory that involved very new beginnings.

Wouldn't that make an awesome store-front...a rejuvenation center on the dimensional border?!

Approaching the Dimensional Border

So...you have finally left much of the old world behind, but you still have to go back and interact with it in small ways. Or...you are just beginning to leave the old world and old reality behind, and are still interacting with it to a degree, but are feeling restless and know that there must be something else out there that is much better.

Either way, you are approaching the dimensional border. As we evolve and expand, we have absolutely no choice but to move onward and upward into new and more highly vibrating realities and experiences. We are greatly “encouraged” to move out of the old reality by the simple fact that the old energies are highly intolerable, dark, unnerving, and basically unpleasant to be around.

The same law of the universe applies over and over again: Higher vibrating energies cannot stay in the same space as lower vibrating energies for very long. There is a great mis-match and severe lack of alignment, and this creates much unpleasantness. The old energies are far too heavy.

This unpleasantness can show up within us as anger, frustration, defensiveness, fear, tension, and of course, intolerance, and even aggression. We may wonder how in the world we are moving up on the spiritual evolutionary ladder when we are having such lower vibrating feelings and expressions! And the higher we vibrate, the worse it actually becomes when we interact with these lower vibrating and denser energies, until we are completely free of them and only visiting them voluntarily.

So then, these lower vibrating energies and unpleasant experiences are very succinctly telling us to get out, as we no longer belong in that old reality. If we are not literally kicked out through rude and unpleasant behavior from others, through a strong lack of respect or reverence from others, by feeling invisible or unnoticed by others, or simply experiencing one closed door after another, then we also have the opportunity to leave on our own accord as we come to realize that we have no desire to live in this very unpleasant world. It eventually feels like hell. We simply cannot be there for one more minute.

The more we may try to interact with these old energies, the more unpleasant it becomes, until we are finally, and most assuredly, ready to leave. We may continue to

try and put a toe in, but over and over again, we come to find that interactions with the old reality simply no longer work. These energies had to be *so* unpleasant, so that we would be willing to let go of any rationalizations and reasons for staying around. And to even let go of our sense of responsibility in some cases. When we finally decide to leave it all behind, it is then that we must surrender, let go, trust and trust some more. When we finally decide to leave, we may feel as though we have just jumped off a cliff with no net, but the other alternative is no longer a viable option. It was intended that things become very uncomfortable and intolerable. We no longer belong in that lower vibrating dimension. It is no longer our home. It is OK to leave.

So then, we let it all go (either through choice or forced circumstances). We go into our center, into the eye of the storm, we stay home in our personal sanctuaries, and may wonder how in the world we are supposed to survive.

Until we have set up a very new reality in this very new dimension, where all our needs are always met through planned community, blending with the stars and cosmos, living naturally and in alignment with the land, and beginning the stages of manifesting matter from air, we still need to spend some time on the dimensional border. And this is how we will survive “financially.” But know as well, that the higher we vibrate, the more we come to know that *all* our needs are always met as we always have everything we need right now.

After we reach a certain stage in the ascension process, we will come to find that we simply “know” that we have reached a new plateau that we have never been on before in this lifetime. We will “know” that we have earned this position, and thus, “know” that all our needs will always be met. I can tell you this because it happened to me after struggling for many years with little income and great stress relating to how to take care of myself, even though all my needs were usually met. Being able to relax in this awareness of “knowing” greatly helps. If ever I begin to panic and feel like a victim, I now know to go to that space where none of it really matters anyway, and to that space of “I am too tired to care anymore,” or even to that space that says, “no more.” If we were intended to be the forerunners and way-showers for this very New Planet Earth, as well as being very much a part of the ascension process by experiencing it through ourselves, then we most certainly will be taken care of and supported so that we can carry out our pre-destined duties.

So then, we either need to go back to the border for a while, or depending upon where we are on our journey, go a bit forward to get there until it is time to leave the planet forever more and reside solely in our Heaven on Earth. The more we evolve, the more

that staying completely in the old reality can feel like death...literally! But experiencing it part-time is manageable and was intended for a while longer. You will know when you are approaching the border because it will either feel one way or another...meaning that it will either feel hectic, scattered, stressful, fearful, dis-connected, forced, and lost (if you are going *back*), or if you are coming from the other direction...there will be individuals that will see you, connect with you more, feel as you do, and be helpful in some way.

“What was that?” you may be thinking.

Frequently I visit my daughter and grandchildren where they live just outside of Albuquerque, New Mexico. Rarely do I spend any time on a road with even a car on it, and many times, even in my own car. To get to my daughter’s house, I have to drive a good hour (after an hour on my local highway) on an interstate and then another 35 minutes on some heavily travelled roads in Albuquerque. What a shock it is to my system and normal experience!

The thing that amazes me the most, is the lack of unity with many drivers. Not yet vibrating the unity consciousness, many of them push, speed, run me off the road, and are very simply focused on getting where *they* are going. I remember one time driving my visiting mother to the airport at dawn. There was traffic even then, and when I attempted to change lanes, the car behind me flashed its headlights, signaling me to go ahead. This act of kindness nearly brought me to tears at the time. I will never forget it. During that time, I had been spending a substantial amount of time in the old reality, as I had needed to set my daughter up in her own rental home as she had just relocated from the east, and thus, I had to interact with the old ways for a period of time. But there are ways to do this that can feel good, as I will explain further on in this e-book.

One of the major culprits of the old reality that makes many of us uncomfortable to be around, is the lack of unity consciousness. The higher we vibrate, the more we begin to notice and revere what is around us, as we are all part of one enormous interacting whole. Through the ascension process, we gradually begin dropping much of our old ego selves, and things ever so slowly are no longer about “us.” In this way then, having to interact with anything that is about greed, about the benefit of only half of the equation, and the like, can make us feel ill, frustrated, unwilling to participate, and most certainly angry and fed up.

Being around unpleasant drivers on the road, being involved with many of the banking institutions and credit card companies, working for companies or institutions that are not yet enlightened in this way, or even interacting with environmentalists that put the

needs of the planet before human needs (without asking the planet what it wants and meeting in the middle), are instances of having to “go back” to energies that are no longer tolerable. After one has left the old world and old systems to a large degree, “going back” can feel extremely unpleasant and most certainly strange.

When I had to put things in order to line up a house and foundation for my daughter and grandchildren when they relocated from North Carolina to New Mexico, I had to “go back” to places I had not been to for a very long time. My daughter was not equipped at the time to do this on her own. I was mortified but not surprised at the hoops I had to jump through. But in the end, I found ways to soften the blows, to get what was needed without complying with these uncomfortable ways, and to thus manifest her new foundation until she could take over on her own. (For instance, I used a letter of credit from my current utility company in lieu of paying hundreds of dollars in deposits, and offered alternative methods to substantiate my income in lieu of what was requested from the property management company. Very soon, I became friends with the property management company, and my daughter with the home owner, and that always helps as well.) If there were any other involvements with the system that were not mandatory, then I would, as always, refuse to participate and thus do without that particular offering if it was unreasonable. Interacting solely with the dimensional border (and not any energies that vibrate solely of the old world alone), also made things easier as I was not so enmeshed with *all* of the old world at once.

So what about “going forward” into the dimensional border or in other words, to areas that carry a bit of a higher vibration than the majority of what is being offered? Going forward is much easier because one is going into or to energies that feel better. In this way, a good navigational tool is to interact with what feels good, while slowly letting go of what is beginning to not feel as good. In these ways, one can slowly begin to eliminate involvements with old systems or groups that one has evolved beyond. Going forward to the dimensional border is easier as well for one very important reason...

There are already small systems and higher vibrating ways in place that feel great and are the next step on the ascension ladder for one going forward to reach the dimensional border.

After a soul has evolved completely out of the old reality and old world, and if the soul is a forerunner, *then there no new ways or creations yet in place that match where this soul is.* And this is one of the big challenges for those who are paving the way. If you are one who evolved before many others and who has been holding the space for many years, then you have most likely been a lonely soul indeed...unable to interact with much of

anything. But as you read further on in this e-book, you will be shown how to ease some of this loneliness.

Beyond the Dimensional Border

This mini e-book is all about the dimensional border. Thus, any other rungs on the ascension ladder are not discussed here at length. None-the-less, for better clarity in regard to this most confusing process of ascension, highlighting what is occurring on the “other side” can be of some help for those having these experiences and for those who are just beginning to have these experiences.

When a soul is near fully ensconced on the other side, he/she returns to the dimensional border more from a desire to provide service than from a need for money. And yes, money may still be needed by these souls for a while longer, but they have also come to know that all their needs seem to be miraculously met by unseen forces, wonderful synchronicities, and through some great force that seems to continually hand them everything that they need. You see, we always have everything that we need, as it always exists somewhere...it is just a matter of connecting to it. It is much easier to connect to what is needed when one advances to a higher rung, because of the new lack of density that exists in higher realities, along with whatever energies are left after so much purging (i.e. higher vibrating energies remaining) now being able to connect through like energies attracting like energies, and also because manifestations occur extremely rapidly the higher we vibrate.

In addition, we find that we need not intentionally take steps to create or manifest, or even focus on manifesting, as now that we are vibrating higher with a more purified energy within us, we can easily and effortlessly manifest by simply *being*. Manifesting is very rapid...have a daydream or causal thought and whatever we are thinking about shows up. Thus, all needs being met becomes a norm after a while, and it becomes a norm as well because we are not as interested in manifesting much the more we evolve. What we value and desire becomes simple and more about love and higher vibrating experiences...and of course, this is when we get what we had always wanted in the past, because we no longer care or desire it!

On the other side, or in this new higher vibrating reality, much is different because a soul had to purge, transmute, or let go of so much of the old within and without that vibrated lower. With so much less baggage, each soul was then granted access to a higher way of living and being in this new Heaven on Earth.

After releasing so much of the old within, a soul is then left with his/her true and authentic purpose. In this way, each soul comes to know what it is that he/she is here to contribute and accomplish (along with simply enjoying the experience of being in form). Thus, this greatly serves to place one in alignment with their highest self. And when this happens, miracles occur, especially in regard to having all one's needs continually met. As when this occurs, the focus is more on our purpose and not on what we may feel we are lacking. The periphery then, takes care of itself. By then, the periphery really has no meaning anyway.

On the other side, there is a greater connection between energies that are vibrating at similar levels. There is much more simplicity as so much has been released. There is much more of a direct interaction and connection...no going around the block to simply get across the street. Energy does not zig zag around in a body...it moves through very simply and in a straight forward manner as there is so much more room now.

There is also not as much confusion and much more of the original innocence. On the other side, the nature kingdom and the non-physical world readily make themselves visible and available for connecting. On the other side, the time is always "now," and there is never and never has been anything "wrong." On this other side, friends and loved ones are very few and highly cherished and revered. There is magic, peace, tranquility, ease, flow, great love, and simplicity experienced in any given moment. There is great safety and protection as well.

In regard to ways of living and being, once a soul reaches a certain level of existence, he/she prefers to stay at home in their own personal sanctuary. This then, becomes the eye of the storm, within *and* without. Eventually, enough souls will come to this point and a new reality will begin. It will begin by each soul opening and connecting to another who is at the same level, and allowing access, one at a time, to these personal sanctuaries. Eventually, many souls who are at the same level will connect, hold hands, and form the energetic grid that will serve to lay a very new foundation for a very new plateau.

You will know when you have reached this other side when you have very little contact with the old world and its systems, when you have a *very small* group of special friends and loved ones, when you are very aware of the purpose of your soul, and when you are continually in the eye of the storm.

A soul may have many experiences of the above in a sporadic way until they are fully ensconced in their own personal Heaven with all their needs continually met.

Once we get to this beautiful space, it can be pretty challenging to have to go back. But go back we must if we have chosen to serve or if we still need (as most anyone in this space does so far) monetary support. But if we are very sure of who we are and what we are here to offer, we can feel so incredibly good when we are providing our service, that being in our space of service places us very naturally in states of incredible bliss and perfection. In this way, going back to meet those arriving at the border can be a bit easier indeed, and even very pleasant.

When we are not just in our space of service and bliss when we go back, because we still have to interact in *other ways* with the old world, then what? How do we stay centered, feeling OK, and able to withstand being in the denser, unpleasant, and near intolerable energies of the old world while we are interacting with it for brief periods of time?

The Dimensional Border... Navigating the Waters

In times past when I visited beautiful spots in nature, or even when visiting ancient ruins, things frequently appeared vacant, quiet, with a sense that I was the only one there. But after a while, it became very evident that I was most certainly not the only one around.

Higher vibrating energies frequently, if not always, remain in hiding when a visitor arrives in their space until they can discern if they choose to reveal themselves. I can remember one specific time not too long ago when I had been visiting my very new grandbabies shortly after they returned home from the Neonatal Intensive Care Unit, where they had been staying after a very premature birth (they are incredibly healthy now, with absolutely no indication of the challenges they incurred earlier on!) .

Taking a fussy Solomon outside for a change of scene and some fresh air, we had a very wonderful and exciting experience. After a very few minutes, the nature spirits, elves, fairies, and other little beings in the protected and pristine yard, came out for a greeting. These spirits know very well the energy of our new little ones, and revere them tremendously. It was almost as if a royal being had entered their space, as they were so very excited, happy, and honored to have Solomon come to visit them. I felt like a boring outsider! The non-physical world had emerged almost immediately, as they knew that a higher vibrating being had just entered their space.

In other times past, I made frequent visits to various ancient ruins here in the southwest of the US where I live. One particular time, I had returned to a site where I had not been for quite a while. It was unusually quiet...the ancient ones were hiding, as they had gotten used to doing so during the many tours that passed through their space. Eventually the small, shy, and gentle ancient women appeared...it was almost as if they had forgotten that they used to come out at times, when it was safe to do so. They frequently commented that "heavy boots" and "heavy steps" traipsed through their space, with those wearing them having no inclination that they were the only ones there, and thus, believing that they could do whatever they chose.

Another time, some very respectful and loving guests had requested a tour at this particular site, and for them, they reported experiences of invisible hands under their elbows, assisting them along the trail. You see, unseen and higher vibrating energies

only reveal themselves when it is safe to do so. And they also choose whom they will assist and when.

And this is the way it is now for us as well. After we vibrate too high for our old reality, it is a very good idea to remain “invisible” at times when we need to visit the old world for various reasons. Inevitably, we are not seen anyway, unless others are very close to matching our vibration or unless we are “asked” to connect to and assist lower vibrating souls. Before we made many of our departures from the old world, many of us were treated as if we did not matter, as if we had absolutely nothing to contribute, as if we were obsolete, and so forth. This was because we were not being “seen.” Thus, it was time to leave these individuals and these spaces. We no longer lived there. It was time to go home where we belonged. We were done.

When we set up our very new spaces and a very new reality, our sacred spaces will be “invisible” to many. And just like the ancient ruins and beautiful spaces in nature, we may at times have unwanted visitors arrive in our spaces. It is during these times that we will choose to stay invisible, or rather pull in our energy so as not to be seen. There are times as well, when we will need to “go back” to the old reality for several reasons, and then need to pull our energy in, and simply go about our business in a relatively unseen way, until we can return to our sacred spaces once again.

This new way of being, and of navigating the dimensions, was a very challenging one for me. Always a very open, vivacious, and interactive individual, it was near impossible for me to behave any other way. And not only was I accustomed to connecting with each and everyone I encountered, but within minutes, I usually came to know their life story or at least what their life was about.

After we successfully completed our “mission” of raising the vibration of the planet during the first phase, we then needed to depart. Thus, old ways of being and old roles were still lingering for me. Infusing our energy into the old is no longer a viable option. These ways of interacting with all the lower vibrating energies are now over, done, caput, never to return again. And yes, we will most certainly be interacting with the old world as the angels of the New Earth, but we will do it in a completely different way than we had done before.

What? No More Saving, Assisting, Helping, or Transmuting?

Yup, definitely no more saving. As strange as it may sound, there will be many, many times when we visit the old world when we will need to simply *ignore* what is occurring there. It no longer has anything to do with us. The old world is finding its way now, and it is no longer our job to help it along...*unless*...we are *asked* for our expertise . And we will only be asked when we are seen. And we can only be seen by those who have approached the dimensional border, or who are close enough to feel, know, and understand some higher ways. And know as well, that the dimensional border is still a place that vibrates much lower than the "other side." All in all, there is a tremendous gap now between dimensions in regard to the old world and the new reality. The old world is nowhere near ready to accept and embrace what we may offer in regard to new ways...it is still at a point of going to *its* next step, which is still very far down the vibrational ladder from where most of you reading this are residing.

In regard to saving: Saving frequently occurred when individuals were attempting to help, but they were often coming from either their ego selves, or were very used to their old roles of bringing up the vibration of the planet, and most times they were doing it in very inappropriate ways. Many of these "helpers," and especially the New Age community, had a very bad habit of saving the planet, of saving people, and of saving much of everything, when never asked to do so. They were trying to help, but had not yet evolved into their soul shoes or knowledge of their roles. Blurting out things and awarenesses to others who had not asked, and sending unsolicited healing to others and to the planet, are yet other examples of inappropriate uses of one's knowledge and abilities.

Saving vibrates very low. Healing without being asked, vibrates very low. So although healing and assisting are very viable modalities (saving never is), there needs to be a meeting in the middle, or bridge, before either can occur. I cannot tell you how many times in the distant past when I had to decline invitations to attend planetary healings or even for intentional meditations to bring up the vibration of the planet. Neither was ever necessary. Our beautiful planet Earth knows exactly what she is doing and can take care of herself. Intentionality always takes one out of his or her center anyway...simply *being* is all that is necessary.

Currently, I am having a very long gravel road put in on my new land. Eventually, I will build a passive solar home on top of the mesa there, and the builders need to have access to the building site. Before we began, I sat down one day and asked the nature spirits and some of the shrubs if it would be OK with them to put a road in. "Sure. No

problem,” was their reply. Nature and the animal kingdom know that they can return very easily in any given moment. Infuse their energy into a new form, and they are off and running again. This is simply the cycle of life and of creation. Although I am “saving” as much of the pinon and juniper as possible, there will be one or two that will be departing, but they also know that they can return at any time and be welcomed eagerly into their new home in a very new and fresh form. The departing process was a beautiful one when it occurred, as many nature spirits arrived to escort the departing junipers into a new reality, in such a beautiful and loving way. And my road crew was beautifully gracious and understanding as well, while they allowed me to take part in this process.

So what about transmuting lower vibrating energies? Are we done with all of that too?

Because our primary goal when we arrived here on Earth this time around, was to bring up its vibration, many of us were born into challenging situations with much darkness present, so that we would have the opportunity to transmute that darkness through ourselves. And even without intentionally trying, when we entered a space of lower vibrating energy, we would oh so naturally begin transmuting. The time for this and for these roles is now over.

Again, this is why the years 2007 and 2008 were so very challenging. We agreed as souls to do the last and final “mop up” by entering lower vibrating spaces and interacting with lower vibrating energies for a very specific reason. We had to make sure that the old world or “main stream” would have the opportunity to come up a notch. We had to give every possible opportunity to those energies, so that they would rise to their next rung on the evolutionary ladder, before we departed forever. In order to ensure that the old world would be successful in meeting its goal, we offered this service. It was part of the plan. But now we are done, have departed (and if you have not yet departed, you will most likely feel very uncomfortable until you do), and thus, many of the old energies that we have disconnected from may be confused, sad, and wonder where in the world we have now gone and why.

Sobbing on Rocks, Crying on Walks

Letting go so drastically of all we have ever known can be challenging, but none-the-less, vitally important if we are to now fulfill our roles as the angels of the New Earth.

Perhaps the biggest challenge of all, is the simple fact that we are still in human bodies, with human emotions, and with human egos still intact, even though much of our ego selves are rapidly departing. So then, we are really poised in between one reality and another, as our souls are dictating the process and are the ones who have made the plan, and our human selves are the ones experiencing it. The more we evolve, the closer we come to becoming pure soul energy, but until then, this process can be quite confusing at best, along with experiencing the many emotions that a human being experiences.

One particular time during that challenging year of 2008, I found myself perched on rocky cliffs far out in nature, with my head on a rock, sobbing as I let go of so much to do with this process, and wondering if many of us would be able to endure these powerful and important roles we agreed to undertake. I just needed a big release. "Were we making progress?" I would wonder. "Can this planet endure much more? Can we stretch even further? Can I fulfill my role of reporting to others, when at times it appears that there is no good news to report? Have people given up hope and lost their faith? Can I walk my talk in pure integrity with so many challenging energies to contend with?" Or even telling my mother one day that other people on the planet who have been positioned as leaders do not find themselves crying in bathrooms out of the blue. "How do you know?" was her response.

We chose this route of struggles and challenges at soul levels because it was necessary for the needed changes to occur. Great challenges were the impetus needed for a planet that would not wake up. And we must know as well, that we can indeed handle it. At our soul levels, we are masters indeed, and know exactly what is occurring. It is the human aspect of ourselves that struggles so, but again, it is also the human aspect of ourselves that is undergoing this amazing ascension process, so that others may follow in our footsteps. Such a confusing but amazing process! So then, utilizing ourselves to assist with this grand Shift of the Ages is where the challenges occur.

One of the many challenges for me at a human level, was not participating or interacting with lower vibrating energies. For me, I was beginning to feel like a mean human being as I learned this new way of being. Ignoring others was not my style. I can remember asking the wonderful man who was putting in my new road, and with whom I had had many interactions in the past, if he thought I had become mean and cold. "Oh no!" he and his partner said. "Are you kidding?" But perhaps they were just being kind (smile)...

During this time of leaving our old roles behind, I had also begun to notice that I was getting irritated with my cat. Adopting my cat seven years ago from a shelter, she had special needs and behaviors resulting from trauma. We had become very close, and while giving her endless love, caring, and respect for all these years, she had made no progress with her healing. But she had never irritated me before. Did I have to be “mean” to her too? So then, I was more than a bit confused as to why I was suddenly having trouble with her in my space until it became very clear.

My role in bringing up her energy (she had, of course, matched my own energy when I got her) was now over. She was still residing, so to speak, in the old world. And in this way, many of our animal companions who are unable to make changes, cannot go with us, but just like the trees on my land, they will soon be returning to us in a new and different form that now matches where we are.

But the story of my cat has a different turn. Very soon, I will be getting a wonderful new Golden Retriever...and I know that this dog will come to me in a most perfect way. A dream for a life-time, my dream dog is now finally ready to join me after all these years, as I know the right dog for me will show up at the right time. In looking through the dimensional density for clarity, it was revealed to me that my cat will receive an enormous healing from having the companionship and security of a dog in our small family...a security that only a fellow animal can provide. Thus, she will be around for a while longer.

These new conditions I will be experiencing are the same for all of us, as they involve starting fresh and new, with a very clean slate, the beginning of our very new communities. Letting go of so much at times left very little in our spaces, while at the same time, having to contend with remaining darker energies when our role of transmuting and assisting them was now over. But these new beginnings involve having things and experiences that we had only dreamed about in times past. With our old roles now over, a different experience for us is now the only reality. Being reduced to near nothing in order to start fresh with a new beginning in a new reality, was part of this very important process. Connecting to new relationships and new experiences then, very slowly and perhaps even one at a time, will eventually create the new web and foundation for the next dimension. These new connections will grow and thrive, with so much love entering with each new addition, until a very new community is formed. And remember, communities can exist with only two souls until they expand into three, and then into four, and so on!

Because our old roles are now over, and we now need to embody very new behaviors, navigating these waters, then, can be tricky indeed. How do we interact now with the old world, and what is the highest and most “angel like” way to be while on the dimensional border or in the old world?

Below are some guidelines and tips to help keep us on track, to help us stay grounded, to assist in our protection, all the while maintaining higher states of being when visiting the old world (so we do not feel mean!):

- If certain energies are inappropriate, rude, disrespectful, or the like, we need not interact with them at all.

We can simply shut the door and make it clear with our actions and energy, that we are not participating. Remember, our roles of the past are now over, and we need not engage with the denser energies now. When they are ready, they will *come to us* in a more respectful way. When I receive a correspondence from someone, for instance, asking that I use my e-list to market their product, I am now very comfortable not responding at all and completely disregarding the correspondence. Just recently, I was contacted in an inappropriate way by a company who wanted to promote one of my books, but because of the way that they contacted me and because of their aggressive energy, I had no hesitancy in refusing to interact with them.

- Similar to making ourselves invisible, not interacting or even acknowledging the denser and darker energies is necessary at times when visiting the old world, or lower dimensions.

We will quite naturally connect with those we need to connect to. Like energies always attract like energies, and this is especially true in regard to higher vibrating energies. Energies in the old world that are just going about their business (not the rude and disrespectful energies interacting with us as mentioned above), most of the time will not even see us. In both of the two instances above, energies that are ready to interact with us in all ways, will be curious about who we are, what we do, and want to know more...i.e. they will *see* us. I used to sing a lot while I went down the shopping isles in a grocery store, and sometimes even dance. My daughter would continually tell me, “I *hate* it when you do that!” I would never do that now, as I have learned to keep my energy quiet and much more unassuming while being out in public .

- We can be very discerning about whom we *do* choose to interact with. In this way, we then open the door when we feel it is appropriate to do so.

Just like the non-physicals, we get to choose whom and what we want to interact with. Yes, there will be energies (or individuals) that will want to connect to us because we will feel good when much else does not, but we may be attracting them for very different reasons. Just because someone is mowing your lawn, or in your sewing group, for instance, does not allow them complete access to you. They are only in your space because of the overlap of summoned energy that has been welcomed into your space. The only common denominator might be an interest in sewing or a need for a cut lawn, and that is it. Thus, we need not open or reveal ourselves completely to those who arrive in our space. I have had many acquaintances in the past who knew *nothing* of what I do as my service to humanity...they only knew that I was a writer, and rarely pursued the matter. They were simply not interested because they were not ready and were not asking. Our relationship then, was strictly about the subject at hand...thus, only about the overlap or commonality in our connection.

- When visiting the old world, it can greatly help to focus on something that vibrates high for us, therefore keeping our connection in a higher state of being.

If I cannot find something in a lower vibrating reality with a bit of a higher vibration, I always get in and out in a hurry. It is just too darn uncomfortable to stay for long. If at all possible, I try and find something great around me, and ignore the rest. One day at the bank, the staff was singing Happy Birthday to a co-worker before they had cake. This particular bank branch was new to me, but I could not resist joining in and singing along, as it was such a happy moment. If a store has great customer service, then that vibrates very high for me, and I usually cannot resist telling the manager if he passes by, how much I appreciate his or her store and the way it is run. I especially love being in the old world when higher vibrating things and services are offered, because the words "thank you so much" are some of my favorite words to say. The last time I had my oil changed in my vehicle at the Toyota dealer, I told them repeatedly how much I enjoy being there each and every time, as I feel as if I am at a spa! They consistently give incredible customer service and cannot do enough for their customers.

- If a business or entity in the old world is unpleasant, with a lower vibrating energy, we can go somewhere else.

I needed a skilled person to help me with something in relation to designing my new house one time, and he was the only qualified person around. I was uncomfortable with his energy, so I immediately disconnected. Believing that I had no other option but him, I disconnected anyway. Very shortly there-after, someone else arrived whom I had no idea could help in this way, and I was very comfortable with him. When we say no

thanks, we are telling the universe that we will not participate unless....whatever. This works for me every time, as when I am clear about what I will and will not accept into my space, the universe responds in kind.

- Stumbling upon someone in need, is always a good opportunity to be an angel.

Short interactions with those we accidentally encounter who are needing assistance, is always a perfect way to interact with others. One day while going into a store (sure sounds like I spend a lot of time in stores, but not so! (smile)), I passed a woman sitting on the ground waiting for an ambulance, so I plopped down next to her, held her hand, and waited along with her. I am sure most of you would have done the same. People asking for money outside of an establishment (very common here in the Indian lands) because they are out of gas or need food? A different story entirely, as they are rarely really out of gas or needing food. These individuals I ignore and do not interact with.

- Assisting in the old world when not being asked is still a possibility, for sure.

If there was a natural disaster at our door, we would, of course, help those in need as much as possible. Assisting an injured animal found in the road? No doubt. Bringing a much needed meal to someone who is ill? Of course. These activities exist in states of love and caring, which always vibrate high. Which brings us to:

- When we are in states of love while visiting the old world, we are always protected and can stay there for longer periods of time.

After we begin to exist in continual states of having all our needs met, and in states where we are very protected and safe from any of the remaining darkness of the old world, we eventually take a big breath, exhale, decompress for a while, and are then more willing to “come back” for a short visit. In other words, we have let go of any lingering anger or stresses from so many challenging experiences of the past. It is then when we have spent enough time on the other side, that we are able to fully embody our new angel wings and begin our roles of service to a suffering and challenged old world reality.

Individuals having unusual experiences of suffering, require a very different response than those having suffering and drama as a continual pattern. The response from an angel of the earth would of course be one of assistance and love. Many times through my years of writing energy alerts and now WINGS posts, I would receive a correspondence from someone who had taken my messages to heart, as he or she believed that the message related to their years of on-going suffering and victimization.

When we have been a “victim” for a very long time, or have had an on-going pattern of unpleasantness for a very long time, or have had to live nearly out in the street for long periods of time, for example, then this does not relate to the ascension process. The ascension process does not create that much suffering, but unresolved issues of self-worth and victimization do.

The ascension process creates temporary instances of change in order to self examine and grow, but mostly, it creates continual change that we can adapt to and change that allow us to survive fairly easily if we are open, willing, and accepting of what is occurring. And yes, we do struggle and suffer for brief periods of time, but in the end, we eventually move on into very new territory that feels oh so much better. In the ten or so years since I experienced my very unpleasant leap ahead, I have never had any financial or health problems, and all my needs have been easily met. And this is the pattern for all of us if we allow it to be so.

On-going patterns of suffering continue until we suffer enough to be willing to let the patterns go, to examine their purpose in our lives, and so forth. In this way, being assisted by an angel would not mean saving or alleviating this suffering in an individual in this position, as that would be detrimental to an individual’s process. But *unusual* and “not normal” circumstances for an individual, such as a weather related loss, house fire, extreme health condition, a car breaking down in the middle of nowhere, and so forth, would warrant a helping hand from an angel. Most individuals are not willing to make a change unless they are really suffering, and thus, this creates a willingness to meet one of us on the dimensional border through a summoning or rather asking process. And again, the letting go allows us to enter and assist with our gifts and talents.

The more we evolve through this process, the easier our lives become, and eventually we have *very few* challenges and problems.

Because of this fact, some of you might have found the past two years of experiencing a new darkness very challenging. Feeling as if we had not had experiences with the lower vibrating energies for so very long, made it very difficult to “go back there again.”

When we reach certain levels of vibration, and this is, of course, true for all of us, again, we rarely have challenges or problems, etc. This is why we no longer need healing. We are simply no longer in the same space as lower vibrating energy. But what has happened most recently (as I write these words in April of 2009, and for a large part of 2007 and 2008), is that we are still in the middle of some substantial lower vibrating

energies, due to the fact that we have not yet completely “touched down” on the other side.

In this way, these energies can now activate what is still inside of us from times past, or even create new responses that are not so great, as it may seem that we are going through difficult energies all over again. When we vibrate higher, it does not all come from “healing within.” Much of it stems from the fact that the lower vibrating energies within us have now gone dormant. When we are now residing somewhere else, there are rarely any lower vibrating energies that can connect to us, and thus, any residue of denser energy within us simply goes dormant. There is nothing for it to connect to or to activate it. If we were to all arrive in Heaven right now (but we cannot go there until we match that vibration, unless we arrive through the old 3D death process without our bodies), we would have no more issues or internal struggles, as there would be no surrounding energies to activate these things within us.

So then, we do need intentional healing to arrive at a certain level, and after that, we do not attract many lower vibrating energies anymore, so any leftover residue within us simply goes dormant. And this is a regular and most certain part of the ascension process.

In this way, having to suddenly be around all the heavy and unpleasant energies that have been swirling around due to any “ousting” of them from energy shifts, and along with the decision at soul levels that we deliberately go into the darkness for the last “mop up,” had then created some unpleasant light bearing individuals who normally would not be so unpleasant. I often wondered during the months of the last “mop up,” if I had indeed been ruined, if the new damage was now irreparable within me, and had begun experiencing a dislike for myself that was very new indeed. I did not enjoy, and certainly was surprised by, my feelings and reactions to these darker energies (similar to the experience with my cat).

Some may say that we were examining our shadow sides, but shadow sides are many times simply activated and supported by outside darkness. Being that the ascension process is so very unique, it can most certainly be very challenging to be an angel while still in human form with the need to eat, sleep, have emotions, still experience pain, and to be continually bombarded by the darkness!

Add to this the fact that we have been regularly “beaten up,” banged around, acutely disappointed, and the like, while still being a soul in human form, and we will naturally adopt resistive and angry behaviors...it is only natural as we are still human beings and will be for quite some time. And it is not always about learning to love and accept these

energies, as the ascension process naturally creates an intolerance instead of a love. What a quandary at times!

But all of this adds up to the same equation. And this equation is one that states that the process is telling us to disconnect, to refuse to engage with, to remove ourselves from, and to at times ignore these lower vibrating energies of the old reality and the old world. We are supposed to get out now. We need not be around them anymore. And until we completely touch down on the other side, we may feel grumpy, volatile, defensive, insecure, short tempered, and most certainly ready for the new and higher vibrating energies that are within a finger's reach.

Do we all need to be hermits? Do we need to become shut-ins? What kind of life is that? And what about the loneliness so many are experiencing?

When visiting and interacting with the old world, we can still be fairly comfortable if we can spend time in energies that vibrate high in some ways. The good customer service I mentioned earlier is one example. Spending time with those who respect us and care about us is another. Becoming involved in activities where there is a shared interest that involves a creative outlet, an activity, or a simple outing for fun, is yet another. Beautiful music always vibrates high, thus, attending a symphony, concert, or gathering of musicians is always great, along with beautiful works of art. Simply having fun is vitally important as well.

But also know that the continual bombardment of darkness and seeming feeling that darkness is all there is, exists to support us in leaving that old reality and creating something very new, as this is our next step. Needing to be "closed" and "turned off" with our energies is not a great way to have to exist for long periods of time. Thus, we need new spaces in new realities where we can easily and continually "open" and be our happy and joyous selves. I miss singing and dancing down the supermarket aisles!

And the loneliness for like-minded souls? Many write to me, wanting to connect with other like-minded souls. They want to be around others who understand, who know what they do, and who have experienced what they have experienced. They feel very alone. Knowing about the ascension process or evolving spiritually, does not always mean that an individual vibrates high. I have met *many* souls who do not consciously know about these things, but who are the most pleasant and wonderful individuals to be around. So then, great people come in many forms. Although I do not know much about what is going on out there in regard to spiritual matters and what others say, as I keep to myself so that my experiences and information are as clear as possible, I do know that there used to be, and I assume there still are, many on-line communities that

support each other. I would assume an on-line search would reveal many like-minded souls in arenas for connecting to one another if this is your desire.

In regard to connecting to others, the ascension process always, but always, creates exactly what it needs to create. It is now encouraging us at this stage of the process, to remove ourselves from the old reality and to create our own sanctuaries with those we love, respect, and who are at our same vibrational levels. And this will occur in physical form, not just in cyberspace.

But before we create these new realities, and later, when we are not spending time in our new realities, we will be spending our time within our store-fronts, as they will provide a space for us that feels good, right, and places us in alignment with our highest selves and with our true and authentic souls.

The Store-Fronts

For many years I have been blessed to be the recipient of inquiries from relatives in regard to certain situations in their lives. Looking for validation or perhaps some new information about something troubling them, they will infrequently call for a reading or “look-see” from me. The first thing I need from them is a very specific target. I need to know where to focus my energy or rather where to look and specifically what to look at. “What *exactly* is it that you need more clarity about? Can you pinpoint a specific question?” I will usually ask. After we pinpoint the target along with a very specific question, then it is fairly easy to see what is really and truly going on.

Energy needs to know where to go. It needs direction. It needs a target. And this is the purpose of having a store-front, as it gives energy a road map or portal to come through. When we are wishy-washy about what it is that we need or want to create, energy then becomes confused. It does not know what it is supposed to do. This is why it can be so vitally important to become clear about who we are, what we are here to contribute, how we want to serve, assist, or what we simply want to offer. In this way, energy then knows where to go and what to accomplish for us. Telling energy, or dollars, exactly where to find us, then lets them know where we are and shows these dollars that this is the opening they can enter through.

And our store-fronts can more easily exist on the dimensional border than more fully ensconced in the old world, for several reasons.

If you are one reading this material, then you are most likely either fully removed from the old world and old reality, involved in the old world in minimal ways, or at least in the process or having a desire of making a good bee-line from the old world to the dimensional border.

Higher vibrating energies cannot stay in the same space as lower vibrating energies but for very minimal amounts of time. In this way, a higher vibrating store-front containing the energies of one of you, would not be able to exist fully in the old world for long. Having to interact with old ways of being, with old systems, and with those residing in the old world would be challenging at best, with many closed doors, unpleasant experiences, and negativity present.

In this way, it is then vitally important to place one's store-front on the dimensional border. And even then, for many of us "going back," the dimensional border can have its challenges as well, but with a little tweaking, things can work out. "What does that mean, exactly?" you may be thinking. "How does one find the dimensional border, and how do I know if I am there? And what challenges are you talking about?"

Some indications that a store-front is on the dimensional border are as follows:

- Unless you have discovered a miracle place (such as Google) to work within, that is large and utilizes higher vibrating principles, then your store-front will almost always be small. This is because it needs to be fairly removed from the old reality, and there are not many higher vibrating people, organizations, and systems to work with yet. In this way, we must find just the right fit in regard to the connections we will need to support and create our store-fronts, or.....we may need to wear more hats ourselves for a while longer.
- Once we migrate and evolve to the other side, we will find that our positions and roles in regard to the old reality become more about being at the top of the pyramid, and allowing our contribution and offering to trickle down to the masses. This means then, that we may find ourselves teaching and consulting in arenas where we used to do it all ourselves, one on one. Thus, we may now find ourselves teaching the teachers, so to speak, or at least teaching and consulting the hands on individuals.
- On the dimensional border, our teams or connections with others who help to create the foundation for our work, need to vibrate fairly high or we cannot work with them or be involved with them. In this way, we will need to connect with these members of our "cabinet" who have already left the old world to a degree, or embody many traits that vibrate high. My "cabinet" consists of a publisher, a web hosting service, and an e-list mailing service and that is pretty much it. This is what works for me.

The higher we vibrate, the more we have shed off, and there is then, little left. In this way, our connections and interactions become simpler and more refined. Tweaking our interactions with others, or continually finding new and better connections that make up our "cabinet," is a continual process of staying afloat with our store-fronts.

I have a wonderful publisher whom I have had for the past three years. I love my publishers dearly because they think outside of the box and they are small and flexible. A husband and wife team with a staff of children, they are building off-grid, they are very savvy with natural health, they are very informed and involved with writing and

the publishing industry, they know that authors are making very little money now with traditional publishers as well as almost all of the POD publishers, they are highly supportive of authors and writers, they will go to bat against anyone who is greedy and taking advantage of others (they are currently suing one of the giant on-line booksellers), they give impeccable customer service, they will drop everything if ever I need something from them, and they are *always* available...to me and to my readers. And they are tough as well...they will not allow inappropriate things into their space, as well as being the most kind, loving, and caring individuals I have ever worked with. They are also teachers themselves in the writing arena. My publisher, then, fits well for me because they carry a high vibration in many ways, and are still operating within the system even though they are really outside of it and beyond it as well. And of course, they work from home!

I have to have a strong connection to and good interaction with the company who hosts my web site, as I am on a dedicated server in order to handle all my web site traffic. I love my hosting company because they cannot do enough for me, are always courteous and very respectful in that I know very little about these technical things (they monitor my site's availability as well), are available 24/7, and do things for me that I should be doing myself. They hold my hand through every process and seem to thrive on it. They are a bigger company comprised of many young and savvy computer geniuses who really know what they are doing.

The company who sends out my thousands of e-mails every month, is fairly good as well. They tell me to refer any of my readers to their support line, and they will take care of any problems. They are extremely economical too.

And the only other "cabinet member" I have is my designer. She is a dear friend and very talented designer who does my book covers, helps with my web site (she became a friend after being my pro bono web designer many years ago). She is a talented artist who knows higher vibrating energy and brings this into her work. And she, of course, is always there when needed, but I do not need her often.

Everything else I do myself. I have been through too many web designers to count (I do all my own web site updating and new pages, I do the easier programming, I designed my new site, and do other various things as well), I print my own correspondence stationary (as I love the creativity!), and hand write all my thank-you notes for donations. Things are so streamlined for me at this point, that I have the time I need to focus on writing, which is what I enjoy most, and on living the life that I write about, as it is so very important to me to walk my talk. This "Karen Bishop" of Emerging Earth

Angels only takes up part of my life...it is not all-encompassing. And if it begins to be that, I quickly make changes as simplicity and a relaxing life are far more important to me. But I could not offer what I do without my wonderful cabinet.

If we want to have a successful store-front, we must have a good cabinet and a cabinet that works. There are some mandatory requirements for being a cabinet member, and if these are not met, rest assured, our store-fronts will suffer and we will spend more time on putting out fires than on fulfilling our purpose and contribution. (For a while, I had some challenges in regard to my web site hosting as it was too limited for my volume of traffic, and the cost to expand was enormous, but I finally took the plunge and things finally worked themselves out. But until then, and until I learned some web site programming myself, from advice given by my publisher and my web hosting team, it was one fire after another!) Some mandatory requirements that vibrate in a higher way?

- Cabinet members need to be good at what they do. It must be their passion, and not only their passion, but it is vital that they respect what they are doing enough to be good at it. If these conditions are not met, then the individual is not quite ready yet.
- Cabinet members need to be dedicated to what they are offering. In this way, they must be available...not next month, next year, or when they are free. They must be in the now, and committed to what they are offering no matter what the circumstances. In other words, they must be ready by being dedicated to themselves (i.e their purpose) as well as those they serve. Thus, they have found their purpose and are ready to fulfill it.
- Cabinet members need to have very little ego present. They must realize that all is not theirs to do, that their contribution to your mini-whole (as it is their whole as well) is what their role is all about, that they are secure and confident in their role with little insecurity and doubt, and they need to allow all members present to do what they do best as well. If there is something in regard to a cabinet member's role that is suddenly new to them, or that they have not encountered before, then they need to be ready and willing to make a change and adopt new ways. My publisher found out within one day that shipping my new book overseas was not working in regard to the fees, and thus, they were up all night for two days until they found a remedy. They never took it personally; they just fixed it and were flexible.
- Being focused on our specific role, passion, and offering with the required dedication, automatically leaves our ego behind.

- Cabinet members need to have evolved enough that their lives are now in order. Dramas, challenges, issues, health concerns, emotional problems, and the like, must be things of the long and distant past. Thus, members must be ready to offer what they are here to offer. They must absolutely be ready and dedicated to serving. In addition, when we are fully connected to our purpose, we are always grounded to a degree, and any bumps in the road become much more minor for us.

It can be challenging at times, to find our perfect “cabinet.” If you are a fore-runner, there may not be many out there who are ready yet to be a part of your cabinet. If this is true for you in some ways, then it is always possible to focus on the best aspects of an entity or organization, find the best organization out there to fit your needs, and go with that.

My cabinet also contains banks and post offices, as they are pivotal to my success and foundation as well. If a bank does not offer what I need, gives poor customer service, charges inappropriately, or the like, they are out the door for me. Not participating in lower vibrating energy will eventually make it cease to exist, but in the meantime, we may need to tweak and juggle things around, until we find what is tolerable for us in regard to our “cabinet.” I always build personal relationships with my cabinet too, as much as possible. When we know the members of our “whole,” we can then be understanding and caring, and flexible as well. My post office and bank know me by name whenever I arrive, and vice versa, as well as many times what is occurring in our lives.

When we place our store-fronts on the dimensional border, we will also attract the right clients as well. Now that we have left the old world behind and no longer have the role of bringing up its vibration by helping and serving indiscriminately, we have the option of working with individuals who can “see” us and who can “see” the border as they are closer to it. In this way, they are ready. And this leads to the very important piece involving *asking*.

There are many non-physical entities out there, and for those of us who are fairly sensitive and open, we will make contact with them eventually. Just because a non-physical being is “non-physical,” does not mean that a being is evolved. In times long past, I would receive visitation from a non-physical being asking that I “do” something for them, or they would perhaps make unsolicited suggestions. This behavior does not belong to a very evolved being. Highly evolved beings wait to be asked before they offer suggestions or services...or even wait to be asked before they show up at all. There

is one exception though, and this is in regard to our guardians or caretakers in the unseen world. They come to help, protect, and always, but always, have our best interests at heart. In this way, they may show up uninvited, but they never “ask” us to do anything, because it is never about them, but always about us. During the last few months of 2008, when so much was being disrupted and moved around, I received so many visitations from my star companion with warnings and “be careful abouts” that I was pooped!

We are now the “non-physicals.” So then, when someone asks for help, it is usually because he/she is ready. In addition, individuals may be ready, or think that they are ready, but may still believe that they know best and dis-regard our expertise. One common occurrence during the transition of leaving the old world behind, involved continual instances of disrespect from lower vibrating individuals. Being pushed out of a workspace by newly arriving individuals who did not respect their “elders,” pushed out of geographical residences by newly arriving lower vibrating energies, being argued with by “students” when one is trying to teach, and so forth, are examples of your soul telling you that it is time for you to leave your old space. You are vibrating too high for it now. Students or clients who are truly ready, have let go and are willing to listen to what their “elders” have to say.

So then, when we are ready to offer our services through our store-fronts, we most assuredly need clients or recipients who are ready. Any individual who does not revere our experience, expertise, or gifts and talents, is not yet residing on the dimensional border...he or she is residing well within the old world, and this is why we need not connect with them. And yes, as we all know, it is always best to allow an individual (or client) to follow his or her own guidance too, but this is not what I am referring to here.

For several years, I have had a policy of not accepting e-mails. There are several reasons for this. If I spend a substantial part of my day wading through hundreds of e-mails, I cannot walk my talk, live the life I write about, or have the experiences I need to have in order to bring them back to my readers. If I am writing about living in the higher realms, I need to do just that. Otherwise, I am living a life that does not reflect what I know to be a higher vibrating life. Being on my laptop all day would rob me of that experience.

In addition, it is far too easy for individuals who read my work, to simply click a button and thus, send a casual thought or many times a disagreement about something I wrote about, telling me why I am wrong, etc. I request that my readers write me via a postal service letter, which many will not take the time to do if they are attacking me or

making inappropriate suggestions. I do remember a time though, a few years ago, when a woman wrote me a scathing letter about me not being in my integrity or walking my talk because she could not figure out how to unsubscribe from my e-list. Her phone number was on her letterhead, so I gave her a call and asked her how I could help. "Oh, I was just in a bad mood that day," she said! So then, no interaction was necessary even then.

I have always been open to suggestions and constructive criticism, and usually weigh each correspondence that I receive in this way, appreciative of the input, but after many years of this, it finally became evident to me that most of these correspondences came from folks who were either mis-interpreting my message, did not yet understand what I was saying, or were just plain mean. If I did not have the policy that I do in regard to e-mails and what I can be contacted about, I would have had to discontinue my service and contribution many, many years ago. So in this way, if I do not adhere to the guidelines offered in this chapter, I always, but always, get bitten. It was hard in the beginning, as I wanted to be open and accessible to everyone in a loving way, but over the years, I have learned differently.

When someone is ready, his or her ego is out of the way. Many times a person has to become so miserable and beaten down, that he or she will simply let go. And of course, all of us have this very similar experience, no matter where we are residing. When others are ready to surrender and let go, this is when many of our store-fronts (and even those store-fronts that are here to offer wonderful works of art and music, for example) will be vitally needed and accepted. When nothing else is working for an individual, he or she will eventually let go and surrender, thus placing them on the dimensional border, as an individual has then successfully let go and left much behind, including ego aspects. And this is also why we must really know what we are doing, or in other words, know our area of expertise in all ways, if another soul is ready to open to our assistance.

In this way, if an individual surrenders and places his or her trust in us, we must really and truly know what we are doing, or at least be willing to find out what may be needed. I cannot tell you how many times I have not reported something in a WINGS or energy alert post, because I was *not completely sure* about the information I was receiving and experiencing. When I did become very sure, many times it would appear late on my web site, after many of my readers had already experienced it, but at least I felt very comfortable knowing that I was quite positive about what I was reporting. When a soul is ready, he or she will let go, as they are basically surrendering to something outside of themselves in order to get some relief or assistance.

So in this way, we will be *asked* for our services. Will clients gravitate to us only when they are ready? No. Many will come when they are not yet ready. Because of this, many of you will begin to screen or require clients to apply for a space to work with you or to interact with you. Clients who are willing to do the work, willing to look within, willing and ready to compensate you and value what you are offering, and who are very aware of the whole of the planet, and so forth, are those who will be on the dimensional border along with many of us who are meeting them there. Remember, we have already been where they are.

Many years ago, I worked with severely disabled youth in a public school setting. It was my job to make these individuals become as independent and powerful as possible, while at the same time, teaching those around them not to enable. Most times when I received a new student, he or she had developed habits of acting helpless and pitiful in order to get what they needed. Immediately, they would try and manipulate me, would not cooperate, and try to get away with everything possible, to the point that we would spend more time on behavior management than on the incredible things that he or she could have been learning...or even interacting in a fun way with their fellow students!

The first thing I always did was to set strong boundaries for them and make sure they knew who was in charge, because when they were working with me, they were not the ones in charge in the beginning. Not too fun, but very necessary in those beginning moments. After the needed respect was understood and given, then the love could come in, and certainly all the fun! We usually became good friends in the end, and it was so very powerful to see these students become who they really were, without all the drama and game playing as they had begun to respect themselves and truly learn who they really were. After they became respectful and knew the rules, I could then let go, as could they. It was love and fun from then on. In those days, I did not have a choice in regard to whom I would work with, and did not have a choice to leave if I was not being met in the middle. Thank goodness those days are over for all of us!

We need not interact and provide services to individuals who are not ready, or who are not willing to do their part. Just like our old systems and old organizations, we need no longer interact with energies that create struggle, resistance, who are disrespectful, and who cannot work as a team and as a whole.

Up until now, our roles were about bringing up the vibration of the entire planet. In this way, we needed to transmute denser energies through ourselves, and to bring in our light to as many places as utterly possible. Perhaps feeling like victims in some ways, feeling trapped, becoming exhausted from it all, and having to deal with very

unpleasant energies became the norm, but now our roles are different. Our roles now involve bringing as many souls as possible to the other side (in addition to creating a very new reality for ourselves). In this way, we need not go back into the old reality and sacrifice ourselves for the good of the whole. We are done now. We have successfully reached the other side. So now, we can lovingly go back to the dimensional border and interact with those who are just approaching and arriving, and who are *ready*.

When an individual is truly ready and approaching or living on the dimensional border, no boundary setting is necessary. The boundary setting comes into play when souls *are not yet ready*. And the beauty of our new roles, is that we get to interact with individuals who are so very close to crossing over to the other side, as well as assisting them in arriving...all effortlessly through our natural gifts and talents that comprise our store-fronts.

Are We In Heaven Yet?

In recent times, lower vibrating energies have seemingly taken over, moving us out of our old spaces, and pushing us into a very new residency. Taking over work spaces, geographical areas, organizations, and more, many of us have been forced to vacate to a higher ground...but where *is* this higher ground, anyway?

Of course, the higher ground is within, but it is also without. As we begin to evolve within, we have no choice but to desire that our surroundings now match what is within us. This is what creates the low tolerance and almost deep pain we feel when we visit the old realities that were originally created by lower vibrating energies.

So in this way, we may feel boxed in, shut in, and wondering where we can now go that feels remotely right. These feelings are very common throughout the ascension process, but much more prevalent after we reached that new plateau in 2009. This is because there are *many* of us now, that need to be in our very new Heaven with very new beginnings.

The perfection is here...as always. Because there are now so many of us, we now get to create a much more higher vibrating reality in the physical world, right here on the Planet Earth. In times past, when we were waiting for many others to catch up, it seemed as though our new realities could only exist within us and within our very own personal sanctuaries. This was a challenging time indeed, but now it is time for something very new and different to manifest.

Now we get to create our small communities...all from scratch and from a very clean and clear slate, as so much has been removed and has left our spaces. As mentioned several times through-out this e-book, bit by bit and piece by piece, we will introduce new additions to our communities, and these new additions will fit beautifully in every way. These new additions will have the common denominator of *being ready*. Having left much behind, each new individual and new energy will be oh so grateful for the presence of others, will be ready and willing to make his or her own special contribution, and thus be perfectly poised to enter our new realities and new communities. Much of this is because we have nothing much left as so much has departed...and this is how it was intended. Like orphans landing on a new shore with nothing much on our backs, we are now so very ready to create the new land.

When we begin this new adventure, we will feel as if we have died and now arrived somewhere entirely different. We will have very new experiences, things will feel very different, and we will perhaps wonder where in the world we now are. And all things will feel *good*. Our perfect partners and companions will arrive, we will be supported financially in all ways, and much of the unpleasantness will now be gone from our lives. I know this sounds like something from a fairy tale, but I can see it as clearly as I have never seen anything before.

In times past, many of us “saw” many things, including our very new beginnings arriving in 2008, instead of 2009. But what can sometimes occur, is that we change the plan. We decide to give it more time, and thus, things are delayed. Timing is always near impossible to predict, even if outcomes are fairly accurate. And in addition, we always have the freedom to change many of the outcomes as well. But as so many of us are realizing and feeling now, these very new beginnings are really, and truly, finally right around the corner...and none too soon, as I believe many of us were or are hanging on by a thread. When we are poised between one reality and another, we are not yet anchored into much, and this creates feelings of vulnerability, fear, loss of confidence, insecurity, and lack of trust, among other things.

So then, our outside manifestations will arrive for us in due time, as we are the ones who will be creating them when the time is right. We are the ultimate creators of our new reality. It is up to us. It is then that we will have somewhere to go.

What if some of us do not yet know what we want to do or where we want to go? What if we are not clear and are unsure?

Surrender is always a good remedy and always places us in the eye of the storm.

A few weeks ago, I began to have some real distress about what was occurring in regard to my need to eat every five minutes. I was tired of the weight gain, but could make no progress as I became ravenously hungry every hour or two, and had to eat whether I wanted to or not. I finally decided to try one of the commercial weight loss programs that provided food and had a strict program that nearly guaranteed weight loss, but mostly, I wanted to stabilize my fuel intake. I had never really been on a diet before, as this was really not my style, but at this point, some kind of monitoring seemed like it might help.

After four days, I became nearly ill. My need to eat increased dramatically, and I felt horrible, even though I was allowed to consume all I wanted of some varieties of food, and the diet also required that I eat far more than I ever had. My mother is diabetic, and

I began to wonder if I was becoming diabetic as well. I felt as though I was starving! With these unusual symptoms of hunger greatly exacerbating, I decided that I should probably go to a doctor, as I knew that something was indeed wrong. Something seemed out of control. I did not even have a doctor, so looking in the phone book, I made some calls, but felt that I was pushing too much and forcing things to happen. And in addition, there would be hundreds of dollars involved for new patient status, tests, and the like, even though it was not about the money. It did not feel right, even though I was getting into a near panic that I must be having some real blood sugar problems. Or maybe my hormones had gone haywire as well, and my body had just gone completely insane! And being in this state, I was in no condition to do a reading on myself or to consult a non-physical advisor.

So I did what I had learned over the years and *surrendered*. The next morning, I drove out to my new land, where I knew I would find peace and calm. I gave up on the health situation and let it all go.

On my way there, I suddenly remembered that there was a small health clinic nearby, mainly for Navajos, but I had gone there once for a kidney stone, knew they did not take appointments, and knew that diabetes was very common with the Indian population. Being that I was driving right by, I popped on in, expecting that they would find my blood sugar level outrageously abnormal, and I would most certainly now be taking after my mother with a new and permanent health condition.

I waited for less than five minutes, as it was *unusually* quiet that day. My blood pressure was sky high, and they also took a blood sample. "Go on down to Room 5," I was instructed. As I peeked out the door to the hallway, there down the hall was an inviting doctor waiting for me. "Are you Room 5?" I hollered down to him. Oh yes, he was indeed. After we went inside, I poured out my story, as he listened intently. "I cannot believe you are sitting right here at this moment with this particular problem," was his only reply. Hmmmm. Was that good or bad?

This angel doctor had just finished writing a very new book. Spending two weeks here in the vast remote openness of New Mexico, and the other two weeks in Washington, he was here just at the right time for me. He wrote a book because there were so many contradictory viewpoints about diet and losing weight, and he wanted to get to the bottom of it. "I know exactly what is wrong with you," he calmly told me.

Evidently, I was having a bad reaction to carbohydrates, and my blood sugar was going up and down like a yo yo. It was then that he suggested the South Beach Diet. He said that I would *never* be hungry. Comprised mainly of protein and veggies, with very little

sugar, fruit, or dairy, it would indeed stabilize my system. The carbohydrates evidently were the problem for me. "But what about my sky-high blood pressure?" I wanted to know. "You do not have high blood pressure," he said. "Jump up on the table and I will show you." He proceeded to take my blood pressure, and it was perfectly normal. "And were my hormones going crazy? Is there anything wrong with me at all?" Being that I had none of the common physical symptoms of menopause, he felt that I was just fine. And my blood sugar test results came in right then at a normal level as well.

So then, after surrendering the situation, within a very brief time, I was given an answer for very little cost, did not have to "look" or go out of my way to find it, have not been hungry since, and on my way out the door of the clinic, I was guided to a fitness center next door where I could now work out for absolutely no cost (before then I had been weight training at home). I have never felt better about what I am eating, can really relate to the diet, and most certainly felt loved and protected as well. All of this from out in the middle of nowhere where the nearest amenity is an hour away! (Please know that I am not recommending this diet to everyone...it is just one that worked for me.)

So even though we may now have desires to find Heaven outside of ourselves, as our environment is equally important, what is inside of us is important too. Being in the eye of the storm automatically places us in a position of surrender. It places us in the space of neutrality, of peace, of acceptance, and most certainly, of trust.

When we let go, give up, get out of the way, and simply surrender, the answers and supports seemingly arrive for us in record time, even if we may seem to be in situations where a remedy cannot possibly be close at hand. Surrendering takes us out of the storm.

But what if you do not know what your gifts and talents are, and what you want to do or where you want to go?

Surrendering allows these things to come to you. It allows these things to call you. Even though I always knew that I would write a book one day, I did not write my first book until many were asking for it. And I began writing the energy alerts because I had experienced such discomfort from the ascension process, that I decided I wanted to know what in the world was going on. After I found out via the way I was wired, I then had a very strong desire to let others know as well, so that we would not feel so alone and so that we would know that this process was divinely planned. I was just being me and things took off from there. I was not trying to make money or to find my purpose.

We will know what is ours to offer when we are ready to open a store-front, because it is something that we have always come back to. It is something that has been within us forever. It is something that we cannot possibly not do. It is something that continually emerges from our being, over and over again. It is something that comes very naturally to us.

And the same is true for where we are residing geographically. Our next stop usually calls to us or invites us in, all on its own. We will hear its name over and over again, or perhaps we simply get invited somewhere for any non-related reason. Either way, an area will call to us somehow.

So then, being in "Heaven" involves being in the eye of the storm, or being centered and calm, and also involves residing in and spending time around higher vibrating creations and realities that match where we are now vibrating on the inside.

Are we oh so awesome and nearly perfect now, after so much letting go and transmuting? I know that I am most certainly not. I have a very long way to go before I reach the states of heightened spirituality that we have read about, but perhaps these states are not really where we are striving to be anyway...perhaps they derived from old 3D minds.

When our outside reality becomes much more pleasant and all our needs are always met with ease, our inside adjusts accordingly. So again, in this way, any residue of denser energies within us simply goes dormant as there is nothing to activate it. Thus, after we begin to experience these very new beginnings in a very new reality, we will quite naturally become much more of the loving and caring angels that we may have envisioned.

It needed to be this way in order for us to serve humanity to the best of our ability. Not being continually side-tracked by concerns about our own survival and our own dilemmas, then frees up our energy so that we can assist very easily and readily those in need.

Our love and caring, our love and support, and just simply being there and offering our special gifts and talents to those in need, will be so vitally needed in the old reality. It will be much easier to offer these things when we are not so personally affected by the fall, because we will then be residing somewhere else indeed.

And this is the way it was intended...

Wishing you Heaven in your heart, starlight in your soul, and miracles in your life during these miraculous times. Until next time,

Karen

Additional Information

Supportive supplements I took while discontinuing my anti-depressant drug:

The supplements I took were Omega 3, calcium, super barley, a good multi-vitamin, extra B and C vitamins, and lots of water and rest. Inositol can help as well, but I did not take it. Please know that this was only my experience, and I am not necessarily recommending it to others, as I am not a health care practitioner. I am also not recommending that we all discontinue our medications, as they can be very helpful when needed. We are all different, and consulting your health care provider is always best.

For hair:

The product I use is called WEN. If you are interested in this product, it can easily be found through an internet search. Please note that there are more products and hair cleansers available from WEN that are *not* listed on their web site. This cleanser takes quite a bit of rinsing, and with a high reverence for water and being conscious of the scarcity of our water here in New Mexico, after a month of restoration for my hair, I only use it part time now, but still absolutely love it, as does my hair.

Anti-Oxidants and Skin Care:

We are all very different in regard to what works the best. I discovered that I was far too sensitive for CoQ10 and many others, internally or externally, and thus take an anti-oxidant called Astaxanthin. And of course there are the natural berry supplements and many, many other products out there. As for topical skin cleansing and restorative products, I found that the Isomers line was the best for me (I am not promoting nor affiliated with this company). And again, there are many others out there that are less costly, and in addition, you can make your own products as well at a fraction of the cost. I also take a hyaluronic acid blend with collagen II and chondroitin , as it is a great hydrator for the skin, it also helps support my rebuilt knee, and makes my skin so very soft in this harsh New Mexico climate.

