



awakeningwithplanetearth.com

Contents

2012	5
January	6
If I Could Hold My Mind, Like a Baby Chicken . a prose poem by Alice B. Clagett (2012-01-01 03:07)	7
The Heart's a Chrysalis . a quote by Alice B. Clagett (2012-01-01 05:20)	10
Creating the Unity Field in Our Body . by Alice B. Clagett (2012-01-01 07:09)	12
Aruba Wakeup . a poem by Alice B. Clagett (2012-01-03 02:58)	14
Other People's Thoughts . a poem by Alice B. Clagett (2012-01-04 07:00)	16
Angels and Demons and Devils (oh my!) . a vision by Alice B. Clagett (2012-01-09 03:15)	19
California Snail . a poem by Alice B. Clagett (2012-01-09 03:54)	21
Are You the Hammer? . a poem by Alice B. Clagett (2012-01-10 03:01)	24
Leviathan: A Poem about Dreamtime . by Alice B. Clagett (2012-01-22 07:45)	26
An Incomplete Rhyme . a prose poem by Alice B. Clagett (2012-01-27 03:10)	32
February	33
The Last Time We Passed On . a poem by Alice B. Clagett (2012-02-18 03:54)	34
March	37
Journal Entry: 11 March 2012 . by Alice B. Clagett (2012-03-11 09:06)	38
April	40
Conscious Awareness . Feeling the Heels . Grounding . by Alice B. Clagett (2012-04-02 19:37)	41
Journal Entry: Straight Lines . by Alice B. Clagett (2012-04-18 09:23)	42
June	43
Buddha's Gift: Kriya for Vast Compassion and Immutable Peace . channeled by Alice B. Clagett (2012-06-17 19:59)	44
September	52
Journal Entry: The Void . by Alice B. Clagett (2012-09-01 09:49)	53
November	54
Journal Entry: Dancing in the Sun: The Sexual Chakra at Higher Dimensions . by Alice B. Clagett (2012-11-01 09:57)	55
The 'Wilson' in Our Minds . by Alice B. Clagett (2012-11-01 18:20)	56
Illuminati . by Alice B. Clagett (2012-11-02 23:25)	58
Despair and Faith . by Alice B. Clagett (2012-11-04 14:17)	59
All Hail the One in All! . channeled by Alice B. Clagett (2012-11-05 12:29)	61
By the Power of the Lord and the Lady . a white magic spell by Alice B. Clagett (2012-11-12 03:45)	62
As Rain Loves the Earth . a poem by Alice B. Clagett (2012-11-21 04:25)	63
Free Will and a Loving Heart . a song by Alice B. Clagett (2012-11-22 16:21)	64

December	66
Protection from Just About Every Dark Thing . compiled by Alice B. Clagett (2012-12-20 03:27)	67
Mental, Physical, and Emotional Control: The Technique of Engulfing with Love . by Alice B. Clagett * (2012-12-30 15:41)	70
What's Normal? . by Alice B. Clagett (2012-12-30 15:42)	75
A Christmas Blessing, 25 December 2012 . channeled by Alice B. Clagett (2012-12-30 15:44)	76
End Times: Luke 21 and Channeling from Star Brethren . by Alice B. Clagett (2012-12-30 15:50)	77
Congruence: Volvox and New Earth . by Alice B. Clagett (2012-12-30 15:58) . .	82
Yesterday and Today (December 21st and 22nd, 2012) . by Alice B. Clagett (2012-12-30 16:04)	85
A Prophecy: The Future Beyond 2012 . by Alice B. Clagett (2012-12-30 16:08) .	86
In Times to Come . by Alice B. Clagett (2012-12-30 16:11)	88

2012

1.1 January

1.1.1 If I Could Hold My Mind, Like a Baby Chicken . a prose poem by Alice B. Clagett (2012-01-01 03:07)

Written on 1 January 2012; published on 20 December 2018

- IF I COULD HOLD MY MIND, LIKE A BABY CHICKEN, a Prose Poem by Alice B. Clagett

Dear Ones,

A poem about cherishing the mind, though it be like quicksilver ...

IF I COULD HOLD MY MIND,
LIKE A BABY CHICKEN
A Prose Poem by Alice B. Clagett
1 January 2012

If I could hold my mind, like a baby chicken,
Cupped softly in the warm darkness
of my two hands,
I would hazard a peek,
as it fluffed up its fuzz
and blinked its eyes drowsily,

And then I would whisper:
Oh, my dear mind, I am so grateful
For the comfort you give me,
For the way you sustain me here in this life.
Oh, my dear mind, come, let me love you!
Sleep softly now in this heart of mine.



Image: "Colorado Autumn Sunset," by Alice B. Clagett, 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Colorado Autumn Sunset," by Alice B. Clagett, 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....

In love, light and joy,
I Am of the Stars

.....



Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

adventures with Alice, poems by Alice, poetry, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.2 The Heart's a Chrysalis . a quote by Alice B. Clagett (2012-01-01 05:20)



Quotes and Sayings icon

.....

THE HEART'S A CHRYSALIS
A Quote by Alice B. Clagett
2012

The heart's a chrysalis
in which our placid minds
grow wings.

.....

In love, light and joy,
Alice B. Clagett
I Am of the Stars

Written in 2012; I used 1 January 2012 as the date of writing; published on 1 January 2019; republished on 16 December 2020; revised on 15 June 2023 and on 8 October 2023



Image: "Monarch Life Cycle - 12 of 20": Monarch butterfly pupa, by Steve Mosdell, Flickr ... <https://www.flickr.com/photos/sidm/4813664836> ... CC BY 2.0

Image: "Monarch Life Cycle - 12 of 20": Monarch butterfly pupa, by Steve Mosdell, Flickr ... <https://www.flickr.com/photos/sidm/4813664836> ... CC BY 2.0

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....

.....

poems, poetry by Alice, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

Here is the quote "The Heart's a Chrysalis in which our placid minds grow wings.."

1.1.3 Creating the Unity Field in Our Body . by Alice B. Clagett (2012-01-01 07:09)

Written and published on 1 January 2012; revised on 16 May 2018

- THE MIND IS A FIELD OF ENERGY THROUGHOUT THE BODY
- ACTIVATION OF SAMSKARAS BY DESIRE LASSOES AND CUTS OFF CHAKRAS
- SWITCHING ON POSITIVE ENERGY UNITES THE CHAKRAS

Dear Ones,

THE MIND IS A FIELD OF ENERGY THROUGHOUT THE BODY

What we think of as the mind isn't just a field of energy surrounding the brain. The mind is a field of energy interpenetrating the whole body and the chakras.

ACTIVATION OF SAMSKARAS BY DESIRE LASSOES AND CUTS OFF CHAKRAS

Deep experiences of habit (samskaras) are activated by current sensory input as whirls of thoughts around the chakras. These whirls of thoughts lasso the chakras, cutting them off from the overall chakric energy flow. Desire drives the whirls; the stronger the desire, the faster and more furious the whirl.

SWITCHING ON POSITIVE ENERGY UNITES THE CHAKRAS

How can we soothe and integrate the chakric energy? First, by switching the aura from negative to positive. This is no more difficult than the turning of a light switch.

A person of strong passion whose energy is negatively aspected can, all in a flash, become a person of utmost wisdom and spiritual insight. This is true of the rapist, the murderer, the most evil person you can imagine.

The turning of the light switch is what some call the grace of the Holy Spirit. Grace happens, quite simply, when we ask for it from the depths of our hearts.

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

grace, chakras, samskaras, Holy Spirit, unity, unity field, desire, mind, mental body, habits, negative energy, positive energy, rape, murder, Holy Spirit,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.4 Aruba Wakeup . a poem by Alice B. Clagett (2012-01-03 02:58)

Written on 3 January 2012; published on 31 December 2018; republished on 16 December 2020



Image: "Great White Egrets in Malibu," by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Great White Egrets in Malibu," by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

ARUBA WAKEUP

A Poem by Alice B. Clagett

3 January 2012

I turn away from the morning sun
and feel the breeze
chuckle through my open balcony doors,
tapping my back
flowing right through me
filling the room
with the scent of the sea
and - what's that?
a whiff of hibiscus?

.

In love, light and joy,
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

poems by Alice, poetry, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.5 Other People's Thoughts . a poem by Alice B. Clagett (2012-01-04 07:00)

Written on 4 January 2012; published on 2 January 2019; republished on 18 June 2020

- OTHER PEOPLE'S THOUGHTS, A Poem by Alice B. Clagett

Dear Ones,

Here is a poem I wrote about the trials and tribulations of telepathy quite some while ago ...

OTHER PEOPLE'S THOUGHTS
A Poem by Alice B. Clagett
4 January 2012

I used to think that other people's thoughts-
dark thoughts, or sad, thoughts laden with desire,
gyres of the world as it used to be-
had power over me.

But now I think they're like air, like wind,
which, when it grows too strong, what do I do?
Seek shelter in a quiet place.



Image: "Nicholas Pond, Leo Carrillo State Park," adapted, by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Nicholas Pond, Leo Carrillo State Park," adapted, by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....

In love, light and joy,
 Alice B. Clagett
 I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....

poems by Alice, thought forms, poetry, telepathy, human telepathy, clair senses, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.6 Angels and Demons and Devils (oh my!) . a vision by Alice B. Clagett (2012-01-09 03:15)

Written on 9 January 2012; published on 31 December 2018; republished on 16 December 2020

ANGELS AND DEMONS AND DEVILS (oh my!)
A Vision by Alice B. Clagett
9 January 2012

The Complete Scoop on the Battle
Between the Forces of Light and Dark
... Honestly! ...

What a roil these words make
in the subconscious, isn't it so?
Here's my shortest take on this topic:

-If I were to have a problem
with a demon or devil
(assuming they exist),
then I'd ask an angel for help.
That's the job description of an angel,
to combat the dark forces.

-From an angel's perspective,
devils are probably angels
who didn't make the grade.
Lacking some essential job skill
(such as, for instance,
the ability to see the big picture),
they've been consigned
to the basement
of the angel office building.

-Even angels can disagree,
so if I don't like the decisions they make,
I go straight to the top.
I figure God never makes mistakes.

.

In love, light and joy,
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....

.....

poems, poetry by Alice, 2u3d, visions by Alice,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.7 California Snail . a poem by Alice B. Clagett (2012-01-09 03:54)

Written on 9 January 2012; published on 31 December 2018; republished on 16 December 2020



Image: "Trees and Sky," by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Trees and Sky," by Alice B. Clagett, 2012, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

CALIFORNIA SNAIL

A Poem by Alice B. Clagett
9 January 2012

The world is trussed up in a tiny place
like a snail that's pulled deep into its shell
and sealed itself off from the dry summer days
-blind to the vast blue bowl of the sky
-blind to the budding flower

- and dappled shade
-tingling, in the faintest, muffled way,
to the chirrup of towhee,
the scolding of squirrels,
and the crinkle crunch that the driveway makes

as a home-wending father’s starburst joy
sings the lyric last lines of his working day.



Image: “Dad’s Boots 1,” adapted and compiled by Alice B. Clagett, 9 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ... CREDIT: From a photo by the late Hugh C. Clagett in 1948.

Image: “Dad’s Boots 1,” adapted and compiled by Alice B. Clagett, 9 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ... CREDIT: From a photo by the late Hugh C. Clagett in 1948.

.

In love, light and joy,
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

poems, poetry by Alice, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.8 Are You the Hammer? . a poem by Alice B. Clagett (2012-01-10 03:01)

Written on 10 January 2012; published on 31 December 2018; republished on 16 December 2020



Image: "Mount Lowe," by Alice B. Clagett, 2012, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Mount Lowe," by Alice B. Clagett, 2012, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....

ARE YOU THE HAMMER?
A Poem by Alice B. Clagett
10 January 2012

Are you the hammer or the hand?
Are you the hand or the man?
Are you the man or his great heart?

?

Pure love thou art.

.

In love, light and joy,
Alice B. Clagett
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

poems, poetry by Alice, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

1.1.9 Leviathan: A Poem about Dreamtime . by Alice B. Clagett (2012-01-22 07:45)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
 - "Leviathan," a Poem by Alice B. Clagett, Soundtrack and Words
 - Postlude: Music of Chris Zabriskie and Scenes from Pastorius Reservoir
 - Photos by Alice

Image: "Blue Whale Tail Fluke Diving Balaenoptera musculus ," by 'Mike' Michael L. Baird, 29 July 2010 ... [1]https://upload.wikimedia.org/wikipedia/commons/9/9f/Blue_whale_tail.JPG ..

Dear Ones,

These days, what with the Incoming Light and the M-class solar flares, there is a lot of subconscious cleansing and Soul clearing going on here on Earth. Also clearing from the noosphere, and from the collective consciousness of humankind, are deep cellular memories, including memories of instinctual primate behavior (a topic well worth a thoughtful glance at this moment) ...

This can lead to troubled sleep, even nightmares sometimes, as the clearing process can quite naturally increase our physical, mental and emotional stress, often without our even noticing it, and give rise to a low-level feeling of anxiety.

At least, I have found that to be so. I thought I would offer you a poem I wrote some time ago, on the topic of dreaming, and how conscious awareness of our dreams can help in the clearing process.

Here is a poem I wrote recently about the dream world. The Postlude features the music of Chris Zabriskie and scenes from Pastorius Reservoir in Colorado.

After the video is a Summary.

VIDEO BY ALICE

<https://youtu.be/oRapROnQJGc>

SUMMARY OF THE VIDEO

Hello, It's Alice. I have another poem for you, one that I wrote a few years back, called "Leviathan." 'Leviathan' is a term that is rarely used these days ...

[Looks to the right.] Those are the wild ducks. They are flying to wherever they fly in the fall; they are heading off.

'Leviathan' is a term that means a couple of things; one is 'whale', and the other, that I

know of, is 'sea monster'. "Leviathan" ... That is the title. It goes like this ...

"Leviathan"

A Poem by Alice B. Clagett
Soundtrack and Words
22 January 2012

[2]Audio: <https://awakeningwithplanetearth.com/wp-content/uploads/2012/01/leviathan-audio-only.mp3>

O, we are all deep sea divers
and at night we ride the whale,
who churns and turns our dream-time hearts
with the strength of his mighty tale.

When morning comes, we stretch and yawn,
and walk to the window sill,
with nary a thought of those deep sea dreams
or the whale that we're riding still.

All the sad, bad tales of our childhood woes
sink down into the deep, and the length and breadth
of our grown-up lives
are the size of the secrets we keep.

Postlude: Music of Chris Zabriskie and Scenes from Pastorius Reservoir

[The Postlude features the soothing instrumental music "Cylinder Six" from the album "Cylinders" by Chris Zabriskie, CC BY 4.0, and scenes from Pastorius Reservoir.]

.....

In love, light and joy,
Alice B. Clagett
I Am of the Stars

Written on 22 January 2012; filmed on 2 October 2014; published on 30 October 2014
Location: Pastorius Reservoir State Wildlife Area, Colorado

Photos by Alice

The first photo is from some while ago; the others are in the video.



Image: "Spillway," by Alice B. Clagett, 2016, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Spillway," by Alice B. Clagett, 2016, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....

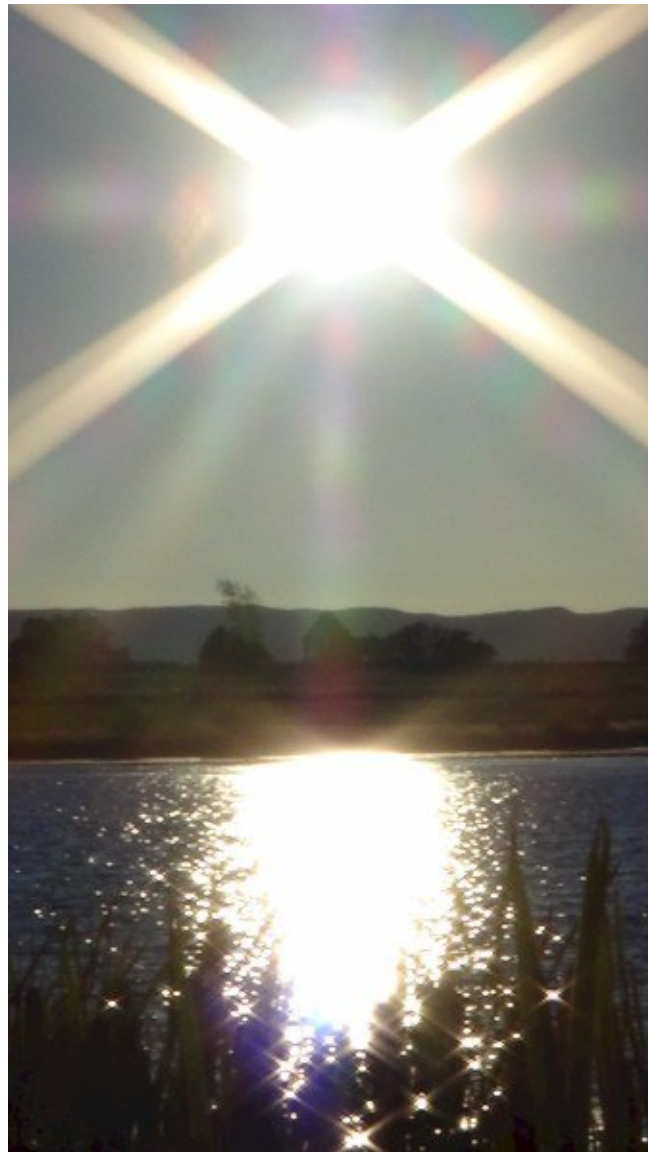


Image: "Rainbow Rays of Sun, and Sunlight Sparkling on the Waters of a Reservoir," by Alice B. Clagett, 3 October 2014, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Rainbow Rays of Sun, and Sunlight Sparkling on the Waters of a Reservoir," by Alice B. Clagett, 3 October 2014, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.

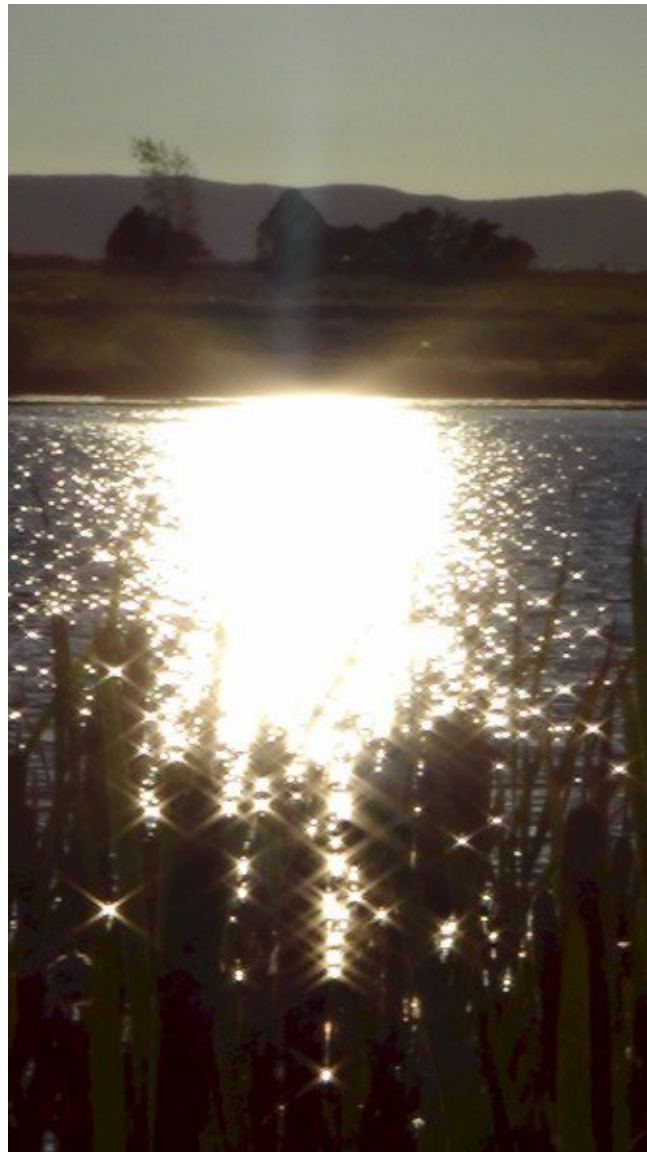


Image: "Sunlight Sparkling on the Waters of a Reservoir, and Country House on the Shore," by Alice B. Clagett, 3 October 2014, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Sunlight Sparkling on the Waters of a Reservoir, and Country House on the Shore," by Alice B. Clagett, 3 October 2014, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....



[3] Except where otherwise noted, this work is licensed under a [4]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

dreamtime, poetry, soul wounding, subconscious mind, childhood trauma, cleansing cellular memories, clearing the subconscious, soul clearing, soul wounding, subconscious mind, trauma, poems by Alice, unconscious thought cloud of the world, dreamtime realm, solar flares, anxiety, solar events, feral drives,

1. https://upload.wikimedia.org/wikipedia/commons/9/9f/Blue_whale_tail.JPG
2. <https://awakeningwithplanetearth.com/wp-content/uploads/2012/01/leviathan-audio-only.mp3>
3. <http://creativecommons.org/licenses/by-sa/4.0/>
4. <http://creativecommons.org/licenses/by-sa/4.0/>

**1.1.10 An Incomplete Rhyme . a prose poem by Alice B. Clagett
(2012-01-27 03:10)**

Written on 27 January 2012; published on 31 December 2018; republished on 16 December 2020

AN INCOMPLETE RHYME
A Prose Poem by Alice B. Clagett
27 January 2012

May I be like the Yerba Santa,
able to take the heat,
to live in the rough, wild places
turning my face to Thee;

Blessed with the power to heal
in my flowers, my leaves and my roots.
May the eyes of the world walk right by me,
and never so much as look.

.

In love, light and joy,
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

poems, poetry by Alice, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

1.2 February

**1.2.1 The Last Time We Passed On . a poem by Alice B. Clagett
(2012-02-18 03:54)**

Written on 18 February 2012; published on 22 December 2018; republished on 26 November 2020

This poem has been excerpted to "My Memories of Other Incarnations."

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
 - "The Last Time We Passed On," a Poem by Alice B. Clagett, Soundtrack and Words

Dear Ones,

Here is a poem about reincarnation. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/GOi5BuB3U_c

SUMMARY OF THE VIDEO

"The Last Time We Passed On"
A Poem by Alice B. Clagett
Soundtrack and Words
18 February 2012

[1]Audio: <https://awakeningwithplanetearth.com/wp-content/uploads/2019/02/11-26-2020-last-time-we-passed-on-poem.mp3>

What if we remembered
the last time we passed on?
That moment
of wild, sweet surrender!

That would be the end of the play, wouldn't it?
The jig would be up.
Divine Ma would be our every thought.
So, then, why stick around?

To hear her laughter in the breeze,
tickling the trees;

in the tiny pop

of waves' farewell bubbles,
stranded on the shore;

in the bliss of birds'
"good morning" to the day;

in the soft footfalls
of a cat, from room to room;

in the joyful abrogation
of the space between the words,
and the space between the worlds
within us.



Image: "Beseeching," by Alice B. Clagett, 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Beseeching," by Alice B. Clagett, 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.

In love, light and joy,
I Am of the Stars

This blog is included in ... *Link: "Tiny Anthologies: Incarnational Memories," by Alice B. Clagett, compiled from prior blogs on 10 February 2019; revised ... [2]<https://wp.me/p2Rkym-bCE> ..*

.....



[3] Except where otherwise noted, this work is licensed under a [4]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

adventures with Alice, visions by Alice, poems by Alice, poetry, 2u3d, incarnations,

1. <https://awakeningwithplanetearth.com/wp-content/uploads/2019/02/11-26-2020-last-time-we-passed-on-poem.mp3>
2. <https://wp.me/p2Rkym-bCE>
3. <http://creativecommons.org/licenses/by-sa/4.0/>
4. <http://creativecommons.org/licenses/by-sa/4.0/>

1.3 March

1.3.1 Journal Entry: 11 March 2012 . by Alice B. Clagett (2012-03-11 09:06)

This journal entry was written on 11 March 2012; republished on 21 December 2017; and revised on 26 February 2023

The story about one of my Native American incarnations has been revised and excerpted to "My Memories of Other Incarnations"

- A VISIT FROM THE HATHORS
- REMEMBERING A DEATH DATE OF ONE OF MY NATIVE AMERICAN INCARNATIONS

Dear Ones,

A VISIT FROM THE HATHORS

I was at church today, Sunday service. My brothers and sisters from the fifth dimension were there. They loved the drumming. They loved the singing. They loved how our hearts filled the air with song just past the ear's ability to hear, but every heart was listening.

The drummers got a little out of sync, and I started to worry. Then I heard lighthearted laughter ...

You humans are so serious, and so separate!

You have such diverse points of view.

We love that in you!

We, who think and feel almost as one, though we be many ... we salute you!

This life you chose on earth can be quite challenging. We applaud your courage. Know that we love you!

.

REMEMBERING A DEATH DATE OF ONE OF MY NATIVE AMERICAN INCARNATIONS

I was thinking about the lifetime when I sat on that western mesa, wrapped warm in a good blanket, watched the sun set ... oh, so beautiful ... watched the night sky blossom with stars, and felt, with a steady heart, as my life left me.

I thought, Why not? And journeyed back, to sit beside him, hand on that old, courageous shoulder, my heart his own.

I, who will be, am here with you now.

.

In love, light and joy,

Alice B. Clagett

I Am of the Stars

.....



Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

incarnations, reincarnation, story by Alice, Hathors, brothers and sisters of the stars, Native Americans, interspecies communication,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.4 April

1.4.1 Conscious Awareness . Feeling the Heels . Grounding . by Alice B. Clagett (2012-04-02 19:37)

Written on 2 April 2012; revised and published on 1 January 2018

Dear Ones,

To feel more fully in the body and on the physical plane), concentrate on the energy that rises from the heels, up along the back of the spine, and up through the back of the head. Apparently this dorsal energy line is also associated with conscious Awareness, and with the dorsal funnels of many of the chakras ...

When Awareness is removed from the dorsal to the frontal chakric line, thoughts tend to segue into unconsciousness.

When Awareness is on the front funnel of the third-eye point (in front of the face), one begins to feel the astral plane more than the physical plane.

So, a couple of shortcuts to dwelling in conscious (as opposed to unconscious) thought are ...

- If sitting, place the Awareness on the back of the brain or on the spine at the level of the heart center.
- If standing or walking, place the Awareness on the heels. (By 'place the Awareness on' I mean 'feel.')

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

Earth energy, grounding, conscious awareness, unconscious mind, astral plane, 3D, 4D, dorsal chakras, chakras, third-eye point, heels, dorsal heart, dorsal third-eye point, back chakric funnels, dimensions, multidimensionality,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.4.2 Journal Entry: Straight Lines . by Alice B. Clagett (2012-04-18 09:23)

This journal entry was written on 18 April 2012

Location: Colts Neck, New Jersey

Dear Ones,

I looked out the window of the hotel, at the trees along the stream bank. A straight horizontal tree branch caught my eye ... very rare ...

I looked at all the trees and saw not one other horizontal tree branch. Then I noticed a thick wavy branch that hung right over the streambed.

A squirrel scampered across the branch from its farthest end to the end attached to the tree trunk. The squirrel didn't mind at all that the branch wasn't straight!

Then I noticed, behind the trees, the roof of a house.
Talk about straight lines ... man's straight lines are never found in nature.

So, roofs are like minds
And trees are like bodies.

And cars are like minds, with 'to do' lists and straight routes to somewhere.
Try getting in a car with no destination in mind ... just drive, and end up where you end up.

Or, try walking in nature without a map.
Be patient.
Wait for the trees and grass and flowers to reach out and touch you!

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

roofs, straight lines, bodies, go with the flow, letting go, surrender, automobiles, trees, nature,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.5 June

1.5.1 Buddha's Gift: Kriya for Vast Compassion and Immutable Peace . channeled by Alice B. Clagett (2012-06-17 19:59)

- VIDEO BY ALICE

- SUMMARY OF THE VIDEO

- MORE INFORMATION

Dear Ones,

I got this kriya (yoga set) from the Buddha in June of 2012 while Paul Nugent and the Aetherius Society were chanting "*Om mani padme hum*" at The Onion in North Hills. Believe it or not! Do the first hand position for 22 minutes, and the last hand position for only 3 minutes at the end. (But if you do not feel like meditating for that long, it is quite all right to do the meditation for just a few minutes.)

I published this kriya a while back on youtube. In the last few days I have had the feeling it might be good to put it on the blog, that it might be needed right now. So here it is. There is a Summary after the video ...

VIDEO BY ALICE

<https://youtu.be/p1BZPHHusnl>

SUMMARY OF THE VIDEO

This is the mudra for vast compassion and immutable peace. The mantra is "Om mani padme hum." Hands are in gyan mudra. It goes like this: [speaks the mantra].

Here are photos of the mudras in the video. For most of the chant this is the mudra ...

[1]



Image: "Buddha Kriya 1," by Elandra Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 *International*, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ... DESCRIPTION: The person is sitting. The left upper arm is down by the side; left forearm

up; left hand raised up in front of the left shoulder, palm out, index fingertip touching the tip of the thumb, other fingers together and extended upward. The right upper arm is down by the side; forearm extended out from the front of the body, hand palm out, index fingertip touching the tip of the thumb, other fingers together and extended downward ... CREDIT: Photo of Alice Clagett, with permission.

Image: "Buddha Kriya 1," by Elandra Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ...

DESCRIPTION: The person is sitting. The left upper arm is down by the side; left forearm up; left hand raised up in front of the left shoulder, palm out, index fingertip touching the tip of the thumb, other fingers together and extended upward. The right upper arm is down by the side; forearm extended out from the front of the body, hand palm out, index fingertip touching the tip of the thumb, other fingers together and extended downward ...

CREDIT: Photo of Alice Clagett, with permission.

.

Then for the last repetition of the chant, the hands are brought round like this ...



Image: "Buddha Kriya 2," by Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 *International*, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ... DESCRIPTION: The person is sitting. Right upper arm is down by the side; elbow bent; hand in

front of the navel point, palm up, index fingertip touching the tip of the thumb, other fingers together and extended to the left. Left elbow is out from the body; hand in front of the heart, palm down, index fingertip touching the tip of the thumb, other fingers together and extended to the right. Thus the two palms are facing each other in front of the body, and about eight inches apart ... CREDIT: Photo of Alice Clagett, with permission.

Image: "Buddha Kriya 2," by Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ...

DESCRIPTION: The person is sitting. Right upper arm is down by the side; elbow bent; hand in front of the navel point, palm up, index fingertip touching the tip of the thumb, other fingers together and extended to the left. Left elbow is out from the body; hand in front of the heart, palm down, index fingertip touching the tip of the thumb, other fingers together and extended to the right. Thus the two palms are facing each other in front of the body, and about eight inches apart ...

CREDIT: Photo of Alice Clagett, with permission.

.



Image: "Buddha Kriya 2A: Close-up," by Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 *International*, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ... DESCRIPTION: The person is sitting. Right up-

per arm is down by the side; elbow bent; hand in front of the navel point, palm up, index fingertip touching the tip of the thumb, other fingers together and extended to the left. Left elbow is out from the body; hand in front of the heart, palm down, index fingertip touching the tip of the thumb, other fingers together and extended to the right. Thus the two palms are facing each other in front of the body, and about eight inches apart ... CREDIT: Photo of Alice Clagett, with permission.

Image: "Buddha Kriya 2A: Close-up," by Kirsten Meredith, with permission, 17 June 2012, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ...

DESCRIPTION: The person is sitting. Right upper arm is down by the side; elbow bent; hand in front of the navel point, palm up, index fingertip touching the tip of the thumb, other fingers together and extended to the left. Left elbow is out from the body; hand in front of the heart, palm down, index fingertip touching the tip of the thumb, other fingers together and extended to the right. Thus the two palms are facing each other in front of the body, and about eight inches apart ...

CREDIT: Photo of Alice Clagett, with permission.

.

In love, light and joy,
Alice B. Clagett
I Am of the Stars

Filmed on 17 June 2012; published on 18 June 2017; video revised and republished on 23 October 2015; blog revised on 18 June 2017

Previously titled: Buddha's Gift: Kriya for Vast Compassion and Immutable Peace . through Alice B. Clagett

.....
MORE INFORMATION

Link: "Om Mani Padme Hum," in English Wikipedia ... [4]https://en.wikipedia.org/wiki/Om_mani_padme_hum ..

Link: "3HO (Healthy, Happy, Holy Organization)" ... [5]<https://www.3ho.org/> ... Search for: gyan mudra

.....



[6] Except where otherwise noted, this work is licensed under a [7]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

Buddha, compassion, gyan mudra, immutable peace, kriya, mantra, meditation, mudra, om mani padme hum, peace, yoga set, vast compassion, yoga set, anxiety, Buddhism, meditations, 2u3d, Meditations and visualizations by Alice,

1. <https://awakeningwithplanetearth.com/wp-content/uploads/2014/04/buddha-kriya-best11.jpg>
2. <https://awakeningwithplanetearth.com/wp-content/uploads/2014/04/buddha-kriya-best21.jpg>
3. <https://awakeningwithplanetearth.com/wp-content/uploads/2014/04/723000031.jpg>
4. https://en.wikipedia.org/wiki/Om_mani_padme_hum
5. <https://www.3ho.org/>
6. <http://creativecommons.org/licenses/by-sa/4.0/>
7. <http://creativecommons.org/licenses/by-sa/4.0/>

1.6 September

1.6.1 Journal Entry: The Void . by Alice B. Clagett (2012-09-01 09:49)

This was written in September 2012; I have indicated 1 September 2012 as an approximate date of writing; republished on 21 December 2017

Dear Ones,

In a motel in Espanola, New Mexico, after a deep sleep, I woke up in the middle of the night not knowing who or where I was, but with a deep confidence in my anonymous 'I-ness.'

All of a sudden, out of nowhere, I pronounced ...

*I am I.
I am One Great Heart!*

*All who approach
Ride with me
To my destiny!*

...

Go figure!

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

void, null point, heart energy, prophecy, awareness, awakening,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7 November

1.7.1 Journal Entry: Dancing in the Sun: The Sexual Chakra at Higher Dimensions . by Alice B. Clagett (2012-11-01 09:57)

Written in November 2012 ... This was a vision and not a 3D event

Dear Ones,

At higher octaves there is no pain attached to the energy of the sexual chakra. There is peace, love, joy, each flooding the world with waves of ecstasy.

Imagine being in Norway, jumping in an outdoor hot tub, then jumping out and rolling in the snow. Now imagine that feeling not just on your skin, but throughout your body, in every cell, mixing at a subatomic level ... Peace, Love, Joy ... Peace, Love, Joy ... Peace, Love, Joy ... steaming hot and ice cold, all at once.

That is how it is in subatomic space. Each tiny spark of energy is vibrantly alive, merging and separating from its kin ... heat, steam, freezing cold ... over and over again. Shivers and chills! Tingles and thrills in subatomic space.

Now imagine you're feeling this thrill with someone else's subatomic particles merged with yours. This must be intimacy like no other; something exquisite to look forward to; something light years past the power of mere words to describe.

Same act, but ... like the crystal voice ... resonant with layers of awareness heretofore never experienced. Afterwards, a feeling like a white sheet, dunked in a clear mountain stream, then laid over a tree limb to snap and furl in the breeze. Over the hill, a thunder cloud approaches, and the breeze picks up!

In love, light and joy,
I Am of the Stars

.....



[1]

Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....

.....

5D sexuality, dimensions, fifth dimension, interdimensional romance, sacred sexuality,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.2 The 'Wilson' in Our Minds . by Alice B. Clagett (2012-11-01 18:20)

Written and published on 1 November 2012; revised 16 May 2018

Image: The volleyball with a red face painted on it that is the imaginary 'Wilson' character from the movie Castaway ... [1]https://upload.wikimedia.org/wikipedia/en/f/fb/Wilson_The_Volleyball.jpg ..

- CREATION OF OPPOSING CHARACTERS BY THE SUBCONSCIOUS MIND
- ON LETTING GO OF SUBCONSCIOUS SKITS

Dear Ones,

CREATION OF OPPOSING CHARACTERS BY THE SUBCONSCIOUS MIND

Like Tom Hanks in the movie Castaway, the subconscious mind creates opposing characters ... one for every unresolved story ... from our youth, our infancy, our many incarnations.

Sometimes we find a being to transpose the pattern upon. Sometimes we just create it in our minds. We are the aggressor, we are the victim, duking it out just beneath the level of conscious Awareness.

Again and again, we transpose this pattern onto the scenery of our lives. Till one day, it rises to conscious Awareness and resolves itself, as it were, into thin air.

ON LETTING GO OF SUBCONSCIOUS SKITS

The clip below is from the movie Castaway starring Tom Hanks:

Video: " Cast Away (WILLSON!!!)," by daveandjen4eva, 2 May 2010 ...

[2]https://www.youtube.com/watch?v=z7Rv_7kWfBc ..

I found particularly poignant the scene in Castaway when Tom needs to choose between holding onto his imaginary companion and surviving. When the cast of characters of our subconscious wounding begins to rise to the surface of our Awareness, it feels just like this. Like we are about to die. Like we have lost the last tether to safety and sanity.

But when we let go of our subconscious skit, the ancient wounds heal all in an instant, leaving us completely new, unbelievably empowered as creators of New Earth, new life, new hope for all beings.

In love, light and joy,
I Am of the Stars

.....



[3]

Except where otherwise noted, this work is licensed under a [4]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

unconscious thought cloud of the world, aggressor, childhood wounding, clearing karma, fantasy, New Earth, reality, subconscious mind, subconscious wounding, Tom Hanks, victim, victim-aggressor paradigm, hope, subconscious mind, Soul wounding, movie Castaway,

1. https://upload.wikimedia.org/wikipedia/en/f/fb/Wilson_The_Volleyball.jpg
2. https://www.youtube.com/watch?v=z7Rv_7kWfBc
3. <http://creativecommons.org/licenses/by-sa/4.0/>
4. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.3 Illuminati . by Alice B. Clagett (2012-11-02 23:25)

Written and published on 2 November 2012; revised 16 May 2018

Dear Ones,

I heard the strangest rumor today. I heard that the Illuminati are no longer able to cloak their thoughts from ordinary people, that all their secrets are revealed. Further, rumor has it, the Earth herself has transformed with all her beings ... including these unusual beings ... into One joyful, vibrantly alive being ...

Now personally, I have my doubts whether there is such a thing as the Illuminati, but if there were, and even if there were not, what a wonderful thought, what a wonderful blessing for our Universe, is this thought of One Joy, One Planet united in awareness with all her diverse beings ... each of whom has some Great Purpose in the unfolding of New Earth!

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

illuminati, power over, unity, oneness, joy,

- 1. <http://creativecommons.org/licenses/by-sa/4.0/>
- 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.4 Despair and Faith . by Alice B. Clagett (2012-11-04 14:17)

Written and published on 4 November 2012; revised 16 May 2018

Dear Ones,

Sometimes it seems like the path to the new reality leads through the valley of despair. Sometimes 'letting go' takes this form ... despair.

What is needed to carry us through this creative act of despair? Hope. Faith. Gratitude. Forgiveness. These are the only companions we will need. As King David wrote long ago ...

Psalm 23 (KJV, public domain)

23 " The Lord is my shepherd; I shall not want.

2 "He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 "He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 "Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 "Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever."

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

hope, faith, gratitude, forgiveness, Bible, despair, Christianity, letting go, Bible, Psalm

23, protection, sanctuary,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.5 All Hail the One in All! . channeled by Alice B. Clagett (2012-11-05 12:29)

Written and published on 5 November 2012; revised on 16 May 2018

Dear Ones,

This is the greeting of the Galactic High Command. If you would like an infusion of pure, unconditional love energy, try these words on for size ...

All Hail the One in All!

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

All, Law of One, prayers, star brothers, star brethren, prayers by Alice, unconditional love,

- 1. <http://creativecommons.org/licenses/by-sa/4.0/>
- 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.6 By the Power of the Lord and the Lady . a white magic spell by Alice B. Clagett (2012-11-12 03:45)

Written and published on 12 November 2012; revised on 16 May 2018

This syncretic affirmation reminiscent of a white magic spell draws the Ancient Days into the newly manifesting fifth dimension ...

.

BY THE POWER OF THE LORD AND THE LADY
A White Magic Spell by Alice B. Clagett
12 November 2012

By the power of the Lord and the Lady,
by the power of Light and Dark, and all the In-Between,
by the power of Earth and Sky,
and by the power of my love for all that is,
I dispel this ancient, dense energy
from the aura of my dear planet Earth.
So be it, and so it is!
Peace to all, joy to all, love to all.

.

In love, light and joy,
I Am of the Stars

PS: Take care to use this prayer for the Universal good, and not for a personal agenda. Intuition tells me the latter might boomerang in a nanosecond.

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

prayers, protection, poems by Alice, prayers by Alice, spells, white magic, protection, fifth dimension, spells, boomerang effect, Lord and Lady, sanctuary, blessings, 2u3d, plane of forces, in-between, unmani,

- 1. <http://creativecommons.org/licenses/by-sa/4.0/>
- 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.7.7 As Rain Loves the Earth . a poem by Alice B. Clagett (2012-11-21 04:25)

Written on 21 November 2012; published on 31 December 2018; republished on 20 December 2020

AS RAIN LOVES THE EARTH
A Poem by Alice B. Clagett
21 November 2012

As rain loves the Earth,
and the small roots between the trees;
and tickles Oceans' Titans' foam-flecked feet,
and sends the Devas whirling, Sufi-style,
and blesses the conception of each child,
and bathes the borning World in ecstasy,
so is my love for thee, my own dear child.

.

In love, light and joy,
I Am of the Stars

.....

Except where otherwise noted, this work is licensed under a [1]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

poems, poetry by Alice, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>

**1.7.8 Free Will and a Loving Heart . a song by Alice B. Clagett
(2012-11-22 16:21)**

- "Free Will and a Loving Heart," a Song by Alice B. Clagett, Soundtrack and Words, 22 November 2012



Image: "Small Iris and Ficus," by Alice B. Clagett, 2015, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Small Iris and Ficus," by Alice B. Clagett, 2015, CC BY-SA 4.0 International, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.

Dear Ones,

Here is a tiny song for you!

"Free Will and a Loving Heart"

A Song by Alice B. Clagett
Soundtrack and Words
22 November 2012

[1]Audio: <https://awakeningwithplanetearth.com/wp-content/uploads/2020/09/free-will2.mp3>

*Free will and a loving heart
Are the only treasures of man.*

.

In love, light and joy,
Alice B. Clagett
I Am of the Stars

Written on 22 November 2012; published on 30 December 2018; republished on 29 September 2020; revised on 12 March 2023

.....



[2] Except where otherwise noted, this work is licensed under a [3]Creative Commons Attribution-ShareAlike 4.0 International License.

.....

.....

songs, songs by Alice, free will, heart chakra, 2u3d,

1. <https://awakeningwithplanetearth.com/wp-content/uploads/2020/09/free-will2.mp3>
2. <http://creativecommons.org/licenses/by-sa/4.0/>
3. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8 December

1.8.1 Protection from Just About Every Dark Thing . compiled by Alice B. Clagett (2012-12-20 03:27)

Written and published on 20 December 2012; revised 16 May 2018

- PROTECTION - VIOLET FIRE
- PROTECTION FROM BEELZEBUB: A VISUALIZATION, Channeled by Alice B. Clagett
- PROTECTION - WHEN DARKNESS ENVELOPS YOU
- PROTECTION - THE MOOL MANTRA, A GURMUKHI PRAYER

Dear Ones,

Here are techniques for protection from just about every dark thing!

PROTECTION - VIOLET FIRE

For protection against negative entities, Dr. Suzanne Lie suggests bathing them in the Violet Fire of Saint Germain. In this way they can be transmuted and transformed.

Link: "Blazing the Violet Fire," through Suzanne Lie, 28 February 2017 ...
[1]<http://suzanneliephd.blogspot.com/2017/02/blazing-violet-fire-through-suzanne-lie.html> ..

.....

PROTECTION FROM BEELZEBUB: A VISUALIZATION

Channeled by Alice B. Clagett

20 December 2012

Here is what to do if the Big B ... you know, the guy who neglected to get the nose job? ... known by various names? ... knocks on your door:

Imagine you are Abraham.

Near the great trees of Mamre, you have pitched your tent.

In the heat of the day, you sit in its doorway, looking out.

The air is still and warm.

The sun is high; it's hard to see clearly.

Three strangers are approaching.

Who are they? What do they want?

All in an instant, you know! They are angels sent by All that Is!

Heart filled with love, you run out to embrace them.

.....

Inspired by Genesis 18:1-3 (KJV, public domain)

1 "And the LORD appeared unto him in the plains of Mamre: and he sat in the tent door in the heat of the day;

2 "And he lift up his eyes and looked, and, lo, three men stood by him: and when he saw *them*, he ran to meet them from the tent door, and bowed himself toward the ground,

3 "And said, My Lord, if now I have found favour in thy sight, pass not away, I pray thee, from thy servant ..."

.

PROTECTION - WHEN DARKNESS ENVELOPS YOU

When Darkness envelopes you, try something silly, like strumming your lips with a finger as you sing a little ditty. It is amazing how silliness sends the Dark packing!

Video: "Max - finger-lips - budabdadbudabduabda," by Daniel Scotton, published on 16 December 2010, [2]<https://www.youtube.com/watch?v=GdnGff72vqM> ..

PROTECTION - THE MOOL MANTRA, A GURMUKHI PRAYER

This is Snatam Kaur Khalsa’s rendition of the Mool Mantar (aka Mul Mantra). This mantra charges the aura with positive energy ...

Video: "Snatam Kaur - Mul Mantra - Ek Ong Kar," by Sikh Mantras, 7 June 2019 ... [3]<https://www.youtube.com/watch?v=Pf8CeGa7tII> ..

The mantra is in *Gurmukhi*, a sacred language of India. The word means: *Mouth of the Guru*, which may be loosely rendered: *the Divine Teacher Within*.

In love, light and joy,
I Am of the Stars

.....



[4] Except where otherwise noted, this work is licensed under a [5]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

protection, prayers, chants, visions, Beelzebub, meditations, mool mantra, mul mantra, protection, Satan, spells, Genesis 18:1-3, Bible, Christianity, Sikhism, demon realm, Genesis, Mamre, Abraham, beings of light, Gurmukhi, star brothers, star brethren, 2u3d,

1. <http://suzanneliephd.blogspot.com/2017/02/blazing-violet-fire-through-suzanne-lie.html>
2. <https://www.youtube.com/watch?v=GdnGfF72vqM>
3. <https://www.youtube.com/watch?v=Pf8CeGa7tII>
4. <http://creativecommons.org/licenses/by-sa/4.0/>
5. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.2 Mental, Physical, and Emotional Control: The Technique of Engulfing with Love . by Alice B. Clagett * (2012-12-30 15:41)



Image: "Engulfing with Love," adapted from Image by Sasin Tipchai from Pixabay, Pixabay Content License

Image: "Engulfing with Love," adapted from Image by Sasin Tipchai from Pixabay, Pixabay Content License

- PHYSICAL PAIN
- CONTROLLING OUR MENTAL PROCESSES
- TO OVERCOME ATTEMPTS AT MIND CONTROL
- CONTROLLING UNWANTED EMOTIONS
- ANGER OR FEAR
- SEXUAL AROUSAL

Dear Ones,

Here is a technique to gain total mental, physical, and emotional control. It is the same technique for each of these, but I will go through it with specific examples, as I find practical application more helpful than abstract theory.

PHYSICAL PAIN

Let us start with the physical body, as that' is something many people are used to. Let us say you notice a specific bodily discomfort or maybe even a deep pain. Could be doctors have put a label on this discomfort or pain for you, but I state unequivocally to you that this label is not helpful. Quite the opposite. If you want to heal the physical body, take care not to imagine with your mind that this feeling has a label that will lead the body to this historically proven conclusion. Instead, feel the pain exactly as it is.

Imagine that the pain is a gift to you from God. Why not see what gift this is? Keep feeling this gift, this pain, as you also feel how your physical body and energy field feel around the pain. With an attitude of curious exploration, and of deep, loving gratitude, keep both the pain and the surrounding painlessness in your awareness. You will find the two energies become one generalized energy field, and the pain will go away.

Now, to the extent you hold a belief that the pain will not go away, it will not. So while you do this healing work on your body, place your awareness totally on your body, not on your mind. If thoughts do surface during your physical healing process, then you may momentarily use the following technique for controlling and calming the mind. It takes less than a second.

CONTROLLING OUR MENTAL PROCESSES

Many of us would like to be more aware of our thought processes ... both surface thoughts and thoughts springing from the deep subconscious mind. We might practice a proven technique to calm the mind, such as ...

- the Zen technique of counting to 10 over and over again.
- Or the yogic technique of long deep breathing.
- Or the Indian technique of feeling the breath as it moves into and out of our nostrils.
- Or by chanting a mantra, and so on.

We cannot always prevent thoughts from surfacing, though, so if you notice a thought, or train of thought, during your mind calming procedure, here's what to do:

Be aware that a mental process is occurring. Do not blame yourself for this thought; do not feel a sense of failure or any other negative emotion; rather, be thankful that you noticed

the thought. Classify for yourself what kind of thought it was. A memory? The beginning of a fantasy? A story about something? An analytical thought? A judgment?

So the point here is not to concentrate on the content of the thought, but simply to pigeonhole it. And then to return to your mind calming procedure.

TO OVERCOME ATTEMPTS AT MIND CONTROL

Historically, some spiritual adepts have been described as being able to control the minds of others. Rasputin, for instance, was known for this ability. And there is a lot of popular lore in this regard.

Before we continue further, and so as to know what we're really dealing with, it's good to note that the mental bodies extend far beyond the brain. In fact, almost all our other bodies ... the physical, etheric, and emotional or astral bodies, and the body of light ... are permeated by the mental bodies, higher and lower, which extend beyond them; the exception being the body of light (also termed the 'causal' or 'spiritual' body), which permeates and extends beyond each of our other bodies.

What to do if you feel an attempt is being made to control your mind? There is one good technique that is quite similar to the physical pain healing technique described above. Let us say you notice a thought that seems foreign, 'not your own.' Now, at that moment, feel the actual energy of the thought ... is it a throbbing in the frontal lobe? Does it feel like an energy whirling in or around the head, or at the level of the navel point, the sexual organs, or perhaps the rectum? Whatever the energy feels like, concentrate on that energy ... and not on the thought itself.

Imagine that the energy your mind has labeled 'not you' is a gift to you from God. Why not find out what gift this is? Keep feeling this gift, this 'not you' energy, as you also feel how your energetic body feels around the 'not you-ness.' With an attitude of curious exploration, and of deep, loving gratitude, keep both the 'not you' energy and the surrounding energy of your mental body in your awareness. You will find the two energies become one generalized energy field, and the 'not you' energy will integrate with your aura.

CONTROLLING UNWANTED EMOTIONS

If we want to be fully developed, fully aware human beings, then control of the emotions is an important consideration. By this I don't mean inhibition of unwanted emotions, which process always leads to trouble, and sometimes very deep trouble indeed. Rather I refer to integration of unwanted emotions into the emotional body as a whole. By this time you probably get the drift of what I'm about to say.

ANGER OR FEAR

In a nutshell: Feel the most obvious physical sensation that your mind is labeling 'anger' or 'fear.' Imagine that this unwanted emotion is a gift to you from God.

Why not find out what gift this is? Keep feeling this gift, this physical sensation, as you also feel how your physical body and energy field feel around the physical sensation. With an attitude of curious exploration, and of deep, loving gratitude, keep both the physi-

cal sensation and the surrounding energy in your awareness. You will find the two energies become one generalized energy field, and the physical sensation will integrate with your aura.

Then repeat the procedure with any other physical sensations related to the unwanted emotion.

SEXUAL AROUSAL

Things being as they are in Western culture, quite a few people are concerned to minimize the chance of feeling their sexuality at moments that are socially unacceptable ... maybe with regard to the wrong person, or at the wrong time, for instance. Since sexuality is an inescapable part of our makeup, and always a force to contend with, and to creatively redirect, as necessary, it's good to know that the above technique can be used to diffuse sexual arousal. To wit:

- Feel the most obvious physical sensation associated with the concept your mind labels 'sexual arousal.'
- Imagine that this unwanted physical sensation is a gift to you from God. Why not find out what gift this is?
- Keep feeling this gift, this physical sensation, as you also feel how your energy field feels around the sexual energy. With an attitude of curious exploration, and of deep, loving gratitude, keep both the physical sensation and the surrounding energy in your awareness - You will find the two energies become one generalized energy field, and the physical sensation will integrate with your aura.

One more thing about sexual arousal ... the persistence of such a feeling has a lot to do with thoughts, especially repetitive thoughts, which precede the sensation of arousal and persist throughout the experience. When the thoughts stop, the feeling soon stops as well. So, if you notice mental involvement during the diffusing process, then you may wish to momentarily use the previously mentioned technique for controlling and calming the mind, which takes less than a second.

In love, light and joy,
Alice B. Clagett
I Am of the Stars

Written and published on 30 December 2012; revised on 16 May 2018 and on 2 April 2024

[audio mp3="https://awakeningwithplanetearth.com/wp-content/uploads/2012/12/love-eve-rmore-144255.mp3" autoplay="true" preload="auto"][/audio]

Music by [1]Jeremiah Alves from [2]Pixabay

"Love Evermore" - Pixabay License

.....



[3] Except where otherwise noted, this work is licensed under a [4]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

physical pain, anger, fear, sexual arousal, mind control, mastery of mind, disease, health, meditation, subconscious mind, Zen, pranayam, long deep breathing, mantra, stillness, neutral mind, Rasputin, spiritual adepts, mind control, subtle bodies, body of light, causal body, emotional repression, sublimation, societal expectations, repetitive thoughts, transformation, my favorites,

1. https://pixabay.com/users/jeremusic70-25199461/?utm_source=link-attribution&utm_medium=referral&utm_campaign=music&utm_content=144255
2. https://pixabay.com/?utm_source=link-attribution&utm_medium=referral&utm_campaign=music&utm_content=144255
3. <http://creativecommons.org/licenses/by-sa/4.0/>
4. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.3 What's Normal? . by Alice B. Clagett (2012-12-30 15:42)

Written and published on 30 December 2012; revised on 16 May 2018

Dear Ones,

You know, I am beginning to think there is no such thing as 'normal.' It is more like, there is the 'expected.' Then we have the 'unexpected' ... in which lies all the mystery of life.

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

normal, self-esteem, normality, 2u3d,

- 1. <http://creativecommons.org/licenses/by-sa/4.0/>
- 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.4 A Christmas Blessing, 25 December 2012 . channeled by Alice B. Clagett (2012-12-30 15:44)

Written and published on 30 December 2012

Dear Ones,

In the coming weeks, as our beloved Planet gives birth to her new self, place your feet firmly on the ground. Walk with her, speak with her, know her as your own Earthly Mother. It is she that has given birth to us, lifetime after lifetime, she who nourishes and uplifts us with every breath, and she who, when we grow weary, shall take our bodies back into her bosom.

In this day of the New Dawn, let us also remember our Divine Mother, and our birthright of the stars. Let us be that connection between our cosmos and our beloved Mother Earth. Walking the Earth, let us rejoice in the stars. So shall our own radiant, new selves be born.

As the veil of Duality at last falls away, with deepest gratitude, I acknowledge each of you as co-creator of all that is. May your higher expressions of self guide your steps through the coming days. May they walk with you every moment of your lives!

May you know the inflow of all your other lives. These are all happening right now, dear ones. All the wrong turns of this lifetime found the right path in another. In that wrongness and rightness lies the truth of who we are. We are all that, and so much more!

In love, light, truth and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

Gaia, New Earth, prophecy, ascension, Shift, 2u3d,

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.5 End Times: Luke 21 and Channeling from Star Brethren . by Alice B. Clagett (2012-12-30 15:50)

Written and published on 30 December 2012; republished on 1 January 2019. Poem written in 2012.

- LUKE 21:25-36
- COULD CHRIST HAVE BEEN ONE OF OUR STAR BRETHREN?
- GREETINGS TO THE CHRISTED RACES, a Vision by Alice B. Clagett

Dear Ones,

A couple of weeks before Christmas 2012, I stopped by a Christian church to hear a Sunday reading from the Bible ... serendipitously ... and the reading was from Luke 21:25-36 (KJV) (1):

LUKE 21:25-36 (KJV, public domain)

25 "And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring;

26 "Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.

27 "And then shall they see the Son of man coming in a cloud with power and great glory.

28 "And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh.

29 "And he spake to them a parable; Behold the fig tree, and all the trees;

30 "When they now shoot forth, ye see and know of your own selves that summer is now nigh at hand.

30 "So likewise ye, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand.

32 "Verily I say unto you, This generation shall not pass away, till all be fulfilled.

33 "Heaven and earth shall pass away: but my words shall not pass away.

34 "And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

35 "For as a snare shall it come on all them that dwell on the face of the whole earth.

36 "Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man."

COULD CHRIST HAVE BEEN ONE OF OUR STAR BRETHREN?

Of all the possible readings from the Bible, why this? If the phrase "Brothers of Man" had been substituted for the phrase "Son of man," one might expect the Christed extraterrestrial people, as channeled by some Ascensioneers. Could Christ have been a Christed ET?

But anyway, the Biblical message is: When others are afraid ... even terrified ... just have faith. Be aware; don't let your consciousness fall asleep. Don't be anxious. Ask for help, and you will find that help waiting for you. Nice message, and, I find, completely true.

Well so, a few days after the Bible reading, I got a happy glimpse forward, and channeled this ...

GREETINGS TO THE CHRISTED RACES

A Vision by Alice B. Clagett

2012



Image: "Cliffs by the Animas River in Durango, Colorado," by Alice B. Clagett, Winter 2015, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

Image: "Cliffs by the Animas River in Durango, Colorado," by Alice B. Clagett, Winter 2015, CC BY-SA 4.0, from "Awakening with Planet Earth," <https://awakeningwithplanetearth.com> ..

.....

Greetings to the Christed Races

from the League of Humankind,

Gratefully we greet thee,

our dear Brother of the Stars!

Long have been the days of darkness,

birth after birth, shackled and cast down.

Now at last the day of dawning,

birthday of New Earth is here.

With loving thanks we greet thee,

Christed Brethren of the Stars.

As this Earth shifts out of darkness

into brightest light and love,

Light within us, love above us,

all at once, we're All in Love.

In Divine Ma's name we greet thee,

Blessed Brethren of the Stars.

.

In love, light and joy,

Alice B. Clagett

I Am of the Stars

Note: "GREETINGS TO THE CHRISTED RACES" has been excerpted to "The Chalice and the Crucible."

.....

FOOTNOTE

(1) The passage I heard was not from the King James Version (KJV) of the Bible. But I have used the KJV here. The KJV is public domain in the United States. See ... [1]<https://www.biblegateway.com/versions/King-James-Version-KJV-Bible/> ..

.....



[2] Except where otherwise noted, this work is licensed under a [3]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

2012, Bible, End Times, Luke 21, myths, prophecy, Shift, star brethren, stories by Alice,

stories, JScambio, 2u3d,

1. <https://www.biblegateway.com/versions/King-James-Version-KJV-Bible/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>
3. <http://creativecommons.org/licenses/by-sa/4.0/>

**1.8.6 Congruence: Volvox and New Earth . by Alice B. Clagett
(2012-12-30 15:58)**

Written and published on 30 December 2012

- VOLVOX ... A LINE DRAWING

- VOLVOX ... A 3D IMAGE

- SIMILARITY TO NEW EARTH'S GRID OF LIGHT

Dear Ones,

VOLVOX ... A LINE DRAWING

Volvox: tiny, free-swimming spherical colonies of microorganisms ... inside the big colony are tinier new colonies forming ... look how they resembles the Light Grid of Earth ...

[1]

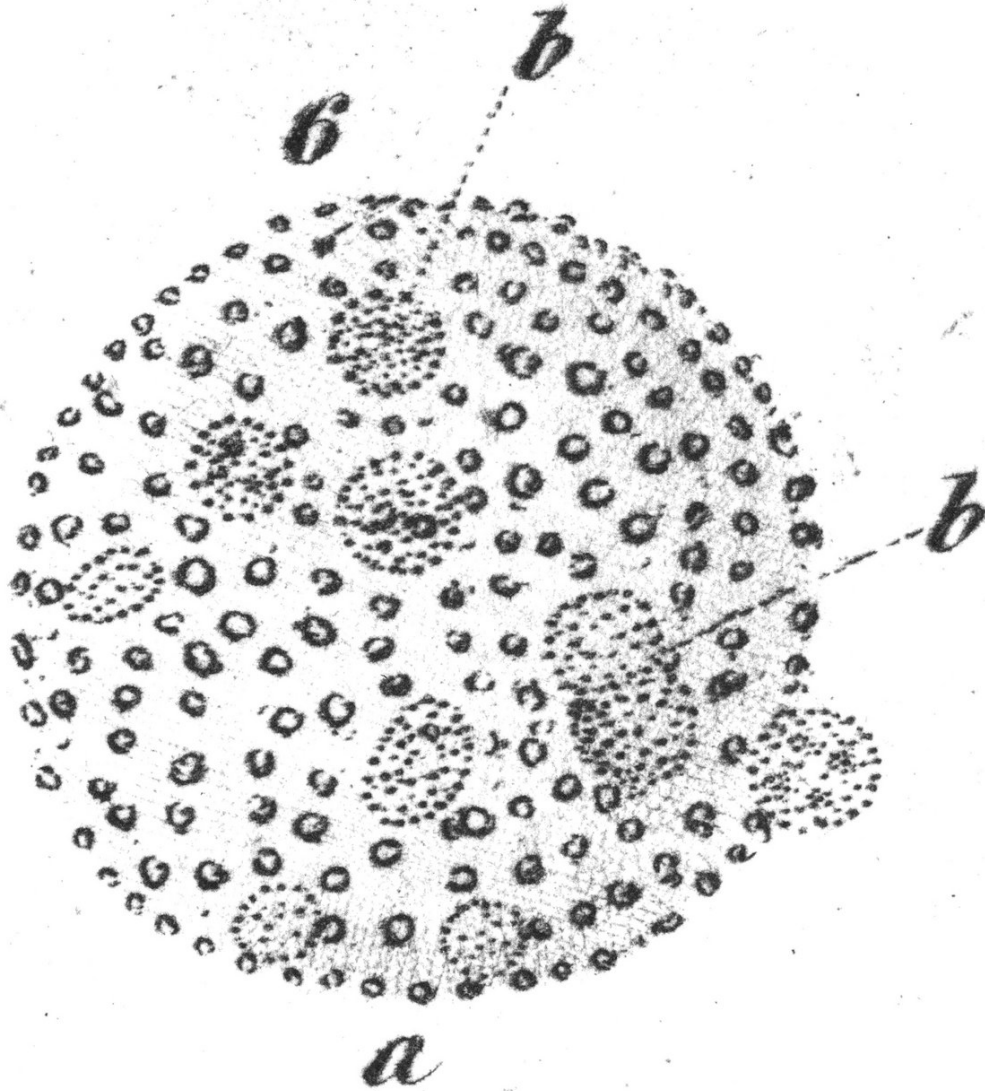


Image: "M0010759 Micro-organisms: Volvox" ... Credit: Wellcome Library, London. Wellcome Images images@wellcome.ac.uk ... <http://wellcomeimages.org> .. Volvox; Essays on the Microscope; George Adams; Published: 1797, Copyrighted work available under CC BY 4.0

Image: "M0010759 Micro-organisms: Volvox" ... Credit: Wellcome Library, London. Wellcome Images images@wellcome.ac.uk ... [2]<http://wellcomeimages.org> .. Volvox; Essays on the Microscope; George Adams; Published: 1797, Copyrighted work available under CC BY 4.0

VOLVOX ... A 3D IMAGE

Image: "Volvox is a genus of multicellular green algae," by Frank Fox ... [3]<https://upload.wikimedia.org/wikipedia/commons/e/ee/Mikrofoto.de-volvox-8.jpg> ..

SIMILARITY TO NEW EARTH'S GRID OF LIGHT

Why do these remind me of artwork of New Earth’s grid of light? You can see a couple of samples here:

Link: Earth Grid Ley Lines ... [4]http://www.altrogiornale.org/wp-content/uploads/2012/05/earth_grid_ley_lines-e1354328541711.jpg ..

Link: Gaia Grid ... [5][https://silentwindsofchange.files.wordpress.com/2013/10/gaia-grid.jpg?w=914 &h=914](https://silentwindsofchange.files.wordpress.com/2013/10/gaia-grid.jpg?w=914&h=914) ..

In love, light and joy,
I Am of the Stars

.....



[6] Except where otherwise noted, this work is licensed under a [7]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

Earth grid lines, ley lines, Volvox, congruence,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2012/12/volvox_welcome_m0010759.jpg
2. <http://wellcomeimages.org/>
3. <https://upload.wikimedia.org/wikipedia/commons/e/ee/Mikrofoto.de-volvox-8.jpg>
4. http://www.altrogiornale.org/wp-content/uploads/2012/05/earth_grid_ley_lines-e1354328541711.jpg
5. <https://silentwindsofchange.files.wordpress.com/2013/10/gaia-grid.jpg?w=914&h=914>
6. <http://creativecommons.org/licenses/by-sa/4.0/>
7. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.7 Yesterday and Today (December 21st and 22nd, 2012) . by Alice B. Clagett (2012-12-30 16:04)

Written and published on 30 December 2012; revised

Dear Ones,

Yesterday, December 21st, 2012, was the day when the Dark forces lost their ability to control the subconscious minds of mankind. Yes! Thank goodness!

Today, December 22nd, 2012, is the day when all harmful thoughts and actions ... those of mankind as well as those of the Dark forces, will begin to instantaneously boomerang back to their senders. So I am on high alert to do no harm in thoughts or deeds from this day forth. And to quickly learn the lesson that is brought forth when I slip up.

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

- 1. <http://creativecommons.org/licenses/by-sa/4.0/>
- 2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.8 A Prophecy: The Future Beyond 2012 . by Alice B. Clagett (2012-12-30 16:08)

Written and published on 30 December 2012; revised

Dear Ones,

The tipping point of 'The Shift' took place 21-24 December 2012, in a series of Shifts so gentle that many did not notice them, except to find that their lives had turned a corner from struggle to peace, from pain to physical and mental well-being, from anger and fear to the understanding that we are loved. That we are love.

How great is the Divine, to be able to accomplish all that, this amazing Shift, in the wink of an eye! She rearranged our entire Universe and set it on a course straight back to awareness of Her. Of All That Is. She did this in less than a nanosecond, as we dreamed on.

And yet, our dreams are sweeter now. Slowly, ever so slowly, the energy threads of the unconscious thought cloud of the world are unraveling from the energy of our conscious minds. Where does this energy go when it disappears from our World? That's easy, my dears ... it dissolves in Love.

What will take the place of all the misery engendered by the unconscious thought cloud of the world? Slowly but surely, the League of Humankind will begin to come into its own. It will remember the great power of its beginning ... the power of its superconscious mind, and the even greater power of Planetary Consciousness, of oneness with all mankind and with the Planet. The interconnectedness of all life. A deep consciousness of the life and love that flow through all things, sentient and insentient.

What will be your role in all this? What is your mission? Ah, there's the mystery and the challenge of New Earth! To discover why we came here. To live that ever-changing Truth each moment. To help our new Beingness unfurl her wings and fan bright the flame of each and every heart. To be what we long to be ... to inspire the world with music, to dance our new delight, to paint our vision, to build our tomorrow.

Dear ones, I thank you for being here in this time of great change, of great rejoicing, of new-found Love. I wish for you the unfoldment of your sweetest dreams on New Earth.

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-ShareAlike 4.0 International License.

.....
.....

1. <http://creativecommons.org/licenses/by-sa/4.0/>

2. <http://creativecommons.org/licenses/by-sa/4.0/>

1.8.9 In Times to Come . by Alice B. Clagett (2012-12-30 16:11)

Written and published on 30 December 2012

Dear Ones,

In times to come, when one of us is in need, any passing stranger will rise to that challenge, will turn and comfort his new friend. And the light that was dimmed in that suffering heart will right away grow bright again. None shall starve. None shall lack an education. All shall find work that feeds their hearts as well as their families.

In times to come, laws will no longer bind men down, but rather set them free. Just as the hearts of men have been set free by the great Law of Love, Light and Truth.

In times to come, the League of Humankind will thrill to the love of our great Planetary Soul. As we send Her love, so shall Her vast, deep love flow back to us, never-ending.

In the coming months, as our hearts and bodies ... in a steady, natural unfoldment ... fully integrate the Gift of Light we have received December 21-24, 2012, our body cells will cast off the strictures of the dark energies that once held sway on Earth. Thrilling with joy, our cells will know the truth of who we are.

As the searchlight of Divine Truth bathes our lower mental body, we will loose the bindings of addictions and repetitive, dark thoughts. All in a flash, these will dissolve in the great flood of the incoming Love. So shall the mind of man be truly free.

In times to come, the lower mental body shall curl up like a newborn baby, sleeping softly in the great outpouring of the higher mental body. Then the great mental powers of mankind will become apparent. We will meet our Higher Expressions of Self, and together, moment to moment, we will co-create the reality of New Earth.

Dear Ones, these coming times are already here. Right now, all this is true. Who shall be the groundbreaking hearts to notice that this change is the truth we now live?

As the challenges of this new era arise, I challenge each of you to surrender your routines, your habits, your preconceptions, your conditioned responses, your very notion of the timeline of your existence. Just let these go, and notice what is truly so. How we have stepped into our own.

How the day goes ... that's how it's meant to be.

Be thou the shining light for humanity. Let thy footsteps sanctify Gaia.

In love, light and joy,
I Am of the Stars

.....



[1] Except where otherwise noted, this work is licensed under a [2]Creative Commons Attribution-

ShareAlike 4.0 International License.

.....
.....

1. <http://creativecommons.org/licenses/by-sa/4.0/>
2. <http://creativecommons.org/licenses/by-sa/4.0/>



BLOGBOOKER

BlogBook v1.2,
L^AT_EX 2_ε & GNU/Linux.
<https://www.blogbooker.com>

Edited: May 9, 2024

