

Metatron
The Cracking the Money Bands Channelings

Through Reniyah Wolf
July, 2004

©Reniyah Wolf, Eva Aarrestad and the Love and Empowerment Foundation, 2004, 2005. May be redistributed as long as done so in absolutely unaltered form, and including this copyright notice. No sound recordings of this material may be made in any form whatsoever. Derivative content workshops, seminars, etc., using this material in connection with the Name of Lord Metatron are expressly forbidden and will be pursued as copyright violations to the fullest extent of the law.”

1. What is Money?

Beloved Ones, I greet you this day in eternal joy. Now, to begin, let us define this thing you call *money*. You already think that you know what it is, but, for purposes of our discussion here, I would like you to keep your minds open. You all have many beliefs regarding money which have nothing to do with what it actually is. We will discuss some of those later on, but for now, we will stick to the facts about what *money* is and what it is used for in your societies.

Money is a way for you to exchange energies with others in your societies. It is a more convenient way for you to exchange what you have, goods and services, for those which you need. This is how your civilizations have advanced beyond trading the actual goods. It is no longer practical for you to take your cow to the marketplace to trade for the grain you need to make bread. It is now necessary, and much more convenient, for you to carry some pieces of paper in your wallet than it would be to drive your cows and chickens to the common market in a truck. *Money*, is representative of something that is commonly agreed to be valuable. In your world, gold and silver are agreed upon by all of you to be commodities of value.

As your nations have evolved, for the sake of ease and practicality, the medium of currency, or *money* came to be. In theory, as you know, each coin contains its own weight value of the substance from which it is made. Each note, or paper currency represents an amount of gold or silver which is held in reserve. Also in theory, it should be possible to exchange your paper currency for like amount in real silver or gold. We know this is not the case in your world, but it is not our purpose now to discuss how your governments *play* with the value of money. I am sure that you have known these facts about money and the

purpose it plays in your lives and societies. Now I would like you to take a look at money simply for what it is. I want you to try to dismiss all the other myriad thoughts that come to mind when you think of money. Detach, and look at the concept of money simply as a medium of exchange, one which makes your lives more simple.

This is important, Beloved Ones - *money is a medium of exchange*. Instead of exchanging your goods and services directly with another, you exchange money instead. When you exchange directly, for example: you are an artist and you paint a mural on the wall of your accountant's office. The accountant, in return, prepares your tax return. You are expending some of your energy to paint this mural. Your accountant is expending some of his energy to prepare your tax return. You have *exchanged* energy in an agreed upon way, to your mutual benefit. Perhaps your accountant does not want a mural in his office, but you still wish him to prepare your tax return. You have painted a mural for someone else who cannot prepare your taxes. *Money* then becomes *representative* of the exchange of energy. Rather than having to expend the time and effort to seek the exact person who requires your own services and also offers the services you need, you have this thing called *money* which symbolizes the exchange of energies.

Thus, Beloved Ones, *money* is simply *representative* of the flow of energies behind it - nothing more, nothing less. There is nothing inherently *good* or *bad*, about the paper and coins that you use to represent this flow. It is not the nature of *money* itself that determines how people will obtain it and use it. Money that has been obtained in an illegal or dishonest manner is not *bad*, or *tainted* money. Likewise money collected at your church services is not *good* money. The money itself is not responsible for all the things people do with it. The money itself does not create conditions of abundance or lack. The money does not control others or cater to vested interests. The money does not make you suffer by its absence in your lives. The money simply responds to the energy behind it, the energy of the person making and spending it.

All of you have gathered here with me because you wish to have more of this energy flow of money in your lives. You wish to be able to stop giving your power over to it. This is where you will start, by detaching and by looking at money for what it is. There is nothing to *judge* about money. It, in itself can do no good or harm. If you wish to attract more of the energy flow of money into your life, you will need to make certain energetic adjustments within your own thoughts and being. You are in control of the money, and it responds to the energies you are putting out to the world. It does not control you, although it may seem so at times.

An exercise that you might find interesting to do: take a pen and paper and write down the thoughts about money that immediately come into your mind. Some of you will undoubtedly write down things like "scarce, hard to come by,

root of all evil, must work hard for, don't want to give to the government." You each have your own versions, and your lists, some of them will be quite lengthy. When you are finished, take a look at your list and see how many of the things on your list actually have to do with *money* as a medium of exchange, or as an energy flow. How many of the things on your list are connected with fear in some way? How many of them have to do with making a judgment about someone or something else besides *money*, itself? Anything that you have written on your list besides "money is a medium for the exchange of energies", is having to do with some belief that you have about money.

You are powerful co-creators with God, Beloved Ones, and your beliefs and emotions do indeed reflect back to you in your experiences and outer reality. It will be my purpose in our time together to assist you in bringing to light some of these beliefs that you have about money. As you look at them, you will see how they no longer serve you, and you may choose to release them. *You* are the energy behind money, it is not the reverse. You can use the energies that money represents to make your earth life abundant and filled with joy, or you can use the those energies to bring yourself pain and suffering. It is your choice, not mine, not anyone else's, but *yours*.

I AM Metatron

I AM With You Always

2. The Nature of an Energy Flow

Beloved Ones, I greet you this day in eternal joy. Today we shall discuss the nature and flow of energy, and how it relates to the medium of exchange known as money.

If you have studied anything about the new science of quantum physics, you will know that everything is *energy*. Everything you know as created reality is actually energy in motion in the form of sound waves vibrating at a certain level of frequency. It is the patterns of the sound waves that form the dense matter of your Earth and the lighter, the transparent nature of the etheric planes, and on up into the higher dimensions where all is a moving pattern of light and color. It is the rate of vibration, or frequency of the waves that determine the nature of its manifestation into reality.

The slower the vibration, the more dense the manifestation into reality appears. As you may know, Beloved Ones, nothing is really *solid*. It simply appears so, and feels so. On a subatomic level, there are the *spaces between the particles*. It is the rate of vibration that determines whether you will perceive the spaces or not. Your Earth, the bodies of your life forms, those things which you construct to use in your lives, are all vibrating at a slower rate, and therefore seem *solid*. Yes, your physical universe seems very solid when you bump into some part of it, and it does not give way. It is no different, though, in substance than any part of the rest of creation, all the way up to my level. It is I who carry the thoughts of Mother-Father God into the sound waves that form the myriad of creations. The process of creation happens the same way, and follows the same precise laws, at whichever level it occurs. The only difference is in the rate of sound vibration.

Now we have determined that all is energy - you, in your physical embodiments, are energy, as is everything else that you know to be real. You are not solid, it just feels as if you are. What part do you have in this creative process? You are, each one of you, a portion of the consciousness of Mother-Father God. You have the same abilities of creatorship. Each one of you are assisting to create, and to hold in place, the reality that you are experiencing right now. You are co-creating, with me and Mother-Father God, by the thoughts that traverse your consciousness, those that you are aware of and also those that are below or above your conscious thinking. Your thoughts, each one of them, also have a rate of vibration. It is the rate of vibration of those thoughts that will determine what kind of reality manifests in your little corner of the omniverses. You, all humanity together, collectively create the world you live in by the thoughts you place in the pool of consciousness that surrounds your plane.

Let us use an analogy. Your computer will not function if you do not have it, and its various components plugged in. You plug everything into your power strips and then into your outlet. You turn your computer on. A current, unseen by you, flows from the electrical transformers through the wires into your home and through your outlet. When you turn on the switch, the current comes through into your computer and you are able to use it. You do not need to know exactly how this all happens, and most of you do not wish to. You simply know that if you pay the bill from the electric company, and all else is in order, your computer and other electrical devices will work. This is also what will happen with your creative thought process, *if everything is in order, and functioning as it should*. Your thoughts, Beloved Ones, are *electromagnetic* in nature, very similar to the electrical current that runs your devices.

Now let us look at some of the problems that could happen with your electricity supply. There could be an equipment malfunction or blockage at any place along the line, from the power plant to your computer. This will disrupt your service, cause your electricity not to work until the equipment is repaired. As you know, this happens for a variety of reasons. You are all familiar with the *power outage*. When the *flow of current* is disrupted, the desired result is not available. When the flow of current is as it should be, your electricity works perfectly.

Your own thoughts being a form of electromagnetic current, the same should hold true of what you are manifesting in your life experiences. If there is no malfunction of the equipment, no blockage of the current, then your own reality should function perfectly. You should be having everything that you desire. *What???* you ask me. "Well", you say, "it's obvious that *you* don't dwell in this Earth plane, Metatron!!!" Ah, but I do, Beloved Ones, though you, because we are really One. That is why I am here to share with you some information and some energy that will assist you.

Why doesn't the current of your own thought flow so smoothly? Why do you have troubles with your lives, if you inherently have the creative power of Mother-Father God? It is because you have blockages in your lines. The current of your thoughts is, of course, also a matter of frequency, or rate of sound vibration. When this current of your thoughts is blocked by the lower, dense vibration of other thoughts, the current cannot be carried to the desired manifestation. The reality that you experience in your life may be very far from that which you had intended, that which you desired. The reason for this is because you have dense, lower vibrational thoughts of fear, pain, disempowerment, blame. These lower thoughts will have the effect of blocking and of *shorting out* your creative current, your God-given power of manifesting the reality that you choose. As with the electrical current that comes to your home, if you do not repair the malfunction, you will continue to have problems and your life will not work properly.

Let us take a closer look to this concept of energy flow as electrical current, from the perspective of *money*. As we have already determined, money is simple matter, in itself. It is paper or metal. It has now power, no force of its own. Its flow is determined by the electromagnetic current of the thoughts behind it. It is the collective pool of those electromagnetic thoughts in your planetary consciousness that determines the nature of the monetary systems of your world. As you can see, the equipment does not work so well. You, Beloved Ones, though, are in control of your own electromagnetic current that creates the way that the energy behind the money flows in your lives.

If you provide the unobstructed wiring, the energy that is represented by *money* will flow smoothly in and out. The problems that you have with *money* will disappear. There is no shortage of money in your world. There is actually plenty enough for each human on earth to have all that is needed and desired. It falls upon you, each one, to service your own equipment and wiring, in the form of your thoughts, in order to work with this energy flow of money in the manner that you choose. Once again, this is why I have come to assist you. You are coming into a time of a new, higher frequency energy prevailing upon the Earth plane. In truth, Beloved Ones, being broke, poor, struggling for survival, is a manifestation of the old energy that you are now leaving. The fearful thoughts behind this manifestation will not serve you well in the new energies.

Today, Beloved Ones, just as a little exercise, I would like you to think about what it would be like if your own money did flow like the electricity through the wires, or the water through the pipe. How would your life be different? What *would* you do with your time in embodiment if you did not have to struggle and worry about money? How would you spend your days? How would it feel *not* to feel like you have to worry about money?

I AM Metatron,
I AM With You Always

3. What is Spiritual?

Beloved Ones, I greet you once again in joy. Today we will address a subject about which there is a great deal of controversy on your planet Earth. That subject is the relationship of *money* to your religions and spiritualities, and how it applies to you as a being of consciousness. You will note that I did not say “you, as a spiritual being.” In truth, Beloved Ones, there is no difference and separation between the you that is a spiritual being, and the you that is an embodied human.

This has been a popular belief system in your world, that there is a separation does and should exist between the practice of spirituality and the living of one’s normal embodied life. For purposes of our discussion, let us define this term *spirituality*. You use this term to characterize your individual relationship with God. You might say that you have a shared spirituality with those whom you hold common beliefs. This word, spirituality, is often held in the same context as the word *religion*. Those who choose to share in the beliefs and practices of an established group tend to say they are *religious*. Those who choose to cultivate a personal relationship with God/Divinity, less the traditions and teachings of an official body, tend to describe themselves as *spiritual*. Whichever term is applied, the idea behind each one is that one’s relationship with God should be separate from the rest of embodied life.

Now, Beloved Ones, I would like to debunk the myth. This belief system that all matters pertaining to God should be kept separate and apart from mainstream life belongs to the old energies, the frequency band that you are now moving out of. This belief system is another thing that will not serve you in the new energies. You are moving away from the frequencies of fear and duality. In the energies of duality, you have felt it necessary that which is *good* from that which is *bad*. Now you are moving into the energies of Oneness, where things will cease to be good and bad, and will simply *be as they are*. In the new energies, you will not judge what is good and what is bad, but simply choose that which is resonant with you.

We will return, for a moment, to our previous discussion about energy and the process of creation. We have already determined that all creation happens from the same process. The idea, the thought, the concept originates from the Mind of God. You are also a part of that Mind of God. The thought then takes form as created reality by becoming *frequency*, or sound waves. It does not matter *which* thought it is. It does not matter whether it came from my consciousness, God’s consciousness or *your* consciousness. The process of creation has the same basis in higher physics. It does not matter whether Mother-Father God is desiring to create a universe or whether you are deciding that you need a new car. *The process is the same*. It is easier for Mother-Father God to create a universe than it is for you to acquire a new car *because there are no broken connections in the lines*. The thoughts that you have in judgment about religions,

about spirituality, about *money*, as you place your labels of *good* and *bad*, these are your faulty connections. These are what stops the flow of your creation, because they are incongruous with the higher cosmic flow of energy that emanates from Mother-Father God. These thoughts of judgment are what trip your circuit breakers and keep you in the dark.

Now that we have reviewed the simple version of the basis of creation once again, it should be evident that there is *nothing that is not spiritual* in nature. Everything that has existed throughout eternity and that will exist into infinity has sprung from the Mind of God. Everything that exists as created reality is part of God. If, by your earthly definitions, that which is spiritual must have to do with God, then the *All* of creation is spiritual. All times, places and events are spiritual. All of your experiences are spiritual. It can be no other way. You are being spiritual in your meditations and group gatherings, of course. You are also being spiritual as you go to work in the morning, as you wash your clothes, as you watch television. You are even being spiritual when you become angry with one another and fight. Those who have different spiritual beliefs than yours are also being every bit as spiritual as you are. *All* of life, all of created reality is sacred and holy because it has sprung from the wellspring of the Mind of God.

I know that some of you are going to have some difficulty with this premise. There are too many things that you disapprove of and find distasteful. You are not going to want to consider those things to be spiritual. You ask me, "Metatron, how on earth can a war be spiritual?" Ah, but it can, my Beloved Ones. When you view a war from the viewpoint of duality, it appears to be a terrible and disastrous thing. When you view a war from a higher viewpoint, though, and can see the broader scope, there is much evolution in consciousness that comes along with a war. It is the nature of your plane that those embodied here will learn by experience. This is how you learn what results are desirable and what are now. This is how humanity learns about itself, and chooses where it wishes to go, through the events of your world. Those who have experienced war are in a unique place to create something different, something higher. As humanity sees what it does not choose to be, it then can discover what it *is*. A spiritual experience, by your own earth definitions, is one that leads you closer to God. In reality, you are not separate from God, any of you. It simply feels that way as you live out your lives in your world. Wars and other turbulent events cause people to search inward, and to seek their connection with God. Wars cause people to re-evaluate their lives, priorities, and viewpoints. More people pray during a war than at any other time. You are moving into higher energies now, and one day war will be something that simply would no longer happen on Earth. It would be unthinkable. In the past history of your planet, though, wars have been a great catalyst for growth and transformation. They have been *spiritual* events.

Let us move on, and return to the subject of money. By nature of our explanation so far, then money is also a spiritual thing, of itself. It is a part of

creation. The energy flows created by humans as they use money as a medium of exchange are also spiritual. Humanity has many different and conflicting belief systems about money and spirituality. Members of various religious orders have historically taken vows of poverty, as an act of faith. The premise behind the taking of these vows, of course, was that money, somehow of itself, had the ability to take one's focus off spiritual progression and lead one down a path of wrong-doing. *Money*, and the acquisition of material wealth, has long been projected to be *other than spiritual* by your spiritual leaders and teachers. There are many subtle variations of these beliefs embedded within the memories of your planetary consciousness. We will discuss some of those and how they affect you a little later on.

For now, I would like you to spend a few moments and reflect on this notion that *everything* is spiritual, even and including money. You have all been living in the energies of duality, throughout your lives. Some of these beliefs that you have about money and spirituality are deeply embedded within you, and you are not liking Metatron and this channel for calling them to your attention. You will find emotion arising, and perhaps the desire to say "No, you are wrong, Metatron and Reniyah." You have all come here to our group circle, though, because you wish to learn something about money, and learn about how to bring more of it into your lives. If you are going to create something new, something higher for yourselves, Beloved Ones, then you must also be willing to let go of these belief systems that no longer serve you. You must *condition your wiring* to handle a higher frequency flow of energy. You do this by removing the energetic blocks that are created by your hanging onto these belief systems. We ask you to bear with us, and allow us to assist you in various ways. Be open to releasing old energies and replacing them with new.

I AM Metatron,
I AM With You Always

4. Releasing the Vow of Poverty

Beloved Ones, I greet you this day in joy. We will once again return to the subject of spirituality and money. Throughout the history of Earth, it has been considered a spiritual virtue to embrace the state of poverty. Most of you have lived several life expressions in which you took a vow of poverty, as an expression of your spirituality. You are spirits who have returned to incarnation again and again, on this Earth plane, in order to serve the higher cause and assist humanity in its evolution. For many millennia, there has existed this illusion of separation between *the world* and the domain of God-Spirit. As we have stated, this appearance of separation existed because of the dualistic nature of your world. It is a deeply imbedded belief system that says in order for one to be of true service, one must disavow all desire for material things.

There were reasons for these programs of austerities throughout the history of Earth. As it was, the frequencies of your planet were so low that it was very difficult to attain spiritual advancement while still living in the mainstream of societies. Thus, the more enlightened ones among humanity established the mystery schools, exclusive sacred communities, monasteries, as energetic safe havens. They were isolated pockets of higher frequency energetic environments where spiritual advancement could take place without being disturbed by the lower energies of the outside world.

What was the reason and the virtue in this vow of poverty that the servants of Spirit so often took? The reason, Beloved Ones, was to protect the spiritual initiates from the lower energies of the world, which were determined to be corrupt and impure. If the initiates were to disavow the world, then they would be safe from the temptations presented. The nature of the requirement of the vow of poverty was to protect the initiate, actually, from him or herself, desires that were impure. As you know, also, there have been many liberties taken with the nature of this vow of poverty within the ranks of the upper echelons of various spiritual institutions of earth. While the initiates themselves upheld the vow, their spiritual leaders often did not. Great wealth was amassed by the members of the upper echelons of some of these institutions. This was often a case of "do what I say, but not what I do."

The truth is, Beloved Ones, that there is absolutely nothing virtuous about poverty in and of itself. The vow of poverty was taken as a way to keep one's own focus clear in a life expression of spiritual expansion. You all have taken those vows of poverty in order to best accomplish your purpose of serving, in particular life expressions. Choosing to live in poverty, in and of itself, will not further your spiritual path one single bit. You do not necessarily receive any greater reward in the higher planes than the one who has amassed a great fortune. There is nothing *bad* or wrong about having money or material things. To the contrary, having money to work with is a necessity in your world. When

you have some money, your spiritual path may be easier, and you may be of great service and help others along as well.

A vow of poverty, in your times, serves no actual purpose, unless you need it to be so, for your own evolution and path. Beloved Ones, in these new energies, neither are you bound to what was decided at an earlier time. You no longer have to be afraid of yourself, what you may do if presented with temptation. You do not have to consent to be pulled back into the lower energies of fear. You are free to change your minds, about how you would like to experience your spiritual unfoldment. You are also free to choose that you would like to experience that unfoldment in grace and ease, rather than hardship and suffering. The vows of poverty that you have all taken in other life expressions, or perhaps even this one, absolutely no longer serve. They will bind you to the past and to the old energies.

It was not Mother-Father God, nor any in the Higher Realms, who set the standard that poverty was virtuous. Especially in your times, it is very difficult to live without money. You can no longer live off the land, as former generations of humans did. Mother-Father God, of whom you and I, and all that exists is a part, did not set the plan for anyone to suffer, to be in lack, to do without the basic necessities of life. Mother-Father God does not wish anything but absolute joy and happiness for any part of creation. You were also, of course, given your free will, and even Mother-Father God cannot interfere with what you create. This is your God-given heritage and Divine right - that of co-creatorship with God-Spirit. Whatever you think shall be carried on electromagnetic waves of frequency into manifestation. This is the power that you were given, and it can be no other way upon your plane. If humans, collectively, decided to lay a belief system in place that states it is Godly to be poor, then that is your right of free will.

Now the energies are changing, and you, the embodied ones, have called forth the energies of we in the Higher Realms, to assist you in changing the belief systems so deeply embedded in your planetary consciousness. We would not be able to do this if it were not for the ones among you who have worked so hard to raise your own frequencies. We cannot intervene directly into your plane and change the nature of your creation. We can assist and work through those of you who are able to receive our frequency. It is you who have chosen to be free of the vow of poverty. It no longer serves you and belongs to the old energy. This belief that poverty is virtuous and Godly is still very deeply present in your planetary consciousness, however. That is why some of you have tried very hard, in the past, to release this vow. You have not been entirely successful. Now you are moving into a new frequency, where it *will* be possible to release this vow completely and align with the frequency of abundance and prosperity.

It is very important, Beloved Ones, that you do consciously realize that you need to release this vow once again in this *now*. You must really be aware that you are no longer living in the old energy. Things have changed, they will no

longer be the same as they were. We are doing some work together, as well, Beloved Ones, as we join in this group. We are taking an eraser to some of the deeply embedded belief systems that lay within your planetary consciousness. They are blocks and breakages on the line to the free flowing energy of your thoughts. As you, each one individually, release your vows of poverty once again, and allow me to transmute them, you will be assisting others to do so as well.

In the new energies, your objectives are to align with the frequencies of love and joy. There is no one here who is truly joyful about being in a state of lack. Were you in such a state of joy, you would have no need or desire to join with us here in this group. You are not joyful when you cannot pay your bills, when you do not have enough to eat, when you need gas for your car. It serves no purpose whatsoever for your spiritual path for you not to have these things. To the contrary, when you are facing such immediate problems of survival, it is much more difficult to spiritually unfold. It is *time* for you to finally and completely release all vows of poverty that you have taken over many lifetimes.

I would like you all to take a few moments to release and transmute your vows of poverty once again. You may use the following affirmation to do so, if you like, or you may use your own. The important thing is that you call this release forth from your heart, and from the depth of your being. Unless your true and honest intent and desire is behind it, the release will not be complete. Remember, as well, Beloved Ones, that you *are* in a new energetic space, one of expanded possibilities. What may not have worked before, will now succeed, because you are in a *new* energy.

“I hereby release the vows of poverty that I have taken, ever, in any time, place, space or dimension. . I release, with love and joy, all lower energies within my being which connect me to these vows in any way. I cast them into the Silver-Violet Flame of Transmutation. I, from this now moment forward, embrace the energies of abundance and Divine Blessing in my embodied life. I do so as my God-given right and heritage. And so it is.”

I AM Metatron,
I AM With You Always

5. Why Living in Poverty Does Not Serve You

Beloved Ones, I greet you this day in eternal joy. Now that you all have released your vows of poverty in a new moment and a new energy, we shall discuss how that applies to your personal ascension and your purposes here and now on the Earth plane.

You have heard and read much in the way of information about your personal and planetary ascension here on this plane. You now know a good deal about your true nature and what you have come to the Earth plane to do. You know about the vaster portions of your consciousness that dwell in the higher dimensions, and how you serve by anchoring the Light. You needed to know these things, as a part of the unfoldment that is now happening on earth. All of this knowledge, though, leads to one, much more simple concept. Your ascension, personal and planetary, is about *frequency*. It is about the level you are vibrating - you, personally. It is about what frequency band you are choosing to dwell in. As each one of you choose a frequency, or level of vibration, so you also contribute to the greater whole of your planetary consciousness.

Your first, primary objective in your ascension process, is to align with the higher frequency. All else that you may do to serve your planet is secondary. Your first responsibility is to raise your own frequency, not only in your spiritual bodies, but in the rest of yourself, as well. It is the nature of your embodiment on this plane that you must also *experience* the energies that you are to ground and anchor. This is the power behind the way you will transform your planetary consciousness. To fully ground and share the new energies coming into your plane, the energies of *love and joy*, you must be willing to *experience* these energies, not just in your meditations, in your spiritual body connections. You must raise your own frequency in your lower bodies, as well. The frequencies of love and joy are not something to be experienced only in meditation, or after you depart your physical embodiment here. They are to be experienced, here and now, in your every now moment of physical life.

Now, how many among you find that living in poverty, without enough money to provide for your needs, is joyful? None of you. If your spirit is aligned with the higher frequency of love and joy, and the rest of you is not, there will be an imbalance of energies between the parts of yourself. We have already discussed that taking a vow of poverty will serve you no purpose in this here and now. The concept of the vow of poverty originated from the lower frequency bands of fear. The basis of such a vow was that the wealth and possessions of the material would corrupt a person on a spiritual path. In the old energies, the purpose of such a vow was often accomplished. You are not in the old energies anymore. Your task is to move beyond the energies of fear, and into the energies of love and joy.

Many of you are still carrying the old fears within your being. While you are fearful of being without money to provide for your needs, you are *even more fearful* of allowing yourself to have all your needs and desires met with grace and ease. Does that surprise you, Beloved Ones? You likely have not thought about it that way before. The belief systems and patterns of the old energy run deep. I am assisting you with releasing those on an energetic level. It is important, in our work together, also, that you are a conscious participant in the process. This is why I ask you to take some time and examine your thoughts, embrace a new viewpoint, look at your life and path in a little bit of a different way.

One great fear that many of you have is that there still may be something *bad, wrong, impure* about having money and material possessions. You fear that you will be drawn off into the ways of the world and lose your way along your path. Another fear is that you are somehow not *worthy* of living well here on the Earth plane, that somehow the world will see you in an unfavorable light if you have wealth. You fear that you will not be able to meet the standards held by the world at large for those who have wealth. Many of you fear *success* more than you fear failure. Still another is that you fear *loss*. What if you were to have money and possessions and then you lost them due to circumstances beyond your control? Your emotional mind, the part of you that indulges fear as a way to protect you, would rather not have at all than to suffer the pain of loss.

So you see, your emotional mind gets rather carried away with all its fears having to do with money and abundance. It does not get anything in the way of help from your planetary consciousness at large, because most all of you have the same fears. The beliefs are deeply embedded. The good news is that you can take power over these beliefs, and your own emotional mind. I am here to assist you in doing so. Your embodied consciousness cannot live in two worlds at the same time, Beloved Ones, and neither can you dwell in two frequency bands. This is the choice presenting itself that you have all been made aware - the choice of love and joy over fear.

The conditions of poverty and lack are manifestations of the fear band frequencies. The conditions of abundance and fulfillment on the material plane are manifestations of frequencies of love and joy. You are doing yourself a disservice, Beloved Ones, if you cling to old beliefs about poverty being virtuous and spiritual. I ask you to examine your own beliefs about the nature and experience of poverty and lack, in light of your own life.

Some of you will tell me that you live in very poor parts of the world, or in areas that are economically depressed. Some of you will tell me that you have problems within your physical body, that you cannot work to make money. You say you have no choice but to live in lack. You may tell me that it will not make any difference whether you seek the frequencies of love and joy in your earthly life or not. You say you are subject to circumstances beyond your control. No,

Beloved Ones, no matter where you live in the world, in what kind of economic conditions, you can embrace the energies of Divine abundance. We will discuss some more about that when we return with our next section.

For this now moment, I would ask you to reflect for a few moments on your beliefs about money, abundance, poverty and lack. Be honest with yourselves, and neither justify your beliefs nor condemn them. Simply view them as they are. Do you think they are aligned with the new energies of love and joy? Or are they aligned with the old energies of fear? If you hold beliefs based on fear, what are the specific fears involved? Perhaps you will want to write something down on paper, in order to clarify for yourself. Then, once knowing the nature of your fears in a more direct way, perhaps you can see how they no longer serve you. Your fears can only be released if you intend it to be so and call it forth. As you decide which of your fears and beliefs no longer serve you, then cast them into the fires of transformation through the affirmation I have given you, and *know* that they are gone.

I AM Metatron,
I AM With You Always

6. How it Works

Beloved Ones, I greet you again in eternal joy. Now as we have left off, you have renounced your vows of poverty. Then you learned that to live in poverty and lack is not in alignment with the new energies of love and joy that are entering into your plane. You are in agreement with me so far, but now you ask me "What's next? How do I make this work in my life?" Some of you are living in countries where there is not much money flowing and it may seem more difficult for you to create abundance in your lives. Beloved Ones, it is possible for you *all* to experience the greater flow, no matter where you live, and what your circumstance.

You are, each and every one of you an absolute co-creator with Mother-Father God. You were required to forget this part of your true nature when you descended into embodiment on the Earth. It was a part of your mission and purpose here - to be *human*. For it is only humans who could truly assist in bringing about the ascension of Earth into a higher frequency band. Your plane is a plane of free will, and direct intervention by those of us in the Higher Realms is not allowed. And so you came, Beloved Ones, to become human in order to assist the whole of humanity. In so doing, you lost sight of your own Divinity and co-creative powers and came to identify only with your humanity. Your belief systems of poverty and lack entered in, as these are very *human* things. Now, Beloved Ones, in the new higher energies, you are remembering and reclaiming your Divinity.. You are also reclaiming your God-given power of co-creatorship. You have this power of co-creatorship no matter where in the world you live, or what your circumstances.

Your own frequency determines what experiences you will have in this embodied life. Now this does not mean only the frequency of your spiritual body. It means the frequency *of the totality of you that is embodied one this plane* - spirit, mind, emotions, body. The experiences you have are not random, nor do they have to be, in these new energies, *karmic*. In the new frequency band, *karma* does no longer exist unless you *choose it to be so*. Yes, in the old energies of fear that have prevailed for so long upon your planet, karma was a condition that necessarily accompanied embodiment. As souls became embodied on the earth plane, however enlightened in spirit, they had to experience some karma. This, simply because of the lower vibration of your planetary frequencies.

Now, Beloved Ones, your planetary vibration is much higher than it was, even as little as 20 years ago. In the higher frequencies, you need no longer experience karma. You may do so if you choose, but you now you have *another choice*. I would like you to all pay particular attention to this, because if you still *believe* that you have karma, or that you must experience certain situations and conditions in your life, then you will certainly bring them to pass. If you *believe*

that you must be poor because of what you have done in other times and places, then it certainly shall be. If you believe yourself to be powerless over your circumstances in this *now*, then you shall be. If you believe poverty and lack to be a necessary virtue of your spiritual path, then it shall also be. You are powerful co-creators, and it matters not *what* you choose to create. In the new energies, whatever *it* is that you are creating by the power of your thoughts will manifest much more quickly. As the frequency rises on your planet, the energies grow less dense, the time-delay between thought and manifestation into physical reality grows much shorter.

You say to me, “Metatron, we have tried to control our thoughts, and release our self limiting beliefs, and it hasn’t worked. We are still poor. What do we do now?” It has not worked so well, Beloved Ones, because you have been trying to control your minds, and what you think. This is a practice, that yes, can have some good results. As most of you know already, the results are somewhat random. Sometimes it works and sometimes it does not. Now we will approach from a different perspective. The key to being completely self-determined over your thoughts and what you manifest with them does not lie within your thinking mind. It lies within your emotions. The power of co-creatorship, manifestation lies with your *feelings*, not with what you *think*. It is also your emotions, your *feelings* that determine your frequency alignment.

As we discussed before, your frequency, the frequency of *you*, as embodied here, now, on the Earth, is determined all together by the frequencies of your spirit, mind, emotions, physical body. You are all very lofty, high frequency beings of spirit. When you do your meditations, when you join with others of like mind in connecting with Spirit, you align with a higher rate of frequency, and it feels very good, for a time. Then you come back down to earth, face the problems that are going on in your life, and once again align with a lower frequency band. There is a *frequency disparity* between you as Spirit and you as embodied human. Your high spiritual frequency is not enough to sustain you in your earth life as well. In fact, those of a high spiritual frequency most often feel ill-equipped to deal with earth life and embodiment, and manifest a variety of problems in earth life.

Those of you here are choosing to stay here on this plane and experience living in the new energies. In order to do so, and to move beyond the problems and limitations of the old energies, you must bring the frequency up in the other parts of yourself, as well. You must bring them in into alignment with the higher frequency of your spirit. This is how you become *Divinely Human*, Beloved Ones. You align the frequencies of both the Divine and the Human aspects of yourselves. Beloved Ones, a *Divine Human* does not suffer, does not live in poverty and lack. Suffering and pain are manifestations of the old energies, of the lower frequency bands of fear. Should you wish to become *Divinely Human*, you must give up the old energy belief systems that no longer serve you. You must align with the higher frequencies of love and joy.

The thoughts and belief systems you carry regarding money and abundance are manifestations of your frequency alignment on this plane. They are, yes, supported and enforced by the similar thoughts and belief systems of much of humanity, though the mass consciousness that determines the nature of your plane. *You do not have to be the effect of these thoughts and belief systems.* You can take power over yourselves and your own earth lives by realigning your frequency *through your emotions*, rather than your minds. This is what we are about doing as we spend our time together in this group.

Now, as a little exercise, I would like you to notice, for yourselves, in this *now*, the difference between when you *think* and when you *feel*. Can you tell the difference? For instance, when you think about what you will prepare for your dinner today - you are perhaps *thinking* what you need to buy at the store. You make your shopping list. This is a product of your thinking mind - a simple list of ingredients required. Also, you may have feelings about that shopping list. Perhaps it is late, there will be a lot of traffic, and you are dreading your trip to the grocery store. You must make the trip, though, because dinner must be prepared for your family and this is your job. Do you notice the *feeling* connected with this - the temporary lowering of your energy?

On the other hand, perhaps it is payday, and you are looking forward to preparing a special dinner for your loved ones. In that case, no matter if it is late, and there is traffic. Your preparation of this special dinner is coming from a place of love and joy. It is something that you very much wish to do. Do you notice the difference in the *feelings* connected with this? How different they are, the two plans for preparing dinner. In fact, the action, within the physical universe, is the same - the action of shopping for groceries to make dinner. It is *you* who decides *how you will feel about it*. It is you who, through your emotions, determine the *frequency* of the action in question.

I AM Metatron,
I AM With You Always

7. Frequency, Emotion and Manifestation

Beloved Ones, I greet you once again in eternal joy. We will return to our discussion about emotion and frequency. As we have discussed, you manifest your experiences in embodied life, though your emotions, rather than from your thinking mind, or your higher spiritual connection. Everything that happens to you is a result of what you *feel*. It can be no other way. *Emotion is frequency*, and it is frequency that determines the nature of experience - yours, others, your collective experience of living on earth.

Every one among you has heard the direction from Spirit that now is the time to embrace love over fear. The emotion of fear is too much a part of your earth experience so far, though. To many of you, the concept of living without fear in your being is beyond the stretches of your imagination. You have various interpretations of this direction to move beyond fear and into love, most of them not in accord with the true nature of what is being asked of you.

Love and fear are words that describe two frequency bands. Your planet has been in a frequency band of *fear* for a very long time. This is the frequency band, of course, that you are now emerging from, the *old energy*. It is not about the earth emerging from terrible times at last. Neither is it about the earth being saved, and your problems suddenly ceasing to exist. The old energy, the fear energy, in which humanity has manifested the nature of life on the earth plane, is of a *lower frequency-vibration*. Now, humanity has called forth, collectively a raising of the frequencies, and you have been answered and assist by we in the Higher Realms, *because you have asked*, because you have called it forth. Humanity is rising into a higher frequency band, the frequency band of *love*. This is nothing new to most of you. What will be new to most of you is that *love* is actually a frequency band, rather than something you do or don't do.

Your own personal alignment with a frequency band comes from your emotion, how you are *feeling* in any given moment. As beings of sound vibration, you move up and down, to varying degrees, in your frequency alignment from moment to moment. In the changing energies of the earth plane, you are moving up and down in frequency quite rapidly. You are shifting between the two frequency bands of love and fear, depending on what you are experiencing in the moment. If you are watching your evening news on television, you may find yourself slipping into the lower frequency band of fear, as you contemplate the events of your world. If you are attending a spiritual event, with others whom you find a common purpose and affinity, you will rise up to the frequency band of *love*. You will feel the higher energy coming into your being and it will feel wonderful. The majority of you are still shifting between the two frequency bands of love and fear in what you feel is a random fashion. As your emotions go back

and forth, between the two frequency bands, the experiences of your lives also appear to be quite unpredictable.

It is not *life*, and the shifting energies that are creating your experiences, Beloved Ones. It is your own viewpoint and the frequency alignment that *you* are choosing in each moment. It is you who are creating these random experiences that you seem to be having. You are creating them to show yourselves something about your earth lives, to learn something about the nature of this embodied life. You are powerful co-creators with Spirit, and as *Spirit* As we have discussed, poverty and lack are manifestations of the frequency bands of fear. Abundance and prosperity are manifestations of the frequency band of love. You choose the frequency band that you will align with by choosing *how you will feel*. Will you feel loving or will you feel fearful. This choice of how you feel, believe it or not, Beloved Ones, is something that is entirely under control.

As you may have learned from our last little exercise, it is possible to view a situation or event in two entirely different ways. A simple matter, such as the family dinner, can be viewed in a variety of ways. You may choose whether you will align with the emotion of dread-fear, or whether you will align with the emotions of love and joy. So it is, Beloved Ones, that you may make that choice as to how you *feel* about every experience, every event in your life. When you realize this you have taken the first step to recovering your own Divine power of co-creatorship. This is a God-given right, to *choose how you feel*. Every soul that has chosen to experience embodiment, now and in the past history of earth, has retained that right. Yes, it is more difficult to choose how you feel when the planetary energies are in the lower frequency band of fear. It is not impossible, though. You who are gathered with me now in this group are blessed to be moving into a higher frequency band - the frequency band of love. It is much easier for you now to exercise your right of choice - to *choose how you feel*. Now it falls to you to *choose* to claim that right of choice.

In order to become aligned with the frequencies of love and joy, and thus allow abundance and prosperity into your life, you must *choose* to do so. None of your experiences happen at random, by accident. You are not a victim, no one is persecuting you and holding you to a life of suffering and lack. This may be a different, and also a difficult viewpoint for some of you to assume. If you are intent on moving into the higher frequency bands of love, you must do so. Being of a high spiritual frequency, in and of itself, is not going to be enough to get you to that place of being *Divinely Human*. You must also be willing to align your human selves with the higher frequency. You do this by making conscious decisions about how you will *feel*. *It is your emotion, in the moment, that determines your frequency alignment as an embodied human, and consequently determines the nature of your outer experience.*

You have, until now, been living upon a plane of *dualities*. Your lives, social systems, religions and spiritual practices have been based upon the judgments

that some things are good and some things are bad. The nature of the labeling, the judging, is also a manifestation of the fear band frequency in which your planet has been dwelling. When you judge something as *bad*, then it is to be feared and avoided. When you judge something as good, it is to be encouraged and embraced. The nature of duality, though, is one where the one leads to another. There is a law of higher physics governing the co-creative process of Spirit. This law is that *what you focus on, where your attention lies, therein will also be your experience and your manifestation*. If you fear having a particular experience, you will just as surely draw to yourself this experience, as if you desired and chose it. This is the nature of duality. It really matters not what you judge, what you label. Whatever you judge will be reflected back to you as two sides of the same coin. The energies of duality and the energies of love and Oneness are simply not compatible.

There is a basic principle in operation here, Beloved Ones. *Love and fear cannot exist in the same vibrational space*. Your planetary frequencies are rising, and you can choose to become the energy of *Love*. When you align with the frequency band of love, by virtue of the laws of physics, fear and its manifestations no longer exist. If you want to become *love*, then you must move beyond fear. You must choose to raise your own frequency here on the earth plane in order to live in these new energies. As you make this conscious and committed choice, to move into the higher frequencies. Many of you are still of the viewpoint that having *money* and possessions is somehow a *bad* thing, something that will interfere with your spiritual path. Most of you are still of the viewpoint that somehow you are not *worthy and deserving* of having all the needs and desires of your earth life met. You see, Beloved Ones, if you choose and desire to move fully into the new energies of Love, you must take the different viewpoint. As you do so, your life experiences will change. You will no longer be manifesting poverty and lack, pain and suffering from the fear band frequencies. You will be manifesting that which *you choose to experience*, from the frequency alignment of love.

I would like you to visualize, each one of you, for a moment, what would it be like to have *no fear*? What would it be like to wake up each day in the morning with nothing but the anticipation of pleasurable experiences that bring you joy? What would it be like to spend each of your moments doing something that excites your passion? What would it be like to have money enough to satisfy every need and desire? Can you conceive of such a life? What does such a life *feel* like? Go past the mind, the thinking visualizations. Focus on aligning with what such a life would *feel like*. I would hope that each one of you will spend some time on this little exercise, because the emotion, the *feeling* is what determines your frequency alignment, and the nature of your earth experience.

I AM Metatron,
I AM With You Always



Metatron
Cracking the Money Bands

8. Love and Money

Beloved Ones, I greet you this day in eternal joy. Now I know that I have gotten your attention by the title of this message. These are two areas that are of quite intense interest to you. In the thinking of most of you, they do not have much to do with one another. You think of *love* as having to do with your personal relationships, or as an intangible that is something desirable for humanity to experience. You generally think of money as something else entirely. Those upon your planet who are in love with *money* for its own sake are generally looked down upon, thought to be greedy and uncaring. The sound vibrations of the words *money* and *love* do not evoke similar responses within the resonance of your being.

I would like to discuss, today, how these words are connected and how they, together, apply to you in your desire to advance in your ascension, become Divinely Human, and to experience abundance and prosperity. You know the saying, "Love makes the world go round." Love, the *frequency of Love*, actually makes the cosmos, all of creation go round. It is the propelling force *behind* creation. All of those things that you may judge and consider to be bad, wrong, inferior, erroneous, those are all a part of creation, too. All that exists within the lower frequency bands of fear did begin as a creation in *Love* from the thought of your Mother-Father God. You, too, Beloved Ones, are a part of the mind and thought of Mother-Father God. *You are created in Love as well. It is only through the judging of the creation that the frequency descends.* By judging your own co-creation, as a part of the mind of Mother-Father God, the frequency is lowered and it becomes fearful to you.

Money, then, is a part of *creation*, is it not? We have already discussed how money has no inherent nature of its own. It is simply a tangible medium of exchange. It is the energy behind the exchange itself, Beloved Ones, that comes from a frequency band of love or a frequency band of fear. It is the energy that you, yourselves, choose to put there that will determine the nature of your experience with money. If you are operating in the higher frequencies of love and joy, thus will your feelings and experiences with money also be. If you are operating within the fear band frequencies, if you are judging money to be a bad thing, if you fear for your survival then your experiences will also reflect that.

Beloved Ones, your experiences with money, and the others with whom you are in exchange, reflect back to you your own feelings about *yourself*. The key

to moving into the higher frequency bands on a stable basis, and to being *Divinely Human*, lies within your own hearts. Do you *really* love yourselves? The vast majority of you do *not*. You judge and find fault with yourselves and your embodied, human existence. You regret the past and worry about the future. You compare yourselves unfavorably with others and become envious. "Well of course," you say. "That is how it is in this world." That is not *how it has to be*, my Beloved Ones. You are the co-creators. When you *love yourself*, you cannot help but attract loving and joyous experiences into your life. This is a cosmic law of co-creatorship, that *like attracts like*, actually a matter of frequency alignment.

This is the great challenge and also the great blessing of the times you live in, Beloved Ones. You absolutely *can* love yourselves. This was almost impossible for embodied ones in earlier times and lower frequencies upon your planet. Only the masters secluded in the ashrams and monasteries could attain true self love. Now, in the new energies that are present on Earth, you *can* do this, *open your hearts* and love and honor yourselves as we in the higher planes do love and honor you. This is to be *Divinely Human*, to love yourself, absolutely, and without judgment, in your embodiment on this plane, as well as loving yourself as spirit.

These new energies are the energies of *Oneness*, Beloved Ones. The key to experiencing the Oneness lies within yourselves, first. You will never all *get along*, perhaps will never even like each other. You *can*, Beloved Ones, embrace all parts of yourselves. You can accept yourself for who you are, even in your embodied humanity. You can embrace those parts of yourself that you have judged, and release what no longer serves you. The *Oneness* lies in loving yourself so absolutely that no other part of creation poses any threat to you. It is all *One*. Then, you will find that others will resonate with your frequency. You will no longer be drawn this way and that by the frequencies of others. Your life experiences, then, will reflect back to you what you know to be true about yourself - that you are a *Divine Human* who moves in smooth flow from one now moment to the next, in grace and ease.

Now, what does this have to do with money? Money is something that is quite necessary in your world. Even those of you who try to avoid its use wherever possible still find need of it occasionally. If you do not have money, the chances are that you are not surviving very well. Yes, there are a few embodied on planet earth who do well without it, and stay in the frequencies of love and joy. They are not many, however, and they are not you, or you would not be here with me in our group. To deny yourself a comfortable level of survival on the Earth plane is to deny your own worth and value. If you truly value yourself as the embodied Being of Light that you are, why would you want to struggle and suffer in the material world? Remember, to live in the Oneness, you must embrace all parts of yourself. In the new energies, denying your humanness will not serve you. Your human, embodied self is absolutely

just as Divine as your spiritual consciousness. Why would you not honor it, as well?

Money, while having no intrinsic value other than which you give it, is a valuable tool which you may use to serve. Money will buy paper, ink, equipment, internet access, radio, television, to get your message out. Do you think you could serve in a higher capacity if you did not have survival problems? If you do not serve yourself by allowing the grace and ease which *money* will provide, do you think you will be able to serve others in the highest possible way? No, you cannot. You have all been taught that serving yourself is wrong, that it is materialistic, and selfish. Now it is time to be deprogrammed of that thought. You *must* attend to yourselves first. If you are not surviving well, if you are not feeling *excited and joyful* about your life, you are not serving others as well as well as you might. It is the emotion of *joy* that is the key to your higher states of being. You did not come to the Earth plane to suffer and serve. You came here to *be joyful* and to reclaim your Divine Humanity on behalf of the whole human race.

Now having clarified that, you will say to me, "Metatron, how can we serve ourselves and survive well when we have all these problems with no jobs, no clients, bad economy and all? There is a scarcity of money, you know." These are old energy thoughts and considerations, Beloved Ones. In the new energies, *you* hold the key to your own co-creatorship. Your job, your solution, your answer to your problems is to love and accept yourself, just your own self, as the wonderful Divine embodied being that you are. If you worry about the lack of jobs, clients, buyers for your product, then you are not *loving yourself*. Neither are you loving the products and services you provide. You are not loving *money* itself if it is not flowing to you in a way that you desire. *Love makes the world go round*. Love also makes your money flow. If you hate money, if you hate the things that you feel it represents in your world, you will not have much of it. *Love* money and what you could do with it, and see how it flows to you with grace and ease.

The most of you are looking outside of yourselves for satisfaction of your needs, material and otherwise. As long as you continue to do this, you will struggle and you will not be content. You see, it is not the outer world that influences what you experience in your life. It is your own feelings within.

You are perhaps familiar also with the concept of *do what you love and the money will follow*. How many of you are doing this, or have tried it? You are also wondering why it hasn't worked. It has not worked because you have not truly opened your hearts to allow the love to flow to your own selves. It has not worked because you are still judging yourselves, and not allowing yourselves to be worthy to receive. You are in self-denial of your true value and worth, and of the value and worth of your own products and services. When you dwell in the frequency band of love, your life experiences *must and*

will return the frequencies of love. *Each one of you* has a product or service that has a value on the Earth plane, no matter how *spiritual* your service is.

It does not matter, Beloved Ones, the nature of your product or service, whether it is *spiritual* or material. All creation comes from the same Source. It is *all* spiritual. Every moment of your embodied life is *spiritual*. Energy expended seeks a balance. It cares not what you label it - energy is a *flow*. You are, perhaps, not serving as much as you think you are by giving so much of your time-energy-resources without an exchange, a return flow of energy. You are not valuing your own time and energy, and you are also assisting to create an imbalance within those that you are attempting to serve. When the energies are out of balance, either way, by too much inflowing (taking) or too much outflowing (giving), you are not serving yourself. When you are not serving yourself, you are not loving yourself. When you are not loving yourself, you are denying yourself access to the new energies that are now upon the Earth.

Beloved Ones, I would like you to reflect for a few moments on what we have discussed. How does this apply to you? In what ways are you serving yourselves, and in what ways have you denied yourselves, and in so doing, your Divine nature? Now, what do you wish to do about it? How can you change your thoughts?

I AM Metatron,
I AM With You Always

9. The Ending and the Beginning

Beloved Ones, I greet you on this final day of our group work in eternal joy. Our time together in this particular group energy circle is drawing to a close. Each one of you, though, have reached a higher awareness about yourselves and your human, embodied existence in some way. None of you has remained unchanged. The electromagnetic energy of your thoughts has shifted and realigned itself to a higher frequency. Some of you have experienced a swift and major change. For some of you the changes have been more subtle. It has been a glorious adventure for us all, including myself, and most definitely for this channel, Reniyah. Some of you may think that I *know it all*, how it will be with each one of you, and with the group energy. I do not. I have been a co-creator with you in this group energy. I have changed as each one of you have changed, as I am in a constant state of evolution and expansion, as you are.

Now, as you are ending your participation in this group energy, you are going back to your embodied lives with a new perspective about money and how it can serve you. You now know that money is not, of itself, a *bad* thing, or a *good* thing. Neither is the energy of exchange behind the money inherently *good* or *bad*. The judgment that you place around the money will determine your experiences with it. Those of you who have served the Light so faithfully in your embodiment on Earth, and have suffered in your human survival, will perhaps see how you can align with the higher flow of abundance. This will be your choice of course, because each one of you has that right of *co-creatorship*.

As a closing lesson, let us discuss a little bit about the emotions of *shame and blame*. How many of you have felt these emotions, together or separately, in relationship to money and your human survival? I think it appropriate to say that all of you have. You have felt shameful because of your lack of money, and by association, your status in the world. You have felt blame towards others, perhaps your governments for making you pay taxes, your bill collectors for hounding you for monies owed, those who take away your homes and possessions for lack of payment. *Blame and shame* are, once again, two sides of the same coin, and deeply rooted in fear. It is the *fear* that lies within your own being, the fear that you are really unworthy, that causes you to feel shame. This is a most unpalatable feeling, a very scary one that most of you will not choose to experience willingly. Therefore, it is much easier to find someone to *blame* for the painful experiences of your earth survival.

Shame or blame, either one or both are not compatible energies with your status as Divine Humans. Shame and blame are the emotions of the old energy. Should you choose to embrace the new energies and experience your Divine Humanity, you must raise the frequency of your emotions, move them out of the band of shame and blame. This will be a challenge, in varying degrees, for most

of you, because you are so used to operating in the old energies. Now is the time, though, Beloved Ones, that you can begin to *walk your talk*, as the saying goes. How many of you talk about the power of *love* in your conversations, in your discussion lists, in your personal service work? This would be most of you. Now it is time for you to understand and apply the real meaning of *living in love*.

As we have discussed, you cannot live in love, you cannot truly love others without loving yourself. It is impossible to love yourself when you feel shame, and its counterpart, blame. It *is* possible, though, to love yourself, and then love your tax collectors, those you owe money to, those who would shut off your utilities or take away your place to live. Once again, *money* is simply the medium of exchange. There are certain agreements that exist among you in your societies about what the monetary energy exchange will be for certain goods and services.

You have collectively agreed, for instance, to support your governments by paying taxes. You have also made agreements in your personal lives as well, to pay for food, clothing, shelter, other things which you need and desire. If you have not been able to keep your agreements, truly, Beloved Ones, it is not anyone else's *fault*. Neither is there ever, at all, for any reason, anything to be shameful about. Your nature is Divine, your heritage is Divine. As in your movies about *The Matrix*, you are experiencing a virtual reality. What you experience in your human lives upon this plane is *not Who You Really Are*. It is a collection of experiences that you have chosen to have. You have chosen well, Beloved Ones, because these are extraordinary times in cosmic history. You are at the center of a grandly unfolding experiment in the expansion of creation itself.

The pain and suffering has been great for many of you, because you have come to change the blueprint of your planetary consciousness for generations of humanity following after you. You have agreed, upon a higher level, to have certain experiences, and to resolve them in higher ways, in order to illuminate the path for the ones following behind. These times are behind you now, if you choose them to be. Your work is done in that respect, experiencing pain and suffering for the benefit of humanity. Now your task and challenge is a different one, one suited for the new energies. That task is, of course, to become Divinely Human - to embrace your Divinity and also your Humanity. This is an opportunity that has not been available to embodied humans in this way before. To partake and participate fully in these new energies, though, Beloved Ones, you must *learn to love yourselves*. You must release the emotions of shame and blame that you still hold within you.

Nowhere, within your lives and societies, do these emotions enter in so much as they do when you contemplate *money*. The most of you have discovered, through our group work together, where some of those emotions lie within your own being. These emotions are at the very crux of your difficulties with money and abundance. When you release these emotions from your being, then you

will discover that your dealings with money and those you pay it to and receive it from will be much more pleasant. As you are aligned with the new energies, rather than the old, *within yourselves*, others will reflect those new energies back to you. If you feel no shame and no blame, that which you need and desire will flow to you with ease. As you receive and spend money, you will find that it serves you well as the medium of exchange that it is, and no longer has the power to define *who you are*.

Now, in conclusion, I would like you to reflect for a few moments on how you have changed through the process of participating in our group. What have you realized about yourself in relation to your abundance and your dealings with money? What have you realized about the nature of money as an energy flow? How do you feel about these new energies you can operate in, and are you ready to accept your own Divine Humanity? We have ended our group work together, but now, you may go forth and *begin* to live as a Divine Human, in love, joy and abundance. Will you choose it?

Until we meet again;

I AM Metatron,
I AM With You Always

Metatron's Affirmation
For Use with Cracking the Money Bands

I call forth the energies of Mother-Father God, Lord Metatron and _____ (insert other angels, masters, guides if you choose). I choose to participate in the Divine Alchemy of transforming my Earth Life. I am in Divine Receptivity of receiving all earthly blessings and choose to live my life with grace and ease. I release and transform all lower energies that bind me in any time, place, space or dimension. They are transmuted by Violet-Silver Fire into Alchemical Gold. I AM Love, I AM Light, I AM Joy, I AM Infinite Potential I call forth my full Divinity Heritage now, in this moment. In the Names of Mother-Father God, Lord Metatron and _____(see above) it is so. And so it is.

©Renyah Wolf, Eva Aarrestad and the Love and Empowerment Foundation, 2004, 2005. May be redistributed as long as done so in absolutely unaltered form, and including this copyright notice. No sound recordings of this material may be made in any form whatsoever. . Derivative content workshops, seminars, etc., using this material in connection with the Name of Lord Metatron are expressly forbidden and will be pursued as copyright violations to the fullest extent of the law. .