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2013

1.1 January

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1.1.1 Alice's Perilous Tales: First Encounters with the Hathors . by Alice B. Clagett (2013-01-01 04:32)

Happened in 2012 or 2013 [I am using 1 January 2013 as the date]; written and published on 13 November 2018; republished on 29 January 2022



Image: "First Contact with a Hathor Delegation," by Alice B. Clagett, 29 January 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CREDITS: Effected and cropped from "Hathor Temple Reliefs at Dendera," by Institute for the Study of the Ancient World, 6 March 2009, from Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Hathor _Temple _Reliefs _at _Dendera _(IX).jpg … CC BY 2.0 Generic … DESCRIPTION: "AWIB-ISAW: Hathor Temple Reliefs at Dendera (IX). Reliefs decorating the walls of one of the underground crypts at the Temple of Hathor at Dendera. This relief depicts a stylized menat with four Hathor head sistrums. by Kyera Giannini (2009) copyright: 2009 Kyera Giannini (used with permission) photographed place: Tentyra (Dendera) [pleiades.stoa.org/places/786127/]. Published by the Institute for the Study of the Ancient World as part of the Ancient World Image Bank (AWIB). Further information: [www.nyu.edu/isaw/awib.htm]." *Image: "First Contact with a Hathor Delegation," by Alice B. Clagett, 29 January 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CREDITS: Effected and cropped from "Hathor Temple Reliefs at Dendera," by Institute for the Study of the Ancient World, 6 March 2009, from Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Hathor _Temple _Reliefs _at _Dendera _(IX).jpg … CC BY 2.0 Generic … DESCRIPTION: "AWIB-ISAW: Hathor Temple Reliefs at Dendera (IX). Reliefs decorating the walls of one of the underground crypts at the Temple of Hathor at Dendera. This relief depicts a stylized menat with four Hathor head sistrums. by Kyera Giannini (2009) copyright: 2009 Kyera Giannini (used with permission) photographed place: Tentyra (Dendera) [pleiades.stoa.org/places/786127/]. Published by the Institute for the Study of the Ancient World as part of the Ancient World Image Bank (AWIB). Further information: [www.nyu.edu/isaw/awib.htm]."*

Dear Ones,

Here are some stories of my first encounters with the Hathors during the 2012 Shift and the following year. Others among the Ascensioneers had encountered these delightful star brothers and sisters some years before. I was delighted and honored to be among those gifted

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with their joyful presence ...

ALICE’S EXPERIENCES WITH A HATHOR DELEGATION

https://youtu.be/yvSfu0OjO2g

Audioclip 1

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-o f-Many-Lifetimes-1.mp3

At the time of the 2012 Shift, or else the following year, I was visited by a delegation of Hathors, whom I found both delicate and delightful in the sunniness of their heart energy and their playful, happy, gently joking manner.

The first delegation, my personal Team, consisted of 10 Hathors, who liked nothing better than to zoom somersaulting through my heart chakra, from back to front, exploding in joy as they leapt from the front of my chest, and sending me into feelings of ecstatic joy as well. They were wonderful!

Their leader was a Hathor I had known for a very long time, in other incarnations and dimensions, and one that I greatly respected for his Wisdom and gentle kindness; and all his fellow delegates to the Earth plane I recognized to be friends of his and friends of our Planet Earth; people we might rely upon in this time of Earth’s Ascension.

Alice’s Perilous Tales: The Delegation Blesses the Waters of Earth, and a Spiritual Woman Reverses the Blessing with a Curse

https://youtu.be/xcjufdCFe34

Audioclip 2

[2]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-o f-Many-Lifetimes-2.mp3

Well, so I thought, from all I have read, the Hathors love to purify the waters of Earth. Why not take them to a body of water so they can bless it? There was a little pond at the spiritual place where I used to walk and meditate, here in Los Angeles, so I went there with my Hathor delegation.

When I got to the pond, the Hathors zoomed, laughing happily, out of my heart, and wafted down in slow, circular arcs over the water, blessing it. Then they and I went back to my home.

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Later that day I heard, on the clair plane, that the people there at that spiritual retreat, led by a woman who, at that time, was echoing and clearing the Wanderer 'echo' from ascending Planet Venus, walked round the pond and laid curses upon the water, to halt the Hathors' blessing of the waters of Earth. So that was our first setback. The next was far more grave ...

Alice's Perilous Tales: A Spiritual Group Meets a Somewhat Larger Hathor Delegation; One Life Is Lost in Selfless Service to the All

https://youtu.be/k7UNqCzyQB4

Audioclip 3

[3]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-o f-Many-Lifetimes-3.mp3

Still, the Hathors would play and joke and lovingly speak with me for some while after. I thought (not such a good thought, as it turned out) to take them to another place where a spiritual meditation was to be held.

On that occasion, the national leader of the group was to be visiting there, and to lead the meditation. Well, I thought, what an opportunity for a very spiritual person, such as he, to meet these joyful beings of Light from our Planet Venus.

So, the Hathors and I went to the meditation. The meditation group was sitting in a big circle, and I found myself sitting roughly opposite visiting national leader.

When we got there and sat down, first the leader of my Hathor delegation swooped joyfully, gently (and, I felt, filled with elegant grace and wisdom) out of my heart chakra. The meditation leader, perceiving his entry into the room, sent a burst of hatred from his heart, and that hatred destroyed my friend's earthly form, ending his life in a flash. I was filled with shock ... disbelief even ... but held my heart chakra open, in hopes for the future of our beloved Planet.

More slowly, more gravely, and gently, the nine remaining members of my Hathor delegation emerged from my heart chakra, and stood in a solemn line before me, facing the leader of the meditation group.

Behind them, more and more Hathors emerged, until the room was full of these wise and gentle beings, who lit the faces and hearts of the people with the beautiful light of their hearts, and filled their Souls with the star knowledge so long withheld from Earth's beings.

Then I heard the meditation leader speak to the people in the room. He said (and I paraphrase): You may not know it, but we have about 120 visitors today.

After he spoke those words, one by one, these gentle beings of Light turned from the people in the room and swooped back into my heart. They never appeared to me in this way again, through the joyful heart chakra acrobatics, or more somberly, on the occasion of the

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great loss of one of their members through the hate-filled, attacking thought of a respected Earth spiritual leader.

Yet they, and their gentle wisdom, are always available to me ... and to each of you as well, if we but take the time to call upon these, our beloved Celestial Ascension Teams.

After my good friend the Hathor lost his life, I asked my Team how to hold the grief I felt at his passing. They said that everything was all right; that he, through his selfless service to the All, had merely gone on to a higher Dimension. They said that I would be able to see him and talk to him a little later on. I believed them, as I do to this day, although the moment of our reunion still awaits me.

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

This blog is excerpted from ... *Link: "A Hathor Message: How the Venutian Wanderers' Karma Has Been Resolved During Earth's Ascension," by Alice B. Clagett, written and published on 29 June 2015; revised on 13 November 2018 ... [4]https://wp.me/p2Rkym-6Kq ..*

The text has been added to ... *Link: "My Memories of Other Incarnations: Contents," by Alice B. Clagett, compiled from prior blogs on 10 February 2019; most recently revised on 25 February 2023 ... [5]https://wp.me/p2Rkym-tlg ..*

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[6] 

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Ascension, Hathors, heart chakra, joy, Alice's Perilous Tales, stories, stories by Alice, ceremonies, curses, duality, dark attacks, grief, Wanderers, Venus, brothers and sisters of Light, Christed Star Beings, hatred,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-of-Many-Lifetimes-1.mp3
2. https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-of-Many-Lifetimes-2.mp3
3. https://awakeningwithplanetearth.com/wp-content/uploads/2022/01/Hathor-Friend-of-Many-Lifetimes-3.mp3
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1.1.2 Dealing with the Disincarnate Gods . by Alice B. Clagett * (2013-01-01 05:59)

Written in 2013-2016; I indicated 1 January 2013 as date of writing; published on 10 May 2016

Here is a discourse on dealing with the disincarnate gods. Here are the five sections of the blog, along with their subheadings. The section headings have link jumps, but not the subheadings ...

(1) WHAT THE DISINCARNATE GODS CAN DO TO YOU

- INTRODUCTION
- PATANJALI CHAPTER 1, ITEM 18
- PATANJALI CHAPTER 1, ITEM 19
- ADAPTATION OF COMMENTARY FROM THE BOOK
  - Alice’s Comment

(2) HOW TO STEER CLEAR OF THE DISINCARNATE GODS

- PATANJALI CHAPTER III: POWERS, ITEM 50
- PATANJALI CHAPTER III: POWERS, ITEM 51
- ADAPTATION OF COMMENTARY FROM THE BOOK
- PATANJALI CHAPTER III: POWERS, ITEM 52
- ADAPTATION OF COMMENTARY FROM THE BOOK
  - Alice’s Comments
- ADAPTATION OF COMMENTARY FROM THE BOOK (CONTINUED)

(3) HOW TO OVERCOME THE DISINCARNATE GODS

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- STRENGTHENING THE WILL POWER
- FAITH AND SURRENDER
  - Affirmation of Faith, Channeled by Alice B. Clagett
- PROTECTION
- DISSOLVING IN LIGHT
  - Dissolving Dark Beings in the Light, A Prayer by Alice B. Clagett
- ENGULFING WITH LOVE
- USE OF COLOR: ROSE AND GOLD
- VISUALIZATION OF OUR SPIRITUAL GUIDE OR HIGHER SELF

(4) TEAM DARK: NOVICE ASCENDED MASTERS

- 'TEAM DARK' AND NOVICE ASCENDED MASTERS
- PRAYER FOR NOVICE ASCENDED MASTERS
- A NOTE OF ENCOURAGEMENT

(5) HELPING DISINCARNATE GODS GO TO THE LIGHT

- ON BEING DAUNTED BY THE DISINCARNATE GODS
- LIMITATIONS OF THE POWERS OF THE DISINCARNATE GODS
- HOW WE CAN HELP THE DISINCARNATE GODS GO ON TO THE LIGHT

MORE INFORMATION

...

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(1) WHAT THE DISINCARNATE GODS CAN DO TO YOU

[1]top
Originally published on 6 April 2013

Dear Ones,

INTRODUCTION

What can the disincarnate gods do to you? The answer is, nothing good. Well, ok, something good – overcoming them is one of the last steps in overcoming ego. Feels a lot like dying. So when we find ourselves in the space between time and timelessness, at the edge of the Void, a disincarnate god can waltz in and activate our primal fear, lust, anger, greed, pride, or sense of attachment – the stuff buried deep in our 'lizard minds' – which the rational mind usually keeps under lock and key. Why do disincarnate gods do this? Because they are jealous of our Light; they cannot stand it that we are on the verge of uniting with the Light. I would peg it as a sibling rivalry thing, on a grander scale than we are used to dealing with.

I would not bother to bring this topic up, but this issue came up again for me last night. So here is the first of five sections on disincarnate gods. (These are sometimes lumped by sensitives under the general category of disincarnate entities. Frankly, I think they deserve a special category of their own, because of the mischief they can accomplish.)

Here is an adaptation of information from the great sage Patanjali regarding disincarnate gods, along with an adaptation of the commentary by Swami Prabhavananda and Christopher Isherwood ... "Chapter I: Yoga and Its Aims," items 18 and 19, and relevant commentary ...

Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California ... See: Chapter I: Yoga and Its Aims, items 18 and 19 *(along with relevant Commentary)*

It is because of copyright restrictions that I have had to provide an adaptation.

PATANJALI CHAPTER 1, ITEM 18

Patanjali describes a method of concentration in which one is no longer aware of objects. In other words, one attains the 'I Am' state, in which one no longer relates to objects. One is one's own hologram only, relating only to the indwelling divine Awareness that is one's Self and all that one experiences as sensory input. This is a state beyond the causal realm of the third and fourth dimensions. One has, in essence, arrived at the fifth dimension, the 'Kingdom of God'.

In this state of Awareness, one still senses 'subconscious impressions'. These Patanjali describes as 'burnt seeds'. The way to get to this state is to observe one's own thought-

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waves with a neutral mind, 24 hours a day, every day. This Patanjali calls the "practice of non-attachment."

PATANJALI CHAPTER 1, ITEM 19

Here is the hitch that the spiritual adept may run into: He concentrates on his own thought-waves 24 hours a day, seven days a week, but in a state of attachment. Attachment is what Patanjali calls 'ignorance'. Ignorance leads to suffering; in this case, pretty major suffering, for the adept will attain the great powers known to the disincarnate gods or else become one with the forces of Nature.

ADAPTATION OF COMMENTARY FROM THE BOOK

When we attempt spiritual advancement through 'concentration' (as described in the book), but are still attached to the senses, liberation will not be attained. This is because attachment ... such as to pleasure or power ... keeps us pinned to the causal realm, the duality play. The spiritual adept who desires pleasure and power shall, on passing from physical form, find himself stuck in other dimensions and other forms and still in pursuit of pleasure and power.

The cause of this stuckness is concentration on the sense-organs or the elements. If the spiritual adept concentrates on ego or mind, he will become one with the forces of Nature (I am thinking, stuck in the Plane of Forces). As such, he will have dominion over a part of the Universe.

The commentary then describes the Hindu notion of prakriti, or primal matter from which the mental and physical universe evolved. Hindus think of heaven and hell as temporary states attained through karma accumulated during Earthly incarnations. The spiritual adept who practices concentration may desire a heavenworld experience in the afterlife. This is a far more lowly ambition that the desire for Soul liberation, union with the Atman, which is attained through yoga.

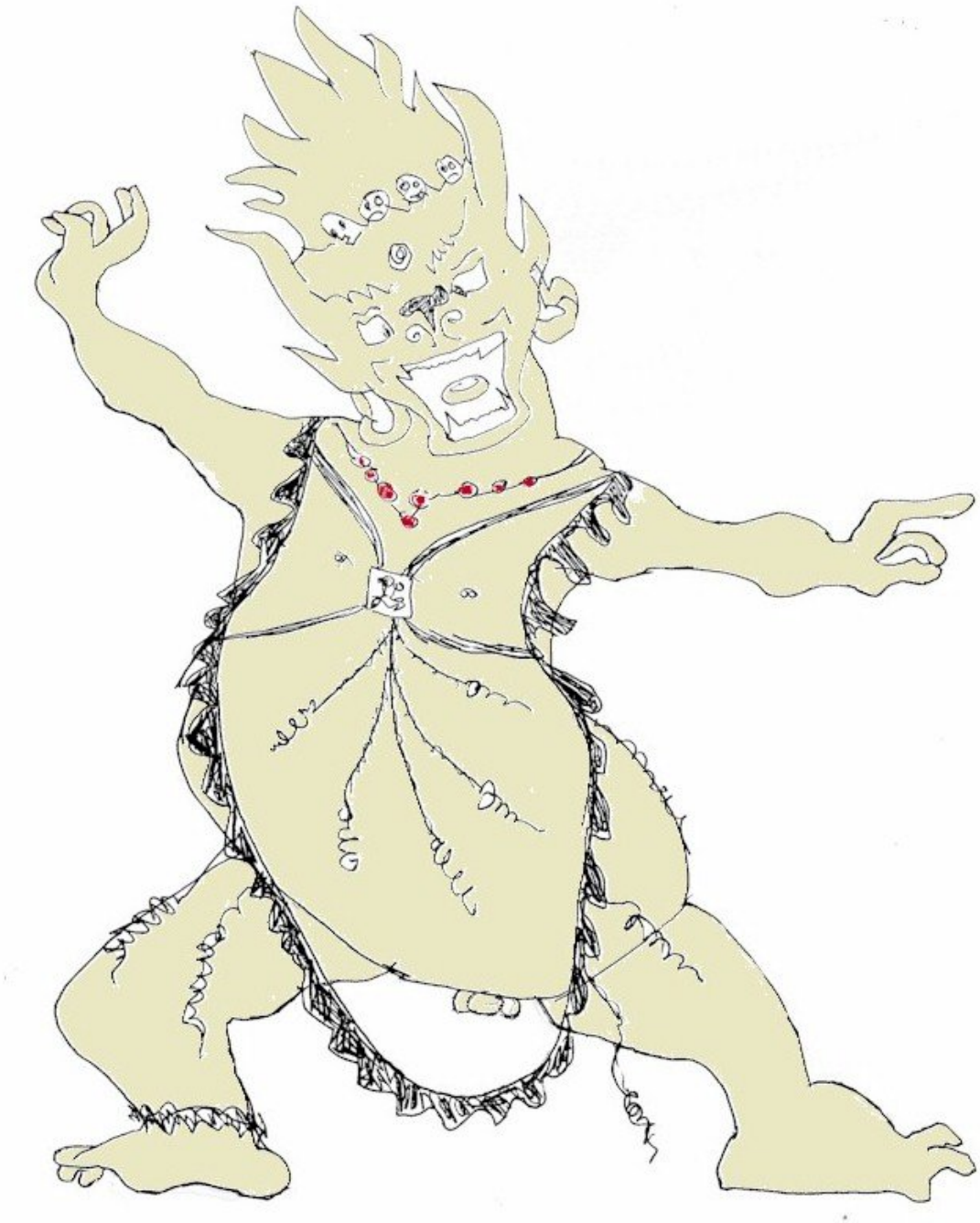
Ralph Waldo Emerson's poem "Brahma," which is in the public domain, expresses this ...

"The strong gods pine for my abode,
"And pine in vain the sacred Seven;
"But thou, meek lover of the good!
"Find me, and turn thy back on heaven¡'

The gods described in this poem are bound to prakriti because they desire power. It is they who have not practiced concentration in a detached state.

There is a description in the sacred book the *Katha Upanishad,* of Yama, the God of Death. Speaking to Nachiketa, he describes how he made fire sacrifices in his desire to be King of Death.

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Drawing: “Yama, God of Death D-cropped,” by Alice B. Clagett, 7 September 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CORRECTION: I later found this drawing is really of Vajrapani, the protector of Gautama Buddha. Vajrapani rose to symbolize the Buddha’s power. Sometimes Vajrapani is characterized as power and anger personified … CREDIT: After Image: “Vajrapani statue in American Museum of Natural History, New York,” by Terren, in Wikipedia … https://en.wikipedia.org/wiki/Vajrapani #/media/File:Vajrapani _American _Museum _of _Natural _History.jpg … CC BY 2.0 … Originally posted to Flickr as Wrathful Deities … https://commons.wikimedia.org/w/index.ph-

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p?curid=7167086 ..

Drawing: "Yama, God of Death D-cropped," by Alice B. Clagett, 7 September 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

CORRECTION: I later found this drawing is really of Vajrapani, the protector of Gautama Buddha. Vajrapani rose to symbolize the Buddha's power. Sometimes Vajrapani is characterized as power and anger personified ...

CREDIT: After Image: "Vajrapani statue in American Museum of Natural History, New York," by Terren, in Wikipedia ... https://en.wikipedia.org/wiki/Vajrapani #/media/File:Vajrapani _American _Museum _of _Natural _History.jpg ... CC BY 2.0 ... Originally posted to Flickr as Wrathful Deities ... https://commons.wikimedia.org/w/index.php?curid=7167086 ..

Alice's Comment

I could speak reams on the present-day practice of some spiritual adepts to offer blood sacrifice of innocents, fire sacrifice, and devotion to Lord Shiva in his destructive aspect only ... with ignorance of how he clears the stage of the Duality play for each new performance ... and with rapt attention on acts of destruction for the sake of satiating subconscious sadomasochistic desires.

It is a rush, offering sacrifices of fire. But the result, in terms of Soul evolution, is severe. One may become the God of Death, and all one's spiritual followers, in times to come, may wreak death and destruction on humankind. Yet this power to kill, fearsome as it seems, will one day end.

There will come a time when each Yama ... for there are more than one, it seems ... must one day give up his power over life and return once more to human form. At that time he will have another chance to detach from 'heaven's powers' and find union with God. Then he may attain true immortality.

...

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(2) HOW TO STEER CLEAR OF THE DISINCARNATE GODS [2]top

Originally published on 6 April 2013

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Image: Vishnu Astride Lord Garuda Rescues a Drowning Man ... [3]https://theworldaccordingtochinacat.files.wordpress.com/2014/03/pyreau s _inspired _manifestation _garuda _sea _salvation _full.jpg ..

Dear Ones,

Below is an adaptation based on advice from the great Indian sage Patanjali on how to deal with disincarnate gods; along with an adaptation of the commentary by Swami Prabhavananda and Christopher Isherwood ...

Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California ... See: Chapter III: Powers, items 50-52 (pp. 194-198 in the 1981 edition)*(along with relevant Commentary).*

It is because of copyright restrictions that I have had to provide an adaptation. This adaptation is based on "Chapter III: Powers," items 50-52, along with related commentary ...

PATANJALI CHAPTER III: POWERS, ITEM 50

When a spiritual aspirant becomes psychologically absorbed in meditation (that is, makes 'samyama') on the difference between reality (purity, existence, 'sattwa guna') and the primordial Soul (that is, Self, 'Atman'), the fruits of his labors are **omniscience** and **omnipotence**.

PATANJALI CHAPTER III: POWERS, ITEM 51

These powers of omniscience and omnipotence must be renounced in order for the Soul to achieve liberation. Through this renunciation of the greatest psychic powers, the seed of evil is obliterated.

ADAPTATION OF COMMENTARY FROM THE BOOK

What is this 'seed of evil'? It is ignorance of the true Self. It is ignorance that makes us believe that we are a personality and an ego separate from the All. Through ignorance of the true Self, we fall into the need to satisfy our desires, and to gain power over the natural world.

What power on Earth is more desirable than psychic power? And which of the many psychic powers enumerated in Patanjali's book is more desirable than omnipotence and omniscience? Renunciation of these, the greatest of the psychic powers, is to reject the supreme temptation that the ego may offer. Hard as it is to pass this test, we may take heart from Christ's triumph over this temptation whilst fasting in the desert: Matthew 4:1-11 ...

4 " Jesus answered, ' It is written: *Man shall not live on bread alone, but on every word that comes from the mouth of God.'*

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5 "Then the devil took him to the holy city and had him stand on the highest point of the temple.

6 ’If you are the Son of God,’ he said, ’throw yourself down. For it is written:

He will command his angels concerning you,

and they will lift you up in their hands,

so that you will not strike your foot against a stone.’

7 "Jesus answered him, ’It is also written: *Do not put the Lord your God to the test.’*

8 "Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor.

9 ’All this I will give you,’ he said, ’if you will bow down and worship me.’

10 "Jesus said to him, ’Away from me, Satan! For it is written: *Worship the Lord your God, and serve him only.’*

11 "Then the devil left him, and angels came and attended him."

We too, like Christ, can be freed from the chains of personality and ego, by renouncing the psychic powers offered us by the Demonic Realm.

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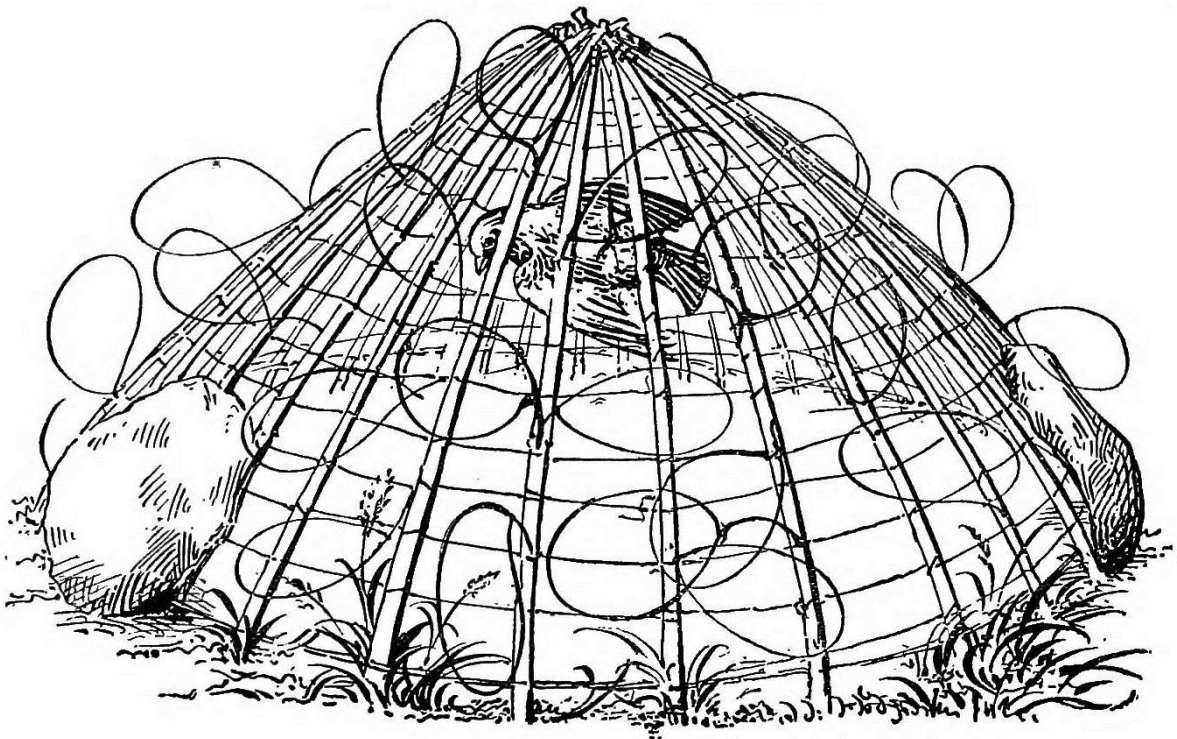
Image: "Jesus Tempted in the Wilderness (Jésus tenté dans le désert)," by James Tissot, between 1886 and 1894, Brooklyn Museum, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Brooklyn _Museum _- _Jesus _Tempted _in _the _Wilderness _(J %C3 %A9sus _tent %C3 %A9 _dans _le _d %C3 %A9sert) _- _James _Tissot _- _overall.jpg ... public domain

Image: "Jesus Tempted in the Wilderness (Jésus Tenté Dans le Désert)," by James Tissot, between 1886 and 1894, Brooklyn Museum, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Brooklyn _Museum _- _Jesus _Tempted _in _the _Wilderness _(J %C3 %A9sus _tent %C3 %A9 _dans _le _d %C3 %A9sert) _- _James _Tissot _- _overall.jpg ... public domain

PATANJALI CHAPTER III: POWERS, ITEM 52

Here Patanjali refers to beings that are invisible and dwell in high places. Patanjali says these beings will tempt the spiritual aspirant (that is, 'yogi'), and admonishes that, though this may flatter the aspirant's ego, he must guard against it. Paying attention to these invisible beings, and allowing the ego to be so flattered, will cause the aspirant to fall once more into Soul ignorance.

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SHIKRA-TRAP.

Image: "Shikra trap - a Bal-chatri with Bird Bait," from Macpherson HA (1897). A history of fowling. Edinburgh: David Douglas ... author H A Macpherson ... from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:ShikraTrap.jpg ... public domain.

Image: "Shikra trap - a Bal-chatri with Bird Bait," from Macpherson HA (1897). A history of fowling. Edinburgh: David Douglas ... author H A Macpherson ... from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:ShikraTrap.jpg ... public domain.

ADAPTATION OF COMMENTARY FROM THE BOOK

Who are these beings who are in 'high places'? Why are they invisible? The commentary states that they are those spiritual aspirants who have failed to renounce omnipresence and omniscience, and who then pass on.

The typical course of Soul evolution after death of the physical body consists of a sojourn on the astral plane, then Soul teaching in a safely guarded and 'cocooned' state on the mental plane, followed after the proper length of time by reincarnation. However, for spiritual aspirants who have failed this 'ultimate test', the situation after death of the physical body is different. These Souls, on passing, become disincarnate gods, become one with the forces of Nature, or become Gods of Death ('Yamas').

Alice's Comments

In effect, I feel, those who have failed to pass this ultimate test become 'stuck' in the Plane of Forces ... which consists of electric, magnetic, gravitational, fohatic, pranic, and

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kundalini energies. They are neither in the physical plane nor in the astral plane, but stuck 'betwixt and between' ... in a state of suspended Soul evolution, as it were. In this state, they can look up with longing at the astral heavenworlds, but they cannot attain them. And they can look down, with envy, at the spiritual aspirant who is undergoing the final test that they themselves have failed.

They have the great power to kill any human on Earth, but whereas that human will in all likelihood pursue the normal course of Soul evolution after death, the disincarnate gods cannot. One day, ages hence, after they tire of exercising these psychic powers over the world of the living, the disincarnate gods will earn the right to forgo their great powers, and return in a more humbled state to the world of the living, in a new incarnation as a mortal man. But for now, they suffer in a special kind of psychic superpower purgatory, a state of suspended Soul evolution.

ADAPTATION OF THE COMMENTARY IN THE BOOK (CONTINUED)

In this state of insufficiency, of unsatisfied and unsatisfiable desire, the disincarnate gods watch as others, still in physical form, attempt the ultimate test that they themselves failed. With the great psychic powers they possess, they do their utmost to drag the spiritual aspirant back into a state of Soul ignorance. Such was the case with Christ in the wilderness, and such will be the case with each of us.

Image: "Markandeya Rishi Tempted by Cupid and His Followers" –painting by Jadurani Devi Dasi ... [4]http://www.krsna-art.com/images/pics/big/KA1 _007.jpg ..

Vyasa is said to be the author of one of the commentaries on Patanjali's aphorisms. In this commentary, Vyasa describes the manner in which the beings in high places may tempt the spiritual aspirant. The tone of their speech is very deferential. To paraphrase: They ask politely of the yogi ...

'Kindly sit here! Do recline here! Perhaps you would take pleasure in this [morsel of food]? Perhaps you will find this lovely young woman pleasing? I have here a drink that will keep you eternally young. it will make you immortal! Here is an object that will allow you to fly! There ... just over there ... are magical trees. Ask of them your heart's desire, whatever it may be. Your every wish will be granted! See that lovely mountain stream? One drink will grant you happiness.

'There are wise men all around you, who can teach you their wisdom. Would you like supernatural hearing and vision? Do you desire your physical form to shine like the stars up above? Honored sir, your virtues are beyond compare. Accept from me the keys to this kingdom of ageless, unfailing, deathless enjoyment. This is the very kingdom where I now dwell!'

Then, Vyasa says, the yogi must reply ...

[This is an adaptation.] 'Many the incarnation through which I have suffered, [as the baking fish burns on the coals of the cooking fire]. Birth upon birth, life upon life, death after death, have I writhed and suffered. In this form that you see, in this great wheel of karma,

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now at last appears before me the bright lamp of yoga. Now in that light the shadow of Soul ignorance is finally made clear. Seeing that light [and sensing that darkness], how will it be that these gifts I am offered will lead me away from my chosen path? [Union with God is my heart's one desire.]'

[Commentary continued ... This is an adaptation.] Hinduism teaches that the Soul evolution of a spiritual aspirant may be interfered with by various entities, including earthbound spirits, astral entities, and the disincarnate gods.

The spiritual aspirant can expect temptation by such beings to grow more insistent and more bold as he grows in spiritual knowledge and purity. Eventually this temptation can become quite ferocious indeed. Why is this?

When the spiritual aspirant becomes adept at the mystical experience, he becomes more attractive to other human beings. His electromagnetic field becomes stronger, and this causes him to have personal charisma. He becomes aware of the subconscious minds of others, and should he will to do so, can exercise the power of mind control over them.

He becomes sexually attractive to others ... this is so no matter what his physical attributes may be. He may receive a steady stream of sexual offers, and how are these to be resisted, considering that his senses become much more keen, much more capable of sensual enjoyment? Especially if, in physical form, he has been considered no prize by the world at large, and he now finds himself inundated with offers of sexual liaison?

How very easy would it be for the spiritual aspirant, at this stage of his evolution, to be sidetracked by desire for power and for the exercise of lustful inclinations? Thus it is that the advanced spiritual aspirant may find the greatest danger to his further evolution in his desire for worldly advancement of his own spiritual cause, and in the adoring eyes of his own spiritual students. In this way he may be alienated from pure desire to know God.

According to Sri Krishna, those who seek Brahman will never end up hopelessly evil. In this we may find hope that, should we err, should we be drawn from the path of yoga, or the desire for union with God, there will nevertheless come a time when God's Light brings us once more to that path. We may hold the same hope for those who tempted us from our path.

...

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(3) HOW TO OVERCOME THE DISINCARNATE GODS [5]top

Originally published on 6 April 2013

Dear Ones,

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Here are seven techniques for overcoming the disincarnate gods ...

STRENGTHENING THE WILL POWER

[6]

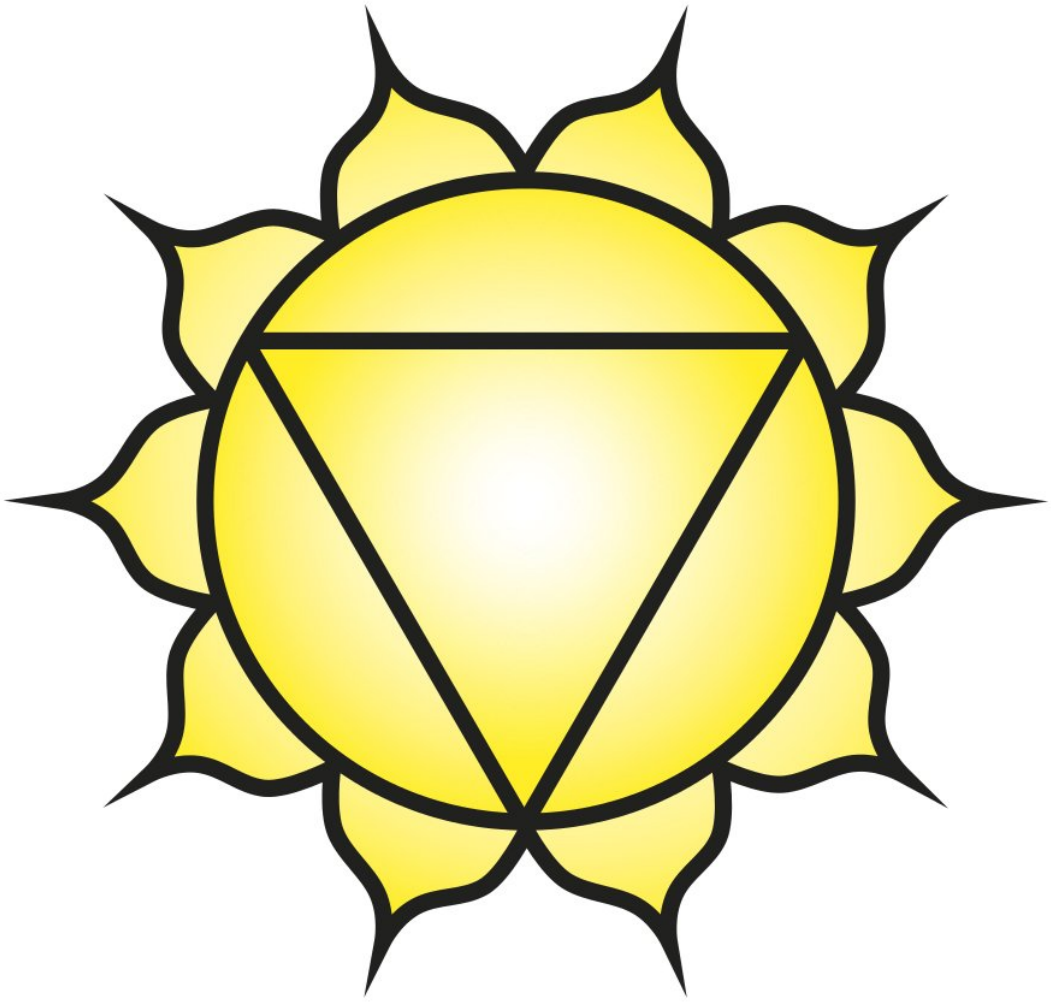


Image: Symbol for the Solar Plexus (’Manipura’) Chakra: ’Manipura’ means "the place of the shining gem." by Morgan Phoenix ... from Wikimedia Commons, Creative Commons Attribution-Share Alike 3.0 Unported license ... DESCRIPTION: A yellow circle, with an inverted equilateral triangle in it, and around the edge of the circle, 10 petals.

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Image: Symbol for the Solar Plexus (’Manipura’) Chakra: ’Manipura’ means "the place of the shining gem." by [7]Morgan Phoenix ... from Wikimedia Commons, Creative Commons Attribution-Share Alike 3.0 Unported license ...

DESCRIPTION: A yellow circle, with an inverted equilateral triangle in it, and around the edge of the circle, 10 petals.

Often spiritual people focus on the heart chakra or the third-eye point, neglecting the very important core star and navel point energy. This energy has to do with our vital drive, our will power. This often overlooked energy must be very strong in us if we are to overcome the disincarnate gods.

To strengthen the will power, try this ...

- Meditate on the above picture, which represents the Solar Plexus (’Manipura’) Chakra – the navel point energy

FAITH AND SURRENDER

Image: Surrendering to the Light ... [8]https://wholelifeworship.files.wordpress-.com/2013/11/cosgod.jpg ..

. . . . .

Affirmation of Faith

Channeled by Alice B. Clagett

6 April 2013

Overcoming ego is about absolute faith and total surrender. Not a popular topic with Westerners, but there you have it. For the aspirant to the highest Light, this is what it is all about. In order to surrender our ego, we need to have faith. Faith in a higher power. It could be a guru or saint. It could be our own Higher Self. It could be faith in the sacred sound ’Om’.

Our path to faith, the way we attain it, is not important. What is important is that we have it. Why? Faith is the supreme antidote to fear, and fear such as you have never conceived to be

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possible is what a disincarnate god can manage to access in our psyches.

What if faith is not your strong suit? In that case, you might wish to try daily affirmations to that effect ... for instance, each day, on arising, you can affirm ...

I have faith.
I have faith in God.
I have faith in his plan on Earth.
I have faith in myself as His loving and dearly beloved child.
I have faith in all creation, and in every human being.

Faith makes surrender (or 'letting go') possible. So, have faith, dear ones! Be of good cheer! All is well!

. . . . .

PROTECTION

Image: Lord Shiva turning Kamadeva (Cupid, god of love) to ashes ... [9]https://www.templepurohit.com/wp-content/uploads/2015/08/Why-did-lord-sh iva-punish-kamadeva-and-reduce-him-to-ashes.jpg ..

See ... *Link: "Protection Against Just About Every Dark Thing," compiled by Alice B. Clagett, published on 20 December 2012; revised 16 May 2018 ... [10]https://wp.me/p2Rkym-5bA ..*

DISSOLVING IN LIGHT

. . . . .

Dissolving Dark Beings in the Light
A Prayer by Alice B. Clagett

6 April 2013

Dissolving in Light is a favorite technique of mine for dealing with Dark forces. I like it because it is so simple. The concept is that even dark beings, in their deepest selves, long for the higher Light. So from that standpoint, it is a service to them, and to me, to offer this prayer ...

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May this being find its true home and true happiness.

May it be dissolved in the highest Light.

. . . . .

ENGULFING WITH LOVE

This is quite similar to dissolving a being in Light. For details, see ...

Link: "Mental, Physical and Emotional Control: The Technique of Engulfing with Love," by Alice B. Clagett, published on 30 December 2012; revised on 16 May 2018 ... [11]https://wp.me/p2Rkym-1y ..

USE OF COLOR: ROSE AND GOLD

Image: "Two Trees in Gold and Pink," by Louise Mead ... [12]https://s-media-cache-ak0.pinimg.com/736x/d4/dc/83/d4dc8398dc8 8faf1344e42c684e654fc.jpg ..

Disincarnate beings find the colors rose and gold particularly odious. Also excellent as a disincarnate-being deterrent: pink, yellow, and orange. As to why these are their hated colors? I do not know, but I am sure of the fact that they find them repellent.

So, here is another technique: To surround oneself with rose and gold! A person might simply visualize these colors in their mind, or sing a little song about them: *I love rose and gold!* ...

A person can wear these colors, either as clothes or as jewelry, go to the dollar store and find a few rose or gold things to put around their house, or make a game of picking out these colors as they go about their day.

Image: Golden sun ... [13]https://cdn.vectorstock.com/i/composite/ 23,26/yellow-sun-background-vector-652326.jpg ..

The gold color of the Sun is my favorite. Once, as I was walking, I faced toward the Sun; my heart opened and seemed to drink in the energy of the Sun. Love at first sight! At night I notice the gold color of headlights outdoors and of electric lights indoors.

[14]

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Image: Close-up of yellow and pink rose, from Wikimedia Commons ... GNU Free Documentation License

Image: Close-up of yellow and pink rose, from Wikimedia Commons ... GNU Free Documentation License

VISUALIZATION OF OUR SPIRITUAL GUIDE OR HIGHER SELF

There is no question in my mind as to the power of this technique. There are many possibilities. Who we visualize is a question of personal preference. Among the pictures below, you may find one to which you are drawn. Or you may have another preference.

[15]

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Image: Jesus Christ ... Divine Mercy: Divina Misericordia (Eugeniusz Kazimirowski, 1934) ... from Wikimedia Commons, public domain ... DESCRIPTION: Long-haired, barefoot, Caucasian man in flowing white robe. He has a halo. Red and white light streams from the heart chakra.

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His right hand touches his heart gently. His left hand is raised in front of this chest, at shoulder level, fingertips up, palm facing to the right.

Image: Jesus Christ ... Divine Mercy: Divina Misericordia (Eugeniusz Kazimirowski, 1934) ... from Wikimedia Commons, public domain ...

DESCRIPTION: Long-haired, barefoot, Caucasian man in flowing white robe. He has a halo. Red and white light streams from the heart chakra. His right hand touches his heart gently. His left hand is raised in front of this chest, at shoulder level, fingertips up, palm facing to the right.



Image: "An idol of Lord Vishnu at Kumartuli Park Sarbojanin Durga Puja pandal, North Kolkata," author unknown, image by Jonoikobangali, 2010, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Vishnu _Kumartuli _Park _Sarbojanin _Arnab _Dutta

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_2010.JPG ... CC BY-SA 3.0 Unported

Image: "An idol of Lord Vishnu at Kumartuli Park Sarbojanin Durga Puja pandal, North Kolkata," author unknown, image by Jonoikobangali, 2010, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Vishnu _Kumartuli _Park _Sarbojanin _Arnab _Dutta _2010.JPG ... CC BY-SA 3.0 Unported

. . . . .

[16]



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Image: Buddha’s Sermon in the Deer Park depicted at Wat Chedi Liem, from Wikimedia Commons, GNU Free Documentation License ... DESCRIPTION: A Caucasian man, with a halo, hair in topknot, sitting cross-legged, hands palms upturned on lap; wearing a golden robe, and sitting on a pink, many-petaled lotus pillow, under a tree in the forest. Five golden robed disciples sit in front of him. Two deer stand to the right. There are a lake and a mountain range in the background.

Image: Buddha’s Sermon in the Deer Park depicted at Wat Chedi Liem, from Wikimedia Commons, GNU Free Documentation License ...

DESCRIPTION: A Caucasian man, with a halo, hair in topknot, sitting cross-legged, hands palms upturned on lap; wearing a golden robe, and sitting on a pink, many-petaled lotus pillow, under a tree in the forest. Five golden robed disciples sit in front of him. Two deer stand to the right. There are a lake and a mountain range in the background.

Higher self ... [17]http://www.anysiakiel.com/wp-content/uploads/2015/06/Your-Higher-Self.jpg ... A man standing on the Earth, with a spiral of Light from his feet, then bathing his chakras and body, then on up to the Sun.

....

Well, Dear Ones, these are the tools in my disincarnate god war chest at the moment. May they be of service to you if the need arises!

...

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(4) TEAM DARK: NOVICE ASCENDED MASTERS [18]top

Originally published on 28 April 2013

Dear Ones,

’TEAM DARK’ AND NOVICE ASCENDED MASTERS

Several years ago Bill Ballard of the youtube channel Pearls2U ...

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[19]https://www.youtube.com/channel/UCe5SWADvxgHKQgdJ-wqrWzA ... offered information regarding Team Dark. He said that they are Ascended Masters who are other parts of us. They are still in their unawakened state, and are pushing the game of Duality to its limits in an equal balance so as to balance Light and Dark, as the Light Quotient of all humanity increases.

To offer my own tweak on this thought: Team Dark, who are what you might call the 'lower rung' of Ascended Masters ... what I have described as 'disincarnate gods' above ... might be considered, possibly, not our arch enemies. But rather, we could think of them as Ascended Masters ... for instance, former spiritual adepts and/or respected teachers of spirituality on Earth, who have passed on in a not perfectly enlightened state ... and who could benefit from, and might actually be looking forward to, an increase in their Light Quotient. So, from that perspective, it might be more useful to think of them as Novice Ascended Masters.

Considering the long way they have come towards self-mastery, as evidence by their psychic powers, they may, in fact, think quite highly of themselves ... in the same way that we might feel pleased with our own spiritual progress, not knowing the long path that lies before us, nor the depth and power of the eternal spark that is our true Self.

For the Novice Ascended Masters, as for us, the increasing intensity of Light on Earth may be causing 'spinoff' of karmic impurities (that is to say, morphogenetic field distortions). This may manifest to us as acts of mind control and senseless violence in the world around us. But this is not the time to harden our hearts against them.

Keep in mind that, from their perspective, the phenomenal world is but a moving picture show. Apparently this is literally true of the Ascended Masters ... They see the world events we take so seriously as a fascinating fiction, lacking the qualities of the true Light of Creation. And so, if someone dies or suffers by their hand, this act has not the same depth of meaning to them as it does to us, who may find ourselves sitting a little 'too close to the screen.' Consequently, this cinematic action fills our visual field and occupies our minds with issues of right and wrong, instead of with the bigger picture of karmic disentanglement to which they are privy.

Given all this, the fact of the matter is that being on the receiving end of the Novice Ascended Masters' attempts at karmic disentanglement is no fun whatsoever. Along those lines, I have found this prayer on their behalf to be very helpful in my own life. Perhaps it may be of use to you as well ...

. . . . .

PRAYER FOR NOVICE ASCENDED MASTERS
Channeled by Alice B. Clagett

28 April 2013

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May the Novice Ascended Masters

Be far, far, far from me.

May they be completely forgiven for all wrongs done.

May the good people they harmed be healed.

May they move onward, in their Soul's path,
Blessed by the highest Light,

Through the power of Spirit,

And the grace of the Elohim.

. . . . .

A NOTE OF ENCOURAGEMENT

Until now, Novice Ascended Masters have been considered by normal humans to be 'omnipresent' and 'omnipotent' (see section (2), "How to Steer Clear of the Disincarnate Gods," above), although in actuality these latent abilities of theirs are often curtailed and channeled into 'dead ends' of negative affect by distortions in their morphogenetic fields.

As is the case with most of humanity, who are in the throes of co-creating a 'local' (global ... and in a few cases, galactic) field of 'omnipresence' and 'omnipotence'. Which is to say, greater co-creative power in these domains than we have hitherto exercised.

...

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(5) HELPING DISINCARNATE GODS GO TO THE LIGHT [20]top

Originally published on 4 August 2016

ON BEING DAUNTED BY THE DISINCARNATE GODS

Folks are sometimes put off when they encounter the disincarnate gods, because of all their 'superpowers'... but let's think about this for a moment. The disincarnate gods are just human beings who have allied with the powers of Nature, and on their passing have retained

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those psychic powers acquired during their lifetime, and especially the powers of omnipotence and omniscience.

LIMITATIONS OF THE POWERS OF THE DISINCARNATE GODS

I realize these latter two powers are a little daunting ... At least, I have found it so. However, one power the disincarnate gods *do not* have is power over **time**. They exist within one timeline only, which might disconcertingly be the timeline we find ourselves in at the moment. But now, with the Shift, timelines are winding up. Spirit tells me now is the time when the disincarnate gods are winding up their 'in-between' state and turning to the Light.

As mentioned above, one way of thinking of the disincarnate gods is to imagine that they are on their Soul's journey towards being an Ascended Master. Thus, they might better be termed 'Novice Ascended Masters'.

As such, they are now at the stage of learning about the Plane of Forces, which lies between the physical plane and the astral plane. The Plane of Forces is the playground of those fearsome beings, the **jinn** and the **ifrits**, which dwell in Earth's deserts, unbeknownst to modern man, but well known to King David and through the myths of Ancient Araby.

It might help to think of those Souls that are 'caught between this world and the next' as little children who have lost their way. If they have been 'in-between' for a while, they are most likely a little confused about where they are and what is going on. This is true not only of the disincarnate gods, but also of our ancestors and all ghosts that have not passed into the Light yet.

HOW WE CAN HELP THE DISINCARNATE GODS GO ON TO THE LIGHT

We can help them all do this by asking *our own* spirit guides to ask *their* spirit guides to have this sort of conversation with them (I learned about this from the wonderful energy healer and spiritual teacher Jeffrey Allen ... [21]https://www.iamjeffreyallen.com/) ...

- How long has it been since you have eaten? [usually the answer will be: *I can't remember* or maybe: *About a month or so*]
- Did you know that you have passed on? [You may hear: *No, did I?*]
- Yes, you passed on quite some time ago [Then wait a moment, and continue ...]
- All the work you had to do has been done. [a sigh of relief]
- It is ok to pack your suitcase now. How long will you need to do that? [You may hear, 'A week or so']
- All right.

Time is not the same in the astral realm as in the physical world, so in a few days you can ask your own spirit guides to have the above conversation again. By that time the

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'in-between' Soul will most likely be ready to leave. Here is an example of a 'spirit-to-spirit' good-bye conversation I learned from Jeffrey Allen. You may ask *your* spirit guides to ask *their* spirit guides to engage in this conversation ...

- Are you ready now? [You may hear:*I think so.*]
- Now turn around and face the Light [because they have been facing the physical world all this time]
- Do you see us? [that is, their spirit guides... you may sense a greeting]
- We will show you the way now [and now it is best for us to log off, allowing the 'spirit to spirit' encounter to unfold]

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

P.S. I have included this blog in the categories *Hinduism* and *Neo-Hinduism - Neo-Vedanta*, as the Indian Saint the Vallalar, and Sri Aurobindo of Integral Yoga are often connected to the concepts of omnipresence, omniscience, and omnipotence, and to the terms used by 'the Vallalar' and/or Sri Aurobindo: 'gracelight' ... 'grace light' ... 'divine light' ..

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ascended masters, astral planes, faith, Hinduism, letting go, meditations, protection, psychic powers, ascension, plane of forces, ghosts, ancestors, Ascended Masters, astral planes, disincarnate gods, faith, lost children of the soul, wounded body elementals, Patanjali, protection, surrender, visualization, will power, ascension, Hinduism, Neo-Vedanta, Vallalar, Sri Aurobindo, omnipresence, omniscience, omnipotence, divine light, Neo-Hinduism, blood sacrifice, Meditations and visualizations by Alice, advaita, ego, 2u3d, Void, fear, lust, anger, greed, pride, attachment, Awareness, spiritual adepts, causal realm, prakriti, karma, afterlife, hellworld, heaven, purgatory, yoga, Katha Upanishad, Yama, God of Death, myths, Lord Shiva, Soul evolution, death, Matthew 4:1-11, Bible, third chakra, Novice Ascended Masters, morphogenetic field distortions, jinn, ifrit, timelines,

1. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
2. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
3. https://theworldaccordingtochinacat.files.wordpress.com/2014/03/pyreaus_inspired_manifestation_garuda_sea_salvation_full.jpg
4. http://www.krsna-art.com/images/pics/big/KA1_007.jpg

5. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
6. https://awakeningwithplanetearth.com/wp-content/uploads/3016/05/manipura_mandala-svg.png
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8. https://wholelifeworship.files.wordpress.com/2013/11/cosgod.jpg
9. https://www.templepurohit.com/wp-content/uploads/2015/08/Why-did-lord-shiva-punish-kamadeva-and-reduce-him-to-ashes.jpg
10. https://wp.me/p2Rkym-5bA
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12. https://s-media-cache-ak0.pinimg.com/736x/d4/dc/83/d4dc8398dc88faf1344e42c684e654fc.jpg
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14. https://awakeningwithplanetearth.com/wp-content/uploads/3016/05/close_up_yellow_rose.jpg
15. https://awakeningwithplanetearth.com/wp-content/uploads/3016/05/divina_misericordia_eugeniusz_kazimirowski_1934.jpg
16. https://awakeningwithplanetearth.com/wp-content/uploads/3016/05/sermon_in_the_deer_park_depicted_at_wat_chedi_liem-kayess-1.jpeg
17. http://www.anysiakiel.com/wp-content/uploads/2015/06/Your-Higher-Self.jpg
18. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
19. https://www.youtube.com/channel/UCe5SWADvxgHKQgdJ-wqrWzA
20. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
21. https://www.iamjeffreyallen.com/
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1.1.3 Is Sandia Peak an Astrogeophysical Energy Conductor? . by Alice B. Clagett (2013-01-01 19:09)

Written and published on 1 January 2013

Dear Ones,

I was recently twice in Albuquerque, New Mexico ... once just before and once just after The Shift. Both times I noticed an amazing energy in the air. The first time, I was flying in from the west. The energy became apparent at 30,000 feet, about 20 minutes airtime away from Albuquerque. It felt like a bubble of 5D protection extending around the entire city. Clearly, this was a place where duality had lost its power. For which I was extremely glad. But that is another story.

The second time I was driving into Albuquerque from the north. As I neared the city, I sensed a difference in the air ... a very fine, 5D vibe. I could almost taste it. The energy being produced ... from whatever source ... was vast. It spilled out over the whole city and surrounding countryside. Into the air, and high up into the atmosphere.

I looked around for evidence of ETs, but could find none. Then I thought, maybe the mountain to the west of Albuquerque ... is it Sandia Peak? ... has begun to act as an energy conductor connecting the Crystal Energy Grid of New Earth to her crystalline core. Much like the newly ascended, fully grounded humans are described as conduits between the Crystal Grid and the Earth's core.

If it's true that Sandia Peak has activated as an energy conductor ... assuming that this is still happening ... could it be that more geophysical features have been or are about to be activated? Maybe we are experiencing this all over the world ... only we don't quite know what to look for, or don't know how to conceptualize what we are seeing and feeling?

Well, Dear Ones, keep your eyes and ears wide open. It seems there's magic in the air!

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

[1]

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Image: Sandia Mountains and Rio Grande, by G. Thomas, from Wikipedia ... https://en.wikipedia.org/wiki/Sandia _Pueblo #/media/File:SandiaMtnNM.jpg ... public domain

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1.1.4 On Seeing Blue . by Alice B. Clagett (2013-01-03 16:31)

Blue butterfly - blue Sun post-Shift - blue air - blue snow!



Image: “Buzzard’s Roost, Santa Monica Mountains, California 6: Palos Verdes Blue Butterfly (Glaucopsyche lygdamus palosverdesensis),” by Alice B. Clagett, 3 April 2021, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Buzzard’s Roost, Santa Monica Mountains, California 6: Palos Verdes Blue Butterfly (Glaucopsyche lygdamus palosverdesensis),” by Alice B. Clagett*, 3 April 2021, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..*

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- BLUE SUN POST-SHIFT
- ON READING *HANUMAN CHALISA:* THE AIR TURNED BLUE
- SNOW THAT LOOKED BLUE

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Dear Ones,

BLUE SUN POST-SHIFT

I read recently that the post-Shift Sun may be shifting (no pun intended) toward blue. This is not yet scientifically documented. I have been noticing my own personal blue shifts, though.

ON READING *HANUMAN CHALISA:* THE AIR TURNED BLUE

For example, the other night I picked up *Hanuman Chalisa*, an Indian prayer that has been read there devoutly for a long time, and as I started to read it, the page and the air around it turned blue ... that etheric blue, like the glow of arctic skies, that is sometimes seen when meditating in the early hours of the morning.

SNOW THAT LOOKED BLUE

Then yesterday, I was driving through snow fields in Colorado ... everything looked ho-hum ... and I began to think about the energies of New Earth. My field of vision shifted ... the snow, the sky became blue tinged. That etheric blue again!

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

Written and published on 3 January 2013; revised on 15 June 2023
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Blue butterfly - blue Sun post-Shift - blue air - blue snow!

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1.1.5 Habits, Addictions, and New Earth . by Alice B. Clagett (2013-01-04 05:11)

Written and published on 4 January 2013

- PREAMBLE
- HABITS, ADDICTIONS, AND NEW EARTH
- DIVINE MOTHER AND MOTHER EARTH
- ON BEING IN THE MOMENT

Dear Ones,

PREAMBLE

I'm speaking on behalf of humankind below, and not from a personal point of view ... Well, there is a slight congruence from the standpoint of physical habits, as I'm considering eliminating my morning cup of coffee.

Then from the standpoint of patterns of thought, especially unconscious patterns of thought, there's plenty of work for each of us to do. Imagine how it would be if *all* our thoughts were conscious! ...

HABITS, ADDICTIONS, AND NEW EARTH

This is the year when, ever so gently, Divine Mother is releasing us from mental and physical habits and addictions. In these few short weeks since The Shift, already a great deal has happened ... not to a favored few, not just to her conscious participants ... but to all her children, good and bad, kind and rude; to old souls and the newest journeyers to Earth. To those who feel unconditional love and to those who go all out for personal profit. To everybody.

Think back to how your mental environment was a month ago. And how is that most intimate of environments at this moment ... now? Does life look kinder, sweeter, softer ... dare I say: more loving?

DIVINE MOTHER AND MOTHER EARTH

Silently she works, our Divine Mother, together with our Earthly Mother, to transform us. We don't even have to TRY ... we can just go along with her, effortlessly. Because that's where Earth is now ... in the fifth dimension. And she is leading us along, ever so gently, into that reality.

What stops us from seeing this? Sometimes it's hard to see changes in ourselves. A lot easier to see changes in our friends and family. Maybe there's a friend who, ever since you've known him or her, has been mentally repeating a negative phrase over and over again ...

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- *"The wolf is at the door"* (that's a scary one!). Or,
- *"No one at all loves me!"* (even scarier!)

And then one day they wake up, and the repetition is gone. For them, it's a whole new world out there ... New Earth!

ON BEING IN THE MOMENT

Maybe you know a couple in a certain dynamic ... the wife is always berating the husband for his lack of planning foresight. The husband is always escaping into fantasies. One day they wake up, and everything is different. She's lost the inclination to berate. He's suddenly developed planning foresight. How did this happen? The Shift is responsible, and the ongoing energies of New Earth, that are enveloping and transforming each of us.

What stops us from seeing New Earth just as it is, right now? You may have guessed the answer ... the obstacles we face are mental and physical habits and addiction. So Divine Mother says, and New Earth agrees, to free us ... all humanity ... from these bonds during the coming year.

Keep your eyes and ears wide open! Miracles are in the air!

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

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MORE INFORMATION

Link: "Healthy, Happy, Holy Organization (3HO)" ... [1]https://www.3ho.org/ ... Search the term: Meditatoin for Healing Addictions

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[2] 

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1.1.6 In Praise of the Right Brain . by Alice B. Clagett (2013-01-07 17:37)

Written and published on 7 January 2013

- MY EXPERIENCE AT A PENTECOSTAL CHURCH
- TESTIMONY ABOUT FIGHTING A DEMON WITH THE BIBLE
- MORE ABOUT THE CHURCH SERVICE
- PENTECOSTALS APPEAL TO THE EMOTIONAL BODY RATHER THAN THE MENTAL BODY
- ON BEING OUT OF TOUCH WITH THE EMOTIONS
- VISITS FROM JESUS AND THE ASCENDED MASTERS
- ON JESUS CASTING OUT DEMONS THROUGH THE HOLY GHOST
  - On Stilling the Left Brain Through Love of God
- EXPERIENCE OF PLACING AWARENESS ON THE RIGHT BRAIN
- ACTIVITIES THAT PROMOTE RIGHT-BRAIN THINKING
- BENEFITS OF BALANCING THE HEMISPHERES OF THE BRAIN
- A BLESSING

Dear Ones,

MY EXPERIENCE AT A PENTECOSTAL CHURCH

I went to a Pentecostal church service yesterday morning, first time ever. It was quite an education. The people there were ... though they may not have thought it through consciously ... training themselves to use their right brain instead of their left brain. Why? According to them, faith in Jesus, love of Jesus, will save them from demons and devils.

TESTIMONY ABOUT FIGHTING A DEMON WITH THE BIBLE

For instance, one gentleman gave testimony that he had had a dream ... he was walking down by a river, reading his Bible. There were other people there too. Suddenly a demon appeared. He called on the authority of Jesus, and swatted the demon with his Bible. The demon fell down. But then many more demons appeared. So, in Jesus' name, he bound and rebuked them, one by one. He demonstrated this for us, how he felt and what he did in the dream, and it really brought the scene to life for me. Afterwards, the preacher explained the lesson of the testimony: All life's struggles can be resolved by faith in Jesus. His love will protect and preserve us through our darkest hour.

MORE ABOUT THE CHURCH SERVICE

From there on, things got a little wild and woolly, at least according to my expectations from long attendance at more staid church services. People were shouting and swaying. One

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young girl almost fell down in a swoon. Folks would come up and grab my hand or my head and pray with me, in Jesus' name. It was an amazing experience ... the feeling of religious fervor in the air, the devotion of the congregation to Jesus.

PENTECOSTALS APPEAL TO THE EMOTIONAL BODY RATHER THAN THE MENTAL BODY

After the church service, I got to thinking about the Pentecostals, what they are actually doing. There was not one logical thought in that service. The effect of the sermon was on the emotional body, not the mental body at all. At the time, I could feel the intensity of mental activity in my right brain (1). And this, together with the 'Stroke of Insight' TED video (2) by Jill Bolte Taylor I had recently viewed, got me to thinking about how I've been living my life in an almost exclusively left-brain way.

ON BEING OUT OF TOUCH WITH THE EMOTIONS

No wonder I've been feeling out of touch with all that is. Having trouble simply feeling my body, feeling the world around me. Unable to remember my dreams. Feeling driven by my To Do list. Feeling out of focus. Not taking the time to connect with Nature, or socialize with my friends. Some way to live life!

VISITS FROM JESUS AND THE ASCENDED MASTERS

So this was an important insight. On further reflection, I realized how hard it was for me to attend the Pentecostal service, because I had to translate everything they said into my own terms. In the past, when I've attended Assembly of God religious services, I've felt a very close association, like an identification with or absorption in Jesus the Christ as the Son of God. But very loving ascended masters have visited me as well, so, great though Jesus is, I don't think of Him as the only way to Unconditional Love.

I'm not calling the Pentecostal belief wrong here, for it has clearly served a very important purpose in allowing folks to escape from 3D duality ... from the presence of demons here on Earth, which was a very real concern, for those familiar with the astral plane, prior to The Shift ... and into a consciousness of Universal Love. But on the other hand, for me, The Christ is but one path to that Love, though a very great path for many, and for me in particular.

ON JESUS CASTING OUT DEMONS THROUGH THE HOLY GHOST

So, getting down to it, when the Pentecostals say that by faith in and love of Jesus we will feel the descent of the Holy Ghost and all demons will be cast out, I translate like this:

On Stilling the Left Brain Through Love of God

By concentrating my awareness on my right brain, I can open my heart chakra to the love of the Divine, and in so doing, I can still my left brain activity. This will allow me to feel what the Hindus called *Prakriti*; known by Western physicists as the quantum energy field. And it will still the left-brain process of separating my ego from all that is. And the equally disgruntling left-brain process of dividing reality ... which is actually one quantum field ... into good and bad, godly and demonic, right and wrong, pro-Alice and against-Alice, socially acceptable and faux pas, etc etc.

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EXPERIENCE OF PLACING AWARENESS ON THE RIGHT BRAIN

Last night I tried it out. Lying on the couch, cat purring by my side, I placed my awareness on my right brain. All of a sudden, everything shifted. No more small voice in my head, complaining and criticizing and diverting me from my beingness. Immediately, I became vividly aware of the colors in the room. It was almost like I could taste them. I sensed my body, my whole body, in the way that I suspect my cat does. I felt tension here, discomfort there. The minute I felt these, the tension and discomfort went away. I lost my sense of ego. It was as if I had become one with all that I sensed. I, the cat, the room, all one being. Wow!

ACTIVITIES THAT PROMOTE RIGHT-BRAIN THINKING

I like this new way of using my brain so much that I hope to practice it all day today. I can see why walking in nature is good: For sure, it will help establish me the right-brain pattern. And there are other things I can do to encourage my right brain, such as drawing or painting, yoga, cooking, listening to music. Maybe I could resume martial arts. Or take up gardening. Anything, really, to escape that tyrannical left-brain!

BENEFITS OF BALANCING THE HEMISPHERES OF THE BRAIN

Given time ... say, a week or so ... concentrating on the right brain may allow the halves of my brain to balance back together, as they no doubt were meant to do. Maybe I will find my way back to that *joie de vivre* I felt as a tiny child (3). What fun!

A BLESSING

In loving thanks to the Pentecostal service for providing me with this insight,

and with a prayer that each of you may walk in love and light,
that your love may touch the hearts of all you meet,

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

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FOOTNOTES

(1) For more information, see “Left Brain vs Right Brain" ... [1]https://www.verywellmind.com/left-brain-vs-right-brain-2795005 ..

(2) See “Stroke of Insight,” a TED video by Jill Bolte Taylor: "Jill Bolte Taylor: STROKE of insight: TED TALKS" ... [2]https://www.youtube.com/watch?v=XYi7hZhPcyk ..

(3) See the Baby Laughing video: "Baby Laughing Hysterically at Ripping Paper" ... [3]https://www.youtube.com/watch?v=RP4abiHdQpc ..

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[4] 

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Ascended Masters, Christianity, demons, devil, energy shield, heart energies, Holy Rollers, left brain, love, mental control, Pentecostal church, post Shift, right brain, self mastery, spiritual protection, unconditional love, visions, JScambio, incoming light, descent of grace,

1. https://www.verywellmind.com/left-brain-vs-right-brain-2795005
2. https://www.youtube.com/watch?v=XYi7hZhPcyk
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1.1.7 Archons - Pre and Post-Shift . by Alice B. Clagett (2013-01-08 19:29)

Written and published on 8 January 2013

- WHAT THE ARCHONS WERE DOING TO US
- MITIGATING FACTORS
- POST-SHIFT

Dear Ones,

Here is a writeup on the archons.

WHAT THE ARCHONS WERE DOING TO US

Let's say your subconscious mind is pursuing a negative train of thought. Pre-Shift, archons were the 'firemen' or 'stokers' who shoveled coal into the engine of that train. Could be several acting together, and the coal they shoveled consisted of the traumas of our early childhood. These traumas they lit with the fire of our primary urges. These urges, as described in ancient Indian texts, are for food, sleep, sex and self-preservation.

So, for example, the trauma of early childhood rape might be stoked by the primary urge for sex, resulting in sexual arousal and a negative emotion of fear or anger (negative because of the childhood trauma). It was this negative spin that the archons needed to as energetic food.

As another example, the trauma of remembering when, as a child, we first witnessed death might be stoked by the primary urge for self-preservation, resulting in fear of dying. Our suppression of the emotion of dismay we felt at that time would give the urge for self-preservation the requisite negative spin.

For almost all of us, in our early childhood there was some event I term the"lynchpin" (1) event of the personality. In adult terms, it might be nothing at all. It might be – as in one case I discovered – that an aunt put a little child over her knee and smacked him with a hairbrush. No big deal, you may say! But for the little child that person once was, this lynchpin event was devastating. It roused his primitive sexual urge for the first time, and linked it with punishment. The emotion the little child experienced was so strong that he placed a stricture (like a pressurized bubble wrapped round with *no! no! no!* on it in his subconscious mind. The emotion itself is often tied to a chakra – in this case, the sexual chakra, distorting its energy flow. Many ropes bind the emotion down, ever so tightly, and the subconscious stricture prevents it's being experienced and released.

To make matters more grim, a child might derive a set of postulates from such a lynchpin event: The sex act has to involve pain. Mother figures are sexual in nature. I can't feel sexual towards a mother figure. I can't love women. I can, however, be involved in S and M with a woman. It goes on and on – there's no rhyme or reason to it. And this is only one example. So whenever a sexual urge is felt, the mind hops to that hidden memory, then rebounds from the subconscious stricture and begins flies from one false

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postulate to the next one. All in the blink of an eye. This may happen many times every day, and we may dream of it at night, but we still could not discover the seed of the falsehood.

Unfortunately, the archons knew all about these lynchpin events. It was as if they had a personality map of each of us — all the images and subconsciously trauma they could use to stir up negativity in us.

Archons might also latch onto repetitive thoughts generated by the subconscious mind. These repetitive thoughts take place in the left brain. They are the basis of habits, both good and bad. The archons were only interested in the bad habits, though. Thoughts like, "No one in the world loves me." Or, "There's never enough time!" Or, "I never have enough money." You know – the kind of thoughts that wreck our infinite dreams on the shoals of the finite.

MITIGATING FACTORS

Of course, pre-Shift as well as post-Shift, we have our Celestial Teams to whom we can relate – Ascended Masters, Christed ETs, archangels, and so on. The great importance of calling on our Celestial Teams is this – they can mitigate the influence of the archons, and the negative programming the archons have placed in our subconscious minds.

Further, post-Shift, the story is quite different. During The Shift, just as they anticipated with immense angst and furor, the archons lost their power over the human mind. Great news for humankind, very bad news for the archons. Why did this happen? I don't know, for sure. But I can point to a couple of interesting theories, in hopes that someone else will connect the dots:

The Sabian Symbols (2), created or discovered in 1925 by Marc Edmund Jones with the assistance of the clairvoyant Elsie Wheeler, offer interpretations for each of the 360 degrees of the Zodiac. These symbols are widely used throughout the astrological world. According to oracle Laura of The Oracle Report, they are a programming language used by the archons and the illuminati as well. For instance, a war might be instigated if the Sabian Symbols are propitious. In her 2013 New Years Audio Report (3) – she mentioned that the Sabian Symbols are 15 minutes off now, so they don't work as well for the archons. So that's one line of inquiry.

Another thought: In a 31 December 2012 youtube video (4), Bill Ballard observed that, on the previous night, his compass readings showed magnetic north to be 18-20 degrees off, when compared to the North Star to which he had aligned his compass.... Could a wandering of magnetic north away from true north have something to do with the waning of archonic power?

POST-SHIFT

Post-Shift, the subconscious minds of everyone on Earth – whether or not they're aware of it – are getting scrubbed cleaner than a whistle. The engines of our subconscious trains of thought, sans the stoking action of the archons, are slowly running out of steam. As our subconscious minds slow down, we're starting to recognize and eliminate the repeating thoughts that have previously given us so much grief. We're starting to uncover the childhood traumas, release suppressed emotion around them, and turn away from fear, anger, and other negative emotions. Even more happily, each of us may experience that miraculous moment when one of the subconscious strictures tying down our the terrible lynchpin event of our childhood suddenly snaps! – and all the many ropes that bind our emotional body because of the lynchpin event unravel, leaving us free beyond belief. Beyond our wildest imagining.

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As our hearts clear, they begin to shine with the emotions of gratitude, love and joy. But the changes are so gradual that we need to make a conscious effort to understand all the clearing that has taken place in the last few months. We are changed beings. We have turned toward the light!

In light and love,
I Am of the Stars

.....
FOOTNOTES

(1) A lynchpin is something that holds the various elements of a complicated structure together. I use the alternate spelling "lynchpin" rather than "linchpin" because these traumatic events really constrict our heart energy until they are cleared.

(2) See ... *Book Citation: "360 Degrees of Wisdom," by Lynda Hill, 2004.*

(3) "The Oracle Report" by Laura Walker is at [1]www.oraclereport.com ... I do not see the referenced audio, but there is an amazing amount of good information at that website.

(4) *Video: "12-31-12 Bill Ballard Happy 2013 Interesting Magnetic Field" ... [2]https://www.youtube.com/watch?v=XYi7hZhPcyk ..*

.....
MORE INFORMATION

Link: "Alien Dreaming: The Enigma of Archons," by John Lash ... [3]http://www.metahistory.org/gnostique/archonfiles/AlienDreaming.php ..

Link: "The Archons," by Tara Smith, on facebook, 4 January 2013 ... [4]https://www.facebook.com/groups/226589437450706/permalink/320002571442 725/ ..

.....

[5] 
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.....
.....

illuminati, soul wounding, archons, repressed emotions, archons, childhood trauma, childhood wounding, clearing karma, subconscious mind, ascension, repressed emotions, Sabian symbols,

1. http://www.oraclereport.com/
2. https://www.youtube.com/watch?v=XYi7hZhPcyk

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3. http://www.metahistory.org/gnostique/archonfiles/AlienDreaming.php
4. https://www.facebook.com/groups/226589437450706/permalink/320002571442725/
5. http://creativecommons.org/licenses/by-sa/4.0/
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1.1.8 The Formation of a Solar System . by the Theosophist C.W. Leadbeater (2013-01-11 06:39)

Written and published 11 January 2013; revised

Dear Ones,

Here is Theosophist C.W. Leadbeater on the topic of the formation of the Solar System. My comments are in blue font ...

"The beginning of the universe (if ever it had a beginning) is beyond our ken. At the earliest point of history that we can reach, the two great opposites of spirit and matter, of life and form, are already in full activity. We find that the ordinary conception of matter needs a revision, for what are commonly called force and matter are in reality only two varieties of Spirit at different stages in evolution and the real matter or basis of everything lies in the background unperceived. A French scientist has recently said: 'There is no matter; there are nothing but holes in the æther.' This also agrees with the celebrated theory of Professor Osborne Reynolds. Occult investigation shows this to be the correct view, and in that way explains what Oriental sacred books mean when they say that matter is an illusion.

"The ultimate root-matter as seen at our level is what scientists call the æther of space. [This has been described in *Occult Chemistry* under the name of koilon.] [Could it be 'prakriti' in Hinduism? –Alice] To every physical sense the space occupied by it appears empty, yet in reality this æther is far denser than anything of which we can conceive. Its density is defined by Professor Reynolds as being ten thousand times greater than that of water, and its mean pressure as seven hundred and fifty thousand tons to the square inch.

"This substance is perceptible only to highly developed clairvoyant power. We must assume a time (though we have no direct knowledge on this point) when this substance filled all space. We must also suppose that some great Being (not the Deity of a solar system, but some Being almost infinitely higher than that) changed this condition of rest by pouring out His spirit or force into a certain section of this matter, a section of the size of a whole universe. This effect of the introduction of this force is as that of the blowing of a mighty breath; it has formed within this æther an incalculable number of tiny spherical bubbles, [The bubbles are spoken of in *The Secret Doctrine* as the holes which Fohat digs in space.] and these bubbles are the ultimate atoms of which what we call matter is composed. They are not the atoms of the chemist, nor even the ultimate atoms of the physical world. They stand at a far higher level, and what are usually called atoms are composed of vast aggregations of these bubbles, as will be seen later.

"When the Solar Deity begins to make His system, He finds ready to His hand this material—this infinite mass of tiny bubbles which can be built up into various kinds of matter as we know it. He commences by defining the limit of His field of activity, a vast sphere whose circumference is far larger than the orbit of the outermost of His future planets. Within the limit of that sphere He sets up a kind of gigantic vortex—a motion which sweeps together all the bubbles into a vast central mass, the material of the nebula that is to be.

"Into this vast revolving sphere He sends forth successive impulses of force, gathering together the bubbles into ever more and more complex aggregations, and producing in this way seven

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gigantic interpenetrating worlds of matter of different degrees of density, all concentric and all occupying the same space.

"Acting through His Third Aspect He sends forth into this stupendous sphere the first of these impulses. It sets up all through the sphere a vast number of tiny vortices, each of which draws into itself forty-nine bubbles, and arranges them in a certain shape. These little groupings of bubbles so formed are the atoms of the second of the interpenetrating worlds. The whole number of the bubbles is not used in this way, sufficient being left in the dissociated state to act as atoms for the first and highest of these worlds. In due time comes the second impulse, which seizes upon nearly all these forty-nine bubble-atoms (leaving only enough to provide atoms for the second world), draws them back into itself and then, throwing them out again, sets up among them vortices, each of which holds within itself 2,401 bubbles (49^2). These form the atoms of the third world. Again after a time comes a third impulse, which in the same way seizes upon nearly all these 2,401 bubble-atoms, draws them back again into their original form, and again throws them outward once more as the atoms of the fourth world—each atom containing this time 49^ {3 } bubbles. This process is repeated until the sixth of these successive impulses has built the atom of the seventh or the lowest world—that atom containing 49^ {6 } of the original bubbles.

"This atom of the seventh world is the ultimate atom of the physical world—not any of the atoms of which chemists speak, but that ultimate out of which all their atoms are made. We have at this stage arrived at that condition of affairs in which the vast whirling sphere contains within itself seven types of matter, all one in essence, because all built of the same kind of bubbles, but differing in their degree of density. All these types are freely intermingled, so that specimens of each type would be found in a small portion of the sphere taken at random in any part of it, with, however, a general tendency of the heavier atoms to gravitate more and more towards the centre.

"The seventh impulse sent out from the Third Aspect of the Deity does not, as before, draw back the physical atoms which were last made into the original dissociated bubbles, but draws them together into certain aggregations, thus making a number of different kinds of what may be called proto-elements, and these again are joined together into the various forms which are known to science as chemical elements. The making of these extends over a long period of ages, and they are made in a certain definite order by the interaction of several forces, as is correctly indicated in Sir William Crookes's paper, *The Genesis of the Elements*. Indeed the process of their making is not even now concluded; uranium is the latest and heaviest element so far as we know, but others still more complicated may perhaps be produced in the future.

"As ages rolled on the condensation increased, and presently the stage of a vast glowing nebula was reached. As it cooled, still rapidly rotating, it flattened into a huge disc and gradually broke up into rings surrounding a central body—an arrangement not unlike that which Saturn exhibits at the present day, though on a far larger scale. As the time drew near when the planets would be required for the purposes of evolution, the Deity sets up somewhere in the thickness of each ring a subsidiary vortex into which a great deal of the matter of the ring was by degrees collected. The collisions of the gathered fragments caused a revival of the heat, and the resulting planet was for a long time a mass of glowing gas. Little by little it cooled once more, until it became fit to be the theatre of life such as ours. Thus were all the planets formed.

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"Almost all the matter of those interpenetrating worlds was by this time concentrated into the newly formed planets. Each of them was and is composed of all those different kinds of matter. The earth upon which we are now living is not merely a great ball of physical matter, built of the atoms of that lowest world, but has also attached to it an abundant supply of matter of the sixth, the fifth, the fourth and other worlds. It is well known to all students of science that particles of matter never actually touch one another, even in the hardest of substances. The spaces between them are always far greater in proportion than their own size—enormously greater. So there is ample room for all the other kinds of atoms of all those other worlds, not only to lie between the atoms of the denser matter, but to move quite freely among them and around them. Consequently, this globe upon which we live is not one world, but seven interpenetrating worlds, all occupying the same space, except that the finer types of matter extend further from the centre than does the denser matter.

"We have given names to these interpenetrating worlds for convenience in speaking of them. No name is needed for the first, as man is not yet in direct connection with it; but when it is necessary to mention it, it may be called the divine world. The second is described as the monadic, because in it exist those Sparks of the divine Life which we call the human Monads; but neither of these can be touched by the highest clairvoyant investigations at present possible for us. The third sphere, whose atoms contain 2,401 bubbles, is called the spiritual world, because in it functions the highest Spirit in man as now constituted. The fourth is the intuitional world, [Previously called in Theosophical literature the buddhic plane.] because from it come the highest intuitions. The fifth is the mental world, because from its matter is built the mind of man. The sixth is called the emotional or astral world, because the emotions of man cause undulations in its matter. (The name astral was given to it by mediæval alchemists, because its matter is starry or shining as compared to that of the denser world.) The seventh world, composed of the type of matter which we see all around us, is called the physical.

"The matter of which all these interpenetrating worlds are built is essentially the same matter, but differently arranged and of different degrees of density. Therefore the rates at which these various types of matter normally vibrate differ also. They may be considered as a vast gamut of undulations consisting of many octaves. The physical matter uses a certain number of the lowest of these octaves, the astral matter another group of octaves just above that, the mental matter a still further group, and so on.

"Not only has each of these worlds its own type of matter; it has also its own set of aggregations of that matter—its own substances. In each world we arrange these substances in seven classes according to the rate at which their molecules vibrate. Usually, but not invariably, the slower oscillation involves also a larger molecule—a molecule, that is, built up by a special arrangement of the smaller molecules of the next higher subdivision. The application of heat increases the size of the molecules and also quickens and amplifies their undulation, so that they cover more ground, and the object, as a whole expands, until the point is reached where the aggregation of molecules breaks up, and the latter passes from one condition to that next above it. In the matter of the physical world the seven subdivisions are represented by seven degrees of density of matter, to which, beginning from below upwards, we give the names solid, liquid, gaseous, etheric, superetheric, subatomic and atomic.

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"The atomic subdivision is one in which all forms are built by the compression into certain shapes of the physical atoms, without any previous collection of these atoms into blocks or molecules. Typifying the physical ultimate atom for the moment by a brick, any form in the atomic subdivision would be made by gathering together some of the bricks, and building them into a certain shape. In order to make matter for the next lower subdivision, a certain number of the bricks (atoms) would first be gathered together and cemented into small blocks of say four bricks each, five bricks each, six bricks or seven bricks; and then these blocks so made would be used as building stones. For the next subdivision several of the blocks of the second subdivision cemented together in certain shapes would form building-stones, and so on to the lowest.

"To transfer any substance from the solid condition to the liquid (that is to say, to melt it) is to increase the vibration of its compound molecules until at last they are shaken apart into the simpler molecules of which they were built. This process can in all cases be repeated again and again until finally any and every physical substance can be reduced to the ultimate atoms of the physical world.

"Each of these worlds has its inhabitants, whose senses are normally capable of responding to the undulations of their own world only. A man living (as we are all doing) in the physical world sees, hears, feels, by vibrations connected with the physical matter around him. He is equally surrounded by the astral and mental and other worlds which are interpenetrating his own denser world, but of them he is normally unconscious, because his senses cannot respond to the oscillations of their matter, just as our physical eyes cannot see by the vibrations of ultra-violet light, although scientific experiments show that they exist, and there are other consciousnesses with differently-formed organs who *can* see by them. A being living in the astral world might be occupying the very same space as a being living in the physical world, yet each would be entirely unconscious of the other and would in no way impede the free movement of the other. The same is true of all other worlds. We are at this moment surrounded by these worlds of finer matter, as close to us as the world we see, and their inhabitants are passing through us and about us, but we are entirely unconscious of them.

"Since our evolution is centred at present upon this globe which we call the earth, it is in connection with it only that we shall be speaking of these higher worlds, so in future when I use the term "astral world" I shall mean by it the astral part of our own globe only, and not (as heretofore) the astral part of the whole solar system. This astral part of our own world is also a globe, but of astral matter. It occupies the same place as the globe which we see, but its matter (being so much lighter) extends out into space on all sides of us further than does the atmosphere of the earth—a great deal further. It stretches to a little less than the mean distance of the moon, so that though the two physical globes, the earth and the moon, are nearly 240,000 miles apart, the astral globes of these two bodies touch one another when the moon is in perigee, but not when she is in apogee. I shall apply the term "mental world" to the still larger globe of mental matter in the midst of which our physical earth exists. When we come to the still higher globes we have spheres large enough to touch the corresponding spheres of other planets in the system, though their matter also is just as much about us here on the surface of the solid earth as that of the others. All these globes of finer matter are a part of us, and are all revolving round the sun with their visible part. The student will do well to accustom himself to think of our earth as the whole of this mass of interpenetrating worlds—not only the comparatively small physical ball in the centre of it."
–from Link: "A Textbook of Theosophy," by C.W. Leadbeater. (2004). Urbana, Illinois: Project

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Gutenberg. Retrieved 11 January 2013, from [1]http://www.gutenberg.org/ebooks/12902 ... Search the term: Chapter III: The Formation of a Solar System

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

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MORE INFORMATION

Citation: "The Solar System," by Lt. Col. Arthur E. Powell, The Theosophical Society Publishing House, reprinted 2011 ... See "Chapter 6: The Building of the Solar System," pp 18-27.

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myths of creation, Theosophy, koilin, prakriti, C,W. Leadbeater,

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1.1.9 Solar Flares, Solar Winds, and Blessings . by Alice B. Clagett (2013-01-11 15:12)

Witten and published on 11 January 2013

Dear Ones,

There has been some significant solar flare activity today. There was apparently a C8 flare at 6 am UT on 11 January 2013. Then there was an M1 flare at 0911 UT 11 January 2013. More flares are anticipated (1).

I mention this because I have found that, in the unconscious thought cloud of the world ... the lower noosphere, which is a spatially lower subportion of Earth's 'astral stratosphere' ... some roiling of emotions and subconscious upwellings tend to accompany solar flare activity and solar winds of high speed and density ...

From my perspective, this solar activity is a form of intelligent Divine blessing that is slowly and carefully cleansing our mental, emotional and physical bodies of outmoded conditioning.

At first I used to get upset about the astral chatter accompanying Solar Events, and to view them from a personality-based perspective. I used to blame other people for my feelings, ping-pong style.

Now I just think: wow, the sun is active! and: tomorrow, I will be more in tune with the new energy.

That is just where I am with noospheric disharmony at the moment ...

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

.....
FOOTNOTES

(1) For updates on solar events, see these links ...

Link: Space Weather ... [1]https://www.spaceweather.com ..

Video: Suspicious Observers Youtube channel ... [2]https://www.youtube.com/channel/UCTiL1q9-YbrVam5nP2xzFTWQ ..

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[3] 
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1. https://www.spaceweather.com/
2. https://www.youtube.com/channel/UCTiL1q9YbrVam5nP2xzFTWQ
3. http://creativecommons.org/licenses/by-sa/4.0/
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1.1.10 What's a Divine Complement? . by Alice B. Clagett (2013-01-14 07:45)

Written and published on 14 January 2013; revised on 16 December 2018

- HERMES OF ROQUEPERTUSE: MALE AND FEMALE TOGETHER
- THE CELTIC ANTLERED GOD
- SHAMANIC ANDROGENY
- LEFT BRAIN / RIGHT BRAIN ENERGETICS
- CULTIVATION OF BALANCED BRAIN HABITS
- MIND POWER EXPANSION ... EXPERIENCE OF THE DIVINE



Image: "Night with her Train of Stars and her Great Gift of Sleep," by Edward Robert Hughes, British, 1912, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Edward _Robert _Hughes _- _Night _with _her _Train _of _Stars _- _Google _Art _Project.jpg ... public domain

Image: "Night with her Train of Stars and her Great Gift of Sleep," by Edward Robert Hughes, British, 1912, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Edward _Robert _Hughes _- _Night _with _her _Train _of _Stars _- _Google _Art _Project.jpg ... public domain

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Dear Ones,

I apologize ... this is going to be somewhat of a connect-the-dots post. It must be the mental aspect of SuspiciousObservers ... *[1]https://www.youtube.com/user/Suspicious0bservers ...* rubbing off on me. Here goes ...

HERMES OF ROQUEPERTUSE: MALE AND FEMALE TOGETHER

I am attending one of Dr. Suzanne Lie's excellent webinars this Saturday. She gave us some prep work to read – it is a story about Mytre and Mytria, Divine Complements who are about to merge. This merging has been described in some of Dr. Lie's prolific stories of the future, available free online ...

Link: Suzanne Lie ... [2]http://www.multidimensions.com/ ... For Dr. Suzanne Lie's stories, see the links for books, ebooks, and blogs.

It is a merge on the atomic level; joy of loving union felt in every atom of one's being. Yet the participants retain the ability to become once again their separate selves whenever they wish. Hum .

I am reminded of Hermes of Roquepertuse, a statue of a Celtic god ... male and female, together ...

[3]

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Image: Hermes of Roquepertuse (Bouches-du-Rhône), Musée d'archéologie méditerranéenne de la vieille Charité à Marseille, by Robert Valette ... from Wikipedia ... https://es.m.wikipedia.org/wiki/Archivo:Roquepertuse-Sculpture _deux _t %C3 %AAtes _accol %C3 %A9es.jpg ... CC BY-SA 3.0, 2.5, 2.0 and 1.0

Image: Hermes of Roquepertuse (Bouches-du-Rhône), Musée d'archéologie méditerranéenne de la vieille Charité à Marseille, by Robert Valette ... from Wikipedia ... https://es.m.wikipedia.org/wiki/Archivo:Roquepertuse-Sculpture _deux _t %C3 %AAtes _accol %C3 %A9es.jpg ... CC BY-SA 3.0, 2.5, 2.0 and 1.0

What is this statue about, anyway? The union of a man and a woman? Does it depict a human hermaphrodite? Or maybe, the union of the right and left hemisphere of the brain – to create greatly expanded– perhaps even godlike – mind power? Or is it about 'yoga' – the union of human with the Infinite. For more information ...

Link: "Spelling Thee, U and I: This Blog Describes the Great, Ancient Androgynous Sky-God Dyaeus and Androgynous Religion - The Predecessor for Modern Religions," 12 October 2010 ... [4]http://web.archive.org/web/20101017124357/http://androgynousreligi ons.blogspot.com/ ..

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Video: "Coming Into Oneness: Homosexual and Transgender Sacred Roles," by Daniella Breen, 18 May 2013 ... [5]https://www.youtube.com/watch?v=xbsG TH3ejLI ... and

Link: "In Resonance: The Art of Successful Living" by Jasmuheen ... [6]http://www.baytallaah.com/bookspdf/141.pdf ... Search for: " 21. Androgyny – Our True State," page 110.

THE CELTIC ANTLERED GOD



Image: “Gundestrupkedlen, inside Description Gundestrupkedlen, inner plates, Y.FRJ, Rævemosen, Ålborg County,” by The National Museum, Roberto Fortuna and Kira Ursem, 2007, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Gundestrupkedlen- _00054 _(cropped).jpg … CC BY-SA 3.0 Unported … DESCRIPTION: Detail of antlered figure holding a serpent and a torc, flanked by animals (including a stag), depicted on the cauldron found at Gundestrup, Himmerland, Jutland, Denmark. The Gundestrup cauldron is housed at the National Museum of Denmark.

Image: “Gundestrupkedlen, inside Description Gundestrupkedlen, inner plates, Y.FRJ, Rævemosen, Ålborg County,” by The National Museum, Roberto Fortuna and Kira Ursem, 2007, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Gundestrupkedlen- _00054 _(cropped).jpg … CC BY-SA 3.0 Unported …

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DESCRIPTION: Detail of antlered figure holding a serpent and a torc, flanked by animals (including a stag), depicted on the cauldron found at Gundestrup, Himmerland, Jutland, Denmark. *The Gundestrup cauldron is housed at the National Museum of Denmark.*

This passage describes union of male and female qualities in folk god lore ...

The antlered god is characterized thus: androgynous, beardless, standing like the *corpus callosum* as a bridge between the two hemispheres of the brain, uniting north with south, woman with man. He stands athwart the *axis mundi*; he harnesses three dimensions of reality. Adorned with riches, he sits and contemplates. He clutches the primordial serpent, over which he has power. Round him gather the beasts of the field. He is like Pan, like Pasupati; he protects and feeds his flocks. *–Paraphrased on 14 January 2013 from a passage on the Facebook page "Celtic Mythology": [7]https://www.facebook.com/mythology.celti c/info #!/mythology.celtic ..*

Link: "Andy Kehoe Art," by Andy Kehoe ... [8]https://andykehoeart.com ... Many of his paintings are of the Horned God (aka God of the Wicca, Cernunnos, Pan, Herne)

SHAMANIC ANDROGENY

The following passage attests to the respect accorded in ancient times to blending of male and female qualities in one individual ...

'Berdache' is the name of people who carry the Divine energy of androgyny. This energy allows them to experience the astral realm while in physical incarnation. Famous androgynes were the Egyptian God Thoth, and Hermes Trismegastrus. The word 'hermaphrodite' combines the words Hermes and Aphrodite, who were son and daughter of the god Zeus. In this way it represents the marriage of masculine and feminine.*–adapted from "Shamanic Androgyny," by Reconnections, Inc.,1995 ... [9]http://www.reconnections.net/androgyny2.htm ... and ... "The Free Dictionary" ... [10]https://www.thefreedictionary.com/berdache ..*

Perhaps in fifth dimensional reality it is possible for two beings to merge as Dr. Suzanne Lie describes. Then again, maybe she is talking symbolically about new qualities of the human brain ... qualities envisioned by ancient man in the Berdache and memorialized in statues of folk gods. I'm opting for the new qualities of the human brain, which brings me to the topic of developing a balance between the activities of the left and right hemispheres of the brain. I know of several avenues for developing and merging the left and right hemisphere. One is energetic and another involves cultivation of habits.

LEFT BRAIN / RIGHT BRAIN ENERGETICS

In Western society, the left brain is almost always well developed at the expense of the right brain. I will speak to that, as it is pertinent to my own situation. If your situation is the reverse, you can adapt this energetic technique to your situation by reversing it.

In the ideal person, the mental body energy is said to be shaped like an oval and filled

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with brilliant yellow light. For more on this, see ...

Image: "Mental Body of Developed Man" ... [11]http://image.slidesharecdn.com/subtl-ebodies3-1228740886747407-9/9 5/the-superphysical-bodies-10-638.jpg?cb=1422573840 .. This is a sketch of a man surrounded by an oval filled with irregular bands of yellow, orange, and white light.

In Western culture, the top part of the energy pattern of the mental body is distorted because we concentrate on the left brain. There is a dent in the energy pattern where the right brain is. The energy in the left brain is no larger than it otherwise would be, but it is energetically denser than the ideal. Here is an adaptation of a self-portrait of Lee Haywood. I had to flip the image because, for the purpose of this demonstration, he was lifting the wrong eyebrow ...

[12]



Image: "Distortion of the Mental Body with Left-Brain Thinking: Man in Orange Shirt with Left Eyebrow Raised 1," adapted by Alice B. Clagett, 14 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDIT: Photo is from "Self-Portrait of Lee Haywood" ... https://www.flickr.com/photos/leehaywood/4215672566, CC by-SA 2.0 ...

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CREDIT: Photo is from "Self-Portrait of Lee Haywood" ... https://www.flickr.com/photos/leehaywood-/4215672566, CC by-SA 2.0 ...

Now, imagine that concentrating on your left brain creates an energetic distortion in your mental body that resembles the outline of his eyes ...

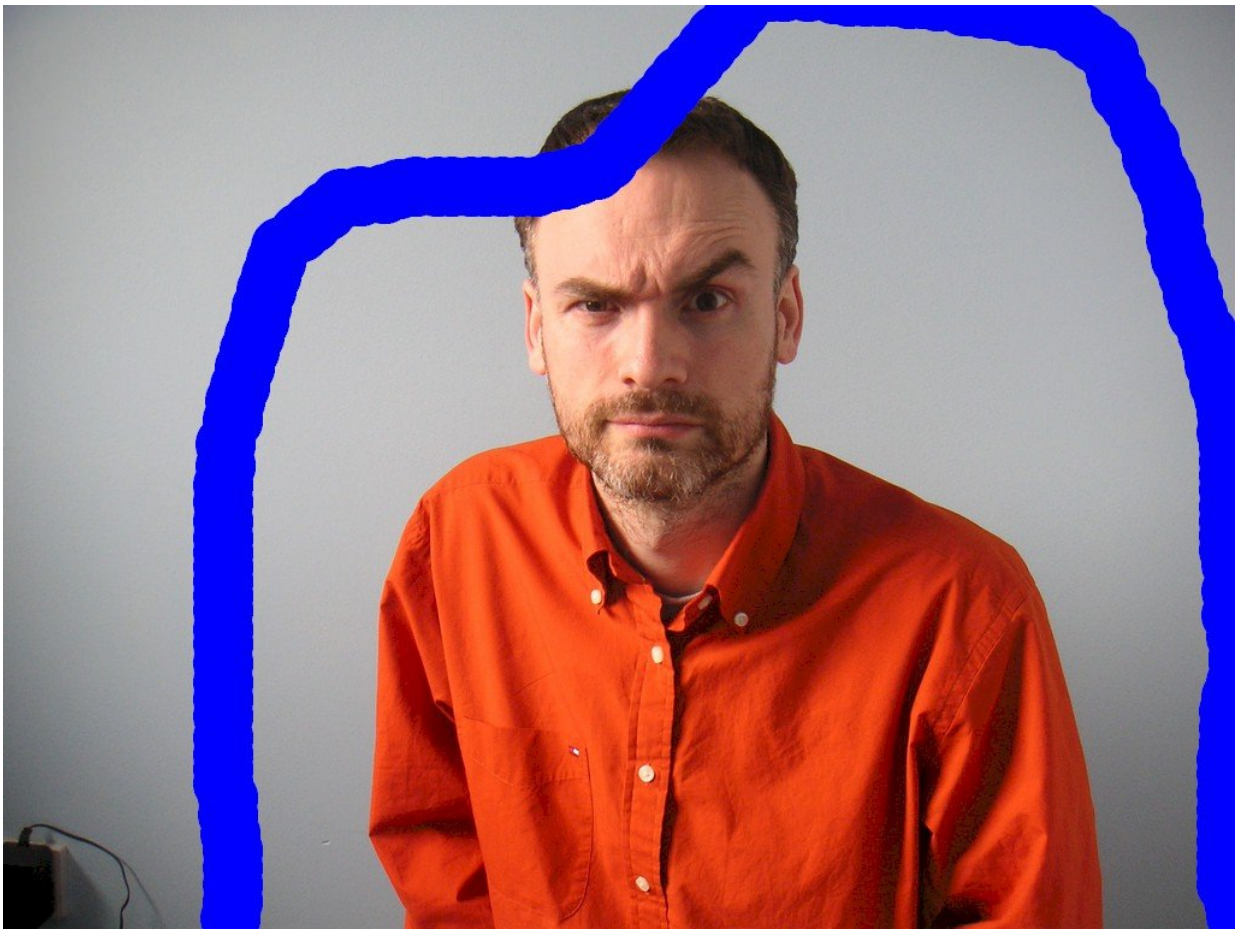


Image Markup: "Distortion of the Mental Body with Left-Brain Thinking: Man in Orange Shirt with Left Eyebrow Raised 2," adapted by Alice B. Clagett, 14 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDIT: Photo is from "Self-Portrait of Lee Haywood" ... https://www.flickr.com/photos/leehaywood/4215672566, CC by-SA 2.0 ... COMMENT: There is a blue line around the figure, emphasizing an area of the head above the left hemisphere and the raised eyebrow, representing distortion of the mental body with left-brain thinking.

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Image Markup: "Distortion of the Mental Body with Left-Brain Thinking: Man in Orange Shirt with Left Eyebrow Raised 2," adapted by Alice B. Clagett, 14 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

CREDIT: Photo is from "Self-Portrait of Lee Haywood" ... https://www.flickr.com/photos/leehaywood-/4215672566, CC by-SA 2.0 ...

COMMENT: There is a blue line around the figure, emphasizing an area of the head above the left hemisphere and the raised eyebrow, representing distortion of the mental body with left-brain thinking.

That is what actually happens when we concentrate on the left brain ... the energy of the mental body is distorted. Those who are familiar with energy work can sense this energetic distortion and compensate directly for it by moving mental focus to the entire brain. This is the simplest approach.

If this approach does not suit, another approach that can be used. It takes a little longer, but works just as well. That is cultivation of balanced brain habits.

CULTIVATION OF BALANCED BRAIN HABITS

To stimulate the left brain: Practice number skills, written language, reasoning , spoken language, and scientific skills.

To stimulate the right brain: Walk in nature, absorbing the energy all around you. Work with 3-D shapes, enjoy art, become an artist, play with your imagination, listen to music, sing.

If you find your habits fit in mostly with only one of the above categories, set aside a solid block of time every day to enjoy the skills and activities in the other category. Given time, this slow but steady approach will balance your brain. *What of it?* you might say? One benefit has to do with personal relationships.

People are often attracted to mates whose brain functions the opposite of theirs. In fact, one might even make a case for marriage as a union of left brain (male) and right brain (female) qualities. The man likes the woman because she 'completes' his mental body. And vice versa. Then the two get together, and their thought forms begin to mingle. The woman starts that left-brain nagging thing:*You don't this ... You never that .* The man's emotional body is stimulated by the woman's right-brain thought forms, and he starts to be hurt and to withdraw from her. Eventually, D-I-V-O-R-C-E.

Sooo ... Why not develop and balance my own brain? Then maybe I will meet a person whose brain is also balanced. No more D-I-V-O-R-C-E ...

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Video: "Tammy Wynette, D-I-V-O-R-C-E," by TammyWynettemusic, 30 August 2011 ... [13]https://www.youtube.com/watch?v=912DKxD0H1U ..

MIND POWER EXPANSION ... EXPERIENCE OF THE DIVINE

In addition to the relationship advantages, union of the left and right hemisphere leads to something really wonderful. The keys to the Universe, one might say. The experience of things *as they are.* The experience of union with all that is. The experience of yoga, of union with the Divine. But I expect that is a difficult story for the most divine human being to describe.

The thing to do is to take the journey, and find out for oneself. I learned about this from Judy Satori's Alpha Centauri transmissions for greatly expanded mind power. These used to be available at ...

Link: Judy Satori ... [14]https://www.ascensionlibrary.org/ ..

On the website I once found a tool entitled "Alpha Centauri Mind Power Expansion" for attaining union of the left and right brain, and then some. It was once possible to Search: *Alpha Centauri Mind Power Expansion* ... and find these transmissions, but the website has been redesigned, and the search term has not been working for a while. I am hoping it will be available later on.

If you are able to locate it, give it a try if you dare. Possibly you will become your own Divine Complement.

.....

Well, Dear Ones, whatever your journey today, I wish you peace and joy in the One.

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

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[15] 
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Sacred Sexuality, mind power expansion, androgenous, androgyne, balanced brain, berdache, Divine Complement, divorce, hermaphrodite, Hermes of Roquepertuse, left brain, mind power, mind power expansion, prakriti, right brain, The Antlered God, Alpha Centauri, Egyptian religion, Thoth, shamanism, Celtic spirituality, JScambio,

1. https://www.youtube.com/user/SuspiciousObservers

2. http://www.multidimensions.com/
3. https://awakeningwithplanetearth.com/wp-content/uploads/2013/01/roquepertuse-sculpture_deux_tc3aates_accolc3a9es.jpg
4. http://web.archive.org/web/20101017124357/http://androgynousreligions.blogspot.com/
5. https://www.youtube.com/watch?v=xbsGTH3ejLI
6. http://www.baytallaah.com/bookspdf/141.pdf
7. https://www.facebook.com/mythology.celtic/info#!/mythology.celtic
8. https://andykehoeart.com/
9. http://www.reconnections.net/androgyny2.htm
10. https://www.thefreedictionary.com/berdache
11. http://image.slidesharecdn.com/subtlebodies3-1228740886747407-9/95/the-superphysical-bodies-10-638.jpg?cb=1422573840
12. https://awakeningwithplanetearth.com/wp-content/uploads/2013/01/one-eyebrow-flipped.jpg
13. https://www.youtube.com/watch?v=912DKxD0H1U
14. https://www.ascensionlibrary.org/
15. http://creativecommons.org/licenses/by-sa/4.0/
16. http://creativecommons.org/licenses/by-sa/4.0/

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1.1.11 Stormy Seas . by Alice B. Clagett (2013-01-24 03:43)



Image: “Sea,” by Eduard Tomek, 1971, in English Wikipedia … https://commons.wikimedia.org/wiki/File:3more.jpg … CC BY-SA 3.0 Unported … COMMENTS: This image reminds me of the subconscious thought cloud of the world. –Alice B. Clagett

Image: “Sea,” by Eduard Tomek, *1971, in English Wikipedia … https://commons.wikimedia.org/wiki/File:3more.jpg … CC BY-SA 3.0 Unported … COMMENTS: This image reminds me of the subconscious thought cloud of the world. –Alice B. Clagett*

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- MATTHEW 8:18-20, 23-27
- THE WEATHER EFFECT OF MENTAL COMMOTION
- MASS MEDIA AND EXTREME WEATHER
- HEART ENERGY AND CALM WEATHER

Dear Ones,

I went to a meditation last night, and the leaders quoted a verse from the Bible that I liked very much. I looked up the context ...

MATTHEW 8:18-20, 23-27

18 "Now when Jesus saw great multitudes about him, he gave commandment to depart unto the other side.

19 "And a certain scribe came, and said unto him, Master, I will follow thee whithersoever thou goest.

20 "And Jesus saith unto him, The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head." –Matthew 8:18-20

(KJV, public domain)

This morning I woke up with the weight of the world on my shoulders – or to put it more aptly, the weight of the world in my head. A few minutes after I transferred my Awareness from my head to my heart, though, my cat and I started having a very nice day.

Well, maybe that is what Jesus meant ... there was a crowd of people around him, most likely causing a commotion ... he was a peaceful guy; he needed a little rest ... but *their* heads would not let his heart rest. So now, continuing with the Bible ...

23 "And when he was entered into a ship, his disciples followed him.

24 " And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep.

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25 " And his disciples came to him, and awoke him, saying, Lord, save us: we perish.

26 " And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.

27 " But the men marvelled, saying, What manner of man is this, that even the winds and the sea obey him!" –Matthew 8:23-27 (KJV, public domain)

THE WEATHER EFFECT OF MENTAL COMMOTION

You know, this mental commotion we all feel from time to time ... the product of the untamed mind ... takes its toll on the natural world. It is quite likely that storm came up because the people on the shore weren't dealing too well with Christ's departure.

MASS MEDIA AND EXTREME WEATHER

We are still creating this same weather effect today. By my lights, were Hollywood to begin producing upbeat, happy movies today ... and were the nightly news to concentrate wholeheartedly on good news rather than bad news ... or were we all to stop going to the movies and stop listening to the news ... all this extreme weather would clear up within a week.

HEART ENERGY AND CALM WEATHER

Earth does not respond well to our upsets. Do not get me wrong ... she does the best she can ... but our fear and anger and negativity give her the weather flu. On the other hand, she blooms with peace and beauty when our hearts open wide. Which appears to be what happened when the disciples woke Christ ... his faith in the Fatherly nature of God was so strong, his heart so open, that all he had to do was ask, and the extreme weather stopped, just like that!

We can calm the stormy seas of our lives too! If we just transfer our Awareness from our justifiably fearful minds to our timeless, loving hearts.

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

Written and published on 24 January 2013; revised on 23 June 2023

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Bible, weather, mass media, extreme weather and human emotions, extreme weather and human thoughts, Matthew 8, mind versus heart, mass media, Christianity,

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

This morning I woke up with the weight of the world on my shoulders – or to put it more aptly, the weight of the world in my head ...

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1.1.12 Gulliver Bound . by Alice B. Clagett (2013-01-27 20:52)

Written and published on 27 January 2013

[1]



Image: "Gulliver bound by the Lilliputians," "Trade card, advertising J. & P. Coats spool cotton, showing Lilliputians tying up Gulliver," from Wikimedia Commons ... public domain.

Image: "Gulliver bound by the Lilliputians," "Trade card, advertising J. & P. Coats spool cotton, showing Lilliputians tying up Gulliver," from Wikimedia Commons ... public domain.

Dear Ones,

This morning I woke up very early, and I heard the voice of the unconscious thought cloud of the world, wooing me as it has done every morning for the last 12 years – the hours 4:30 to 6 am standing out in my memory in this regard. These feelings rose in me: “Enough, already! I am, I am! I am not the unconscious thought cloud of the world! It has no hold on me!”

And I began to concentrate with fierce determination on my core star energy, located midway between my navel point and the bottom of my rib cage. As I did so, I felt a gillion tiny strings of desire detach themselves from my chakras. All over my body, they were set

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loose, sailing off through the astral skies, back to those who had slung them, through all my nighttime dreams, to bind me.

What a revelation! What freedom! What bliss! What a sense of physical presence on this beautiful Planet!

I looked at my cat... My cat looked at me.... Hallelujah! I imagine Gulliver (1) may have felt the same way when the people of Lilliput finally set him free.

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

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FOOTNOTE

(1) This is a reference to ... *Book Citation: "Gulliver's Travels" by Jonathan Swift, 1726.*

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[2] 
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core star, unconscious thought cloud of the world, JScambio,

1. https://awakeningwithplanetearth.com/2013/01/27/gulliver-bound/gulliver/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.1.13 Wormholes . by Alice B. Clagett (2013-01-29 03:58)

Written and published on 29 January 2013

Dear Ones,

I apologize in advance for the sketchiness of this post. I feel there is something here, but I don't know what yet. Maybe you will see the big picture, even though I do not. Like in a treasure hunt!

Look how the below schematic of a wormhole resembles the second picture below of our current cosmology! ...

Wormhole (1) ... [1]https://www.crystalinks.com/schwartzwh.g if ..

Cosmology: Vortex Sphere (2) ... [2]http://www.svpvril.com/Cosmology/vortexsphere.gif ..

To paraphrase (1), a wormhole ... aka an Einstein-Rosen bridge, an Einstein-Rosen-Podolsky bridge, or an Einstein-Podolsky-Rosen bridge ... is, in physics, a space-time shortcut, a topological feature of the space-time continuum that is under observation.

Wormhole (1) ... [3]https://www.crystalinks.com/wormholegrid 500.jpg ..

To paraphrase (3): There are Egyptian depictions of goddesses and sun deities riding in a 'solar boat'. The Egyptian gods Horus and Ra are also shown riding in such a solar boat. There's an Egyptian myth about the afterlife in which Ra is depicted as riding underground westerly to easterly nightly so as to arise in the eastern sky.

Water is a symbol for the Unconscious Thought Cloud of the World. This vast sea of unconsciousness carries us from one reality to the next. A boat is like a life path. And, there is a cone at the ends of the Egyptian boats (or barges) that may be symbolic of wormholes.

Egyptian barge or boat ... [4]https://lookinnotout.files.wordpress.com -/2014/07/egyptbarge3.jpg ..

In this picture, you can see how the barge might be pointing from one star system – such as our sun – to another – such as Sirius ...

Barge ... [5]https://www.crystalinks.com/siriusmanstars.jpg ..

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

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FOOTNOTES

(1) from [6]https://www.crystalinks.com/wormholes.html ..

(2) See also [7]http://www.svpvril.com/Cosmology/cos5.html and also

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[8]https://lucas2012infos.wordpress.com/2013/01/27/lucas-the-invert-vorte x-from-21-december-2012-starting-the-new-27-january-2013/ #more-39452 ..

(3) from [9]https://www.crystalinks.com/egyptbarge.html ..

.....

[10] 

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Egyptian religion, portals, Ancient Egypt, wormhole, Sirius,

1. https://www.crystalinks.com/schwartzwh.gif
2. http://www.svpvril.com/Cosmology/vortexsphere.gif
3. https://www.crystalinks.com/wormholegrid500.jpg
4. https://lookinnotout.files.wordpress.com/2014/07/egyptbarge3.jpg
5. https://www.crystalinks.com/siriusmanstars.jpg
6. https://www.crystalinks.com/wormholes.html
7. http://www.svpvril.com/Cosmology/cos5.html
8. https://lucas2012infos.wordpress.com/2013/01/27/lucas-the-invert-vortex-from-21-december-2012-starting-the-new-27-january-2013/#more-39452
9. https://www.crystalinks.com/egyptbarge.html
10. http://creativecommons.org/licenses/by-sa/4.0/
11. http://creativecommons.org/licenses/by-sa/4.0/

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1.1.14 Help from the Star System Syrius . by Alice B. Clagett (2013-01-29 05:46)

Written and published on 29 January 2013

- THE EGYPTIAN PHAROAH AKHENATON
- AKHENATON’S CHILDREN
- WAS ANCIENT EGYPT VISITED BY BEINGS FROM STAR SYSTEM SIRIUS?

Dear Ones,

Here is another fill-in-the-blanks post!

THE EGYPTIAN PHAROAH AKHENATON

To paraphrase (1): It’s said that the Egyptian pharaoh Akhenaten may not have been human. The sculptures of the royal couple depict, for instance, an elongated head. Such skulls have been found elsewhere on Earth. Akhenaten’s reign was noted for realistic art work, so it could be that his head really was elongated.

I recall reading that the religion during Akhenaten’s reign was the first Egyptian monotheistic religion. Its basis was the "The Law of One: The Ra Material" ... [1]https://www.lawofone.info/ ... In those days, the Egyptians worshipped the Sun, Aten. Though Akhenaten was only pharaoh for a few years, he brought many important new ideas to Earth. (1)

I recall seeing a picture of Akhenaton wearing a big hat. I feel the big hat may conceal a very elongated skull.

AKHENATON’S CHILDREN

Here is a picture of one of Akhenaton’s daughters. It looks like she inherited the full long-head genetic makeup. So her mother might be supposed to have been Akhenaton’s non-human wife ... [2]https://theafricanhistory.com/wp-content/uploads/2020/12/175BB359-A1AB-4 313-B3AB-E8C10550F4E1.jpeg ..

Here is a picture of Akhenaton’s son Tutenkhamon; it is a reconstruction from his mummified body. From this picture it might be supposed that Tutenkhamon’s mother was human ... [3]http://www.guardians.net/hawass/Tut/imag es/Tut %201. %20French %20Team.jpg .

See also "Elongated Skulls from Ancient Races," at Cosmick Traveller ... [4]https://cosmicktraveler.wordpress.com/sitemap-for-all-articles/9-non-h uman-intelligent-beings-on-this-earth-in-past-and-present-page2/ ..

WAS ANCIENT EGYPT VISITED BY BEINGS FROM STAR SYSTEM SIRIUS?

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Here is indirect evidence I read about but which is no longer online: The builders of the Sphinx aligned it precisely with the star system Sirius. Because this star system is fixed, it can always be seen while looking south at night from anywhere in the Northern hemisphere.

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

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FOOTNOTE

(1) from *Link: "Living Ma'at" by OMni [no longer online] ..*

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[5] 
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Egyptian religion, star brothers, Ancient Egypt, science, Sirians, Sirius, ,

1. https://www.lawofone.info/
2. https://theafricanhistory.com/wp-content/uploads/2020/12/175BB359-A1AB-4313-B3AB-E8C10550F4E1.jpeg
3. http://www.guardians.net/hawass/Tut/images/Tut%201.%20French%20Team.jpg
4. https://cosmicktraveler.wordpress.com/sitemap-for-all-articles/9-non-human-intelligent-beings-on-this-earth-in-past-and-present-page2/
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.1.15 Dream About Changing Crystal Shapes . by Alice B. Clagett (2013-01-29 07:38)

Written on 29 January 2013; published on 31 January 2018

Dear Ones,

Two nights ago I sat up suddenly in the middle of the night with an image of a square set on its side popping out of my heart, like this ...

[1]



Image Markup: "Changing Crystal Shapes 1," adaptation by Alice B. Clagett, 29 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. There is a white diamond shape, on its side, one corner of

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the long side of the diamond shape pointing to her heart, and the other corner of the long side angled slightly higher up ... CREDIT: Adapted from the painting "The Victorian Chair," by Childe Hassam, 1906, public domain

Image Markup: "Changing Crystal Shapes 1," adaptation by Alice B. Clagett, 29 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. There is a white diamond shape, on its side, one corner of the long side of the diamond shape pointing to her heart, and the other corner of the long side angled slightly higher up ...

CREDIT: Adapted from the painting "The Victorian Chair," by Childe Hassam, 1906, public domain

It does not show it in the picture, but what I saw was the electric blue outline of a square, with nothing inside it. Instantaneously, the image expanded into a double parallelogram, like this ...

[2]

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Image Markup: "Changing Crystal Shapes 2," adaptation by Alice B. Clagett, 29 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. There are two white diamond shapes, laid sideways, on their side. One corner of the larger diamond shape points to the woman's heart, and the other corner of the long side angled slightly higher up. This corner touches the corner of the smaller diamond, which is angled slightly upwards like the larger diamond ... CREDIT: Adapted from the painting "The Victorian Chair," by Childe Hassam, 1906, public domain

Image Markup: "Changing Crystal Shapes 2," adaptation by Alice B. Clagett, 29 January 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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DESCRIPTION: The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. The painting shows the left profile of a woman in a white dress seated in a chair on the right side of the image. There are two white diamond shapes, laid sideways, on their side. One corner of the larger diamond shape points to the woman's heart, and the other corner of the long side angled slightly higher up. This corner touches the corner of the smaller diamond, which is angled slightly upwards like the larger diamond ...

CREDIT: Adapted from the painting "The Victorian Chair," by Childe Hassam, 1906, public domain

Intuition told me this vision had to do with my crystal essence. I noticed the second diamond shape was a little squashed, misshapen, and the thought came that this had to do with karmic miasmic distortion, as described on Judy Satori's website. (1)

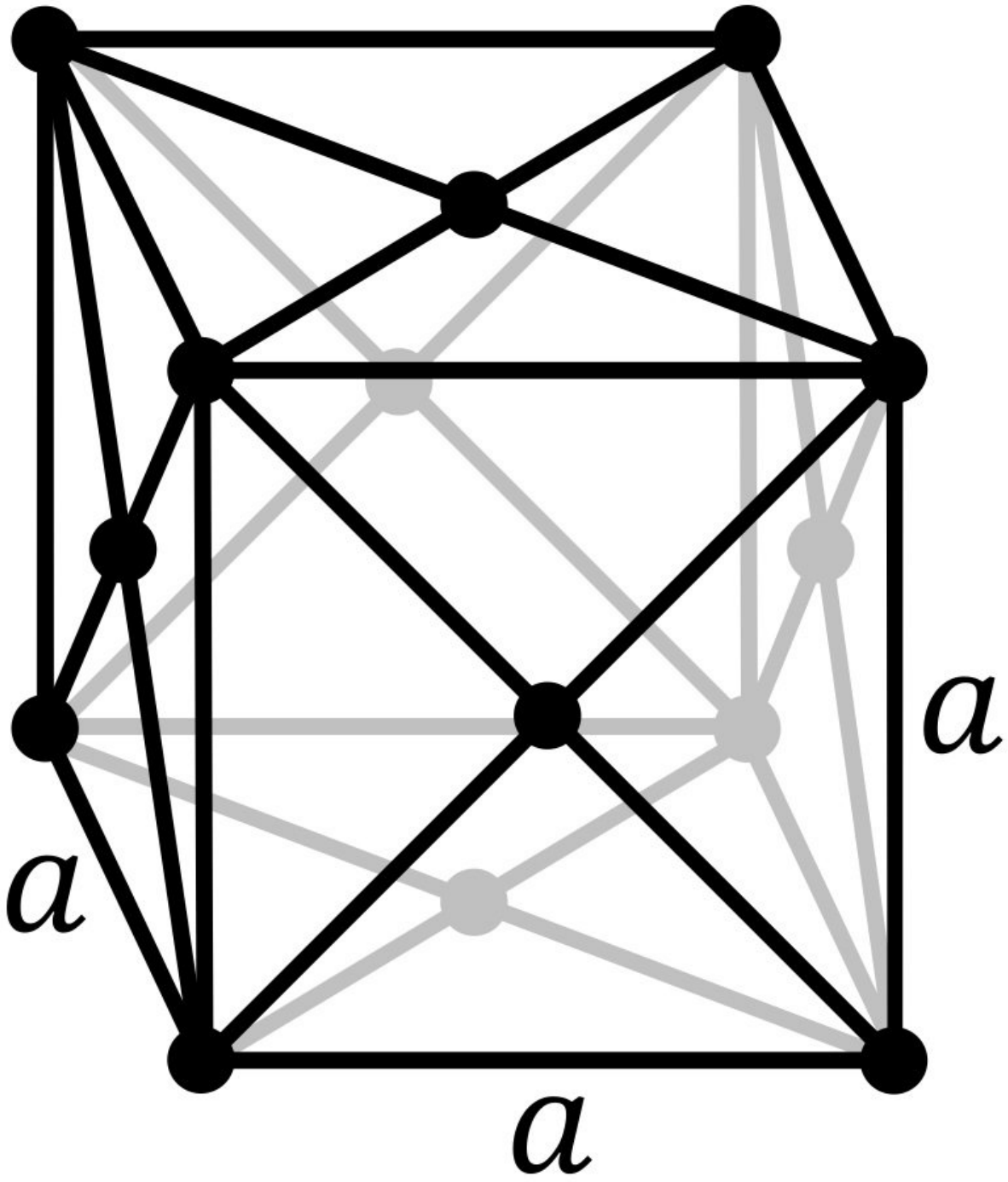
That got me to thinking about how crystals can change shape – for instance, Imoto's snowflakes changed shape (2), depending on the emotion-thought at the moment of their conception. I looked up a little info on crystals.

The cube is a very basic form of crystal. One crystal configuration is called "face-centered cubic" (FCC) or "cubic close-packing" (3) – this is the third example in this image ...

Image: "Simple cubic, body-centered cubic, body-centered cubic (cubic close-packing)" ... [3]https://files.mtstatic.com/site _4334/37822/0?Expires=1625838553 &Signature=cIpM0i8t7Yp-m6vuDgh2jNBOUWK5yn8YTNkLwyFTqBIEsddN69ki-BfkZVS4jRVLnc H-3zgGyLsuIF6bCX hGBQSKmx6NGbKC-3MEeihVT5dvpCe0m-KY8w5yHL06Uo9tLfYt7CQNfCPWSNcM zGkIxTFBBmjBkokknGOTpWC-tyc _ &Key-Pair-Id=APKAJ5Y6AV4GI7A555NA ..

Here is another image of the same ...

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Link: “Face-Centered Cubic Crystal Structure,” original pngs by Daniel Mayer and Dr-Bob, traced in Inkscape by User:Stanner, 2 March 2007, in English Wikipedia ... https://en.wikipedia.org/wiki/Cubic _crystal _system #/media/File:Cubic-face-centered.svg ... CC BY-SA 3.0

Image: “Face-Centered Cubic Crystal Structure,” original pngs by Daniel Mayer and

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DrBob, traced in Inkscape by User:Stanner, 2 March 2007, in English Wikipedia ... https://en.wikipedia.org/wiki/Cubic _crystal _system #/media/File:Cubic-face-centered.svg ... CC BY-SA 3.0

Interestingly, rock-salt ... the crystal version of sodium chloride, that is, salt, such as exists in solution in our bodies ... can be regarded as a FCC structure.

An FCC crystal can be regarded as a simple square. But when the square is turned on end, we can see a hexagonal structure hidden within it (3) ... [4]http://www.chem1.com/acad/webtext/states/state-images/cubic _close _packing.png ..

The hexagon is a little hard to visualize, so you may wish to peruse the section "The Cubic Close-Packed Structure" ... [5]http://www.chem1.com/acad/webtext/states/crystals-cubic.html ..

What I got from this is that a crystal might be considered to be one shape on cursory glance ... a cube. But with a shift of Awareness, it might be considered to be something completely different ... a hexagon. Yet, in essence, it remains the same thing. Only my Awareness changed.

Also, here is something interesting about voids in crystals ...

"A face-centered cubic unit cell has eight tetrahedral voids located slightly towards the center from each corner of the unit cell, for a total of eight net tetrahedral voids. Additionally, there are twelve octahedral voids located at the center of edge of the unit cell as well as one octahedral hole in the very center, for a total of four net octahedral voids." (4)

So a simple rock-salt crystal has many ‘voids’ in it. Humm....

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

.....
FOOTNOTES

(1) *Judy Satori ... [6]https://www.ascensionlibrary.org/ ... Search the term:* Karmic Miasmic Distortion*... As the website has been redesigned (2018), I hope this information will still be available.*

(2) *Link: “The Hidden Messages in Water,” by Dr. Masaru Imoto, in English Wikipedia ... [7]https://en.wikipedia.org/wiki/The _Hidden _Messages _in _Water ..*

(3) *Link: “Cubic Crystal Lattices and Close Packing" ... [8]http://www.chem1.com/acad/webtext/states-/crystals-cubic.html ..*

(4) *Link: “Cubic Crystal System,” in Wikipedia ... [9]https://en.m.wikipedia.org/wiki/Cubic _crystal _system #Zincblende _structure ... CC BY-SA 3.0 ..*

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[10] 

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astral planes, crystals, rambles through the brambles, crystal form, crystals, dreams, dreamtime, Childe Hassam, crystalline life forms, brothers and sisters of the stars, Drawings by Alice, JScambio,

1. https://awakeningwithplanetearth.com/wp-content/uploads/3013/01/diamond-1a.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/3013/01/diamond-2a.jpg
3. https://files.mtstatic.com/site_4334/37822/0?Expires=1625838553&Signature=cIpM0i8t7Yp-m6vuDgh2jNBOUWK5yn8YTNkLwyFTqBIEsddN69kiBfkZVS4jRVLncH-3zgGyLsuIF6bCX~hGBQ
4. http://www.chem1.com/acad/webtext/states/state-images/cubic_close_packing.png
5. http://www.chem1.com/acad/webtext/states/crystals-cubic.html
6. https://www.ascensionlibrary.org/
7. https://en.wikipedia.org/wiki/The_Hidden_Messages_in_Water
8. http://www.chem1.com/acad/webtext/states/crystals-cubic.html
9. https://en.m.wikipedia.org/wiki/Cubic_crystal_system#Zincblende_structure
10. http://creativecommons.org/licenses/by-sa/4.0/
11. http://creativecommons.org/licenses/by-sa/4.0/

1.1.16 The Power of Imagination and Sandia Peak . by Alice B. Clagett (2013-01-31 05:26)

Written and published on 31 January 2013

Dear Ones,

Something odd happened to me two days ago. I was driving, and I got to thinking about a Rumi and Meditation meetup I will be co-leading two weeks from now. I was concentrating so hard on being there with the folks in 2 weeks, I suddenly found the road I was driving on and the beautiful landscape just disappeared. Instead, I was there in the future, with the Rumi people.

This terrified me, and I suddenly recalled myself to the car, the landscape, and most particularly the steering wheel. All was well. Possibly no time had passed, I do not know. That will teach me to imagine vividly while driving.

Then there is another thing. I drove into Albuquerque today, and once again I noticed the incredible energy I had felt when I went through here in ... I guess it was late November or early December? Absolutely incredible. Today it feels like I am joining with a huge vortex of energy – maybe 100 miles in radius, believe it or not. My head seems like it is expanding out into this vortex, no boundaries. There is a circling energy rising up from my base chakra, really strong. I have to center my energy exactly at my core, vertically, while sitting or standing. Wonder what will happen when I lie down?!

[1]



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Image: "Sandia Mountains and Rio Grande," by G. Thomas, from Wikipedia ... public domain

Image: "Sandia Mountains and Rio Grande," by G. Thomas, from Wikipedia ... public domain

I originally thought the source of the energy might be Sandia Peak, which is on the northern flank of Albuquerque. It is almost as if this mountain might be one of New Earth's chakras, activated. I did an internet search and found a clue that the center of this energy might be a tiny town named Placitas just the other side of the mountain. I will go exploring in a couple of days – check out Placitas and its environs.

In love, light and joy,
I Am of the Stars
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[2] 

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1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/01/sandiamtnnm.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.1.17 The Mind and the New Reality . by Alice B. Clagett (2013-01-31 12:53)

Written and published on 31 January 2013

- ETERNAL BLISS AND LIBERATION
- NEW EARTH AND THE COMPLETELY OPEN MIND

Dear Ones,

ETERNAL BLISS AND LIBERATION

The Ribhu Gita explains that liberation is a state of alert Awareness with no thoughts. Thoughts cause us untold suffering. When we abide within our own Self, we experience nonduality, advaita, Samadhi. This is the state known as 'I Am that Am'. This state leads us to eternal bliss, and liberation. –adapted from Ribhu Gita (Ch. 21, v. 41)

NEW EARTH AND THE COMPLETELY OPEN MIND

New Earth is a totally new experience for us humans. No beliefs can corral this new experience. Only a completely open mind – no expectations, no boundaries, no thought forms – can capture the first inklings of this new reality. This is rather cool! Magic is in the air!

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

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advaita, Awareness, enlightenment, mind, New Earth, nonduality,

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1.2 February

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1.2.1 Do Planets Influence Solar Activity? and How to Develop the Light Body . by Alice B. Clagett (2013-02-01 15:37)

Written and published on 1 February 2013

[1]



Image: "Solar System" by Justin Mazza, from https://www.flickr.com/photos/mazzastick/ ... CC BY-SA 2.0 Generic.

Image: "Solar System" by Justin Mazza, from https://www.flickr.com/photos/mazzastick/ ... CC BY-SA 2.0 Generic.

Dear Ones:

Do planets influence solar activity? J. A Abreu and other astronomers feel that planetary effects modulate solar magnetics. This hypothesis may have important implications with regard to connections between Sun and Earth as well as solar physics. (1)

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Looks like the eminent scientists who arrived at this conclusion are on the right track, but maybe they would do better to factor in intelligence of the sun and planets. Maybe as our body of light develops, and when our axiatonal lines (fetal lines of light) are reconnected, we will have the answer to this kind of question, without even spending the time to do that careful collection of data. Maybe the intelligence of the universe will just flow into us, illuminating us with knowledge.

How to reconnect the axiatonal lines? Looks like it can be done through body work! That and connecting with the oversoul. (2)

Judy Satori's website also offers opportunities for light body development through the language of light spiritual healing.

[2]

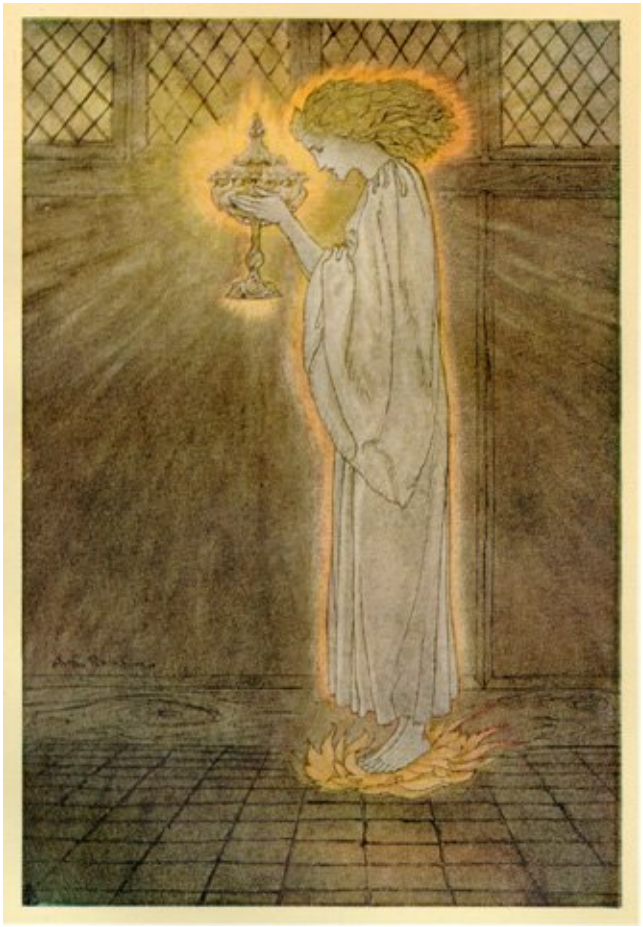


Image: "How at the Castle of Corbin a Maiden Bare in the Sangreal and Foretold the Achievements of Galahad, by Arthur Rackham, 191, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Sangreal.jpg … public domain … COMMENT: Pre-Raphaelite art at this time often represented contemporary interest in the 'spirit body', 'aura' or 'body of light'.

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Image: "How at the Castle of Corbin a Maiden Bare in the Sangreal and Foretold the Achievements of Galahad, by Arthur Rackham, 191, in Wikimedia Commons ... [3]https://commons.wikimedia.org/wiki/File:Sangreal.jpg ... public domain ...

COMMENT: Pre-Raphaelite art at this time often represented contemporary interest in the 'spirit body', 'aura' or 'body of light'.

Unless the pipes are open and clear, how can the Light cannot flow in? So.... patience, faith, daily practice, visualization, co-creation... What fun!

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

.....
FOOTNOTES

(1) adapted from *Citation: "Is there a planetary influence on solar activity?" by J. A Abreu and some other big names in astronomy – referenced at ... [4]https://tallbloke.wordpress.com/2012/10/25/j-a-abreu-et-al-is-there-a- planetary-influence-on-solar-activity/ ..*

(2) See *Link: "Whole Self Attunement Manual" ... [5]http://www.whisperingwingstherapies.com/-upload/Whole %20Self %20Manual.pdf ..*

.....

[6] 
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Body of Light, axiatonal lines, feeder lines of light, light body, planets, solar activity, sun, JScambio, Council of Nine,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/02/solar-system.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/02/sangreal.jpg
3. https://commons.wikimedia.org/wiki/File:Sangreal.jpg
4. https://tallbloke.wordpress.com/2012/10/25/j-a-abreu-et-al-is-there-a-planetary-influence-on-solar-activity/
5. http://www.whisperingwingstherapies.com/upload/Whole%20Self%20Manual.pdf
6. http://creativecommons.org/licenses/by-sa/4.0/
7. http://creativecommons.org/licenses/by-sa/4.0/

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1.2.2 Portals and River Rocks . a prose poem by Alice B. Clagett (2013-02-05 15:10)

Written and published on 5 February 2013

Dear Ones,

PORTALS AND RIVER ROCKS
A Prose Poem by Alice B. Clagett
5 February 2013

A portal is a way for the Divine
to experience itself as 'other.'

Like when a river is flowing along – all one.
And then it comes to a big rock,
right in the middle.

Half the river goes one way around the rock.
Half the river goes the other.

On the far side of the rock,
the two parts of the river join up again,
like long lost friends.

But the truth is, it always was,
and always will be,
one river.

The same goes for a portal,
only the design is a little more sophisticated.

A river rock only divides a river
as long as the river flows in one direction.
But a portal is self-sustaining –

the directional flow is toroidal –
or, some say, double toroidal –

In the case of man.
Powered by the Divine,
which touches the toroid right in the center.

As everyone knows,
the tiniest feather touch of the Divine
could power 100,000 universes
for as long as it takes for a universe
to run down –

which is quite some time.

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In love, light and joy,
I Am of the Stars
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prose poem, poems, poems by Alice, duality, portals, prophecy,

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1.2.3 Pituitary-Pineal Glands Meditation Abates Ascension Symptoms . by Alice B. Clagett (2013-02-06 06:13)

Written and published on 6 February 2013

Dear Ones,

Last night, at my wits' end, actually, with painful and seemingly capricious ascension symptoms (1) (2), I was led by Spirit to try a new meditation, which flooded my body with Light, imparted peace of mind, and abated my Ascension symptoms. Perhaps you will find this meditation helpful too ...

Lie on your back in corpse pose, arms at your sides, palms up. This will smoothe out the body's energy lines (3) and maximize the effectiveness of the meditation ...

[1]



Corpse Pose: "Yoga postures Shavasana," by Joseph RENGER , from https://commons.wikimedia.org/wiki/File:Shavasana.jpg ... Creative Commons Attribution-Share Alike 3.0 Unported license.

Corpse Pose: "Yoga postures Shavasana," by Joseph RENGER , from https://commons.wikimedia.org/wiki/File:Shavasana.jpg ... Creative Commons Attribution-Share Alike 3.0 Unported license.

(But if the pain is too great, it is ok to move into another position, such as lying on your side. Try not to cross arms or legs, though.)

As you breathe in, place your Awareness inside your head, at the center of the head.

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As you breathe out, release that Awareness and focus on nothing in particular. Continue with this practice as long as the Ascension symptoms are troubling you.

The center of the head, at about the level where the eyebrows meet, or just a tad above that, but deep inside the brain, is the location of the pituitary and pineal glands. This may have something to do with the effectiveness of the meditation.

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

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FOOTNOTES

(1) Basic Ascension Symptoms ... Sandra Walter

... [2]https://sandrawalter.com/ ..

(2) Accelerated Ascension Symptoms ... Sandra Walter

... [3]https://sandrawalter.com/ ..

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[4] 

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ascension symptoms, meditations, yoga, ascension, 2u3d, ascension flu, ascension symptoms, ascension, meditations,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/05/shavasana.jpg
2. https://sandrawalter.com/
3. https://sandrawalter.com/
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5. http://creativecommons.org/licenses/by-sa/4.0/

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1.2.4 Pineal Gland Health . by Alice B. Clagett (2013-02-08 15:25)

Written and published on 8 February 2013

Dear Ones,

At the end of January I had a big pineal gland expansion ... felt wonderful, so that is something to look forward to. But within a few days, the pituitary was affected, and a big cellular revolt followed. I found that I intercepted some telepathic communications which were on a different frequency of light from mine. These telepathic thoughts were tearing into my hidden inner heart with a searing pain. In a few days' time I had developed muscles spasms, fever and chills, lethargy, loss of will to survive.

My acquaintances, who are holistic healers, came over. They said that what had started out as an energy body purge was now affecting my physical body, and that the symptoms must now be treated in a physical body way. They took me to the ER, which did come up with a palliative for the intense pain I felt when I breathed, and then an antibiotic to get rid of a bacterial infection.

Now what I have learned is this ...

We are all going through energy body clearing right now. The continuing duality programming of our slowly awakening minds, combined with the increasing manifestation of thought in reality, makes it quite likely we may start unintentionally injuring each other physically – maybe even wishing each other ill health.

Be aware of this danger. Go to urgent care if you get physically sick. This can happen on a dime, with no apparent physical reason – perfect health to feeling quite under the weather.

And now a cheering thought – maybe I wouldn't have gotten sick if I had done a good pineal gland meditation. Maybe my pineal gland would have stayed open, buffering me against Earth's mixed frequencies through cosmic Awareness. And what a coincidence that Eileen should have posted this meditation today, as I head toward physical recovery!

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

Video: Pineal Gland Activation - Healing Frequencies 936 Hz ... [1]https://www.youtube.com/watch?v=6sXBBAIcECw ..

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[2] 
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ascension, yoga, endocrine system, pineal gland, power of thought, third eyepoint, ascension, Adventures with Alice,

1. https://www.youtube.com/watch?v=6sXBBAIcECw
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1.2.5 Ka versus Visual Violence . by Alice B. Clagett (2013-02-13 16:42)

Written and published on 13 February 2013

Dear Ones,

The day before yesterday I downloaded and played Judy Satori's CD on the topic of "Language of Light." (1) It had an immediate effect on my heart ... felt like widening and deepening.

Then within an hour or so I started noticing amazing things – as if my Soul were remembering who I really am. As if I were connecting to the expansive cosmic wisdom of the beings beyond the gate of Aldebaran – what Judy says are 48th to 72nd dimensional Awareness. As if they were teaching me about Awareness, finding ways to communicate the most essential truths for me, somehow getting through my filters. This happened all day yesterday, while I was driving.

Then last night I was guided to watch a very violent movie called "Hannah." I couldn't figure it out. I never watch tv, much less something violent. The guidance from Spirit was to feel my *ka* and my *ba*, a la Tom Kenyon's "Holon of Planetary Ascension." (2) Feel these first – the incoming energies through the crown, the central pranic column, the connection with Earth. Secondarily, watch the movie. It is, after all, only a box on a table. I can change the channel anytime. That this is exactly like life in the third dimension.

So I said, may I change the channel now? And Spirit said, first get used to the central pranic column. Make that your primary reality.

Then I tried reclining, and I could not feel the central pranic column anymore. I tried visualizing Merkabah, to no effect. Spirit said that it is the same – sitting with spine straight or reclining – exactly the same. The central pranic column is just as strong. The mind tells you otherwise, but it is not so.

Then, on another note, just before I went to sleep, I was guided to play Tom Kenyon's "The Aethos Sound Meditation." (3) That meditation somehow smoothed and digested out the jagged visual input of the movie.... When my subconscious mind is unsettled, I find this meditation to be a great restorer of peace.

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

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FOOTNOTES

(1) *Link: Judy Satori ... [1]https://www.ascensionlibrary.org/ ... Look in products for the CD:* Language of Light, New Jersey, 25 January 2013

(2) *Link: Tom Kenyon ... [2]https://tomkenyon.com/the-holon-of-planetary-ascension ...* Search the term: *Holon of Ascension*

(3) *Link: Tom Kenyon ... [3]https://tomkenyon.com/the-aethos-sound-meditation ...* Search the term: *The Aethos Sound Meditation*

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MORE INFORMATION

Link: "You Do Not Create Alone - A Message from Neale Donald Walsch, posted on 12 February 2013 ... [4]https://jhaines6.wordpress.com/2013/02/1 2/you-do-not-create-alone-a-message-from-neale-donald-walsch/ ..

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meditations, activations of light, ba, Holon of Ascension, ka, language of light, Tom Kenyon, meditation, Aldebaran, Taurus, dimensions, 48th dimension, 72nd dimension,

1. https://www.ascensionlibrary.org/
2. https://tomkenyon.com/the-holon-of-planetary-ascension
3. https://tomkenyon.com/the-aethos-sound-meditation
4. https://jhaines6.wordpress.com/2013/02/12/you-do-not-create-alone-a-message-from-neale-donald-walsch/
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1.2.6 Twin Flames: Reuniting Ego with God-Self . by Alice B. Clagett (2013-02-14 16:57)

Written and published on 14 February 2013

Dear Ones,

I had a rough night, one of the highlights being an up-close-and-personal look at the frankly unappealing construct of lower Ego. Apparently when we fell from the fifth dimension, we remembered that 'I' am one with All, but the definition of 'I' shifted from the Divine Spark to Ego. Cannot wait to get out into the sunlight and let the whole mental thing dissolve in the morning air.

But before that, would you not know it, while drinking my coffee I read a post from Amara Tia Ann. It is a Valentine's Day gift for all of us who are searching for that Special Someone somewhere outside ourselves. Ann's meditation is to reunite our Ego with our God-self. Now there is a twin flame relationship like no other! (1)

Here is my hope and my blessing: May you experience the joy of uniting Ego and God-self, now and forever. Happy Valentine's Day!

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

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FOOTNOTE

(1) See *Link: "Twin-Flame Reunion – Valentine's Message from Goddess Hator," a post on February 14, 2013, by Amara Tia Ann at "Pearls of Wisdom" ... [1]https://acastdotme.wordpress.com/2013/02/14/twin-flame-reunion-valenti nes-message-from-goddess-hator/ ..*

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Hathors, meditations, sacred sexuality, enlightenment, ego, Hathors, twin flames, enlightenment, awakening,

1. https://acastdotme.wordpress.com/2013/02/14/twin-flame-reunion-valentines-message-from-goddess-hator/
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1.2.7 Good News Arrives with the Chelyabinsk Meteor . by Alice B. Clagett (2013-02-15 15:35)

[1]



Image: Chelyabinsk meteorite trail," by Alex Alishevskikh, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:2013 _Chelyabinsk _meteor _trace.jpg ... CC BY-SA 2.0

Image: Chelyabinsk meteorite trail," by Alex Alishevskikh, *from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:2013 _Chelyabinsk _meteor _trace.jpg ... CC BY-SA 2.0*

- METEORITE HITS RUSSIAN URALS
- METEORITE FELL IN CHELYABINSK REGION OF RUSSIA
- CHELYABINSK HAS A LONG HISTORY OF NUCLEAR CONTAMINATION

Dear Ones,

With a minimum of injury to us humans, the shock wave of the meteorite over Chelyabinsk cleansed and healed the scar wrought on this beautiful region of Earth by mankind’s nuclear contamination experiments and mistakes. Here’s the story ...

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METEORITE HITS RUSSIAN URALS

Excuse me, did I or did I not read on Space Weather ... [2]https://www.spaceweather.com ... just last night that this meteorite – not to worry – would have no effect on earth, even if it exploded? And so now I hear that the meteorite that hit Russia this morning is just a small little precursor of the object that's supposed to unobtrusively wend its way over Russia - well within the range of earth-circling satellites - later today? So what happened here? ...

Video: "Skyfall: Hundreds injured as meteorite wreaks havoc in Russia's Urals," by RT, published on 15 February 2013 ... [3]https://www.youtube.com/watch?feature=player _embedded &v=KOPjfrkLslI ..

METEORITE FELL IN CHELYABINSK REGION OF RUSSIA

The meteorites that fell in Chelyabinsk smashed window glass in buildings in that region. As a result, many peoples suffered glass cuts. Fortunately, no one had serious injuries. (1)

CHELYABINSK HAS A LONG HISTORY OF NUCLEAR CONTAMINATION

Since the 1940s, the Chelyabinsk region has been the focus of nuclear research. For instance, the Chelyabinsk-70 nuclear facility was located at some distance from the city of that name. In 1957 there was a nuclear accident at a Mayak, a plant that was reprocessing nuclear fuel. This caused deaths in the region, but not the city. Until 1992, foreigners could not visit the province, aside from a medical team from Britain that visited in the 1980s because of a train explosion incident. (2)

The ETs from beyond the Aldebaran gate have noticed that we humans suffer from a foreshortened perspective regarding our own lives, the state of the planet, and our many friends and caretaker helpers in other realms.

Let's prove them wrong by connecting the dots here! We live in a loving universe. Those great beings in that other universe, beyond the Aldebaran stargate, are our friends and helpers as well. More so than we know. They are here now, beings of love and light, of vast wisdom and great joy, to help us get on our feet as the newest members of the Christed star worlds.

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

Written and published on 15 February 2013; updated on 7 February 2023

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FOOTNOTES

(1) See *Link: "Meteors Injure over 150 in Chelyabinsk Region" ... in Sputnik News, 15 February 2013 ... [4]https://sputniknews.com/20130215/Meteors-Injure-Over-150-in-Chelyabinsk-Region-179481989.html ...*

(2) See *Link: "Kyshtym Disaster," in Wikipedia ... [5]https://en.wikipedia.org/wiki/Kyshtym*

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astrogeophysics, rambles, social issues, star brothers, Aldebaran stargate, Chelyabinsk meteorite, healing Earth, star brother and sisters, Aldebaran, Taurus,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/02/2013_chelyabinsk_meteor_trace.jpg
2. https://www.spaceweather.com/
3. https://www.youtube.com/watch?feature=player_embedded&v=KOPjfrkLslI
4. https://sputniknews.com/20130215/Meteors-Injure-Over-150-in-Chelyabinsk-Region-179481989.html
5. https://en.wikipedia.org/wiki/Kyshtym_disaster
6. http://creativecommons.org/licenses/by-sa/4.0/
7. http://creativecommons.org/licenses/by-sa/4.0/

1.2.8 I Am the Diadem of the Universe . a vision by Alice B. Clagett (2013-02-18 11:04)

Written and published on 18 February 2013



Image: "Night with her Train of Stars and her Great Gift of Sleep," by Edward Robert Hughes, British, 1912, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Edward _Robert _Hughes _- _Night _with _her _Train _of _Stars _- _Google _Art _Project.jpg ... public domain

Image: "Night with her Train of Stars and her Great Gift of Sleep," by Edward Robert Hughes, British, 1912, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:- Edward _Robert _Hughes _- _Night _with _her _Train _of _Stars _- _Google _Art _Project.jpg ... public domain

- HOW THE GODS DIED
- THE GREAT FORGETTING
- CHOICES
- WALKING WITH GOD

Dear Ones,

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A few thoughts on who we were and are....

HOW THE GODS DIED

"With the old Deities has it long since come to an end:- and verily, a good joyful Deity-end had they!

"They did not 'twilight' themselves to death - that do people fabricate! On the contrary, they- laughed themselves to death once on a time!

"That took place when the ungodliest utterance came from a God himself- the utterance: 'There is but one God! you shall have no other gods before me!'-

"-An old grim-beard of a God, a jealous one, forgot himself in such wise:-

"And all the gods then laughed, and shook upon their thrones, and exclaimed: "Is it not just divinity that there are gods, but no God?"

"He that has an ear let him hear.-" (1)

Who is this one god, anyway? How dare he take our place in heaven? Do we not co-create with the infinite? How far have we sunk, that we forget the very nature of our being?

THE GREAT FORGETTING

The poet Adrienne Rich wrote a poem with this sentiment in it (to paraphrase): When we were born, we forgot our origins. We could no longer remember what we needed to. There was no hint how to remember that very important information. In this way, we were stripped of our birthright, torn from our mother's womb, separated from the feminine, and from our very essence. The chorus of the world throbs and throbs ... like the whine of tiny flying insects, this sound is meaningless. (2)

Thanks to all that is – the tide has turned! So here we are, on the verge of remembering, on the verge of creating a completely new vision of Earth. Our choices are many.

CHOICES

In "At Delphi," the poet May Sarton wrote a poem, a portion of which I paraphrase here: We have choices in life. We can choose to be peaceful or to be warlike. Or we may instead choose a balance of these forces. We can choose to be violent; or we can choose to be gentle. We can choose to be disciplanarian, or to be more human and understanding. While we are all listeners, we all stand alone. (3)

So then, why do we listen? To whom? Who are we? Are we all alone? Could it be we are not alone, but we are not, as so commonly is supposed, among other people either? That the good opinion of others, which is held so dear by so many, in the broader perspective counts for naught? Is as worthless as a grain of sand on the vast shore of life? Is this possible?

WALKING WITH GOD

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In “Homeric Gods,” Otto offers a description, which I paraphrase: Ancient Greeks offered us a way of seeing things as Divine. It is they who offered us a chance to envision the Divine, not as something separate from us, not just the rare mystical experience, but as the experience of everyday life, what we perceive, moment by moment, through the senses. (4)

God walks with us in daily life. Every step we take, the Divine takes with us. Everything we see, good or bad, God weaves into the fibre of our being. God’s intent is single: That the fabric of our lives should bring about our Great Remembering ... Who we are, who we have always been, why we walk here on Earth, what our life mission is, to whom we are partnered among celestial beings, and the beauty of That formless form loving us with each breath.

May thy choices be infinite, thy focus cosmically wise, and thy path be lit by the Love-filled lamp of instantaneous, certain knowing. Blessed be thy day!

In love and light,
I Am of the Stars

.....
FOOTNOTES

(1) from *Link: “Thus Spoke Zarathustra” by Nietzsche, translated by*

[1]Thomas Common ...

from

[2]https://en.wikisource.org/wiki/Thus _Spake _Zarathustra ... public domain

(2) See *Link: “Transcendental Etude” in "The Dream of Common Language," by Adrienne Rich ... see [3]https://www.goodreads.com/work/quotes/1121835-the-dream-of-a-common-language-poems-1974-1977 ..*

(3) For May Sarton’s poem "At Delphi," see ... [4]https://www.google.com/books/edition/A_Private _Mythology/chH-AgAAQBAJ?hl=en &gbpv=1 &dq=May+Sarton+ %22At+Delphi %22 &pg=PT70 &printsec=frontcover ..

(4) See *Link: “The Homeric Gods: The Spiritual Experience of Greek Religion,” by Walter F. Otto, Thames and Hudson, London ... [5]https://archive.org/details/in.gov.ignca.4448 ... p. 11*

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[6] 

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aligning with God, new human, stories by Alice, foreshortened perspective, the Fall, the great forgetting, the great remembering, stories, visions, visions by Alice, 2u3d,

1. https://en.wikisource.org/wiki/Author:Thomas_Common
2. https://en.wikisource.org/wiki/Thus_Spake_Zarathustra
3. https://www.goodreads.com/work/quotes/1121835-the-dream-of-a-common-language-poems-1974-1977
4. https://www.google.com/books/edition/A_Private_Mythology/chH-AgAAQBAJ?hl=en&gbpv=1&dq=May+Sarton+%22At+Delphi%22&pg=PT70&printsec=frontcover
5. https://archive.org/details/in.gov.ignca.4448
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1.2.9 Lift-Off! . by Alice B. Clagett (2013-02-21 12:00)

Written and published on 21 February 2013

Image: A flock of domestic Rock Pigeons (Columba livia f. domestica) in flight above Hurlstone Park, a suburb of Sydney. Each pigeon is in a different phase of its stroke, by Toby Hudson ... [1]https://upload.wikimedia.org/wikipedia/commons/thumb/3/33/Domestic _Pigeon _Flock.jpg/417px-Domestic _Pigeon _Flock.jpg .. (1)

Dear Ones,

I have been revising a Soul contract recently, using Peggy Black's (2) words, which I paraphrase here ...

We two had a Soul contract once,
but now it is ended.
With these words I bless you.
With these words I release you from that Soul contract.

And I have been using Judy Satori's CD "Heal the Pain" (3) to clear issues of domination and victimization from past lifetimes. It has been a rocky road for the past week. Seems like everyone I meet or even think of triggers a response regarding these issues.

When I read the title of Amara Tia Ann's conversation with Isis, "Soul Contract vs Free Will - Goddess Isis," (4) I thought: "Oh gosh, suppose Isis says we can't change our Soul contracts?" Funny reaction, huh? And my relief was very great on hearing Isis' empowering response.

Thanks so much to Amara Tia Ann!

In love and light,
I Am of the Stars

.....
FOOTNOTES

(1) A flock of domestic Rock Pigeons (Columba livia f. domestica) in flight above Hurlstone Park, a suburb of Sydney. Each pigeon is in a different phase of its stroke, by Toby Hudson (1) ... from ... [2]https://commons.wikimedia.org/wiki/File:Domestic _Pigeon _Flock.jpg ... retouched picture ... [3]Creative Commons Attribution-Share Alike 3.0 Unported license.

(2) *Link: Peggy Black ... [4]https://www.peggyblack.com/ ..*

(3) *Link: Judy Satori ... [5]https://www.ascensionlibrary.org/ ... . Search products for the CD:* Healing the Pain

(4) *Link: "Soul Contract vs Free Will - Goddess Isis," by Amara Tia Ann ... [6]https://acastdotme.wordpress.com/2013/02/21/soul-contract-vs-free-will -goddess-isis/*

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soul purpose, victim-aggressor mental filter, karma, free will, aggressor victim paradigm, Amara Tia Ann, clearing karma, empowerment, free will, Peggy Black,

1. https://upload.wikimedia.org/wikipedia/commons/thumb/3/33/Domestic_Pigeon_Flock.jpg/417px-Domestic_Pigeon_Flock.jpg
2. https://commons.wikimedia.org/wiki/File:Domestic_Pigeon_Flock.jpg
3. https://en.wikipedia.org/wiki/en:Creative_Commons
4. https://www.peggyblack.com/
5. https://www.ascensionlibrary.org/
6. https://acastdotme.wordpress.com/2013/02/21/soul-contract-vs-free-will-goddess-isis/
7. http://creativecommons.org/licenses/by-sa/4.0/
8. http://creativecommons.org/licenses/by-sa/4.0/

1.2.10 The Chickens and the Silver Chalice . by Alice B. Clagett * (2013-02-22 12:10)

Written and published on 22 February 2013

- OSTRACISM
- VICTIM-AGGRESSOR MENTAL FILTER
- ARCHONS
- THE SILVER CHALICE

Dear Ones,

When I was young, my mom thought she would raise chickens for cash. So she bought some baby chickens, and after a while they got bigger. They got pinfeathers. They were still pretty cute, though.

Image: Pullets ... [1]https://c1.staticflickr.com/5/4062/4523471785 _92f4008ac1 _z.jpg ..

I still vividly remember the morning I went out to the backyard to let the pullets out of the chicken coop and found they had all crowded against each other during the night's thunderstorm and had suffocated each other. I remember mom's disgusted reaction, "I swear, chickens don't have the brains God gave green apples!"

The thing that terrified me even more about the chickens was that, back when they were still alive, if one got a cut on it, and the others saw blood, they would pick on the wounded chicken till they had killed it. Aargh!

I have been wondering how groups will be transformed in the new dime.... How will they avoid that chicken stuff?

OSTRACISM

Painting of ancient people living in a cave, from "Clan of the Cave Bear" ... [2]https://s-media-cache-ak0.pinimg.com/736x/4f/36/16/4f36164448b e567e8c5790733bda7edf.jpg ..

I have talked a little, in the past, about the Unconscious Thought Cloud of the World. Every group has its Unconscious Thought Cloud too – a minor version of the big enchilada. At one time or another, we've all felt the pain of being censured by a group. Sometimes we even get kicked out of a group for being 'different.' Most likely, the problem was, our thought cloud was too out of synch with the group's thought cloud.

I am reminded of a passage in "Clan of the Cave Bear" (1), a fictional account of Neanderthal life, which I paraphrase here: The members of the Clan of the Cave Bear thought that

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a shaman could place a death curse on a clan member, by calling upon demons. This death curses made it real for all members of the clan, that the cursed person was dead. They could see him, but they thought he was a ghost. They were prohibited from speaking to him, just as if he didn't exist. Everyone grieved him. No one gave him food. What happened to people so cursed? Some walked away, never to be seen again. But most just stopped drinking and eating, and so just wasted away. Because these ostracized people also believed in the death curse, they fulfilled the curse through their own actions.

This description strikes a chord in ancient memory. Perhaps, in the days when mankind had group consciousness, like animals, but not individuated consciousness, like men of today, ostracism by a tribe might have been a death sentence – not because of physical want, but because of psychological trauma. The ostracized person literally 'thought' himself to death. Maybe, after all these aeons, humanity still retains deep-seated fear of ostracism in the collective unconscious mind.

VICTIM-AGGRESSOR MENTAL FILTER

Lately, with the help of Judy Satori's CD "Healing the Pain," (2), I have been clearing my aura of the aggressor-victim mental filter. I've been more or less appalled to find the paradigm underlies the entire 3D phenomenon. Specifically, the male-female setup perpetuates the paradigm. Here i paraphrase a quote on this topic by Matthew Ward ...

It was because women were considered inferior to men that Earth descended in density from 5D to 3D. Karma works like this: In one incarnation, a Soul would incarnate as oppressed, in female form. In the next incarnation, the Soul would incarnate as oppressor, in male form. This would happen over and over again, lifetime after lifetime. (3)

Image of aggressive boy ... [3]http://nspt4kids.com/wp-content/uploads/2011/05/aggressive-boy.jpg ..

I agree with Matthew about this. Lifetime after lifetime, we choose incarnations as man or woman. As women, we suffer subjugation and domination by men. Then the coin flips – we're incarnated as a man – and it's our turn to subjugate and dominate women and weaker men. Does this sound like a hell world to you? It does to me.

ARCHONS

Drawing of archons trying to get into a woman's aura ... [4]http://cdn3.theeventchronicle.com/wp-content/uploads/2014/10/archons-are -real.jpg ..

Yikes, could this be an archon?

But beneath this pain-fraught show lies another, more sombre play. For 100,000 years now, and maybe even before that, I've read, a myriad of archons have mined the human spirit, replacing love, joy and peace – our birthrights – with hatred, fear, and sadness. Masters of telepathy, though only 'shades' themselves, the archons have engineered these negative emotions into the human subconscious mind so as to feed on them. It's been death by a

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thousand tiny cuts, inflicted as we sleep. Yes, we live long enough to reproduce. But our reprogrammed emotions have led us to self-destructive behaviors that shorten our noble lifespan. In this sense, we all – man, woman, and child – carry archonic scars – as victims, dominated by the will of the dark ones; enslaved, injured, disempowered.

Image of child being spanked ... [5]http://img.timeinc.net/time/daily/2010/1004/360 _spanking _0409.jpg ..

To the extent we can recover power for ourselves – that power men wrest from women; that power groups wring from the individual; that power with which the Unconscious Thought Cloud of the World unwittingly smothers those with awareness and conscious thought – we've been behaving as if we ourselves were archons – dominating, injuring, and disempowering those weaker than us.

THE SILVER CHALICE

Image of silver chalice ... [6]http://hanebergsantiques.com/catdetail.p hp?item=306 ..

Finally, after all these aeons, The Shift has taken place, and the archons are losing their power over us forever. At this point in time, they are only able to attack those whose aura is diminished by use of recreational and psychotropic pharmaceutical drugs, alcohol, or a very heavy load of karmic miasmic distortion. The rest of us are still stuck with karmic miasmic distortions we picked up in the past, but for us, the dark ones are no longer adding fuel to the fire every night.

It is a little like being a beautiful silver chalice, only with a little tarnish on it. Once we polish it up, it will shine like new. So, once our light bodies are cleared of the current distortions, we will once and forever shed these roles of aggressor and victim. In their place shall stand universal friendliness, respect for others, joy in pursuing our bliss, and set like a morning star before the course we walk – unconditional love.

Peace to all!

In love and light,
I Am of the Stars

.....
FOOTNOTES

(1) See ... *Book Citation: "Clan of the Cave Bear" by Jean M. Auel.*

(2) *Link: Judy Satori ... [7]https://www.ascensionlibrary.org/ ... Search products for the CD:* Healing the Pain

(3) from a post on 18 February 2013 by Matthew Ward ... [8]http://lucas2012infos.wordpress.com/2013/02/18/matthew-ward-18-februar y-2013/ ..

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illuminati, power over, rambles, samskaras, stories, karma, archons, victim-aggressor mental filter, victim-aggressor paradigm, archons, karmic clearing, JScambio,

1. https://c1.staticflickr.com/5/4062/4523471785_92f4008ac1_z.jpg
2. https://s-media-cache-ak0.pinimg.com/736x/4f/36/16/4f36164448be567e8c5790733bda7edf.jpg
3. http://nspt4kids.com/wp-content/uploads/2011/05/aggressive-boy.jpg
4. http://cdn3.theeventchronicle.com/wp-content/uploads/2014/10/archons-are-real.jpg
5. http://img.timeinc.net/time/daily/2010/1004/360_spanking_0409.jpg
6. http://hanebergsantiques.com/catdetail.php?item=306
7. https://www.ascensionlibrary.org/
8. http://lucas2012infos.wordpress.com/2013/02/18/matthew-ward-18-february-2013/
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10. http://creativecommons.org/licenses/by-sa/4.0/

1.2.11 On Keeping My Heart Open No Matter What . by Alice B. Clagett (2013-02-23 14:09)

Written and published on 23 February 2013

- VIRTUAL REALITY
- CHOICES
- GROUP 'OUGHT TO'
- MEN AND WOMEN
- NEW EARTH

Dear Ones,

Here I stand, intent on pursuing my bliss, following my heart, keeping my heart open no matter what polarities I encounter. Speaking of which....

VIRTUAL REALITY

Just yesterday I was parked in a parking lot, writing this piece. The windows of the car were down so I could get the breeze. A woman pulled up next to me. Her windows were down too, and she sat for a while in the car, chatting on a cell phone. That made it hard to concentrate on writing, so I shut my car windows on the side next to her.

Then she got out of her car and stood in front of my car, facing me, talking on the cell. So then I shut my remaining car windows. Then she walked off, into a store, still talking on the cell.

Why did she do all that, I wonder? Was she just unconscious of her physical surroundings? Was she angry that I didn't want to hear her talking? Unconsciousness and aggression seem to walk hand in hand.

CHOICES

The other day I was driving into Flagstaff, Arizona, with my cat Lucy. It was dark. It was snowing. It was very, very cold outside. I was exhausted. My cat was complaining – she wanted her Motel 6 and her Friskies dinner – now! She climbed into the back seat and relieved her bladder – not in the litter box – but on the floor of the car.

As the smell of urine filled the car, I realized I had a few choices – I could get angry and aggressive. I could love the little cat anyway, unconditionally. Pull into a gas station. Buy some more cat litter to absorb the problem. Not react.

I pulled into a gas station, struggling with the choices laid before me. And what do you know, right there in the gas station parking lot, on the exact spot where I parked, was one of the most amazing energy vortices I've ever encountered.

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On to another story....

GROUP 'OUGHT TO'

Last weekend I was on spiritual retreat. One of the folks in the group kept accosting me – tried four times to pigeonhole me into doing selfless service for the group. In reticent East-Coast style, I attempted this excuse and that, tried concentrating on keeping my heart open even though I felt as if I were under attack. But she kept coming back and pressing her case.

During the fourth go-round, I finally realized the issue wouldn't go away unless I laid my cards on the table. So when she – inevitably – came back again, I explained that I really don't enjoy selfless service in the form of manual labor.

I can't say red carpets were rolled out for me because of that declaration. Who knows, maybe the group will cast me out for nonconformity. But what are my choices in situations such as this? To follow my bliss, yes? Keep my heart open. Or to succumb to the will of the group. Aargh!

MEN AND WOMEN

As I go through the process of clearing the all-pervading issue of the victim-aggressor mental filter, it has become crystal clear to me how differently men treat women, as compared to other men. As women in Western culture, we get no respect. Men expect us to defer to them.

Video: Aretha Franklin, Respect (Lyric Video)," by Aretha Franklin, 1 July 2021 ... https://www.youtube.com/watch?v=A134hShx _gw ..

Comparing ourselves to impossible billboards, we women don't respect ourselves, either. Not at all.

But as we begin to retrieve our soul memories (1), all this will change radically. We women will remember who we really are – eternal, pure and priceless souls, hearts that touch infinity. We'll remember all our deeds of valor – as brave souls sometime in female form, sometimes in male form – for the sake of humanity, in the name of the all that is one. We'll truly know our own greatness. In the moment that happens, the world as we know it is turned on edge, and all the jibes, belittlement, and character slurs of those still slumbering will not matter in the least. In vision and upliftment of heart, we will light the way for New Earth.

I might say the same of men ... for, in this time of transition, many have lost their way, forgotten their worth, found their dreams turned to nightmares and their ambitions dashed. On the other hand, I see by the Lucas2012infos blog (2), that as men begin to remember their true greatness, the true nature of their souls and their being, they are well on their way to revamping the finance, government, and economy of New Earth.

NEW EARTH

As, for both men and women, soul memories begin to unfold, we will begin to discover

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joy everywhere. It will light our ever-widening path, put a spring our step, a smile on our lips, and a song in our hearts. Peace and harmony will be the norm. Drugs will be gone; violence a thing of the distant past, so improbable as to be dismissed altogether. Poverty and hunger will be a footnote in the ancient history books – something our great-grandchildren won't even be able to conceive as possible. Life will be good, and getting even better, day by day.

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

.....
FOOTNOTES

(1) I personally found Judy's "New Jersey Event – January 25, 2013," very helpful in activating soul memory. Her blog has seen quite a changeup; I am not sure whether it still might be found there, but if not, maybe you could contact her to find out if it is available ... [1]https://www.ascensionlibrary.org/ ..

(2) Lucas 2012 Infos blog ... [2]https://lucas2012infos.wordpress.com/ ..

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[3] 
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Gaia, heart energy, victim-aggressor mental filter, victim-aggressor mental filter, aggressor victim paradigm, heart energy,

1. https://www.ascensionlibrary.org/
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1.2.12 Using the Mind to Fix the Mind . a quote by Alice B. Clagett * (2013-02-24 14:23)



Quotes and Sayings icon

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Dear Ones,

You can’t fix the mind with the mind.
It’s like trying to fix a car with a car.
For that, you need ... not a car ... but a mechanic.

May you walk in light!

In love, light and joy,
This is Alice B. Clagett.
I Am of the Stars ... and so are you!

Written and published on 24 February 2013; revised on 8 October 2023
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mastery of mind, mind control, my favorites, 2u3d,

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

Here is my quote: You can’t fix the mind with the mind.

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1.2.13 Love by the Ounce . a prose poem by Alice B. Clagett (2013-02-24 14:26)

Written in 2015; published on 24 February 2013

- LOVE BY THE OUNCE, a Prose Poem by Alice B. Clagett

Dear Ones,

Here is a poem about love ...

LOVE BY THE OUNCE
A Prose Poem by Alice B. Clagett
24 February 2013

We sell our selves down the river by the ounce, not by the pound,
As politicians sell the common good to special interest groups.
Little by little. Principle by principle. Love by tiny hopeful love.
Like a baby crying for its mother
Like a viola longing for a bow
Like the self, fabricating other
As the still stream dreams the raging torrent
As Earth longs for the presence of her children
Like grace, never ending, never known

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Image: "Redbud in Bloom, Angeles Crest," by Alice B. Clagett, 2015, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Redbud in Bloom, Angeles Crest," by Alice B. Clagett, 2015, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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In love, light and joy,
Alice B. Clagett
I Am of the Stars
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poems, poems by Alice, unconditional love, Alice’s poems, love, poems, common good, politics,

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1.3 March

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1.3.1 The Concept of Distance and Other Thoughts on Safety during Chaotic Nodes . by Alice B. Clagett * (2013-03-01 14:50)

Filmed on 1 March 2013; published on 8 March 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Increasing Electromagnetic Sensitivity of Humankind
  - The February 2017 Eclipse Gateway
  - EMF Interactions on Earth
  - On Sensing the Necessary Geographic Distance We Must Be from Localized EMF Turbulence
  - On Sensing the Necessary Temporal Distance We Must Be from Localized EMF Turbulence
  - Story about Evading Another Person's Temper Flare-up During the Gateway
  - Accidents Observed to Have Happened during the February Gateway, and Suggestions on Staying Safe
  - Story about Internet and Electronic Interference during the February Gateway, and How to Hold That with Neutral Mind

Dear Ones,

This is about the concept of distance, both geographic and temporal, as it applies to chaotic nodes. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/m1MOIOgbTjw

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I would like to talk for a minute or two about the concept of distance, both geographic and temporal, as it applies to chaotic nodes during Solar events such as the recent Gateway, coronal mass ejections, co-rotating interactive regions (CIRs), and Solar winds incoming to Earth.

Increasing Electromagnetic Sensitivity of Humankind

As we become more electromagnetically sensitive, as the Incoming Light offers us changeups in our electromagnetic (EMF) fields, and as those fields clear of dense, misqualified energies, then it becomes more and more obvious to us, how our own energy field interacts with those of others, especially during these Solar Events.

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The February 2017 Eclipse Gateway

And most especially during the recent Eclipse Gateway, which included an initial and a closing eclipse. For a couple of days after the closing Eclipse, the energy of the Gateway continued to affect Earth's electromagnetic field. And also, the energy of this February 2017 Gateway started a little earlier than we thought it would. So that is something to take into consideration for the future Gateways this year and next year.

EMF Interactions on Earth

As you may know, the electromagnetic field of every person on Earth interacts with those of other beings on Earth, including the trees, and even the grass and flowers, the shrubs, and most especially the people. And also, the electromagnetic fields that gather round edifices because of people's thought forms while there. For instance, the electromagnetic field caused by the thought form of a church.

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Figure 17, "Response to Devotion," from "Thought-Forms," by Annie Besant and C. W. Leadbeater. (2005). Urbana, Illinois: Project Gutenberg. Retrieved 8 March 2017, http://www.gutenberg.org/files/16269/16269-h/16269-h.htm ... public domain

Figure 17, "Response to Devotion," from "Thought-Forms," by Annie Besant and C. W. Leadbeater. (2005). Urbana, Illinois: Project Gutenberg. Retrieved 8 March 2017 ...[1]http://www.gutenberg.org/files/16269/ 16269-h/16269-h.htm ... public domain

From the above Fig. 17, "Response to Devotion," by Annie Besant and C.W. Leadbeater can be imagined the sort of EMF field that might build up around a church full of devoted followers.

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The mountains have wonderful electromagnetic fields to consider.

So we are bathed in a sea of electromagnetism, which includes the overall magnetosphere of Earth and the individual electromagnetic fields of all the beings that are in it. And during a Solar Event, the magnetosphere of Earth becomes more turbulent. This is good, because it allows more clearing, more upgrades, and more changes of the Light. So it allows for Earth to become an ever more resplendent and majestic place ... for more joy to be incoming to all the beings here.

On Sensing the Necessary Geographic Distance We Must Be from Localized EMF Turbulence

But as we become more and more electromagnetically sensitive, we begin to become aware of and to notice the distance that we need to be from localized turbulence in the magnetosphere, in order to effectively transform the energies to the Light.

This *distance* that we feel, from a geographic perspective, has, of course, to do with ...

- the amount of turbulence at a specific locus, and also with
- the strength of the energy in our own central vertical power current.

So those two things are both very important.

On Sensing the Necessary Temporal Distance We Must Be from Localized EMF Turbulence

It has also to do with *time*. In a particular timeline, it has to do with the*temporal distance* we are from the electromagnetic disturbance or anomaly. So even a day or two later, after a disturbance has been felt, there will be a disturbance in that timeline, in that geographic locus. And with time, that will diminish.

And so, on day one of a small electromagnetic anomaly, such as might be experienced by a person having an upset or an angry incident, say in a supermarket or on a street, a car accident ... something small like that ... very important to the person, but, for the world, a relatively confined anomaly.

- The very first day, there will be quite a few shock waves out of that chaotic node, I feel. This is my feeling about it; how I sense it.
- Then the second day, there will be less. And the third day, even less.
- And a week later, it will be much better.

So, in order to preserve the stability of our own electromagnetic field as transformers to the

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Light, we might need to be at a greater distance ... Because we are empaths and telepaths, our clair skills require that we be at a greater geological distance from that anomaly the first day, or that our central vertical power current be stronger ... as through meditation or sitting in a quiet spot that first day ... than it needs to be on subsequent days.

So what I am suggesting is to place Awareness on the importance of distance, or on strengthening the stability of our own EMF when we sense that there are even the very smallest chaotic nodes around.

Story about Evading Another Person's Temper Flare-up During the Gateway

I had an incident that occurred during the recent very wonderful Gateway. It had to do with someone that I knew very casually as an acquaintance, who kind of 'lost it'. I see this quite frequently: People will be going along on a 'steady keel' ... and then they will have some tiny inflection point or trigger that can be activated towards unusual upset during a chaotic node; during a Solar Event.

And so this person that I knew had a very tiny trigger that was activated by the very turbulent energies in the atmosphere on a particular day last week. And that caused them to behave territorially aggressively towards me ... to the point where, even though I have martial arts training, I had to undertake evasive maneuvers three times in order to get out of the way of the upset and anger and territorial aggressiveness that person was feeling ... very atypically ... at that time.

So then, when I left the place where that person was, I assessed the ongoing turbulence regarding that, because it was*I* who had been the trigger (not by action, but through my EMF nearness in a geographic sense). Through clair talking with other people at that location ... because that person returned to that location, apparently, daily ... I assessed that it would not be good to return to there for awhile, until things reverted to normal.

So I came up with a plan, for my daily schedule, that involved going to some other place instead; the same activity at another place. And this turned out to be really great, because over there, there was very positive energy, there was not that chaotic node, there was none of that upset or anger or territorial aggressiveness. Nothing was going on!

So the geographic locus of a node is an important thing to consider.

Accidents Observed to Have Happened during the February Gateway, and Suggestions on Staying Safe

There was another incident recently. After the Gateway closed, there were a couple of unanticipated days when there were astral stories that would start up ... glommings of thought energy and emotional energy with different groups of people spontaneously coalescing thought forms and creating astral stories. And as that happened, I noticed it was very important to be in a quiet place ... a very quiet place, both noospherically and environmentally, where I could counter those stories that had to do with Soul wounding with energy of transformation.

The astral stories, in this case, are the fourth dimensional counterpart of some of these

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physical incidents that were taking place, round about, during the Gateway. Besides temper flare-ups, and so forth, these physical incidents included some unusual traffic accidents that I have discussed in another video , to do with other people having grazed or run into parked cars ... which just does not happen in my area ... but I saw two such instances during the Gateway.

So I would say that, during Gateways, it is very important ...

- to seek those quiet places, and
- even if we are excellent drivers, to avoid driving, and
- to stay away from motor noises, all kinds of motor noises.

Story about Internet and Electronic Interference during the February Gateway, and How to Hold That with Neutral Mind

I do not know about you all, but for me, as is frequently the case during Gateways and Solar Events, my internet went completely down: it is still down (almost a week now). My phone went down. It is still down. And then I had a cell phone, and it was doing extraordinarily unusual things during all that time and thereafter. For instance ...

- I would input a number, and not get a dial tone, or
- If I got through to people, they would not be able to hear me, whether I talked in a normal voice or shouted into the phone, and
- When I finally got through to people, they would try to get into their company computer records, and their computers would go down.

Just to let you know, in case that is happening to you: It is not good to take things like that in causal ways, as 'plots of the Dark', or like that ... what we used to call the 'Dark Network'. There is another way of looking at it; a synchronous way of looking at it ... [Interrupted by squawk of a blue jay; zooms to the bird, which flies away.]

You can look at it causally, and think people are 'doing things to you', but this is very unproductive. It produces fear and anger and emotions like that during a Solar Event. Instead, it is important to know that, as we are doing upgrades and downloads of Light during a Solar Event, the electromagnetic field of the heart is changing quite a lot. It is constantly changing.

And so, it is good to stay away from electronic equipment during that time ... and to even stay away from electricity, I feel. It is more productive of the updates and changes in our electromagnetic field and our entire Soul field.

So these things happen. And then when the whole thing is over; when the Gateway or Solar Event finishes,

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- our internet will come back on, either through a repair person coming in, or else spontaneously so,
- and our electronic equipment will work once more,
- and we will be able to communicate properly with other people.

It happens time and time again. It is not a great concern. It is just a way God

has of saying to us that, during these events, we need to be with Him. We need to align with God. And not so much so with what they used to call the 'pomp and circumstance' of life in general, as may manifest when we are with other people. That's how I take that.

Until next time!

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

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gateways, solar events, internet and solar events, electronics and solar events, accidents and solar events, motor noises and solar events, electromagnetic hypersensitivity, electromagnetic field interactions, causal, synchronous, incoming light, church electromagnetic field, thought-forms, territorial aggression, anger, electronic devices, chaotic node, chaos, central vertical power current, Dark Network, aligning with God, empathy, telepathy, clair senses,

1. http://www.gutenberg.org/files/16269/16269-h/16269-h.htm
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.3.2 The Day I Was Born . a story by Alice B. Clagett * (2013-03-02 14:30)

Written an published on 2 March 2013

- THE DAY I WAS BORN, a Story by Alice B. Clagett
- INTERFERENCE FROM THE ASTRAL PLANE
- THE EFFECT OF SOUND ON THE LIGHT BODY
- THE MILLENIUM FALCON
- SHADOWS
- LIGHT AS FOOD
- FOOTNOTES

Image: Han Solo, Chewie, and the Millenium Falcon ... [1]https://acavedomarkl.pt/wp-content/uploads/2015/09/Han-Chewie-and-the-Fa lcon-hyperspace.jpg ..

Dear Ones,

THE DAY I WAS BORN

A Story by Alice B. Clagett
2 March 2013

I remember the day I was born. I opened my eyes. It was all a big blur. My mamma was holding me, but she was asleep. My dad came to visit me - looked down and thought a loud, emotion-fraught thought: "A girl. Worthless!" And I thought to myself: "O golly finolly, what have I gotten myself into?"

For sure, I signed on for the voyage into this human form, but how was I to know what it would be like in a realm where unconditional love is scarcer than hens' teeth?

So today I noticed an article on Eileen's wonderful blog "Sacred Spiral of Light" (which is no longer available) that spoke directly to the dilemma I confronted on the day I was born: "Love Relationships," by Pamela Kribbe channeling Jeshua: [2]https://www.jeshua.net/gate/gate10.htm . Jeshua really lays it on the line: Why we feel separate and alone. Why the greatest loves of our lives crash and burn. What to do about it. I'd copy the info to here, but it's a long read, and every word in it is perfectly placed. If you

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have a yen, go take a gander.

Pursuant to which, here's what's definitely not making it in the fifth dimension: Princess Leia: 'I love you.' Han Solo: 'I know' ...

Video: I Know ... [3]https://www.youtube.com/watch?v=sO-KR-14uXM ..

INTERFERENCE FROM THE ASTRAL PLANE

On Pamela's website I found another fun read ... *Link: "The Influence of the Astral Plane on Channeling," [4]https://www.jeshua.net/articles/article2.htm* . Here are a few paraphrased quotes that caught my eye:

The emotions of embodied humans partly form the astral plane. This is especially true of such strung emotions as fear and rage. A stroll through the emotions of the astral plane reveals the same sort of emotions so often found on physical earth ... we will find there the same prejudices and feelings of concern. [One might say these are the 'wallpaper' of the Unconscious Thought Cloud of the World. –Alice]

\Were one to dip down into the lower astral plane negative, one would encounter those entities who enjoy sending fearful visions to the dreamtime realm of humankind. These negative astral entities cannot leave Earth

during Earth's long Ages of Darkness; they are trapped there, and there they frolick through our dreams.

[During the Ages of Darkness, the dreamtime realm ... 4D ... is the place where all but the most conscious human beings create the 3D reality through their dreams ... which is to say, through their unconsciously expressed concepts of co-creation of reality. We who now have seen the Great Turning to the Age of Light are free to choose to consciously co-create Reality. How grateful I am that this is now possible for all humankind! –Alice]

THE EFFECT OF SOUND ON THE LIGHT BODY

Now the human body, though it looks solid, is actually made of light – what some call the '**light body**.' This light body is always with us, connecting us to everything else, since the universe itself is made of light. Quite often, though, we overlook this, relying instead on the incomplete information of our physical senses, which tell us our bodies are separate from everything else, and solid.

Regardless of what the physical senses tell us, we are, in fact, made of **light**, just like everything else in creation. What we call '**sound**' is a stepped-down version of light. Sound is a form of energy we can use as a tool to free our light body of karmic miasmic distortions, for instance. Toning, such as that done by Peggy Black (1), is another way to heal the light body. Mantra is another.

Sounds that we encounter in our 3D environment can greatly affect the vibrational rate of our light body. For instance, while walking in nature in an unpopulated area, I hear a very high-pitched, constant, pleasant tone – this is the sound of New Earth, which has already

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stepped into 5D. When I walk in nature near a big city, such as Los Angeles, the tone I hear is pleasant, but a little lower. This is the sound of New Earth partly compromised by the unconscious thought cloud of the people who live in LA.

So when I stay in a big city, in order to keep the vibration of my light body high, I need to work with spiritually elevating techniques day and night. And even then, it is très difficult to keep my vibe high, most especially on Friday and Saturday nights, when the minds of many people, unrestrained by the discipline of the work-a-day, are strung out on alcohol and recreational drugs. I find it much easier to maintain a high vibration in the country – to upgrade my vibe, all I have to do is take one step out my front door, into pristine nature.

When I watch TV, even flipping through the channels, the violent images that slam into my mind instantly create a jarring, off-pitch low tone in my mind. This can be adjusted by turning off the TV, sitting up straight, and concentrating on the central column of the spine, a la Tom Kenyon. (2)

To get back to the astral influence, mentioned by Pamela in the quote above – I find that when I'm in a room with a low-pitched, constant motor hum – such as the sound of a heating system, a fan, or a cooling system – this immediately lowers the vibration of my light body to such an extent that beings from the lower astral realms can encroach on my consciousness. In addition, thought forms from the unconscious thought cloud of the world can nick and dent my light body, because of the weakening effect of the low-pitch motor hum.

Last night I found myself in a motel room with a constant low-pitched hum. The hum was so loud I could feel the wall vibrating with it. Since there was nothing I could do about it, I used a CD-player and earphones to block the sound. This worked middling well.

The Amish really have a good idea about this – just stay away from electricity insofar as possible. Thus I can avoid the low-pitched sound as well as interfering electromagnetic fields.

THE MILLENIUM FALCON

I was at meditation class last Wednesday, and the energy was so high, and my light body so imperfect, that my body kept knocking sideways and forwards – rocking around this way and that. My meditation had the funniest thing to say about it – she said (and I paraphrase): Here we are in these physical bodies, and they're kind of rickety. We're trying to hold this huge amount of energy, and our bodies are a little like Han Solo's spaceship Millenium Falcon – a little rickety, held together with gum and sealing wax – but they get us where we need to be.

SHADOWS

Two days ago I was running errands in Los Angeles. The traffic and smog were getting me down. My light body started pulsing at a lower frequency. Following the declining vibe of my light body, a telepathic connection started to spiral down into negativity. After a while both I and the telepathic connection were sending thought forms back and forth on a very negative frequency. Then I saw dark, triangular thought forms, waving like sheets, sharp ends piercing my aura again and again.

Scary, actually, what can happen when I don't take care to keep my vibe high in LA. I tried chanting Om, and also chanting Hu, but what really worked was to sing over and over

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again a mantra I learned from Suzanne Lie, regarding the Violet Fire of healing. (3)

LIGHT AS FOOD

I've been noticing lately, while walking in nature, when I turn and face the sun, and take a deep breath in, how my heart thrills with joy. My heart really loves sunlight. Lately too, I've been sleeping with a room light on. I find my heart turns to the light as I sleep.

Last night, I woke after a few hours, noticed my head turned toward the room light, and for the first time felt the light energy pouring into my third eye-point, and from there, coursing down into my heart. It felt like the light from the lamp was nourishing my being. In case you haven't already, hope you get a chance to experience this amazing feeling!

That's all for now.

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

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FOOTNOTES

(1) *Link: Peggy Black, sacred sound salutarist ... [5]https://www.peggyblack.com/ ..*

(2) *Link: "The Transformation of Self-Limiting Thought Forms and Beliefs," by Tom Kenyon ...* [6]https://tomkenyon.com/the-transformation-of-self-limiting-thought-f orms-and-beliefs – *Search for:* The Method: Step by Step

(3) To find out about this powerful mantra go to *Link: "We Are the One: Channeling Through Suzanne Lie," by Suzanne Lie, aka Susan Caroll ... [7]http://www.multidimensions.com/ ... Search the word:* blaze

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astral planes, languages of light and sound, rambles, light body, sound, sound therapy, unconditional love, stories by Alice, stories, JScambio, 2u3d,

1. https://acavedomarkl.pt/wp-content/uploads/2015/09/Han-Chewie-and-the-Falcon-hyperspace.jpg
2. https://www.jeshua.net/gate/gate10.htm
3. https://www.youtube.com/watch?v=sO-KR-14uXM
4. https://www.jeshua.net/articles/article2.htm
5. https://www.peggyblack.com/
6. https://tomkenyon.com/the-transformation-of-self-limiting-thought-forms-and-beliefs

7. http://www.multidimensions.com/
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1.3.3 Stephen and the New Bicycle . a story by Alice B. Clagett (2013-03-05 15:03)

Written and published on 5 March 2013

Image: Young girl without a helmet, riding a 2-wheel bike ... [1]http://www.gettyimages.com/detail/photo/young-girl-riding-bike-in-coun try-high-res-stock-photography/90096778 ... This picture is not of me. Is it not funny how some of the most memorable moments of our lives are only recorded in our hearts?

Dear Ones,

Some of my favorite channelers are solidly in favor of teaming up with our star brethren, and all other beings of high vibration, in order to help transmute the ancient suffering of humanity, and the consequent burden under which Earth labors. Is it wrong or dangerous to team up with celestial beings? Could Hollywood be right about all this – that evil stalks the Earth?

I can only take this question from the starting point of my own heart, which, after all, holds all the wonders of the Universe. If teaming up with a celestial team helps my heart shine, then that is fine for now. I have a feeling that this teamwork is a temporary step in the evolution of my heart.

I am reminded of the time in my youth when I received a 2-wheel bike as a birthday present. It was my heart's greatest dream come true. But try as I might, I couldn't figure out how to keep my balance. Then Stephen came to visit. He was 6 ½ years old – 6 months older than me. Incredibly worldly wise and experienced. My idol.

Now I lived out in the country, and the only place to practice bike balance was on my family's gravel driveway. So Stephen and I went out on the driveway. I got on the bike. I could not quite reach the ground with my feet while sitting on the bike seat, so I had to stand off the seat to get one foot on a pedal, and the other foot on the ground. This lack of a seat made the venture seem utterly precarious.

Stephen said I should start pedaling. He would hold the bike steady from behind, so I could keep my balance. I started pedaling. I was comforted to hear him running behind me. He said, "Pedal faster!" So I did.

The wind was whipping through my hair. I felt a sense of wild exhilaration. Then I realized I could not hear Stephen running beside me anymore. I looked back, and there he was, 100 yards behind me, grinning and waving.

Unfortunately, the act of turning my head unbalanced me, and I toppled off the bike. But ever since that day, I was able to balance and ride on my beautiful new bike.

I think it is like that with our Christed star brethren – they're helping us hone our Ascension Skills. Once we get our balance, they'll be smiling and waving us on.

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

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This blog is included in ... *Link: "Compendium: My Childhood and Family, and Later Years," by Alice B. Clagett, compiled and published on 21 March 2020; republished on 29 March 2020; updated ... [2]https://wp.me/p2Rkym-haj ..*

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[3] 

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celestial ascension team, rambles in the brambles, Alice’s stories, celestial team, spirit guides, stories, 2u3d,

1. http://www.gettyimages.com/detail/photo/young-girl-riding-bike-in-country-high-res-stock-photography/90096778
2. https://wp.me/p2Rkym-haj
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.3.4 The Illuminati and the Terrible Twos . by Alice B. Clagett (2013-03-05 15:16)

Written and published on 5 March 2013

Video: "NO NO NO PHFHHHFFFFTTTTT!!" by doodlebops28, Published on May 16, 2011 ...

[1]https://www.youtube.com/watch?v=nnokVwHRpZI ..

Dear Ones,

The powers that be are like toddlers at the terrible-twos stage – saying "*No! No! No! Phfhhhfffttttt!!*" to the notion of unconditional love. It is just where they are at in Soul evolution – they're in the process of experiencing ego and power until the whole thing gets boring.

The Incoming Light is transforming the Earth at a fast pace right now. Every person on Earth is being transformed by these energies, whether or not they like the notion, whether or not they are aware of what is happening.

So why blame the toddler for saying *No!* ? We can love it no matter what, trusting that the transformation process is, at this very moment, taking place.

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

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illuminati, soul evolution, incoming light, terrible twos, illuminati, soul evolution, incoming light,

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

1.3.5 How World Events Hold a Mirror to the Soul . by Alice B. Clagett (2013-03-06 08:35)

Written and published on 6 March 2013

Dear Ones,

Judging from the headlines, these are times of great change in the way we look at groups. Big changes are afoot in government, finance, and religion, for instance.

Yesterday I had a talk with one of my favorite spiritual advisers, Peggy Black (1), and her Celestial Team. I had been having some trouble fitting in with a group I was fond of. The group paradigm just was not working for me anymore. It was as if I had taken a sudden leap – and found myself groupless and all alone. How could this be? What had happened to me?

One of the many interesting things Peggy's Team said was that what I have been experiencing regarding groups is taking place all over the world. All the Darkness is coming to Light. People are taking back their personal power – the power that they had somehow, perhaps without even thinking much about it, ceded to groups. They are claiming that power as their own birthright.

So from this I gather that by perusing the headlines we can come to some conclusions about what issues are being cleared in the arena of our own souls. And vice versa. Comments by those in the know are below.

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

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FOOTNOTES

(1) *Link: Peggy Black, Sacred Sound Salutarist, Spiritual Synergist, Multidimensional Channel, Transducer, Scribe and Witness ... [1]https://www.peggyblack.com/ ..*

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MORE INFORMATION

Link: Sandra Walter ... [2]https://sandrawalter.com/ ... Search the 2013 Archives for:

"*Three Weeks Until the Equinox,*" *by Sandra Walter, 27 February 2013*

Link: "Saturn Retrograde: The Prophecy of the Popes," by Salvatore Russo ... [3]http://spiritofmaat.com/magazine/march-2013-spring-equinox-edition/satur n-retrograde-the-prophecy-of-the-popes/ ..

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[4] 

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archetypal images, grouping, groups, karma, Peggy Black, Salvatore Russo, Sandra Walter, Saturn retrograde, prophecy, power over, karma, social issues,

1. https://www.peggyblack.com/
2. https://sandrawalter.com/
3. http://spiritofmaat.com/magazine/march-2013-spring-equinox-edition/saturn-retrograde-the-prophecy-of-the-popes/
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1.3.6 Hopping from Joy to Joy . by Alice B. Clagett (2013-03-08 15:22)

Written and published on 8 March 2013; revised on 26 January 2024

Image: A good stream with rocks in it for jumping across ... [1]https://hikergirl86.files.wordpress.com/2015/10/img _1717.jpg ..

Dear Ones,

Peggy Black told me something fun a few days ago: Hop from joy to joy all day long! Like hopping from one stone to the next in a mountain stream... I've been trying it out with some success. Today, I am pretty sure Joy is lying in wait to ambush me, step by carefree step.

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

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[2] 
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joy, Peggy Black,

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

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1.3.7 Something's Afoot . by Alice B. Clagett (2013-03-13 04:49)

Written and published on 13 March 2013

Image: Petrified Forest and Petrified People (ha!) ... [1]https://www.celebratebig.com/wp-content/uploads/2015/10/ginkgo-petrified -forest-scare-gingko.jpg ..

Dear Ones,

I have heard several folks say something grand is just around the corner, Awakening-wise. I think it was Bill Ballard (1), among others, who recently mentioned March 20th, 2013 – the date of the Spring Equinox – as The Day. Something's afoot, but what?

Yesterday evening for meditation I used a little, polished piece of petrified rock that I had gotten from the gift store of the Petrified Forest National Park (2) that I visited recently. I figured, it being wood that has turned to rock, it might be grounding.

So while sitting to meditate, first I held it in my left hand for a while. Right away, the left side of my body became very grounded. Then I held it in the other hand for a while – ditto for my right side. Then I put it under my chair, and I could feel the grounding effect directly beneath me. I began silently affirming, "I'm perfect, just the way I am!" And after a while, I felt that column-of-light thing, which is very Soul-satisfying. Very comforting, clear, centered.

After that I thought I would continue with one of Judy Satori's activations that I've been doing for a few days. The activation is on my orange iPod, so I was standing facing the iPod to get the full effect of the sound.

Then I noticed in the iPod screen a reflection of me! In my right hand was a brilliant white light. What was this? As I listened to Judy Satori speaking the language of light, this tiny brilliant light flickered from one of my hands to the other, back and forth. Then for a moment it hovered in my chest. Then the strangest thing, my reflection went away and a solid column of dull colored light took its place on the iPod screen. 'S up with this, anyway? Maybe it's the ETs, just playing and having fun? I had to giggle.

The minute I thought this, I felt a mature, kindly presence standing to my left. Then it felt like someone placed their hand over my right hand. How reassuring!

So, something's afoot, but help is all around us. And, we're greater than we think! We truly are beings of light!

Here is what Aisha North of the "Manuscript of Survival" has to say about what's around the corner ...

Link: "Manuscript of Survival" by Aisha North ... [2]https://aishanorth.wordpress.com/2013/03-/14/the-manuscript-of-survival -part-282/ ... I noted in particular three paragraphs beginning with "For we are all gathered ...". –Alice Clagett

SUBTLETY

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You know, the subconscious mind is a big crybaby! It's so full of trepidation ... amazing, really. When I think of the subtlety with which The Shift took place in December 2012 ... the Shift that changed up our entire Universe ... I get a clearer notion of what's going on. Hardly anyone on Earth even felt that Shift ... that's how subtle it was.

Such mastery is at work with us! What's with my little crybaby, anyway? There's a beautiful white light in my hands and my heart. I'm perfect just the way I am!

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

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FOOTNOTES

(1) *Link: Bill Ballard, "Pearls2U," [3]https://www.youtube.com/user/pearls2u ..*

(2) *Link: Petrified Forest I visited in Arizona: [4]https://www.nps.gov/pefo/index.htm ..*

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[5] 
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grounding, star brothers, Almanac, Aisha North, Bill Ballard, Spring Equinox, JScambio,

1. https://www.celebratebig.com/wp-content/uploads/2015/10/ginkgo-petrified-forest-scare-gingko.jpg
2. https://aishanorth.wordpress.com/2013/03/14/the-manuscript-of-survival-part-282/
3. https://www.youtube.com/user/pearls2u
4. https://www.nps.gov/pefo/index.htm
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6. http://creativecommons.org/licenses/by-sa/4.0/

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1.3.8 The Spring Equinox: On Stillness and Wholeness . by Alice B. Clagett (2013-03-19 05:10)

Written and published on 19 March 2013

- WHAT IS MARRIAGE?
- THE CONCEPT OF SACRED SEXUALITY
- ON STILLNESS AND WHOLENESS

Dear Ones,

Tomorrow, 20 March 2013, is the date of the Spring Equinox. I read three blogs this morning that were aligned with amazing synchronicity. That was right after a heated discussion with my brother on the topic of sexual preferences and social opprobrium.

WHAT IS MARRIAGE?

From his point of view, the discussion was about whether the United States should recognize Gay Marriage. Certainly a topic regarding which few people have no opinion whatsoever. My stance on this topic is unorthodox, as I see the issue from a very wide perspective.

Why do straight men care so much about this issue? What is the fear that comes up for them when a gay man walks by? Why does society judge this issue so harshly?

'What about me?' I said to my brother. I'm a single woman. Am I ever invited to a dinner party by a married couple? The answer is no. Never. Married couples invite other married couples to their dinner parties. What happens when an unmarried woman by chance finds herself at a dinner party with married couples? Likely at least one of the married women will figure she is out to get their man. I'm here to tell you, that makes for a pretty indigestible meal.

How would it be if the word 'marriage' were reserved for married couples *with* children. Suppose this were the only social group dubbed by the majority as 'sacred.' There would be a lot of childless couples who felt diminished in the eyes of the world, would there not? This is not so far-fetched a notion ... in fact, until this century, and for reasons to do with an underpopulated country and agricultural economics, it was the opinion of American society.

So let's propose this is the case today ... childless couples are not really 'married'. Their relationship is not 'sacred'. But if they have a child, all is well. I don't want to be brutal, but this does raise a question ... in this scenario, what if they have a child ... an only child ... and the child dies? Will their marriage be 'sacred' or will it not?

THE CONCEPT OF SACRED SEXUALITY

The fact is, the act of sex is not considered sacred in America, and this is the crux of the matter. We hedge round the issue by constricting the definition of sacred sex ... that is to say, what we call Marriage ... to a certain subset of people.

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What if, as in ancient times, the act of sex were recognized as sacred? Then there might not be an issue about gay vs straight or childed vs childless or for that matter, married vs single. Then it might come down to recognizing, accepting ... and, yes, even exalting! ... the sexual nature of our personal being, the joyful union within our own minds of left brain and right brain, to create what might be termed the 'Cosmic Mind.' And the joyful union within our own hearts of the masculine and the feminine, the flowering of the new human being on New Earth.

ON STILLNESS AND WHOLENESS

Image:

Lavender World; artwork by Fan Ming: [1]http://conceptartworld.com/wp-content/uploads/2013/05/Fan _Ming _Art _014b.jpg ..

"*Why do I live among the green mountains?*
I laugh and answer not.
My soul is serene.
It dwells in another heaven and earth,
Belonging to none.
The peach trees are in flower
And the water flows on." *–Li Po (1)*

I know it's a far leap sometimes, but what I see here is that the Equinoctial Energy ... which has already begun to manifest into 3D reality ... may bring with it elimination of social opprobrium, of social judgment, and the divisiveness that these mental features engender. We may find ourselves to be Persons without Borders. Not children of the telly, nor eyes glued to the Blackberry, nor our-way-nor-no-way! We may find ourselves instead to be, like the person in Li Po's poem, children of the mountain forest, where the peach trees blossom, and the water flows.

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

.....
FOOTNOTE

(1) from "The Works of Li Po, the Chinese Poet" ... [2]https://archive.org/stream/workslipochines01conggoog/workslipochines01 conggoog _djvu.txt ... public domain

.....

[3] 

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almanac, neutral mind, societal expectations, cosmic mind, sacred sexuality, gay marriage, Spring Equinox, societal expectations, neutral mind, almanac, cosmic mind, sacred sexuality, marriage,

1. http://conceptartworld.com/wp-content/uploads/2013/05/Fan_Ming_Art_014b.jpg
2. https://archive.org/stream/workslipochines01conggoog/workslipochines01conggoog_djvu.txt
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.3.9 Drive Carefully! . by Alice B. Clagett (2013-03-20 05:35)

Written and published on 20 March 2013

- EARTH'S MEMORIES
- APOCALYPTIC VISIONS VERSUS NEW LIFE ON NEW EARTH
- ON DRIVING WITH CARE

Dear Ones,

EARTH'S MEMORIES

Sandra Walter mentioned in a recent video (1) how the Earth had just cast off the memory of – believe it or not! – Draconian rape. That was some pretty heavy stuff, and it happened long ago. And that is just one example of what has been happening with Earth lately. The incoming energies are *so* strong, so pure and sweet – in wrinkles and waves, Earth is shaking off wave after wave of the old, sad memories. As she does this, *our* memories are changing too. We are losing the memories that Earth is losing – it's as if they've never been. And in a way that's true – after all, it is just a hologame, is it not?

APOCALYPTIC VISIONS VERSUS NEW LIFE ON NEW EARTH

Recently I read – I forget the source – that someone had had an Apocalyptic vision in youth, a vision of the End Days, I guess, filled with grim terror. And now recently, this person understands that Earth has avoided the timeline that she/he previously envisioned. All will be well after all.

My brother also had such an Apocalyptic vision in his youth. This was the vision that has guided his life. Every time we visit, we've talked about this vision he had long ago. Last night we treated each other to dinner. I brought up the topic of his vision, hoping to assuage his fears with the story of the alternate timeline. My brother said (to paraphrase), "What Apocalyptic vision? I didn't have any vision like that! I had a vision where everyone had a new beginning here one Earth." Quite frankly, this was flabbergasting to me. His old memory is completely gone! Is this what's happening to us all?

ON DRIVING WITH CARE

On Monday, when I was driving down to visit my brother, wave after wave of unconsciousness came over me. This has been happening when I drive for a long while, but Monday was especially notable. I could hear the waves of unconscious thought hitting me. There was nothing I could do to stop them, so each time I would pull over – rest stop or no rest stop – and sleep for a minute, as the wave passed. This was not about lack of sleep – I was well rested. I guess it had to do with what Sandra mentioned – the casting off of Earth memories.

Today, synchronously, I read from two sources on the topic of driving. This is Spring Equinox advice (2) from the School of Shamanism, which I received on 18 March 2013. To

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paraphrase:

Aggressive influences are coming in. You might need to set strong boundaries against intrusion by others. Be very careful while driving, operating machinery (whether small or large), and using implements that are sharp. Use sage or incense to bless your personal space, to clear away old energies.

And then there's Rob Brezsny's wickedly funny Freewill Astrology newsletter, which I received on 19 March 2013. This is only a paraphrase of a small excerpt – it gets funnier as it goes on (3):

He was cruising at 65 mph, when a blonde in a Jaguar suddenly passed him on the right. He hit the brakes, honked his horn. She careened into the left lane, and slowed to come abreast of him, in extreme agitation. He was concerned she might crash into him on purpose. He was beginning to feel agitated too, but checked himself and hold steady though attention to his will power.

This very sort of incident happened to me recently as well. Totally atypical of my mild-mannered self. So, all's I'm thinking is – best to be careful with driving right now. Foot power is better than pedal-power, at least for the nonce.

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

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FOOTNOTES

(1) I think it was this *Video: "Equinox Gateway: The New Light is Here," by Sandra Walter, 17 March 2013, at "Creative Evolution*" ... *[1]https://sandrawalter.com/equinox-gateway-the-new-light-is-here/ ..*

(2) See *Link: "Spring Equinox Update from the School of Shamanism,*" *posted 18 March 2013 ... [2]https://thepowerpath.com/ ..*

(3) See*Link: "What Is the Beauty and Truth Lab?" by Rob Brezsny at "Freewill Astrology*" *... [3]https://freewillastrology.com/beauty/archives/13/what-is-the-beauty-an d-truth-lab ..*

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[4] 

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Gaia, New Earth, rambles, Freewill Astrology, Power Path, Rob Brezny, Sandra Walter, Spring Equinox,

1. https://sandrawalter.com/equinox-gateway-the-new-light-is-here/
2. https://thepowerpath.com/
3. https://freewillastrology.com/beauty/archives/13/what-is-the-beauty-and-truth-lab
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.3.10 Striking Out on One's Own . by Alice B. Clagett (2013-03-25 05:54)

Dear Ones,

I had a session with Peggy Black (1) a while back. She suggested I consider no longer following other people and groups, that I'm fine just as I am, and that I may be ready to teach. Yikes! But could be she was right. Spirit has been backing her up lately, I gather from recent life experiences.

We have been existing in a world of interdependence, of cause and effect, you might say, 'interpersonal ping pong,' for such a long time. We are so accustomed to looking up to this or that person. And conversely, abashed to admit, looking down on whomever else. Making this shift to "I'm just fine" is conceptually easy but effectually difficult. Spirit keeps laying one life lesson after another on me, knowing how stubborn I am, but somehow confident that I will ... eventually ... get the point. (2)

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

Written and published on 25 March 2013; revised on 27 September 2023

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FOOTNOTES

(1) See *Link: Peggy Black, Sacred Sound Salutarist ... [1]https://www.peggyblack.com/ ...*

(2) Today I read hints along these lines by Aisha North and Amara Tia Ann, as well in ...

Link: "Manuscript of Survival, Part 290," by Aisha North ... [2]http://aishanorth.wordpress.com/2013/03/25/the-manuscript-of-survival- part-290/ #like-1254 ..

Also, in the post ...

Link: "Being Conscious of Your Light in the World of Matter" by Amara Tia Ann in "Pearls of Wisdom – Channeled Messages," at ACAST.Me ... 25 March 2013 ... See the link "Becoming Light" at ... *[3]https://acastdotme.wordpress.com/2013/03/25/being-conscious-of-your-li ght-in-the-world-of-matter/ ..*

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causality, societal expectations, Peggy Black, causality, societal expectations,

1. https://www.peggyblack.com/
2. http://aishanorth.wordpress.com/2013/03/25/the-manuscript-of-survival-part-290/#like-1254
3. https://acastdotme.wordpress.com/2013/03/25/being-conscious-of-your-light-in-the-world-of-matter/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.3.11 Meditations to Connect Our Axiatonal Lines with the Universe . by Alice B. Clagett (2013-03-30 06:35)

- AXIATONAL LINES OF LIGHT

- THE WOOKIE MEDITATION TO PLUMP UP THE AXIATONAL LINES OF LIGHT

- THE MORNING GLORY MEDITATION TO ACTIVATE THE AXIATONAL LINES OF LIGHT

Dear Ones,

AXIATONAL LINES OF LIGHT

The axiatonal lines of Light, sometimes called feeder lines of Light, are features of our Light body. They run from the Galactic Center to our acupuncture points and into the energetic system in our bodies. Till the end of the Great Age of Darkness in December 2012, in most people these lines were dormant, and this dormancy is said to have resulted in brain atrophy, aging, and death.

Now this is surely not an ideal state of being. The very best thing would be to revitalize the brain, live much longer, as in the old days, and avoid the wheel of karma altogether. Right now, I'm working on reactivating my axiatonal lines. I figure it's a step in the right direction. Here are a couple of meditations to visualize this:

THE WOOKIE MEDITATION TO PLUMP UP THE AXIATONAL LINES OF LIGHT

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Image: The Wookie, Star Wars Exhibition London, photo by Leandro Neumann Ciuffo, 4 November 2007 ... in Flikr ... https://www.flickr.com/photos/leandrociuffo/1877760045/ ... CC BY 2.0

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Image: The Wookie, Star Wars Exhibition London, photo by Leandro Neumann Ciuffo, *4 November 2007 ... in Flikr ... [1]https://www.flickr.com/photos/leandrociuffo/1877760045/ ... CC BY 2.0*

. . . . .

Walk outside on a sunny day. Face the sun. You don't have to look at the sun, though. Just FEEL the sun touching the center of your chest.

Now imagine you're a wookie. All the hairs on your handsome, furry body are super long. A big wind comes up. Suddenly all the hairs swoop up and touch the sun. You feel an intense, hot, loving energy pouring from the sun, into each fiber of your great long fur. Your fur turns to golden Light, and the Light pours into your body, filling every muscle, every sinew, every cell of your great body with brilliant golden Light.

THE MORNING GLORY MEDITATION TO ACTIVATE THE AXIATONAL LINES OF LIGHT



Image: "Ipomoea tricolor heike 3," by Heike Loechel, 2007, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Morning _glory _3b.jpg ... CC BY-SA 3.0 Unported

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Image: "Ipomoea tricolor heike 3," by Heike Loechel, *2007, in Wikimedia Commons ... [2]https://commons.wikimedia.org/wiki/File: Morning _glory _3b.jpg ... CC BY-SA 3.0 Unported*

. . . . .

Imagine you are a morning glory. Like most plants... and coincidentally, like us humans ... morning glories have a quality called heliotropism ... they love and will always turn toward the sun. Here, for instance, is a video of a basil plant turning toward the sun:

Video: "Heliotropism" ... [3]https://www.youtube.com/watch?v=wYrjo2V9 3uo ..

Morning glories also have lots of tendrils, and these tendrils have a quality called thigmotropism, that allows them to latch onto and climb around just about anything. Here's a video:

Video: "Morning Glory Tendrils Showing Thigmotropism" ... [4]https://www.youtube.com/watch?v=m2xKjA69jNM ..

So now, image you are a morning glory plant, with beautiful big blue flowers. Naturally, you're living outside, and as it happens, in a very propitious location ... where there's plenty of fresh air and plenty of the sunlight that you love. And there you are right now, roots in the ground, head in the sky, heart to the beautiful golden sun. You have hundreds of green tendrils reaching up and out, waving gently in the breeze.

Then you feel it! Each tendril touches a ray of golden sunlight. These rays of sunlight lovingly caress your tendrils. Drawn to this love, your tendrils twine around the golden rays, reaching heavenward.

Now breathe deeply in, and hold your breath in. Fill your vibrant green body with the golden Light of the sun's love! Then, exhale and relax.

.....

So there you have it – my two meditations to revitalize the axiatonal lines. May yours grow plump and strong!

With deepest, kindest regards for all wookies and morning glories in my world,

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

Written and published on 30 March 2013; revised on 24 March 2023

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[5] 

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astrogeophysics, axiatonal lines, meditations, healing, axiatonal lines, body of light, feeder lines of light, healing, 2u3d, galaxy,

1. https://www.flickr.com/photos/leandrociuffo/1877760045/
2. https://commons.wikimedia.org/wiki/File:Morning_glory_3b.jpg
3. https://www.youtube.com/watch?v=wYrjo2V93uo
4. https://www.youtube.com/watch?v=m2xKjA69jNM
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

1.4 April

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1.4.1 Congruence: Crop Circles, Group Souls and Motherships . by Alice B. Clagett (2013-04-01 04:18)

Written and published on 1 April 2013; revised on 3 June 2018

- CROP CIRCLE . SWALLOWS
- GROUP SOUL
- MOTHERSHIP

Dear Ones,

Do you see similarity among these pictures?

CROP CIRCLE . SWALLOWS

Image: Schematic of crop circle known as swallows ... [1]https://temporarytemples.co.uk/wp-content/uploads/2014/07/2003 _08 _04 _adams-grave-alton-barnes-wiltshire-wheat-oh-mf.jpg ..

GROUP SOUL

Image: Soul matrix, including Soul group, Monad, Soul, and Soul extensions ... [2]https://www.bibliotecapleyades.net/imagenes _ciencia4/topi01 _04.jpg ...

from *Link: "Los Archivos Akashikos: Un Recorrido por la Biblioteca del Alma," by David Topi, April 2010, from DocPlayer website ... [3]https://www.bibliotecapleyades.net/ciencia3/topi01.htm ..*

MOTHERSHIP

Image: Mothership Giving Birth, by Capstoned ... [4]https://www.deviantart.com/capstoned/art-/Mothership-Giving-Birth-98428 437 ..

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

PS: Could it be that the Mothership is the 8th chakra, above the head, which houses the karmic metaprogram? Could it be that the Group Soul is one Soul, and the 144 Soul mates are 144 incarnations, all strung together on the pearl necklace of the Eternal Now?
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star brothers, group soul, mother ship, mothership, soul group, space ship, spaceship, congruence, 8th chakra, incarnations, Now, reincarnation,

1. https://temporarytemples.co.uk/wp-content/uploads/2014/07/2003_08_04_adams-grave-alton-barnes-wiltshire-wheat-oh-mf.jpg
2. https://www.bibliotecapleyades.net/imagenes_ciencia4/topi01_04.jpg
3. https://www.bibliotecapleyades.net/ciencia3/topi01.htm
4. https://www.deviantart.com/capstoned/art/Mothership-Giving-Birth-98428437
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.2 Meanwhile, Back at the Galactic Command Center . a vision by Alice B. Clagett (2013-04-02 04:27)

Written and published on 2 April 2013



Drama

Dear Ones,

Here is a vision-based short story by me, entitled "Meanwhile, Back at the Galactic Command Center." You have to click on the magenta links to get the story ...

Lightship (1) ... [1]https://ancientalienpedia.files.wordpres s.com/2019/05/ufos.jpeg?w=672 &h=372 &crop=1 ..

Meanwhile, back at the Galactic Command Center....

People standing in a circle, silhouetted by the sun, with hands raised in celebration (2) ... [2]https://www.openhandweb.org/files/openha nd/images/The %20beginning.jpg ..

“Dear Ones,
“We need a volunteer to be the Grounded Expression for this Group Soul. We’re not completely sure what conditions are like on Earth, but we hear it’s a difficult environment.

“Who would like to volunteer?”

"*Vision of Light*" *by Alex Polanco, image of a man standing before a great light, with an image of a woman at the center of it (3) ... [3]http://images.fineartamerica.com/images/- artworkimages/mediumlarge/1/vi sion-of-the-light-alex-polanco.jpg ..*

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“I would!”

Joy: Silhouettes of young people at the beach at sunset, jumping in the air for joy (4) ... [4]http://i.cdn.ensonhaber.com/resimler/diger/siluet _640.jpg ..

Self-confidence: Silhouette of young man leaping across a gap from one cliff to another; there’s a blue sky with a few fluffy white clouds, and a beautiful sun (5) ... [5]http://i1.tribune.com.pk/wp-content/uploads/2015/03/855821-Selfconfidenc e-1426781542.jpg ..

“!!”
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Image of rebirth: "Ascension and Rebirth," by Alex Polanco (6) ... [6]http://render.fineartamerica.com/images/rendered/medium/greeting-card/ images/artworkimages/medium/1/ascension-and-rebirth-alex-polanco.jpg? &targetx=0 &targety=-36 &imagewidth=500 &imageheight=772 &modelwidth=500 &modelheight=700 &backgroundcolor=04050F &orientation=1 ..

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.
.

Newborn crying (7) ... [7]https://i2.wp.com/upload.wikimedia.org/w - ikipedia/commons/thumb/3/38/HumanNewborn.JPG/300px-HumanNewborn.JPG ..

“’Calling Galactic Command. Calling Galactic Command...’
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.
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New dad and mom holding baby whose eyes are wide open (8) ... [8]https://thumbs.dreamstime.com/x/family-portrait-baby-13497771.jpg ..

“No response. What now?...”
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to be continued . . .

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

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FOOTNOTES

(1) from *Link:* "*Topics of Interest: UFO Sightings,*" *27 May 2019, in Ancientalienpedia ... [9]https://ancientalienpedia.com/2019/05/27 /ufo-sightings/ ..*

(2) from *Link: "Openhand: Catalysing Spiritual Evolution*" *... [link no longer online]*

(3) *Link: "Vision of the Light," by Alex Polanco – the uncropped version of this picture may be purchased at [10]http://fineartamerica.com/featured/visio n-of-the-light-alex-polanco.html ... see also his description of the vision on the righthand side of the page.*

(4) from *Link: "Soul Groups: Reincarnating Together*" *... [11]http://awakenlight.org/soul-groups-reincarnating-together ..*

(5) from *Link: "Science-Backed Ways to Boost Self-Confidence,*" *by Umnia Shahid ... [12]http://tribune.com.pk/story/855821/science-backed-ways-to-boost-self- confidence/ ..*

(6) *Link: "Ascension and Rebirth," by Alex Polanco, can be purchased at [13]http://fineartamerica.com/featured/ascension-and-rebirth-alex-polanco .html ... see also his description of the image on the righthand side of the page.*

(7) Newborn crying, from *Link:* "*The-Body-Being-Born: How Women Conceptualise and Experience the Moment of Birth,*" *by Deborah Lupton, in "This Sociological Life*" *... [14]https://simplysociology.wordpress.com/2013/10/ ..*

(8) New dad and mom holding baby whose eyes are wide open, from ... [15]http://cutcaster.com/photo/100649364-Family-portrait-with-baby/

.....

[16] 

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star brothers, visions, visions by Alice, Galactic Command, grounded expression, group soul, soul group, 2u3d, stories by Alice, photo essays, short stories,

1. https://ancientalienpedia.files.wordpress.com/2019/05/ufos.jpeg?w=672&h=372&crop=1
2. https://www.openhandweb.org/files/openhand/images/The%20beginning.jpg
3. http://images.fineartamerica.com/images/artworkimages/mediumlarge/1/vision-of-the-light-alex-polanco.jpg
4. http://i.cdn.ensonhaber.com/resimler/diger/siluet_640.jpg

5. http://i1.tribune.com.pk/wp-content/uploads/2015/03/855821-Selfconfidence-1426781542.jpg
6. http://render.fineartamerica.com/images/rendered/medium/greeting-card/images/artworkimages/medium/1/ascension-and-rebirth-alex-polanco.jpg?&targetx=0&targety=-3
7. https://i2.wp.com/upload.wikimedia.org/wikipedia/commons/thumb/3/38/HumanNewborn.JPG/300px-HumanNewborn.JPG
8. https://thumbs.dreamstime.com/x/family-portrait-baby-13497771.jpg
9. https://ancientalienpedia.com/2019/05/27/ufo-sightings/
10. http://fineartamerica.com/featured/vision-of-the-light-alex-polanco.html
11. http://awakenlight.org/soul-groups-reincarnating-together
12. http://tribune.com.pk/story/855821/science-backed-ways-to-boost-self-confidence/
13. http://fineartamerica.com/featured/ascension-and-rebirth-alex-polanco.html
14. https://simplysociology.wordpress.com/2013/10/
15. http://cutcaster.com/photo/100649364-Family-portrait-with-baby
16. http://creativecommons.org/licenses/by-sa/4.0/
17. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.3 Egads, I’m in a Restoration Chamber! . by Alice B. Clagett (2013-04-02 05:06)

Written and published on 2 April 2013

- ON SLEEPING MORE THAN USUAL, AND HEARING SAD ASTRAL STORIES ABOUT ROMANCE
- PINEAL GLAND ACTIVATION AND CONTACT WITH ASCENSION TEAM
- RECENT SPACESHIP SIGHTINGS AS A WAY OF DESCRIBING COMMUNICATION WITH OUR ASCENSION TEAM
- ON THE EFFECT OF LOW-PITCHED SOUNDS
- ON RECOGNIZING RESTORATION CHAMBER EXPERIENCES TO BE HEALING EVENTS

Dear Ones,

ON SLEEPING MORE THAN USUAL, AND HEARING SAD ASTRAL STORIES ABOUT ROMANCE

There’s something so odd in the air the last few days. Last night and the one before I slept, maybe, 10 hours each night. Extremely out of character for me. Last night was especially odd ... I was lying down; overhearing some long-distance telepathic emotional upset. Gee, you two, kiss and make up, already!

Video: "Lonely Days" by the Bee Gees, 8 July 2013 ... [1]https://www.youtube.com/watch?v=ipwWbZnpgiI ..

Nothing I could do about it, except keep my own center. Sigh ...

PINEAL GLAND ACTIVATION AND CONTACT WITH ASCENSION TEAM

So I was keeping in touch with my higher self, which connection had been strong that day because I had listened to Judy Satori’s *... [2]https://www.ascensionlibrary.org/ ...* Spring Equinox 2013 talk ... which had activated my pineal gland and put me in touch with my Ascension team.

Video: "Judy Satori Spring Equinox Interview 2013 ET First Contact Radio," by E-T First Contact Radio, 27 March 2013 ... [3]https://www.youtube.com/watch?v=NYHWTRixgEs ..

RECENT SPACESHIP SIGHTINGS AS A WAY OF DESCRIBING COMMUNICATION WITH OUR ASCENSION TEAM

While watching the video with Judy Satori’s talk in it, and because of the very interesting photos that Maarten Horst put on the video to accompany the talk, I had come to the startling conclusion that the spaceships some have been seeing lately are actually our own Ascension teams, beings of light, hoping to connect with the grounded member of their group

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(that will be me, for instance!). Immediately on coming across this notion, I *knew* it to be true! What a balm of comfort to my scaredy-cat subconscious mind!

Image: Scaredy cat: This is a picture of my subconscious mind ... [4]http://myquarterlifecoach.com/wp-content/uploads/2015/01/scaredy-cat.jpg ..

ON THE EFFECT OF LOW-PITCHED SOUNDS

Anyway, I was lying in bed, and I began to hear a medium-low pitched humming sound, very loud, all around me. At first I was frightened, as I know low pitched humming sounds bring up subconscious thoughts. I thought it might be the dark forces. Yikes! Then I remembered Dr. Suzanne Lie's description of her visit to a restoration chamber on her mothership, and I realized that's what was happening to me.

ON RECOGNIZING RESTORATION CHAMBER EXPERIENCES TO BE HEALING EVENTS

In Dr. Lie's post ...

Link: "Mytre and the Restoration Chamber," by Dr. Suzanne Lie, 26 August 2012, at "Awakening with Suzanne Lie" ... [5]http://suzanneliephd.blogspot.com/2012/08/v-behaviorurldefaultvmlo.htm l ..

... she describes a restoration chamber experience. Hers was somewhat different from mine, but the feel of it was quite similar.

Here I was, lying in my bed, overhearing telepathic chatter, hearing this low pitched hum, and my body was being cleansed and regenerated through my strong connection to my Group Soul. It felt like a wash-down of purifying energy, starting at my head, then tingling round my feet, then proceeding slowly downward from my head throughout my body. Every once in a while some little imperfection would 'pop' off, startling me.

This experience was not coming down in the same way with my telepathic correspondents, who were experiencing their own version of the Restoration Chamber process. They weren't taking it all that well. It was that old third dimensional notion ... someone's *doing* something to me.

Something not nice, I gathered. Looked exceedingly likely they thought that someone was me. Such anxifying thoughts were whirling and spinning my way. Upset and imprecations. Warding-off-evil magic spells. The usual commotion that seems to come up when we humans get anxious.

Video: "You Done Me Wrong" by Ray Price ... [6]https://www.youtube.com/watch?v=lBU6H5wN-Wlo ..

Meanwhile, back at the ranch in my own body: Once I realized what was happening, I began to feel the deepest faith in the good intentions of my Ascension team, in their ability to

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regenerate my body and help me with my life mission. I have to say, I had a wonderful time with it! Felt spectacular! And now, this morning ... I'm feeling quite chipper, well balanced emotionally and physically, ready for the day.

I am keeping a good thought for all of you too!

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

.....

[7] 

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healing, ascension team, group Soul, regeneration chamber, restoration chamber, Suzanne Lie, subconscious mind, fear, anxiety, JScambio, physical regeneration,

1. https://www.youtube.com/watch?v=ipwWbZnpgiI
2. https://www.ascensionlibrary.org/
3. https://www.youtube.com/watch?v=NYHWTRixgEs
4. http://myquarterlifecoach.com/wp-content/uploads/2015/01/scaredy-cat.jpg
5. http://suzanneliephd.blogspot.com/2012/08/v-behaviorurldefaultvmlo.html
6. https://www.youtube.com/watch?v=lBU6H5wNWlo
7. http://creativecommons.org/licenses/by-sa/4.0/
8. http://creativecommons.org/licenses/by-sa/4.0/

1.4.4 Merkaba and Mothership; Soul Groups and the Eternal Soul . by Alice B. Clagett (2013-04-02 09:11)

- MERKABA
- MOTHERSHIP GIVING BIRTH
- ’SOUL GROUPS’ AS OUR ETERNAL SOUL IN THE NOW: BEYOND TIME AND SPACE, AND INCLUDING ALL OUR INCARNATIONS SIMULTANEOUSLY
- ANOTHER EXAMPLE OF CHANGED WORLDVIEW DUE TO CHANGED POINT OF AWARENESS: EARTHCENTRIC VERSUS HELIOCENTRIC POINTS OF VIEW
- ON THE CHRISTIAN CHURCHES’ CONCEPT OF REINCARNATION AS A REASON TO PUT OFF LIVING A VIRTUOUS LIFE
- THE CONCEPT OF REINCARNATION AS A LOGICAL CONSTRICTION ON THE NATURE OF REALITY
- THE NOTION OF TEMPORALLY AGGREGATIVE KARMA
  - Good and Bad Karma
- INCARNATION THEORY, FROM THE PERSPECTIVE OF VARIOUS RELIGIONS
  - Buddhism
  - Christianity
  - Theosophy
  - Ascension Lore
- SOJOURN ON EARTH FROM THE PERSPECTIVE OF THE ETERNAL SOUL
  - The Soul, Photons, and the Nature of the Universe as Light
  - Why Mysticism and Belief in God Crop Up in Many Human Cultures
  - The Briefest of Sojourns: On Looking Forward to Our Return Home

Dear Ones,

How about these two pictures ... do you see similarities?
Hint: you have to imagine turning one picture on its side...

MERKABA

Image: Schematic of merkaba, by Patinkas ... [1]https://s-media-cache-ak0.pinimg.com/736x/9e/42/70/9e42700cc04 780acddef348115fd9d50.jpg ..

–from *Link: "Merkaba, Platonic Solids, and Sacred Geometry" ... [2]http://www.patinkas.co.uk/Merkaba _Feature _Article/merkaba _feature _article.html ..*

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With regard to the image of the merkaba, I am reminded of crop circles. I wonder if this image has to do with Light teleportation, the escape from one timeline to another, as in the case of disappearing and reappearing photons. More on this below.

MOTHERSHIP GIVING BIRTH

Image: Mothership Giving Birth, by Capstoned

... [3]http://capstoned.deviantart.com/art/Mothership-Giving-Birth-984284 37 ..

To me, the image of the mothership giving birth is like the notion of the incarnational aspects of the Eternal Soul. More on that below.

'SOUL GROUPS' AS OUR ETERNAL SOUL IN THE NOW: BEYOND TIME AND SPACE, AND INCLUDING ALL OUR INCARNATIONS SIMULTANEOUSLY

A further thought: It is possible that the concept we have of 'Soul Groups' is really an expression, from the reference point of our Awareness within causal reality, of the existence of the Soul in the eternal Now ... beyond the time-space continuum ... From that stance within the Now, the Soul would include ... all at once ... all its incarnations, all its dimensions, and all its timelines.

ANOTHER EXAMPLE OF CHANGED WORLDVIEW DUE TO CHANGED POINT OF AWARENESS: EARTHCENTRIC VERSUS HELIOCENTRIC POINTS OF VIEW

In the same way, for instance, the ancients viewed our Sun as revolving around our Earth because their point of Awareness was here on Earth. Had their point of Awareness been on the Sun, then they would have seen the greater truth of the Solar system's motion.

In that case, the change in the point of Awareness would have been geographic; geography being the spatial aspect of the time-space continuum on which we are currently placing our Awareness.

ON THE CHRISTIAN CHURCHES' CONCEPT OF REINCARNATION AS A REASON TO PUT OFF LIVING A VIRTUOUS LIFE

Some of the Christian churches have ruled against the concept of reincarnation, even though, as I understand it, this belief was widespread in Jesus' day. Their point in this regard ... and it is a good one, I feel ... is that we might put off living a virtuous life if we believe in reincarnation. We might feel we could make up for any bad things we do in this lifetime, by living virtuously in a future lifetime.

THE CONCEPT OF REINCARNATION AS A LOGICAL CONSTRICTION ON THE NATURE OF REALITY

On the other hand, the notion of reincarnation is a way of viewing the multidimensional, multitemporal nature of the Eternal Soul from within the time-space continuum; from within the causal net in which we have placed our Awareness.

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It's this conservative point of Awareness that allows the logical mind to order incarnations in a temporal way. Thus we arrive at a method of subtraction and addition, known in Buddhist teachings, and in Theosophical lore, as karma.

THE NOTION OF TEMPORALLY AGGREGATIVE KARMA

According to this precept, we aggregate karma from lifetime to lifetime, along a string of pearls, it might be said, that represent one lifetime after another in the process of Soul learning and Soul evolution.

Good and Bad Karma

In this view, karma consists of both good and bad acts; good and bad karma thus accrue to the Soul's chit with the Divine. This teaching is very like the Christian teaching of blessed action and sinful action, only strung out over various incarnations.

. . . . .

INCARNATION THEORY, FROM THE PERSPECTIVE OF VARIOUS RELIGIONS

Buddhism. According to the Buddhist religion, each new incarnation offers a chance for karmic reparation.

Christianity. For the Christian, the current incarnation determines the entire outcome for the Soul. The future of the Soul lies in the heaven, purgatory or hell of the afterlife.

Hinduism. According to the Hindu religion, the Soul completes many cycles of rebirth into physical form, so that it may learn new things and work through its karma.

Theosophy. For the Theosophist, the current incarnation determines one's afterlife experience (whether of heaven, or hell, or purgatory, or limbo) prior to the next incarnation, and the next attempt to learn a particular Soul lesson.

Ascension Lore. To the Ascensioneer, all incarnations are happening at once. From the perspective of the higher dimensions ... those beyond right and wrong ... we can transform every temporal and spatial expression of our Soul ... to greater Light. In this greater Light, these expressions approach more closely the great Light of the Soul, which is but one of countless expressions of the Light of God or Source.

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SOJOURN ON EARTH FROM THE PERSPECTIVE OF THE ETERNAL SOUL

To get back to the concept of Soul Groups versus the Eternal Soul, As we shift from the perspective of Soul Groups to the perspective of the Eternal Soul, we would need to shift our perspective from the time-space continuum on which we are currently placing our Awareness to that which is beyond time and space.

The Soul, Photons, and the Nature of the Universe as Light

This, as noted, is the perspective of the Soul. It also accounts for the behavior of photons, specifically their disappearing acts. As photons are Light, and the Universe is made of Light, we may imply that the fundament of the Universe (like the fundament of the Soul) is beyond time and space, in the Eternal Now.

Why Mysticism and Belief in God Crop Up in Many Human Cultures

This, then, is the source of the often encountered, albeit varied, experiences of mysticism among human cultures, and the spontaneous croppings up of the notion of God.

The Briefest of Sojourns: On Looking Forward to Our Return Home

In their hearts, and through their hearts, all human beings sense that there is that which exists in a land beyond our ken, and that, having encountered this place in which we now dwell for but the briefest of sojourns, we can look forward to the prospect of a welcome home.

Like the prodigal son, we shall return to our true nature, the point of Awareness of the Eternal Soul.

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

Written and published on 2 April 2013; republished on 26 August 2017; revised on 20 November 2023

Previously entitled: Merkaba and Mothership

Text in blue font was included in ... *Link: "Tiny Anthologies: My Memories of Other Incarnations," by Alice B. Clagett, compiled from prior blogs on 10 February 2019; published on 11 February 2019; revised on 19 January 2023 ... [4]https://wp.me/p2Rkym-bCE ... Previously titled: "Incarnational Memories"* ... and ... "*Tiny Anthologies: Incarnational Memories*"

Another portion of this blog has been excerpted to ... Link: "The Law of Karma: Balanced Soul Wisdom through Reincarnation," by Alice B. Clagett.

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sacred geometry, star brothers, star brethren, merkaba, merkabah, mother ship, mothership, sacred geometry, time-space continuum, timelines, dimensions, eternal Soul, Soul, belief in God, photons, light, astrogeophysics, karma, Buddhism, Christianity, Theosophy, Ascension lore, reincarnation, incarnation, eternal Now, causal net, causal reality, soul groups, heliocentricity, earthcentricity,

1. https://s-media-cache-ak0.pinimg.com/736x/9e/42/70/9e42700cc04780acddef348115fd9d50.jpg
2. http://www.patinkas.co.uk/Merkaba_Feature_Article/merkaba_feature_article.html
3. http://capstoned.deviantart.com/art/Mothership-Giving-Birth-98428437
4. https://wp.me/p2Rkym-bCE
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.5 Abdominal Bloating, the IRS, and the Amazon Rainforest . by Alice B. Clagett (2013-04-03 06:23)

Written and published on 3 April 2013

- ABDOMINAL BLOATING: NEGATIVELY ASPECTED SECOND CHAKRA
- WOULDN'T TAX TIME CAUSE FIRST CHAKRA BLOATING?
- THE BRAZILIAN RAINFOREST . EARTH'S SECOND CHAKRA

Dear Ones,

ABDOMINAL BLOATING: NEGATIVELY ASPECTED SECOND CHAKRA

Those of you who've been following Eileen's blog at Sacred Spiral of Light (1) know that some of us lightworkers have been experiencing abdominal bloating recently. It's hard to stand back and be a neutral witness when the lower chakras act up, but I'm doing my best not to take it too personally ... I know it has to do with the Earth clearing.

WOULDN'T TAX TIME CAUSE FIRST CHAKRA BLOATING?

Exactly what that clearing is about, I wasn't sure. Yesterday I was thinking ... it's tax time in the United States. Maybe so many people here are facing the disagreeable chore of getting their tax paperwork done that Earth is being affected by it?

Image: Taxation by Misrepresentation: Uncle Sam with a bandit's mask on. He has a pleasant expression, and is grasping a baseball bat behind his back (2) ... [1]https://sovereign2serf.files.wordpress.com/2012/12/taxation-by-misrepr esentation.png?w=791 ..

But this would be a first chakra issue, would it not? Safety, survival, *MONEY*....

So since it's mainly my second chakra that has been affected (and only secondarily my root chakra and navel point energy), this morning I looked up the significance of a negatively aspected second chakra on one of Dr. Suzanne Lie's wonderful websites. (3)

And found some good information in the blog "The Second Chakra" at [2]http://www.multidimensions.com/the-unconscious/emotions-door/the-second- chakra/ ... Here's a paraphrase from the section "**Unclear**": and "**Earth's Second Chakra**":

Lack of clarity in our personal second chakras can lead to feelings of frigidity, impotence, or being overly sexual. It can also make it difficult to enjoy sex. We may feel at a distance from family and friends. We may experience food or drink addictions, which comfort us or conceal emotions we'd rather not deal with, such as anger or fear. We may feel depressed or anxious. This may give us the impression that 'the wolf is at the door', even though no danger exists in the realm of our physical environment.

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THE BRAZILIAN RAINFOREST . EARTH'S SECOND CHAKRA

From the section "**Earth's Second Chakra**" in the same article, I learned that Earth's second chakra is the Brazilian Amazon, which is a beautiful place of exuberant verdure. However, we humans have been destroying this paradise [just as we've been suppressing our sexual feelings].

Then I remembered a reposting of an older article that I ran across yesterday:

Link: The Chief Raoni crying about dam construction that will endanger his people ... [3]http://www.evanfleischer.com/post/10834785193/remember-this-photo-and- this-paragraph-the-chief ..

From this, it looks like the Rainforest, which is Earth's second chakra, has been taking quite a whollup recently. So, in conclusion, maybe I'll keep a good thought for Earth's beautiful Rainforest, and for the wellbeing of her native peoples. And a good thought for all those struggling with their income taxes right now.... my gosh, I do believe my stomach is beginning to feel a little better!

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

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FOOTNOTES

(1) Eileen's blog, "Sacred Spiral of Light" is no longer online.

(2) from *Link: "Proof that Paying Federal Income Tax Is Voluntary," by Roger Sayles, 19 December 2012 ... [4]https://sovereign2serf.wordpress.com/201 2/12/19/proof-paying-federal-income-tax-is-voluntary/ ..*

(3) Dr. Suzanne Lie, aka Dr. Suzan Caroll, "Awakening with Suzanne Lie" ... [5]http://suzanneliephd.blogspot.com/ and [6]http://www.multidimensio ns.com/ ..

.....

[7] 
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astral mischief, Gaia, gut brain, rambles through the brambles, soul wounding, ascension symptoms, Earth's chakras, income tax, IRS, Roger Sayles, Suzan Caroll, Suzanne Lie,

1. https://sovereign2serf.files.wordpress.com/2012/12/taxation-by-misrepresentation.png?w=791
2. http://www.multidimensions.com/the-unconscious/emotions-door/the-second-chakra/

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3. http://www.evanfleischer.com/post/10834785193/remember-this-photo-and-this-paragraph-the-chief
4. https://sovereign2serf.wordpress.com/2012/12/19/proof-paying-federal-income-tax-is-voluntary/
5. http://suzanneliephd.blogspot.com/
6. http://www.multidimensions.com/
7. http://creativecommons.org/licenses/by-sa/4.0/
8. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.6 'Hidden' Core Star and Navel Point Visualization . by Alice B. Clagett (2013-04-03 07:03)

- CORE STAR AND THE 'HIDDEN' CORE STAR
- EFFECTS OF CORE STAR VISUALIZATION
- HARA LINE: THE FOUNDATION OF THE HUMAN ENERGY FIELD ... IT CONNECTS US TO THE SKY AND THE CORE OF EARTH, SO THAT WE CAN ACCOMPLISH OUR INCARNATIONAL MISSION
- PINEAL AND PITUITARY GLANDS: SPIRITUALITY AND BODILY PERFECTION
- 'HIDDEN' THIRD CHAKRA POINT BENEATH CORE STAR CLEARS PSYCHIC BONDS THAT DRAIN WILL POWER
- HRIDAYA CHAKRA . THE 'HIDDEN' HEART CHAKRA . AND HRIDAYA MUDRA TO ACTIVATE SOUL POWER

Dear Ones,

CORE STAR AND THE 'HIDDEN' CORE STAR

According to Amara Tia Ann, (1) the Core Star is in the center or core of the body, about 1 or 1 ½ inches above the navel, and lies on the **Hara line** (see section below). She characterizes the Core Star, to paraphrase, as the physical body's essence, which is the source of the body's energy of light. This is the place where we connect to God's light; the individualized Light of God, the I Am presence of the indwelling God.

Last night I began to imagine the Core Star as being in the same location, vertically speaking, but located right next to my spine rather than in the middle of my gut. Maybe this is the location of a **'Hidden' Core Star**, similar to the 'Hridaya' or hidden inner heart chakra (see below) .

At any rate, the moment I visualized a point on a plane with the Core Star, but right next to the spine, a brilliant light exploded in my head, dazzling my mind and uplifting my heart. The results of this visualization were so stunning that I thought I'd best mention it.

EFFECTS OF CORE STAR VISUALIZATION

Today I went for a long walk, practicing visualizing the Core Star in the usual place (not as the 'hidden' core star) throughout. I cataloged many effects; you may find you experience some but not others. You may experience some not listed here. Since this is so new to me, I don't know how complete the list is. Anyway, here goes:

- If the visualization is done while walking, feeling in the legs and feet, and beneath the feet increases. The feet feel more solid and connected when they touch the ground. I get a sense of '**grounding**.'

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- I feel a lack of loneliness; a satisfaction with things just as they are. A '**Be Here Nowness**.'
- As with meditations where one places awareness on the pineal gland in the middle of the head, at eyebrow level … the world 'stops' – becomes **two-dimensional,** with no depth. But with the Core Star Visualization, frontal lobe involvement is even more diminished.
- I can see with my eyes, but **I don't really connect** what I see with my chatterbox **mind**.
- **I experience time differently**. I have the experience of time, in a manner of speaking, in that I can see changes in the visual scene, hear sounds, sniff the pine scent in the air. But my mind stops pegging these changes to an imaginary clock. I'm no longer concentrating on 'not enough time' or 'past' or 'future.'
- I feel freedom from the demands of my body, relaxed. I felt a **release of tension** from the body.
- **Clair chat ceased** (praise the Lord!)

And along more arcane lines ...

- It feels as if the physical body hologram might flower out from the core star, and might be able to fold back into that spot, into a tight, extremely tiny little bud that can carry all the info needed to reform the body. I know this sounds far-fetched.
- I gather this point is the source of individualization … the point where the Soul's beingness separates from that beingness of God and of other human beings (2)

HARA LINE: THE FOUNDATION OF THE HUMAN ENERGY FIELD … IT CONNECTS US TO THE SKY AND THE CORE OF EARTH, SO THAT WE CAN ACCOMPLISH OUR INCARNATIONAL MISSION

Amara Tia Ann (3) has words to say about the 'Hara Line,' which may pertain to the energy I accessed using this visualization. To paraphrase:

The **Hara Line** is a zero-point field of energy with no magnetic polarity. It lies deeper than the chakras, and is characterized by deep calm. Barbara Ann Brennan [who did groundbreaking work on visualization of human chakras, and on energy healing] characterized the Hara line as a solid pole that connects to the sky and to the center of earth. This Hara line has to do with the task our Soul undertakes in this incarnation. It's the foundation of the energy field of human beings.

PINEAL AND PITUITARY GLANDS: SPIRITUALITY AND BODILY PERFECTION

In the brain are two important glands ...

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- the **pineal gland**, which is associated with spirituality, is in the center of the brain at the level of the eyebrows, and
- the **pituitary gland**, associated with bodily perfection, is a little lower and more toward the front of the head, just below the level of the eyes:

[1]

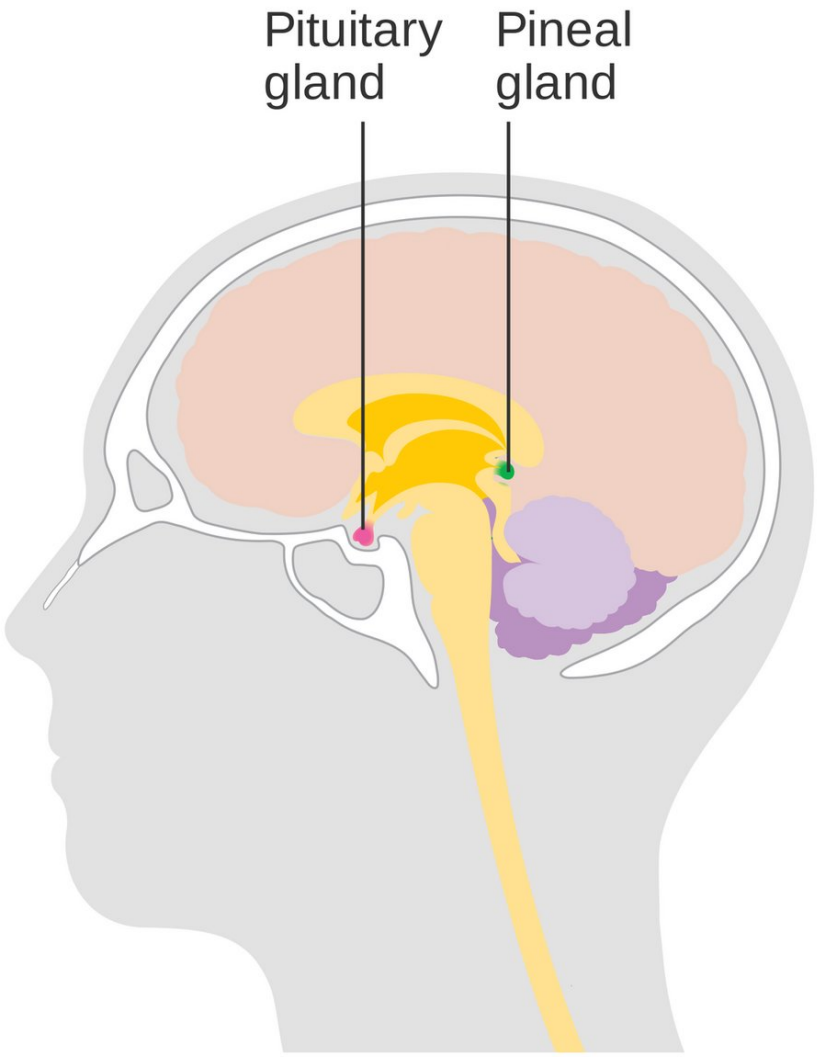


Image: "Brain, showing location of pineal and pituitary glands," author Cancer Research UK uploader ... from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Diagram _showing _the _pineal _and _pituitary _glands _CRUK _468.svg ... CC BY-SA 4.0

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Image: "Brain, showing location of pineal and pituitary glands," author Cancer Research UK uploader *... from Wikimedia Commons ... [2]https://commons.wikimedia.org/wiki/File:Diagram _showing _the _pineal _and _pituitary _glands _CRUK _468.svg ... CC BY-SA 4.0*

'HIDDEN' THIRD CHAKRA POINT BENEATH CORE STAR CLEARS PSYCHIC BONDS THAT DRAIN WILL POWER

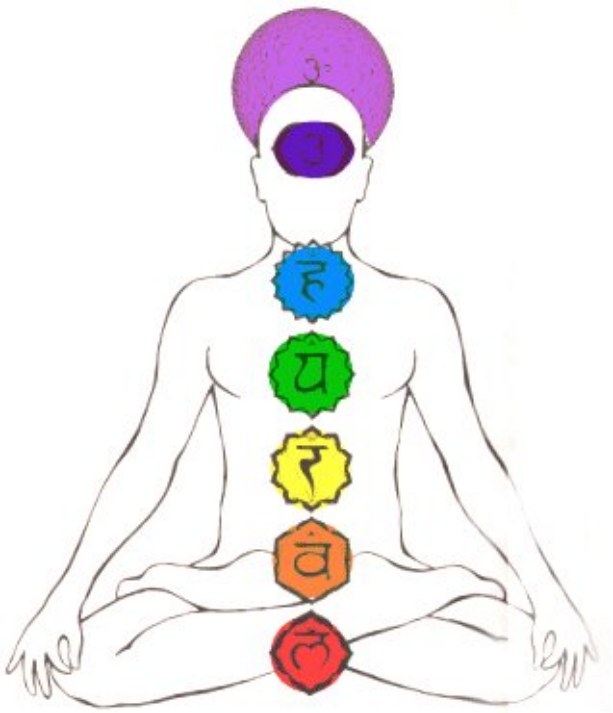


Image: "Chakras," author GifTagger assumed, 4 December 2014, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Czakry.png ... public domain ... DESCRIPTION: The Third Chakra (aka Navel Point, Solar Plexus or Manipura Chakra) is the chakra indicated by the yellow emblem in the above image, at the level of the navel point.

Image: "Chakras," author GifTagger assumed*, 4 December 2014, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Czakry.png ... public domain ...*

DESCRIPTION: The Third Chakra (aka Navel Point, Solar Plexus or Manipura Chakra) is the chakra indicated by the yellow emblem in the above image, at the level of the navel point.

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The two very important glands described above, the pineal and the pituitary, are situated physically close to each other, and the one is slightly above the other. Somewhat similarly, I noticed two points on the spine that are situated physically close to each other,

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and one is slightly above the other.

There is the 'hidden' Core Star, as described above, and then there is a point slightly lower, and also right next to the spine. This second point I associate more with astral functions. I term it the **'hidden' third chakra**.

- Concentrating on this point **attenuates** (and I expect, will eventually sever) **astral cords connected to the navel point**.
- I get this 'hidden' navel point energy is a source of great **physical strength**, as well as **physical balance**, and **timing**.
- I also felt **courage** – no fear; consequently, heightened reflexes.

Today I came across a video purporting to be of Bruce Lee in his youth, playing ping pong with nunchucks:

Video: Ping Pong with Nunchucks -Bruce Lee ... [3]https://www.youtube.com/watch?v=isrglsTq-gyE ..

I associate the physical agility displayed by Bruce Lee (Is it really he?) with this physical point I just discovered. Maybe that's how he got so good. So visualizing this point might help:

- develop **athletic ability**, such as in martial arts or Olympics skills.
- Finally, it feels like this lower point is the **will power control center of the vital body**. It puts my will power in the driver's seat.

HRIDAYA CHAKRA . THE 'HIDDEN' HEART CHAKRA . AND HRIDAYA MUDRA TO ACTIVATE SOUL POWER

Here is another, relatively well known case of a 'hidden' chakra: The **Hridaya Chakra** ... aka the 'hidden' heart chakra or the inner cave of the heart ... is located at the level of the heart chakra, but situated deep inside the body, just in front of the spine – to activate our Soul power, to purify, complete, and align our incarnations and our past and present karmic relationships, and further our soul purpose. So in this pairing of energy centers, the heart chakra is the center and source of our human electromagnetic field; and the 'hidden' heart chakra activates Soul power.

Well, dear friends, I expect this will be more than enough of an explanation.

Blessings of peace and joy,

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

Written and published on 3 April 2013; revised on 24 March 2023

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FOOTNOTES

(1) *Link: "Core Star Chakra – The I AM Presence' Energy Vortex," by Amara Tia Ann, 7 September 2012, at ACAST.Me ... [4]https://acastdotme.wordpress.com/2012/09/07/core-star-chakra-the-i-am- presence-energy-vortex/ ..*

(2) This concept of 'individualization' is from the School of Theosophy.

(3) See *Link: Amara Tia Ann, ACAST.me ... [5]https://acastdotme.wordpress.com/author/-alephcast/ ... Search the term:* The Hara Dimension and The Core Star ..

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[6] 
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soul wounding, yoga, Core Star, core star chakra, core star energy,hara line, individualization, Theosophy, hridaya chakra, hridaya mudra, navel point, third chakra, endocrine system, crown chakra, third-eye point, heart chakra, astral cords, psychic cords, grounding, vital body, JScambio, Amara Tia Ann, JScambio,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/diagram_showing_the_pineal_and_pituitary_glands_cruk_468-svg.png
2. https://commons.wikimedia.org/wiki/File:Diagram_showing_the_pineal_and_pituitary_glands_CRUK_468.svg
3. https://www.youtube.com/watch?v=isrglsTqgyE
4. https://acastdotme.wordpress.com/2012/09/07/core-star-chakra-the-i-am-presence-energy-vortex/
5. https://acastdotme.wordpress.com/author/alephcast/
6. http://creativecommons.org/licenses/by-sa/4.0/
7. http://creativecommons.org/licenses/by-sa/4.0/

1.4.7 Every Moment's New . by Alice B. Clagett (2013-04-08 16:55)

Written and published on 8 April 2013

Dear Ones,

Today I was walking in the country, and I started listening to the sounds around me – the soughing of the wind in the junipers and pines. The caw of a raven, and the scissors-slicing sound as its wings cut through the air. The crunch my shoes made on the gravel. The sound of the wind as it swooshed past the rim of my hat. The trill of a songbird. And then I would hear these sounds again, in no set order. Sometimes two at a time, one louder than the other. And then I heard a thought, but let it go and brought my attention back to the sounds around me.

So for an hour I walked, listening to the sounds of nature, and then I would hear a thought, and then I would think: Each moment's new! And the thought would stop, and I could hear the song of the wind again. Right cool! Quite cool!

I did a youtube search ... it seems there are not many grownups who listen to the wind blow. All I could find was Sesame Street ...

Video: "Sesame Street: Listen to the Wind Blow," by Sesame Street, 20 November 2009 ... [1]https://www.youtube.com/watch?v=dyEE7EQx5Z0 ..

Most likely I have not explained it all that well ... It is as if the sound of the wind, the call of the raven, and the crunch of the gravel followed me back to my apartment, and are hanging out here, like old friends.

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

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[2] 

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languages of light and sound, clearing, clearing karma, enlightenment, karma, kirtan, listening, Sesame Street, taming the mind,

1. https://www.youtube.com/watch?v=dyEE7EQx5Z0
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.8 The Agate in the Hubcap . by Alice B. Clagett * (2013-04-09 04:27)

Written and published on 9 April 2013

Dear Ones,

My mind has proven extremely troublesome this month. It has been one huge bonfire of fear, anger, and subconscious irritation. I have been at my wits' end. Literally. Witless. What to do? I have tried this and that, to no avail.

It seems to me the mind is like an agate. At first glance, in its unpolished state, an agate does not look like much ...

Image: Fire agate in the rough ... [1]https://www.flickr.com/photos/jessa1155/3255543669/ ..

But after it is polished it can look pretty awesome ...

Image: Polished fire agate ... [2]https://www.flickr.com/photos/jessa1155/3256338292 ..

In the old days, people used to polish semiprecious stones by putting them inside their car hubcaps – which at that time were made of metal and not plastic – and then going for a drive. These days the polishing process involves putting the agate in a tumbler, which whirls around, grinding off the sharp edges of the stone. This creates quite a racket. In the same way, when my subconscious mind is clearing, I experience quite a racket, both mentally and emotionally. As the mental clearing process continues, though, just as when the tumbler begins to smooth the rough edges of the agate, the noise in my mind begins to abate.

As an aside, I would like to suggest that it is the rough edges of our unpolished minds – the subconscious jagged surfaces – that jam together with the unpolished surfaces of other peoples' minds – creating those unfortunate karmic interactions. Or, from a clairaudient standpoint, karma may be heard as an unsettling, seemingly inexorable, subconscious 'call and response' between our own subconscious mind and that of the world around us. The driving factors of the limbic mind — anger, fear, arrogance, greed, sexual attraction, mental attachment — fuel this conflagration of world emotions. But to get back to the agate ...

Over the aeons, through the natural process of weathering, unpolished agate becomes more polished, at which point we can catch a glimpse of what lies beneath. But this natural process of polishing through weathering, like the natural process of clearing karma through countless incarnations of the soul, takes a very long time.

The accelerated process of clearing that we all are going through on New Earth is like putting the unpolished agate of our fiery minds in a hubcap – a noisy process, but a fast one. Those who are clairaudient may experience this as an incredible racket as the Unconscious Thought Cloud of the World heats up to the boiling point. At which point this unfortunate concoction begins to evaporate, a process I have heard in my own mind as thoughts literally 'spinning off' – to who knows where, never to be heard again. It is this boiling-off process that some have been experiencing as a myriad of unpleasant Ascension Symptoms (see this

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Category in my blog) as well. While effective, all this can be far from pleasant. Life in the cosmic pressure cooker. Life in the New Earth hubcap. aargh!

After a night of peaceful sleep, I have emerged feeling *polished*. Although I expect I do not know what 'truly polished' is.

Hoping this may be of service to you in your quest for the polished mind,

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

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MORE INFORMATION

Link: "Fire Agate Mining Adventure at Deer Creek," by Jessa Dow, 7 February 2009 ... [3]http://ganoksin.com/blog/differentseasons/2009/02/07/fire-agate-mining -adventure-at-deer-creek/ ..

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[4] 

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mastery of mind, rambles through the brambles, ascension, my favorites, agate, ascension symptoms, clearing, clearing karma, hubcap, mastery of mind, mind, subconscious mind, ascension, JScambio,

1. https://www.flickr.com/photos/jessa1155/3255543669/
2. https://www.flickr.com/photos/jessa1155/3256338292
3. http://ganoksin.com/blog/differentseasons/2009/02/07/fire-agate-mining-adventure-at-deer-creek/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.4.9 Omens Abound . by Alice B. Clagett (2013-04-11 19:25)

Written and published on 11 April 2013

- OMENS
- PRAYERS FOR NORTH KOREAN LEADERS
- THE SPECTRE OF DEATH
- M6-CLASS SOLAR FLARE ALERT
- TAIZE AND THE CONSUMING FIRES
- BLESSING OF LIGHT



Image: "Consulting the Oracle 1884," by John William Waterhouse, 1849-1917, presented by Sir Henry Tate 1894 https://www.tate.org.uk/art/work/N01541 ... from Wikimedia Commons ... public domain

Image: "Consulting the Oracle 1884," by John William Waterhouse, 1849-1917, presented by Sir Henry Tate 1894 https://www.tate.org.uk/art/work/N01541 ... from Wikimedia Commons ...

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public domain (1)

Dear Ones,

This morning I read Eileen's post "Like a Prayer," (2) in which she mentioned a visit she and her husband made to St. Abbs.

OMENS

To paraphrase: They went down to the sea, and there they saw that dead puffins had washed up. Also, along the edge of the water, garbage had washed up because of a storm.

Then in the same blog were comments by Portia, who spoke of events in North Korea and in the world. She was thinking of the leader of North Korea, with loving thoughts.

Portia mentioned the Hopi prophecies to the effect that all living creatures would be endure a fire inside themselves. Some would be consumed by the fire, and others would attain peace after living through it.

Dead puffins, garbage in the water, North Korea, the Hopi prophecy of the fires that will burn us – omens, for sure. And I've been experiencing my own omens, as described below. Could it be these omens are portents of change?

Maybe the fearful aspect of the omens is just about the world clearing process? People digging in their heels – no! never! I won't change! ?

PRAYERS FOR NORTH KOREAN LEADERS

At one of Peggy Black's webinars last week (3), someone brought up the topic of North Korea. Peggy suggested envisioning the leaders of North Korea – Kim Jong-un, his aunt Kim Kyong-hui, his uncle Jang Sung-taek, and the new Premier Pak Pong-ju – surrounded by their spiritual guides, who are giving that good advice. That sounded like a good technique to me. In case the idea appeals, here is a picture to help with the visualization:

Image: North Korean leaders ... [1]http://i.dailymail.co.uk/i/pix/2013/12/1 3/article-2522859-1A1420DB00000578-805 _634x572.jpg ..

Shown in the photo ...

- Supreme Leader Kim Jong-un (with his hand on the escalator railing), First Secretary of the Workers' Party of Korea
- His aunt, General Kim Kyong-hui (bottom left), Secretary for Organization of the Workers' Party of Korea. Her drive and determination may be Kim Jong-un's guiding inspiration.
- And above her the new Premier Pak Pong-ju (with the fur hat on). The Premier represents the policies set by the Central Committee of the Workers' Party of Korea.
- And above him Jang Sung-taek (in the black coat), husband of Kim Kyong-hui, uncle of Kim Jong-un, and Vice-Chairman of the National Defense Commission

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- Above Kim Jong-un and to his right is a man whom I've not yet been able to identify

On the other side of the sea, I am also envisioning United States President Obama surrounded by his guides whispering loving thoughts in his ear...

THE SPECTRE OF DEATH

Starvation is stalking the people of North Korea. Most likely this awful famine accounts for the current political tension. (4)

It looks like a North Korean missile test may be in the offing, and all non-commercial traffic between North and South Korea has been halted. (5) The fear level in both North and South Korea must be pretty high, so today I'm envisioning the people of both countries showered with happiness, plenty of food, good health, and a hopeful future. I'm imagining that any missiles ever launched on this beautiful Earth have turned to showers of hearts, flowers, and love.

M6-CLASS SOLAR FLARE ALERT

Getting back to omens, a while back I signed up for solar flare alerts – flares always put me through a clearing process, which is why I signed up – for a heads up on the possible subsequent cleansing turmoil. Anyway, I got an email today, to the effect that an M6-class solar flare has taken place.

Video of today's solar flare ... [2]https://spaceweather.com/images2013/11apr13/m6cme_anim.gif?PHPSESSID=laofna531a9lb0bubirt506jf0 ..

Not to be too concerned – it's a standard warning. And an M-class flare is not huge like an X-class flare. Maybe this is the cosmos doing its best to ease the world's political tensions. That's my hunch, anyway – the incoming solar wind is actually cosmic unconditional love, pouring down upon us....

TAIZE AND THE CONSUMING FIRES

Image: Healthy Human Aura, by Robert Joseph Donaghey; bright golden light inside the body, and bright magenta, orange light outside the body ... [3]http://www.artisticgenius.com/HealthyHumanAura.jpg ..

My last omen ... yesterday afternoon I went to a service called 'Soul Break (Taizé)' at the local Episcopal church. I had no idea what Taizé was. Sounded mystical and intriguing, though. And I always feel warmly about the Episcopal church because my mom, who passed a few years ago, was Episcopalian.

Sparsely attended, the service featured song (with piano and guitar) and a brief, silent contemplation. There were a few little prayers. When I walked in, the pianist handed me a sheet with two of the prayers highlighted and asked me to recite them during the Intercession. It was great fun ...

During the service, my heart opened wide – I guess it was the music, and remembering

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my mom, and how once in my youth I dared the fires of hell by attending her service rather than my family's standard Christian service on Sunday. It was a tough moment, but my mom was worth it! Nice to meet her friends there, too ...

Anyway, back to the Taizé service: I began to feel my heart expand, and the clairaudient chatter turned totally ominous – I was being begged to stop feeling my heart, as this feeling of unconditional love was putting ... whomever ... through fiery torment. Egads, I thought, who do I have on the line here? Beelzebub?

BLESSING OF LIGHT

Getting back to Eileen's puffins and her topics of prayer and intent ...

On the way home from the Taizé service, I tried feeling my heart with the intention of blessing ...whomever... with beautiful light. What a ruckus! They proposed I was trying to kill them. So I thought about it, and changed my intention around to the prayer:

"I bless *myself* with beautiful light."

Image: Young woman with her hand out, touching the center of a tunnel of white, pink, and violet light ... [4]http://www.artisticgenius.com/Light802.j pg ..

This worked wonderfully well, proving to ...whomever... that my intent was not murder. And proving to me that I love my own grounded expression very much. That I feel myself worthy to receive this beautiful light. Despite the negative energy I heard, I felt myself deeply blessed.

And so, in closing, I bless you, dear ones, with beautiful light! (But only if the notion is appealing.)

In love and joy,
I Am of the Stars

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FOOTNOTES

(1) See also: *Link: "The Power and Prophecy of the Oracle at Delphi," 26 October 2009 ... [5]http://blog.aurorahistoryboutique.com/the-power-and-prophecy-of-the-or acle-at-delphi/ ..*

(2) *Citation: "Like a Prayer," by Eileen at "Sacred Spiral of Light" ... No longer available online.* Eileen, who wrote the blog, and Portia, in the comments, had great suggestions for methods of supporting wisdom in government.

(3) *Link: "Wisdom Wednesday – Think Big," 3 April 2013, by Peggy Black, hosted by Cyndi Silva ... [6]https://instantteleseminar.com/?eventid=39885645 ...* These webinars happen the first Wednesday of every month. They are free; Peggy Black channels healing Hathor sounds. For info on these and many other upcoming events hosted by Cyndi, see ... [7]https://www.metaphysicalwisdom.com ..

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(4) *Link: “New Reports of Starving North Koreans,” David Knowles, 29 January 2013 ... [8]https://www.nydailynews.com/news/world/report-starving-north-korean-fa ther-resorts-cannibalism-article-1.1250773 ..*

(5) *Link: “South Korea Raises Alert with North to ‘Vital Threat”’, 10 April 2013, BBC News ... [9]https://www.bbc.co.uk/news/world-asia-22088835 ..*

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[10] 

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astrogeophysics, prophecy, social issues, Jang Song-taek, Jang Sung-taek, Kim jong-un, Kum Kyong-hui, North Korea, Obama, omen, omens, Pak Pong-ju, Peggy Black, President Obama, Sacred Spiral of Light, solar flare, Taizé, incoming light, prayer, North Korean leaders, North Korean famine, rambles in the brambles, agriculture, economics, famine, countries of Earth,

1. http://i.dailymail.co.uk/i/pix/2013/12/13/article-2522859-1A1420DB00000578-805_634x572.jpg
2. https://spaceweather.com/images2013/11apr13/m6cme_anim.gif?PHPSESSID=laofna531a9lb0bubirt506jf0
3. http://www.artisticgenius.com/HealthyHumanAura.jpg
4. http://www.artisticgenius.com/Light802.jpg
5. http://blog.aurorahistoryboutique.com/the-power-and-prophecy-of-the-oracle-at-delphi/
6. https://instantteleseminar.com/?eventid=39885645
7. https://www.metaphysicalwisdom.com/
8. https://www.nydailynews.com/news/world/report-starving-north-korean-father-resorts-cannibalism-article-1.1250773
9. https://www.bbc.co.uk/news/world-asia-22088835
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1.4.10 Soul Challenges . a story by Alice B. Clagett (2013-04-12 19:10)

Written and published on 12 April 2013

Dear Ones,

I have been thinking about my mom lately. I thought about how important it was to her to be a certain weight, dress in a certain way, and speak 'just so.' She and her social circle all seemed to have so much in common. And I never fit in there; I was never like that; it was hopeless to even consider the possibility. It was as if I were the only multicolored duckling in a batch of little golden ducks. Surely a mother would notice this.

I remember a story my mom told me ... that a mother duck would take just about any orphan baby duck under her wing ... and she proved this to me with the ducks we raised. I remember how often she reassured us children that she loved all of us equally.

I guess loving me despite the differences was one of her Soul challenges this time around. And keeping my heart open when others' hearts are not is one of mine.

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

This blog has been added here ... *Link: "Compendium: My Childhood and Family, and Later Years," by Alice B. Clagett, compiled and published on 21 March 2020; republished on 29 March 2020 ... [1]https://wp.me/p2Rkym-haj ..*

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[2] 
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stories by Alice, soul challenges, unconditional love, ugly duckling, motherly love, stories,

1. https://wp.me/p2Rkym-haj
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.4.11 Insomnia, Anyone? . by Alice B. Clagett (2013-04-14 18:46)

Written and published on 14 April 2013

Dear Ones,

My sleep has been very restless, full of unsettling dreams the last few nights. As if some great hand were shuffling through my akashic records, taking a peek at all the sad, bad, and awful memories that hang out there. Today I feel as if the rug has been pulled out from under me. Feels like I'm swimming instead of walking, but it feels ok too, especially when my feet take me out of doors.

Aisha North has something to say about all this that resonates deeply with me. A lovely, mysterious message ...

Link: "A Beautiful Message to Us All," by Aisha North, 14 April 2013 ... [1]https://aishanorth.wordpress.com/2013/04/14/a-beautiful-message-to-us- all/ ..

In love, light and joy,
I Am of the Stars
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[2] 
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ascension symptoms, DNA, 12 strand DNA, Aisha North, DNA recoding, akashic record, sleep,

1. https://aishanorth.wordpress.com/2013/04/14/a-beautiful-message-to-us-all/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.12 No Need to Fight . Just Be Light! . by Alice B. Clagett (2013-04-15 17:04)

Written and published on 15 April 2013

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Image: “Candle Flame,” by Alice B. Clagett, 2 April 2020, CC BY-SA 4.0

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Image: “Candle Flame,” by Alice B. Clagett, 2 April 2020, CC BY-SA 4.0

- AFFIRMATION OF LIGHT
- A LIGHT IN THE DARK, BY LEN HOROWITZ
- LIGHT A CANDLE - AVALON
- YUNA’S DANCE - ETERNITY (MEMORIES OF LIGHT AND WAVES)

Dear Ones,

AFFIRMATION OF LIGHT
by Alice B. Clagett
15 April 2013

May all that is dark blaze forth into awareness.
May it find surcease in the face of the one Great Love.
May the Veil of ignorance lift, and the ashes of darkness waft forth
as sparks of light in the gentle air of New Earth.

A LIGHT IN THE DARK, BY LEN HOROWITZ

Here is a story by Leonard Horowitz about the power of God’s Light as opposed to the power of Darkness ...

Video: A Light in The Dark by Len Horowitz, by Nikki Nightshade, 11 September 2012 ... [1]https://www.youtube.com/watch?v=7ePLup3n6W8 ..

LIGHT A CANDLE - AVALON

Video: Light a candle - Avalon, by eowynprincsold, 24 December 2008 ... [2]https://www.youtube.com/watch?v=sEHjfRZNoK8 ..

YUNA’S DANCE - ETERNITY (MEMORIES OF LIGHT AND WAVES)

Video: "Yuna’s Dance - Eternity (Memories of light and waves)," by angrydoll01, 22 October 2006 ... [3]https://www.youtube.com/watch?v=kmrcnAzTZQw ..

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

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[4] 
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darkness, light, Team Dark, demon realm, angelic realm, affirmations, 2u3d,

1. https://www.youtube.com/watch?v=7ePLup3n6W8
2. http://www.youtube.com/watch?v=sEHjfRZNoK8
3. https://www.youtube.com/watch?v=kmrcnAzTZQw
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1.4.13 My Own Little Piece of Heaven . by Alice B. Clagett (2013-04-15 17:27)

Written and published on 15 April 2013; revised

Dear Ones,

Some folks say the world is going to heck in a handbasket. But I feel like I am standing on my own little piece of heaven. Every once in a while I check, and it is still there.



Image: “Healthy feet of an 11-year-old girl who regularly goes barefoot. Note the presence of ideal arches, looking at her footprints on the dirty floor,” The original uploader was Lorenz kerscher at English Wikipedia, 6 November 2004. Transferred to Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Healthy _feet.JPG ... CC BY-SA 3.0

Image: “Healthy feet of an 11-year-old girl who regularly goes barefoot. Note the presence of ideal arches, looking at her footprints on the dirty floor,” The original uploader was Lorenz kerscher at English Wikipedia, 6 November 2004. Transferred to Wikimedia Commons ... [1]https://commons.wikimedia.org/wiki/File:Healthy _feet.JPG ... CC BY-SA 3.0

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In love, light and joy,
Alice B. Clagett

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co-creating New Earth, heaven, hell, grounding,

1. https://commons.wikimedia.org/wiki/File:Healthy_feet.JPG
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.14 Personal Empowerment . by Alice B. Clagett (2013-04-15 17:43)

Written and published on 15 April 2013

Dear Ones,

Lately I have been noticing which thoughts heal and empower me, and which thoughts don't. For instance ...

If I believe the cause lies within me, then the cure is at hand. If I believe someone else is the cause, then I'm a pawn in their hands.

If I feel that Team Dark is attacking me, then I stay in 3D. If I feel that my own shadow side is coming to my awareness, and dissolving in love, then I find myself in 5D.

If I read about corruption in global politics, or if I bring it to the attention of the world, and hang on, rooting for the 'right' outcome, then I'm stuck in the drama. If I become aware of a political issue, then bless it with light, that's that! All in an instant, the world is a brighter place.

In love, light and joy,
I Am of the Stars
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3D, 5D, co-creating reality, fifth dimension, global politics, reactivity, Team Dark, dimensions, personal power, powerlessness,

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

1.4.15 An End to Negative Thinking about Women . by Alice B. Clagett (2013-04-15 17:50)

Written and published on 15 April 2013

Dear Ones,

The time has arrived for an end to negative thinking about women, and an end to negative thinking by women about themselves. Thank goodness this time is at hand! What a joyous upgrade for Mother Earth, and for women everywhere! And what a joy for men as well!

Here are an image of Quan Yin, and some beautiful prayers to her ... [1]http://quanyinhealings.blogspot.com/2009/01/quan-yin-blessing-mother-o f-love-and.html ..

May your day be blessed by positive feminine energy, both within and without!

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

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[2] 

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appreciation, Divine Feminine, misogyny, prayers, sacred sexuality, divine feminine, goddess, gratitude, Kwan Yin, Quan Yin,

1. http://quanyinhealings.blogspot.com/2009/01/quan-yin-blessing-mother-of-love-and.html
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.16 Shrugging Off the Underworld . by Alice B. Clagett (2013-04-17 18:32)

Written and published on 17 April 2013; revised

Image: Exploring the Ancient Caves of Thailand: There's a man on a ledge near the center of the picture, with a ray of light coming from his helmet! [1]http://i.dailymail.co.uk/i/pix/2-012/08/21/article-0-14A243DA00 0005DC-10 _968x641.jpg ..

Dear Ones,

The recent solar flares stirred up an unconscious miasma, a thick fog of subconscious thought, both on Earth and on an individual level. With greatest gratitude, I note that Earth and humankind have succeeded in incinerating this miasma by applying to it the lens of discernment, lit by the sun of our unconditional love. Together with Gaia, humankind has climbed out of a dark and clammy underworld, into the bright sunlight of conscious awareness.

Today's Oracle Report by Laura Walker expresses so eloquently what I have been sensing for the last few weeks ... To view it, go to ...

Link: "Oracle Report," by Laura Walker ... [2]https://static1.squarespace.com/static/5-30f3fd3e4b00ea7829010d2/t/537d f72ee4b0dd59d7f68b9f/1400764206584/Oracle+Report+201-3+Archive.pdf ... then search for: *April 17*

Incidentally, I note with interest that Laura Walker has written three free ebooks ...

- "Eris: Archetype of Shadows, Crisis, and Awakening at the Completion of the Mayan Calendar," 2007
- "The Black Moon: Guide to Healing the Shadow Side," 2011
- "The Sabian Symbols Record," 2017

These ebooks can be downloaded from this webpage ... [3]http://www.oraclereport.com/books/ ..

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

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[4] 
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collective unconscious, unconscious thought cloud of the world, Gaia, Laura Walker, Mother Earth, Oracle Report, solar flares, underworld,

1. http://i.dailymail.co.uk/i/pix/2012/08/21/article-0-14A243DA000005DC-10_968x641.jpg
2. https://static1.squarespace.com/static/530f3fd3e4b00ea7829010d2/t/537df72ee4b0dd59d7f68b9f/1400764206584/Oracle+Report+2013+Archive.pdf
3. http://www.oraclereport.com/books/
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1.4.17 Uniting the Left and Right Hemispheres of the Brain . by Alice B. Clagett (2013-04-17 18:48)

- INTRODUCTION
- ACTIVATION OF THE PINEAL GLAND
- ACTIVATION OF THE PITUITARY GLAND
- TOM KENYON'S PITUITARY DIMENSIONAL ATTUNEMENT

Dear Ones,

INTRODUCTION

People talk about the divine feminine, and about uniting the left and right hemisphere of the brain. Result: full brain function, Cosmic Mind. But the question is, how can we do this?

Intuition tells me that the answer lies not in the corpus callosum, the physical bridge between the two hemispheres, but rather in full activation of the pineal and pituitary glands, located fairly close to each other in the center of the brain ...

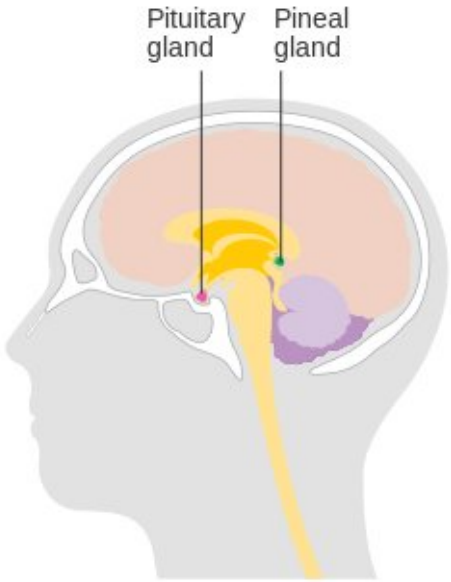


Image: "Diagram Showing the Pineal and Pituitary Glands," by Cancer Research UK uploader, 19 January 2016, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Diagram _showing _the _pineal _and _pituitary _glands _CRUK _468.svg ... CC BY-SA 4.0 International ... COMMENTS: Note that the pineal gland is located slightly higher than the eyebrows, and the pituitary gland is located at the level of the bridge of the nose. The corpus callosum, which

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connects the two hemispheres of the brain, is located just above them. Thus, it may be that concentrating on the third-eye point optimizes the endocrine system through energization of the pineal gland, and also activates cosmic consciousness through energization of the corpus callosum.

Image: "Diagram Showing the Pineal and Pituitary Glands," by Cancer Research UK uploader, 19 January 2016, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Diagram _showing _the _pineal _and _pituitary _glands _CRUK _468.svg ... CC BY-SA 4.0 International ...

COMMENTS: Note that the pineal gland is located slightly higher than the eyebrows, and the pituitary gland is located at the level of the bridge of the nose. The corpus callosum, which connects the two hemispheres of the brain, is located just above them. Thus, it may be that concentrating on the third-eye point optimizes the endocrine system through energization of the pineal gland, and also activates cosmic consciousness through energization of the corpus callosum.

Below are some activation techniques for these glands. As an aside, I note in the literature that there is much confusion among the terms pineal gland, pituitary gland, third-eye point, and ajna chakra. So sometimes an activation for the pineal gland may actually affect the pituitary, or vice versa. Or possibly both at the same time. I went ahead and did all the activations below, just to make sure all the bases were covered.

ACTIVATION OF THE PINEAL GLAND

Video: Pineal Gland Activation Meditation by mountainmystic9: [1]https://www.youtube.com-/watch?v=3h2mJnvRbZ8 ..

ACTIVATION OF THE PITUITARY GLAND

Video: "Third Eye / Ajna Chakra Activation Visual Exercise" by GoldenAgeAscension ... [2]https://www.youtube.com/watch?v=lg3FDTC6 zFc ..

TOM KENYON'S PITUITARY DIMENSIONAL ATTUNEMENT

Tom Kenyon offers a great Pituitary Dimensional Attunement ...

Link: Transmission of Light: The Pituitary Dimensional attunement ... [3]https://tomkenyon.com/transmission-of-light-the-pituitary-dimensional-at tunement ..

For his free musical activation, go to [4]https://tomkenyon.com/sound-gifts and then click on the link:*I agree to the terms*

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

Written and published on 17 April 2013; revised on 9 May 2023 and on 15 January 2024

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[5] 

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mastery of mind, yoga, brain power, cosmic mind, divine feminine, left and right hemispheres, pituitary gland, Tom Kenyon, third eyepoint, ajna chakra, 6th chakra, 7th chakra, age retardation, health, regeneration, corpus callosum, mastery of mind, pineal gland, JScambio,

1. https://www.youtube.com/watch?v=3h2mJnvRbZ8
2. https://www.youtube.com/watch?v=lg3FDTC6zFc
3. https://tomkenyon.com/transmission-of-light-the-pituitary-dimensional-attunement
4. https://tomkenyon.com/sound-gifts
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

How can we unite the left and right hemispheres of the brain?

1.4.18 Synesthesia and the Weekday Gods . by Alice B. Clagett (2013-04-18 19:01)

Written and published on 18 April 2013; revised

Dear Ones,

We think of the physical senses ... sight, hearing, touch, taste, and smell ... as separate ... but are they? All are processed by and come to our awareness through the nervous system, which somehow separates them. So we see one thing and hear another thing, for instance. Two separate sensory experiences.

But for some people, sensory paths are intertwined. So, for example, when they think of a letter or a number, they may see a color associated with it. This automatic intertwining of the senses is called synesthesia. There are over 60 kinds of synesthesia. Here is an example of 'color-graphemic' synesthesia, where a person automatically associates a letter or number with a color ...

Image: The word 'synesthesia, and the numbers 0 through 9, each with a different color ... [1]https://upload.wikimedia.org/wikipedia/commons/thumb/6/60/Synesthesia. svg/2000px-Synesthesia.svg.png ..

Other types of synesthesia ...

- visualizing the year as a wheel (spatial sequence synesthesia)
- visualizing your lifetime as being on a line (another such instance)
- imagining days of the week or lunar months as personalities (ordinal linguistic personification). Judging from the names of our weekdays, (1) all ancient people must have had this variant.
- smelling an odor when you feel a texture
- feeling an itch when you hear a sound
- seeing colors when you hear a song (that must be quite something! I'm reminded of archangels, who can manifest to us as symphonies of sound or showers of ever-changing light, like the aurora borealis)

Video: "Aurora Time Lapse" by Robert Lyons ... [2]http://www.youtube.com/watch?v=KXo-w-S7ai8 ..

It seems to me that writing is a form of synesthesia ... a combining of a mental picture, a spoken sound, and a visual shape. So I guess everyone who can read or write could be called a synesthete?

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

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FOOTNOTE

(1) Norse or Teutonic mythology: Sunday – Sun's day; Monday – Moon's day; Tuesday – Tiu's day; Wednesday – Woden's day; Thursday – Thor's day; Friday – Freyda's day; Saturday – Saturn's day.

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[3] 
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stories, Freyda, Greek gods, Luna, physical senses, Saturn god, Sol, synesthesia, Thor, Tiu, Woden, myths, Norse mythology, Greek mythology, Teutonic mythology,

1. https://upload.wikimedia.org/wikipedia/commons/thumb/6/60/Synesthesia.svg/2000px-Synesthesia.svg.png
2. http://www.youtube.com/watch?v=KXo-w-S7ai8
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.19 Here's to All My Little Astral Buddies . by Alice B. Clagett (2013-04-18 19:10)

Written and published on 18 April 2013; revised

- ASTRAL BEINGS: SMALL BADS
- ASTRAL BEINGS: BIG BADS
- LION BEINGS AS PROTECTORS OF HUMANKIND

Dear Ones,

ASTRAL BEINGS: SMALL BADS

To all the little moths and butterflies, and even to the cucarachas of the astral world, large and small, I've found a song just for you:

Video: "Every Little Thought I Think," by Karen Drucker, JD Martin and David Roth - Topic, published 30 May 2015 ... [1]https://www.youtube.com/watch?v=sL3HDgi _Cd0 ..

ASTRAL BEINGS: BIG BADS

And for those humans that know whereof I speak, here are words from James Gilliland that go straight to the heart of the cucaracha issue ...

*Link: "James Gilliland - 5D Incoming Relationships" ... [2]http://soundofheart.org/galacticfreepress/content/james-gilliland5d-in coming-and-relationships ... S*earch the term: *There are serpent* ... and read that and the following paragraph beginning "Before they could..."

Then search the term: *Here is the technique* ... and read the healing technique described from there to the end of the blog.

LION BEINGS AS PROTECTORS OF HUMANKIND

James Gilliland references the lion beings (1) as protectors of humankind, Here are some images of these rare beings ...

Image: The Egyptian lion god ***Maahes*** *... [3]https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/15b37-ma ahes1.gif ..*

Image: "**Narasimha** [a lion-like avatar of the god Vishnu] killing Hiranyakashipu [an asura, a power-seeking being quite different from the gentler devas or 'suras'] on his lap, as [Narasimha's devotee] Prahlada watches at the left," anonymous, 18th century, in Wikimedia Commons ... [4]https://commons.wikimedia.org/wiki/File:Narasimha _oil _colour.jpg ... public domain *.. and*

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*Image: the Egyptian lion goddess **Sekhmet** ... [5]http://api.ning.com/files/It73-cuqaBVDnBICEteT2rSxsZ*jNSoN0zDK-deih-PJ*5 RlWJCc4PHxjdcth1tJTN0Maj*FUuD445ziNo-3tdc7J5TwMpXgM/Papyrus _Sekhmet _by _Hbruton.jpg ... COMMENT: My favorite lion being, Egyptian goddess of war and healing. —Alice*

That is all for now.

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

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FOOTNOTE

(1) See also *Link: "Lion Beings,"* *posted on 1 July 2010 by Gigi, [6]http://gigiyoung.wordpress.com/2010/07/01/lion-beings/ ..*

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[7] 
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astral planes, astral beings, astral entities, lion beings, Maahes, Mahes, Narasimha, negative thought forms, negative thoughtforms, protection, Sekhmet, Egyptian religion, protection, Egyptian religion, negative astral beings, Hinduism, Vishnu,

1. https://www.youtube.com/watch?v=sL3HDgi_Cd0
2. http://soundofheart.org/galacticfreepress/content/james-gilliland5d-incoming-and-relationships
3. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/15b37-maahes1.gif
4. https://commons.wikimedia.org/wiki/File:Narasimha_oil_colour.jpg
5. http://api.ning.com/files/It73-cuqaBVDnBICEteT2rSxsZ*jNSoN0zDK-deih-PJ*5RlWJCc4PHxjdcth1tJTN0Maj*FUuD445ziNo3tdc7J5TwMpXgM/Papyrus_Sekhmet_by_Hbruton.jpg
6. http://gigiyoung.wordpress.com/2010/07/01/lion-beings/
7. http://creativecommons.org/licenses/by-sa/4.0/
8. http://creativecommons.org/licenses/by-sa/4.0/

1.4.20 Sound, Light and Bodily Form . by Alice B. Clagett * (2013-04-19 19:30)

Written and published on 19 April 2013; revised

- SUNLIGHT
- MY REFRIGERATOR
- ELVEN WIND CHIMES
- HARMONICS
- PLAYING WITH SOUND

Dear Ones,

Through the mental quality called ‘ego’, we imagine ‘we’ have a bodily form. On the basis of visual input, which narrows the range of Light that we can perceive from the *possible* ... 10-14 to 104 meters ... to the *visible* ... 390-800 nanometers ... we *imagine* this form is solid ...

Image: The Electromagnetic Spectrum: radio, microwave, infrared, visible, ultraviolet, X-ray, gamma ray ... [1]https://upload.wikimedia.org/wikipedia/commons/9/99/EM _Spectrum3-new.jpg ..

In the chart above, I get that, at the large end of the spectrum, 10 to the power of 4 = 10,000. That I can visualize. I have a hard time visualizing how small 10-14 meters might be. However, I see that the part of the Light spectrum that my eyes can perceive is labeled ‘nanometers.’ I looked it up ... a nanometer is one billionth of a meter. I get the gist ... my eyes are picking up a nanofraction of available Light. So maybe my eyes aren’t really telling me the true story about who and what I am.

What if our form were not solid, but rather, waves of Light?
What if it were tiny, swirling sparks of Light?
What if it were waves of sound?

What if we paid attention to sound and Light ... rather than form ... when we relate to reality? How would that alter how we imagine ourselves to be?

SUNLIGHT

Image: Sunlight, sky, and clouds ... [2]http://www.shakopeechiropractormn.com/wp-content/uploads/2013/06/Sunshin e.jpg ..

Lately I have been noticing that sunlight is a form of food. Especially when I face the sun, I can feel vital energy streaming into my heart chakra. Light’s a little like snow. Here in America we have only one name for snow, although we may observe that it is sparkly or powdery, or good for skiing. Among the people of West Greenland, and probably because the quality of snow in Greenland is important to life and livelihood, there are 49 words for snow

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(1). In the same way, we tend to think of Light as plain old ‘light’, but to the astute observers has many different qualities, many flavors, many textures.

Yesterday it was windy, and all day long, little rain clouds scudded across the sky. Mid-morning it hailed, and little rivers and eddies of hail swooshed around on the ground in the wind, like the misty steam swirling off of dry ice. Then in the late afternoon, the sky was beginning to clear, and I took a walk by a little river.

A steady, slanting stream of sun fell on me as I walked. At first, it had a wet, swirling quality. Mildly tumultuous Light! That’s something new! Then as I walked away from the river, onto a running track, the Light began to swirl more smoothly. It reminded me of a golden milkshake.

Is Light solid, I wondered? Is it alive, intelligent, full of joy, like me?

MY REFRIGERATOR

I work in a place with a refrigerator, and when the refrigerator motor runs, it emits a sound that is low-pitched and continuous.

Video: Refrigerator motor noise ... [3]https://youtu.be/4Y7oMTxpa30 ..

Sometimes I imagine that my mind is a piano. Sometimes it thinks high thoughts ... like high notes on a piano ... and sometimes it thinks low thoughts ... like the low piano keys. As I work, whenever my thoughts get ‘low,’ I realize the refrigerator is running. The low-pitched, continuous sound of the refrigerator is resonating with the lower keys on my mind’s piano.

When I meditated last night, I felt my concept of myself expand out past my body. Then the refrigerator motor came on. The odd thing was, it didn’t affect me as it had done during the work day. The sound wasn’t whapping into my aura and distorting my energy field.

Instead, as I meditated, it felt as if my ‘body’ were discontinuous ... with lots of empty space everywhere ... and the waves of sound from the fridge were simply passing, unimpeded, through the interstices of whatever ... sound, Light? ... that constitute my form. Odd, huh?

ELVEN WIND CHIMES

For several years now, especially when I am out in nature, I hear a very high-pitched, not-quite-monotone sound in my ears ... between 9.4 and 10 kilohertz ... you can hear this tone starting at marker 4.27 on this hearing test ...

Video: “Hearing Test” by Vatsek ... [4]https://youtu.be/4G60hM1W _mk ..

However, the tones you hear on the above video lack the pleasant, subtle harmonics of the sound I hear in my ears. What I hear reminds me of elven wind chimes. It is like a song of the devas, or the sweet song of New Earth. This beautiful sound is nearly beyond the high end of my audible range ... it is near the opposite end of the audible spectrum from the refrigerator

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sound. The high sound resonates with my highest thoughts ... the highest keys on my mind's piano.

So just for the fun of it, last night I tried placing my awareness on the high-pitched sound in my ears. As I was falling asleep, I concentrated on just that ... just that sound. It grew louder, sweeter, more beautiful, till it seemed like the whole world was that lovely sound. I said to myself: Whenever I want, may I be able to recall this sound! Then when I woke up during the night, with the usual jumble of subconscious thoughts still lingering in my mind, I right away switched my attention to the ringing in my ears.

When I woke up this morning, I felt as if I had been in a 'sound' rejuvenation bath. My body and mind felt fresh, crisp, and new. What an amazing feeling!

Mind you, often during the day, especially when I am working at a repetitive, routine, noncreative task, I hear a much lower sound in my ears. I have come to the conclusion this low sound represents lower mental function ... closer to subconscious thought, consequently less pleasant. The minute I turn to joyful pursuits, the pitch of the sound gets higher.

HARMONICS

People talk about experiencing multiple dimensions of reality. About flipping back and forth between lower and higher dimensions. There is also talk about expanding the mind so as to experience several dimensions at once. How can this be?

The sounds we hear in nature offer a clue: Just as each natural sound consists of many harmonics, (2) the reality we are capable of experiencing consists of many nuances, which may be termed dimensions. We can experience reality as if it were a pure tone, like the hearing test (3) ... which I find to be rather painful listening. Or we can experience it like richly resonating wind chimes. Our choice!

Video: "Sounds of Nature, Wind Chimes, and Morning Song Birds," by nerrad006 ... [5]https://youtu.be/h15XTI2Zhy0 ..

PLAYING WITH SOUND

Imagine your mind is a piano and your thoughts are keys. When you think a thought, what sound does it make?

When you hear a sound, imagine what shape it is ... Is it bumpy? Smooth? Does it have sharp edges?

When you hear a sound, what emotions does it evoke? Do your thoughts become sad? Angry? Anxious? Full of joy?

This meditation ... on whichever sound is loudest for you at the moment ... will lead you into the NOW.

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Video: Playing with Sounds – High and Low ... [6]https://youtu.be/sXiHbzaudvs ..

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

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FOOTNOTES

(1) *Link: "More Eskimo Words for Snow" ... [7]http://www.putlearningfirst.com/language-/research/eskimo2.html ..*

(2) *Link: Wikiaudio has more on harmonics ... [8]https://www.wikiaudio.org/ ..*

(3) *Link: Hearing test, by Vatsek, 2 June 2007 ... [9]http://www.youtube.com/watch?v=4G60hM1W_mk ..*

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healing, languages of light, bodily senses, light, multidimensionality, multidimensions, multiple dimensions, senses, sound, sunlight, healing through sound, hologram storage, human hologram, harmonics, multidimensionality, my favorites, miscellanea, esoteric lore, physical body,

1. https://upload.wikimedia.org/wikipedia/commons/9/99/EM_Spectrum3-new.jpg
2. http://www.shakopeechiropractormn.com/wp-content/uploads/2013/06/Sunshine.jpg
3. https://youtu.be/4Y7oMTxpa30
4. https://youtu.be/4G60hM1W_mk
5. https://youtu.be/h15XTI2Zhy0
6. https://youtu.be/sXiHbzaudvs
7. http://www.putlearningfirst.com/language/research/eskimo2.html
8. https://www.wikiaudio.org/
9. http://www.youtube.com/watch?v=4G60hM1W_mk
10. http://creativecommons.org/licenses/by-sa/4.0/
11. http://creativecommons.org/licenses/by-sa/4.0/

1.4.21 For Clairaudients: A Guide to Small, Obnoxious Astral Entities . by Alice B. Clagett (2013-04-20 18:13)

Written and published on 20 April 2013; revised

- THE ASTRAL REALMS ... ON THE WAY TO THE FIFTH DIMENSION
- SMALL ASTRAL FAUNA
- YUMMY THOUGHTS AND FEELINGS
- ASTRAL CORDS
- RECOGNIZING ENERGY DISTORTION
- A SHOTGUN APPROACH
- VISUALIZING PRANIC COLUMN

Dear Ones,

THE ASTRAL REALMS ... ON THE WAY TO THE FIFTH DIMENSION

I would like to share some information regarding the Ascension process and clairaudience. This post is about small, obnoxious astral entities.

One of Erin Pavlina's articles deals with "The Big Bads. " (1) However, in all honesty, maybe it's best to set our sights on the small astral fauna before going for the big game. So here's a post about the insidious little guys, which until now have been getting along wonderfully well by flying beneath the radar of our Awareness ...

Among Lightworkers, quite a few are now ascending through the astral realms, and breaking out into the fifth dimension. I'd like to talk about experiences as we go through the astral realms. I say 'realms' because there are many astral planes, and their inhabitants range from distinctly unpleasant (in the lower realms) to fairly fun to be around (in the higher realms). At the outset, I'd like to state my stance on the astral realms: there's no astral place I want to linger in. The fifth dimension sounds way more fun.

SMALL ASTRAL FAUNA

To the clairaudient, astral beings sound like 'extra' thoughts. We may think we've gone round the bend and over the edge, and are just hearing voices. We may think they're our 'wounded child' talking to us. We may think they're our inner critic, coming up with a variant on our point of view. We may think they're our telepathic next-door neighbor. But in truth, they're astral beings. That's the very first thing to understand. No matter how long they've been hanging out with us, masquerading as this or that, they're not what they appear to be. They're not really friends of ours at all. And that's a hard realization to come to.

The higher a person's light quotient, the more visible that person is to astral beings. Lightworkers are very visible in this regard. Astral beings are attracted to Lightworkers like

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moths to a flame. But unlike moths, astral beings aren't destroyed by the flame of our energy. Quite the contrary.

YUMMY THOUGHTS AND FEELINGS

We humans think about one thought per second ... around 90,000 thoughts a day. Maybe more. Each thought has an emotional tenor. Each tenor attracts a certain class of astral entities. Many, maybe even all astral beings are capable of latching onto our emotion-laden thoughts.

One of the most bothersome issues we face as we pass through the astral realm, on our way to the fifth dimension, has to do with astral beings that are attracted to our negatively aspected thoughts. There are literally gadzillions of them, possessed of a canny sort of intelligence, and a single-mindedness of intention. They're hungry. Our energy body is food.

These beings possess the faculty of repeating a negative thought over and over again in our minds, till it begins to distort our chakric energy, turning the light of our chakra 'sour' enough that they can use it as energy. It's as if they can sort through all the 'musical notes' in the grand piano of our minds, find all the keys that are out of tune, and strum them time and time again, till our energetic body plays its tune off key.

ASTRAL CORDS

Most people have astral cords connecting them with other people. I know this is normal, but I believe, not a desirable state of affairs. I feel this way because I've found that, after astral beings create dissonance in one of our chakras, or in several of our chakras, and if those chakras are corded, these beings can twang the astral cords in such a way as to transmit the dissonance to the corded partner. In fact, it sometimes feels like astral insects are connected, tail to tail, as it were, all along an astral cord. So my thought is, to do my best to stand on my own two feet energetically, cut the cords, and relate to heaven and to Earth as my fundamental energy circuit. That's a lot more joyous than being twanged by an astral mosquito.

RECOGNIZING ENERGY DISTORTION

So in various ways, the distortion of our energy signature caused by lower astral beings drains energy from us and prevents us from rising to a higher vibration and higher Awareness. Which I guess is why these beings are sometimes called 'energy parasites.'

Let's say we hear an 'extra' voice in our head, the voice of an astral being. We're not all that familiar with astral flora and fauna. How do we know if this astral being is high or low? By turning our Awareness to our heart chakra and to our emotions. How does our heart chakra feel? Is it open; is unconditional love flowing freely? Then the voice we hear belongs to a higher astral being. But if the heart chakra feels shut down, if the energy there is stagnant and restrained, then the voice we hear belongs to a lower astral being.

What about our emotions? Do we feel anxiety, fear, anger, lust, greed, arrogance, attachment? Then guess who we're hearing! The lower beings. Then, if our emotional body feels peaceful, tranquil, joyful, who do we have on the line? The good little dudes.

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Another way for a clairaudient to tell who's on the line is by the way they talk. For instance, when my mind turns negative, the astral voices I hear make me feel like I'm in a swarm of astral mosquitoes. When my mind is dull and bored, the voices hear make me feel like I'm surrounded by dull, lumbering moths. When my mind is full of happy thoughts, I hear happy pixies and fairies everywhere, like clouds of giggling butterflies.

A SHOTGUN APPROACH

The voices of these beings, whether high or low, draw our Awareness away from our own core energy and from our hearts. I can tell you from personal experience that yelling, cussing, throwing a temper tantrum won't make these beings go away. Quite the opposite ... the most obnoxious beings, which like *very* negative energy, then come round.

Last night I tried, with some success, this shotgun approach ...

First I placed my Awareness on my heart chakra, which, I noticed, felt clogged up. Removing my Awareness from the unpleasantness of my astral company (which often is a less appealing crowd at night, for lack of sun energy), I began to anticipate a happy event I'd be attending the next morning. My heart opened, as I had hoped. Then I summoned my will power and said, "May all lower-level astral beings dissolve in the highest light that is good for them NOW. And so it is!"

VISUALIZING PRANIC COLUMN

The above blessing is a good stop-gap measure, but for the long haul the transformation that needs to take place is our own – and not that of tiny astral beings. To accomplish this, we have a wonderful tools to work with. This is the pranic column.

By visualizing the pranic column we can balance the emotional body and connect our pranic column with the energy grid of New Earth and with Earth's core energy, making us a powerhouse of positive energy, a force for great good in the world.

- See the explanation, diagram, and soundtrack in ... Link: "Rebalancing the Emotional Body through the 'Ka' Body," by Amara Tia Ann ... *[1]https://acast.me/2013/01/28/rebalancing-the-emotional-body-through-the-k a-body-goddess-isis/* ... takes about 10 minutes, including the soundtrack

- For a description of pranic column visualization, see Tom Kenyon's Hathor transmission "Earth's Magnetic Field" ... [2]https://tomkenyon.com/earths-magnetic-field ... takes about 10 minutes

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

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FOOTNOTE

(1) *Link: "Astral Battles: Fighting the Big Bads," by Erin Pavlina ... [3]https://www.erinpavlina.com/blog/2011/07/astral-battles-fighting-the-b ig-bads/ ..*

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[4] 

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astral planes, Amara Tia Ann, astral entities, astral protection, astral realm, clairaudience, clair, pranic column, Tom Kenyon, visualizations, astral cords, astral beings, negative astral beings, JScambio,

1. https://acast.me/2013/01/28/rebalancing-the-emotional-body-through-the-ka-body-goddess-isis/
2. https://tomkenyon.com/earths-magnetic-field
3. https://www.erinpavlina.com/blog/2011/07/astral-battles-fighting-the-big-bads/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.4.22 Baptismal Sylph . a story by Alice B. Clagett (2013-04-21 09:00)

Written and published on 21 April 2013; revised and published on 10 June 2018; revised on 26 April 2020
Previously titled: Nature Spirits ... a story by Alice B. Clagett and the School of Theosophy
The original blog has been divided into two separate blogs (see 'Note' below).

Image: "Dance of the Nature Spirits," by Gilbert Williams ... [1]https://i.pinimg.com/originals/fa/2b/9a/fa2b9a025cbb9ec57cbd9720811834 33.jpg ..

- STORY OF THE TRANSFORMATION OF MY BAPTISMAL SYLPH TO A SERAPH
- SPONTANEOUS *MUDRAS* OR *KRIYAS* AS MANIFESTATIONS OF THE DESCENT OF GRACE
- LET US STAND IN FAITH, THROUGH CHRIST'S LOVE, WHEN THE DESCENT OF GRACE LIGHTS UP THE SHADOW WORLD AROUND US

Dear Ones,

When a child is baptized, a sylph ... a type of nature spirit known as an elemental of the air ... attaches itself to the child, in the area of the child's heart, and in the form of a fiery white cross. Under special conditions, that sylph can ... all in a flash! ... be transformed to a seraph, an angel. In this way the sylph attains what is termed, in the School of Theosophy, 'individualization'. For more on this, see ...

Link: "Baptism and Sign of the Cross to Protect the Heart," by Alice B. Clagett, published on 5 December 2014; revised... [2]https://wp.me/p2Rkym-7NM ..

STORY OF THE TRANSFORMATION OF MY BAPTISMAL SYLPH TO A SERAPH

This transformation is something that happened to my baptismal sylph; it is an experience that I will never forget.

The vast display of Christed love and Light, as the sylph is transformed to an angelic presence in the heart of the devout Christian, is almost blinding, to the astral eye, in intensity ... the more so when hymns are played, and sung with devotion. There is nothing like devotional music, sung from the heart, to spark the fiery love of the great and vastly beautiful beings of the Angelic Realm.

On the negative side, I remember ... I think it was on Sunday, 5 December 2011 ... being escorted out of a spirit-filled, multi-ethnic, multi-generational Christian church in Northridge, California by two burly ushers, who backed me up against the exterior church wall, so that the pastor of the church could condemn me as being possessed by Satan. For awhile, I was upset about my experience with that church, especially in light of the wonderful feeling of loving Christ consciousness I was then experiencing. I found out later, though, that another person had a similar experience at that church, and so I began to feel my experience with them in a

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less personal way.

Viewed philosophically, I feel that great displays of Light on Earth are always countered by great displays of Dark. In this way, Earth maintains her balance of Light and Dark. For more on this, see my blog categories: *Descent of Light and grace ... Descent of the Dark ... Dark Attacks ...* and ... *Balance*

SPONTANEOUS *MUDRAS* OR *KRIYAS* AS MANIFESTATIONS OF THE DESCENT OF GRACE

The transformation of my baptismal sylph into a seraph was accompanied by spontaneous, healing *mudras* or *kriyas*, healing of the congregation by the angel throngs, and a descent of grace that I would be hard put to describe.

Spontaneous *mudras* or *kriyas* ... that is, spontaneous movements of the fingers or body ... although well understood in Eastern religions, are little understood in the West. Among Indian saints who evidenced spontaneous *mudras* or *kriyas*, one of the best known and most deeply loved was Anadamay Ma. For more about her, see ...

Link: " Anandamayi Ma, Ecstatic Saint," by Andres, in Mahasara School of Meditation ... [3]https://mahasarameditation.com/anandamayi-ma/ ..

It is likely that Christ also used spontaneous *mudras* or *kriyas* in blessing the crowds of people that gathered around him, as there are many portraits of him using *mudras*. One that I like very much is the mudra with two upraised fingers, which blessed his followers with Divine understanding ...

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Image: "Salvator Mundi (Christ Blessing)," by Titian, c. 1570, oil, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Titian, _Salvator _Mundi _(Christ _Blessing), _c. _1570, _oil _on _canvas, _96 _x _80 _cm, _Hermitage _Museum.jpg ... public domain

Image: "Salvator Mundi (Christ Blessing)," by Titian, c. 1570, oil, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Titian, _Salvator _Mundi _(Christ _Blessing), _c. _1570, _oil _on _canvas, _96 _x _80 _cm, _Hermitage _Museum.jpg ... public domain

For more on healing *mudras*, see ... *Link: "Healing Mudras," by Alice B. Clagett, published on 25 February 2019 ... [4]https://wp.me/p2Rkym-bNH ..*

LET US STAND IN FAITH, THROUGH CHRIST'S LOVE, WHEN THE DESCENT OF GRACE LIGHTS UP THE SHADOW WORLD AROUND US

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Like the Pentecostal Christian phenomenon of talking in tongues, spontaneous *mudras* and *kriyas* take place with the Descent of Grace. When such grace and Light descend, then the Darkness in each of us, and in the air around us ... here in the realms of Duality ... is cast into bold relief. Through the Light of Angelic presence, we begin to see, with great clarity, the Darkness of the Demon Realm.

And so it was, at the spirit-filled, multi-ethnic, multi-generational Christian church I was attending, some years ago ... I think it was on Sunday, 5 December 2011 ... in Northridge, California. Especially for those 'in control' in a congregation ... the pastor, the prophets, the altar guild, the ushers, and so on ... the challenge arises to join with Christ and with the Angel Realm, and to overcome any fear they may feel of the newly discovered Dark; to work together, as a congregation, in the Light of Christ's Love.

I expect this challenge will arise more and more, all over Earth, in the coming years.

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

Note: In this blog there were originally two final sections: "Theosophist C.W. Leadbeater on Nature Spirits" and "Theosophist Arthur E. Powell's Compilation on the Nature Spirits." These have been extracted to ... *Link: "School of Theosophy on Nature Spirits," compiled by Alice B. Clagett, published on 26 April 2020 ... [5]https://wp.me/p2Rkym-hMn ..*

See also ... *Link: "Lightworker Homework 4: Activate Your Central Vertical Power Current (Your 'Kundalini'),"* *by Alice B. Clagett, written and published on 9 May 2021 ... [6]https://wp.me/p2Rkym-mIO ... See: Sidebar:* On Conveying Star Messages to Other Humans

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[7] 
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baptismal sylph, demonic realm, angelic realm, seraphs, spirit-filled church, obsession, possession, stories by Alice, stories, talking in tongues, Pentecostal Christianity, Spirit-Filled churches, descent of grace, incoming light, Charismatic Christianity,

1. https://i.pinimg.com/originals/fa/2b/9a/fa2b9a025cbb9ec57cbd972081183433.jpg
2. https://wp.me/p2Rkym-7NM
3. https://mahasarameditation.com/anandamayi-ma/
4. https://wp.me/p2Rkym-bNH
5. https://wp.me/p2Rkym-hMn
6. https://wp.me/p2Rkym-mIO
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1.4.23 Visible 5D: Creating Vortices to Bless Earth . by Alice B. Clagett and others (2013-04-21 18:54)

Written and published on 21 April 2013

Dear Ones,

Look at the sofa around Bill's body as he speaks. See anything unusual?

Video: "3-25-12 Bill Ballard Whatever Situation You Find Yourself and Others In BE RESPECT-FULL," pearls2u, p ublished on Mar 25, 2013 ... [1]https://www.youtube.com/watch?v=PIQYQj _IU-A ..

I'm guessing you don't believe what you see, right? So then, look at what happens to the air around Sandra Walter at markers 7.00 through 7.49 (when she creates the vortex). This is a poor quality backup tape (I'm guessing her main camera was zonked by the energy). So to compare how it looked before she invoked the energy, see the beginning of the tape:

Video: "April/May Missions of Light: Opening 5D Gateways and Portals" ... [2]http://www.youtube.com/watch?feature=player _embedded &v=VImQLRUDDNU #at=382 ..

Like Sandra, Bill and his friend Ginger have been dedicating time to creating vortexes and opening portals to bless the Earth recently:

Video: "4-6-13 Bill Ballard – G and I Did Intense Water Healing Ceremonies This Past Week for Gaia" ... [3]http://www.youtube.com/watch?v=Y3C9x81Od J0 ..

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

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Gaia, portals, blessing earth, creating portals, creating vortices, fifth dimension, portals, raising frequency of Earth, vortexes, dimensions, Gaia,

1. https://www.youtube.com/watch?v=PIQYQj_IU-A
2. http://www.youtube.com/watch?feature=player_embedded&v=VImQLRUDDNU#at=382

3. http://www.youtube.com/watch?v=Y3C9x81OdJ0
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.24 Sekhmet and the Boston Marathon . by Alice B. Clagett (2013-04-22 13:20)

Check out Tom Kenyon's Aethos meditation to help clear Team Dark malware from your energy field ... [1]https://tomkenyon.com/the-aethos-and-non-dual-states-of-consciousness ... This is an older post but the meditation is right on for right now.

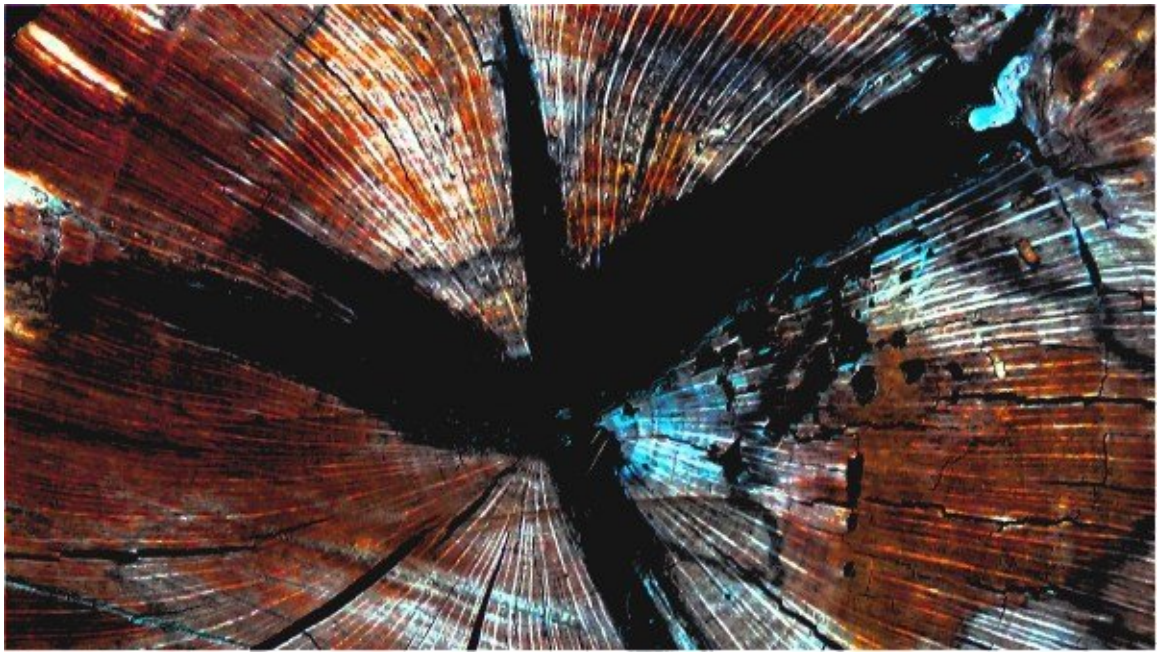


Image: "Age of Darkness - Trippet Ranch, Topanga State Park, Santa Monica Mountains, California 1: Dark Angel - Fallen Angel [effected 1]," symbolic art by Alice B. Clagett, 8 November 2019, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com .. ***Image: "Age of Darkness - Trippet Ranch, Topanga State Park, Santa Monica Mountains, California 1: Dark Angel - Fallen Angel [effected 1]," symbolic art by Alice B. Clagett,*** *8 November 2019, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..*

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- THE BOSTON MARATHON ... 'SMASH AND GRAB' BY TEAM DARK
- OMENS, AND A FLARE OF ANGER IN WALMART
- BENEVOLENT LIGHTNING AT A COUNTRY CHURCH
- AETHOS MUSIC BY TOM KENYON AND A VISION I HAD OF A BEAUTIFUL WOMAN
- FIRES OF TRANSFORMATION
- FIERCE COMPASSION

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- FIRST AND SECOND CHAKRA CLEARING

Dear Ones,

THE BOSTON MARATHON ... 'SMASH AND GRAB' BY TEAM DARK

I want to talk a little about the energy that is manifesting in the world right now, around the issue of the Boston Marathon. I should say at the outset that my first reaction to the news was along the lines of what I have been hearing – 'smash and grab' by Team Dark, a well-planned attempt to flood the world with fear, and wrench from us our power as true human beings of New Earth. Last night I scanned a prediction that this was an experiment in social psychology, preparatory to setting up a police state.

It was not till something happened yesterday that I finally understood about the Boston Marathon.

OMENS, AND A FLARE OF ANGER IN WALMART

Omens had been popping up all day long – my cat was acting like she had spring fever. She got into a fight with a friendly cat next door, came in covered with dust and leaves. When I left to do errands, my car made a funny sound. Never does that. A hawk sailed over the road, quite low, lingering to take a look at me. There was a gathering of energy in the air – tense, heavy, roiling energy. Intuition told me, something was up.

So here is what happened in my world as this dark energy was rolling around on Earth: Sun energy was low in the sky; getting on towards sunset, and I had just made the mistake of going to Walmart to pick up a few odds and ends. You may have noticed how the metal in the shelves and ceilings and the half-light of the neon bulbs in the large stores interferes with our pranic column energy?

So, predictably, it was while I was in Walmart that I experienced a telepathic 'smash and grab' attempt, from which I recovered my heart energy pretty well, but with a trace of residual anger tainting the pure energy of my heart. From the point of view of the other people involved, 'my' dark energy had caused one of them to get into a fender bender. I will get back to these varied reactions in a moment.

BENEVOLENT LIGHTNING AT A COUNTRY CHURCH

I have been attending a country church lately. There is a great band there, and I do love inspiring music. Also, the pastor comes up with incredibly insightful Sunday sermons. He will mention some news about a person in the community. Then he might talk about something that has been making headlines ... and these days it is likely to be something worrisome. And he will go on to a phrase from the Bible. And I will sit there wondering, How in the world is he going to tie all this together? Then as he gets to the end of the talk, all of a sudden, he makes the whole thing clear. It is a little like being struck by lightning. Benevolent lightning. I am tempted to try his technique in this blog ...

AETHOS MUSIC BY TOM KENYON AND A VISION I HAD OF A BEAUTIFUL WOMAN

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Last year, right after Tom Kenyon and the Hathors came up with the Aethos sound meditation, (1) I was playing it and listening with rapt attention, wondering how the human voice could have come up with this river of cosmic sound. As I listened, I had an unsettling vision, all the more so because I am not used to it ... I never have visions.

I saw, very vividly, and felt, very clearly, a group of Souls rising slowly upward, through a murky sky. I could not see Earth at all; only this dark, foreboding sky, and I derived my sense of direction from the downward pull I felt, like gravity.

This group of Souls were in the deepest state of unconditional love. Soaring upward, against the downward pull, because of the overwhelming buoyancy of the love pouring from their hearts. It was they who were all together singing the Aethos song, and it was the song that was lifting them upward. I was really happy to be there with them, rising with them, albeit near the bottom of this upswell of love.

Then beneath me I saw a beautiful woman. The outline of her form was like that of the woman in the top row, second from left, in this collage of art by Greg Spalenka (2) ... [2]https://cdn.shopify.com/s/files/1/0588/1 445/products/export67 _83b33715-22fe-44f9-9e06-1dae6028e613.jpg?v=1417655136 ..

But she was on fire, and crying out in anguish, over and over again; reaching up piteously towards the group of rising Souls, as in this artwork by Greg Spalenka, if it were flipped so that the woman faced upward ... [3]https://spalenkablog.files.wordpress.com-/2015/05/mysticcurrent5smaller .jpg ..

I felt her pain. I did not know what to do. For a moment I was one with her agony. Then I realized there was nothing to do but feel the love, as the others were doing. This was the only answer and the only action: feel the love. And then I woke up, as if from a deep dream. Wow, what an experience!

FIRES OF TRANSFORMATION

Lately I have been going through Judy Satori's "Mastery of Mind" course (3), little by little. Last week I was on Day 1, and I came across a track where Judy Satori and her friend Danielle channeled Sekhmet, Egyptian goddess of war and healing. The power of the channeled words hit me like lightning! Then later I learned that Eileen (who used to write the Matariki blog, and later wrote the Sacred Spiral of Light blog) talks about her as having the qualities of lavender and lightning. (4)

FIERCE COMPASSION

So now if you will bear with me for a moment I'll try to tie all this together. I'll bet you can tell where I am headed.

The feeling in the world right now, that expressed itself at the Boston Marathon, and is repercussing globally because of the media, is the energy of Sekhmet, which is setting loose

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the deepest fears of humanity so as to purify and uplift our hearts. I will admit it *feels* like 'smash and grab' by Team Dark. And we can take it that way, that someone (or some*thing*) is after us, trying to kill us.

FIRST AND SECOND CHAKRA CLEARING

But in fact, we have a lot for which to be grateful regarding the Boston Marathon event. All those brave Souls who had come to Earth agreeing to participate in the event – the brothers who placed the bomb, those who agreed to be injured or to give their lives, the runners, the police, and the crowd of onlookers ... I am so thankful to each of these courageous people! They have brought to global awareness the imminence of a very important process. The fires of transformation are purifying and cleansing all the shame, guilt, anger and fear we hold in our second chakra, and the fear of death held in our first chakra.

Right now, we are all immersed in the same unsettling energy. We are all feeling this 'smash and grab' feeling from time to time. But we each have a choice how we take this feeling: We can feel the fear, blame someone or something else for it, and try to fix the situation by catching them and doing them in (killing them).

Or, we can feel our fear of death (the beginning of a first chakra clearing process), then turn our attention to our hearts. Allow our hearts to open. Sense what is going on in our bodies (5). Trust that this bonfire has been set so that we can rise to the tranquil, joyful experience of the Aethos. We can trust ourselves to Sekhmet's fierce compassion.

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

Written and published on 22 April 2013; revised on 23 June 2023

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FOOTNOTES

(1) "The Aethos and Non-Dual States of Consciousness: A Hathor Message through Tom Kenyon." The description is here: [4]https://tomkenyon.com/the-aethos-and-non-dual-states-of-consciousness ... Almost at the bottom of the page is the link to the free Aethos music.

(2) *Link: Greg Spalenka Visionary Art ... [5]http://www.spalenka.com/ ..*

(3) Judy Satori's website is here, but I see that "Mastery of Mind' is currently not available (2018): *Link: Judy Satori ... https://www.ascensionlibrary.org/ ..*

(4) Link: "Lavender and Lightning," a 9 July 2011 blog by Eileen at Matariki ... no longer available

(5) **About physical sensations of chakric clearing:** In my case yesterday afternoon, after the 'smash and grab,' I went and parked at a church on a hill not far from Walmart. There were children playing basketball behind the church. And in the direction I was facing, sitting in my car, a breathtaking view of the distant mountains. I centered by meditating on my pranic column, and then checked round my body for sensations. The chalice of my pelvic region

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began to feel very solid, very full, like a heavy weight, anchoring me to Earth. Then I felt a familiar frothy, bubbly sensation in my pelvis ... like tiny seltzer bubbles popping and fizzing. Aha! I thought – this is chakric clearing! Of course, not everyone feels this "snap, crackle, pop!" sensation during clearing. But everyone feels *some* physical sensation; and that's a good thing to notice. It can help put a perspective between us and what is coming down.

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[6] 

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demonic realm, Egyptian religion, mastery of mind, rambles through the brambles, social issues, stories, transformation, compassion, Aethos, Boston Marathon, fierce compassion, fires of transformation, mastery of mind, Sacred Spiral of Light, Sekhmet, smash and grab, Tom Kenyon, Walmart, first chakra, second chakra, shame, guilt, anger, fear, visions, smash and grab, Dark Attack, Greg Spalenka, Aethos vision, country church,

1. https://tomkenyon.com/the-aethos-and-non-dual-states-of-consciousness
2. https://cdn.shopify.com/s/files/1/0588/1445/products/export67_83b33715-22fe-44f9-9e06-1dae6028e613.jpg?v=1417655136
3. https://spalenkablog.files.wordpress.com/2015/05/mysticcurrent5smaller.jpg
4. https://tomkenyon.com/the-aethos-and-non-dual-states-of-consciousness
5. http://www.spalenka.com/
6. http://creativecommons.org/licenses/by-sa/4.0/
7. http://creativecommons.org/licenses/by-sa/4.0/

Check out Tom Kenyon's Aethos meditation to help clear Team Dark malware from your energy field ... https://tomkenyon.com/the-aethos-and-non-dual-states-of-consciousness ... This is an older post but the meditation is right on for right now.

1.4.25 Snap, Crackle, Pop - Rice Krispies . by Alice B. Clagett (2013-04-22 16:56)

Written and published on 22 April 2013; revised

Dear Ones,

Sometimes chakric clearing sounds just like this: "Snap, crackle, pop!" And is just as much fun as eating a bowl of Rice Krispies!

Video: Snap, Crackle, Pop Rice Krispies Song, by Embezzz, 19 April 2006 ... [1]https://www.youtube.com/watch?v=q6TIsxTdrCU ..

In love, light and joy,
I Am of the Stars
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[2] 

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Soul wounding, karma, Snap Crackle Pop Rice Krispies, heart clearing, fun, joy,

1. https://www.youtube.com/watch?v=q6TIsxTdrCU
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.26 Congruence: Human Brain - Pyramids - Star Systems - Cosmogenesis - Human Genesis . by Alice B. Clagett (2013-04-25 04:56)

Written and published on 25 April 2013

- THE PINEAL, THE PITUITARY, AND THE OPTIC NERVE
- THE DESIGN OF THE PYRAMIDS
- STAR SYSTEMS
- COSMOGENESIS - CREATIVE REALMS
- HUMAN GENESIS
- INTERESTING ANALOGIES

Dear Ones,

THE PINEAL, THE PITUITARY, AND THE OPTIC NERVE

Note the positions of the pineal gland, pituitary gland, and optic nerve in the human brain ...

Image: Human brain ... [1]https://www.cancer.gov/images/cdr/live/C DR680415.jpg ..

THE DESIGN OF THE PYRAMIDS

Compare these to the position of the king’s chamber, queen’s chamber, and entrance passage B in the diagram of the pyramid below.

Also compare points A and E below with the positions of the top and bottom of the brain (above) ...

Image: The Esoteric Physiology of the Pyramid, Source: The Sacred Tradition of Ancient Egypt, R Clark ... [2]https://acastdotme.files.wordpress.com/2013/04/slide13.jpg ..

STAR SYSTEMS

Note in the pyramid diagram the reference to star systems Orion, Sirius, Alpha Draconis, and Ursa Minor.

COSMOGENESIS - CREATIVE REALMS

Also, on the left of the diagram are the four creative realms, or elemental forms, of the ancient universe. (1)

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HUMAN GENESIS

On the right of the diagram are four power words: *akh* (intellect as a living entity); *ba* (soul); *ka* (vital spark) and *khat* (physical body).

INTERESTING ANALOGIES

So there you have some interesting analogies:

- the human brain to the Egyptian pyramids
- the pyramids to the star systems
- the pyramids to the cycle of creation, and
- the pyramids to the power words of human genesis

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

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FOOTNOTE

(1) See *Link:* "*The Sacred Magic of Ancient Egypt,*" *by Rosemary Clark ... [3]http://www.llewellyn.com/product _excerpt.php?ean=9781567181302 &excerpt _id=4033 ...* and surf to the section: *The Worlds of Creation*

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[4] 
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Egyptian religion, star brothers, yoga, brain, cosmogenesis, human genesis, pineal, pituitary, pyramids, endocrine systems, myths of creation, star systems, 6th chakra, 7th chakra, ba, ka, akh, khat, JScambio, Sirius,

1. https://www.cancer.gov/images/cdr/live/CDR680415.jpg
2. https://acastdotme.files.wordpress.com/2013/04/slide13.jpg
3. http://www.llewellyn.com/product_excerpt.php?ean=9781567181302&excerpt_id=4033
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.27 Telepathic Modulation . by Alice B. Clagett * (2013-04-25 05:31)

- INTRODUCTION
  - *Sidebar: Politeness in Telepathy*
- ON BEING TELEPATHICALLY LINKED TO PEOPLE WITH WHOM YOU DO NOT WANT TO SPEAK TELEPATHICALLY
- ON THE FALL OF EARTH AND THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD
- 'MIND CONTROL' . A PUTATIVE TERM
- BLESSING FOR FREE WILL, channeled by Alice B. Clagett
- YOGA BY ALICE: NAVEL POINT CHURNING TO INVIGORATE AND SMOOTHE THE ETHERIC BODY, channeled by Alice B. Clagett
  - Benefits
  - Background Information
  - Directions
- THE SPLEEN ORGANELLE (SPLEEN CHAKRA)
- MEDITATIONS AND VISUALIZATIONS BY ALICE: PHYSICAL INVIGORATION THROUGH INHALING VITALITY GLOBULES, channeled by Alice B. Clagett
  - Benefits
  - Directions
- MEDITATIONS AND VISUALIZATIONS BY ALICE: EMOTIONAL BODY SMOOTHING TO TURN DOWN THE VOLUME ON THE 'TELEPATHIC RADIO': THREE TECHNIQUES
  - Emotional Body Smoothing: Slow, Deep Breath and Slow Stomach Churning, Channeled by Alice B. Clagett
    - Benefits
    - Directions
  - Emotional Body Smoothing: The "Huh, Huh, Huh, Huh, Huh, Huh, Huh" Breath, channeled by Alice B. Clagett, Soundtrack and Words
  - "Emotional Body Smoothing: Crooning 'Woo-oo-oo-oo-oo'," Channeled by Alice B. Clagett, Soundtrack and Words
- EMILY POST FOR TELEPATHS
- WAYS TO BUILD SELF-ESTEEM AND SELF-RESPECT: FOR ASSERTIVE TELEPATHIC COMMUNICATION
- MORE INFORMATION

Dear Ones,

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INTRODUCTION

This post is about how to achieve modulation of telepathic communication.

Maybe a metaphor will help explain this: Let's say you are a radio, situated in someone's room. You are playing a radio station you like, and you figure they will like it too. But they are complaining! This music is too loud! I do not like country and western music! Switch to the pop music! And you do not know what to do. You do not know how to turn the radio down.

So that is one situation. And here is another: You are the one sitting in your living room. There is a radio in there ... Wonder how it got there? It starts playing Country and Western music. You really prefer pop music, and right now you are in the mood for no music at all. You go to look, and find the radio disappears into thin air the moment you try to turn it off. The minute you turn around, there is that music again.

Now, what to do about the radio? How to turn it down? How to turn it off? That is what I mean by Telepathic Modulation.

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Sidebar: Politeness in Telepathy

Image: Two women and a man on the phone at the same time ...[1] https://www.thecinefiles.com/wp-content/uploads/2015/12/pillowtalk.jpg . .

The linked-to picture is from the 1959 movie "Pillow Talk" about two people who share a 'party' telephone line and despise each other.

I am reminded of how my parents had a party line when I was little. My mom used to say to us, "Now, children, if you pick up the phone and hear someone talking [that would be the other family on our party line], then just put the phone down very gently. Be sure not to listen in! It's not polite." Once I picked up, heard a voice, listened to two words, and mom caught me in the act. Never again!

In the same way, I feel that eavesdropping in on telepathic communications between two people is impolite. The question is: How can we achieve modulation of telepathic input? How can we put the telepathic 'phone receiver' down, and avoid listening in on a party line? And how can two telepaths carry on a private conversation, without allowing any eavesdropping telepaths in? This is what I mean by 'telepathic modulation'. The answers to these questions are in this blog.

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ON BEING TELEPATHICALLY LINKED TO PEOPLE WITH WHOM YOU DO NOT WANT TO SPEAK TELEPATHICALLY

Right now, I am in a situation where I am only linking to a few people, and not out of free will. Same thing from their point of view. Now one could look at this as the curse of the ages, or one could think of it as a learning experience ... for instance, a chance to learn Telepathic Modulation.

There is going to come a day ... in the not-too-distant future ... when we are all telepathic and clear in our auras and minds. When that day comes, it will be safe for us to be linked to the crystal grid of Earth, and to the core of Earth. That linkup will give us the ability to communicate telepathically with anyone on Earth. Intuition tells me that there are fail-safes in place ... energy thresholds that must be surmounted before we can link with the crystal grid. These fail-safes stop us from getting too much power before we are prepared to use it wisely. So, no worries in that regard, thank goodness.

ON THE FALL OF EARTH AND THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD

Judy Satori (1) speaks of a golden age from which Earth fell long ago. During the intervening aeons ... a period of about 100,000 years ... mankind fell from its inherent greatness to a state resembling that of animals. One aspect of this degradation was a partial return from our true state of individualization (2) to the group consciousness of animals. (3)

As we became less aware, and grew in numbers, the Unconscious Thought Cloud of the World grew in power, and became more influential in our lives. Right now, largely due to urban crowding and the subconscious influence of mass media, the state of humanity is such that most of our actions are influenced by the collective unconscious, as is the case in the animal kingdom.

'MIND CONTROL' . A PUTATIVE TERM

Image: Man in tuxedo attempting to hypnotize ... [2]https://media1.tenor.com/images/e899-3e2a9c10edfef270bd5e6c1e8915/t enor.gif?itemid=11874815 ... DESCRIPTION: There are black and white concentric circles in the background, and he holds up a chain from which swings a disc with black and white concentric circles on it. The caption reads: Estou te hipnotizando

This influence of the collective unconscious is what is preventing us from achieving Telepathic Modulation right now. As a consequence, telepathy is tinged with elements of dominance and submission. (4)

Many call this 'mind control' ... although this term is surely a misnomer, considering that we humans are not yet fully in control of our own minds, so the notion of controlling other minds is one step removed from the true cause. That true cause being the iron clad grip of the collective unconscious, internalized as the Shadow of the Personality ... also termed 'distortions in our morphogenetic field,' or ' karmic accretions stored in our akashic records,' about which I have written elsewhere.

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So, let's say we are in the room with the unwanted radio. Seems to us like an attempt at 'mind control.' We would like to exercise a little mind control from our end of the situation, and get 'whoever' to take the dad-blamed radio away! But no matter how hard we try, with affirmations and imprecations, it does not happen. The radio keeps on reappearing in our living room.

Last night, in the middle of the night, when the Unconscious Thought Cloud of the World was at its power peak ... I awoke with a very strong, unwanted navel point corded connection to someone who was fed up with inability to modulate telepathy. Apparently at their wits' end, not knowing what else to do, this person was attempting to influence the situation through mind control.

Not again! What a nuisance! I placed a heart-felt plea with Spirit ...

. . . . .

BLESSING FOR FREE WILL
Channeled by Alice B. Clagett
25 April 2013

Let there be no more Mind Control anywhere on Earth!
May all beings be free! Powerful!
Able to modulate their telepathic abilities through free will!

. . . . .

I was feeling a state close to despair when I made this plea. This mind control thing had happened so many times before. I could tell how enmeshed I was with the mental and emotional bodies of those on the other end of my personal telepathic Party Line. Would I never be clear enough to exercise free will in this regard? And with those thoughts I fell back asleep.

The next morning ... as is so often the case ... I awoke with promptings that just seemed to materialize out of thin air. It was a certain '*knowing*' based on nothing I could remember from the past. Where does this 'knowing' come from, anyway? The techniques conveyed by this 'knowing' turned out to be spot on, as well. So, here is the scoop ...

. . . . .

YOGA BY ALICE: NAVEL POINT CHURNING TO INVIGORATE AND SMOOTHE THE ETHERIC BODY
Channeled by Alice B. Clagett
25 April 2013

Benefits: This exercise helps re-establish individualization, a sense of 'I Am I,' or of personal empowerment. It helps integrate and strengthen the etheric body. It also helps turn off the 'telepathic radio'.

Background Information. Clairvoyants have seen, in the area of the lower abdomen

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of the subtle body known as the etheric body, an etheric organ known as the sexual chakra, from which physical vitality emanates. This organ is shaped like a double funnel (with a front and aback funnel) that has 6 petals or gears.

Above that, at about the level of the navel point or umbilicus, is an etheric organ known as the solar plexus chakra, seat of will power. This organ is shaped like a double funnel (with a front and aback funnel) that has 10 petals or gears.

Because of the navel point's location in the abdomen, where the sexual chakra and the solar plexus chakra are, pumping the navel point in an out (also termed 'churning' the navel point) will stimulate both physical vitality and will power.

Directions: Churn the abdomen at the level of the navel point slowly and gently in and out. Place your awareness on this gentle movement. Continue this practice as long as needed, whenever you wish to terminate telepathic communication.

. . . . .

THE SPLEEN ORGANELLE (SPLEEN CHAKRA)

Here is some background information on the Spleen Organelle (called by many the 'Spleen Chakra')

Take a look at these drawings ...

Image: Chakras, According to the School of Theosophy, side view ... [3]http://www.douglasbaker.org/zencart/images/5466.jpg ..

Image: Chakras, According to the School of Theosophy, frontal view ... [4]http://www.geocities.ws/etherica/chakra1.jpg ..

The above-referenced drawings of the chakras are very different from many chakric drawings.

- They show a basal chakra at the base of the spine.
- Above it, a five-petal disk at the navel point, indicating the seat of will power.
- Missing is the sexual chakra, possibly out of modesty.
- Then on the left side of the torso, the spleen chakra (which I term the 'spleen organelle'), through which vitality globules (from sunshine) enter and invigorate the body.

Image: Vitality Globule, According to Theosophy, and a Crop Circle Resembling a Vitality Globule ... [5]https://s-media-cache-ak0.pinimg.com/736x/9c/74/97/9c7497c94a5e48ee3462c51fcdc525ef.jpg ..

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Here is another version of the chakras, including more points ...

Image: Chakras including points under the lowermost left and right ribs ... [6]http://www.esoterik.se/images/chakra4.jpg?crc=4114518419 ..

You will notice a standard set of chakras along the spine, with two additional points I would like to describe in more detail ...

- Starting at the base of the spine, a disk representing the basal chakra.
- Above it the sexual or 'sacral' chakra.
- Above these two points, at about the level of the navel point, or a little higher, is the navel point, the chakra that is the seat of will.
- Then, these two unusual chakras or points between the sacral chakra and the navel point, and not on the centerline, but rather on each side of the body ...
  - The larger of these is on the left side of the body, from the point of view of the embodied person. This is associated to the spleen chakra (which I prefer to call the spleen organelle), and to that part of the kundalini energy termed the*Ida.*
  - The smaller is on the right side of the body, from the point of view of the embodied person. This is associated to that part of the kundalini energy termed the*pingala.*
- Then the heart chakra, the throat chakra, the third-eye point, and the crown chakra.

Intuitively, I would say that these four points ...

- The sacral chakra,
- The Spleen Organelle*(ida* point)
- The *pingala* point, and
- The navel point

... when strengthened and harmonize, represent flowering of the kundalini energy. For more on the role these two points below the ribs play, see ...

Link: "In Depth Articles" ... [7]http://www.esoterik.se/artiklar.html ..

It is to these two relatively unknown points ... the Spleen Organelle, or I*da* Point, and the *Pingala* Point, that I refer in the below meditation.

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. . . . .

MEDITATIONS AND VISUALIZATIONS BY ALICE: PHYSICAL INVIGORATION THROUGH INHALING VITALITY GLOBULES
Channeled by Alice B. Clagett
25 April 2013

Benefits. I gave the below meditation a try, with amazing results: My whole body became filled with vibrant energy.

Directions. Sitting in a chair, with back straight and feet flat on the floor, concentrate your awareness on the Spleen Organelle (the *Ida* Point), located just under the lowest left rib, a little lower than the spleen.

Imagine vitality globules being pulled toward this chakra, swirled around in it, and then streaming out into the various parts of the body.

Or, if the right side of your body is weak, concentrate your awareness on the abdomen just under the lowest right rib (at the *Pingala* Point). Imagine as above, only at the new location.

Continue until you feel completely full of energy.

MEDITATIONS AND VISUALIZATIONS BY ALICE: EMOTIONAL BODY SMOOTHING TO TURN DOWN THE VOLUME ON THE 'TELEPATHIC RADIO': THREE TECHNIQUES

. . . . .

Emotional Body Smoothing: Slow, Deep Breath and Slow Stomach Churning
Channeled by Alice B. Clagett
25 April 2013

Benefits. This will increase circulation of the vital energy, and smoothe the emotional body.

Directions. Sit down cross-legged on the floor, or sit, with spine vertical, in a straight-backed chair. Place your hands in your lap, palms up, and begin breathing deeply and slowly. As you do so, gently churn the stomach.

If the issue of telepathic modulation comes up again, repeat, as needed, this process of gently churning the stomach with a deep, slow breath. And that will be that!

. . . . .

"Emotional Body Smoothing: The 'Huh, Huh, Huh, Huh, Huh, Huh, Huh' Breath"
Channeled by Alice B. Clagett
Soundtrack and Words
25 April 2013

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To smoothe the emotional body, you can practice this breathing technique ...

[8]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/emotional-body- smoothing5.mp3

"*Huh, Huh, Huh, Huh, Huh, Huh, Huh*" (7 repetitions, repeated 4 times)

. . . . .

"Emotional Body Smoothing: Crooning 'Woo-oo-oo-oo-oo'"
Channeled by Alice B. Clagett
Soundtrack and Words
25 April 2013

To smoothe the emotional body, you can sing this soothing chant, in the crooning tone of voice that a mother might use in soothing her child ...

[9]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/emotional-body- smoothing2.mp3

"*Woo-oo-oo-oo-oo*
"*Oo-oo-oo-oo-oo-oo-oo*" (x5)

"*Oo-oo-oo-oo-oo-oo-oo*" (x3)

. . . . .

EMILY POST FOR TELEPATHS

The Emily Post guidelines for polite telepathic communications have yet to be written. As a near substitute ...

Link: "How to Be Polite on the Phone," by WikiHow's staff ... [10]http://www.wikihow.com/Be-Polite-on-the-Phone ..

... looked like a good start ... it is a list of good phone manners that so frequently get left behind in the rush of modern life.

As a case in point, sometimes we may get calls from telepaths that are angry or disparaging in tone, and we may not know how to deal with the incoming negativity ... especially when the caller will not hang up. This may indicate a need to build one's own self-esteem and self-respect.

WAYS TO BUILD SELF-ESTEEM AND SELF-RESPECT: FOR ASSERTIVE TELEPATHIC COMMUNICATION

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Here is a little song for self-esteem for women ...

Link: "I Feel Pretty," in English Wikipedia ... [11]https://en.wikipedia.org/wiki/I _Feel _Pretty ..

Here is a goofy, but touching self-esteem song by Angel ...

Video: "Self esteem song - Angel," by tuschman168, published on 19 June 2010 ... [12]http://www.youtube.com/watch?v=CswwaOG01MM ..

Well, dear ones, that is all for now.

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

Written and published on 25 April 2013; revised on 24 December 2018

.....
MORE INFORMATION

Link: "What Is a Chakra," by Crystal Earth Spirit ... [13]https://crystalearthspirit.com/pages-/what-is-a-chakra ..

Image: Emotional Body ... [14]http://www.kheper.net/topics/subtlebody/ emotionalB.jpg ... DESCRIPTION: The subtle body known as the emotional body is portrayed by clairvoyants as multicolored, swirling lights. Along the center line of the emotional body can be seen the variously colored chakras.

Image: "The Etheric Body" ... [15]http://www.astramate.com/ethericbody .gif ... DESCRIPTION: This subtle body is depicted as lines of blue light within the outline of a human form. Along the center line may be seen blue outlines of the chakras.

.....
FOOTNOTES

(1) *Link: Judy Satori ... [16]https://www.ascensionlibrary.org/ ... Search for this book amongst her products:* Sunshine Before the Dawn

(2) See these chapters ...

- “Chapter XIII: Individualisation: Its Mechanism and Purpose” and
- “Chapter XIV: Individualisation: Methods and Degrees” in "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain

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(3) See these chapters ...

- “Chapter IX: Group Souls” and
- “Chapter XII: Animal Group Souls” in "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain

(4) *Link: Judy Satori ... [17]https://www.ascensionlibrary.org/ ... Search products for the CD:* Healing the Pain

.....

[18] 

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.....
.....

clair senses, Arthur E Powell, etheric body, mastery of mind, mind control, telepathic etiquette, unconscious thought cloud of the world, cities of Earth, mass media, distortions of the morphogenetic field, shadow of the personality, will power, physical vitality, churning the navel point, self-esteem, self-respect, assertiveness, telepathy, polite communication, emotional body, emotional body smoothing, vitality, vitality globules, navel point churning, etheric body smoothing, mind control, clair chat, navel point, third chakra, astral cords, JScambio, crystal grid, individualization, groups, grouping, animal consciousness, dominance-submission, morphogenetic field distortions, yoga by Alice, second chakra, chakras, School of Theosophy, meditations and visualizations by Alice, Spleen Organelle, Spleen Chakra, Ida Point, Pingala Point, 2u3d, my favorites, miscellanea, 2u3d,

1. https://www.thecine-files.com/wp-content/uploads/2015/12/pillowtalk.jpg
2. https://media1.tenor.com/images/e8993e2a9c10edfef270bd5e6c1e8915/tenor.gif?itemid=11874815
3. http://www.douglasbaker.org/zencart/images/5466.jpg
4. http://www.geocities.ws/etherica/chakra1.jpg
5. https://s-media-cache-ak0.pinimg.com/736x/9c/74/97/9c7497c94a5e48ee3462c51fcdc525ef.jpg
6. http://www.esoterik.se/images/chakra4.jpg?crc=4114518419
7. http://www.esoterik.se/artiklar.html
8. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/emotional-body-smoothing5.mp3
9. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/emotional-body-smoothing2.mp3
10. http://www.wikihow.com/Be-Polite-on-the-Phone
11. https://en.wikipedia.org/wiki/I_Feel_Pretty
12. http://www.youtube.com/watch?v=CswwaOG01MM
13. https://crystalearthspirit.com/pages/what-is-a-chakra
14. http://www.kheper.net/topics/subtlebody/emotionalB.jpg
15. http://www.astramate.com/ethericbody.gif

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1.4.28 A Little Song for Women: I’m So Pretty . by Alice B. Clagett (2013-04-25 05:42)

Written on 25 April 2013; published on 27 August 2020

- "I’m So Pretty," A Song by Alice B. Clagett, Soundtrack and Words

Dear Ones,

Here is a little song for women ...

"I’m So Pretty"
A Song by Alice B. Clagett
Soundtrack and Words
25 April 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/im-so-pretty.mp 3

I’m so pretty
I’m so pretty
I’m so pretty
I am!

I’m so pretty
I’m so pretty
I’m so pretty
I am!

. . . . .

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

[2] 
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.....
.....

self-esteem, confidence, divine feminine, sisterhood, songs, songs by Alice, 2u3d,

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1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/im-so-pretty.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.29 Eye of Horus . by Alice B. Clagett (2013-04-25 07:21)

- THE EYE OF HORUS
- URAEUS: THE COBRA AS A SYMBOL OF THE GODDESS WADJET
- THE GODDESS WADJET, PROTECTOR OF EGYPT
- HORUS, THE SKY GOD (PEREGRINE FALCON)
- MATHEMATICS OF THE EYE OF HORUS
- EYE OF HORUS JEWELRY AS A SYMBOL OF PROTECTION

[1]

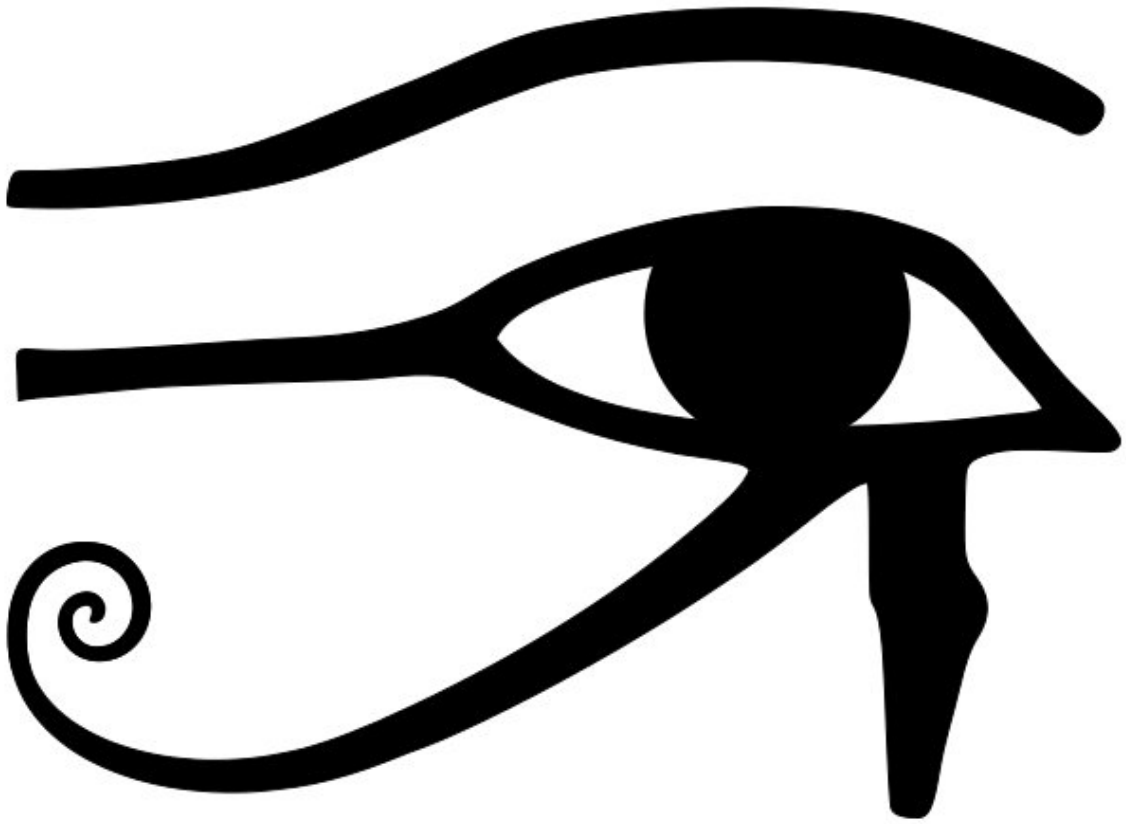


Image: The Wedjat, Later Called the Eye of Horus, by user Jeff Dahl, 25 November 2015, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Eye _of _Horus _Right.svg ... CC BY-SA 4.0 International ... DESCRIPTION: “Eye of Horus (right eye). Following the sources, it must be the right eye (the left eye that is the original image has another meaning).”

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Image: The Wedjat, Later Called the Eye of Horus, by user Jeff Dahl, 25 November 2015, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Eye _of _Horus _Right.svg ... CC BY-SA 4.0 International ... DESCRIPTION: "Eye of Horus (right eye). Following the sources, it must be the right eye (the left eye that is the original image has another meaning)."

. . . . .

Dear Ones,

I am suddenly fascinated with the Eye of Horus (aka Wadjet, Ujat, Oudjat). Here are a few things I found out.

As described below, the goddess Wadjet is sometimes portrayed as a lion or a serpent.

- In Egyptian mythology, the goddess Sekhmet, who represents the protective aspect of the nurturing goddess Hathor, is also portrayed as a lion. And so, one might derive that the feminine consists of two goddess-like qualities: that of protecting and that of nurturing.

- The other symbol of the goddess Wadjet, the serpent, is associated with the awakened kundalini. And so, one might derive that the awakened kundalini perfects, in women, their ability to protect men, children, and other women.

THE EYE OF HORUS

"The **Eye of Horus** is an ancient Egyptian symbol of protection, royal power and good health. The eye is personified in the goddess *Wadjet* (also written as *Wedjat, ...* or *Udjat*", ... *Uadjet*, *Wedjoyet*, *Edjo* or *Uto ...*). The Eye of Horus is similar to the Eye of Ra, which belongs to a different god, Ra, but represents many of the same concepts...

"In the relief shown [below], which is on the wall of the Hatshepsut Temple at Luxor, there are two images of Wadjet: one of her as the uraeus sun disk (see below subhead) with her head through an ankh and another where she precedes a Horus hawk wearing the double crown of united Egypt, representing the pharaoh whom she protects. (1)

[2]

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Image: The Hawk of Pharaoh, Hatshepsuts Temple, Luxor, by Steve F-E-Cameron (Merlin-UK), 2006, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:S _F-E-CAMERON _Hatshepsut _Hawk.JPG ... CC BY-SA 3.0 Unported

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Image: The Hawk of Pharaoh, Hatshepsuts Temple, Luxor, by Steve F-E-Cameron (Merlin-UK), 2006, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:S _F-E-CAMERON _Hatshepsut _Hawk.JPG ... CC BY-SA 3.0 Unported

. . . . .

"The name Wadjet is derived from ’wadj’ meaning ’green’, hence ’the green one’, and was known to the Greeks and Romans as ’uraeus’ from the Egyptian ’iaret’ meaning ’risen one’ from the image of a cobra rising up in protection.... Wadjet was one of the earliest of Egyptian deities who later became associated with other goddesses such as Bast, Sekhmet, Mut, and Hathor. She was the tutelary deity of Lower Egypt and the major Delta shrine the ’per-nu’ was under her protection.... Hathor is also depicted with this eye...." (2)

URAEUS: THE COBRA AS A SYMBOL OF THE GODDESS WADJET

[3]

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Image: “Green Glazed Cobra Amulet [in the form of Uraeus]," author not known, date not given, courtesy of Harrogate Museums and Arts, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Green _glazed _cobra _amulet _HARGM7405.JPG ... CC BY-SA 4.0 International *Image: “Green Glazed Cobra Amulet [in the form of Uraeus],*"

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author not known, date not given, courtesy of Harrogate Museums and Arts, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Green _glazed _cobra _amulet _HARGM7405.JPG ... CC BY-SA 4.0 International

. . . . .

"The **Uraeus** ... plural **Uraei** or **Uraeuses**; from the Greek οὐραῖος , *ouraîos*, 'on its tail'; from Egyptian *jʿr.t* (*iaret*), 'rearing cobra') is the stylized, upright form of an Egyptian cobra (asp, serpent, or snake), used as a symbol of sovereignty, royalty, deity and divine authority in ancient Egypt.

"The Uraeus is a symbol for the goddess Wadjet. She was one of the earliest Egyptian deities and who often was depicted as a cobra...." (2)

THE GODDESS WADJET, PROTECTOR OF EGYPT

[4]

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Image: “Wadjet-N 5139, anonymous, between 664 and 332 BC, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Wadjet _N5139 _mp3h8831.jpg ... CC BY-SA France ... DESCRIPTION: Wadjet as Wadjet-Bast, depicted as the body of a woman with a lioness head,

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wearing the uraeus.

Image: "Wadjet-N 5139, anonymous, between 664 and 332 BC, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Wadjet _N5139 _mp3h8831.jpg ... CC BY-SA France ... DESCRIPTION: Wadjet as Wadjet-Bast, depicted as the body of a woman with a lioness head, wearing the uraeus.

. . . . .

The Lion and the Kundalini Energy. As to the above image of Wadjet, note that the lion is also known as Sekhmet, the goddess who represents the protective aspect of the Egyptian nurturing goddess Hathor. Also, the serpent is associated with the awakened kundalini. And so, one might derive that the awakened kundalini perfects, in women, their ability to protect men, children, and other women.

"**Wadjet** ... "green one"), ... known to the Greek world as **Uto** (Οὐτώ/

[5]/ '

uː

t

oʊ /

or Βουτώ/**Buto**

/ '

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) among other names, was originally the ancient local goddess of the city of Dep (Buto).... It became part of the city that the Egyptians named **Per-Wadjet** (*House of Wadjet*) and the Greeks called Buto (Desouk now), ... which was an important site in the Predynastic era of ancient Egypt and the cultural developments of the Paleolithic.

"She was said to be the patron and protector of Lower Egypt and upon unification with Upper Egypt, the joint protector and patron of all of Egypt 'goddess' of Upper Egypt. The image of Wadjet with the sun disk is called the [6]uraeus, and it was the emblem on the crown of the rulers of Lower Egypt. She was also the protector of kings and of women in childbirth.

"As the patron goddess, she was associated with the land and depicted as a snake-headed woman or a snake—usually an Egyptian cobra, a venomous snake common to the region; sometimes she was depicted as a woman with two snake heads and, at other times, a snake with a woman's head. Her oracle was in the renowned temple in Per-Wadjet that was dedicated

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to her worship and gave the city its name. This oracle may have been the source for the oracular tradition that spread to Greece from Egypt....

"An interpretation of the Milky Way was that it was the primal snake, Wadjet, the protector of Egypt. In this interpretation she was closely associated with Hathor and other early deities among the various aspects of the great mother goddess, including Mut and Naunet. The association with Hathor brought her son Horus into association also. The cult of Ra absorbed most of Horus's traits and included the protective eye of Wadjet that had shown her association with Hathor." (3)

HORUS, THE SKY GOD (PEREGRINE FALCON)

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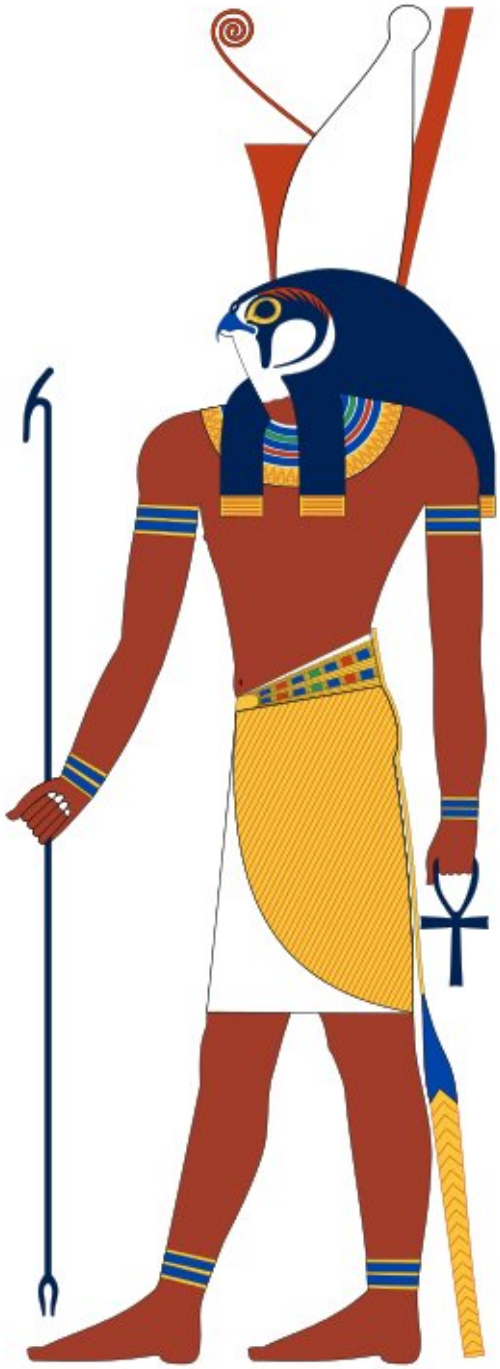


Image: “Horus, an ancient Egyptian falcon headed-deity,” by Jeff Dahl, 26 December 2007, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Horus _standing.svg ... CC BY-SA 4.0 International ... DESCRIPTION: “Horus was usually depicted wearing the double crown of kingship, but also appeared in a fully falcon form, among others. Ra, another falcon-headed deity, is distinguished by the presence of the sun disk on his head, but the ancient Egyptians often combined Re and Horus into the composite deity known as Re-Horakhty ... Based on New Kingdom tomb paintings."

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Image: "Horus, an ancient Egyptian falcon headed-deity," by Jeff Dahl, 26 December 2007, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Horus _standing.svg ... CC BY-SA 4.0 International ... DESCRIPTION: "Horus was usually depicted wearing the double crown of kingship, but also appeared in a fully falcon form, among others. Ra, another falcon-headed deity, is distinguished by the presence of the sun disk on his head, but the ancient Egyptians often combined Re and Horus into the composite deity known as Re-Horakhty ... Based on New Kingdom tomb paintings."

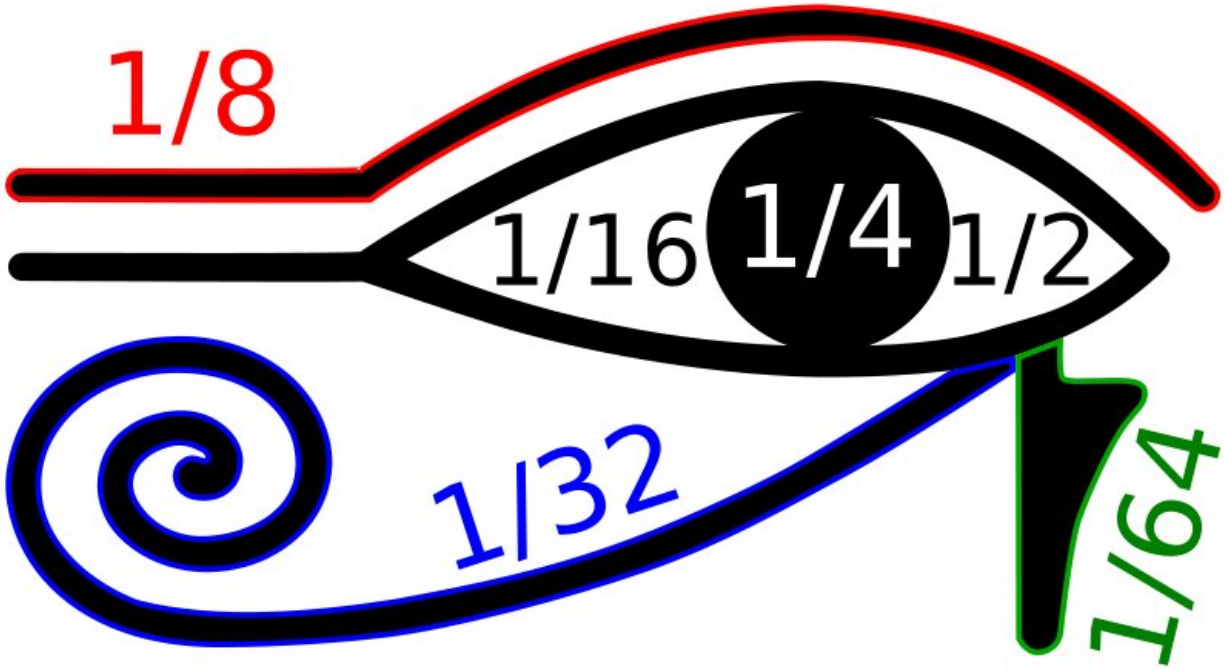
. . . . .

"Horus was the ancient Egyptian sky god who was usually depicted as a falcon, most likely a lanner or peregrine falcon ... His right eye was associated with the sun god, Ra. The eye symbol represents the marking around the eye of the falcon, including the 'teardrop' marking sometimes found below the eye. The mirror image, or left eye, sometimes represented the moon and the god Djehuti (Thoth)....

"In one myth, when Set and Horus were fighting for the throne after Osiris's death, Set gouged out Horus's left eye. The majority of the eye was restored by either Hathor or Thoth (with the last portion possibly being supplied magically). When Horus's eye was recovered, he offered it to his father, Osiris, in hopes of restoring his life. Hence, the eye of Horus was often used to symbolise sacrifice, healing, restoration, and protection...." (1)

MATHEMATICS OF THE EYE OF HORUS

[8]



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Image: Oudjat, by Benoît Stella alias BenduKiwi, date not given ... in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Oudjat.SVG ... CC BY-SA 3.0 Unported

Image: Oudjat, by Benoît Stella alias BenduKiwi, date not given ... in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Oudjat.SVG ... CC BY-SA 3.0 Unported

. . . . .

"In Ancient Egyptian most fractions were written as the sum of two or more unit fractions (a fraction with 1 as the numerator), with scribes possessing tables of answers (see Rhind Mathematical Papyrus 2/n table).... Thus instead of

$^{3}/_{4}$, one would write

$^{1}/_{2}$ +

$^{1}/_{4}$.

"Different parts of the Eye of Horus were thought to be used by the ancient Egyptians to represent one divided by the first six powers of two: ...

The right side of the eye =

$^{1}/_{2}$ The pupil =

$^{1}/_{4}$ The eyebrow =

$^{1}/_{8}$ The left side of the eye =

$^{1}/_{16}$ The curved tail =

$^{1}/_{32}$ The teardrop =

$^{1}/_{64}$

"The Rhind Mathematical Papyrus contains tables of 'Horus Eye Fractions'....

"Studies from the 1970s to this day in Egyptian mathematics have clearly shown this theory was fallacious and Jim Ritter definitely showed it to be false in 2003.... The evolution of the symbols used in mathematics, although similar to the different parts of the Eye of Horus, is now known to be distinct." (1)

EYE OF HORUS JEWELRY AS A SYMBOL OF PROTECTION

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I found a pretty cool Eye of Horus silver pendant for $58 ... [9]http://www.ka-gold-jewelry.com/p-products/eye-of-horus-silver.php ... To me it feels like it has protective power. It can also be purchased in gold, but that's pretty pricey:

Image: Silver Eye-of-Horus Jewelry: [10]http://www.ka-gold-jewelry.com/images/theme-bg/600/eye-of-horus-silver. jpg ..

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

Written and published on 25 April 2013; revised on 24 March 2020; revised on 16 March 2023

.....
FOOTNOTES

(1) from *Link: "Eye of Horus," in Wikipedia ... [11]https://en.wikipedia.org/wiki/Eye _of _Horus ... CC BY-SA 3.0 Unported*

(2) from *Link: "Uraeus," in Wikimedia ...*

[12]https://en.wikipedia.org/wiki/Uraeus ... CC BY-SA 3.0 Unported

(3) from *Link: "Wadjet" ...*

[13]https://en.wikipedia.org/wiki/Wadjet ... CC BY-SA 3.0 Unported

.....

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eye of Horus, Egyptian religion, Horus, Sekhmet, Hathor, Wadjet, Uraeus, Sky God, lion as symbol, serpent as symbol, kundalini, shakti energy, Divine feminine, Milky Way,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/eye_of_horus_right-svg.png
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/s_f-e-cameron_hatshepsut_hawk.jpg
3. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/green_glazed_cobra_amulet_hargm7405.jpg
4. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/wadjet_n5139_mp3h8831.jpg
5. https://en.wikipedia.org/wiki/Help:IPA_for_English
6. https://en.wikipedia.org/wiki/Uraeus
7. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/320px-horus_standing-svg.png
8. https://awakeningwithplanetearth.com/wp-content/uploads/2013/04/800px-oudjat-svg.png
9. http://www.ka-gold-jewelry.com/p-products/eye-of-horus-silver.php

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10. http://www.ka-gold-jewelry.com/images/theme-bg/600/eye-of-horus-silver.jpg
11. https://en.wikipedia.org/wiki/Eye_of_Horus
12. https://en.wikipedia.org/wiki/Uraeus
13. https://en.wikipedia.org/wiki/Wadjet
14. http://creativecommons.org/licenses/by-sa/4.0/
15. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.30 On Stimulating the Eye of Horus in the Brain . by Alice B. Clagett (2013-04-25 09:27)

Written and published on 25 April 2013

- OVERLAY OF THE EYE OF HORUS ON THE HUMAN BRAIN
- ON OPTIMIZING FUNCTIONS OF THE EYE OF HORUS BY STIMULATING THE MERIDIAN POINTS ON THE ROOF OF THE MOUTH

Dear Ones,

OVERLAY OF THE EYE OF HORUS ON THE HUMAN BRAIN

Some have compared the Eye of Horus, an ancient Egyptian symbol of protection, with the combined shape of the thalamus, the hypothalamus, the pituitary, and the lateral and third ventricles (fluid-filled hollow parts) in the human brain:

Image: Overlay of Eye of Horus on Brain, Showing Ventricles ... [1]https://i.imgur.com/RIOMN5O.jpg ..

ON OPTIMIZING FUNCTIONS OF THE EYE OF HORUS BY STIMULATING THE MERIDIAN POINTS ON THE ROOF OF THE MOUTH

The writings of Yogi Bhajan and the 3HO organization point out that the pressing the tongue on the roof of the mouth simulates the hypothalamus and the pituitary gland, which are part of the Eye of Horus symbol. Here is one of their meditations:

Video: "Meditation on Being a Yogi," from the Yogi Bhajan Library of Teachings ... [2]https://www.libraryofteachings.com/kriya-print.xqy?q= &id=3f16e827-fac1-6522-1671-4d519cbd2be6 &name=Meditation-on-Being-a-Yogi ..

The result of these meditations that involve pressing the tongue on the roof of the mouth is optimization of the function of the hypothalamus and the pituitary gland. Expected results include improved function of the endocrine system, with concomitant alterations in emotion, and improved physical health.

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

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FOOTNOTE

(1) See ... *Link: "Healthy, Happy, Holy Organization (3HO)" ... [3]https://www.3ho.org/ ..*
See also ... *Link: "The Yogi Bhajan Library of Teachings" ...*

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[4]https://www.libraryofteachings.com/ ..

.....

[5] 

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brain, eye of Horus, Egyptian religion, ventricles of brain, thalamus, hypothalamus, pituitary gland, third ventricle, lateral ventricle, mastery of mind, endocrine system, health, emotions, third-eye point, 3HO, Yogi Bhajan, roof of the mouth,

1. https://i.imgur.com/RIOMN5O.jpg
2. https://www.libraryofteachings.com/kriya-print.xqy?q=&id=3f16e827-fac1-6522-1671-4d519cbd2be6&name=Meditation-on-Being-a-Yogi
3. https://www.3ho.org/
4. https://www.libraryofteachings.com/
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

1.4.31 My Heart Is a Stargate? . by Alice B. Clagett (2013-04-25 10:03)

Written and published on 25 April 2013

Dear Ones,

Pretend your heart is a stargate!

Image: Actor James Spader, who played Dr. Daniel Jackson in the movie, testing the stargate by putting his hand in it ... [1]https://www.youtube.com/watch?v=OeA9yeqG91A ..

See also the portion starting at 1.00 in this Stargate (1994) trailer ... [2]https://www.youtube.com/watch?v=OeA9yeqG91A ..

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I Am of the Stars
.....

[3] 
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star gate, portal, stargate, heart center, heart black hole, heart portal,

1. https://www.youtube.com/watch?v=OeA9yeqG91A
2. https://www.youtube.com/watch?v=OeA9yeqG91A
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.32 Für Elise . by Alice B. Clagett (2013-04-26 06:28)

Written and published on 26 April 2013

- PIANO TALE
- FUR ELISE
- RAPTURE
- GODLINESS

Dear Ones,

PIANO TALE

When I was young, I used to like to play “Für Elise.” First, it was pretty easy to make it sound reasonably ok. And second, I mistakenly thought the title meant “For Alice.” Turns out ’Elise’ is a French name meaning ’pledged to God’, and a variant of the English name ’Elizabeth’. One of my sisters is named Elizabeth. When I learned to play "Für Elise," she was but a lovely glimmer in my parents’ eyes.

FUR ELISE

Anyway, I have been noticing my heart energy at play here in the third dimension. It flutters open and closed like the wings of a butterfly in flight.

RAPTURE

And here is how I am always hoping it will be, like the rapture of soaring, sans engine, on the great winds that sail over the mountain ranges of Earth ...

Video: "Soaring in the rocks," by Rotorheads, 26 March 2010 ... [1]https://www.youtube.com/watch?v=9icuNvlsY6A ..

GODLINESS

And here’s what Amara Tia Ann has to say about striving for perfection. To paraphrase: When we see that the ordinary is perfect just as it is, and we feel that to be ordinary is perfection, then we realize what Godliness truly is. –from *Link: "What Is Godliness?" by Amara Tia Ann, 26 April 2013 ... [2]https://acast.me/2013/04/26/what-is-godliness/ ..*

So.... Maybe it’s all about awareness, rather than perfection? About noticing what my heart is up to at the moment?

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

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[3] 

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heart energy, unconditional love, Amara Tia Ann, godliness, Für Elise, ecstasy, enlightenment, rapture, rambles in the brambles, stories by Alice,

1. https://www.youtube.com/watch?v=9icuNvlsY6A
2. https://acast.me/2013/04/26/what-is-godliness/
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.33 Freedom . by Alice B. Clagett (2013-04-26 07:02)

Written and published on 26 April 2013

- ON FREEDOM, by Alice B. Clagett

Dear Ones,

Video: Bobby Darin sings the Simple Song of Freedom ... [1]http://www.youtube.com/watch?v=qW _Z3X1jTrw ..

Dear Ones,

I agree with Bobby. Let's put struggle on the shelf. Freedom's a much more appealing word ...

ON FREEDOM
by Alice B. Clagett
26 April 2013

What gives us freedom? ...
Freedom to leave the subconscious scenarios.
Freedom to let go our fixed ideas.
Freedom to feel joy.
Freedom to travel time and space.
Freedom to co-create tomorrow...

The human heart.
Not the mind, mind you.
Just the heart.

...

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

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heart clearing, war and peace, unconditional love, Bobby Darin, freedom, poems by Alice, freedom, time travel, timelines, dimensions, co-creation of reality, mastery of mind,

letting go, joy, poems by Alice, poetry, 2u3d,

1. http://www.youtube.com/watch?v=qW_Z3X1jTrw
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.34 Multiverse . by Wikipedia . edited by Alice B. Clagett (2013-04-26 17:38)

Written and published on 26 April 2013

Dear Ones,

Here are some brief but very interesting quotes from Wikipedia on ...

- The many-worlds interpretation of quantum mechanics,
- Wormhole-enabled time travel, and
- Black-hole cosmology

Image: ”Shooting the Multiverse: ... [1]http://web.org.uk/personal/art/artwork/shooting _the _multiverse.jpg ..

"The **many-worlds interpretation** is an interpretation of quantum mechanics that asserts the objective reality of the universal wavefunction and denies the actuality of wavefunction collapse. Many-worlds implies that all possible alternate histories and futures are real, each representing an actual ’world’ (or ’universe’).

"In layman’s terms, the hypothesis states there is a very large—perhaps infinite ... —number of universes, and everything that could possibly have happened in our past, but did not, has occurred in the past of some other universe or universes." (1)

"A possible resolution to the paradoxes resulting from **wormhole-enabled time travel** rests on the many-worlds interpretation of quantum mechanics." (2)

"A **black-hole cosmology** is a cosmological model in which the observable universe is the interior of a black hole existing as one of possibly many universes inside a larger universe. This includes the theory of white holes, which are on the opposite side of space-time." (3)

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

[Bolding in the above quotations is partly mine. –Alice B. Clagett]

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FOOTNOTES

(1) from *Link: "Many-Worlds Interpretation," in Wikipedia ... [2]https://en.wikipedia.org/wiki/Many-worlds _interpretation ... CC BY-SA 3.0*

(2) from *Link: "Wormhole," in Wikipedia ... [3]https://en.wikipedia.org/wiki/Wormhole ... CC BY-SA 3.0*

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(3) from *Link: "Multiverse," in Wikipedia ... [4]https://en.wikipedia.org/wiki/Multiverse ... CC BY-SA 3.0*

.....

[5] 

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astrogeophysics, dimensions, multidimensions, multiple dimensions, multiverse, black hole, black-hole cosmology, wormhole-enabled time travel, many worlds, wormholes,

1. http://web.org.uk/personal/art/artwork/shooting_the_multiverse.jpg
2. https://en.wikipedia.org/wiki/Many-worlds_interpretation
3. https://en.wikipedia.org/wiki/Wormhole
4. https://en.wikipedia.org/wiki/Multiverse
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.35 What If We Lived on the Front Porch? . referrals by Alice B. Clagett (2013-04-27 06:25)

Written and published on 27 April 2013

Dear Ones,

Here a group of musicians plays porch music in West Virginia, as Charlie Burton and Melanie Climis do flatfoot dancing. The tune is "Fly Around, My Pretty Little Miss" ...

Video: Oldtime Porch Music and Flatfoot Dancing, by Wilmer Kerns, published on 8 May 2010 ... [1]http://www.youtube.com/watch?v=AkHeMYn2OxI ..

This is one of Wilmer Kerns' collection of folk music videos; for the rest, see ... [2]https://www.youtube.com/user/wlkerns/videos ..

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.....

[3] 

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.....
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flatfoot dancing, opening the heart, porch music,

1. http://www.youtube.com/watch?v=AkHeMYn2OxI
2. https://www.youtube.com/user/wlkerns/videos
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.4.36 'Choneni Elohim' . a Song to Heal the Heart through Repentance . referral by Alice B. Clagett (2013-04-28 08:22)

Written and published on on 28 April 2013; revised

Dear Ones,

This song opens the heart chakra to repentance ...

Video: Choneni Elohim, from Psalm 52 (Be Gracious to me O G-d) ... [1]http://www.youtube.com/watch?v=QpHy77S-ITs ..

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[2] 
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Judaism, music, Choneni Elohim, clearing the heart, guilt, healing the heart, redemption, repentance,

1. http://www.youtube.com/watch?v=QpHy77S-ITs
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.37 Team Dark, and the Q Continuum . by Alice B. Clagett (2013-04-29 08:29)

Written and published on 29 April 2013; revised

Dear Ones,

This Novice Ascended Master thing (aka 'disincarnate gods' and 'Team Dark') reminds me a little of Star Trek's Q continuum (1):

Video: "Games! Did someone say games?" –Q ... [1]http://www.youtube.com/watch?v=ffdCVjH-Q3k ..

"Q is a fictional character in *Star Trek: The Next Generation*, *Star Trek: Deep Space Nine*, and *Star Trek: Voyager*, as well as in related media. In all of these programs, he is portrayed by John de Lancie. He is a being of unknown origin who is unconstrained by, and possesses immeasurable power over, normal human notions of time, space, the laws of physics, and even reality itself, being capable of violating or altering any or all of them in creatively unpredictable ways with a casual thought or hand gesture, limited only by his seemingly ***un***limited imagination. Despite his vast knowledge and experience spanning untold eons (and much to the exasperation of the object(s) of his obsession), he is not above practical jokes for his own personal amusement or some otherwise unfathomably Machiavellian purpose. Like his fellow Q, he is said to be nigh-omnipotent, and he is continually evasive regarding his true motivations.

"The name 'Q' applies not only to the names of the individuals portrayed (all 'male' and 'female' characters refer to each other as "Q"), it also applies to the name of their race and to the Q Continuum itself – an alternate dimension accessible to only the Q and their 'invited' guests. The true nature of the realm is said to be beyond the comprehension of "lesser beings" such as humans, therefore it is shown to humans only in ways they can understand." –from *Link: "Q (Star Trek)" in Wikipedia ... [2]https://en.wikipedia.org/wiki/Q _(Star _Trek) ... CC BY-SA 3.0*

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

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FOOTNOTE

(1) See *Link: "Dealing with Disincarnate Gods," by Alice B. Clagett ... [3]https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-god s-by-alice-b-clagett/ ..*

.....

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ascended masters, black magic, Novice Ascended Masters, Q Continuum, Star Trek, Team Dark, disincarnate gods, omnipresence,

1. http://www.youtube.com/watch?v=ffdCVjH-Q3k
2. https://en.wikipedia.org/wiki/Q_(Star_Trek)
3. https://awakeningwithplanetearth.com/dealing-with-the-disincarnate-gods-by-alice-b-clagett/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.4.38 River of Honey . by Alice B. Clagett (2013-04-29 08:46)

Written and published on 29 April 2013; revised

Dear Ones,

Mind, an infinite, flowing energy, sometimes pretends it is a hard little mass of energy called a ‘thought’. A thought is like a little crystallized lump in the flow of mind.

Today I am pretending my mind is a rolling river of honey.

Wishing you the sweetest thoughts!

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

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mind, thought, thought forms,

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

1.4.39 How to Deal with Psychic Strong-Arm Techniques . by Alice B. Clagett (2013-04-29 09:23)

Dear Ones,

My advice on dealing with psychic blackmail, death threats, and other such strong-arm techniques ...

Have a nice cry ...

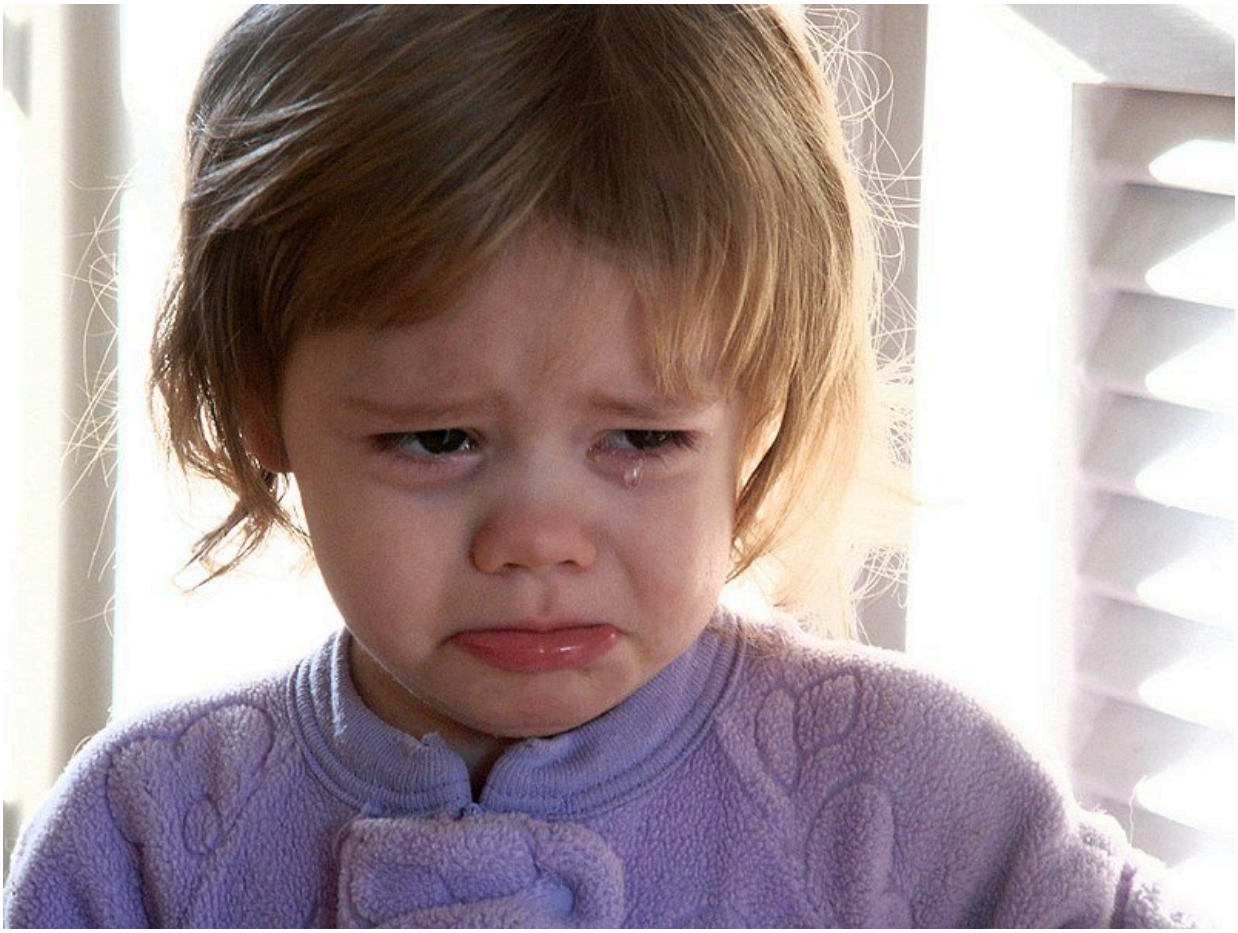


Image: "Toddler Girl Crying," by Crimfants, 11 January 2003, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Crying-girl.jpg ... CC BY-SA 2.0

Image: "Toddler Girl Crying," by Crimfants, 11 January 2003, in Wikimedia Commons ... [1]https://commons.wikimedia.org/wiki/File:Crying-girl.jpg ... CC BY-SA 2.0

Get a big hug, then take a nice bubble bath .

Remember: We all die, sometime or other, but whether or not we live in fear is totally

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up to us.

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

Written and published on 29 April 2013; revised on 25 March 2023

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psychic attacks, psychic blackmail, psychic death threats, astral intent to harm or rape or kill, fear, threat energy, psy crime,

1. https://commons.wikimedia.org/wiki/File:Crying-girl.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.5 May

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1.5.1 Congruence: Silicon Valley 3 . Ramp-Up of Human Body Energy as 'Semiconductor Chip' in Global 'Computer' . by Alice B. Clagett (2013-05-01 17:03)

Written and published 1 May 2013; revised

Dear Ones,

As our body cells lose their physical impurities, and our astral bodies lose their astral impurities (described elsewhere variously as 'karmic miasmic distortions', 'morphogenetic field distortions', and 'akashic record distortions'), our mitochondria become better batteries ... better transmitters of energy, and capable of storing photonic energy for longer.

As this energy builds in our bodies, a columnar energy field ... the 'pranic tube' (aka the pranic column, central vertical power current, kundalini, antahkarana, silver thread, or silver cord) forms in the long axis of the body. At first, it's thin, and not connected to anything above or beneath it.

As the cells and the morphogenetic field purify, the width of the pranic tube increases. Funny thing, it begins to look a little like a giant battery. Or you might think of it as a giant semiconductor chip.

Eventually it has enough charge to connect with the energy of Earth's core and of the newly forming Crystal Grid, which have different potentials, and so act as a giant battery powering our new human co-creative ability, and connecting us to cosmic mind.

There's a great animation of this process at [1]http://www.in5d.com/12-strand-dna-photon-belt.html ... near the bottom of the page:

Image: Animation of recoding to 12-strand DNA ... [2]http://in5d.com/images/128 _19 _04 _09 _6 _57 _11.gif ..

- The animation starts with an enlarged pranic column picture. Then we see how the column connects with the blue Crystal Grid energy and the pink Earth core energy.
- This ignites the black hole (infinite) energy of the heart. There's an explosion as this infinite energy ignites with the local, finite energy — I gather this is an antimatter-matter reaction.
- The energy so created begins to spiral.
- And then a vortex is formed that unites the Crystal Grid with Earth's core.

That's why we humans are sometimes called transformers or 'transducers' of energy. In the manner that semiconductor chips power the memory of a computer, so we humans ... once our DNA is transformed to 12-strand, and our mitochondria become sufficiently capable of storing and transmitting energy ... will assist in powering the Crystal Grid that informs the awareness of New Earth.

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MORE INFORMATION: SILICON VALLEY SERIES

Link: "Congruence: Silicon Valley 1 ... Silicon Valley Technology and Our Body Chemistry," by Alice B. Clagett, published on 1 May 2013 ... [3]https://wp.me/p2Rkym-6xa ..

Link: "Congruence: Silicon Valley 2 ... Electron Excitation and the Experience of Multidimensionality," by Alice B. Clagett, published 1 May 2013 ... [4]https://wp.me/p2Rkym-6x8 ..

Link: "Congruence: Silicon Valley 3 ... Ramp-Up of Human Body Energy as 'Semiconductor Chip' in Global 'Computer'" by Alice B. Clagett, published 1 May 2013 ... [5]https://wp.me/p2Rkym-6x6 ..

.....

[6] 
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astrogeophysics, new human, samskaras, yoga, energy transformation, global computer, humans as semiconductor chips, transducer, vortex, pranic tube, pranic column, central vertical power current, kundalini, antahkarana, silver cord, silver thread,

1. http://www.in5d.com/12-strand-dna-photon-belt.html
2. http://in5d.com/images/128_19_04_09_6_57_11.gif
3. https://wp.me/p2Rkym-6xa
4. https://wp.me/p2Rkym-6x8
5. https://wp.me/p2Rkym-6x6
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1.5.2 Congruence: Silicon Valley 2 . Electron Excitation and the Experience of Multidimensionality . by Alice B. Clagett (2013-05-01 17:39)

Written and published on 1 May 2013; revised

Dear Ones,

This post hints at congruences between electron excitation bump-ups and multidimensional travel. My comments below have to do with the short reading list in magenta; reading the list is essential to understanding my comments.

Link: "How Semiconductors Work: Diodes and Transistors," by Marshall Brain, 2001 ... [1]http://electronics.howstuffworks.com/diode2.htm ..

Link: "Electron Excitation and Holes" ... [2]http://solarwiki.ucdavis.edu/The _Science _of _Solar/1. _Basics/C. _Semiconductors _and _Solar _Interactions/I. _Basic _Properties _of _Semiconductors/1. _Electron _Excitation _and _Holes ..

This article goes on about how when an electron jumps to a higher energy stratum, a hole is left in the lower energy stratum, allowing for energy conduction [and hence, information transmission] in a semiconductor.

Link: "Interactive Tutorials: Electron Excitation and Emission" ... [3]http://micro.magnet.fsu.edu/primer/java/fluorescence/exciteemit/index. html ... See the top of this page for a very cool little Wavelength (Energy) – Pulse tool.

The higher frequency wavelengths of light coming to Earth, and into our bodies, since the December 2013 Shift are elevating the electrons in our bodies' batteries (or you might say, our bodies' diodes), the mitochondria, to higher energy levels.

The new, higher frequency, smaller wavelength incoming solar energy is exciting the electrons in the atoms of our bodies, and bumping them up to higher energy levels. So with each bump-up of our body atoms to a new energy stratum, our consciousness moves from awareness of our physical body (third dimension), thence to awareness of our emotional body (fourth or astral plane) and thence to awareness of light body (the fifth dimension).

This from The Oracle Report for 1 May 2013, is relevant; Go to ... [4]https://static1.squarespace.com/static/530f3fd3e4b00ea7829010d2/t/537d f72ee4b0dd5-9d7f68b9f/1400764206584/Oracle+Report+2013+Archive.pdf ... T hen search 'Wednesday, May 1, 2013' and read the first two paragraphs, beginning "While a purging..."

Awareness can shilly-shally back and forth as our atomic 'batteries' run down. What can restore these batteries? **Sunlight** (absorption of photons, also known as 'vitality globules' (1), and **rest** ... during which the mitochondrial ATP-ADP energy-producing cycle (see chart below) can recharge the cells. Also, **diet** that doesn't interfere with the energy bump-up process.

Chart: Adenosine Triphosphate and ATP/ADP Cycle ... [5]http://site.motifolio.com/images/Adenosine-triphosphate-and-ATP-ADP-cy cle-1021117.png ..

to be continued....

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

MORE INFORMATION: SILICON VALLEY SERIES

Link: "Congruence: Silicon Valley 1 ... Silicon Valley Technology and Our Body Chemistry," by Alice B. Clagett, published on 1 May 2013 ... [6]https://wp.me/p2Rkym-6xa ..

Link: "Congruence: Silicon Valley 2 ... Electron Excitation and the Experience of Multidimensionality," by Alice B. Clagett, published 1 May 2013 ... [7]https://wp.me/p2Rkym-6x8 ..

Link: "Congruence: Silicon Valley 3 ... Ramp-Up of Human Body Energy as 'Semiconductor Chip' in Global 'Computer'" by Alice B. Clagett, published 1 May 2013 ... [8]https://wp.me/p2Rkym-6x6 ..

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FOOTNOTE

(1) See *Link: "Prana and the Chakras," Anand Gholap.net ... [9]https://www.google.com/webhp?sourceid=chrome-instant &rlz=1C1CAFB _enUS600US648 &ion=1 &espv=2 &ie=UTF-8 #q=vitality+globules+spleen+chakra* ... see Swadhisthana (spleen chakra), vitality globules

.....

[10] 
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astrogeophysics, dimensions, ATP-ADP, electron excitation, multidimensionality, photons, semiconductors, silicon chips, sunlight as food, transistors, vitality globules, JScambio,

1. http://electronics.howstuffworks.com/diode2.htm
2. http://solarwiki.ucdavis.edu/The_Science_of_Solar/1._Basics/C._Semiconductors_and_Solar_Interactions/I._Basic_Properties_of_Semiconductors/1._Electron_Excitatio
3. http://micro.magnet.fsu.edu/primer/java/fluorescence/exciteemit/index.html
4. https://static1.squarespace.com/static/530f3fd3e4b00ea7829010d2/t/537df72ee4b0dd59d7f68b9f/1400764206584/Oracle+Report+2013+Archive.pdf
5. http://site.motifolio.com/images/Adenosine-triphosphate-and-ATP-ADP-cycle-1021117.png
6. https://wp.me/p2Rkym-6xa
7. https://wp.me/p2Rkym-6x8
8. https://wp.me/p2Rkym-6x6
9. https://www.google.com/webhp?sourceid=chrome-instant&rlz=1C1CAFB_enUS600US648&ion=1&espv=2&ie=UTF-8#q=vita

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lity+globules+spleen+chakra

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1.5.3 Congruence: Silicon Valley 1 . Silicon Valley Technology and Our Body Chemistry . by Alice B. Clagett (2013-05-01 18:20)

Written and published on 1 May 2013; revised

- CONGRUENCE BETWEEN SEMICONDUCTOR TECHNOLOGY AND OUR BODY CHEMISTRY
- N-TYPE DOPING
- P-TYPE DOPING
- TRANSISTORS
- MORE INFORMATION:

Dear Ones,

CONGRUENCE BETWEEN SEMICONDUCTOR TECHNOLOGY AND OUR BODY CHEMISTRY

Lately I have been getting hints about congruences between semiconductor technology and our body chemistry, so I thought I would passing them on. It is a fill-in-the-blanks sort of puzzle I am presenting to you ...

Please go to "How Semiconductors Work" by Marshall Brain ... [1]http://electronics.howstuffworks.com/diode.htm ... and read paragraph 5 beginning "Carbon, silicon and ..."

Silicon is used in the formation of semiconductors. Semiconductors are used in mp3 players, cell phones and computers, among other things. These devices transmit information. Their creation led to the Information Age.

Carbon has four electrons, like silicon. Both form crystals. The crystal form of carbon is the diamond.

Image: Diode Silicon Lattice ... [2]http://s.hswstatic.com/gif/diode-silicon-lattice.gif ..

Every silicon atom in a silicon lattice bonds with 4 other silicon atoms. There are no stray electrons that might conduct electricity. Thus the silicon crystal is a very stable form, an insulator.

So here we have, for both the silicon crystal and the carbon-based crystal we call the ‘diamond’, a very stable energetic form. No info in, no info out. Reminds me of the stasis stage after death, described in Arthur E. Powell’s writing. (2)

N-TYPE DOPING

Phosphorus and arsenic have 5 outer electrons, compared to the 4 in silicon and carbon. When phosphorus or arsenic is introduced into a silicon crystal their 5th (extra) electrons are homeless, roaming around. These free electrons allow weak transmission of electricity

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through the silicon crystal. The introduction of phosphorus or arsenic is known as N-type doping, because electrons carry a Negative charge. (2)

So hypothetically, a compound such as arsenic (if only it weren't lethal) might increase electrical conduction in the human body – for example, in the nervous system. Speaking of which, I think I read somewhere that some yogis in India eat tiny amounts of arsenic to gain siddhis (psychic powers). The closest I could come to a reference to this was the notion that very small doses of arsenic enhance the spiritual experience. (3) This source went on to advise that improper use of arsenic can kill a person just like that. As we all know. So please don't construe this comment as advice that you should take arsenic. The technology for proper use of arsenic – if there is such a thing – just does not exist in the world right now.

P-TYPE DOPING

Boron and gallium have 3 outer electrons, compared to the 4 in silicon and carbon. When boron or gallium is introduced into a silicon crystal (a process known as P-type doping), their lack of a 4th electron forms 'holes' in the silicon crystal lattice. These 'holes' result in a positive charge. Like spare electrons, 'holes' can conduct electrical current, because the hole latches onto an electron from a neighbor, and this union moves the hole over another space. Introduction of boron or gallium is called P-type doping, because holes carry a Positive charge. (2)

See also *Link: "How Semiconductors Work," by Marshall Brain, updated 11 February 2021, at HowStuffWorks ... [3]https://electronics.howstuffworks.com/di ode.htm #pt1 ... the three paragraphs beginning "N-type and ...*"

Because of N- and P-doping, only a tiny amount of energy is needed to get the current moving in a diode.

So basically what we have here is that the diode is a storage unit for electricity. Like the mitochondria in our body cells. There are 1000 to 2000 of these minute 'batteries' in each of our body cells.

TRANSISTORS

See *Link: "How Semiconductors Work," by Marshall Brain, updated 11 February 2021, at HowStuffWorks ... [4]https://electronics.howstuffworks.com/diode.htm #pt2 ... the two paragraphs beginning ""A* ***transistor*** *is created ...*"

Think of a human being as the center layer of the Earth – Sky sandwich. So what might happen when the human heart provides that spark of love. What might happen to Earth and Sky?

to be continued....

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

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MORE INFORMATION: SILICON VALLEY SERIES

Link: "Congruence: Silicon Valley 1 ... Silicon Valley Technology and Our Body Chemistry," by Alice B. Clagett, published on 1 May 2013 ... [5]https://wp.me/p2Rkym-6xa ..

Link: "Congruence: Silicon Valley 2 ... Electron Excitation and the Experience of Multidimensionality," by Alice B. Clagett, published 1 May 2013 ... [6]https://wp.me/p2Rkym-6x8 ..

Link: "Congruence: Silicon Valley 3 ... Ramp-Up of Human Body Energy as 'Semiconductor Chip' in Global 'Computer'" by Alice B. Clagett, published 1 May 2013 ... [7]https://wp.me/p2Rkym-6x6 ..

.....
FOOTNOTES

(1) See Arthur E. Powell's works at *Link: "Books on the Teachings of the School of Theosophy," referrals by Alice B. Clagett ... [8]https://wp.me/p2Rkym-5ja ..*

(2) adapted from *Link: "How Semiconductors Work," by Marshall Brain, updated 11 February 2021, at HowStuffWorks ... [9]https://electronics.howstuffworks.com/di ode.htm #pt1 ..*

(3) From "Absorption of Powers from Arsenic Molecules-10311106," at ShophauntedCuriosites, now offline.

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[10] 

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energy bodies of a human, body chemistry, diodes, mitochondria, semiconductors, silicon valley technology, transistors, subtle bodies,

1. http://electronics.howstuffworks.com/diode.htm
2. http://s.hswstatic.com/gif/diode-silicon-lattice.gif
3. https://electronics.howstuffworks.com/diode.htm#pt1
4. https://electronics.howstuffworks.com/diode.htm#pt2
5. https://wp.me/p2Rkym-6xa
6. https://wp.me/p2Rkym-6x8
7. https://wp.me/p2Rkym-6x6
8. https://wp.me/p2Rkym-5ja
9. https://electronics.howstuffworks.com/diode.htm#pt1
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1.5.4 Bilocation and Transmutation . by Alice B. Clagett (2013-05-02 09:01)

Written and published on 2 May 2013; revised

- MIND CONTROL
- ALTERNATE REALITIES: VISION OF A MURDER
- MY MISSION OF TRANSMUTATION

Image: Statue: Angel of grief ... [1]http://last1onthebus.com/wp-content/uploads/2012/07/Angel-of-Grief-Danie l-Hartwig.Flickr.jpg ..

Dear Ones,

MIND CONTROL

The weirdest thing happened to me yesterday. I got tired after lunch, and took a little nap in the car before going into the Post Office. As I napped, there was another attempt at mind control. These have been so frequent lately that's it's more or less la-dee-da, but as usual, I woke up, got the picture, and got a little 'het up' over it.

ALTERNATE REALITIES: VISION OF A MURDER

Then I went to the Post Office, and the Coop, and on the way home heard on the radio about a woman whose son had been shot down on the street. She said to her minister that it would be ok, because she knew for sure her son was still in God's hands.

This news instigated a train of thought on my part. One thought led to another, and suddenly I found myself actually in this situation ... falling down keening over the body of my dead son. Trying to come to terms with this. I looked up and saw a young man who was the killer, looking down at me with no hint of compassion or caring. I looked forward, into the future, and saw my son's girlfriend, affianced to his killer. God, what a horrible lifetime!

All this while, reliving in stark detail the events of an alternate timeline, I was also driving home in my car, on a mountain road, through a forest of pine trees. Sometimes the alternate timeline would be more forward in my awareness, and sometimes the mountain road would seem more real. In fact, both seemed simultaneously, equally real.

Video and song: "O Death: O Brother Where Art Thou Soundtrack," performed by Ralph Stanley, at CineTrack, 12 February 2016 ... [2]https://www.youtube.com/watch?v=mB6 _BPT6VFk ..

MY MISSION OF TRANSMUTATION

So then, turning from my desolate bereavement, and remembering my current mission

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of transforming the energy of all the worlds to light and love, I began to feel my heart. And as I felt it, at first closed and dormant, and then slowly opening wide and diaphanous, like tough but infinitely thin, pliant liquid crystal, I began to feel a vast, slow sea of sadness, the daggered hearts of mothers who have lost their children — I felt this sadness welling up – through the clear intention of many bright souls – lifting and leaving all the worlds. And now, we are free of that, through the grace of God, and the power of our own great Hearts.

Dear Ones, Peace be with thee.

May thy walk in life's garden be full of joy.

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

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[3] 

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bilocation, grief, transmutation, transformation, personal alchemy, mind control, visions, murder, visions,

1. http://last1onthebus.com/wp-content/uploads/2012/07/Angel-of-Grief-Daniel-Hartwig.Flickr.jpg
2. https://www.youtube.com/watch?v=mB6_BPT6VFk
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.5.5 Mind-to-Mind and Panic Attacks . by Alice B. Clagett (2013-05-03 07:25)

Written and published on 3 May 2013; revised

- STORIES BY ALICE: ON SEEING A DESTITUTE MAN ASSAULTED AT UCLA
- OTHER WAYS OF RESPONDING TO A THREAT
- THE PROBLEM WITH TELEPATHIC ATTACKS
- ON FEELING SAFE
  - "Affirmation to Feel Safe," by Alice B. Clagett, Soundtrack and Words

Dear Ones,

I want to talk a little about telepathy and panic attacks.

STORIES BY ALICE: ON SEEING A DESTITUTE MAN ASSAULTED AT UCLA

Once years ago, when I was working at UCLA (University of California at Los Angeles), I needed to buy something for my boss at the bookstore. I was walking down the sidewalk to run my errand. There are always lots of delivery trucks cruising around at the University, delivering this and that, so it was no great surprise, when I got to a stoplight, to find a big truck stopped at the light near me.

It was a warm day, and the driver had his passenger-side window down. A man, destitute by the looks of it, started walking across the crosswalk from the other side of the street. Absorbed in his own world, he did not notice the truck, or that the walk signal had turned red when he was halfway across the crosswalk. The trucker apparently did not notice the pedestrian either. The truck started up, and nearly clipped the pedestrian, who ended up right beside me on the sidewalk, hurling obscenities at the trucker.

To my utter amazement, the trucker braked, lunged for a tire iron beside his seat, hopped out of the truck, and started bludgeoning the pedestrian right in front of me.

Image: Man with a crowbar attacking another man ... [1]http://us.123rf.com/450wm/creatista/creatista0910/creatista091000221/5 796630-man-being-assaulted-by-criminal-with-crowbar.jpg ..

Now this presented me with a dilemma ... I am a second-degree black belt in karate, and one of my missions in life is to protect the weak. On the other hand, the trucker was behaving as if he were on angel dust (PCP) ... which is to say, totally, insanely enraged. Further, he was tall, muscular and clearly a fighter. I was short and out of shape.

There was, hands down, nothing I could do about this but back off and radiate love. After what seemed like an eternity, but was probably only a few minutes, the pedestrian was reduced to a prostrate, sobbing mass on the sidewalk. The trucker got into his truck and drove off in the direction of the bookstore. And the campus police drove up to help the injured man. Thank God.

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OTHER WAYS OF RESPONDING TO A THREAT

In modern life, when a threatening situation arises, it is usually not the case that two sober people go at each other fisticuffs. Generally speaking, one person will respond by attacking, and the other will respond by backing off or running away.



Image: "Saul Attacking David," by Giovan Francesco Barbieri (“Il Guercino”), 1646, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Guercino _Saul _Davide.jpg ... public domain

Image: "Saul Attacking David," by Giovan Francesco Barbieri (“Il Guercino”), 1646, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Guercino _Saul _Davide.jpg ... public domain

This is a pretty good thing, because it reduces the incidence of situations such as that which I witnessed at UCLA.

THE PROBLEM WITH TELEPATHIC ATTACKS

How we react when a threat arises during mind-to-mind communication is, initially, just how we react in real life. Some of us attack. Some of us try to hide. The problem with

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telepathy is that it may prove impossible to run away.

A lot of good information is out there about spells and affirmations (see my blog categories: *Spells* and *Prayers - blessings - mantras - affirmations - white magic*) to overcome telepathic attack, but in my experience, none of them have provided a permanent solution.

Why? Because when I am attacked telepathically, I begin to feel anxious, and this anxiety 'rubs off' on my 'attacker', who then begins to feel more anxious, more threatened. And who then ratchets up the attack mode. Then I feel *more* anxious, and I do something in the real world to decrease the likelihood they may do me harm. Then they feel they have me on the run, and they attack again. This downward spiral into negative emotions continues on and on.

Eventually what we have is not two sane people having a mind-to-mind discussion, but one insane banshee threatening death and destruction, and another person or persons in full-blown panic attack mode. This is the stuff of nightmares, no joke. Kinda like this ...

Image: Jurassic Park animated gif – Must Go Faster ... [2]https://professionalmorondotcom.files.wordpress.com/2015/06/must-go-fa ster.gif?w=723 ..

Now, imagine this tape loop scene, played over and over again, 24-7. That is what you might call a telepathic panic attack.

ON FEELING SAFE

As telepaths, we are going to have to learn some new behavior when confronted with threats. Attacking is not going to work. Running away is not going to work. Here is something I tried today, and it worked like a charm ...

When I felt threatened, I began repeating this affirmation in a steady tone ...

. . . . .

"Affirmation to Feel Safe"
by Alice B. Clagett
Soundtrack and Words
3 May 2013

[3]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/safe1.mp3

I am safe, safe, safe and secure.
I am safe, safe, safe and secure.
I am safe, safe, safe and secure.

. . . . .

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What immediately happened was that my attacker began to relax, and to feel less threatened. So they stopped attacking. Then I felt safer because I was not being attacked. This upward spiral went on for about 10 minutes, and then life ... quite miraculously ... returned to normal.

Hoping this may be of service to you,

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

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[4] 

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anxiety, clair senses, panic attacks, psychic attack, telepathy, threat energy, fear, affirmations, protection, homelessness, UCLA attack, affirmations, safety, protection, fight or flight, panic attack, stories, stories by Alice,

1. http://us.123rf.com/450wm/creatista/creatista0910/creatista091000221/5796630-man-being-assaulted-by-criminal-with-crowbar.jpg
2. https://professionalmorondotcom.files.wordpress.com/2015/06/must-go-faster.gif?w=723
3. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/safe1.mp3
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.5.6 Basal Chakra Clearing . by Alice B. Clagett (2013-05-04 06:48)

Written and published on 4 May 2013; revised

- ON FEELING ANXIOUS
- AN OMEN IN A MINING TOWN
- WOES OF BASAL CHAKRA CLEARING

Dear Ones,

ON FEELING ANXIOUS

Recently I had two close brushes with death. Both really frightened me. I began to feel like my life was hanging in precarious balance, somewhere between 'barely here' and 'gone forever.' I was assailed by feelings of generalized anxiety.

AN OMEN IN A MINING TOWN

Well, I thought, how about a change of scene? I'll take a day trip to a mining town only an hour or so away. So I hopped in the car and headed out towards the big mountains.

Turned out there was a lot of snow still up there. The mountains were 13,000 feet high, and this was the standard mountain, not the outstanding one. Most of the side roads were impassable because of the snow. I was wearing a summer dress and sandals. All I had for warmth was a sweatshirt. I was feeling unprepared and ... well ... anxious. Quite anxious. And hungry too.

Finally I got to the mining town. Put on my sweatshirt and got out of the car, looking for a sandwich somewhere.

It was a little early for the tourist season. Almost none of the shops were open. The wind picked up, and snowflakes started to flurry down. I went back to the car for a wool blanket, and wore that, Indian-style, as I hunted for a restaurant. Finally found a place that was open. A charming, quaint place, with good food.

As to the sign that hung outside the door, though, I could have wished for better ... it was a painting of a skeleton riding a motorcycle. I had to laugh! This 'fear of death' topic had been popping up in my life so often in recent days that it just wasn't that scary anymore.

Image: Skeletons dancing: [1]https://www.visitstaugustine.com/sites/default/files/styles/cover/public/events/cover/skeletons-ripleys-10x6-4web.jpg ..

WOES OF BASAL CHAKRA CLEARING

As you may know, there's a lot of basal chakra (root chakra) clearing going on now. This is the chakra situated at the base of the spine. Some say it's our most 'primitive' chakra.

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When the basal chakra is not clear, we may experience:

- fear for our survival,
- fear of death,
- sexual obsession,
- impulsive and reckless behavior,
- possessiveness,
- insecurity,
- immediate gratification urges,
- hyperactivity of mind and body,
- power concerns,
- manipulative behavior, and
- immune system problems

In order for us to ground properly – feel centered, feel well balanced, feel the Earth beneath our feet — the basal chakra must be clear. When it's clear, our life force becomes strong enough to allay our fears and make us aware of our talents.

So, in order for us to come into our own as fully developed human beings on Earth, our basal chakra must be cleared. And the incoming light of New Earth is providing us with the experiences we need to clear the basal chakra. Tailor-made experiences for each of us. Maybe you've lost your house or your job. Maybe you've had a close brush with death, or a severe illness recently. Maybe you've been reading the news, and you're in a state of alarm over the state of the world. Maybe you've been watching the violence on TV or at the movies, and it's beginning to look like violence is everywhere.

Why is this happening? Believe me, it's not so that we can have panic attack after panic attack. It's happening so that we can feel these issues of basal chakra insecurity, cleanse the chakra, and step into self-mastery.

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

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[2] 
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lower triangle, rambles through the brambles, yoga, basal chakra, chakra clearing, root chakra, first chakra, prophecies, omens,

1. https://www.visitstaugustine.com/sites/default/files/styles/cover/public/events/cover/skeletons-ripleys-10x6-4web.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.5.7 Lord Vishnu and the Mantra of Liberation . by Alice B. Clagett (2013-05-04 07:14)

Written and published on 4 May 2013; revised

- LORD VISHNU, THE PRESERVER

- THE MANTRA OF LIBERATION

Dear Ones,

Lately I have been drawn to Lord Vishnu, whose great powers protect and preserve the world. There are some very powerful, hauntingly beautiful chants to Lord Vishnu that I love to hear, and find very comforting during these times of great change on New Earth. So, here are two of the chants I love best, along with a little background information.

LORD VISHNU, THE PRESERVER

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Image: “Lord Vishnu Narayana,” by Beata Denisa, 17 August 2018, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Lord _Vishnu _Narayana.jpg … CC BY-SA 3.0 International

Image: “Lord Vishnu Narayana,” by Beata Denisa, 17 August 2018, in Wikimedia Commons … [1]https://commons.wikimedia.org/wiki/File:Lord _Vishnu _Narayana.jpg … CC BY-SA 3.0 International

Lord Vishnu is the all-pervading essence of all beings, the master of past, present and future, the creator and destroyer of all existences. It is Vishnu who supports, sustains and governs the universe. He is sometimes worshipped in the form of one of his many incarnations on earth, for instance, as Rama and Lord Krishna. (1)

THE MANTRA OF LIBERATION

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Lord Vishnu's mantra is "Om Namo Bhagavate Vasudevaya" means "I bow to the Lord who lives in the hearts of all." It is called the Mukti (Liberation) mantra and is a sound code for attaining freedom. Here is a wonderful rendition of the mantra ...

Video: Deva Premal sings Om Namo Bhagavate Vasudevaya ... Link: "Om Namo Bhagavate," by Taziane Araujo, 7 May 2011 ... [2]https://www.youtube.com/watch?v=aifSjuyeE5M ..

. . . . .

From my heart to yours,

I wish you peace, and freedom from the cares of the world!

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

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FOOTNOTE

(1) Description of Lord Vishnu is adapted from ... *Link: "Vishnu," in English Wikipedia ... [3]https://en.wikipedia.org/wiki/Vishnu ... CC BY-SA 3.0 Unported*

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[4] 
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Deva Premal, Lord Vishnu, Om Namoh Bhagavate Vasudevaya, mantras, mantra of liberation, mukhti mantra, enlightenment, Hinduism, trimurti, Rama, Lord Krishna,

1. https://commons.wikimedia.org/wiki/File:Lord_Vishnu_Narayana.jpg
2. https://www.youtube.com/watch?v=aifSjuyeE5M
3. https://en.wikipedia.org/wiki/Vishnu
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.5.8 On Blessing Earth, Sky and Waters . by Alice B. Clagett (2013-05-05 06:31)

Written and published on 5 May 2013; revised

Image: Farview Tower at Mesa Verde ... [1]https://www.flickr.com/photos/23556853@N-07/5683225684/ ..

Dear Ones,

Yesterday, after prompting from Eileen's posts (1), I watched Bill Ballard's video (2), and then he recommended Sandra Walter's video (3), so I watched that. And sort of a firestorm was triggered in me ... to just get out there and bless the sacred natural spots around here with a ceremony, and intention to bring through 5D.

What do I know about this? Nothing! But darned if I didn't leave the cat a bowl full of food, grab some warm clothes, just in case, and head off for Mesa Verde. Where I found a little spot amongst the needles under an old dwarf juniper tree, across from a little mound of stones that had once been an Ancestral Puebloan dwelling.

I was feeling pretty inadequate and, well, silly. I picked up some local pebbles ... the same kind of sandstone the Ancestral Puebloans had used to build their homes ... and found a tiny shard of painted pottery, and put them all in a little circle under the juniper tree, with a bigger pebble in the middle. And then picked a few little flowers to place round the central stone. And stood to bless the circle and the tree. Which felt great.

But it was not till I turned round to face the mound of stones, which had once been an Ancestral Puebloan home, that everything shifted. I felt a whirling, not round me, but between me and the ancient stones. The air shifted. It's hard to explain ... as if the stones were both there and not there. It was an unworldly feeling. I dunno, actually, what happened at all. But it felt right, and complete.

So, I just want to encourage everyone to give it a go. Go ahead and try this 'blessing Earth, sky and waters' thing. It feels pretty cool. Way so!

And don't be afraid to dream big. Next time I go to Mesa Verde, I think I'll take a flute along, to play a note or two, and place my 5D intention over the whole of mesa. See what happens ...

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

Image: Pipe Shrine House detail, Far View Megalithic Group, Mesa Verde ... [2]https://gamblershouse.files.wordpress.com/2009/11/pipeshrinehousespira lblock.jpg?-w=500 &h=375 ..

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FOOTNOTES

(1) Eileen's posts are no longer online.

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(2) *Link: “Bill Ballard, 3rd May 2013" ... [3]http://spiraloflight.wordpress.com/2013/05/04/bill-ballard-may-5th-201 3/ ..*

(3) *Link: Sandra Walter ... [4]https://sandrawalter.com/ ... Search the 2013 Archives for:*

"*Source Resonance and DNA Upgrades,*" *by Sandra Walter, 17 May 2013*

.....

[5] 

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ceremony, Bill Ballard, blessing Earth, Mesa Verde, Sacred Spiral of Light, Sandra Walter, Native Americans,

1. https://www.flickr.com/photos/23556853@N07/5683225684/
2. https://gamblershouse.files.wordpress.com/2009/11/pipeshrinehousespiralblock.jpg?w=500&h=375
3. http://spiraloflight.wordpress.com/2013/05/04/bill-ballard-may-5th-2013/
4. https://sandrawalter.com/
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

1.5.9 Blood and Thunder . by Alice B. Clagett (2013-05-08 05:37)

Written and published on 8 May 2013; revised

- A VISION OF A FRIGHTENED CHILD HIDING IN A CLOSET [re 'Spoils']
- SCARY DREAMS AND VISIONS
- UNCONSCIOUS THOUGHT CLOUD OF THE WORLD
- WIPEOUT AFTER WIPEOUT
- SURF'S UP!

Video: The Most Overused Modern Thundersound Effect, by wileyk209zback ... [1]https://www.youtube.com/watch?v=sXqRxxiwmj8 ..

Dear Ones,

A VISION OF A FRIGHTENED CHILD HIDING IN A CLOSET [re 'Spoils']

Just before dawn today I awoke hearing a tremendous clap of thunder. The cat jumped off the bed and went to hide in the farthest corner of the room.

Image: Scared Cat (not my cat, though) ... [2]http://i1.wp.com/elizaflynn.co.uk/wp-content/uploads/2012/10/Scared-Cat. jpeg?resize=300 %2C225 ..

I thought: Rain! Wonderful! Just what the ranch families round here have been praying for! And I fell asleep again.

Shortly thereafter I awoke with a nightmare ... of a thin, blonde little boy, hiding in a closet behind some clothes. Frightened for his life.

I checked my body ... muscles super uptight. I checked my pulse ... blood was roaring through my veins. And my chakras were tapping out a sort of Morse code of distress.

SCARY DREAMS AND VISIONS

What to do about scary dreams and visions? Well, there are a couple of possibilities. One thing I always seem to do automatically is to allow my mind to step in and trace back what might have led up to the scary thing. Which is what happened this morning. I started thinking – oh, this nightmare happened because I started reading that detective novel last night, and there was that scary description of a crime in it. And then I thought, oh yes, this is because when I was little there was a big thunderstorm. The storm was so severe, the whole house was shaking with it. And our babysitter got terrified and went and hid in the clothes closet, and shut the door and wouldn't come out. I remember that....

Very logical train of thought. But not very useful, as I was still in a high state of alarm.

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So then I remembered how Sandra Walter (1) has been talking about opening the High Heart and the new chakra that's being created just beneath that. So I placed my hands on my High Heart (just beneath my collar bone). I felt my high heart fluttering like a captive butterfly! But then the moment I placed my hands and my awareness there, my high heart became strong and whole again. My body stopped trembling. My mind stopped racing. Fini!

Image: Thymus gland, which is the endocrine gland affected by the high heart chakra ... [3]https://s-media-cache-ak0.pinimg.com/236x/d4/e7/9b/d4e79b227b3 - f3fc5ed52e36b0c4df177.jpg ... The caption mentions that the thymus sometimes flutters during solar flares and spiritual experiences.

UNCONSCIOUS THOUGHT CLOUD OF THE WORLD

Here is the thing ... I tend to think I'm thinking my own individual thoughts, feeling my own individual emotions. But this isn't so at all. It's more like I'm swimming around in a sea of unconscious thought ... the unconscious thought cloud of the world.

Some places on Earth ... such as in high-crime areas ... the thought cloud is muckier than other places, and these are good places for me to avoid. Sometimes ... such as after dark, or on cloudy days, or when I'm fatigued or sleeping – I'm more susceptible to the thought cloud than other times. (2)

WIPEOUT AFTER WIPEOUT

Add to that the ascension factor ... since the Shift, Earth has been shrugging off layer after layer of the unconscious thought cloud. It's like riding a bucking bronco of unconscious thought. Or like riding the ocean waves, with wipeout after scary wipeout, but each time surfacing, exhilarated, to the joy of sparkling waves and sun.

Image: Surfers wipe out on big wave ... [4]http://i.dailymail.co.uk/i/pix/2011/01/13/article-1346736-0CBE17F30000 05DC-297 _964x625.jpg ..

SURF'S UP!

I am reminded of a person I used to know, a former surfer, now a skier mainly. He had an old friend, a fellow surfer from Hawaiian days. Since then they had both moved to the California Coast. It had been decades since they had surfed together. But still, every time the waves got good, this friend would call and say: *Jim! Surf's up! Let's go ride the waves!*

So this morning, I got a call from Earth: *Surf's up! Fear everywhere! Feel your heart! Feel the love! Grab your cat and give her a reassuring hug! Reclaim your power as a human being!*

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

Video: Chanting Om with Thunder and Ocean Waves, by Jeffrey Main: [5]https://www.youtube.com/watch?v=XwA1n2HveFM ..

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FOOTNOTES

(1) *Video: "Solar Cosmic Light – Christed Heart Center," Sandra Walter at AscensionIntegration, 4 May 2013, [6]http://www.youtube.com/watch?v=Df5 K-63adWI ..*

(2) I'm reminded of a poem I once wrote ...

"Leviathan"
a poem by Alice B. Clagett

"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."

Which is to say, my encounters with the unconscious thought cloud of the world are just a way of bringing my own painful memories to my awareness. Why? Surely not to scare the dickens out of me!

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[7] 
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mastery of mind, unconscious thought cloud of the world, high heart, Sandra Walter, visions,

1. https://www.youtube.com/watch?v=sXqRxxiwmj8
2. http://i1.wp.com/elizaflynn.co.uk/wp-content/uploads/2012/10/Scared-Cat.jpeg?resize=300%2C225
3. https://s-media-cache-ak0.pinimg.com/236x/d4/e7/9b/d4e79b227b3f3fc5ed52e36b0c4df177.jpg
4. http://i.dailymail.co.uk/i/pix/2011/01/13/article-1346736-0CBE17F3000005DC-297_964x625.jpg
5. https://www.youtube.com/watch?v=XwA1n2HveFM
6. http://www.youtube.com/watch?v=Df5K-63adWI

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1.5.10 Medicine Buddha Mantra to Heal the Body and Cleanse Karma . by Alice B. Clagett (2013-05-09 07:09)

Written and published on 9 May 2013; revised

Dear Ones,

Lately I have been dreaming of the Golden Buddha. And so, this post...

Video: Medicine Buddha Mantra (with words) ... [1]http://www.youtube.com/watch?v=yUJucA-mrgE ..

Here is a Tibetan Buddhist Mantra to help cure diseases and to help overcome the inner sicknesses of attachment, jealousy, hatred, greed, desire, and ignorance (1) ...

Tayatha om bekandze
Bekandze maha bekandze
Randza samu gate soha

This is a prayer that all sentient beings be freed from sickness, now and forever. (2)

Image: Golden Buddha's hand ... [2]http://www.worldwidehealingcircle.net/images/new1/Med-bud-statue-250.j pg ..

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

.....
FOR MORE INFORMATION

Link: "Advice from Lama Zopa Rinpoche regarding Medicine Buddha" ... [3]http://www.fpmt.org/images/stories/teachers/zopa/contact/pdf/Medicine _Buddha.pdf ..

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FOOTNOTES

(1) Mantra chanted by Khenpo Pema Chopel Rinpoche from the CD "The Blessing from H.H. Penor Rinpoche for World Peace," which may be purchased at [4]www.amazon.com ..

(2) More on this at *Link: "The Medicine Buddha Mantra" ... [5]http://www.worldwidehealingcircle.net/medicine _buddha _mantra.htm ..*

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[6] 

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Buddhism, cleanse karma, clear karma, golden buddha, heal body, Khenpo Pema Chopel Rinpoche, Medicine Buddha Mantra, purify negative karma, sins, attachment, jealousy, hatred, greed, desire, ignorance, mantras,

1. http://www.youtube.com/watch?v=yUJucA-mrgE
2. http://www.worldwidehealingcircle.net/images/new1/Med-bud-statue-250.jpg
3. http://www.fpmt.org/images/stories/teachers/zopa/contact/pdf/Medicine_Buddha.pdf
4. http://www.amazon.com/
5. http://www.worldwidehealingcircle.net/medicine_buddha_mantra.htm
6. http://creativecommons.org/licenses/by-sa/4.0/
7. http://creativecommons.org/licenses/by-sa/4.0/

1.5.11 Ego . by Alice B. Clagett (2013-05-11 07:43)

Written and published on 11 May 2013; revised

Dear Ones,

This photo immediately reminded me of ego:

Image: Cat staring out a window ... [1]http://media.merchantcircle.com/30140539/cat %20looking %20out %20window _full.jpeg ..

Note how the reflection of cat can be seen in the window glass. It's as if the reflection of the cat is looking at us ... as if the reflection were the cat. *And* it looks like a predator ready to pounce ... threat energy!

In love, light and joy,
I Am of the Stars
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[2] 

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ego, threat energy, power over,

1. http://media.merchantcircle.com/30140539/cat%20looking%20out%20window_full.jpeg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.5.12 The Veil . by Alice B. Clagett (2013-05-11 07:52)

Written and published on 11 May 2013; revised

Dear Ones

Here is an image of a young woman, sitting in the passenger seat of an automobile. You are viewing her face from outside the car, through the front window glass. It's a rainy day, and her image is distorted by the rain on the windshield. There are brown, dead leaves curled up in the windshield wiper reservoir ...

Image: Young woman sitting in car, viewed from outside: [1]https://therealmimi.files.wordpress.com/2010/10/lookingthroug hdirtyglass.jpg?w=300 &h=200 ..

The car window is like the Veil, which distorts our vision of reality while we are in human form. Who we are includes both the woman inside the car, the windshield, the car, the rain, and the wind and air outside the car ... like that!

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

For more on the Veil, see *Link: "The Law of One: The Ra Material," search topic: "The Veil," [2]https://www.lawofone.info/results.php?q=veil ..*

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[3] 
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veil, dimensions, Law of One,

1. https://therealmimi.files.wordpress.com/2010/10/lookingthroughdirtyglass.jpg?w=300&h=200
2. https://www.lawofone.info/results.php?q=veil
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.5.13 Uplifting America . by Alice B. Clagett (2013-05-11 08:02)

Written and published on 11 May 2013; revised

Dear Ones,

I have been going to the Senior Center here in Colorado for a few weeks, and before the daily meal we all say the Pledge of Allegiance to the Flag of the United States of America. I have to admit, I had not said it since grade school, and I had to fudge on a few words at first. But shortly I had it down, and the thing I noticed was, how speaking the words changed my attitude toward the United States. So much so that, I'd like to propose:

Of all the things we can do to help our nation survive these tumultuous times, this may be one of the most important, and simplest, things – to recite the Pledge of Allegiance once daily.

If you do not live in the United States, maybe there is an equivalent for your country – if not a Pledge, then maybe a national song?

Just think! Our *attitudes* towards our countries may have more to do with global politics than any social justice campaign!

In love, light and joy,
I Am of the Stars
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patriotism, politics, social issues, United States,

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

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1.5.14 Singin' in the Rain: Omens Before an X-Flare Event . by Alice B. Clagett (2013-05-14 08:09)

Written and published on 14 May 2013; revised

- STORM CLOUDS, A FEELING IN THE AIR, AND THREE SOLAR FLARES
- ALICE'S STORY: WALMART ... AND VARIOUS NATURAL OMENS
- I LOVE YOU, I LOVE YOU, I LOVE YOU!
- FOOTNOTES

Video: "Singin' in the Rain - Gene Kelly," by andrew67ist, 31 January 2011 ... [1]https://www.youtube.com/watch?v=07n3mmF6BkE ..

Dear Ones,

STORM CLOUDS, A FEELING IN THE AIR, AND THREE SOLAR FLARES

Storm clouds have been scudding across the sky here recently. No wonder, considering how much everyone's been hoping for rain. Sometimes it's very dark — so dark it's hard to read indoors. Makes me hesitant to take a long walk. Then the sun peeks out for a while ...

Eileen has been talking about a feeling in the air, of something about to happen. (1) You could call it scary, I guess. Or you could call it a chance for change. Who knows, maybe for the better?!

Then Space Weather... [2]https://www.spaceweather.com ... has reported *three* X-class solar flares in the last day or so. (2) Three big ones. And several M-class flares as well. So, looks as if humanity may be ready to take another step back into its original state of bliss. Bring it on!

ALICE'S STORY: WALMART ... AND VARIOUS NATURAL OMENS

Yesterday afternoon I had another discombobulating Walmart experience. When I got home, I went to sit on the wooden walk that faces a wooded hillside by the house. A chickadee landed on the twig of a scrub oak tree; then it flitted off. Up the hill, someone's flag flapped in the wind.

To my right, around the corner of the garage, I could hear my cat get into a fierce argument with that tigerish little black-and-white cat that roams about the neighborhood. I took a look-see, and ... good grief! ... scrunched under the car, hissing and carrying on, for the first time my cat held her ground! The black-and-white cat skulked off, sulking. Well, all right, then!

Then I heard a snuffle to my left, and there were coming along two deer towards me. The snuffling one stopped and began to rub its left nostril, over and over again, with its left foot. S'up with that? At last the rubbing stopped; the deer looked up and saw me. Yikes, a human! As one, the two deer turned and retraced their steps leftward.

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Then my energy settled back down into the Earth, and that indescribably beautiful, high-pitched singing sound started up above my head again. So lovely! New Earth, new aura, that joyful moment before sunset, when all my world's at peace!

I LOVE YOU, I LOVE YOU, I LOVE YOU!

Speaking of singing, something totally uncanny happened to me last night just as I was drifting off to sleep ... all my body cells started singing, in a very high, happy, lilting tone,

"I *love* you, Dharm Darshan Kaur.
I *love* you, Dharm Darshan Kaur.
I *love* you, Dharm Darshan Kaur" ... etc etc etc

... and my perception of my body, especially from the heart down, changed from solid to a sensation of tiny vibrating joy-filled particles.

It was an inconceivably odd feeling. Not unpleasant, though. Just, I dunno, more or less unbelievable. I'd been hearing this chant for a long time; clueless about what it meant. Still clueless. Except that 'Dharm Darshan Kaur' is one of the spiritual names gifted to me over the course of a long and eclectic spiritual journey (3) ....

Wishing you a day full of sunshine,

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

.....
FOOTNOTES

(1) The blog "Is There a Storm Coming," by Eileen at "Sacred Spiral of Light," was my reference here; but this blog is no longer online.

(2) DAILY SOLAR FLARE DATA can be found in the NASA SWPC data available through weekly reports on the NOAA's National Centers for Environmental Information website ... go to [3]https://www.ngdc.noaa.gov/stp/spaceweath er.html and then, under NOAA Space Weather Products, click on 'Periodic Reports'.

Here are the data for 13-19 May 2013, from the report "SWPC PRF 1968 20 May 2013" ...

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Daily Solar Data

Date	Radio Flux 10.7cm	Sun spot No.	Sunspot Area (10^{-6} hemi.)	X-ray Background Flux	Flares							
					X-ray			Optical				
					C	M	X	S	1	2	3	4
13 May	150	144	1380	C1.1	10	1	2	19	1	0	0	0
14 May	148	142	1200	B7.1	3	0	1	11	0	0	0	0
15 May	146	186	1180	B7.7	4	0	1	3	0	1	0	0
16 May	145	212	1290	B6.0	4	1	0	1	1	0	0	0
17 May	136	198	990	B5.7	1	1	0	9	0	1	0	0
18 May	132	146	700	B4.8	5	0	0	10	0	0	0	0
19 May	135	113	590	B5.8	9	0	0	12	1	0	0	0

Image: "Daily Solar Data: SWPC PRF 1968 20 May 2013," from the SWPC/NASA ... ftp://ftp.ngdc.noaa.gov/STP/swpc _products/weekly _reports/PRFs _of _SGD/2013/05/prf1968.pdf ... public domain

Image: "Daily Solar Data: SWPC PRF 1968 20 May 2013," from the SWPC/NASA ... [4]ftp://ftp.ngdc.noaa.gov/STP/swpc _products/weekly _reports/PRFs _of _SGD/2013/05/prf1968.pdf ... public domain

(3) My old spiritual name, Dharm Darshan Kaur, means 'the princess who walks the path of righteousness (which some say is sharper than a razor's edge!) and bows to the Light that leads our Souls out of darkness.

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[5] 

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foreboding, Gene Kelly, solar flares, body cells, omens, prophecy, Dharm Darshan Kaur, X-flares, solar events, stories by Alice, stories, earth-directed solar flurries,

1. https://www.youtube.com/watch?v=07n3mmF6BkE
2. https://www.spaceweather.com/
3. https://www.ngdc.noaa.gov/stp/spaceweather.html
4. ftp://ftp.ngdc.noaa.gov/STP/swpc_products/weekly_reports/PRFs_of_SGD/2013/05/prf1968.pdf
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1.5.15 The Path to Grace . by Alice B. Clagett (2013-05-15 08:50)

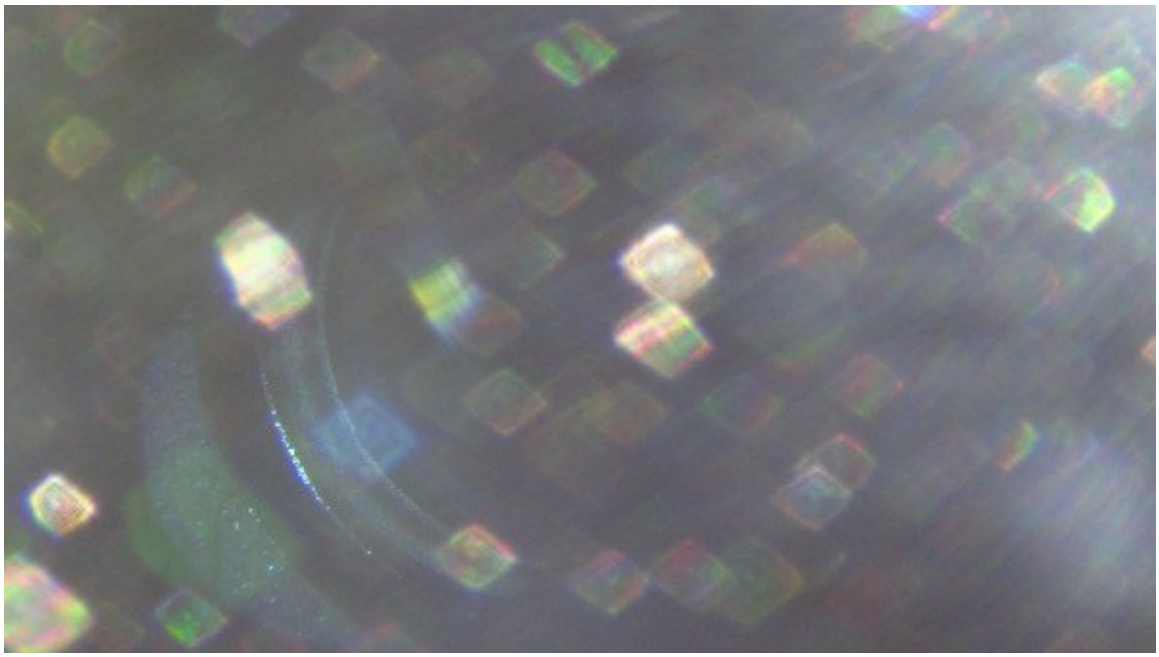


Image: “Santa Monica Mountains, Calabasas, California 12: Incoming Light 2 - Nature Spirits,” by Alice B. Clagett, 27 November 2021, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Santa Monica Mountains, Calabasas, California 12: Incoming Light 2 - Nature Spirits,” by Alice B. Clagett, 27 November 2021, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Dear Ones,

Here is quite an interesting conceptualization of ego and grace ...

Image: Subtle picture of ego: https://pbs.twimg.com/media/DY5P2LY XkAARiuv.jpg ..This image illustrates how ego prevents the descent of grace.

The picture implies what an act of will it takes to break through ego and access grace. To me, grace is the quality of this Universe that always stands ready to reach down through the Veil to help us reach the divine. But since this Universe is governed by free will, in order to access grace, we must *ask* for it with all our hearts.

Ancient Indian texts used to phrase this universal law allegorically: "If you take one step

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toward your guru, he will take 10 steps toward you." In this context, 'guru' is the quality ... or *fundamental longing* ... of darkness to merge with light. We may think of it as an avatar, as God, as the Elohim, or as our own Higher Self ... it makes no difference. The important thing is to think of 'guru' in the way that speaks to our own heart, so that we can summon the extreme strength of will we will need to pierce the Veil.

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

Written and published on 15 May 2013; revised on 10 June 2023

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ego, grace, guru, Incoming Light, duality, darkness and light, advaita, descent of grace,

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

To me, grace is the quality of this Universe that always stands ready to reach down through the Veil to help us reach the divine. But since this Universe is governed by free will, in order to access grace, we must ask for it with all our hearts.

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1.5.16 Earthly Loyalties . by Alice B. Clagett (2013-05-18 09:07)

Written and published on 18 May 2013; revised

- LOYALTY TO HUMAN ORGANIZATIONS
- LOYALTY TO GURUS AND AVATARS
- LOYALTY TO HIGHER SELF

Dear Ones,

LOYALTY TO HUMAN ORGANIZATIONS

We are coming to a space where humans are emerging from the unconscious thought cloud of the world, from the collective mind, into an experience of true individualization. This is a place of immense personal power, where our latent co-creative ability becomes our true reality. But we can only express our latent power when we have reunited with our Higher Self.

Why? Because when that happens, our perspective will shift to take into account all people and the good of Earth. And in time, that consciousness of All will expand to include the peoples of all the Star Nations, and the good of the entire Galaxy.

People worry about our human organizations ... political, religious and cultural institutions. Social club. Family groups. Will these survive the Shift? Yes and no.

- Yes, for as long as they serve the good of humanity.
- No, in the long run, because these organizations are but shadow forms of true unity consciousness. As each of us clarifies our own Shadow, our own echo of the unconscious thought cloud of the world, as we each emerge from the collective mind, we begin to notice the Shadow hidden within our worldly organizations.

So, as we become clear, our organizations must become clear, or else fall by the wayside. And in the long run, no organization will serve, unless it is spontaneously, dynamically changing moment to moment, in the flow of the Now.

LOYALTY TO GURUS AND AVATARS

In centuries past, humankind has looked up to spiritual gurus and avatars to light our path through life. This was, in fact, all we had to light the way through many dark centuries. And, truth be told, these guides did their very best for us, considering the energetic state of Earth when they were alive.

But this has been a world of Duality ... of Light and Dark. That's 50 percent Light, 50 percent Dark. This is so for each of us, and is so for our gurus and avatars as well. Think

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about it ... How could it be otherwise, considering the energies in which Earth has, until now, been bathed? It is not a question of who is 'good' versus who is 'bad'. It is about the quality of photonic Light on the planet. About how atoms have been constructed.

So, only now is this coming to Light: The plane of greater power over the natural universe on which these beings have been acting out the hologame of Duality ... like us, but with greater consequences of weal and woe. Through our own resonant karmic entanglements, we, their followers have been bound to their shadow as well as their Light. *We*, their followers, have been actors in *their* shadow dramas here on Earth, as a consequence of their own unresolved shadow issues.

For those who now see this 'play within the play', it's a very difficult state of affairs, a very difficult realization. It is very hard to let loose our loyalty to those who have lighted our way for so long. Hard to accept what is really so.

LOYALTY TO HIGHER SELF

As we're all facing and transforming our own shadow, and as the shadow in human organizations and in our gurus and avatars is revealed, we all must come to grips with the issue of our loyalty to them.

Fortunately, as the truth unfolds, and as we turn away from what we once thought to be a source of great comfort, or of pure light, and now find wanting, we have new choices. New energies are transforming Earth, and all of us as well, to something far finer, far more true.

What to do?

Why not let loose the notion of loyalty to the Shadow in whatever form ... for an hour, a day? And instead, focus our awareness on our own hearts, our own abilities, our own personal power? Why not be loyal to our own Higher Self? Shall we not step up to this great destiny?

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

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group, avatars, grouping, gurus, higher self, loyalty, organizations, religion, shadow of the personality,

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1.5.17 Crystal Energy . by Alice B. Clagett (2013-05-18 09:52)

Written and published on 18 May 2013; revised

Dear Ones,

For this week's meditation I was concentrating on the deep inner heart, the hridaya, while walking round in a maze. Then at the end of the sitting meditation, I had a wonderful experience of Christed energy descending ... a very solid energy of love all around me, coming from the sky, rooted firmly in the Earth. I guess, just one of the many new energies coming in ...

Image: Quartz crystals and rainbow light ... [1]http://yoganonymous.com/system/image_assets/images/000/020/814/original/iStock _000063500049 _Medium.jpg?1444937431 ..

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

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crystals, meditations, crystal energy, hridaya,

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1.5.18 Colorado Scenery and the Music of Chris Zabriskie . compiled by Alice B. Clagett (2013-05-19 19:24)

- VIDEO BY ALICE

- SUMMARY OF THE VIDEO

  - Photos by Alice

  - Credits

Dear Ones,

Here are scenes from Lemon Reservoir in Colorado. There is a Summary after the video. The sprightly instrumental music is "Prelude No. 20" from the album "Preludes" by Chris Zabriskie, CC BY 4.0 ...

VIDEO BY ALICE

https://youtu.be/La0TUN7ztNc

SUMMARY OF THE VIDEO

Well, Dear Ones, This is Lemon Reservoir, and I thought I would give you a look ... Looks right nice, and there is hardly anybody around but me. The nature spirits are singing so high and sweet, you would not believe it. Have a nice day!

[Then follow scenes of trees, a wild mountain stream called Miller Creek, rocks, and "Prelude No. 20" from the album "Preludes" by Chris Zabriskie, CC BY 4.0 ... [1]https://creativecommons.org/licenses/by/4.0/ ..]

Photos by Alice

[Here are the photos that are in the video.]

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Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 1,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 1,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 2,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 2,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 6,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Lemon Reservoir, Upper Florida River Valley, Colorado 7,” by Alice B. Clagett, 10 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Credits
"Colorado Scenery and the Music of Chris Zabriskie, imaged and compiled by Alice B. Clagett"
Imaged and Compiled by Alice B. Clagett, CC BY-SA 4.0
Music: "Prelude No. 20" from the album "Preludes" by Chris Zabriskie, CC BY 4.0
Location: Lemon Reservoir, upper Florida River Valley, near Durango, Colorado

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

Filmed on 19 May 2013; published on 4 March 2018; revised on 17 March 2023
Full title: Colorado Scenery and the Music of Chris Zabriskie . imaged and compiled by Alice B. Clagett
Location: Lemon Reservoir, upper Florida River Valley, near Durango, Colorado

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[2]

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nature, Lemon Reservoir, Colorado scenery, nature spirits, Chris Zabriskie, photos by Alice,

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1.5.19 How Many Faces Do You See in the Rock? . by Alice B. Clagett (2013-05-22 10:30)

Written and published on 22 May 2013; revised

Dear Ones,

How many faces do you see in the rock?

[1]

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Image: "Miller Creek and Moon," by Alice B. Clagett, 19 May 2013, CC BY-SA 4.0

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In love, light and joy,
I Am of the Stars
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nature spirits, nature, rocks,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/05-19-13-miller-creek-n-moon.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.5.20 The True Science of Parallel Universes . by MinutePhysics, with comments by Alice B. Clagett (2013-05-22 13:19)

Written and published on 22 May 2013; revised

Dear Ones,

Here is an incredible one-minute physics video ...

Video: "The True Science of Parallel Universes," by Minute Physics ... [1]https://www.youtube.com/watch?v=Ywn2Lz5zmYg ..

Minute Physics sounds to me like a crystal child. But what do I know; maybe he's a business tycoon?

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

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.....
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alternate universes, multiverse, parallel universes,

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1.5.21 The Sleeping Mind: Good and Bad Thoughts . by Alice B. Clagett (2013-05-23 10:40)

Written and published on 23 May 2013; revised

- ON GOOD AND BAD THOUGHTS
  - Aversion: Fear, Anger, Hatred
  - Attachment: Desire, Conditional Love
- UNCONDITIONAL LOVE
- OUR SOUL'S FEELING ABOUT OUR THOUGHTS
- OTHER PEOPLE'S THOUGHTS
- UNCONSCIOUS THOUGHTS
- GIFTS FROM THE DIVINE
- MORE ON UNCONSCIOUS THOUGHT

Dear Ones,

ON GOOD AND BAD THOUGHTS

What It Is about the Unconscious ... The Divine is all around us ... teaching us, guiding us ... through our sensory impressions. And ... who knows why? ... These sensory impressions we judge to be *good* or *bad.* The thought of 'goodness' or 'badness' is attached to an emotion. The emotion is 'not love' in some form.

Aversion: Fear, Anger, Hatred

If we judge the thought bad, we may feel aversion. An emotion of fear, anger, hatred.

Attachment: Desire, Conditional Love

If we feel it good, we may feel desire, or conditional love.

UNCONDITIONAL LOVE

The emotion we feel is a barrier to the Divine, because the Divine is Love. Even conditional love ... love of a person, of our family, of our religion or country ... is a barrier to the Divine, because the Divine is pure, unconditional love.

OUR SOUL'S FEELING ABOUT OUR THOUGHTS

Our Soul is a reflection of Divine love. It's like a sparkle of Divine sunlight caught in a dewdrop on a flower. The nature of our Soul is to reflect Divine love. So the thought that a

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gift from the Divine, in the form of a sensory impression, is bad, or 'not love' is repelled by our Soul. It's *our* thought; it has nowhere to go. So it sticks around in our aura.

OTHER PEOPLE'S THOUGHTS

Or, it might be someone else's thought, that flew through the ethers to us. (1) A thought that we find foreign and false, hurtful or controlling. A thought we don't like. Or, a thought we like so much we just can't let it go, even though we know it to be, from a Divine perspective, false.

UNCONSCIOUS THOUGHTS

Image: Iceberg, showing submerged portion … [1]http://i.dailymail.co.uk/i/pix/2015/04/1-6/16/27A3067F00000578-3041982- image-a-4 _1429199464007.jpg ..

So, starting shortly after birth, we have quite a crowd of unconscious thoughts … our thoughts or other people's thoughts … circling round our body, or a body part, waiting for a chance to reunite with Love. Plaguing us at inopportune times.

GIFTS FROM THE DIVINE

Or maybe not so inopportune? In fact, maybe it pops up at just the right moment? The moment when our wide-awake heart can welcome it in as the gift that it is. Allow it to dissolve in Love.

Image: Man with great white light emanating from his colon: Unconscious mind … [2]http://www.internet-of-the-mind.com/images/the-unconscious-mind-21365743 .jpg ..

Why not look at what comes up all day long? At *any* moment, what's right in front of me, distasteful as it may appear to be, might actually be the thing the Divine would like me to take a good look at and welcome into my heart with Love. And so, little by little, the cloak of unconsciousness that judgment has drawn round me – the cloak that hides the Divine from me … for, cloak or no cloak, *I* am never hid from the Divine! This cloak will fall away.

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

MORE ON UNCONSCIOUS THOUGHT

To me, unconscious thought really feels like the grey layer around the body in this picture …

Image: Subtle picture of ego: https://pbs.twimg.com/media/DY5P2LYXkAAR iuv.jpg … COMMENT: This image illustrates how ego prevents the descent of grace.

I can actually feel it shmoping around just outside me, interfering with the incoming lessons of Light. However, it's also *inside* my body, interfering with my body chemistry, most probably causing aging. When it's released to Love, it sometimes feels like seltzer bubbles

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rising up in the body. Or it may express itself as rearrangement of areas of my etheric body.

.....
FOOTNOTE

(1) I am reminded of a poem I once wrote ...

"Other People's Thoughts"
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.

.....

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mastery of mind, Divine Feminine, Divine love, subconscious, unconscious, aversion, attachment, fear, anger, hatred, desire, conditional love, unconditional love, grace, poems by Alice, sin, descent of grace,

1. http://i.dailymail.co.uk/i/pix/2015/04/16/16/27A3067F00000578-3041982-image-a-4_1429199464007.jpg
2. http://www.internet-of-the-mind.com/images/the-unconscious-mind-21365743.jpg
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1.5.22 What If? . by Alice B. Clagett (2013-05-26 11:50)

Written and published on 26 May 2013; revised

Dear Ones,

What if I woke up every morning at 3 am and spent those early morning hours doing the one thing I have always wanted to do, but never had time for? Then every day would be a little like Christmas ... a present, just for me.

As Ben Franklin used to say, "Get up late, and slug it out with the world for the rest of the day." (1)

On the serious side (ahem!), I tried setting my alarm at different times to find out what was the optimal time to get up. The results of my research: At 1:30 am, incredibly, I felt completely refreshed. At 4 am I was just starting to feel the archontic influence *(don't ask!).* And when I sleep till 7 am, I wake up all loggy, negative and depressed. At that point, I figure, the archons have had 3 hours to do their work ...

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

.....
FOOTNOTE

(1) Or was it "Plough deep while sluggards sleep"? What did he mean by that, anyway? Who ploughs in the middle of the night? I'll bet he was just writing the Declaration of Independence or something....

Image: Benjamin Franklin ... [1]http://static.tvtropes.org/pmwiki/pub/im ages/ben _franklin.jpg ..

.....

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archons, Ben Franklin, Declaration of Independence, getting up early, sleep, Benjamin Franklin,

1. http://static.tvtropes.org/pmwiki/pub/images/ben_franklin.jpg
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1.5.23 Archangel Michael and the Devil? . by Alice B. Clagett (2013-05-26 11:57)

Written and published on 26 May 2013; revised

Dear Ones,

Admittedly, sometimes getting up really early feels a little like this:

Image: cover art for the book "The Second War for the Heavens," by E. Clifton Sosebee ... [1]https://www.amazon.com/Second-War-Heaven/dp/1505315336 ..

I am tempted to say, "Devil take it all! I'll sleep in." Then at 7 am I wake up, assess my emotional state, and make a mental note: *Never* say that again!

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

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angelic realm, demonic realm, Archangel Michael, getting up early, angelic realm, sleep,

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1.5.24 Monsanto and Memorial Day 2013 . by Alice B. Clagett (2013-05-28 06:48)

Written and published on 28 May 2013

Dear Ones,

I was over at the Senior Center on Friday, and during lunch there were announcements, and one of the announcers said: There's going to be a Memorial Day celebration this weekend that will be just to die for!

I started laughing. Then I noticed no one else was laughing ... ah, well...

Gosh, what a weekend! What an incredible slug of solar energy. What a batch of clearings! Gone from the world is the theme of personal betrayal! Gone is the thick unconscious connection to prior lives! Gone is the archontic nightly conditioning!

Who are we now? What are we, as humankind? It's all up to us!

Bill Ballard has a lot to say about the Monsanto march that took place this weekend, and about Memorial Day:

Video: " 5-27-13 Bill Ballard Memorial Day and The Illusion March on Monsanto New Earth" ... [1]http://www.youtube.com/watch?v=2-BHIoRV1Os ..

Interesting how Bill Ballard says it takes only 7,000 or 8,000 people united in one vision, such as an end to Monsanto and GMOs, to change the perceived reality on Earth. This number of people, he says, is the square root of 1 percent of the population. Plenty more people than that participated, in a positive way (way to go!), in the Monsanto march.

More about the Monsanto march ...

Video: "Millions March Against Monsanto!" by Lymeguy, 26 May 2013 ... [2]https://www.youtube.com/watch?v=Ifa33dLp6OA ..

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I Am of the Stars

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Bill Ballard, GMO, Memorial Day, Monsanto, co-creating reality, corporations, social is-

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sues, Memorial Day,

1. http://www.youtube.com/watch?v=2-BHIoRV1Os
2. https://www.youtube.com/watch?v=Ifa33dLp6OA
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1.5.25 What If the Fourth Dimension Were Truer? . by Alice B. Clagett (2013-05-30 12:07)

Written and published on 30 May 2013; revised

- WHAT IF MAGIC WERE REAL?
- WHAT DIMENSION ARE WE REALLY IN?
- ON THE POSSIBILITY THAT THERE ARE ALTERNATE VERSIONS OF EVERY DIMENSION
- MY EARTHLY INCARNATIONS
- GETTING TO 5D

Dear Ones,

WHAT IF MAGIC WERE REAL?

What if the fourth dimension were a 'truer' reality ... closer to Source ... than 3D? Ghosts and goblins and all that stuff. Magic, both black and white. Elves and faeries and gnomes and such. Very, very bad beings and very, very good beings, coexisting. The ability to instantaneously will things into existence ...

WHAT DIMENSION ARE WE REALLY IN?

Let's make an assumption and see where we go with it: Let's assume that we humans are experiencing a mixture of fourth dimension (astral plane) and third dimension (physical world) right now. Let's say each dimension has 12 levels or planes, and that there are 12 dimensions in our Universe.

ON THE POSSIBILITY THAT THERE ARE ALTERNATE VERSIONS OF EVERY DIMENSION

Parallel Universe theory has it that there are lots of versions of each universe. Way lots. Let's assume this means there are as many versions of each dimension. Each of us, as an eternal soul, is acting out what are most probably wildly differing experiences in each of these parallel universes. The marriage that didn't happen in this reality, did happen in another reality. We died a month after birth in one of our realities. We have a wonderful relationship with our loving parents in this reality, but in some other reality we were orphaned shortly after birth. We're an only child, but elsewhere we're part a family of 10. And so on.

In each of these parallel universes, our life is (or would it be 'lives are' ?) unfolding simultaneously, in the eternal Now.

If, in fact, the fourth dimension (the astral world) is the teaching vehicle for the ascending Soul, and the third dimension is just a lesson-oriented 'field trip' away from the astral planes, then the likelihood is that ... taking all our simultaneous parallel universe experience as a whole ... we're experiencing more time Now in the fourth dimension than in the third dimension. Say, 2 physical experiences concurrent with every 10 astral experiences.

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In 3D, we have the illusion of many ... say 100, or 200 ... incarnations, which we conceive as being in the past, and perhaps as having progressed from simple to complex, or from crude and unlearned to cream-of-the-crop, like this:

MY EARTHLY INCARNATIONS

Suppose life were like a deck of cards ...



Image: “Deck of Cards in Si Stebbins order,” by SyLindsley, 20 May 2013, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Si-stebbins1.jpg ... CC BY 3.0 Unported

Image: “Deck of Cards in Si Stebbins order,” by SyLindsley, 20 May 2013, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Si-stebbins1.jpg ... CC BY 3.0 Unported

The first earthly life might conceived of as being the nearly hidden 6 of hearts at the bottom of the stack. The current lifetime might be conceived to be like the 3 of spades, on top of the stack.

But all my incarnations are actually taking place simultaneously, in the Now. Like this ...

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Image: Stacked pack of playing cards ... [1]https://previews.123rf.com/images/violin-/violin1111/violin111100090/11 270596-Deck-of-playing-cards-isolated-on-white-background-Stock-Photo.jpg ..

These neatly stacked cards may be thought of as our ’akashic records’.

GETTING TO 5D

Beginning with the most dense akashic record ... say, the 10 of clubs in the illustration above – we must clear all our cards. Which is what is happening now. Earth is facilitating this process for us. Since the Shift, rays from the central sun are beaming to our Sun, which transmutes them for absorption by earth and her beings. Earth is absorbing these vibes, and those of us who physically walk on Earth are absorbing Earth’s vibes and clearing our akashic cards ... as opposed to those of us who, for example, are placing our awareness on our mental body (the 3D, truncated version of our mental body), or on virtual reality as generated by the ’news’, TV, and internet.

So, we may have an experience of, say, disembodies entities. Or archontic machinations. Or telepathic intrusion. Or black magic. Or any of many other lower 4D phenomena.

We may ’think’ that something is ’being done’ to us. And no wonder, since 4D, like 3D, is heavily imbued with the right-wrong, good-bad polarity.

But in fact, when we have these polarized experiences, is something being ’done to us’? Or are we simply ruffling through our own akashic records, in the many realms of experience, the many parallel universes, the many concurrent incarnations, that we ourselves are clearing in the Now? And then every once in a while, we could imagine that one of our cards lights up with a brilliant white light. And this is the process of karmic clearing.

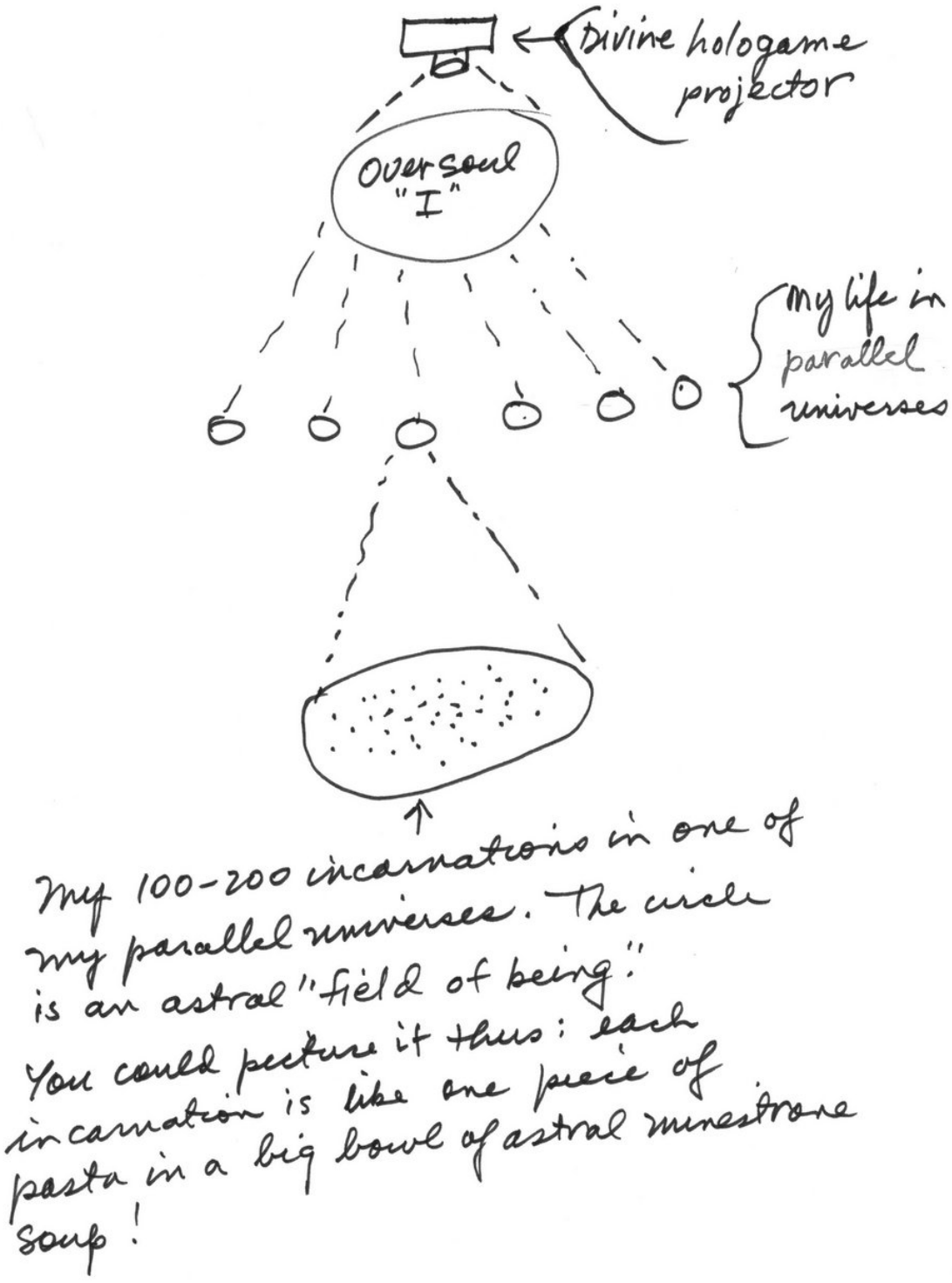
We might think of ourselves like this ...

Image: “Soul Matrix (Matriz del Alma),” from Spiritual Harmonics Blogspot ... [2]http://spiritualharmonics.blogspot.com/2013/02/group-souls-monads-of-1 44-soul-mates.html ... DESCRIPTION: Left: 3-D Representation: Pendant cone. At the top of the cone is a dot labeled Monad. At the bottom of the cone are 12 dots arranged in a circle. One of these is labeled Soul. One of the Soul dots is the tip of a pendant cone, at the bottom of which are 12 dots arranged in a circle. One of those dots is labeled Soul Extension. Right: Top View: A large wheel whose outer rim comprises 12 small wheels. Each of the wheels has 6 spokes. Legend: 144 Soul Extensions per Monad ... COMMENT: Each label on the image has a Spanish translation as well.

We might imagine a Divine hologame projector (not shown), and Oversoul "I" as the top left-hand circle. Beneath it are 12 parallel universes, in which I explore the Now. Each of these 12 holds within its experience that of 12 more parallel universes. Thus the Monad might be conceived as being 144 Soul experiences all taking place in the Now.

Each circle is like one astral ’field of being.’ As a side view, you could picture it thus: Each incarnation is like one piece of pasta in a big bowl of astral minestrone soup! ...

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Drawing: "Oversoul 'I': Side View," by Alice B. Clagett, 30 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: At the top, a rectangular box with a smaller rectangular box attached; these two boxes are labeled Divine

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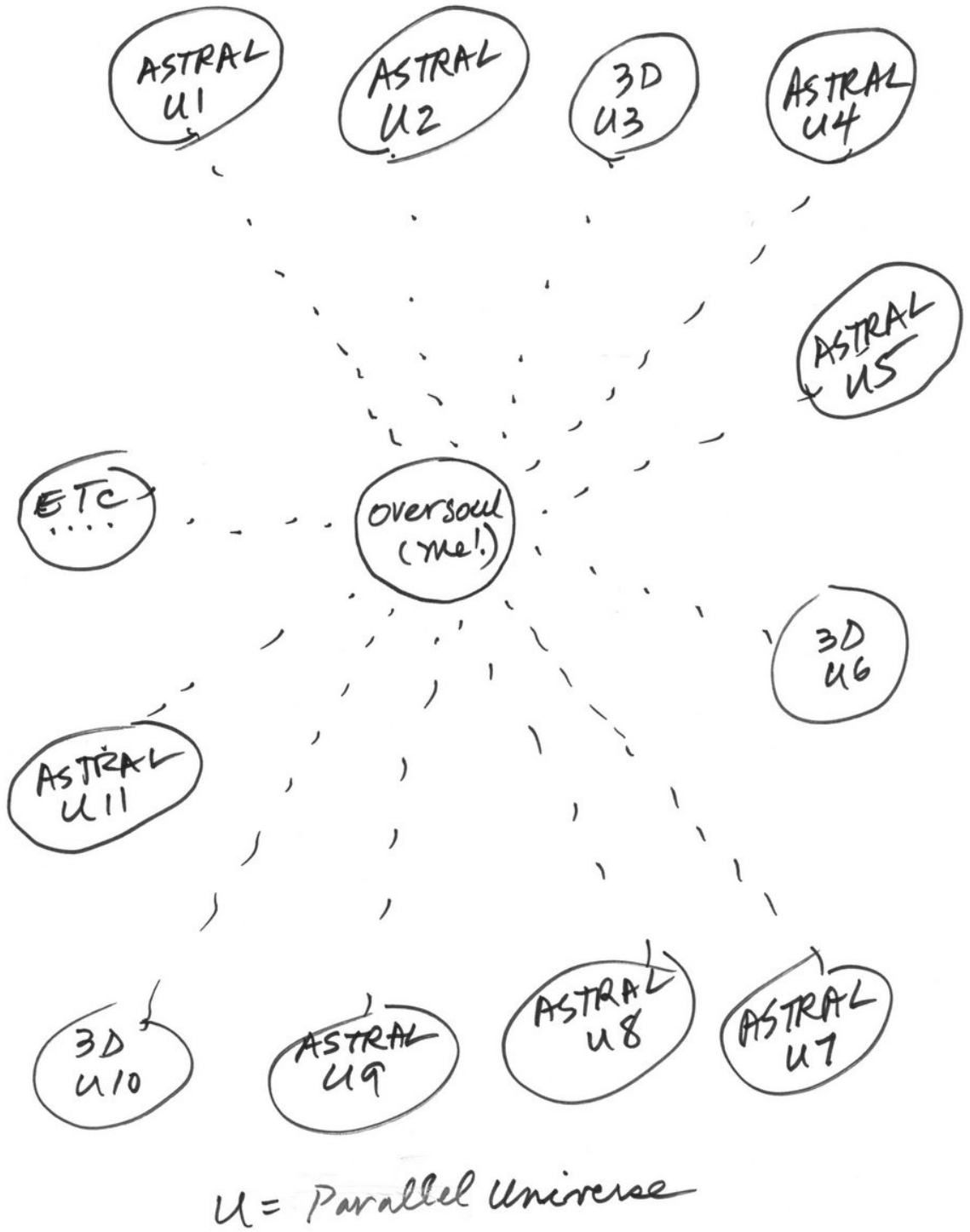
hologame projector. Beneath these are a circle labeled Oversoul "I." Between the boxes and the circle are two dotted lines representing projection of Light from the Divine hologame projector as the form of the Oversoul. Beneath the circle representing the Oversoul are 6 dotted lines fanning outward. Each dotted line is connected to a small circle. One of the circles is labeled "My life in parallel universes." Beneath one of the small circles is a large circle with many dots in it. Two dotted lines between the small circle and the large circle beneath it represent projection of Light from an Oversoul's life in a parallel universe as the form of the incarnations. Legend beneath the large circle with many dots in it: "My 100-200 incarnations in one of my parallel universes. The circle is an astral 'field of being'. You could picture it thus: Each incarnation is like one piece of pasta in a big bowl of astral minestrone soup!

Drawing: ***"Oversoul 'I': Side View,"*** *by Alice B. Clagett, 30 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

DESCRIPTION: At the top, a rectangular box with a smaller rectangular box attached; these two boxes are labeled Divine hologame projector. Beneath these are a circle labeled Oversoul "I." Between the boxes and the circle are two dotted lines representing projection of Light from the Divine hologame projector as the form of the Oversoul. Beneath the circle representing the Oversoul are 6 dotted lines fanning outward. Each dotted line is connected to a small circle. One of the circles is labeled "My life in parallel universes." Beneath one of the small circles is a large circle with many dots in it. Two dotted lines between the small circle and the large circle beneath it represent projection of Light from an Oversoul's life in a parallel universe as the form of the incarnations. Legend beneath the large circle with many dots in it: "My 100-200 incarnations in one of my parallel universes. The circle is an astral 'field of being'. You could picture it thus: Each incarnation is like one piece of pasta in a big bowl of astral minestrone soup!

Viewed from the top, it would look like this ...

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Drawing: "Oversoul 'I': Top View," by Alice B. Clagett, 30 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: A wheel shape with 6 spokes. In the center of the wheel is a circle labeled Oversoul (me!). The end of each spoke of the wheel is attached to a circle; thus, there are 12 circles around the periphery of

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the wheel. From top left, these circles are labeled: Astral U1, Astral U2, 3DU3, Astral U4, Astral U5, 3DU6, Astral U7, Astral U8, Astral U9, 3DU10, Astral U11, Etc. KEY: U = Parallel Universe.

Drawing: ***"Oversoul 'I': Top View,"*** *by Alice B. Clagett, 30 May 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

DESCRIPTION: A wheel shape with 6 spokes. In the center of the wheel is a circle labeled Oversoul (me!). The end of each spoke of the wheel is attached to a circle; thus, there are 12 circles around the periphery of the wheel. From top left, these circles are labeled: Astral U1, Astral U2, 3DU3, Astral U4, Astral U5, 3DU6, Astral U7, Astral U8, Astral U9, 3DU10, Astral U11, Etc.

KEY: U = Parallel Universe.

What is ascending here? The Oversoul 'I' (my Higher Self ... the real me! ... is ascending.

How much of this am I presently cognizant of? Gosh ... ok, I know about my current experience, sort of. Maybe a glimpse of a few incarnations. I've met a few astral beings. Been briefly to a few of my parallel universe parallel lives. Do I have the big picture? duh ...

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

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[3] 
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astral plane, dimensions, akashic records, astral realm, faeries, fairies, goblins, karma, lost children of the soul, alternate universes, oversoul, monad, incarnations, astral beings, drawings by Alice, 5th dimension, 4th dimension,

1. https://previews.123rf.com/images/violin/violin1111/violin111100090/11270596-Deck-of-playing-cards-isolated-on-white-background-Stock-Photo.jpg
2. http://spiritualharmonics.blogspot.com/2013/02/group-souls-monads-of-144-soul-mates.html
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.6 June

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1.6.1 Body Cells That Sing . by Alice B. Clagett (2013-06-02 04:46)

Written and published on 2 June 2013; revised

- "Divine Mother Loves You," a Sung Affirmation by Alice B. Clagett, Soundtrack and Words

Dear Ones,

Believe it or not, my body cells have been singing to me sweetly, in tiny, high voices, all together, in a chorus. They do not all sing at the same time, though ...

Generally speaking, a little delegation of cells that are upset for some reason will do the singing. It might be my foot cells, which would like to go for a walk. Or my lung cells, which would like a little more expansion and contraction to feel better. Or my kidney cells, trying to get my attention. Or ... you may be familiar with this one ... my stomach cells, yearning to fulfill their function in life.

No matter which of my cells are doing the singing, the song is always about how much they love me. They really, *really* love me and depend on me.

Hearing this song of my cells every day for a while now, I have grown very fond of them. Not to mention, when they feel bad, I cannot help but join the chorus.

My body cells for sure do not like anything new, such as the interplanetary shock wave (of unknown origin) that we experienced this weekend. They are not all that intellectual ... in fact I would say, not at all so ... and they are very, very conservative. They *just* want to be *loved*.

So I made up a short, short song to help them get past the ups and downs of a changing world (kindly excuse the audio quality) ...

. . . . .

"Divine Mother Loves You"
A Sung Affirmation by Alice B. Clagett
Soundtrack and Words
2 June 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/06/cells-divine-mo ther3.mp3

My dear little cells,
Divine Mother [or Divine Father] loves you. (x3)

. . . . .

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If you are feeling something is a little off kilter, bodywise, it could be your cells are trying to get your attention too. In which case, I hope this tiny song will be of use to you.

If you do not want to sing the melody, you can just speak to them softly, and reassure them. I find it has the same effect.

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

[2] 
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body cells, talking with body cells, songs by Alice, affirmations, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/06/cells-divine-mother3.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.6.2 Musings on Body Cells . by Alice B. Clagett (2013-06-03 05:01)

Written and published on 3 June 2013; revised

- BRIGHT CELLS ... 12-STRANDING
- CELLS BEFORE THE 12-STRAND EXPERIENCE

Dear Ones,

A few more thoughts on body cells:

BRIGHT CELLS ... 12-STRANDING

I wonder if the body cells are getting more sentient, what with the intensity of the incoming light? If so, maybe listening to their song (can you hear it?) will be a clue to keeping our 12-strand DNA active. Maybe the sad little song I sometimes hear them sing has to do with being momentarily confined to '2-strand' mode. It's as if their DNA collapses into itself ... sort of folds up, becoming more dense ... when they're unhappy. The light in the cells gets crammed tight, and they're just not happy about this cramped feeling . like the folks in the phone booth, they want to get out:

Video: Young people cramming into a phone booth in London, by Francisco de Nicolo, 11 July 2007 ... [1]http://www.youtube.com/watch?v=ORDxLEtsT 9I ..

Or, it's like this time-lapse video of a pink rose blooming. When the cell is unhappy, its DNA becomes 'two-stranded' ... it collapses in on itself like the rose does in the middle of the video. Then when the cell is happy, the DNA blossoms out into 12 strands again:

Video: Robert Maddock Rose opening and blooming, copyright Neil Bromhall, 1 June 2009 .... [2]http://www.youtube.com/watch?v=Mhyoza _VfH8 ..

CELLS BEFORE THE 12-STRAND EXPERIENCE

But before they experience 12-strand, maybe our cells just want to stay in the box – no matter what! Like Maru, who apparently really loves boxes:

Video: The cat Maru trying to get into smaller and smaller boxes, by mugumogu, 11 November 2010 ... [3]http://www.youtube.com/watch?v=2XID _W4neJo ..

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

.....
MORE INFORMATION

See *Link: "Communicating with the Cells and Organs of Your Own Body," by Magenta Pixie, 26 August 2013 ... [4]http://www.youtube.com/watch?v=dObkjtH0Y wk ..*

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[5] 

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12-strand, DNA, body cells, cellular joy,

1. http://www.youtube.com/watch?v=ORDxLEtsT9I
2. http://www.youtube.com/watch?v=Mhyoza_VfH8
3. http://www.youtube.com/watch?v=2XID_W4neJo
4. http://www.youtube.com/watch?v=dObkjtHOYwk
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

1.6.3 How Height of Gaze Modulates Chakric and Astral Plane Experiences during Meditation . by Alice B. Clagett * (2013-06-03 14:00)

Written and published on 3 June 2013; revised

- BEST EYE POSITIONS DURING MEDITATION
- ASTRAL HICCUPS
  - *Sidebar: Upward Gaze During 'Angelus' Prayer*
- ALICE'S STORY FROM CHEMISTRY CLASS: ON TOEING THE LINE

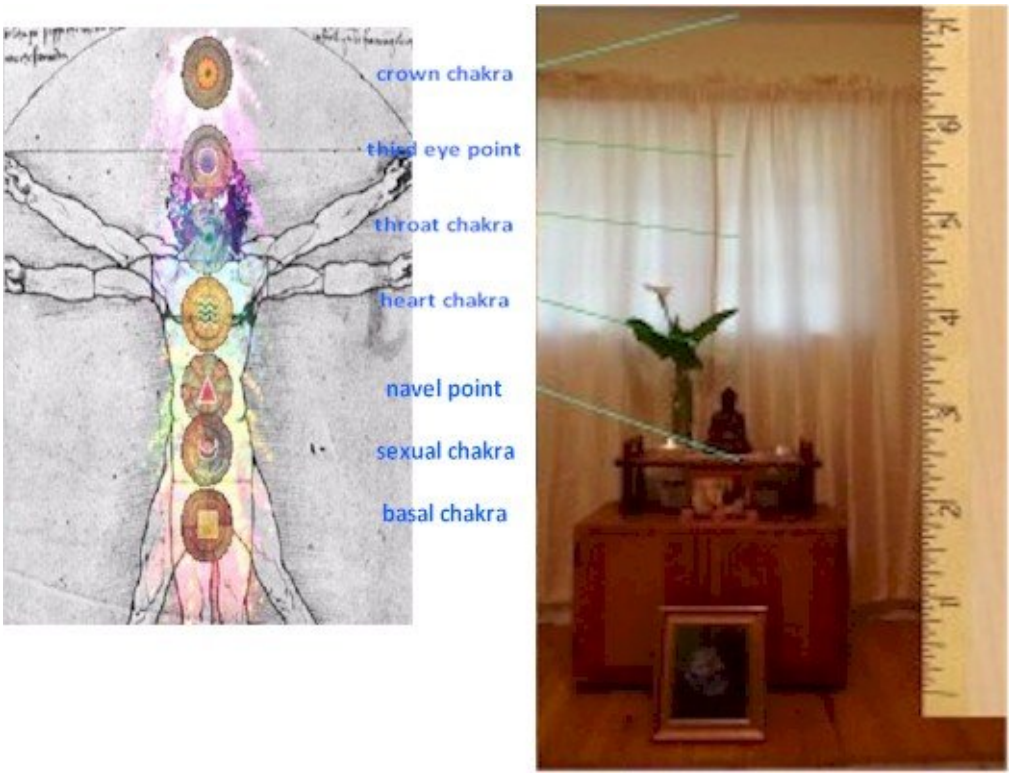
Always keep your eyes lifted up towards the light.
– Thoth, "Emerald Tablets." paraphrased

Dear Ones,

BEST EYE POSITIONS DURING MEDITATION

To avoid astral difficulties during meditation, post-Shift, the traditional eye positions no longer serve. Below are my own experimental results regarding this.

[1]



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Composite Image: Correlation Between Seven Traditional Chakras and Eye Position During Meditation, Adapted and compiled by Alice B. Clagett, 3 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Left: Drawing of a man standing, arms outstretched, with the chakras, old-style, symbolically displayed along his spine; the crown chakra is shown, atypically, just above his head. From top, the chakras are labeled: crown chakra, third eye point, throat chakra, heart chakra, navel point, sexual chakra, and basal chakra. Right: An altar in a meditation room. Lines are drawn from the top five chakric labels in the first drawing and to pertinent heights of gaze while facing the altar ... CREDITS: Left, “Chakra picture produced by AuraStar2000TM bio-energy sensor,” by William Vroman, 29 November 2005, in Wikimedia Commons ... public domain.

Composite Image: Correlation Between Seven Traditional Chakras and Eye Position During Meditation, Adapted and compiled by Alice B. Clagett, 3 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Left: Drawing of a man standing, arms outstretched, with the chakras, old-style, symbolically displayed along his spine; the crown chakra is shown, atypically, just above his head. From top, the chakras are labeled: crown chakra, third eye point, throat chakra, heart chakra, navel point, sexual chakra, and basal chakra. Right: An altar in a meditation room. Lines are drawn from the top five chakric labels in the first drawing and to pertinent heights of gaze while facing the altar ...

CREDITS: Left, “Chakra picture produced by AuraStar2000TM bio-energy sensor,” by William Vroman, 29 November 2005, in Wikimedia Commons ... public domain.

The right-hand side of the picture above shows a meditation room. Pretend you are sitting in a chair in your own favorite meditation place, and your view is something like that shown. In the picture, note the position of the ceiling and the floor line.

In the middle of the picture is a correlation between the 7 traditional chakras and your eye position during meditation. You might want to click on the picture to make it larger, for ease of reading. The words in peacock blue are (from top): Crown Chakra, Third-Eye Point, Throat Chakra, Heart Chakra, Navel Chakra, Sacral Chakra, and Basal Chakra.

So, on the left you can see where the chakras are located on a person. And on the right you can see the level at which to focus your gaze, as you sit meditating, in order to concentrate on a particular chakra. On the far right is a ruler, which measures off the space from floor to ceiling in 7 units roughly corresponding to the 7 traditional chakras.

ASTRAL HICCUPS

Years ago, in the 1980s, I learned that it was best to keep the eyes in one of these ways during meditation: nearly closed, and gazing downward; focused on the tip of the nose; open and

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staring at an object such as a mandala or a candle flame; or with eyes closed, gazing upward and a little bit cross-eyed, focusing on the third-eye point. I am here to tell you these are no longer the best eye techniques to use. At least, not for the nonce.

As described in previous posts, the Earth is rising through the 4th dimension (astral plane) right now. We humans are rising through the 4th dimension along with it. This has led to astral difficulties for me during meditation. Perhaps it has done so for you as well. If not now, perhaps it will later.

For the many of us who are not yet firmly established in the fifth dimension, with all our chakras very clear indeed, the thing to do right now is to keep the eyes wide open, and focus the gaze at eye level or higher. I do not stare at a particular spot, but rather, I move my eyes around the room, always at this higher level. That way I can avoid going unconscious or falling asleep, and I can also avoid slipping into astral difficulties during meditation.

.....
Sidebar: Upward Gaze During Angelus Prayer

In this video I noticed how the singers gaze steadily upward. This upward gaze, I have found, purifies and heals the third eye-point, which relates to the pituitary gland of the physical body ...

Video: "Angelus (cantado en Latin), by Harpa Dei, 27 October 2020 ... [2]https://www.youtube.com/watch?v=gDC-g5osZWA ..

.....

What are these astral difficulties? I can name a few through personal experience. In the list below, the first column shows the level of gaze (see ruler in picture), and the second column, some of the astral phenomena that may be encountered.

For levels 0 through 4, I have shown the bothersome phenomenal that can occur if the chakras are negatively aspected (that is, need clearing). For levels 4 through 7, I don't know of any negative aspects, though there may be some.

Bear in mind that, since the Shift, many people are experiencing new chakras below the basal chakra and above the crown chakra. I have not included these new chakras here, as I am not familiar enough with them to do so.

Levels 0-1 – Unconscious mind. Some types of Bigfoot (scary but harmless; not too bright) (1)

Levels 0-3 – Subconscious mind. Devils, archons, fear, victim-aggressor paradigm

Level 3 – Disincarnate gods, novice ascended masters, twilight beings such as jinn and some types of bigfoot ... beings of the Plane of Forces, the Veil between the third and fourth dimensions (may masquerade as Levels 0-2, but their gig is *POWER OVER*). Black magic. Mind

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control

Level 3-4 – Negative emotions: self-pity, anger, hatred, sorrow, grief

Levels 4-6 – Conscious mind

Levels 4-6 – Clairvoyance, clairaudience

Level 7 and above – Cosmic mind. White gossamer light

I would like to point out that there *are* some reasons to gaze downward. A good one might be to clear our own lower astral planes. So with this in mind, expeditions may be made to the various lower astral planes by lowering the eyes to the appropriate level during meditation.

ALICE'S STORY FROM CHEMISTRY CLASS: ON TOEING THE LINE

I remember a chemical experiment I did long ago on stochastics. My results were very wide of the predicted mark. Yet I was *so* careful with my technique! Totally meticulous. What could have gone wrong?

So I asked my classmates about their results. Theirs were right on. I explained my quandary: Where did I go wrong? They said, If you are off, just keep repeating the experiment till you get the expectable results. And if necessary, make an adjustment to the results by way of averaging.

So I tried it a few more times ... same result. They got A's; I got a B. *C'est la vie!*

I gathered from this that it pays to toe the line. This was excellent training for the rest of my life ... till recently, anyway.

However, I am here to tell you, if you do your own experiment regarding eye position and eye movements during meditation, and if your results differ wildly from what I have led you to believe ... and if I had anything to say about your results ... which I do not ... why then I would give you an A plus for discovering your own truth about it! Best of luck in this journey of discovery (should you decide to pursue it) ...

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

.....
FOOTNOTES

(1) More on Bigfoot ... *Link: "Law of One: The Ra Material" ... [3]https://www.lawofone.info/results.php?q=bigfoot ...*

Those of which I speak in the above blog are black, with fiery red eyes, maybe 3/4 as large as a person, fearful of people, and like to hide in dark corners, or by chimneys.

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They are semi-substantial ... partly physical and partly astral, it seems. It is likely they dwell in the 'Twilight Zone', the In-Between ... the Plane of Forces ... also known as the Veil between the physical and the astral plane.

I suggest the Jinn may also dwell in the Plane of Forces, as they also have both physical and astral qualities, according to the Quran. See *Link: "On the Jinn," referrals by Alice B. Clagett, [4]https://wp.me/p2Rkym-9kj ..*

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[5] 

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my favorites, chakras, astral planes, meditations, bigfoot, demons, mastery of mind, unconscious mind, subconscious mind,devils, archons, fear, victim-aggressor, disincarnate gods, twilight beings, novice ascended masters, plane of forces, power over, black magic, mind control, self-pity, anger, hatred, sorrow, grief, conscious mind, clairvoyance, clairaudience, gaze, cosmic mind, veil, stories by Alice, stochastics, jinn, Drawings by Alice, stories, 2u3d, twilight zone, unmani,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/06/eye-level.jpg
2. https://www.youtube.com/watch?v=gDC-g5osZWA
3. https://www.lawofone.info/results.php?q=bigfoot
4. https://wp.me/p2Rkym-9kj
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6. http://creativecommons.org/licenses/by-sa/4.0/

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1.6.4 Centering the Subconscious within the Physical Body . by Alice B. Clagett (2013-06-06 05:21)

Written and published on 6 June 2013; revised

- "I Shall Draw Back into My Own Body," a Song by Alice B. Clagett, Soundtrack and Lyrics

Dear Ones,

The Unconscious Thought Cloud of the World, which flows through the first 3 chakras old-style, i.e., the 'lower triangle', is a 'crowd energy', not an individualized energy ... it is like looking at lots of people in a funhouse mirror, which shows the unconscious rather than the conscious noospheric energies ...

Oh, yikes! I immediately got a picture something like this ...

Video: Madison - Shelly's stretched faces in fun house mirror, by Shelly Cole, 26 February 2008 ... [1]http://www.youtube.com/watch?v=ItuBTqpL4 oE ..

Dunno about you, but I want no part of this.

So this morning I woke up, as usual, with the feeling that my subconscious mind had done some heavy-duty merging with the unconscious thought cloud of the world as I slept. My cat was behaving like a tiny tiger. Unaccountable goings on.

I tried, first of all, opening my eyes wide and looking up at the ceiling.

- Feeling still there! So then I tried those yoga asanas I had learned years ago ... sitting up straight, and rotating the trunk of the body, first one way, then the other.
- Still there! So then I tried rolling the head in figure eights.
- Still there! So then I tried singing this song to my cat Lucy, and that worked!

"I Shall Draw Back into My Own Body"
A Song by Alice B. Clagett
Soundtrack and Lyrics
6 June 2013

[2]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/06/i-shall-draw-back-into-my-own-body.mp3

I shall draw back into my own body (x3)
And Lucy shall be Lucy cat. (x3)

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

PS: Just joshing about Lucy. It was the world's thought cloud I was segregating from.

In love, light and joy,
I Am of the Stars
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[3] 
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Lucy cat, unconscious thought cloud of the world, subconscious, noosphere, lower triangle, Songs by Alice, therianthropy, shapeshifting, skin walker, therianthrope, mimicry, skinchanging, 2u3d, donkey man,

1. http://www.youtube.com/watch?v=ItuBTqpL4oE
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/06/i-shall-draw-back-into-my-own-body.mp3
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.6.5 Moving up the 4D Ladder: Gangsta Thoughts . by Alice B. Clagett (2013-06-06 05:32)

Written and published on 6 June 2013; revised

Dear Ones,

I've found a new technique that moves me from lower levels of the fourth dimension ... levels characterized by deep duality, right-wrong, scary denizens, difficult global scenarios ... to higher levels (love, light peace; only a little bit of obnoxious stuff).

All I have to do, to get from low to high, is to momentarily forget about my 'warlike' mind. So I notice when I'm starting with the 'gangsta thoughts.' These are the type of thoughts I might expect from denizens of lower 4D ... devils, archons, and such ... and then I switch to childlike play ... the type of thing I might expect from dwellers in higher 4D ... fairies and elves and such. Here's what's working for me right now:

- Stand and twirl around. Then twirl the other way. *Video: Elaine twirling; Cork Opera House, by Cork Opera House, 5 July 2012 ... [1]http://www.youtube.com/watch?v=WoTTBbI-dTg ..*
- Walk backwards (carefully). Walk sideways.
- Hopscotch! *Video: Cute little girls playing hopscotch for the first time, by home-madegameguru, 16 March 2009 ... [2]http://www.youtube.com/watch?v=cwSVYGIvC84 ..*
- is there such a thing as a hopscotch iPhone app? ... *Video: Brand New Hopscotch App For iPhone?!?!, by mikeypixels, 9 January 2012 ... [3]http://www.youtube.com/watch?v=TOSRitOW39s ..*
- Do a somersault on the bed. Then on the grass.
- If you're going to listen to gangsta music, might as well hula hoop! (viewer discretion... uh-huh!): *Video: Crazy Good: This Girl Did A Hula Hoop Dance To "Thrift Shop"!, by Sexy-FailsDaily, 27 March 2013 ... [4]http://www.youtube.com/watch?v=86lVBoc5Ihs ..*
- Look at the clouds. What do they remind me of?
- Quick! Go find a face in a tree trunk or rock.

I guess the rule is, if you want to be on a certain astral plane, act like those who dwell there.

In love, light and joy,
I Am of the Stars
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[5] 
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black magic, illuminati, fourth dimension, gangsta thoughts, astral realm, joy, play,

1. http://www.youtube.com/watch?v=WoTTBbI-dTg
2. http://www.youtube.com/watch?v=cwSVYGIvC84
3. http://www.youtube.com/watch?v=TOSRitOW39s
4. http://www.youtube.com/watch?v=86lVBoc5Ihs
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.6.6 Gangsta Thoughts: Agoraphobia . by Alice B. Clagett (2013-06-06 05:45)

Written and published on 6 June 2013; revised

Dear Ones,

Some silly thoughts.... *O noooo! I liked my old shell so much better! What am I going to do with all this extra room?*

Video: Hermit crab chooses a new shell ... [1]http://www.youtube.com/watch?v=0jZe_VGLRYI ..

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

[2] 

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agoraphobia, gangsta thoughts, leveling up,

1. http://www.youtube.com/watch?v=0jZe_VGLRYI
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.6.7 Happy Body Cells . by Alice B. Clagett (2013-06-06 05:54)

Written and published on 6 June 2013; revised

- PREMAN DEVI MANTRA
- "A BA BA," a Song by Alice B. Clagett, Soundtrack and Lyrics

Dear Ones,

Here is a little song to make the body cells happy ...

PREMAN DEVI MANTRA

Preman Devi Mantra by Chandra Lacombe: [1]https://soundcloud.com/canal-chandra/preman-devi-mantra-ultimos -dias-wwwsibitecombrcampaignschandra-lacombe ..

. . . . .

Here is another little song. This one is for those little clusters of *ultra-conservative, ultra-serious* body cells ...

"A BA BA"
A Song by Alice B. Clagett
Soundtrack and Lyrics
6 June 2013

[2]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/abaa7.mp3

A baa baa, E bee bee, Ibi ibi ibi, E e e. (x2)

Did you get it?

. . . . .

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

[3] 
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body cells, Chandra Lacombe, Preman Devi mantra, body cells, cellular joy, mantras, songs by Alice,

1. https://soundcloud.com/canal-chandra/preman-devi-mantra-ultimos-dias-wwwsibitecombrcampaignschandra-lacombe
2. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/abaa7.mp3
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.6.8 The New Mind . by Alice B. Clagett (2013-06-07 06:12)

Written and published on 7 June 2013; revised

- TED VIDEO ON JACOB BARNETT
- GRAVITY AND THE MIND OF GOD
- TWIRLING . VERY FAST AND VERY SLOW

Dear Ones,

TED VIDEO ON JACOB BARNETT

Here is a TED-Teen video by one of the new children, Jacob Barnett, mistakenly diagnosed early on with autism. He turned out to be a genius in the field of astrophysics.(1) In the video he makes the very good point that *thinking* and *exploring* are more important than *learning*:

Video: Forget what you know, by Jacob Barnett, TEDxTeen ... [1]https://www.youtube.com/watch?feature=player _embedded &v=Uq-FOOQ1TpE „

One thing I noticed was how his thought processes seemed to be ... not inside his head, as is the case with most of us ... but rather, in a space more like this:

Image: Person with thoughts outside head ... [2]https://www.drugrehab.us/wp-content/uploads/2013/02/brain-changes.jpg ..

We can all utilize this field of thought ... which connects with Cosmic Mind ... simply by visualizing our mind as being located partly above our head, rather than confined to one hemisphere *inside* the brain.

If you decide to give it a try, let me know what happens!

GRAVITY AND THE MIND OF GOD

Jacob mentioned about Einstein playing some game like tennis while bouncing on a trampoline. The ball, Jacob says, was missed, and fell to the trampoline, where it was circling round. That, Jacob says Einstein said, is gravity!

I got to thinking about this motion of the ball round and round on a bouncing trampoline. Suppose the bouncing of the trampoline were waves of energy from the Cosmic Mind. And gravity is what holds the ball to the trampoline mat. And suppose we were the ball, receiving energy, topside, from the Cosmic Mind (the downward force). And receiving the force of gravity, bottomside, from Earth (the upward force).

In a spiraling motion, through the vertical core of our being, the pranic column (aka the

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pranic tube, central vertical power current, kundalini, antahkarana, silver cord, or silver thread). This melding of upward and downward forces, which meet at the heart (a black hole, also characterized by spiral energy. *Vortex energy* might be the better term, indicating as it does the dynamic nature of the energy), makes possible the human ability to *transform* reality. (2)

Image: Kundalini in a person: [3]https://gnosticwarrior.com/wp-content/uploads/2016/02/Serpents-o f-the-Kundalini.jpg ..

Jacob may be referring to the movement of the planets in our solar system, similar to the movement of energy through our pranic column ... not simply circular, as in static pictures, but over time, describing a vortex.

For instance, Earth receives energy, the force of gravity, bottomside, from the Sun of our solar system. Both Sun and Earth are on the same trampoline of Cosmic Mind vibrations.

Then there's the Central Sun of our galaxy, which holds our Sun in its gravitational field ...

See*Link:* "*Galactic Center = Central Sun*" *... [4]http://www.astrogeographia.org/star _of _the _magi/galactic _center _central _sun/* ... second paragraph, beginning "Let us consider ..."

Here is a very interesting video on the helical model of the solar system:

Video: The helical model - our solar system is a vortex ... [5]https://www.youtube.com/watch?v=0jHsq36 _NTU ..

And here's a simple picture of the spiral paths traced by the planets' movement as they are pulled by our Sun through its own Great Cycle around the Central Sun of our galaxy:

Animated gif: Spiral path of planets moving around our Sun ... [6]https://qph.fs.quoracdn.net/main-qimg-cff0cf8b82de68564d8df165f2f10b70 ... (3)

So, same story with our entire galaxy ... Central Sun as upward force, our solar system's Sun as the recipient. Cosmic Mind as the trampoline ... emanating from the black holes (aka spirals, vortices, portals) that are inherent in matter, everywhere, from the biggest sun down to our own chakras, to the tiniest body cell, the smallest blip of quantum energy...?

I could make a case for alternate realities ... parallel universes ... spiraling off from each moment of the NOW. Or for the NOW as a vortex, pulling these realities in to the present moment.

Image: Artist's conception of parallel universes ... [7]https://bayintegratedmarketing.files.wordpress.com/2012/02/parallel _universe.jpg .. (4)

TWIRLING . VERY FAST AND VERY SLOW

God loves twirling, it seems. So, will twirling get us close to God? In this video, notice how the skirts of the dancers look like a vortex, and how the bottoms of the skirts describe a

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spiral if they move about the dance floor. See also how they become quite still in their minds even as they whirl round and round.

Video: The Sufi whirling dervishes of Istanbul, by 4transform, 22 August 2007 ... [8]https://www.youtube.com/watch?v=L _Cf-ZxDfZA ..

In the meditation class I attend, people often express a feeling of very fast movement and at the same time, utter stillness. What if this contrast is the tennis ball on the trampoline: gravity / Cosmic Mind? That which creates spirals, vortices, portals? The very Universe?

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

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FOOTNOTES

(1) More on Jacob Barnett ...

Link: "Boy Genius Diagnosed with Autism has Higher IQ than Einstein" ... [9]https://angelicview.wordpress.com/2013/05/15/boy-genius-diagnosed-with -autism-has-higher-iq-than-einstein/ #more-2530 ..

(2) For Sri Aurobindo on upward and downward forces, see ...

Link: "Heraclitus-4," in "Sri Aurobindo: Essays in Philosophy and Yoga ... Shorter Works – 1910-1950 ... [10]https://www.aurobindo.ru/workings/sa/16/ 0036 _e.htm ... first paragraph, beginning "Heraclitus' account of ..."

(3) *from "4GifS.com"*

(4) from *Link: "Mathematical Proof of Parallel Universes," in My Black Lab ... [11]https://bayintegratedmarketing.wordpress.com/2012/03/02/mathematical- proof-of-parallel-universes/ ..*

.....

[12] 
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alternate realities, autism, cosmic mind, Jacob Barnett, mastery of mind, parallel universes, portals, spiral, vortex, vortices, TED, astrogeophysics, Central Sun, black hole, gravity, body cells, Now, twirling, pranic tube, pranic column, central vertical power current, kundalini, antahkarana, silver cord, silver thread, mind,

1. https://www.youtube.com/watch?feature=player_embedded&v=Uq-FOOQ1TpE

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2. https://www.drugrehab.us/wp-content/uploads/2013/02/brain-changes.jpg
3. https://gnosticwarrior.com/wp-content/uploads/2016/02/Serpents-of-the-Kundalini.jpg
4. http://www.astrogeographia.org/star_of_the_magi/galactic_center_central_sun/
5. https://www.youtube.com/watch?v=0jHsq36_NTU
6. https://qph.fs.quoracdn.net/main-qimg-cff0cf8b82de68564d8df165f2f10b70
7. https://bayintegratedmarketing.files.wordpress.com/2012/02/parallel_universe.jpg
8. https://www.youtube.com/watch?v=L_Cf-ZxDfZA
9. https://angelicview.wordpress.com/2013/05/15/boy-genius-diagnosed-with-autism-has-higher-iq-than-einstein/#more-2530
10. https://www.aurobindo.ru/workings/sa/16/0036_e.htm
11. https://bayintegratedmarketing.wordpress.com/2012/03/02/mathematical-proof-of-parallel-universes/
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1.6.9 God Energy . The Primordial Spiral . Cosmic Mind . referral by Alice B. Clagett (2013-06-07 06:45)

Written and published on 7 June 2013; revised

Dear Ones,

Here is a great video on the quality of the energy of Cosmic Mind ... the primordial spiral. *Prana,* or creative force, swirls *akasha* into creative form. Also describes manifestation of spiral and branching energy in the Universe. Takes a while to digest it, but well worth it, I feel.

Video: "Inner worlds, outer worlds ... Part 2: The Spiral," by AwakenTheWorldFilm, 30 October 2012 ... [1]http://www.youtube.com/watch?v=ZIMoxXO0XvM ..

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

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akasha, cosmic mind, God energy, prana, primordial spiral, mysticism, myths of creation,

1. http://www.youtube.com/watch?v=ZIMoxXO0XvM
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3. http://creativecommons.org/licenses/by-sa/4.0/

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1.6.10 Romance and Power Over Others . by Alice B. Clagett (2013-06-11 06:52)

Written and published on 11 June 2013; revised

Dear Ones,

Who would have guessed? "Love me, love me, love me" is just another form of power over others ...

Video: I Can't Make You Love Me - Kyle Scobie (Bonnie Raitt cover), by Kyle, 29 September 2012 ... [1]https://www.youtube.com/watch?v=631RCEfb zDs ..

I cannot make you love me. But then again, you cannot make me love you. Love ain't made. Love is.

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

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power over, romance, unconditional love, love, romantic love, sacred sexuality,

1. https://www.youtube.com/watch?v=631RCEfbzDs
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.6.11 Romance, Romance . by Alice B. Clagett (2013-06-13 06:57)

Written and published on 13 June 2013; revised

- ROMANTIC LOVE
- KARMIC INVOLVEMENT

Dear Ones,

ROMANTIC LOVE

Starting at about marker 22.11 on this video, Bill Ballard talks about Romantic Love. He continues on to discussion of the merkaba.

Video: "6-11-13 Bill Ballard Through the Portal of the Anterion Conversion into 5D True Clearing," pearls2u, 11 June 2013 ... [1]https://www.youtube.com/watch?v=QsNhg-hwiQU ..

He shows, with his hands, a counterclockwise motion of the heart chakra. This is counterclockwise from the point of view of him, the observer, standing behind himself and watching his own heart chakra spinning. If someone else were standing in front of him and looking at him, to them it would look like a clockwise motion.

So I tried moving my left hand in the same counterclockwise motion around my heart for a while, with the intention and visualization of getting my heart chakra spinning. Then I placed my hands on my knees, and voiced the intention: Let me express my merkaba now! Quite an interesting experiment!

Image: Person standing in a white merkaba ... [2]https://i1.sndcdn.com/artworks-000108878682-e92wgg-t500x500.jpg ..

KARMIC INVOLVEMENT

Earlier in the tape, starting at about marker 17, Bill uses his hands to describe karmic involvement as a circular, counterclockwise proton flow extending out from himself, into the space in front of him. It seemed like he was describing this circular flow as being parallel to the ground, but at his own heart level.

So I had an idea - when I feel karmic involvement, what would happen if I moved my hand in a clockwise motion, at heart level, parallel to the ground? Would that clarify the magnetics, and maybe even stop the karmic involvement?

Worth a try, anyway.

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

PS: I found a great deal more of interest on Bill’s tape. If you get a chance to view it,

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hope you enjoy it as much as I did.

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[3] 

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heart clearing, karma, sacred geometry, Bill Ballard, merkaba, romantic love, unconditional love,

1. https://www.youtube.com/watch?v=QsNhg-hwiQU
2. https://i1.sndcdn.com/artworks-000108878682-e92wgg-t500x500.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.6.12 Sonoluminescence: Sound Becomes Light . by Alice B. Clagett (2013-06-13 07:07)

Written and published on 13 June 2013; revised

Dear Ones,

In the video below, minutephysics describes shrimp that use their claws to create explosions sound, energy and light. This then stuns their prey. Hum ...

Video: How to Turn Sound into Light: Sonoluminescence, by minutephysics, 3 June 2013 ... [1]https://www.youtube.com/watch?v=2yHDeKFW8j8 ..

The Ascensioneers feel that sound (specifically, the 'languages of light and sound') are a a stepped-down tool that can be used to clarify the human Body of Light.

What's the connection, I wonder?

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

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minutephysics, sonoluminescence, languages of light and sound, body of light, JScambio,

1. https://www.youtube.com/watch?v=2yHDeKFW8j8
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.6.13 3D 'Reality' Projector? and More on Creating Portals . by Alice B. Clagett * (2013-06-13 07:13)

Written and published on 13 June 2013; revised

- 3D 'REALITY' PROJECTOR?
- THREE PICTURES OF ENERGY SPIRALS
- CREATING EARTH PORTALS
- OUR CRYSTAL SHAPES

Dear Ones,

3D 'REALITY' PROJECTOR?

Suppose there were a 3D 'reality' projector ... a machine like a movie projector, only made of energy rather than metal and plastic, and located in the 'projection booth' of the human heart. (1) Suppose the human body were pure energy, and the 'projector' itself, as well as *what* it projected, was a local energetic anomaly. A ... well ... a *distortion* of the homogeneous field of pure being.

THREE PICTURES OF ENERGY SPIRALS

So now I am going to show you three pictures of energy spirals.

The first shows the spiraling energy (green arrows) of the heart chakra (yellow star). The flip side of this whirling spiral of heart energy is a black hole, a portal, the doorway to the infinite field of possibilities, to infinity. From this portal (not depicted) pours forth the energy that manifests in 3D as spiraling heart energy:

[1]

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Image Markup: Spiraling energy (green arrows) of the heart chakra (yellow star). Photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image Markup: Spiraling energy (green arrows) of the heart chakra (yellow star), photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

The next picture shows the spiral of emotion-laden thought energy from the mind to the heart and back again (red arrows). The yellow stars represent the mind and the heart:

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Image Markup: Spiral of emotion-laden thought energy from the mind to the heart and back again (red arrows), photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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COMMENT: The yellow stars represent the mind and the heart.

Image Markup: Spiral of emotion-laden thought energy from the mind to the heart and back again (red arrows), photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... COMMENT: The yellow stars represent the mind and the heart.

The next picture shows the spiral of energy (violet arrows) from the heart (upper yellow star) to the object of desire (lower yellow star):

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Image Markup: Spiral of energy (violet arrows) from the heart (upper yellow star) to the object of desire (lower yellow star), photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth,"

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https://awakeningwithplanetearth.com ..

Image Markup: Spiral of energy (violet arrows) from the heart (upper yellow star) to the object of desire (lower yellow star), photo of Alice B. Clagett, taken by a friend, and altered by her, 13 June 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Now you have to imagine all three pictures, superimposed one upon the other!

The spirals of energy fit together like cogged wheels. The source of projector energy is the heart portal.

The mechanics are thus: The pure, spiraling heart energy is distorted by the thought - heart spiral. Then the heart energy, instead of forming a stable crystal merkaba state, projects outward toward an object formed by the mind and imagined by the senses. To this object, our thoughts attach an emotion. The emotional energy generated by the heart - object spiral maintains the distortion in the heart's energy field.

When desire for or aversion to the imagined object ceases, the heart - object spiral runs out of fuel, and stops. Then, like a rubber band stretched taut, and released, the distorted heart energy flies back into the heart, allowing the heart's natural crystal merkaba state to re-form.

Just thought to ponder ...

CREATING EARTH PORTALS

Sandra Walter mentioned in the video that used to be in the below link that moving the hand in a counterclockwise direction (parallel to the Earth) helps in creating a portal ...

Link: Sandra Walter ... [2]https://sandrawalter.com/ ... Search the 2013 Archives for:

"June Update: New Levels of Light and Our Galactic Legacy," by Sandra Walter, in Ascension-Path, 12 June 2013

However, the video is presently offline.

OUR CRYSTAL SHAPES

Sandra Walter also mentioned there's no need to hold on to any particular sacred geometry (such as the merkaba). Right now, she is feeling an octahedron around her. She says there are many other possible sacred geometric shapes ... so, she advises: Don't hold on to any particular shape; just notice what's there.

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

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FOOTNOTE

(1) Imagine that the mental and emotional bodies are attached to, and balloon out of, the heart. I got this notion from this video by Bill Ballard ...

Video: "6-11-13 Bill Ballard Through the Portal of the Anterion Conversion into 5D True Clearing," by Bill Ballard, 11 June 2013 ... [3]https://www.youtube.com/watch?v=QsNhg-hwiQU ..

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[4] 

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desire, heart clearing, portals, sacred geometry, yoga, 3D reality, desire, heart chakra, dimensions, hologram, black hole, heart chakra, merkaba, merkabah, sacred geometry, my favorites, thought forms, octahedron, Drawings by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/3013/06/heart-chakra-spin.jpg
2. https://sandrawalter.com/
3. https://www.youtube.com/watch?v=QsNhg-hwiQU
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1.6.14 Ta-Daah! Solar Flare Marks 2013 Summer Solstice . by Alice B. Clagett (2013-06-21 07:29)

Written and published on 21 June 2013; revised

Dear Ones

On the day of Summer Solstice, 21 June 2013, there was an M2-class solar flare.

Here is a link to download the short movie of the event:

Link: 21 June 2013 M2-class solar flare, by NASA's Solar Dynamics Observatory ... [1]https://www.spaceweather.com/images2013/21jun13/solstice_m2.mov?PHPSESSID=u7gpqtqgci7i51mgrdlp2q7704 ..

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solstice, 2013 Summer Solstice, solar flare, almanac, solar events,

1. https://www.spaceweather.com/images2013/21jun13/solstice_m2.mov?PHPSESSID=u7gpqtqgci7i51mgrdlp2q7704
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.6.15 Conversations with a Deva and with Nature Spirits . stories by Alice B. Clagett (2013-06-26 07:34)

Written and published on 26 June 2013; revised

- IMAGES OF DEVAS
- CONVERSATION WITH A DEVA
- CONVERSATION WITH NATURE SPIRITS
- ON DEVAS

Dear Ones,

Such fun today! Conversations with a deva and with some beautiful, bright, tiny nature spirits.

IMAGES OF DEVAS

Image: Deva ... [1]https://s-media-cache-ak0.pinimg.com/236x/17/b6/6e/17b66ed2f41 -e56d034b8beeb49863df0.jpg ..

Images: Devas of South African mountain tops ... [2]https://magicalmysterytrip.weebly.com/uploads/1/5/4/0/15402990/1741467 .jpg ..

CONVERSATION WITH A DEVA

Here is a conversation I had with a visiting Deva ...

Deva, speaking slowly, with a musical cadence and a musical quality of voice: *We count our years in thousands ... Look into my eyes* [shows eyes];*there you see the depth of wisdom.*

I: *How do you spend your time?*

Deva: *We care for Earth. We care for you humans.*

I: *I'd like to see you. Why is there no deva dwelling here?*

Deva: *Come to a lake to find me. Or come to a mountain view. We like water. We like air.*

I: *What do you do at night?*

Deva: *We contemplate the stars.*

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Image: Stars in the night sky ... [3]http://parade.com/wp-content/uploads/2014/03/Why-Do-Stars-All-Look-Almo st-the-Same-Size-ftr.jpg ..

CONVERSATION WITH NATURE SPIRITS

Here is a conversation I had with some Nature Spirits ...

I: *What do you do?*

Nature Spirits, speaking sweetly, in chorus: *We make flowers bloom. We make water twinkle. We make trees unfurl their leaves!*

Image: Dance of the Nature Spirits, by Gilbert Williams ... [4]http://img14.deviantart.net/01b4/i/2016/214/a/0/kb _williams _gilbert _dance _of _the _nature _spirits _by _lolitadreams1992-dacepg3.jpg ..

One Nature Spirit, with mischief in its sweet voice: *Remember this dream?* [dream flashes by in my inner vision] *I made it!*

I: *You did?*

Nature Spirit: *Yes, I did.*

I: *Dreams are very important to us humans. That is great work you do.*

Nature Spirit: *Yes, it is! It is!*

Image: Flower Fairy, by Gilbert Williams ... [5]http://67.media.tumblr.com/3bfa43253f05b-4612703970ddfca1153/tumblr _inline _oaj62czzvM1rouc7e _500.jpg ..

ON DEVAS

"A deva in the New Age movement refers to any of the spiritual forces or beings behind nature. The origin of word 'deva' comes from Sanskrit language. According to Theosophist Charles Webster Leadbeater devas represent a separate evolution to that of humanity. The concept of devas as nature-spirits was further developed in the writings of Theosophist Geoffrey Hodson. It is believed that there are numerous different types of devas with a population in the millions performing different functions on Earth to help the ecology function better. It is asserted they can be observed by those whose third eyes have been activated.

"In addition, it is believed by Theosophists that there are millions of devas living inside the Sun, the indwelling solar deity of which Theosophists call the Solar Logos–these devas are called solar angels, or sometimes solar devas or solar spirits. Sometimes, it is believed, they visit Earth and can be observed, like other devas, by humans whose third eyes have been activated. Theosophists believe that there are also devas living inside all the other stars besides Sol; these are called stellar angels.

"In the Findhorn material, the term refers to archetypal spiritual intelligences behind species, in other words the group soul of a species.

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"Some New Age sources use the term as a generic term to designate any being regarded as being composed of etheric matter–elementals, nature spirits (including the various types of nature spirits such as fairies, ondines, etc.)."

–from *Link: "Deva (New Age)," in Wikipedia ... [6]https://en.wikipedia.org/wiki/Deva _(New _Age) #: :text=A %20deva %20in %20the %20New,evolution %20from %20that %20of %20humanity. ... CC BY-SA 3.0*

Image: "Freedom" ... [7]https://angelslightworldwide.files.wordp - ress.com/2012/06/freedom.jpg ... DESCRIPTION: Young woman in white, on a cliff overlooking a beautiful natural scene

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I Am of the Stars
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[8] 

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devas, nature spirits, stories by Alice, interspecies communication, stories,

1. https://s-media-cache-ak0.pinimg.com/236x/17/b6/6e/17b66ed2f41e56d034b8beeb49863df0.jp
2. https://magicalmysterytrip.weebly.com/uploads/1/5/4/0/15402990/1741467.jpg
3. http://parade.com/wp-content/uploads/2014/03/Why-Do-Stars-All-Look-Almost-the-Same-Size-ftr.jpg
4. http://img14.deviantart.net/01b4/i/2016/214/a/0/kb_williams_gilbert_dance_of_the_nature_spirits_by_lolita dreams1992-dacepg3.jpg
5. http://67.media.tumblr.com/3bfa43253f05b4612703970ddfca1153/tumblr_inline_oaj62czzvM1rouc7e_500.jpg
6. https://en.wikipedia.org/wiki/Deva_(New_Age)#:~:text=A%20deva%20in%20the%20New,evolution%20from%20that%20of%20humanity.
7. https://angelslightworldwide.files.wordpress.com/2012/06/freedom.jpg
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1.6.16 Geomagnetic Storm and Dissolution of Darker Energies . by Alice B. Clagett (2013-06-29 08:05)

Written and published on 29 June 2013; revised on 6 June 2018

Dear Ones,

GaiaPortal's 29 June 2013 blog (1) mentions dissolution of beings not oriented to the Light. Could this possibly mean that there are Light-oriented beings that are now dissolving non-Light-oriented beings? Maybe dissolving them in Light or with the violet light of Saint Germain?

This brings to mind a 19 June 2013 post by Aluna Joy (2) which mentions that as of the December 2012 Shift, some dark entities jumped into the 5th to 8th dimension. How could that be? I've read that these energies are incompatible with the higher dimensions ...

6 June 2018 Revision: But then, I have also read in The Law of One: The Ra Material," that pre-Shift, there were a few 6th density beings on Earth, who would eventually shift polarity from negative to positive. Here is a discussion of one such being, Himmler. a member of the Nazi secret police ...

Link: "The Law of One: The Ra Material," Q-A 36.12-15 [1]https://www.lawofone.info/results.php?s=36 #12 ...

My thought is, that by 2013, after The Shift, the changing Light on Earth allowed such beings to move into higher densities ... perhaps densities 5 to 8, as described by Aluna Joy, who, in 2013, felt that these dark energies would be cleared from the higher dimensions soon.

However, in 2016 I began to notice transpersonal negative astral entities, whose energies we Lightworkers may choose to help transmute with love, such as with visualization of the violet flame of Saint Germain. As of June 2018, I find these negative higher dimensional (higher 'density') energies to be mostly in dimensions 8 through 12, above the crown chakra in our personal energetic space.

When I first spotted these energies in the 8th chakra (which is the first transpersonal chakra) some years ago, I used to term them 'astral thuggees' and refer to the '8th chakra bow-tie' ... For more on that, search my blog for the terms: *astral thuggee* ... and *8th-chakra bow-tie*

Link: "Astral Thuggees," a drawing by Alice B. Clagett, drawn and published on 9 January 2021 ... [2]https://wp.me/p2Rkym-lbt ..

Also note, with regard to Himmler, that more can be found on the choice of astral path negative in my blog category: *Consequentialism*

To return to the text of the 2013 blog ...

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In the above-referenced 19 June 2013 post by Aluna Joy are mentioned off-planet energies that have been trying to hinder Ascension since The Shift. I wonder if this might be a reference to energy bursts from this constellation or that, as mentioned by Suspicious Observers (3) on YouTube? Just a thought...

At any rate, there *has* been some resistance to the Light lately. Whatever the cause of the resistance, it feels to me like we all took a giant leap into Light last night, when Earth passed through a region of south-pointing magnetism that bathed her in a strong geomagnetic storm. (4)

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

.....
FOOTNOTES

(1)*Link: "Presence of Higher Entities Energy Has Engaged Local Higher Grids," 29 June 2013 ... [3]https://gaiaportal.wordpress.com/2013/06/ ..*

(2) *Link: "Got Love?" by Aluna Joy, 19 June 2013 ... [4]https://www.alunajoy.com/2013-june-gotlove.html ..*

(3) *Link: Suspicious Observers channel ... [5]https://www.youtube.com/user/Suspicious0-bservers?feature=watch ..*

(4) *Link: Space Weather for 29 June 2013 ... [6]https://www.spaceweather.com/archive.php-?view=1 &day=29 &month=06 &year=2013 ..*

.....

[7] 

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geomagnetic storm, light grid, Team Dark, negative entities, astral entities, Saint Germain, astral thuggee, consequentialism, Nazis, Heinrich Himmler, 8th chakra bow-tie, negative path, negative astral beings, Law of One, transpersonal chakras,

1. https://www.lawofone.info/results.php?s=36#12
2. https://wp.me/p2Rkym-lbt
3. https://gaiaportal.wordpress.com/2013/06/
4. https://www.alunajoy.com/2013-june-gotlove.html
5. https://www.youtube.com/user/Suspicious0bservers?feature=watch
6. https://www.spaceweather.com/archive.php?view=1&day=29&month=06&year=2013
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1.6.17 Transmuting the Big City Vibe . by Alice B. Clagett (2013-06-30 08:12)

Written and published on 30 June 2013; revised

Dear Wayshowers,

Here we are! (Why do I always think of cleansing rain when I read this word 'wayshowers'?) Ready to take the next step. Ready to transmute our own shadow and that of the world. Ready to shine our light on the path that others may wish to tread.

And what about those of us who are treading the path of transformation in that very difficult environment ... The Big City? Problems facing big cities at this time are in a class by themselves.

I listened in on a wonderful online healing retreat by Dr. Suzanne Lie yesterday (1). There was a time for questions, so I asked, What is a good way to transmute big city energy? She said that when she was driving on the freeways, in the heart of a big city, she would imagine an overlay of the city of the future ... an automated air transportation system, for instance.

To which, I might add: No poverty, no crime; beautiful parks, plentiful water, perfect harmony, and suitable work for everyone. This envisioning seems to me to be so much better than sitting fuming (and being fumed by) in traffic. What a positive use of my driving experience! Thanks, Dr. Lie!

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

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FOOTNOTE

(1) *Link: "Merging with the Highest Expression of Self," an online healing retreat by Dr. Suzanne Lie ... [1]http://www.multidimensions.com/merging-highest-self/ ..*

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[2] 
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activations of light, cities of Earth, transformation, Suzanne Lie, urban life, harmony,

1. http://www.multidimensions.com/merging-highest-self/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.7 July

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1.7.1 Tree . a poem without words by Alice B. Clagett (2013-07-01 08:17)

Filmed on 22 May 2013; published on 1 July 2013
Previously titled: Tree . by Alice B. Clagett

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is a video of a tree. There is an edited Summary of the video ...

VIDEO BY ALICE

https://youtu.be/L5SlSIwOEI4

SUMMARY OF THE VIDEO

[There are no spoken words in the video. The video starts with the grass beneath the tree, and pans up the tree trunk to the sky above. You can hear a bird singing.]

So, where does the tree stop being a tree? And, what do you hear while watching the video?

What does a tree do, anyway? Does it really anchor Earth to sky? And what is that round blob on the tree limb? Could that be mistletoe?

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

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tree, love, All, lightworkers, 2u3d, visual poems, poetry, poems by Alice, poem without words,

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1.7.2 The Quantum Bridge . by Alice B. Clagett (2013-07-01 08:35)

Filmed on 22 May 2013; published on 1 July 2013

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

A video about a quantum bridge. There is an edited Summary after the video. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/42ql0Vqemsc

SUMMARY OF THE VIDEO

This is a quantum bridge over a Colorado irrigation aqueduct. Are you ready? Here's the bridge [shows bridge] ... and we're going to have an adventure ... [stands in middle of bridge and looks down at rushing water, then off towards where the water is heading].

What is it about quantum? Like the bridge viewed from one angle, we appear solid, yes? But from another angle, we're mostly just pure space. Through which may be viewed all the universe....

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

Image: "Quantum Man" sculpture by Julian Voss-Andreae ... [1]https://upload.wikimedia.org/wikipedia/commons/thumb/b/b3/Quantum _Man.jpg/450px-Quantum _Man.jpg ..

See also ...

.....

[2] 
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quantum space, quantum field, reality,

1. https://upload.wikimedia.org/wikipedia/commons/thumb/b/b3/Quantum_Man.jpg/450px-Quantum_Man.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.3 How to Feel Your Heart: 23 Skidoo . by Alice B. Clagett (2013-07-02 09:12)

Written and published on 2 July 2013; revised

- ON FEELING THE HEART PHYSICALLY
- WHY FEEL THE HEART?
  - "Meditation to Change Fear to Joy," by Alice B. Clagett

Dear Ones,

Video: "23 Skidoo! - ULHS 2007 - Team Division" ... [1]https://www.youtube.com/watch?v=KsjWTGOy-qBo ..

ON FEELING THE HEART PHYSICALLY

It is come to me that folks sometimes mistake 'feel your heart' for more of that New Age namby pamby stuff. That's just not how it is. It's really a very *physical* experience involving hand or arm movements. Here are two good examples of physical positions that allow a person to experience the sensation called 'feel your heart.' Both pix are of lightworker and wayshower Sandra Walter.

In this picture, note the hand position. (You don't have to be looking up at the sky):

Image: Sandra Walter, looking up toward the sky, both palms on her high heart (where the thymus gland is located) ... [2]https://www.sandrawalter.com/wp-content/uploads/2015/02/sandra-walter-as cension.jpg ..

In this picture, note the arm position (best accompanied by a brisk 360 degree twirl):

Image: Sandra Walter, index fingers and thumbs in the shape of a heart ... [3]https://www.sandrawalter.com/wp-content/uploads/2013/01/sandra-walter.jp g ..

WHY FEEL THE HEART?

So but, why do that? Why feel the heart? Because it's through the heart that we transform and dissolve unpleasant feelings like *fear* . So here is the 23 skidoo ... fear to joy in 5 seconds flat ...

"Meditation to Change Fear to Joy"
by Alice B. Clagett
2 July 2013

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If you you feel fear. Or anger. Or hate. Etc etc etc...
And you want to escape that far-from-pleasant sensation ...
Feel your heart. Physically. And in a blinding but very-short-duration flash of light ...
Blue skies and sunshine!

Image: Blue skies ... [4]https://www.sandrawalter.com/wp-content/uploads/2013/04/IMG_43211.jpg ..

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

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[5] 

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heart energy, Sandra Walter, unconditional love, fear, joy, meditations, meditations by Alice, 2u3d,

1. https://www.youtube.com/watch?v=KsjWTGOyqBo
2. http://www.sandrawalter.com/wp-content/uploads/2015/02/sandra-walter-ascension.jpg
3. https://www.sandrawalter.com/wp-content/uploads/2013/01/sandra-walter.jpg
4. https://www.sandrawalter.com/wp-content/uploads/2013/04/IMG_43211.jpg
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.4 The Forest Floor . Good and Bad . Ground of Being . by Alice B. Clagett (2013-07-03 09:32)

Filmed on 2 July 2013; published on 3 July 2013

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is about Light and Dark, the battle of Good versus Evil, and the ground of being. Hope you like it! There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/WCNzXMH1jrA

SUMMARY OF THE VIDEO

Hello, Dear Ones.

I am here in a national park, and this is the floor of a forest, underneath an oak tree. And you can see the difference between where the Sun hits the ground, and where the Sun is filtered by the leaves of the tree. It looks both Light and Dark there.

But in reality, what we have here is not Light and Dark. What we have here is just one forest floor, that appears to be Light and Dark. We have, what you might call, in real life, what appears to be good, and what appears to be bad, or evil.

What is really there, though, is what you might call the 'forest floor' of our being, or 'ground of being'.

And here I am looking up [toward the top of the tree]. I noticed the underside of the oak tree. I noticed how very dark it looks. It looks almost black. And in the modern vernacular, you have black for evil, and white for good.

But this black that we see in the oak tree, is really the home to many, many little animals and plants ... thousands, I think. And so, it appears to be dark; it appears to be black. But in fact, it is a very good thing ...

So I just thought I would mention a little about that. You know, in this dimension that we are in, we have astral beings that are considered, from our point of view, both good and bad. We have angels. And we have the exact opposite: We have devils, and demons, and all kinds of bad things. And those two forces balance each other out.

I was reading a mythical book the other day. And it was set in a time when there were heroes, and magicians, and white and black magic, and all that. And there were gods walking

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the Earth, just as there are today ... but we do not recognize that to be true today. But they did, back then.

And so, the passage that caught my eye, in this book, had to do with a hero. He was talking to a mythical being, about the god that the being served, and why they had not saved the life of a child.

And the being said that his god was constrained by the laws of the world in which it found itself, not to do too great an act of good, or it would tear apart the fabric of that world.

And that struck me as being true of this world too. The more we fight injustice, and social ills; and the more we fight Team Dark, the stronger they grow. in Darkness, as we grow strong in Light. I do not think that is a real solution.

I think what we can do, is to recognize these dark entities in our life; recognize that what is Dark might really be what is Light ... very bright. And it may be what is supporting our existence here. And acknowledge this. Just accept this. Feel this, and be aware of it.

Our very awareness of the Dark, changes it completely; and will help this world rise to the fifth dimension, which is all Light.

That is all for now, dear ones. Thank you for listening.

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

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duality, 5D, fifth dimension, good and bad, ground of being, myths, injustice, lightworkers, social issues, transformation, awareness, fifth dimension, awakening, grid of Light, Dark network,

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1.7.5 Mired in Quicksand . by Alice B. Clagett (2013-07-04 10:21)

Written and published on 4 July 2013; revised

Dear Ones,

For the last two days I've felt a log jam of emotional thoughts building and building to a cacophonous, impossibly angstifying crescendo. By last night the whole thing seemed completely hopelessly mired. Something like sinking into quicksand, to the point where it was just below my upraised nares.

Image: Girl-In-Quicksand by Stonelad ... [1]https://orig00.deviantart.net/6f6a/f/2012/153/6/d/girl _in _quicksand _1 _by _stonelad-d51yu8l.png ..

Then last night, when I meditated, this log jam, which had seemed so solid, began to slowly sift out of me It seemed, last night, as if all the layers of my physical existence ... that is to say, physical body, etheric body, emotional body, mental body, and causal body, were shifting about, reforming, reorganizing, into a more unified whole. Accompanied by a massive upwelling of panic from my body cells, to which my mental body attached story after incredible story. Altogether an amazing experience.

I thought you might like to know about this, in case you're going through something similar right now. It helps to know there is a light at the end of that tunnel. I feel God is All. God is everywhere. To which I might add: What may seem like the greatest peril we've ever faced may in fact be something quite different ... just an upwelling of fear, so that we can cast the searchlight of awareness upon it, and release it.

So be aware of your bodily sensations. Try to feel what's happening in your body *just before* the mental story starts to gain momentum. I say this because it feels to me like my recent *myriad* mental stories may, in fact, just be an attempt of my mind to explain the interesting physical sensations I've been having lately.

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

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[2] 
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meditations, Soul wounding, clearing, karmic clearing,

1. https://orig00.deviantart.net/6f6a/f/2012/153/6/d/girl_in_quicksand_1_by_stonelad-d51yu8l.png
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.6 Mind-Bending Interplanetary Space . by Alice B. Clagett (2013-07-06 16:39)

Written and published on 6 July 2013; revised

Dear Ones,

I noticed that Space Weather ... [1]https://www.spaceweather.com ... advises on 6 July 2013 about a region of magnetic field pointing south. Though a geomagnetic storm is not happening, there is still geomagnetic unrest causing auroras at the North Pole. Hmmm...

I wonder, is space becoming more pliant to, more expressive of, love and Light? Photon information packets no longer need to go shooting out from the Central Sun, to our Sun, and thence to Earth? Interplanetary space is itself, spontaneously changing so as to make the needed changes in Earth's crystalline grid?

This is the second such instance in the last few weeks. Why am I thinking of Bill Ballard here? ...

Video: '7-3-13 Bill Ballard Integration of Light Being and Angelic Self Holding Paradise Energies," by 2u3d, 3 July 2013 ... [2]https://www.youtube.com/watch?v=cq1iDOcxyZA ..

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

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[3] 
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interplanetary space, space weather, solar events, geomagnetic storm,

1. https://www.spaceweather.com/
2. https://www.youtube.com/watch?v=cq1iDOcxyZA
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.7.7 Stream Turtles and Samskaras . by Alice B. Clagett * (2013-07-06 16:47)

Filmed on 5 July 2013; published on 6 July 2013

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

A video on noticing, rather than acting on samskaras when they pop up from the sub-conscious mind into conscious awareness. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/EDjSmeNgznc

SUMMARY OF THE VIDEO

Hello, Dear Ones.

Today I am over at the UCLA Botanical Gardens, and I'm looking at a little man-made stream here, with a lot of turtles in it. And I noticed, about the stream, first, the water's pretty muddy. And then, these turtles are popping up into the Light, and sticking their noses out of the water. And then they just go on back under the water ... they dive back down again. And you can't see them very well if they do that.

And it reminded me of my subconscious thoughts ... my 'samskaras', as they call them. in the "Aphorisms of Patanjali" ...

Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California

Link: "Yoga Sutras of Patanjali - Raja Yoga - Ashtanga Yoga," explanations by Swami Jnaneshvara and Abhyasa Ashram ... [1]https://swamij.com/yoga-sutras.htm ..

... that just pop right out ... right out of my mind, sort of like the turtles in the stream ... or popcorn. And sometimes they pop up so strongly that I act on them ... and sometimes with very unfortunate consequences.

And then, without my even knowing why, they just sort of disappear back down into the turgid waters of my heart ... [laughs, as two turtles sink down into the water] ... very obligingly, in this case.

So I had a thought about that. I noticed I have two tendencies, when these thoughts come up „,

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- One is to shove them back down into the water ... and make them angry, and hungry.
- And the other thought is: To say that they’re somebody else’s turtle; not mine; to disown them.

So just now, when I was walking, I was thinking: Maybe if I just make friends with them ... notice them ... this muddy water in my heart will eventually clear up, and become more like a pure mountain stream. That’s what I was thinking about the turtles.

Hope you all have a wonderful day.

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

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[2] 

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Patanjali, samskaras, subconscious, turtles, advaita, How to Know God: The Aphorisms of Patanjali, Swami Prabhavananda, Christopher Isherwood, Swami Jnaneshvara, Abhyasa Ashram, yoga, My Favorites, heart clearing,

1. https://swamij.com/yoga-sutras.htm
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.7.8 On Being Kind to Ourselves . by Alice B. Clagett (2013-07-08 18:32)

Written and published on 8 July 2013; revised

Dear Ones,

I was delighted to hear this song, which makes light of the 'ape and the tiger' (1) in us all ...

Video: Hey, Mister Monkey song w actions & motions for preschool kindergarten and daycare new school year ... [1]https://www.youtube.com/watch?v=pfdg9nuR 7EM ... from [2]https://musictherapytunes.com/ by Margie (and Peach)

There is nothing quite like forgiving ourselves when our desire elemental, our gut brain, or our lower triangle suggests the unspeakable. We can settle such topics more easily with a lighthearted attitude than with blame and censure.

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

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FOOTNOTE

(1) The 'ape and the tiger' is a reference to Alfred, Lord Tennyson's poem "In Memoriam" ... [3]https://www.theotherpages.org/poems/books/tennyson/tennyson07.html ..

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[4] 

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desire elemental, lower triangle, gut brain, blame, forgiveness, societal expectations,

1. https://www.youtube.com/watch?v=pfdg9nuR7EM
2. https://musictherapytunes.com/
3. https://www.theotherpages.org/poems/books/tennyson/tennyson07.html
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1.7.9 The Seven Astral Sub-Planes . by the Theosophists, with comments by Alice B. Clagett (2013-07-09 10:40)

Begun on 9 July 2013; revised and published on 10 June 2018

- INTRODUCTION
- THE SEVEN ASTRAL PLANES
- LOWEST ASTRAL SUB-PLANE
  - The Seventh Astral Sub-Plane
- MIDDLE ASTRAL SUB-PLANES
  - The Sixth Astral Sub-Plane
  - The Fourth and Fifth Astral Sub-Planes
- THE HIGHER ASTRAL SUB-PLANES
  - The Second and Third Astral Sub-Planes
  - The First Astral Sub-Plane
- TRAVEL AMONG THE ASTRAL SUB-PLANES

Dear Ones,

INTRODUCTION

I have been searching for a while now for descriptions of the seven sub-planes of the Astral Plane. I have found some pretty good information in "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell, published 1927, Quest Book edition 1973, copyright The Theosophical Publishing House, London, Ltd. 1965.

However, this information is spread out, hither and yon, in the book. As this book is under copyright, I cannot quote snippets of text in the blog, out of legal concern. However, I will offer a little information from School of Theosophy sources that are in the public domain, along with page citations of copyrighted information that can be consulted by those who have copies of the book.

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Another way to cover most of the material on the various sub-planes, would be to read ...

Citation: "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell, published 1927, Quest Book edition 1973, copyright The Theosophical Publishing House, London, Ltd. 1965 ...

- "Chapter XIV: The After-Death Life: Particulars," especially pp. 132-133; and
- "Chapter XVI: The Astral Plane," especially pp. 145-148.

... along with *Link: "The Astral Plane: Its Scenery, Inhabitants, and Phenomena," by C.W. Leadbeater. (2007). Urbana, Illinois: Project Gutenberg. Retrieved 10 June 2018, from [1]https://www.gutenberg.org/ebooks/21080 ..*

.....

At the end of the blog is an explanation of travel from one sub-plane to another, which is useful in an Ascension context, as the Awareness of humankind expands from the merely physical, out into the astral plane, and beyond, to the fifth dimension, the Kingdom of God, where Christed and Buddhic consciousness abide.

Now, on to the compilation on the seven astral planes, according to the School of Theosophy ...

.....
THE SEVEN ASTRAL PLANES

"First of all, then, it must be understood that the astral plane has seven subdivisions, each of which has its corresponding degree of materiality and its corresponding condition of matter. Now numbering these from the highest and least material downwards, we find that they naturally fall into three classes, divisions 1, 2 and 3 forming one such class, and 4, 5 and 6 another, while the seventh and lowest of all stands alone.

"The difference between the matter of one of these classes and the next would be commensurable with that between a solid and a liquid, while the difference between the matter of the subdivisions of a class would rather resemble that between two kinds of solid, such as, say, steel and sand. Putting aside for the moment the seventh, we may say that divisions 4, 5 and 6 of the astral plane have for their background the physical world we live in and all its familiar accessories.

"Life on the sixth division is simply our ordinary life on this earth, minus the physical body and its necessities; while as it ascends through the fifth and fourth divisions it becomes less and less material, and is more and more withdrawn from our lower world and its interests."

–from Link: "The Astral Plane: Its Scenery, Inhabitants, and Phenomena," by C.W. Leadbeater. (2007). Urbana, Illinois: Project Gutenberg. Retrieved 10 June 2018, from [2]https://www.gutenberg.org/ebooks/21080 ... Search the chapter heading: Scenery ...

[paragraphing is my own. –Alice B. Clagett]

.....

This excerpt from the book "The Astral Body and Other Astral Phenomena" describes how far out from Earth the astral world reaches ...

Citation: "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell,

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published 1927, Quest Book edition 1973, copyright The Theosophical Publishing House, London, Ltd. 1965

... p 146, second paragraph, beginning "The outer limit ..." and ending "... sub-lunar world."

.....
LOWEST ASTRAL SUB-PLANE

The Seventh Astral Sub-Plane

This excerpt from same book describes the seventh astral sub-plane, the Hellworlds ...

Ibid„ p 146, fourth paragraph, beginning "Sub-plane 7 ..." through the fifth paragraph ending "... own creation."

Here is more on the topic, from the public domain ...

"Most students find the investigation of this section an extremely unpleasant task, for there appears to be a sense of density and gross materiality about it which is indescribably loathsome to the liberated astral body, causing it the sense of pushing its way through some black, viscous fluid [17] while the inhabitants and influences encountered there are also usually exceedingly undesirable."

–from Link: "The Astral Plane: Its Scenery, Inhabitants, and Phenomena," by C.W. Leadbeater. (2007). Urbana, Illinois: Project Gutenberg. Retrieved 10 June 2018, from [3]https://www.gutenberg.org/ebooks/21080 ... Search the chapter heading: Scenery

This excerpt from "The Astral Body and Other Astral Phenomena" clarifies the location of the Hellworlds, within the physical body of Earth ...

Citation: "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell, published 1927, Quest Book edition 1973, copyright The Theosophical Publishing House, London, Ltd. 1965 ... p 145, fifth paragraph, beginning "Similarly with ..." through the sixth paragraph ending "... of the earth."

.....

This excerpt on the Hellworlds, from the same source, mentions the possible haunting, by its inhabitants, of places of ill repute on the physical Earth plane ...

Ibid„ p 132, second full paragraph, beginning "On the lowest ..." and ending "...vile resorts."

.....

Here is more from the same source on types of people that may find themselves in the

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Hellworlds ...

Ibid„ p 147, first full paragraph, beginning with "The ordinary ..." and ending "...the like."

.....
MIDDLE ASTRAL SUB-PLANES

These are sub-planes 4 through 6, in increasing density. People in these sub-planes, which I might term the Purgatory worlds, find themselves on or near the surface of physical Earth. Here is more on the topic, from the same source ...

Ibid„ p 147, second full paragraph, beginning with "Sub-planes 6 ..." through the fourth paragraph ending "...their thoughts."

Here is more from the same source on each of these sub-planes ...

The Sixth Astral Sub-Plane

The location of the sixth astral sub-plane, according to the same source ...

Ibid„ p 145, last full paragraph, beginning "The sixth ..." and ending "...the earth."

.....

The inhabitants of the sixth sub-plane, from the same source ...

Ibid„ p 132, third full paragraph, beginning "On the next ..." through the fifth paragraph ending "...lakes, etc."

The Fourth and Fifth Astral Sub-Planes

On the consciousness of people finding themselves on the fourth or fifth astral sub-planes, from the same source ...

Ibid„ p 132, sixth full paragraph, also beginning "On the next ..." but ending "...diminishing degree."

.....
THE HIGHER ASTRAL SUB-PLANES

"The first, second, and third subdivisions seem much further removed from this physical world, and correspondingly less material. Entities inhabiting these levels lose sight of the earth and its belongings; they are usually deeply self-absorbed, and to a large extent create

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their own surroundings, though these are not purely subjective, as in Devachan [the Heaven Worlds], but on the contrary sufficiently objective to be perceptible to other entities and also to clairvoyant vision.

"This region is beyond doubt the 'summerland' of which we hear so much at spiritualistic *séances*, and the entities who descend from and describe it are probably often speaking the truth as far as their knowledge extends.

"It is on these planes that 'spirits' call into temporary existence their houses, schools, and cities, for these objects are often real enough for the time, though to a clearer sight they may sometimes be pitiably unlike what their delighted creators suppose them to be.

"Nevertheless, many of the imaginations that take form there are of real though temporary beauty, and a visitor who knew of nothing higher might wander contentedly enough there among forests and mountains, lovely lakes and pleasant flower-gardens, or might even construct such surroundings to suit his own fancies."

–from Link: "The Astral Plane: Its Scenery, Inhabitants, and Phenomena," by C.W. Leadbeater. (2007). Urbana, Illinois: Project Gutenberg. Retrieved 10 June 2018, from [4]https://www.gutenberg.org/ebooks/21080 ... Search the chapter heading: Scenery

.....

Here is a further description ...

Citation: "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell, published 1927, Quest Book edition 1973, copyright The Theosophical Publishing House, London, Ltd. 1965 ... p 147, from the fifth full paragraph beginning "Sub-planes 3 ..." through the first paragraph on p 148 ending "...own fancies."

.....

Here is a description of the occupations of people on these higher sub-planes, from the same source ...

Ibid,, p 133, first paragraph, beginning "Those living ..." through the fourth paragraph ending "...same lines."

The Second and Third Astral Sub-Planes

Here is how people on the second and third sub-planes can communicate with people still alive ...

Ibid,, p 132, last full paragraph, beginning "On the next ..." and ending "...a medium."

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.....

Here is a description of the sort of people on these higher sub-planes, from the same source ...

Ibid„ p 148, second full paragraph, beginning "The second ..." and ending "...and time."

.....

This describes how high 'Summerland' extends up into Earth's atmosphere ...

Ibid„ p 146, first paragraph, beginning "The third ..." and ending "...the atmosphere."

The First Astral Sub-Plane

How hard it is to for people on the first astral sub-plane to communicate with people still in physical form ...

Ibid„ p 132, last paragraph, beginning "From the ..." and ending "...very difficult."

.....

With regard to the emotions felt in the first astral sub-plane ...

Ibid„ p 14, third full paragraph, beginning "High unselfish ..." and ending "... p. 207)."

.....

About the sort of people who find themselves on the first astral sub-plane ...

Ibid„ p 148, second full paragraph, beginning "The first ..." through the third full paragraph ending "... astral plane."

....
TRAVEL AMONG THE ASTRAL SUB-PLANES

Here is an explanation of navigating among the various astral sub-planes that I found very interesting. Apparently this has to do with transforming one's Awareness, rather than movement through space ...

Ibid„ p 110, first full paragraph, beginning "When we ..." ending "... upon him."

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This is useful in an Ascension context, as our Awareness is expanding outward from the Material Plane (that is, the plane of physical reality), into the Plane of Forces, from thence into the Astral Plane, and thence on into the fifth dimension, the Kingdom of God, where Christed and Buddhic consciousness abide.

According to the above excerpt, expansion of Awareness into the loftier astral realms depends on a person's ability to change his astral rate of vibration. This is done, according to the teachings of today's Ascension workers, through creation of loftier emotions, such as love, faith, trust, and joy. The ability to create emotions 'on the spot' is a new skill for us humans ... it requires diligent practice. See ...

Link: "Golden Triangle: Purifying the Third Eye Point," by Alice B. Clagett, [5]https://wp.me/p2Rkym-3nc ..

We must all 'learn the ropes' of the seven astral planes, whether those of the Hellworlds (sub-plane 7, the lowest astral sub-planes); the Purgatory Worlds (sub-planes 6 through 4; the intermediate astral sub-planes); and the Heaven Worlds (sub-planes 3 through 1, which heretofore were the very loftiest abodes of human consciousness).

Once we have this power of astral navigation at hand in our clair 'tool belts', it will be much easier to communicate with our Ascension team members in the higher dimensions, and to help those still learning astral navigation skills without getting mired down in 'sticky wicket' situations.

Another caveat: It is important to master timeline skills, in case we find ourselves in Hellworld situations that are difficult to pierce through. For this, see my blog category: *Timelines - multitemporality - alternate universes - fractals*

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

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[6] 
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.....
.....

astral planes, Arthur E Powell, C.W. Leadbeater, School of Theosophy, dimensions, fifth dimension, Kingdom of God, Christed and Buddhic consciousness, Hellworlds, Purgatory, Heaven, Heaven worlds, ascension, ascension skills, timelines,

1. https://www.gutenberg.org/ebooks/21080
2. https://www.gutenberg.org/ebooks/21080
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1.7.10 Allurement: Angling for Love . by Alice B. Clagett (2013-07-09 18:41)

Written and published on 9 July 2013; revised
Previously titled: Angling for Love

- ALLUREMENT: ON USING LOVE AS A LURE
- ON 'DOING' LOVE
- ON FALLING IN LOVE
- ON FEIGNING ROMANTIC LOVE
- FOR WOMEN: ON MISTAKING A MAN'S ONE NIGHT STAND FOR TRUE ROMANCE
- FOR MEN: ON MISTAKING A WOMAN'S FINANCIAL INSECURITY FOR TRUE ROMANCE
- FOR MEN: ON BEING ATTACHED TO A WOMAN WHO LIKES TWO MEN

Dear Ones,

I am writing this post for an acquaintance of mine, who just cannot locate the politeness to accept me as I am. Do you not hate it when folks try to make you over in their image? I do, for sure.

I ran across this in an article on deep-sea female angler fish recently ...

There are anglerfish living deep in the ocean. It is dark down there, and the females have bioluminescent 'lures' attractive to that which they wish to eat. These 'lures' also attract male anglerfish. Once they find a mate, they hold onto her for life ...

Image: Female anglerfish with a prominent 'lure' ... [1]http://biologybiozine.com/wp-content/uploads/2015/07/deepseaanglerfis h2.jpg ..

Link: "An Unusual Fish that Lives Deep in the Ocean," in Biozine, 27 February 2011 ... [2]biologybiozine.com/2011/02/27/an-unusual-fish-that-lives-deep-in-the-oce an/182/ ..

ALLUREMENT: ON USING LOVE AS A LURE

That reminded me of how we humans sometimes use Love as a Lure. I'm speaking of the outward-pouring of love from the heart chakra, not the neutral, unconditional love characteristic of the deep inner heart, the hridaya.

ON 'DOING' LOVE

This outward-pouring love is what you might call 'doing' love. I'm 'doing' love to someone else. And I've noticed, when this happens, I'm 'doing' it for a reason. Invariably 'to do' with my lower chakras. I 'want' security. I 'need' sex. I 'have' to control someone. And there

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you have it. Love in the service of the Lower Triangle (the first three chakras old style: the basal chakra, sexual chakra, and navel point).

ON FALLING IN LOVE

So then, how does the play unfold? 'I' 'love' 'you'! WAY SO. 'You' 'love' 'me'! WOW. We're 'in love'. We get married. And then, onto our stage march insecurity, sexual addiction, greed, possessiveness, jealousy, etc etc and OUT OUT OUT goes the flame of love. o sigh.

ON FEIGNING ROMANTIC LOVE

OR, heaven forfend, we may consciously use the Love Lure to attach a person to us. And then, The Games Begin. Happens often with men ... *I love you!* ... Wedding bells. And then it is the Everyday Ed thing ... sex on demand. And do the housework. Get the abortion. Go to work to help pay the mortgage.

FOR WOMEN: ON MISTAKING A MAN'S ONE NIGHT STAND FOR TRUE ROMANCE

OR, and this is a man or woman thing:*I love you!* ... O wow! ... and: *Oops! One night stand.*
AND then sometimes, there is a sequel: *Oops! Pregnant! Who was that masked marauder, anyway?*

FOR MEN: ON MISTAKING A WOMAN'S FINANCIAL INSECURITY FOR TRUE ROMANCE

But sometimes it is a woman thing. *I love you!* ... Wedding bells. *Uh oh, she really just wants my money*. Or my house. Or to destroy my heart utterly.

FOR MEN: ON BEING ATTACHED TO A WOMAN WHO LIKES TWO MEN

Here is an interesting picture: a female deep-sea angler fish (the big fish in the picture). Using her love Light (which dangles from the front of her head) she has lured in two male angler fish. They are a lot smaller than she is. You can see them in the picture, stuck there next to her tail. For life? Guess so. This picture reminds me vividly of a woman I met once. Two men not sufficing, she was angling for a woman lover too.

Image: Female anglerfish with two males attached to her ... [3]http://biologybiozine.com/wp-content/uploads/2015/07/deepseaanglerfis h.jpg ..

Dear Lord! Save me! I can definitely see the al-Lure of Unconditional Love.

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

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[4] 
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anglerfish, relational love, unconditional love, romance, one night stands, falling in love, lower triangle, hridaya, insecurity, sexual addiction, greed, possessiveness, jealousy, manipulation, relationships, dark love triangle, allurement, seductiveness, Lilith,

1. http://biologybiozine.com/wp-content/uploads/2015/07/deepseaanglerfish2.jpg
2. http://biologybiozine.com/2011/02/27/an-unusual-fish-that-lives-deep-in-the-ocean/182/
3. http://biologybiozine.com/wp-content/uploads/2015/07/deepseaanglerfish.jpg
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.11 The Truth about Heaven, Hell and Purgatory . references to Theosophy . with comments by Alice B. Clagett (2013-07-10 04:58)

Written and published on 10 July 2013; revised on 6 May 2018

- WHAT IS THE TRUTH ABOUT HEAVEN AND HELL?
- *KAMALOKA:* THE DESIRE WORLD OF THEOSOPHY
  - Grossness in the Astral Body
  - Hell, Purgatory, and Limbo
- *DEVACHAN:* THE HEAVEN WORLDS ON THE HIGHER MENTAL PLANE

Dear Ones,

Here are references to teachings about the Afterlife from the School of Theosophy, along with comments by me to do with Ascension ...

WHAT IS THE TRUTH ABOUT HEAVEN AND HELL?

The Theosophist William Walker Atkinson (aka Swami Panchadasi) describes how very different are the beliefs among the major religions of the world, regarding the afterlife. Some describe heaven, or hell, or purgatory, or limbo. Others speak of a great sleep, on passing, until the Day of Judgment at the end of the world ...

Citation: "The Astral World: Its Scenes, Dwellers, and Phenomena," by William Walker Atkinson, "Chapter VI. Disembodied Souls," ... from the fifth full paragraph beginning "Let us move ..." through the second sentence in the seventh paragraph, ending "... all the truth."

Theosophists have a different, and I feel, in some instances, a far more hopeful and heart-settling set of teachings. They feel that Souls do sort, on the astral plane, after passing from physical form. But all Souls eventually slip into sleep in the Heaven Worlds of the Afterlife after their Astral Work in the Afterlife is done.

KAMALOKA: THE DESIRE WORLD OF THEOSOPHY

The Astral Work referred to here is that in which Souls, after passing on from physical incarnation, experience *Kamaloka* ... the 'Desire World' ... as it is termed in the School of Theosophy. The work that is done is to purify the astral body, removing the dross of dissonant energies. This may take only a little time, or very much longer.

Grossness in the Astral Body. The type of experience a Soul has during this Astral interval depends on the relative grossness or refinement of its astral body ... or as we say in an Ascension context, the distortions in its body of Light. These are referred to in Hindu texts as the samskaras, or by Judy Satori ... [1]https://www.ascensionlibrary.org/ ... as karmic miasmic patterning or morphogenetic field distortions.

Hell, Purgatory, and Limbo. In terms of the Christian faith, a person who has led a

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very sinful life on Earth, might well have experiences in *Kamaloka* that are like the Christian notion of Hell. A person who has led a reasonable life on Earth ... though not particularly religious or spiritual ... might experience what some Christian faiths term Purgatory. A child who passes on before the age of reason, or a person who has led a saintly or spiritual life, might experience only a little time in a state some Christian faiths term Limbo.

There is quite a good explanation of the astral afterlife, according to the School of Theosophy, here ...

Citation: "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell, Theosophical Publishing House, Wheaton, IL. Copyright The Theosophical Publishing House, London, Ltd. 1965 ... "Chapter XIII: After-Death Life: Principles," pp. 112-119.

The following two chapters are also quite informative. These are "Chapter XIV: The After-Death Life: Particulars," pp. 120-135, and "Chapter XV: The After-Death Life: Special Cases," pp. 136-143.

Here is a brief overview of the Soul's afterlife stay in *Kamaloka*, the Desire World ...

Citation: "The Astral Body: And Other Astral Phenomena," compiled by Arthur E. Powell, Theosophical Publishing House, Wheaton, IL. Copyright The Theosophical Publishing House, London, Ltd. 1965 ... "Chapter XXIII. Astral Death," p 204, from paragraph 1, beginning "We have now ..." through paragraph 4, ending: " heaven-world."

DEVACHAN: THE HEAVEN WORLDS ON THE HIGHER MENTAL PLANE

When, during the astral interval, the astral body has been purified of impure feelings and desires, a residue of desire, or *kama*, is left behind in *Kamaloka*. The higher ego (the true 'I') becomes free to pass on to a very different form of afterlife experience ... that of the Heaven Worlds, which, in Theosophy, are termed *Devachan*.

The Theosophists feel that all Souls eventually rise from the Hellworlds, Purgatory Worlds, or Limbo they were experiencing on the Astral Plane, to *Devachan*, the Heaven Worlds. Theirs, then is a more hopeful notion than that professed by many major religions.

In *Devachan*, those who passed on with desires to accomplish creative work (such as to create a great piece of music) or to exist in a paradise, or to be in a congregation of Souls of their own religion, or to accomplish intellectual or scientific work, can live out their dreams, till their desires to do these things fades. In addition, the work these Souls do in *Devachan* can be carried forward with them into a new incarnation, and so may aid the development of humankind.

At times, too, disembodied Souls in *Devachan* may be may offer their creative work as a gift to aspiring creative artists on the physical plane ... They become the 'creative muses' for these Earth-bound artists.

There is a good, brief summary of the *Devachan* experience, from the Theosophical perspective, here ...

Citation: "The Astral World: Its Scenes, Dwellers, and Phenomena," by William Walker

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Atkinson, published 20 January 2000 by Book Tree ... "Chapter IX: Higher Planes and Beyond," paragraph 11, beginning "I wish here ..." through paragraph 13, ending "...follow the gleam!"

Here is a more detailed description of *Devachan*, from the Theosophical perspective ...

Citation: "The Mental Body," by Lieut.-Colonel Arthur E. Powell, The Theosophical Publishing House Limited, London, Great Britain, 1927 ... "Chapter XX: Devachan: Principles," pp 171-184.

These chapters in the same book are also well worth reading: "Chapter XXI: Devachan: Length and Intensity," pp. 185-190, and "Chapter XXII: Devachan: Further Particulars," pp. 191-205.

The four chapters following these ... pp. 206-220 ... describe the four lower levels (there are 7 in all) of the heaven planes. These are numbered 'backwards' ... The first and lowest level is termed the 'seventh sub-plane'. The second, which is a little higher, is termed the 'sixth sub-plane' ... and so on.

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

.....
.....

afterlife, astral planes, myths, religions, Christianity, heaven, hell, purgatory, limbo, School of Theosophy, Judgment Day, William Walker Atkinson, Swami Panchadasi, Arthur E. Powell, devachan, kamaloka, Desire World, Heaven Worlds, astral body, mental body, mental plane, ego, Ascension, body of Light, samskaras, karmic miasmic patterning, creative muse, subtle bodies, JScambio, morphogenetic field distortions,

1. https://www.ascensionlibrary.org/

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1.7.12 On Focusing Beneath the Belt . by Alice B. Clagett (2013-07-10 19:02)

Written and published on 11 July 2013; revised

- ON GROUNDING THE BODY
- CLEARING THE LOWER TRIANGLE
- BUILDING THE STRENGTH OF THE LOWER TRIANGLE
- CROW POSE
- FROG POSE
- STRETCH POSE
- FOCUSING AWARENESS ON THE 'LOWER TRIANGLE'

Dear Ones,

ON GROUNDING THE BODY

If your mind is running you in circles, the cure is to ground in the physical body. What stops lots of folks from doing that is the trauma they carry in the first three of the traditional chakras. Taken together, these three chakras ... basal, sexual, and navel centers ... are known in yoga as the 'lower triangle'.

One of the fastest ways to ground the physical body is to clear and ground the 'lower triangle.'

CLEARING THE LOWER TRIANGLE

I may not have mentioned in past, but I have a teaching background in kundalini yoga. In the 80's, for 6 years, I lived in a 3HO ashram, where I led the morning sadhana, including prayers, yoga, and chanting meditation. Soon after I arrived at the ashram, the ashram leader asked me to do a 40-day sadhana of 'Sat Kriya.'

It was torture. 31 minutes a day. Miss no days - or else start all over again. BUT it cleared the trauma out of my lower triangle. My teacher knew whereof he spoke.

So, if you want to ground in the physical body, you might want to try a 40-day sadhana - 31 minutes a day - of Sat Kriya, as described here ...

Link: "Healthy, Happy, Holy Organization (3HO)" ... [1]https://www.3ho.org/ ... Search the term: Sat Kriya

BUILDING THE STRENGTH OF THE LOWER TRIANGLE

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Then the next step will be to build up the strength of your lower triangle. This link shows simple exercises for the chakras ...

Link: "7 Kundalini Yoga Postures to Clear the Chakras," by Ramdesh Kaur, 13 May 2010 ... [2]https://www.spiritvoyage.com/blog/index.php/7-kundalini-yoga-postures- to-clear-the-chakras/ ..

The text says the exercises will clear the chakras; but I think you will find the main effect is to build the strength of the chakras. And secondarily, to clear them as well.

For the lower triangle, use the first three exercises.

CROW POSE

The **'Crow Pose'** exercise is a dynamic exercise. Move from the standing position to the crouching position smoothly and as rapidly as you may comfortably do. Push yourself a little, but don't go ballistic unless you have a very strong constitution, and feel it's safe to do so. Continue 26, 52, or 108 times. Then stop.

FROG POSE

The next exercise is 'Frog Pose'. The story goes that, in India, young men who wished to marry used to be not allowed to do so until they did a Frog Pose sadhana - 108 times, at a very rapid pace, no rests, for each sadhana. The reason was that it increased their virility as well as their sexual control. To this colorful story I might add, from personal experience: it will do the same for a woman.

Tips on Frog Pose: Place the fingertips ... not the palms of the hands ... firmly on the ground and keep them there. Heels are touching each other and OFF the ground throughout the exercise. It's not Frog Pose unless the heels are off the ground. When you're in the head-down position, the eyes are looking through your legs (i.e., head upside down, eyes looking behind you). When you're in the squatting position, the chin should be up (not tucked in) and the eyes looking straight forward. Continue 26, 52, or 108 times per session. Make it as rapidly as possible, as long as it doesn't endanger your health. Then stop. Here is a video ...

Video: "How to Do Kundalini Yoga Frogs," by Spirit Voyage ... [3]https://www.youtube.com/watch?v=JFwtV7vjyXY ..

STRETCH POSE

'Stretch Pose': Two-in-one: Ratchets up the will power and gives you flat abs. Head up, chin tucked in. Eyes open, staring at toes. Heels 6 inches off the ground. No more than 6 inches. Keep the lower back firmly on the ground. Do breath of fire throughout. (1) Continue for 3, 11 or 31 minutes. I double dare you to work your way up to 31 minutes! Then when the minutes are up: hold the pose, inhale completely, exhale completely, and with the breath held out, pull up and in on the anal sphincter. Do this inhale - exhale - pull three times, then inhale completely and relax. Here's a stretch pose video - good video, but it does not mention

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the final three breaths ...

Video: Kundalini Yoga Stretch Pose with Anne Novak ... [4]https://www.youtube.com/watch?v=E9J7AcI dV0 ..

FOCUSING AWARENESS ON THE 'LOWER TRIANGLE'

There is one more thing you can do to ground your physical body all day long. And that is ever so simple. Just focus your awareness on your lower chakras. When you're walking. When you're driving. When you're resting. When you're talking. All the time, all day.

Be specific in your awareness. Don't think; just feel. Feel your sexual chakra. Feel your navel point. Feel your anal sphincter.

There is quite some controversy over the location of these chakras. Here is a traditional picture. To illustrate, I'll show two pictures. You may need to double click on them to be able to see them well. In the first pix, manipura = navel center. Svadhisthana = sexual center. Muladhara = basal center ...

Image: Chakras Kshetram ... [5]https://s-media-cache-ak0.pinimg.com/236x/39/e5/08/39e50874bc6 09c1fe0fa28791356e504.jpg ..

Now look at this Theosophical Society picture. Base of the spine centre = basal center. Navel centre is much lower. Spleen centre, seat of vitality – HIGHER than the navel center. and located in the center of the torso – is apparently the sexual center.

Image: "The Etheric Double" by Arthur E. Powell: Diagram XIII: Man and His Etheric Centers ... [6]https://s-media-cache-ak0.pinimg.com/736x/d7/26/87/d72687d16d7 - 83a6d9d98584f657d4baf.jpg ..

I expect it will be fine to focus your awareness on whatever depiction of the chakras appeals to you. The main thing is, if you want to ground, focus your awareness beneath your belt.

Hoping this will be of service,

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

.....
FOOTNOTE

(1) Breath of fire is a rapid breath. The mouth is closed. Pump the navel point sharply in as you exhale. Inhale as you relax the navel point. This breath helps clear the lungs, blood, and cells. See also ...

Link: "Breath of Fire (BOF)" ... [7]https://www.kundalini-yoga-info.com/breath-of-fire.html ...
Page down to the section on the benefits of breath of fire.

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lower triangle, crow pose, earthing, frog pose, grounding, kundalini yoga, stretch pose, breath of fire, chakras,

1. https://www.3ho.org/
2. https://www.spiritvoyage.com/blog/index.php/7-kundalini-yoga-postures-to-clear-the-chakras/
3. https://www.youtube.com/watch?v=JFwtV7vjyXY
4. https://www.youtube.com/watch?v=E9J7AcNLdV0
5. https://s-media-cache-ak0.pinimg.com/236x/39/e5/08/39e50874bc609c1fe0fa28791356e504.jpg
6. https://s-media-cache-ak0.pinimg.com/736x/d7/26/87/d72687d16d783a6d9d98584f657d4baf.jpg
7. https://www.kundalini-yoga-info.com/breath-of-fire.html
8. http://creativecommons.org/licenses/by-sa/4.0/
9. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.13 White Tara's Mantra of Compassion for Long Life: Om Da Re Dudda Re . referral by Alice B. Clagett * (2013-07-11 13:11)

Written and published on 11 July 2013

Dear Ones,

This mantra is sung by His Holiness Penor Rinpoche on the CD "Blessing from H.H. Penor Rinpoche for World Peace." (1) I found all the songs on the CD incredibly beautiful. (1)

Video: Khenpo Pema Chopel Rinpoche - The Mantra of White Tara" ... [1]https://www.youtube.com/watch?v=rFEDRXqWczE ..

On the CD, the mantra is transliterated like this:

Om Da Re Dudda Re Du Re Mama
Ayurpunye Jnana Putin Kuru Soha

On the 'About' section of the above video, the mantra is transliterated very slightly differently, like this:

Om Tare Tuttare Ture Mama
Ayuh Punya Jnana Pustim Kuru Soha

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

For more information on this mantra, see ...

Link: "White Tara Mantra," by WildMind Buddhist Meditation ... [2]https://www.wildmind.org/mantras/figures/whitetara ..

.....
FOOTNOTE

(1) Here is the CD ...

Citation: "Blessing from H.H. Penor Rinpoche for World Peace," by Penor Rinpoche ..

.....

[3] 
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Buddhism, compassion, Om Da Re Dudda Re, Penor Rinpoche, Tibetan Mantra in New Age, White Tara, Penor Rinpoche

1. https://www.youtube.com/watch?v=rFEDRXqWczE
2. https://www.wildmind.org/mantras/figures/whitetara
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.14 On Overcoming Terror . a story by Alice B. Clagett (2013-07-11 19:27)

Written and published on 11 July 2013; revised

- TERROR SYNDROME
- ALICE'S STORY OF A RODAN MOVIE: TRUE TERROR
- PLACING THE AWARENESS ON THE LIMBIC SYSTEM IN THE CENTER OF THE BRAIN SHORT-CIRCUITS TERROR

Dear Ones,

TERROR SYNDROME

In the last part of this video, there is a little boy watching a puppet show with his friends. Apparently, something scary starts to happen in the puppet show ...

Video: "Funny Baby Videos," by alapmankad, 4 February 2008 ... [1]https://www.youtube.com/watch?v=HhSGhyLUP _8 ..

What happens to the little boy is a classic Terror syndrome scenario. He *sees* something with his eyes. This triggers first the Flight routine, then the Fight routine. Note that what he *sees* is pure fiction. Basically, he's hardwired to experience all that Terror, sometimes for no real reason whatsoever. Aren't we all, though?

ALICE'S STORY OF A RODAN MOVIE: TRUE TERROR

I remember, when I was a little kid, that I went with my friends to see a movie called "Rodan." At that time movie special effects were in their infancy, and I had never been to any movie but Walt Disney's "Fantasia." I was totally unprepared for the horror that leaped out at me from the screen. Total Terror syndrome ensued. I had to walk out of the theatre and sit out the movie, shaking on the steps of the building.

Video: "Rodan Movie Trailer," by horrormovieshows, 17 June 2007 ... [2]https://www.youtube.com/watch?v=i5jfCb6-2RA ..

How do you explain a reaction like that to your friends? How do you deal with it? Search me!

PLACING THE AWARENESS ON THE LIMBIC SYSTEM IN THE CENTER OF THE BRAIN SHORT-CIRCUITS TERROR

Much later I found out that by concentrating awareness on the limbic system in the center of the head, the fight or flight response could be short-circuited.

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- In the center of the head, joy and cosmic awareness can be accessed.
- In the brain stem beneath that and at the bottom back of the head is the primitive, reptilian brain, including territorial and sexual aggression.
- In the top and top sides of the head is the neocortex, where the more refined thinking processes take place.

If a person is feeling fight or flight, or even stark terror, then by lifting the awareness up to a slightly higher location in the center of the brain, this response may be avoided. It's important to pinpoint a precise point in the exact center of the brain, and not a general area. See this image:

Image: "The Evolution-Designed Brain" ... [3]https://joegirard.ca/wp-content/uploads/2014/04/Brain.gif ..

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

This blog was added here ... *Link: "Compendium: My Childhood and Family, and Later Years," by Alice B. Clagett, compiled and published on 21 March 2020; republished on 29 March 2020; updated ... [4]https://wp.me/p2Rkym-haj ..*
.....

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Rodan, terror, terror syndrome, fight or flight, panic attack, anxiety, limbic system, reptilian brain, neocortex, brain, stories by Alice, movie reviews by Alice, Rodan, Fantasia, stories,

1. https://www.youtube.com/watch?v=HhSGhyLUP_8
2. https://www.youtube.com/watch?v=i5jfCb6-2RA
3. https://joegirard.ca/wp-content/uploads/2014/04/Brain.gif
4. https://wp.me/p2Rkym-haj
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.15 Eucalyptus Bark . by Alice B. Clagett (2013-07-12 07:34)

Filmed on 24 July 2013; published on 25 July 2013; Summary added on 29 June 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
- MORE INFORMATION

Dear Ones,

Here is a video about jumping timelines and the multiverse.There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Nqbg-27rfxM

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I'm here at the giant eucalyptus tree, to show you another view, which I hope I can get down right. It is so huge! I can't begin to tell you how beautiful and huge it is. And it's right in the middle of a circle in the middle of a busy street in Santa Monica.

And the main thing I was going to mention, is about the bark of the eucalyptus tree ... which, as you can see right here, kind of swirls around, and around itself, and creates a very fluid, liquid feeling.

I've enjoyed this bark of a eucalyptus tree for a long time now. And I just thought I would mention that the swirling motion reminds me of the alternate timelines that Tom Kenyon talks about ... jumping alternate timelines ...

It's kind of like when timelines get close together; like some of the bark gets close together with other parts of the bark in this tree ... By your intention you can jump from one outcome ... like one outcome in the future ... like higher up in the tree ... to another outcome in the future ... just near the middle of the timeline. You can do that, and things will go differently for you, all the way along, up to the top.

So that was just my idea; the idea of timelines, and what we can do with our intention: We can change the world that we live in, completely. We can switch to a new world, with our intention.

That's all I have for now. [pans down to the bottom of the tree] Look: Maybe we're just at the very bottom ... the beginning of the intention for the human race of New Earth. Talk to you later. Bye-bye ...

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I thought I would add a codicil about jumping timelines. I got this from Spirit, so I'm just going to repeat what Spirit said: When we jump timelines, like Tom Kenyon ... [1]https://tomkenyon.com/ ... describes, our awareness moves to a different timeline.

But in fact, we haven't changed the reality of the multiverse; we've moved our awareness to a different timeline, so our experience of reality changes. And our future changes.

But in another reality, the Universe unfolds in a different way, because in that reality, we made the opposite decision. So all those realities exist, right now.

So the experience of jumping timelines is not an experience of changing reality. In fact, it is sort of a trainer step in 'multidiming' and 'multitiming' ... in moving from one dimension to another, or from one time to another, or from one alternate universe to another.

And so, it's a way for us to experience the richness of all the people that we really are; all the roles that we are playing, in the Eternal Now.

I really hope you understand this better than I did! At any rate, it's a gift from Spirit to you. And, blessings to everyone. Love you.

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

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MORE INFORMATION

Link: "The Art of Jumping Timelines," by Tom Kenyon ... [2]https://tomkenyon.com/jumping-time-lines ..

Link: "Multiverse," in English Wikipedia ... [3]https://en.wikipedia.org/wiki/Multiverse ..

In the "Japji" of Guru Nanak, Pauri 22, is what might be considered a description of the multiverse ...

Link: "Japji," Pauri 22 ... [4]http://www.sikhs.nl/japjisahib.htm #Pauri _– _22 _ ..

.....

[5] 
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alternate timelines, jumping timelines, multidimensionality, multidiming, multiverse,

1. https://tomkenyon.com/
2. https://tomkenyon.com/jumping-time-lines
3. https://en.wikipedia.org/wiki/Multiverse
4. http://www.sikhs.nl/japjisahib.htm#Pauri_%E2%80%93_22_
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.16 Unseen Forces . stories and visions by Alice B. Clagett (2013-07-12 07:50)

- VIDEO BY ALICE
- SOUNDTRACK OF THE VIDEO
- SUMMARY OF THE VIDEO
  - "Unseen Forces," Stories and Visions by Alice B. Clagett, Soundtrack and Words
  - On Watching the Wind Blow
  - Slave Planet Blues: Alice’s Vision About Humans in Other Solar Systems
  - Alice’s Memory of a Past Lifetime as a Man

Dear Ones,

I have a new video for you. This is about unseen forces in our lives, about a dream I had today, and a past lifetime I remembered long ago. There are a Soundtrack and an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/vJ2y4Gu3DCw

SUMMARY OF THE VIDEO

"Unseen Forces"
Stories and Visions by Alice B. Clagett
Soundtrack and Words
11 July 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/unseen-forces.m p3

Hello, Dear Ones. This is Alice.

I am over here in the mountain park. This is where I have been meditating lately, in the early morning. I just thought I would show you the view here ...

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Image: "Simi Hills," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Simi Hills," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

I think there are some coyotes under the rocks over there that live there, but they do not show up much during the day. It is right nice scenery here ... beautiful chaparral .. kind of 'sitting on top of the world' here. Very nice.

On Watching the Wind Blow

And so while I was sitting here today ... I got here in the afternoon today ... I was noticing these little ... I guess they are California Wild Oats? If you look at them closely, you can see them just moving gently back and forth, kind of like they're dancing ...

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Image: "California Wild Oats," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "California Wild Oats," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

So then I was thinking about that dancing thing, and I noticed the chaparral over here, with the beautiful flowers on it ... sort of mesmerizing ...

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Image: "California Sugar Bush," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "California Sugar Bush," by Alice B. Clagett, 11 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

When we see this, we do not think twice about it. We just say: The wind is moving the flowers, and making them move. But, you know, nobody is ever *seen* the wind. The scientists say there *is* a wind, but we have never seen it.

But what we do see ... we see the chaparral very vividly. And we see how it is *moved*. You know? It is not moving on its own, although it does have movement ... but this is not that. It is being moved.

And while I was watching all that, I got to thinking about breathing, and how I breathe during meditation. I breathe in, and I breathe out.... And you know, we say, "*I* breathe in and out," but actually, we do not know what is going on. We do not know how we are breathing in and out. All we know is, the lungs are moving, by whatever method, and we stay alive because of it.

We are sustained, and we are kept alive, by an unseen force that we take for granted.

. . . . .

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Slave Planet Blues: Alice's Vision About Humans in Other Solar Systems

I thought I would tell you a story about a dream I had today. I came back from an early morning walk, and I fell asleep, and I had a dream. The dream went like this: I was a human being, on a planet that was not Earth. It was Light years from Earth. And I was sitting and meditating, something like here.

While I meditated, I started thinking about the far-flung human race ... all the other humans on other planets and in other solar systems in my Universe. The minute I thought it, my Awareness went to another planet that had humans on it.

I saw that these humans were trapped and enslaved by a cruel alien species. They had, essentially, no free will, and the Light of their hearts had been chained down; had been darkened. The memory of the greatness that they really were, they had forgotten.

My heart went out to them. Suddenly I was there on that planet. I could see a little child about 3 years old, a little girl, sitting on someone's lap. I felt such compassion for her. With my hand, I touched her heart. And I blessed her with a blessing that she should be free; and all her people should be free.

The minute I did that, my world view turned upside down, and suddenly, I was that child, looking out from that world, and that world was this one.

It was very jarring for me ... It was not bad or good; it was just an amazing sensation, to be a human being from such a different place. And then, all of a sudden, to be here, in a human body, in this solar system ... a completely different place.

Alice's Memory of a Past Lifetime as a Man

It reminded me of the first time I remembered a past lifetime. And it so happened, that past lifetime, I was a man, and I remembered my point of view then. And at the time, I had no idea ... I mean, I had no understanding of how men are. I had a woman's point of view. And the minute I realized that I had been, in a recent past lifetime, a man, and that I had had the point of view that I, in this feminine lifetime, considered alien, I was very shocked. It was very jarring also, to find myself in a completely different perspective suddenly.

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So, I just thought I would talk to you today, a little today ...

- about what we see,
- and what we do not see,
- and what is sustaining us,
- and what is restraining us ... that is invisible to us.

It is something to think about.

. . . . .

And I wish you all freedom, and happiness, and plenty to eat. Until I see you again, goodbye ...

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

Filmed on 11 July 2013; published on 12 July 2013; revised 29 June 2018; revised on 25 March 2023

The two portions of this blog in

blue

font were revised and excerpted to ... *Link: "Tiny Anthologies: My Memories of Other Incarnations," by Alice B. Clagett, compiled from prior blogs on 10 February 2019; published on 11 February 2019; revised on 19 January 2023 ... [2]https://wp.me/p2Rkym-bCE ... Previously titled: "Incarnational Memories*" ... and ... "*Tiny Anthologies: Incarnational Memories*"
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stories by Alice, incarnations, negative astral beings, enslavement of humans, power over, wind, unseen forces, Veil, invisible restraints, human beings, free will, heart energy, dark network, slave planet, slave planet blues, myths, stories, visions by Alice, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/unseen-forces.mp3
2. https://wp.me/p2Rkym-bCE
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1.7.17 Catching Crabs on the Chesapeake Bay . a story by Alice B. Clagett (2013-07-16 07:04)

Filmed and published on 16 July 2013; Soundtrack and Summary added on 29 June 2018

- VIDEO BY ALICE
- SOUNDTRACK OF THE VIDEO
- SUMMARY OF THE VIDEO
  - "Catching Crabs on the Chesapeake Bay," a Story by Alice B. Clagett, Soundtrack and Words

Dear Ones,

A story from my childhood … on catching crabs on the Chesapeake Bay.
And on truth and appearances. There are a Soundtrack and an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/xeMGfeSizJo

SUMMARY OF THE VIDEO

"Catching Crabs on the Chesapeake Bay"
A Story by Alice B. Clagett
Soundtrack and Words
16 July 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/how-to-catch-cr abs.mp3

Hello, Dear Ones, It’s Alice.

I am still here at Malibu Lagoon right now, sitting in the shade. It’s a beautiful, re-landscaped area here. Very popular ... A lot of people on the trail here. You can walk in for free, too.

I got to thinking about my childhood, because the lagoon reminds me of a place where my Dad used to take us when we were little, called Fairhaven. It was on the Chesapeake, and gave directly on the Chesapeake Bay, without much beach. And there was a little inlet there, that went to a saltwater lagoon.

And there were crabs there, that would go from the ocean, and on the high tide they would go scurrying into the lagoon; probably looking for something to eat. So this particular day I’m thinking about, we got to Fairhaven, and my father handed me a crab net. And he

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said: Here! Go catch us some dinner!

So I went down to the inlet. And it was my first attempt; it was the first time I had ever tried to catch anything for dinner. [laughs] And so, I was very intent, and very serious about learning how to catch crabs. And I was hungry, so that helped a lot. The first thing I noticed was, that when I tried to catch the crabs, if I weren't very comfortable ... they were very shy, and they would notice me, and they would disappear into the oncoming tide stream, and disappear very quickly, and into the murky water.

So I had to target the crabs that were close to the edge of the channel, and I had to move very, very quietly. And so finally I thought I had lined up my definite dinner, and I swooped down with my net, and I missed the crab by about 6 inches.

I had aimed directly at the crab, and so I couldn't figure it out. And this same thing happened two more times; I missed the crab. My net landed in front of the crab.

I was desperately hungry. And finally I thought: I will aim 6 inches behind the crab, and see what happens. So I did that. And I caught my first crab!

At the time, I didn't know about how water refracts light, and changes what appears to be the location of things. But what I did learn is that what we see with our eyes is not always true. It's really good to go, not with what we see, but with what actually works for us. And that way we can get closer to truth. The eyes can be false sometimes. So truth is in our experience of reality,

Blessings!

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

Image: Man attempting to spear a fish ... on how water refracts light ... [2]http://legacy.sciencelearn.org.nz/var/sciencelearn/storage/images/cont exts/light-and-sight/sci-media/video/refraction/668954-1-eng-NZ/Refraction.jpg ..

This blog has been added here ... *Link: "Compendium: My Childhood and Family, and Later Years," by Alice B. Clagett, compiled and published on 21 March 2020; republished on 29 March 2020 ... [3]https://wp.me/p2Rkym-haj ..*

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[4] 

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appearances, crabbing, truth, stories, stories by Alice, truth, reality, Chesapeake Bay,

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1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/how-to-catch-crabs.mp3
2. http://legacy.sciencelearn.org.nz/var/sciencelearn/storage/images/contexts/light-and-sight/sci-media/video/refraction/668954-1-eng-NZ/Refraction.jpg
3. https://wp.me/p2Rkym-haj
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1.7.18 Lucky Stones . a story by Alice B. Clagett (2013-07-16 08:35)

- VIDEO BY ALICE
- SOUNDTRACK OF THE VIDEO
- SUMMARY OF THE VIDEO: SOUNDTRACK AND WORDS
  - "Lucky Stones," a Story by Alice B. Clagett, Soundtrack and Words

Dear Ones,

Here is a story about my Uncle John and the lucky stones. There are a Soundtrack and an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/IcMaqHG _12c

SUMMARY OF THE VIDEO

Lucky Stones
A Story by Alice B. Clagett
Soundtrack and Words
16 July 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/lucky-stones.mp 3

Hello, Dear Ones,

I'm over here at Dan Blocker Beach, which is in the Los Angeles area. I went for a hike there this morning, with the Sierra Club. It was great. And we found all kinds of little creatures in the tide pools.

And on my way back, I noticed some little pebbles on the beach. I thought I would show those to you now. Here they are ...

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Image: “Lucky Stones,” by Alice B. Clagett, 16 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Lucky Stones,” by Alice B. Clagett, 16 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

They have rings on them. And that reminded me of a story that my Uncle John told me when I was little. And I thought I would tell it to you ...

"Lucky Stones"
A Story by Alice B. Clagett
Soundtrack and Words
29 June 2018

[2]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/lucky-stones.mp 3

When I was about 4 years old, my Uncle John used to take me on walks in the woods in the East Coast. And one time we were walking, and we noticed some of those stones, like the one I just showed you with the rings around them. And he told me those were Lucky Stones. So if I took them home, I would be lucky.

And so, I found myself about 20 of those Lucky Stones. And I took them home, and kept them in my room. And I have to say, ever since that day I’ve felt pretty lucky!

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Times are kind of tough for a lot of people these days. I was just wondering if there is a place in your life for a lucky stone or two. You never know ... It might change your luck!

. . . . .

That's all for now. Love you!

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

Filmed and published on 16 July 2013; revised on 29 June 2018; revised on 25 March 2023

This blog has been added here ... *Link: "Compendium: My Childhood and Family, and Later Years," by Alice B. Clagett, compiled and published on 21 March 2020; republished on 29 March 2020 ... [3]https://wp.me/p2Rkym-haj ..*
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[4] 

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luck, lucky stones, Uncle John, stories, stories by Alice, abundance, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/lucky-stones.mp3
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/lucky-stones.mp3
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1.7.19 Barnacles and Hearts . a story by Alice B. Clagett (2013-07-16 09:02)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO: SOUNDTRACK AND TEXT
  - "Barnacles and Hearts," a Story by Alice B. Clagett, Soundtrack and Words

Dear Ones,

Here is a story about walking on the beach ... and living in the Now. The Summary after the video has a Soundtrack as well as the text of the video ...

VIDEO BY ALICE

https://youtu.be/DsRP3fjpMO0

SUMMARY OF THE VIDEO

"Barnacles and Hearts"
A Story by Alice B. Clagett
Soundtrack and Words
16 July 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/barnacles-n-hea rts.mp3

I was walking on the beach with a group today, and we found the top part of a lobster shell, with two barnacles on it. It was at the tide line. The barnacles were alive, but the lobster had passed on quite some time ago. The tide had washed them up to the shore. We threw them back in the water, but their eventual fate seemed inevitable.

When the lobster was alive, these very barnacles must have seen the maritime world from the back of the lobster, and gotten plenty to eat as well. Yet today, now that the lobster has died, this is probably the last day that they'll be alive ... because they're attached so firmly to the back of the lobster...

It is a little like life. We may find something, during our lives, that is a very good vehicle for our spiritual growth or for our personal growth, for a long time ... such as a relationship to an organization or to a person. And we may become very attached to that wonderful experience we are having.

But it is important, in life, to take stock every once in a while, and try and find out whether the things that once served us so well, are good for our hearts at this stage in our development. Things change. And we don't want to find ourselves glued to something that was once great, but might not be so good for us any more. We want to be able to get up and find something

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else when the time comes.

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

Filmed and published on 16 July 2013; revised on 25 March 2023



Image: “Malibu Lagoon,” by Alice B. Clagett, 16 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Malibu Lagoon,” by Alice B. Clagett, 16 July 2013, CC BY-SA 4.0International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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feeling your heart, Now, stories, rambles through the brambles, stories by Alice, 2u3d,

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1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/barnacles-n-hearts.mp3
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1.7.20 Telepathic Rage, Sexual Desire, and Fear Brain Loops . by Alice B. Clagett * (2013-07-19 07:23)

Written and published on 19 July 2013; revised

- BABY MONKEY EXPERIMENT: NEED FOR COMFORT IS STRONGER THAN NEED FOR NURTURE IN A BABY
- ABERRANT BEHAVIORS STEMMING FROM EARLY CHILDHOOD LOSS OF MOTHER AND SEXUAL ABUSE BY FATHER
- TELEPATHIC RAGE, SEXUAL DESIRE, AND FEAR BRAIN LOOPS
  - Telepathic Addiction to Inflicting Pain
  - Brain-to-Brain Tape Loops
  - Animal Experiments on Self-Stimulation Resulting in Exhaustion and Death
- THE HYPOTHALAMUS: SEAT OF SEXUAL AND TERRITORIAL AGGRESSION
- ON USING TELEPATHIC SEXUAL STIMULUS TO PREVENT TELEPATHIC TERRITORIAL AND PHYSICAL AGGRESSION
- SCIENTIFIC THOUGHTS ON ALTERING THE HYPOTHALAMUS TO PREVENT SEX OFFENSES AND VIOLENT CRIMES
- WAYS TO OVERCOME PRIMAL INSTINCTS
  - "How to Know God," by Patanjali
  - Swamij on Patanjali
  - Earthing, and Anchoring in Bodily Sensations
  - Creating Positive Feelings
- PREDICTION: THE ZERO POINT, THE BOOMERANG EFFECT, AND SNAP-BACK OF TWO-PERSON TELEPATHIC TAPE LOOPS TO ONE-PERSON LOOPS

Dear Ones,

BABY MONKEY EXPERIMENT: NEED FOR COMFORT IS STRONGER THAN NEED FOR NURTURE IN A BABY

Here’s a video about an experiment on a baby monkey deprived of early life bonding ...

Video: Experiments on early childhood loss of mother bonding using Rhesus Macaque monkeys, by Psychologist Harry Harlow: [1]https://www.youtube.com/watch?v=e5I6d _vq-Cc ..

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ABERRANT BEHAVIORS STEMMING FROM EARLY CHILDHOOD LOSS OF MOTHER AND SEXUAL ABUSE BY FATHER

Below is a video about a little girl, Beth, who lacked bonding in her early life. Her mom died when she was 1 year old, and she was sexually abused by her dad. Notice how she replicates her dad's behavior with her little brother. In effect, she sometimes switches roles from abused to abuser. She tortures and kills small animals. Then after intensive therapy, and supported by a loving adoptive family, her behavior is modified. She begins to develop a sense of compassion:

Video: Child of Rage: The FULL Documentary, by MarkLegg87: [2]https://www.youtube.com/watch?v=g2-Re _Fl _L4 ..

TELEPATHIC RAGE, SEXUAL DESIRE, AND FEAR BRAIN LOOPS

Telepathic Addiction to Inflicting Pain

In this window of time around The Shift, many people are developing telepathic abilities, and this issue of non-compassionate addiction to inflicting pain and sexual stimulation is coming up. When a person like the very young Beth develops telepathic abilities, they have the ability to exercise these behaviors 24-7 without fear of punishment.

Brain-to-Brain Tape Loops

Tape loops are formed from one person's brain to that of other, centered on primal feelings of rage, sexual desire, and fear. These result in sensory overload, and can drive folks out of their mental bodies into their emotional bodies for extended periods.

Animal Experiments on Self-Stimulation Resulting in Exhaustion and Death

I'm reminded of direct brain stimulation reward experiments with rats and monkeys in the 1950s (1). I recall, in particular, reading with horror accounts of rats with electrodes placed in their hypothalamus who had self-stimulated to the point of exhaustion, with no signs of satiation. Eventually, they would self-stimulate themselves to death.

THE HYPOTHALAMUS: SEAT OF SEXUAL AND TERRITORIAL AGGRESSION

Here is an article on areas of the hypothalamus that promote aggressive behaviors, versus those that promote sexual behaviors:

Blog: "Shedding Light on Sex and Violence in the Brain," by [3]Ed Yong , 9 February 2011, [4]https://blogs.discovermagazine.com/notrocketscience/2011/02/09/s hedding-light-on-sex-and-violence-in-the-brain/ ... The entire article is of interest.

The blog describes how stimulation of the aggression center in an animal's hypothalamus may be overriden while the animal is engaged in the act of sex.

There is a video in the blog that describes how an easy-going man acted out aggression because of a cyst exerting pressure on his hypothalamus.

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ON USING TELEPATHIC SEXUAL STIMULUS TO PREVENT TELEPATHIC TERRITORIAL AND PHYSICAL AGGRESSION

What can a telepath do when another telepath forms a rage circuit between their brain and ours? From the article, I gather they may try redirecting the circuit to sex. But since the experiments showed that rage in the mice resumed as soon as sex stopped, the sexual stimulation would need to be 24-7 in order for the telepath to avoid rage. While this might work as a stop-gap, it is hardly the path to Ascension.

SCIENTIFIC THOUGHTS ON ALTERING THE HYPOTHALAMUS TO PREVENT SEX OFFENSES AND VIOLENT CRIMES

Farther down in the above article I noted attempts to block hypothalamic stimulation by infecting them with a protein blocker. I note that this worked 25 % of the time.

The blog mentions a hypothesis by Clifford Saper, of Harvard Medical School, that altering the proteins in the hypothalamus of sex offenders and those convicted of violent crime, might allow their sexual and territorial aggression to be ’turned off’ through photonic or drug triggers.

If a protein blocker were available to humans, it might be an avenue to pursue. Meantime, in the next section are my suggestions for available ways to overcome our primal instincts ...

WAYS TO OVERCOME PRIMAL INSTINCTS

"How to Know God," by Patanjali

The old yogis in India used to say it was possible to overcome the primal instincts. I’ve been carrying around a copy of "How to Know God: The Yoga Aphorisms of Patanjali," (2) for decades. To me, it’s a long and tedious road, but it*does work* in overcoming primal instincts.

Swamij on Patanjali

Along the same lines, Swami J’s website is quite helpful ... [5]https://swamij.com/ ..

Earthing, and Anchoring in Bodily Sensations

Another solution I can offer: Concentrate on ’earthing’ ... walk in nature, sit on a nice big rock, lie on the grass ... and on feeling our own personal physical body sensations. If thoughts come, feel them only as energy flow. How do the thoughts *feel* in your brain? Not ’what do the thoughts *mean*?’

Creating Positive Feelings

Gratitude, appreciation, and faith ... these are essential in overcoming telepathic hypothalamic overload.

PREDICTION: THE ZERO POINT, THE BOOMERANG EFFECT, AND SNAP-BACK OF TWO-PERSON TELEPATHIC TAPE LOOPS TO ONE-PERSON LOOPS

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Apparently the light amplitude is [now] such that duality no longer exists, but for those that don't know this, and who are in a conflicting amplitude, there's an immediate boomerang effect. If they react to the boomerang in 'conflicting amplitude' mode, they get another immediate boomerang. So they can quite quickly ratchet up into a state of rage...."

So the effects of a hypothalamic telepathic loop will change for us as our light frequency increases. There will come a point ... which Sandra Walter (3) calls the 'zero point' ... where we step out of the loop. This leaves the other telepath ... the one with 'Beth personality tendencies' ... in a telepathic loop with their own mind. Instant rage, constant sexual stimulation, crippling fear, panic attack after panic attack, and so on.

For those of us intent on ascension, on being in sync with the ever-higher vibe of Mother Earth, it will be good to recognize folks who are undergoing the 'zero point mirror - boomerang effect' and give them plenty of space to work out this very difficult karma. But note that, when taken in the right way, this karma can be instantaneously transformative.

Dear Ones, I hold you in my heart of hearts.

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

.....
FOOTNOTES

(1) See ... *Link: "Brain Stimulation Reward" in Wikipedia ... [6]https://en.wikipedia.org/wiki/Brain _stimulation _reward #Addiction ..*

(2) See ... *Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California*

(3) See ... *Link: Sandra Walter*

... [7]https://sandrawalter.com/ ... Search the 2013 Archives for:

"*Recalibration in the 13th Stargate*" *by Sandra Walter, 11 July 2013*

.....

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addictions, anxiety, astral rape, boomerang effect, clair senses, faith, grounding, heart clearing, lower triangle, sacred sexuality, Soul wounding, brain stimulation reward, childhood abuse, clairsentience, earthing, fear, gut brain, hypothalmic stimulation, Patanjali, primal

instincts, sexual abuse, telepathy, trust, childhood loss of mother, bonding, prophecy, mastery of mind, hypothalamus, primitive mind, reptilian mind, gut brain, boomerang effect, zero point, tape loops, rage, aggression, crime, catastrophic childhood experiences, desire, advaita, sexual aggression, territorial aggression, Heart Vampire, mother-child bonding,

1. https://www.youtube.com/watch?v=e5I6d_vq-Cc
2. https://www.youtube.com/watch?v=g2-Re_Fl_L4
3. http://discovermagazine.com/authors?name=Ed+Yong
4. https://blogs.discovermagazine.com/notrocketscience/2011/02/09/shedding-light-on-sex-and-violence-in-the-brain/
5. https://swamij.com/
6. https://en.wikipedia.org/wiki/Brain_stimulation_reward#Addiction
7. https://sandrawalter.com/
8. http://creativecommons.org/licenses/by-sa/4.0/
9. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.21 I Think I Can, I Think I Can, I Think I Can! . by Alice B. Clagett (2013-07-22 08:51)

Written and published on 22 July 2013; revised

Dear Ones,

Here is a post about personal empowerment ...

Here is a video reading of a book my mom used to read to me and my siblings, over and over and over again: "The Little Engine that Could," by Watty Piper ...

Video: The Little Engine That Could (Amazing Audio Book!), by Matthew Abeler ... [1]https://www.youtube.com/watch?v=Vd-jgJOP-Ww ..

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

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[2] 
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power over, language of light, personal empowerment, free will, JScambio,

1. https://www.youtube.com/watch?v=Vd-jgJOP-Ww
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.7.22 Forgiveness for LA . by Alice B. Clagett (2013-07-24 09:23)

Written and published on 24 July 2013; revised

- ON HAVING A GRUDGE AGAINST THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD
- SONGS ON FORGIVENESSs
  - "Forgiveness for LA," A Song by Alice B. Clagett, Soundtrack and Words

Dear Ones,

ON HAVING A GRUDGE AGAINST THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD

This morning I noticed many dark emotions that had settled on me as I slept. I began to feel bitter about the Unconscious Thought Cloud of the World, which had swept through my dreams, twisting and distorting my aura. As it does with everyone in these days of the Early Rising.

I thought of various ways to 'strike back' and try to clear my aura. For every dark thought 'about' me, I thought of a dark thought 'about' the Cloud. This made me feel a little better, and weakened my auric ropes. *But* it definitely did nothing to disperse the Cloud.

SONGS ON FORGIVENESS

Then - all in a flash - I thought of Forgiveness. Since I have been asked, for the nonce, to assist in clearing Los Angeles, I made up a little song to sing. The lyrics are "LA, I forgive you" ... repeated 4 times ...

"Forgiveness for LA"
A Song By Alice B. Clagett
Soundtrack and Lyrics
4 August 2015

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/3013/07/forgiveness2.mp3

What I found on singing this a few times was that my aura cleared completely. I guess Forgiveness is good for the aura.

I never thought of it like that before. I used to think it was a blessing I bestowed on someone who had wronged me. Turns out, apparently, it's a blessing I can bestow on *me*.

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

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[2] 

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forgiveness, clearing, relationship wounds, Unconscious Thought Cloud of the World, songs by Alice, songs, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/3013/07/forgiveness2.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.7.23 Dead Marshes . by Alice B. Clagett (2013-07-25 02:23)

Written and published on 25 July 2013; revised

'Sheesh, Frodo! Get on out of there! Up, up and away! Fuggedabout doz shades!

Video: "Dead Marshes - The Lord of the Rings: The Two Towers," by AllMovieVideos ... [1]https://www.youtube.com/watch?v=mLYd0OL 6VL0 ..

In love, light and joy,
I Am of the Stars
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[2] 
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Frodo, multidimensions, dimensions, multidimensionality, Lord of the Rings, death, afterlife, ghosts,

1. https://www.youtube.com/watch?v=mLYd0OL6VL0
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.24 Forty-First Concubine . and Activation of Light to Annul Old Marriages by the Hathors through Alice B. Clagett (2013-07-25 09:22)

Written on 24 July 2013; published on 25 July 2013



Activation of Light

- A PAST INCARNATION IN A HAREM
  - "Forty-First Concubine," a Song by Alice B. Clagett, Soundtrack and Words
- HATHOR ACTIVATION OF LIGHT TO ANNUL OLD MARRIAGE CONTRACTS

Dear Ones,

I was in a coffee shop just now, and they were playing music. Sometimes when I hear music, a sound overlay comes through, and this one was about somebody that I communicate with telepathically quite a bit.

A PAST INCARNATION IN A HAREM

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I remember a time when I had a counselling session with a psychic, and I asked her why this telepathic link is always happening for me? What is going on?

And she said that the person in question, many lifetimes ago, was in charge of a harem ... they were the king of the harem. Now, in their current lifetime, they have an overlay of that time when they had many women at their beck and call. Unfortunately, I was one of them.

So I thought I would give you this background for this song, which is about how our past lifetimes can get mixed in with our current lifetime, and cause confusion for us, in what we are about, and what we want in life. It is really a process of clearing up something that happened in a past lifetime, that you are going through emotionally in living this life.

I did a video of the song, but I got to feeling the melody might be a copyright infringement, even though the lyrics are my own. So I made up a new rhythm and melody to go with my lyrics ...

"Forty-First Concubine"
A Song by Alice B. Clagett
Soundtrack and Words
Lyrics composed on 24 July 2013; melody composed on 4 March 2018

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/41st-concubine- audio-only.mp3

You say you are a very private person.
You have no friends but me.
Talk to me all day long.
You want me at your beck and call,
And then you want me not at all,
It’s true, you are a very private person.

O I recall the time when
I was your 41st concubine.
I know you wish those days were tomorrow.

HATHOR ACTIVATION OF LIGHT TO ANNUL OLD MARRIAGE CONTRACTS

Annulment of marriage contracts has been a topic of interest amongst Ascensioneers lately. Here is a Hathor activation of light to annul old marriage contracts. Like all those times, in past incarnations, when you promised someone, on their deathbed, that you would always be true to them...

Spirit to Team!
Annul all old marriages!
For the All, through Free Will!

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

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[2] 

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eternal Now, Hathors, past lifetimes, karma, sacred sexuality, activations of light, incarnations, reincarnation, Soul clearing, songs, songs by Alice, JScambio,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/07/41st-concubine-audio-only.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

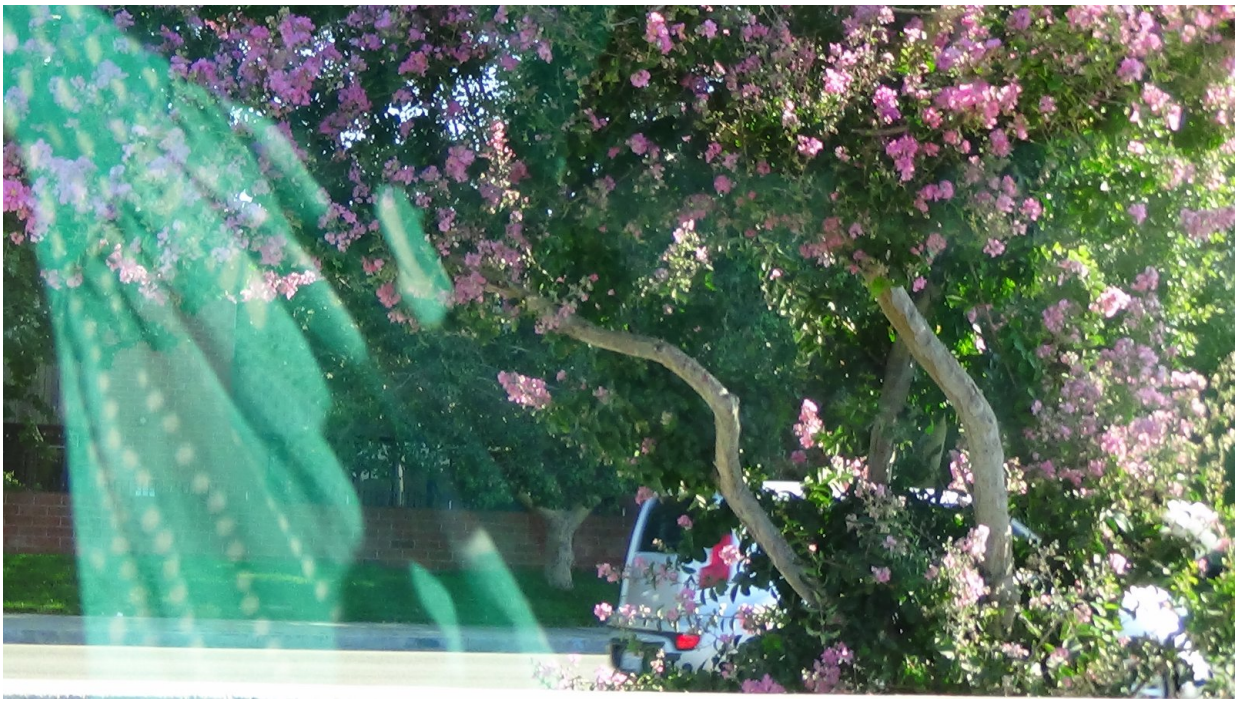
1.7.25 Blue Muumuu . art photos by Alice B. Clagett (2013-07-25 10:05)

Imaged on 24 July 2013; published on 25 July 2013; revised
Previously titled: Blue Muumuu . photos by Alice B. Clagett

Dear Ones,

I have to admit, it is my blue muumuu here. The pictures reminded me of how spirit floats into and blends with the material world ...

[1]



Art photo: “Blue Muumuu 1,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Art photo: “Blue Muumuu 1,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

[2]

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Art photo: “Blue Muumuu 2,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Art photo: “Blue Muumuu 2,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

[3]

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Art photo: “Blue Muumuu 3,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Art photo: “Blue Muumuu 3,” by Alice B. Clagett, 24 July 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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

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material world, spirit, nous, matter, duality, Blue Muumuu, photos by Alice, art photos by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/blue-muumuu1.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/blue-muumuu2.jpg
3. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/blue-muumuu3.jpg

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1.7.26 Dream Homes . a story by Alice B. Clagett (2013-07-25 10:10)

Filmed on 24 July 2013; published on 25 July 2013; revised on 28 June 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

I did a video on dreams and life, houses and trees, nature and nurture. I had concerns about putting a video up, with people's homes in it. But then I realized it is likely ok to show the front yards and fronts of homes of people from the street in this movie because similar views of front yards and fronts of homes are offered on Redfin and on Google Maps. In addition, the addresses are not provided, so that should be all ok.

Beneath the video is a Summary ...

VIDEO BY ALICE

https://youtu.be/i-TQu-4I _k4

SUMMARY OF THE VIDEO

Hello, Dear Ones! Check out the shades! ... [points to sunglasses] ... It's Alice.

I'm over here in Santa Monica, on a street north of Wilshire, a residential street. And I was reminded ... For 20 years I lived in Santa Monica, and I lived in a tiny, rent-controlled apartment. And I worked at UCLA as a secretary.

And I used to walk on this street. And I used to think: *Wow! If I just had a place like this ... or if I lived on this street ... I would be really happy! Maybe one day I'll be able to live there.*

So when I retired, I could not afford to live on a street like this, which I am going to show you in a minute. But I moved to a house in the less expensive 'burbs. And it was bigger, and it was closer to nature. And at first I was really happy, because I had achieved my dream. You know? ... To move into a house in a kind of rural setting.

And then, a year or so went by, and I started to notice that everything was kind of really the same ... except that I had more yard work to do. [laughs] So I thought I would show you this street a little bit. So, let's see what I can do ... Ok, here we go ... All right, so I am just going to show you a couple of places here. [shows a well-manicured yard] This is one house here. It has a winding, brick walkway, and secret little places inside.

And we are going along the walk, here ... facing the ocean. The ocean is just over the cliffs, at the end of the street. And you see the street is lined with beautiful, old magnolia trees. They grow pretty well here. They grow bigger down South, in the United States. Kind of beautiful ... beautiful, white blossoms. Hardly any traffic on this street. Beautiful, green grass

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...

And the next house we are coming to ... The houses are all very different here. The next house we're coming to, is easier on the water. [shows xeriscape garden] You know, water in California is very expensive. If you look at the landscaping ... and a completely different kind of house here ... kind of a Spanish culture house [shows house] ... and the grounds are a mixture of water and sand, with water-tolerant or low-water plants in it. Completely different. I learned a lot about plants on this one.

And then this next house [shows house] is a modern house ... And that is an example of hardscape and concrete, and it hardly requires any water. And when you look closely, there are just a few drought-tolerant plants in the yard. Very modern.

So, three different kinds of houses. And there are a lot of other kinds of houses on this street. [pans around street, and to a magnolia tree] So I just thought I would mention, you know, I don't know how much money is tied up on this street. But, quite a bit, probably.

But when push comes to shove ... I mean, the houses are beautiful, but to my way of thinking, it is really the trees that are the most beautiful thing. And trees are free to walk under, everywhere.

That is all I have to say today. Blessings!

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

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dreams, nature, possessions, dreamtime realm, stories, stories by Alice,

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

1.7.27 How to Dispel Darkness . by Alice B. Clagett (2013-07-28 02:32)

Written and published on 28 July 2013; revised

Dear Ones,

Yesterday, in my personal awareness arena, there were two ’battles’ with Team Dark. In past, these might have presented some difficulty, but in these days of greater Light, pure intention to the most refined light easily transforms all. If you feel you are faltering in such an encounter, the following may help:

Our world is shifting out of duality and all - ’dark’ and ’light’ have the option to choose the most refined light. These lovely words allow the Dark to choose the most refined Light – feel your heart, and allow Divine Mother to speak these words through your own body vehicle:

I send back this thought form, blessed with the violet light of transformation from dark to light!

This is an appeal to St. Germain and Archangel Metatron to offer Team Dark freedom. In the current situation, this is a true choice for Team Dark, and up to each dark entity to accept or reject. In that spirit, know that you are offering Team Dark a choice. Feel your heart. All beings have free will.

It’s good to keep in mind that it’s not just that a ’battle’ between Team Dark and Team Light that is taking place. Darkness and light are intertwined in each of us, Here is a tool to separate out the darkness from the light and keep each of us safe in the most refined Light. This can be used for both friends and those who have been hoodwinked into feeling they are our enemies:

Search my blog category: Protection - sanctuary ... for a good method of protection from the Dark.

Make sure to direct your words to the darkness that may be standing behind, attached to, or intertwined with the light body of a human being. Be very clear that you are not using them *against* any human being – only against the darkness. (If used against a human being, they will not work anyway, so, no worries in that regard.)

Here is GaiaPortal’s post from 27 July 2013. My feeling is, the post offers good advice, not just for right now, but ongoing:

"*Link: "Collapsing Shadow Forms Seek Retrieval of Energies via Reverse Vortex Rotation," from 27 July 2013 ... [1]https://gaiaportal.wordpress.com/2013/07/27/collapsing-shadow-forms-seek-retrieval-of-energies-via-reverse-vortex-rotation/ ..*
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I Am of the Stars

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ascended masters, black magic, demonic realm, protection, Team Dark, violet flame, duality, transformation, Saint Germain, St. Germain, Archangel Metatron, angelic realm, JScambio,

1. https://gaiaportal.wordpress.com/2013/07/27/collapsing-shadow-forms-seek-retrieval-of-energies-via-reverse-vortex-rotation/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.7.28 Bell Rock - Coronal Mass Ejection - Feelings of Mental and Emotional Pressure - as if Being Born . by Alice B. Clagett (2013-07-28 04:04)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Postlude: Music of Chris Zabriskie and Natural Scenes

Dear Ones,

Here is a video about the energies at Bell Rock, an incoming coronal mass ejection (CME), feelings of emotional and mental pressure, and being born! The Postlude at the end of the video features the music of talented musical artist Chris Zabriskie. There is an edited Summary after the video...

VIDEO BY ALICE

https://youtu.be/rGoD _hM1zAc

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am here at Bell Rock, Sedona, Arizona, and I thought I would show you what is happening here. Just a minute ... So, this is Bell Rock ... See that huge structure there?

[1]



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Image: "Bell Rock," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Bell Rock," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

And then there is a dip, and kind of a ’valley’ in the rocks ...

[2]



Image: "Saddle Between Bell Rock and Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Saddle Between Bell Rock and Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

See, there is another peak far off there ...

[3]

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Image: "Far Mesa at Saddle Between Bell Rock and Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Far Mesa at Saddle Between Bell Rock and Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

So there's this valley here, that gets even lower, and then comes down to the place where I'm sitting.

And over here, there's another huge rock ... Courthouse Butte ...

[4]

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Image: "Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Courthouse Butte," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

And so, I thought I would talk a little about the energy that is right here, coming in towards me, from the dip between the mountains. [Shows sunshine over brim of hat.] Nice effect, huh?

[5]

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Image: "Sun Over My Hat at Bell Rock," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Sun Over My Hat at Bell Rock: Lightworker Photo by Alice," by Alice B. Clagett, 5 September 2014, CC BY 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

So, there is energy flowing, like a cool breeze, through that dip in the rock. And it is coming this way. And then it settles down, like the evening coolness, down onto the Earth right where I am.

And the feeling that I get, is that this incoming energy that we have right now, is like this place where I am right now. It is as if we were in a birth canal. In a narrow place, with a lot of pressure.

And so, the thing I would like to say is that, the moment before birth, the most pressure is on. And it seems like an untenable position ... you know? ... to us being born. The same is true of the energy coming in tonight, and even starting right now: There's a lot of pressure, and it kind of feels difficult. Really, really hard ... Impossible!

But the thing to remember is: In just a minute now, we will be born onto New Earth completely. The process of birth will be finished. And the pressure will be off.

Postlude: Music of Chris Zabriskie and Natural Scenes

[The gentle instrumental music in the Postlude is "Prelude No. 6" from the album "Preludes" by Chris Zabriskie, CC BY 4.0]

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

Filmed on 28 July 2013; published on 5 September 2014; revised and republished on 28 December 2017; revised on 23 March 2023

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[6] 

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anxiety, astrogeophysics, being born, Bell Rock, CME, coronal mass ejection, emotional and mental pressure, New Earth, Sedona vortex energy, Chris Zabriskie, photo essay, light-worker photos by Alice, Chris Zabriskie,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2017/12/dsc07834.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/2017/12/dsc07835.jpg
3. https://awakeningwithplanetearth.com/wp-content/uploads/2017/12/far-mesa.jpg
4. https://awakeningwithplanetearth.com/wp-content/uploads/2017/12/dsc07836.jpg
5. https://awakeningwithplanetearth.com/wp-content/uploads/2017/12/dsc07841.jpg
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1.7.29 Chakric, Planetary, and Multi-Universe Audiovisual Libraries . by Alice B. Clagett (2013-07-31 00:46)

Written and published on 31 July 2013

- CHAKRAS AS OUR SPIRITUAL LIBRARY
- AKASHIC RECORDS AS AUDIOVISUAL (HOLOGRAPHIC) FILES
- PLANETARY LIGHT GRID'S AUDIOVISUAL OR HOLOGRAPHIC FILES
- UNIVERSES AS MEGA AUDIOVISUAL OR HOLOGRAPHIC FILES
- HOW TO TIDY UP OUR CHAKRIC AUDIOVISUAL FILES

Dear Ones,

CHAKRAS AS OUR SPIRITUAL LIBRARY

I was talking to an energy counselor yesterday, and she had something very interesting to say about the chakras and our life experiences. She said the chakras were our spiritual library, like a chest of drawers. Each drawer is for a different 'subject' ... for instance, the basal chakra stores information on survival, DNA, sleep cycles, food, and sexuality. The second chakra stores information on the senses as related to emotions and clairsentience, And so on...

If we were to open one of the chakric 'library drawers', in it we would find the information stored as audiovisual (holographic) files ... pictures, video clips, and, I would add to her description: audio clips, emotion condensate, odors, and tactile sensation files.

AKASHIC RECORDS AS AUDIOVISUAL (HOLOGRAPHIC) FILES

Now this is interesting. It reminds me of descriptions of the akashic records as stacks of pictures. Which when viewed up close may turn into moving pictures. So we might pick up an akashic record and 'step into' a particular historical time. Could these then be compressed holographic images?

Could it be the same for our personal chakric records? Are these the same as the akashic records, or possibly the subset of these that is easily accessible to be worked on in the current lifetime? How is it that light and love can scoop up, and in a great swirling motion, simply dissolve these chakric records in a burst of light? Interesting!

PLANETARY LIGHT GRID'S AUDIOVISUAL OR HOLOGRAPHIC FILES

And then, in his 30 July 2013 post, (1) Bill Ballard talks about the Light Grid, the Planetary Consciousness Grid, in similar terms. He says the crystals on Earth, which activated a while back and have since been powering up, will be allowing the Planetary Grid to store the experiences of humanity as the process of Awakening unfolds.

Similar to the chakras as personal spiritual Libraries, we might think of the Light Grid as

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a planetary spiritual Library. We might imagine that the Grid will store our human experiences as a truly vast audiovisual (holographic) library.

UNIVERSES AS MEGA AUDIOVISUAL OR HOLOGRAPHIC FILES

Bill also talks about traversing from Universe to Universe, to the point where he bilocates as Source and as a human on Earth. He views the Universes as all lined up linearly - not spherically - or toroidally, I would presume. How can this be? Could it be that the Universes are Mega Akashic Records, Mega AV files, all stacked up in the eye of Source or God?

If so, if they are merely holographic images, then there may be an illusion of vastness - of distance - of stargate opening and wormhole transition between universes. But maybe the 'thickness' of the travel illusion is mere slate of hand. And there is no distance whatsoever between us and Source – just layered, dimensionless images of Light.

HOW TO TIDY UP OUR CHAKRIC AUDIOVISUAL FILES

So, you might be thinking, this is all very interesting. Maybe it's true, but I'm not seeing it right now. If I don't *see* it, how can I explore it? Here's one way:

Pay particular attention to your bodily sensations. You may feel tightness here, a little pain there, a throbbing sensation elsewhere, a tingling sensation someplace else... Place your Awareness on the most prominent sensation. Don't judge the sensation to be good or bad. Instead, embrace it with a feeling of appreciation and friendliness.... Wow! I'm feeling this sensation! How nice that I noticed it!

So everything's good. Every sensation is welcome. And I find, as I place my friendly Awareness on the sensation, that it very soon dissipates and another sensation, in a different location, comes to my Awareness. (2)

I know that, on the face of it, this doesn't seem to be a process relevant to discovering our chakric audiovisual libraries. But in fact, it is just that.

What is actually happening when we place our Awareness on a sensation, and that sensation dissipates? We are opening our chakric library drawers, sorting through the AV images stored there, and picking out and discarding those AV images that are discordant with the incoming energies of New Earth. In effect, we're throwing out our memories of sorrow and pain. Dissolving them in gratitude and appreciation.

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

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FOOTNOTES

(1) *Link: "7-30-13 Bill Ballard Passing through the 7-29-13 Stargate into Our New Earth" ... [1]https://www.youtube.com/watch?v=y4s4Sa-Sj6g ..*

(2) For more on this way of healing, see *Link: "Integral Healing," by Sri Aurobindo and the Mother ... [2]https://www.amazon.com/Integral-Healing-Sri-Aurobindo-Mother/dp/81705877*

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[3] 

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akashic records, Soul wounding, chakric clearing, hologram, Planetary Grid, reality, astrogeophysics, chakric audiovisual libraries, chakric clearing, chakric holograms, Universe audiovisual files, Universe hologram, universe, multiverse, wormhole,

1. https://www.youtube.com/watch?v=y4s4Sa-Sj6g
2. https://www.amazon.com/Integral-Healing-Sri-Aurobindo-Mother/dp/8170587743
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.7.30 Letting Go of Your Past in 2013 . by Jeffrey Allen . referral by Alice B. Clagett (2013-07-31 02:58)

Written and published on 31 July 2013; revised

Dear Ones,

I found this video to be right on the mark. Jeffrey Allen's energy feels very clear and bright ...

Video: "Letting Go of Your Past in 2013," by Jeffrey Allen ... [1]https://www.youtube.com/watch?v=gJegDHYyncg ..

Here is his website ... [2]https://www.iamjeffreyallen.com/ ..

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I Am of the Stars

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karma, letting go, Jeffrey Allen,

1. https://www.youtube.com/watch?v=gJegDHYyncg
2. https://www.iamjeffreyallen.com/
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4. http://creativecommons.org/licenses/by-sa/4.0/

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1.8 August

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1.8.1 In the Love of God . by Alice B. Clagett (2013-08-02 03:04)

Written and published on 2 August 2013; revised

- "In the Love of God," a Song by Alice B. Clagett, Soundtrack and Words

Dear Ones,

This little song is a gift for you ...

"In the Love of God"
A Song by Alice B. Clagett
Soundtrack and Words
2 August 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/3013/08/in-the-love-of- god.mp3

Sleep, sleep, sleep in the love of God
Live, live, live in the love of God
Dream, dream, dream in the love of God
Laugh, laugh, laugh in the love of God
Be, be, be in the love of God
Love, love love in the love of God

. . . . .

You can make up your own words if you like!

In love, light and joy,
I Am of the Stars
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songs by Alice, Divine love, unconditional love, 2u3d,

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1.8.2 Planet B and You . by Alice B. Clagett (2013-08-04 03:37)

Written and published on 4 August 2013; revised

Dear Ones,

Here is one *mysterious* blog by GaiaPortal. Sort of, I get it. Sort of, I do not ...

Link: "Standardized Responses; Are Neutralized..." by GaiaPortal, 3 August 2013 ... [1]http://gaiaportal.wordpress.com/2013/08/03/standardized-responses-are- neutralized/ ..

If you fear that *you* might be one of those who are about to be ... or maybe already have been? ... moved to an 'alternate ascension pathway' (aka 'Planet B') ... Why worry? How bad can it be? It's just what you're looking at, right now, in your own personal life. The day-to-day looks not that bad, yes?

So let's say you just now anted-down to the ascension pathway with the comforting 'standardized responses.' How did this happen? Through your own personal power to create your Now and determine your future. It goes without saying that, at any moment you can choose to ante-up to that ascension pathway with 'non-standardized responses'.

How about falling in love with the way the wind feels on your fingertips? Smiling with that lovely baby on the bus? Petting the cat? Sniffing a rose? Twirling on the sidewalk while walking to work?

This is freedom ... freedom to really feel this physical form, this physical world ... to be fully grounded here on Earth. Your choice, free of charge ... the fascinating holographic game known as Earth 101.

And *you* are the leading character, the hero, the star performer!

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

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[2] 
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Planet B, grounding, alternate realities,

1. http://gaiaportal.wordpress.com/2013/08/03/standardized-responses-are-neutralized/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.3 Colorado Clouds, Trees and Wind . by Alice B. Clagett (2013-08-05 05:22)

- VIDEO BY ALICE

- SUMMARY OF THE VIDEO

Dear Ones,

Colorado scene: A whole lot of nothin' going on here. Just a chance to sit back, cool your heels, and admire the Colorado clouds, trees and wind. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ML5F7tjzSnE

SUMMARY OF THE VIDEO

Hello, Dear Ones, This is Alice.

I just thought I would show you the trees blowing in the wind, and the clouds scudding by, kind of slowly. This is Colorado; this is the backyard of the church where I have been hanging out on Sundays.

And the coolest thing about it is, there is not much happening! So I will let you watch the tree for a minute or two, and then I will just end this ... There is a freeway down the way; you can sort of hear it a little bit.

When I drove up ... This was not Sunday, and I just drove up, to stand around for awhile ... there was a buck with a rack of antlers, grazing right by the parking lot. It was pretty cool. Did not seem scared of me at all. A young buck.

Well, there you go: Late afternoon sun glistening on the leaves, wind blowing the leaves, and the clouds slowly moving by.

Love and blessings until the next time. Bye bye.

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

[1]

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Image: "Colorado scene," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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Image: "Colorado scene," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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Filmed on 5 August 2013; published on 12 August 2013; revised on 10 March 2023

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calm, Colorado scenery, nature, tranquility, peaceful feeling,

1. https://awakeningwithplanetearth.com/wp-content/uploads/3013/08/good-behind-co-church1.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.8.4 Walmartitis, Clairaudience, and Light Body . by Alice B. Clagett (2013-08-05 05:41)

Filmed on 5 August 2013; published on 12 August 2013

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Across from the church I have been attending in Colorado is this beautiful rural scene. Along with thoughts on Walmartitis, clairaudience, and how sounds affect our body of Light. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/8uT5Za _JHwo

SUMMARY OF THE VIDEO

This is Part 2 of the great saga of the wind and the clouds and the the trees in Colorado. I was just over at Walmart before I came here to this beautiful countryside [shows expanse of mown field, and mountain range in the distance] ...

And while I was in Walmart ... You know, I am clairaudient, and I pick up the semiconscious vibe of a lot of people, in places where I go ...

Is this not beautiful? [shows a similar scene] ... And the clouds are really beautiful too ...

So anyway, I was in Walmart, and I got clairaudient 'Walmartitis' once again, when I was there. The whole time I was there, I was hearing emotion-laden, despair-filled thoughts of throngs of people.

It was gruesome. I do not know if it is just Walmart, or if it is the fact that they are large stores, and they have a lot of electrical wires in the walls, and fluorescent lighting, and all? I just do not know what it is.

You know, the tool that works on our body of Light is sound. And so certain types of sound ... like muzak, and store sounds, and that kind of thing ... they can really wreak havoc on our body of Light.

So after I was in there, having that gruesome experience of mass agony ... not mine; I was doing pretty well with it ... but something was not, I will tell you ... So I came out here, to the country, and I will be darned if ... within a half an hour ... everything was not just magically set right. There is something about the dirt, and the sky, and the clouds, and the wind, and the trees, that just does it.

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That is all I have to say. Talk to you later ... Love you a lot!

In love, light and joy,
I Am of the Stars
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clair, body of light, clairaudience, light body, Walmartitis, languages of light and sound, despair, artificial EMF fields, electrical devices,

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

1.8.5 Emotions and the Big Picture . by Alice B. Clagett (2013-08-06 07:22)

Filmed on 6 August 2013; published on 4 June 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

A video about emotions and the big picture. There is a Summary beneath the video ...

VIDEO BY ALICE

https://youtu.be/f5o _fmKUbEw

SUMMARY OF THE VIDEO

This is kind of cool ... Here you have some sunflowers blooming and the wind waving. Because of the motion of the wind, sometimes I can see them all, and sometimes I can only see part of the picture.

I was thinking this is a little bit like emotions: When emotions start rippling through us, we have a hard time getting the whole, beautiful scene.

So the question is about wind and emotions and 'the big picture'. Good thing it is not a gale, huh? ... just a gentle breeze!

All right, dear ones, Alice is signing off, and wishing you happy, peaceful emotions today. Talk to you later.

In love, light and joy,
I Am of the Stars
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emotions, mind, higher mental body, calm, peaceful mind, tranquility, mastery of mind, stillness,

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1.8.6 Tree Shadows . by Alice B. Clagett (2013-08-06 11:16)

Video 1 was filmed on 6 August 2013; published on 14 December 2016. Video 2 was filmed on 12 August 2013; published on 4 March 2018. Blogs were revised and put together in the same blog on 21 February 2017.

- VIDEO 1 BY ALICE
- SUMMARY OF VIDEO 1
- VIDEO 2 BY ALICE
- SUMMARY OF VIDEO 2

Dear Ones,

Here are two videos about trees and their shadows, the heart and the mind, the mind and true reality, left and right brain, and our body versus our eternal Soul. The first video, Tree Shadows 1, was filmed on 6 August 2013; the second video, Tree Shadows 2, was filmed on 11 August 2013. There is an edited Summary after each video ...

VIDEO 1 BY ALICE
Filmed on 6 August 2013; published on 14 December 2016

https://youtu.be/D5cbbQeU4Ro

SUMMARY OF VIDEO 1

Dear Ones, This is Alice.

I am looking at the shadow of a tree on a dirt road. I can almost see a tree ... I can imagine a tree moving in the wind. But then if I shift my focus around this way and up ... [pans across road to tree itself] ... I can see the tree itself, which, to my mind, is much more beautiful than the shadow of the tree.

It seems to me that the shadow of the tree that I just saw is a lot like my mind. It is as if my heart is the Light that lights the shadow of my mind. Like the shadow of the tree on the road, the shadow of my mind is moving around I see it as what is true, but the true thing is my heart, just like the true thing here is this beautiful tree.

Here is to your heart, from mine. I am wishing you a very happy day. Love you all.

[End of First Video]

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VIDEO 2 BY ALICE
Filmed on 12 August 2013; published on 4 March 2018

https://youtu.be/OW0fx-F _CUM

SUMMARY OF VIDEO 2

Hello, Dear Ones, It's Alice.

I am here in Colorado. This is the monsoon season. Every afternoon the sky gets thunderclouds and lightning and thunder and rain happen ... yesterday even a little hail came down.

It is getting on towards afternoon. The wind is coming up. I was watching the shadow of the tree and then the leaves of the tree as the wind comes along. You could see the beautiful green leaves flickering, and you could imagine how the clouds are sailing across the sky because of the wind. And up in the righthand corner of the video you can see a grey thundercloud coming along. It is likely to rain pretty soon. I am not prepared; I am out on the trail; but do not worry about that.

I have a thing or two to say to you about the shadow of the tree and the tree leaves: Colorado, wow! Those tree leaves and the shadow of the leaves are kind of like the mental body of humans. The shadow of the leaves reflects the beauty of the tree that is our total self, but it is a pale reflection. The mind is not quite reality. And yet, when we get into our left brain, we take it so seriously!

When we get into our right brain we get a little more intuitive, and we can sense the 'whole' thing. It is not so easy to do!

Here is another thing about the shadow and the tree : It is about the body and the eternal Soul. We think this body [pats top of chest] is very solid; it is 'us'. But when I think of it with my intuition ... with the right side of my brain ... it is like the body is the shadow of the tree. It is like the tree is the bright and beautiful, eternal Soul ... the living thing.

That is what I learned from nature today. I really have to move along before this thundershower takes over. You all take care. Love you a lot. Bye.

[Shows field gate with a sign: "Road closed to motorized travel."]

This is a codicil to the story of the shadow and the tree. Here I am, back at the beginning of the trail. If you look up, over the ridge, there are some monsoon storm clouds all along that ridge there ... [Pans to ridge and dark storm clouds] ... I finally made it back. There never was a sight more welcome than my tiny little car. Halleluia! The story has a good ending.

[End of the Second Video]

In love, light and joy,

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body, intuition, left brain, mind, reality, right brain, shadows, Soul, trees, heart, Light, dark, true reality, duality,

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1.8.7 Bell Rock and Vortex Energy . by Alice B. Clagett (2013-08-12 03:48)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Bell Rock
  - Twisted, Dwarf Juniper Tree
  - Rock Cairns
  - View of Mesas from Bell Rock
  - Feminine Vortex Energy Spot
  - Other Side of Bell Rock
  - Whorls in Bell Rock Itself
  - Mixed Vortex Energy Spot
  - Overview of Vortex Energy
    - Masculine Vortex Energy
    - Feminine Vortex Energy
    - Mixed Vortex Energy Joins Sky and Earth in the Human Heart

Dear Ones,

Here is are scenes at the beautiful sacred site known as Bell Rock, and a little info about vortex energy (both ’masculine’ and ’feminine’) and about how the two sometimes meet in the heart and transform our reality.

There is an edited Summary after the video.

After that there is an explanation of vortex energies.

VIDEO BY ALICE

https://youtu.be/aB4pK3KEMIQ

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice,

Bell Rock

Here I am at Bell Rock in Sedona, checking out the vortexes (vortices). It is a pretty windy afternoon here, as you can tell. There are all these mesas out here, and coming up right here ...[pans to a rock shaped like a bell] ... this is Bell Rock, as you can see. We will see what happens ...

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[1]



Image: "Bell Rock, No. 1," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Bell Rock, No. 1," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Twisted, Dwarf Juniper Tree

This is a gnarled ... I guess it is a juniper tree. See how it swirls? It is characteristic of areas where there are vortexes, I hear ...

[2]

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Image: "Twisted, Dwarf Juniper at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Twisted, Dwarf Juniper at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

I am going to pan out and show you more. First, there is the little, dwarf tree. And then there is this ledge, and this area here ... There is Bell Rock. And here is an area with little cairns on it ... little piles of stone ...

Rock Cairns

[3]

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Image: "Rock Cairns at Bell Rock, No. 1," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... COMMENTS: Sitting on this ledge, I felt Female Vortex Energy, from the sky down towards my feet. –by Alice B. Clagett

Image: "Rock Cairns at Bell Rock, No. 1," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... COMMENTS: Sitting on this ledge, I felt Female Vortex Energy, from the sky down towards my feet. –by Alice B. Clagett

People are apparently putting these little piles of stone around, where they feel the vortex energies. See, there is one ... and another one at the top. There are more around here too ...

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Image: "Rock Cairns at Bell Rock, No. 2," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Rock Cairns at Bell Rock, No. 2," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

View of Mesas from Bell Rock

And then there is a view, from this ledge, way out over the horizon here ... A beautiful view, huh? Absolutely beautiful. So I am going to sit on the ledge for a while and see what happens. I will let you know ...

[5]

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Image: "View of Far Mesas from Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "View of Far Mesas from Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Feminine Vortex Energy Spot

... I am sitting here on the ledge [This is the ledge shown in the image "Rock Cairns at Bell Rock, No. 1," above], and there are rescue workers coming down. I guess somebody needed rescuing here.

The energy that I am feeling is coming from the sky down towards my feet. It is 'downward' energy, otherwise known as 'female' energy ... And there goes the rescue helicopter up above. [laughs ... there is a lot of noise as the helicopter flies away] Anyway, this is very exciting. And it looks like it is going to start raining any minute. There is thunder and lightning, and a little blue sky, and a lot of scuddy clouds out there.

It is very dramatic here in the wilderness right now. There go the rescue workers ... I can see the very top of their heads are going down the mountain right now. It is very exciting, so ... To be continued, perhaps ...

[6]

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Image: "Rescue helicopter and rescue workers at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Rescue helicopter and rescue workers at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Other Side of Bell Rock

... Wow and wow. This is right chillin' ... I do not know if you can see it too well: This is Bell Rock. And there is quite a contrast with the sky and the sun. I am walking along this path, which is looking extremely interesting, here. I do not know. This side of the rock is just a lot more interesting ...

[7]

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Image: "Bell Rock, No. 2," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Bell Rock, No. 2," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Whorls in Bell Rock Itself

Let’s see, maybe I could get it here. Maybe I could get it by zooming in ... Yeah, there you go ... Whorls of rock. And a few times, the junipers are also whorled ...

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Image: "Twisted Rocks at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Twisted Rocks at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

The energy around Bell Rock is *so strong* that, from a mile or so away, it starts hitting the crown of my head. This is *really* strong energy.

Now that I am here, and a little concerned about an oncoming storm, the energy does not feel quite so strong. So, onward and *downward*. We will see what happens ...

Mixed Vortex Energy Spot

So here we have a spot that is a space between another mesa and Bell Rock. And it is on the path ... And this spot right here, nobody ever talks about. But it has both energies: Male *and* female ...

[9]

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Image: "Saddle Where I Felt Mixed Vortex Energies at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... COMMENTS: To the left is Bell Rock, and to the right Courthouse Butte. The photo was taken from the trail. –by Alice B. Clagett

Image: "Saddle Where I Felt Mixed Vortex Energies at Bell Rock," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... COMMENTS: To the left is Bell Rock, and to the right Courthouse Butte. The photo was taken from the trail. –by Alice B. Clagett

As a locational aid, in case you are walking the footpath at Bell Rock ... I think it was the Courhouse Loop footpath? , here are views to the right of, and to the left of, the saddle where I felt the mixed vortex energy. The photos were taken from the footpath.

This is right-hand mesa at the saddle. As you can see, there is a bench by the footpath there ...

[10]

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Image: "View of Courthouse Butte, to the Right of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "View of Courthouse Butte, to the Right of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

There is Bell Rock, to the left of the saddle, as viewed from the path ...

[11]

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Image: "View of Bell Rock, to the Left of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "View of Bell Rock, to the Left of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Here is the path ...

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Image: "Path Beneath Bell Rock, to the Left of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Path Beneath Bell Rock, to the Left of the Saddle Where I Felt Mixed Vortex Energies," by Alice B. Clagett, 28 July 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

And this spot right here, nobody ever talks about, but it has both energies, male and female.

OVERVIEW OF VORTEX ENERGY

Masculine Vortex Energy

So at Bell Rock, there are various kinds of energy. One is the 'ground up' energy. I can feel it coming up from the ground, through my body. And they call that *masculine energy*.

Feminine Vortex Energy

Then there is another kind of energy; it comes from the sky, down through the body. And they call that *feminine energy.*

Mixed Vortex Energy Joins Sky and Earth in the Human Heart

Sometimes there are areas where it is mixed; it comes up, and it also comes down. And that energy meets in the heart; in the human heart. If you sit with that energy, and you are lucky, it transforms the whole reality of a person ... that love energy. It joins the sky and earth.

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I hope you get a chance to sit at Bell Rock sometime. This [I point to where I am sitting] is not Bell Rock, but I felt I had not completely explained. So, I hope you get a chance to go to a sacred spot, and experience the wonderful energy of Earth and Sky. Catch you later ...

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

Filmed on 28 July 2013 and 12 August 2013; published on 12 August 2013; revised on 23 March 2023

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[13] 

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Bell Rock, vortex, vortices, heart energy, sacred spaces, feminine vortex energy, masculine vortex energy, mixed vortex energy,

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2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-7.jpg
3. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-8.jpg
4. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-9.jpg
5. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-10.jpg
6. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-11.jpg
7. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-12.jpg
8. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-14.jpg
9. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-16.jpg
10. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-18.jpg
11. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-19.jpg
12. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/sprite-20.jpg
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1.8.8 Sunset Crater . by Alice B. Clagett (2013-08-12 04:23)

Filmed on 29 July 2013; published on 12 August 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is about Sunset Crater, strong emotions, and psychic attack response, other habits, and joy. An edited Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/cHpUaySkS74

SUMMARY OF THE VIDEO

Hello, Dear Ones, This is Alice.

I have been climbing up for a view of the Sunset Crater National Monument. And I climbed for a while and got very out of breath, and here is what I saw ...



Image: “Sunset Crater National Monument,” by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0

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Image: "Sunset Crater National Monument," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0

This is behind the trees ... There are a lot of beautiful trees. And [behind that] there is the crater. I guess it has been there for a long time, because there are trees growing all up on it. And while I was sitting and contemplating the Crater, I got to thinking about strong emotions, such as personal love, and personal hate, and anger, and fear.

And I thought I would just talk about that for a minute, because they are sort of like eruptions from a volcano ... you know what I mean? And then all this lava spills out, in the way of our emotions. And it is hard for things to grow on the landscape for a while. [laughs] I'll see if I can get a picture of that lava later on ...

I went to an energy healer yesterday, in Sedona. And I talked to her about strong emotions, and the framework of it was psychic attacks. I was asking her what to do about psychic attacks ... which have been happening rather regularly for a long time now ... for a decade.

And she had some interesting things to say ... very commonsense things ... as well as healing to offer. And one of the things she said was to look at the emotion around the things that are happening in our lives, especially the things that are happening regularly ... habits.

And what she was saying is, this sensing of the emotions that I did not want to feel, from other people ... this psychic attack nonsense ... was a habit. Just like, for instance, I have another habit: I do not like paperwork. And so I have an emotion around those things ... separate emotions around those things.

And the thing to do, she says, is: If you cannot avoid something in life, and if it is a habit or routine ... a longstanding routine ... and if it has negative emotions around it, the thing to do is to look at it, and explore it, and try and find out a way to experience that ongoing activity placed in the forefront of your awareness with joy. At least I think I can do this with my paperwork, and I will not be the Sunset Volcano! [laughs]

And so, then with regard to psychic attacks, she said: Just treat it very lightly. Smile and laugh. And then change your attention to something on Earth. Feel your feet. Feel the joy of things around you in your life, like this beautiful view here. [sighs]

And I think her advice is excellent. And so, maybe it will be good for your too. I hope you have a wonderful day. No volcanoes!

Maybe we will have a little footage of lava flows after this. We will see what shows up on the road.

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

Here is the video with the lava flow in it ...

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Link: "Lava and Hidden Anger," by Alice B. Clagett, filmed on 29 August 2013; published on 12 August 2013; transcribed 16 July 2018 ... [1]https://wp.me/p2Rkym-6Ca ..

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[2] 

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habits, joy, psychic attack, strong emotions, Sunset Crater, astral intent to harm,

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1.8.9 Lava and Hidden Anger . by Alice B. Clagett (2013-08-12 05:06)

Filmed and published on 12 August 2013; transcribed 16 July 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is about the Sunset Crater lava flows and hidden anger in the aura. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/hkEYGWnHTtU

SUMMARY OF THE VIDEO

Hello, Dear Ones,

I am looking at the lava fields at the Sunset Crater National Monument. This was the prettiest view I saw. [shows piles of grey lava] ... There is all this black rock, without much growing on it. There are rivers of this stuff.

It kind of reminds me of when I feel anger, and do not express it all. And then it gets stuck in my aura ... you know how it does sometimes? ... And makes it really hard for my aura to shine brightly, just like this lava makes it really hard for the plants ... most of them, except for lichen, and like that ... Let me see. There is some lichen down here [shows pale green lichen on the grey lava rocks] ... that grey-green stuff on the rock? ... And there are a few other little plants around, but that is basically it.

That is anger for you. Hidden anger in the aura will pretty much shut down the glow.

And on that sad note, I will say goodbye. Talk to you later.

In love, light and joy,
I Am of the Stars
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anger, lava, Sunset Crater,

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1.8.10 New Moon in Colorado . photo by Alice B. Clagett (2013-08-12 07:58)

Dear Ones,

An image of a new moon over a Colorado pasture ...

[1]



Image: "New moon in Colorado," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

Image: "New moon in Colorado," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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

Written and published on 12 August 2013; revised on 10 March 2023

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Colorado scenery, nature, new moon,

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1.8.11 Sunset in Colorado . photo by Alice B. Clagett (2013-08-12 08:05)



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Image: "Sunset in Colorado," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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Dear Ones,

I am reminded somehow of the beautiful rose energy of the heart chakra, and the black or grey energy of the unconscious mind. You know, when unconscious thoughts rise to the awareness ... even for a moment ... and even if they are frightening or, worse yet, socially unacceptable ... we can hold these dark thoughts in our consciousness, and at the same time feel our hearts. Then ... poof! ... like magic! ... these dark thoughts dissolve in the sea of our love.

And we can do this kind of transformation not just for our own unconscious thoughts, but for those of the whole world.

- If we see someone with a burden of karma, we can feel their energy and at the same time our own heart, and their karma will be transformed.
- If we see a frightful headline, we can feel our hearts and transform this news for the world.

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- If we witness a traffic accident, we can transform other folks' burden of psychic and physical pain by holding it and dissolving it in our heart.
- Every time we touch a dollar bill, we can feel our heart, and so transform the corporate greed and world poverty.

The possibilities are truly endless.

Wishing you a day full of transformation,

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

Written and published on 12 August 2013; revised on 10 March 2023

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heart clearing, nature, transformation, unconditional love, unconscious thoughts, karma,

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1.8.12 Colorado Ranch . photo by Alice B. Clagett (2013-08-12 08:18)

Dear Ones,

Here is a Colorado ranch scene ...

[1]



Image: "Colorado Ranch," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Colorado Ranch," by Alice B. Clagett, 12 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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

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calm, nature, Colorado scenery, tranquility,

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1.8.13 The Adverse Forces . by Sri Aurobindo . referral by Alice B. Clagett (2013-08-12 18:24)

Written and published on 12 August 2013; revised

Dear Ones,

There is an excellent analysis by Sri Aurobindo, of Integral Yoga fame, regarding the Adverse Forces, which, in addition to the hindrance of the urges of the vital body, set forth obstacles to enlightenment. The Adverse Forces are very conscious beings who attempt to divert a person from the spiritual path. At every turn, and with every step, as it would sometimes seem.

When our native sense of joy is clouded, these beings are haunting their way into our consciousness. Their methods are manifold and their determination increases to meet the strength of our own determination. Their purpose is to test our Souls and allow us, through trial and error, to arise to ever higher levels of Soul understanding.

Sri Aurobindo advises neutrally witnessing their endlessly inventive psychic attacks.

Here is the text: SatPrem: "Sri Aurobindo, or the Adventure of Consciousness" ... [1]https://www.aurobindo.ru/workings/satprem/adventure _of _consciousness _e.htm #021 ..

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

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demonic realm, adverse forces, Sri Aurobindo, dark network, Integral Yoga, Vedanta, neo-Hindu, Hinduism, negative astral beings, neutral mind, demonic realm, vital body,

1. https://www.aurobindo.ru/workings/satprem/adventure_of_consciousness_e.htm#021
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1.8.14 Vital Body and Limitations of Conventional Morality . by Sri Aurobindo . with comments by Alice B. Clagett (2013-08-12 19:27)

Written and published on 12 August 2013; revised

Dear Ones,

I feel that this description by Sri Aurobindo of the importance of approaching clearing of the vital body with a neutral mind, rather than repressing our sensation of it by using a strict moral code as a mental filter, is a classic well worth the read ...

Link: "Sri Aurobindo, or the Adventure of Consciousness,"by SatPrem ... [1]https://www.aurobindo.ru/workings/satprem/adventure _of _consciousness _e.htm #019 ..

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lower triangle, vital body, morality, Sri Aurobindo, vital body, sacred sexuality, sexual repression, neutral mind, neo-Vedanta, neo-Hinduism, Hinduism, Christianity,

1. http://www.aurobindo.ru/workings/satprem/adventure_of_consciousness_e.htm#019
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1.8.15 Four Mental Zones . by Sri Aurobindo . and Thoughts on Mind Control Here on Earth . by Alice B. Clagett * (2013-08-12 20:14)

Written and published on 12 August 2013

- SRI AUROBINDO: FOUR MENTAL ZONES AND SEVEN CENTERS OF CONSCIOUSNESS
- ABOUT USING TELEPATHIC MIND CONTROL TO CREATE AN UTOPIA ON EARTH
- THE ADVANTAGES CONFERRED BY THE PRECEPTS OF THE ALL AND FREE WILL
- MANY BEINGS EXERCISE MIND CONTROL ON EARTH ... HUMANS ARE THE LEAST OF THESE
- EARTH OFFERS US THE OPPORTUNITY FOR A GREAT SOUL LESSON

Dear Ones,

SRI AUROBINDO: FOUR MENTAL ZONES AND SEVEN CENTERS OF CONSCIOUSNESS

Sri Aurobindo refers to four mental zones comprising seven centers of consciousness ...

- 'Subconscient' (i.e., subconscious) and Physical ... comprising a basal chakra that also controls the second (sexual) chakra
- Vital Body ... comprising heart chakra, navel point (third chakra old style), and another center located between the navel point and the sexual (second) chakra
- Mind ... comprising a throat center and the third eye-point (ie, fifth and sixth chakras)
- 'Superconscient' (i.e., superconscious) ... comprising crown chakra, and three higher centers

For more on this, go to ...

Link: "SatPrem: Sri Aurobindo, or the Adventure of Consciousness," [1]https://www.aurobindo.ru/workings/satprem/adventure _of _consciousness _e.htm ... and search the term: The Centers of Consciousness.

In this analysis, Sri Aurobindo implies the telepathic 'hubs' associated with the various chakras. My own experience agrees with his, to some extent. I've found that there are various levels of telepathic 'voices' in people.

For me, I tend to lump what he terms the 'Subconscient' and the 'Vital Body' together ... for these, see my blog categories *Lower mental body - gut brain ...* and ... *02 - Etheric body / vital body / pranic body* (1)

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For his category ’Mind’ I have a blog category termed*Higher Mental Body*

For his category ’Superconscient’ see my blog category*Transpersonal chakras - 8th to 12th*

ABOUT USING TELEPATHIC MIND CONTROL TO CREATE AN UTOPIA ON EARTH

There is a school of thought online to the effect that Sri Aurobindo espoused creation of a human utopia based on telepathy. Further, he refers to three centers above the crown chakra. These are the mind that is illumined, the mind that is intuitive, and the ’overmind’ (i.e., cosmic consciousness).

Sometimes this word ’overmind’ can be taken to mean ’a mind that can take over other people’s minds’ ... or ’a mind that’s over other people’s minds" ... and this can be construed in a ’power over’ context (see my blog category: *Power over - powerlessness - service to self - service to others*).

Sometimes this line of thought is taken to the logical conclusions that ...

- the illumined person, or the person with cosmic consciousness, has the right to use telepathic mind control or mental suggestion to influence humankind so as to craft an utopia on Earth
- and that, due to the superior consciousness of the enlightened person, the ends clearly justify the means.

THE ADVANTAGES CONFERRED BY THE PRECEPTS OF THE ALL AND FREE WILL

I adhere to the notion proposed in "The Law of One," (2) to the effect that Earth has two fundamental precepts, these being the All and Free Will. I adhere to these because I see greater possibilities for Soul learning through their implementation.

The purpose of life on Earth is to allow all beings here great diversity of opportunity to exercise Free Will. If mind control is implemented by an Enlightened Being, then that being works against God’s plan for life on Earth.

He chooses to limit the Free Will of those he mind controls, and thus they may live very happy lives (as was the case with the Soul experiment on the planet Venus), but as unhappiness often produces greater Soul understanding, their Soul missions will, in many cases, be aborted in the current lifetime.

Further, if that Enlightened Being exercises mind control in favor of his own group, then he breaks the fundamental tenet of the All. He proposes that those who are mind controlled will learn they are not, after all, great and Eternal Souls. That God must not, after all, love all beings. How can such a lesson be beneficial to these Souls?

MANY BEINGS EXERCISE MIND CONTROL ON EARTH ... HUMANS ARE THE LEAST OF THESE

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We here on Earth are surrounded by beings more powerful than ourselves. There is, of course, the temptation of Enlightened humans to mind control us so as to end our suffering, which they feel, with great compassion, as if it were their own. But in addition, there are far more powerful beings ... Even the least of the demon realm are far more clever than us. They can wrap our lower mental bodies round their putative little fingers.

When it gets on to the larger demon entities ... such as Satan, Baal, and such like ... our human selves would have no hope whatsoever, were we not to align our wills, our hearts, and our minds with the Great Will, the Great Heart, and the Great Mind of God. For of all mind controlling beings, these are the most singularly adept and the most powerfully coercive.

EARTH OFFERS US THE OPPORTUNITY FOR A GREAT SOUL LESSON

As we develop Mastery of Mind, we inevitably develop psychic powers. Let us not be fooled into looking down on our fellow human beings. Instead, let us ever be aware of the mind-control dangers that lurk in the demon realm (though far less so now than prior to the Shift). These are the true enemies of all humankind.

No matter what the intention of those fearsome beings, nevertheless the *effect* of their exercising their powers can only be to reinforce the Will of God. All things *are* God, and so all events in all continuums express *His* Will.

Let us stand firm. Let us stand together with our fellow human beings, in the light of God's love. Let us have faith that Soul wisdom will come to us, not just *despite* the hardships of life on Earth, but *because* these hardships convey to us the Soul lessons for which we all long ... lessons of courage, strength of will, and a pure and illumined heart that relates first to the Divine, and through His grace, looks with loving kindness, and with a peaceful mind, on all beings everywhere.

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

.....
FOOTNOTES

(1) There are also the Subpersonal chakras ... now available to us as a result of the Awakening, but not yet available at the time when he wrote.

(2) See "The Law of One" ... [2]https://www.lawofone.info/ ..
.....

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.....

mastery of mind, consciousness, mind, Sri Aurobindo, subconscient, superconscient, vi-

tal body, telepathy, utopia, mind control, demon realm, end justifies means, subpersonal chakras, lower mental body, higher mental body, transpersonal chakras, mind control, consequentialism, philosophy, gut brain, superconscious mind, subconscious mind, mastery of mind, peaceful feeling, free will, All, astral thuggees, neo-Vedanta, neo-HInduism, Hinduism, my favorites, telepathy, nonhuman telepathy, human telepathy,

1. http://www.aurobindo.ru/workings/satprem/adventure_of_consciousness_e.htm
2. https://www.lawofone.info/
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.16 Intuitional Telepathy . by Djwhal Khul through Alice Bailey . referral by Alice B. Clagett (2013-08-13 18:45)

Written and published on 13 August 2013

Dear Ones,

This is part three in a survey of modes of telepathy, this blog being on what is known as Intuitional Telepathy.

Intuitional Telepathy looks very nice indeed ... I feel it is something to strive for. I recommend reading this excerpt:

Link: "Telepathy and the Etheric Vehicle" by Alice Bailey and Djwhal Khul, [1]https://www.goodreads.com/book/show/1074264.Telepathy _and _Etheric _Vehicle ...
In the section "III. Three Types of Telepathy," see the first two paragraphs in this section: *3.* Intuitional Telepathy

If this topic interests you, I recommend reading the entire treatise referenced above.

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

[2] 
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.....
.....

Djwhal Khul, lower triangle, clair, Theosophy, Alice Bailey, telepathy, School of Theosophy,

1. https://www.goodreads.com/book/show/1074264.Telepathy_and_Etheric_Vehicle
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.8.17 Divine Masculine: Protection of Women . by Alice B. Clagett (2013-08-13 19:59)

Written and published on 13 August 2013; revised

Dear Ones,

This poster from the movie "Rashomon," 1950, starring Toshiro Mifune and Machiko Kyo, shows one aspect of the Divine masculine; that of protector of women ... [1]https://s3.amazonaws.com/criterion-production/release _boxshots/122-ecf43c9bf6c14ba384354143a40df658/EAH _Rashomon _285x404 _original.jpg ..

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.....

[2] 
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.....
.....

protection, sacred sexuality, Divine Father, Divine protection, Rashomon,

1. https://s3.amazonaws.com/criterion-production/release_boxshots/122-ecf43c9bf6c14ba384354143a40df658/EAH_Rashomon_285x404_original.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.18 Instinctual Telepathy . by Alice B. Clagett . with reference to the Teachings of Djwhal Khul through Alice Bailey (2013-08-14 17:50)

Written and published on 14 August 2013

- INSTINCTUAL OR ’VITAL BODY’ TELEPATHY
- INSTINCTUAL TELEPATHY AND CASUAL OR ERSTWHILE SEX
- INSTINCTUAL TELEPATHY AND INFIDELITY IN COUPLE RELATIONSHIPS
- INSTINCTUAL TELEPATHY AND UNREQUITED SEXUAL DESIRE
- ON THE INCLINATION TO REJECT THESE CONCEPTS OUTRIGHT
- MORE INFORMATION

Dear Ones,

The very first form of telepathy people encounter has to do with the ’vital body’ described by Sri Aurobindo ... see the blog category: *Lower Mental Body - gut brain - - vital body (see also desire elementals and ’lower triangle’) ...* and the ’gut brain’ described by Adam Hadhazy in a "Scientific American" article (1).

INSTINCTUAL OR ’VITAL BODY’ TELEPATHY

This form of telepathy communicates the wants and desires of the vital body from person to person. It’s the ’instinctual telepathy’ we recognize in our pets; it’s also displayed in wild animal family groups in the form of feral instincts and feral drives.

Among humans, instinctual telepathy almost invariably happens between mother and child. This type of bond is arises from the mother’s selfless love and desire to protect her child, and from the child’s need for protection. The mother-child bond lasts a lifetime. This is why the death of a mother is so devastating to a child, and the death of a child is so devastating to a mother.

INSTINCTUAL TELEPATHY AND CASUAL OR ERSTWHILE SEX

Instinctual telepathic bonds ... in most case, all unawares ... also happen between or among two or more people whose sexual desire is joined through astral bonding. This bonding occurs even in the case of casual and erstwhile sexual acts. For people who engage in casual sex, there may be many such bonds, some still attached to former lovers, and others hanging loosely out of the auric field. When a chaste, committed relationship is formed, auric repair and reintegration of prior bonds begins to take place.

INSTINCTUAL TELEPATHY AND INFIDELITY IN COUPLE RELATIONSHIPS

Among couples, If one partner or both partners are unfaithful, an instinctual telepathic communication network will be formed among the lovers and the couple. Oftentimes, this network

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will involve jealousy, anger, fear, hatred, and resentment. Consequently, and unbeknownst to almost everyone involved, 'free love' has its price in terms of mental ('gut mental') and emotional turmoil. Something of a gut-telepathic free for all, which may last for years, ensues.

INSTINCTUAL TELEPATHY AND UNREQUITED SEXUAL DESIRE

Same can happen with unrequited sexual desire. The force of the desire sets up a gut-telepathic network between the desirer and the desiree that won't end till the desirer turns their attention elsewhere or the desiree finds some real-life person to desire (thus removing the subconscious urge to find someone to desire), or else the desiree must still their vital body, as described by Sri Aurobindo (2).

ON THE INCLINATION TO REJECT THESE CONCEPTS OUTRIGHT

I expect most folks, on reading this, will reject it outright ... gut reaction, right? It's certainly not welcome news, I expect, as freedom of choice takes high priority in the world today. The idea that subconscious gut-telepathic talk may be running (or ruining?) our emotional lives is a total affront to the concept of free will. And from what Sri Aurobindo describes, the road to true freedom from the dictates of the 'vital body' requires resolution, fortitude, and years of patience. Ah, well. At least the path is clear....

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

.....
MORE INFORMATION

The below excerpts do a great job of describing 'instinctual telepathy'. Also described is another form of telepathy between an instinctual telepath and a person whose throat telepathic center is also open. This is a particularly painful form of telepathy for the latter.

In *Link: "Telepathy and the Etheric Vehicle" by Alice Bailey and Djwhal Khul, [1]https://www.goodreads.com/book/show/1074264.Telepathy _and _Etheric _Vehicle* , may I suggest the following excerpts:

- "Teachings on Telepathy: Telepathic Interplay" ... The paragraph beginning *The undeveloped human* ...
- "III. Three Types of Telepathy: 1. Instinctual Telepathy" ... The 2-paragraph section beginning: *1. Instinctual Telepathy* ...

.....
FOOTNOTES

(1) See *Link: "Think Twice: How the Gut's 'Second Brain' Influences Mood and Wellbeing," in "Scientific American," 12 February 2010, by Adam Hadhazy ... [2]https://www.scientificamerican.com/article/gut-second-brain/ ..*

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(2) In *Link: "Sat Prem, Sri Aurobindo or the Adventure of Consciousness," Site of Sri Aurobindo and the Mother ... [3]https://www.aurobindo.ru/workings/satpre m/adventure _of _consciousness _e.htm ... See: "Chapter 6. Quieting the Vital" ...* the section: *Habit of Response*

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[4] 

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.....
.....

clair senses, Djwhal Khul, gut brain, School of Theosophy, Alice Bailey, Sri Aurobindo, telepathy, vital body, gut brain, desire, sexual desire, astral cords, infidelity, sexuality, neo-Vedanta, neo-Hinduism, Hinduism,

1. https://www.goodreads.com/book/show/1074264.Telepathy_and_Etheric_Vehicle
2. https://www.scientificamerican.com/article/gut-second-brain/
3. http://www.aurobindo.ru/workings/satprem/adventure_of_consciousness_e.htm
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.8.19 Ten Types of Telepathy . by Alice Bailey and Djwhal Khul) . with comments on Avoiding Telepathic Warfare . by Alice B. Clagett (2013-08-14 19:02)

Written and published on 14 August 2013
Previous title: Ten Types of Telepathy . by Djwhal Khul through Alice Bailey . referral with comment on Avoiding Telepathic Warfare by Alice B. Clagett

- TEN TYPES OF TELEPATHY, by Djwhal Khul through Alice Bailey
- GUIDELINES FOR TELEPATHIC GROUPS IN THEIR RELATIONSHIP TO OUTSIDERS
- TELEPATHIC WARFARE LIKELY IN THE SCENARIO OF THE AWAKENING, AS WE EXPAND INTO THE ASTRAL PLANE, IF THESE GUIDELINES ARE NOT FOLLOWED

Dear Ones,

This is my fourth and final blog about Alice Bailey's channeling of Djwhal Khul's explanation of telepathy.

TEN TYPES OF TELEPATHY
By Djwhal Khul through Alice Bailey

This excerpt describes ten types of telepathy: "Telepathy and the Etheric Vehicle" by Alice Bailey and Djwhal Khul ... [1]https://www.goodreads.com/book/show/1074264.Telepathy _and _Etheric _Vehicle ... See "III. Three Types of Telepathy," and therein, section "3. Intuitional Telepathy," paragraph 5, which begins *There is still* ... and the numbered list of ten types of telepathy that follows.

GUIDELINES FOR TELEPATHIC GROUPS IN THEIR RELATIONSHIP TO OUTSIDERS

I note with interest, in the list referenced above, that in Item 9 there are guidelines for telepathic groups in their relationship to outsiders, based on a principle of inclusiveness (as opposed, I expect, to possessiveness or desire to acquire new members).

With the awakening of the heart chakra of the telepathic group, all other groups, whether perceived by the telepathic group as good or bad, may be accepted with loving respect.

TELEPATHIC WARFARE LIKELY IN THE SCENARIO OF THE AWAKENING, AS WE EXPAND INTO THE ASTRAL PLANE, IF THESE GUIDELINES ARE NOT FOLLOWED

This makes perfect sense for New Earth, as telepathy is on the rise, and the practice of exclusivity by telepathic groups might set the stage for a rather painful fourth dimensional (astral) expansion with scenarios of telepathic warfare. The fourth dimension negative is definitely a good dimension to rise beyond at the earliest possible convenience, at least in my way of thinking....

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[2] 

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clair senses, Djwhal Khul, Theosophy, prophecy, School of Theosophy, Alice Bailey, telepathy, telepathic warfare, psychic warfare,

1. http://www.goodreads.com/book/show/1074264.Telepathy_and_Etheric_Vehicle
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.8.20 Mind-to-Mind Telepathy . by Djwhal Khul through Alice Bailey . referral by Alice B. Clagett (2013-08-14 19:27)

Written and published on 14 August 2013

Dear Ones,

This is part two in a survey of modes of telepathy, this blog being on the mind-to-mind telepathic mode.

In "Telepathy and the Etheric Vehicle" by Alice Bailey and Djwhal Khul ... available at Goodreads ... [1]https://www.goodreads.com/book/show/1074 264.Telepathy _and _Etheric _Vehicle ... kindly see the following excerpts ...

"Teaching on Telepathy, I. The Field of Telepathic Interplay," at about the 22nd paragraph, the one that begins *The second form* ... and which includes subparagraphs a. and b., each of which begins like this: *The failure on* ...

"III. Three types of Telepathy: The paragraph beginning: *2. In our race ...* [Note that the word 'Aryan' is not being used in this excerpt in the typical racial sense. It has to do with naming of the epochs of the souls currently assuming human form. The Theosophical Society has more information on this. –Alice]

My next blog will be on Intuitional Telepathy.

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I Am of the Stars
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[2] 

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clair senses, Djwhal Khul, School of Theosophy, Alice Bailey, telepathy,

1. https://www.goodreads.com/book/show/1074264.Telepathy_and_Etheric_Vehicle
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.21 "Think Twice: How the Gut's 'Second Brain' Influences Mood and Wellbeing" . by Adam Hadhazy . with comments by Alice B. Clagett (2013-08-14 20:07)

Written and published on 14 August 2013; revised

Dear Ones,

In 2010, Adam Hadhazy wrote an incredible article on the gut brain. His article leads me to surmise: Could it be that the gut brain is the brain of the 'vital body' mentioned by Sri Aurobindo, about which I have recently blogged? I will have more on the gut's brain in an upcoming post.

Link: "Think Twice: How the Gut's 'Second Brain' Influences Mood and Well-being," in "Scientific American," 12 February 2010, by Adam Hadhazy ... [1]https://www.scientificamerican.com/article/gut-second-brain/ ..

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See also *Link: "Changing Gut Bacteria through Diet Affects Brain Function," in "Science News," 28 May 2013 ... [2]http://www.sciencedaily.com/releases/201 3/05/130528180900.htm ..*

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[3] 
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.....
.....

lower triangle, mastery of mind, Adam Hadhazy, gut brain, Sri Aurobindo, neo-Vedanta, neo-Hinduism, Hinduism, emotion, mood,

1. https://www.scientificamerican.com/article/gut-second-brain/
2. http://www.sciencedaily.com/releases/2013/05/130528180900.htm
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.8.22 On Experiencing the Desire Body of the World . by Alice B. Clagett (2013-08-15 05:16)

Written and published on 15 August 2013; revised
Originally titled: "Expanding the Vital Body." Republished on 20 December 2016 as "On Experiencing the Desire Body of the World."

- ON EXPERIENCING THE DESIRE BODY OF THE WORLD
- THE ILLUSION: *I* WANT, *I* LOVE,*I* NEED
- THE CHAKRAS: FRONT FUNNEL, BACK FUNNEL, AND THE NULL POINT
- ON STILLING THE KARMIC BUGALOO
- THE CHAKRAS OF THE LOWER TRIANGLE, PLUS THE HEART
  - The 'Lower Triangle' Compared to the 'Vital Body'
- THE ROOT CHAKRA (BASAL CHAKRA) IS NOT REALLY A CHAKRA
- THE 'KUNDALINI CHAKRA'
- THE HEART CENTER: THE HOLY CROSS
- THE BAPTISMAL SYLPH . THE LIVING, FIERY CROSS THAT GUARDS OUR HEARTS
- ON STILLING FEARS BY PLACING AWARENESS ON THE COCCYX

Dear Ones,

ON EXPERIENCING THE DESIRE BODY OF THE WORLD

I read an interesting blog by Lightworker Dr. Suzanne Lie called "The Opened Corridor," 11 August 2013 blog ...

Link: "Suzanne Lie The Opened Corridor Your DNA Remembers 12 August 2013," at Galactic Free Press ... [1]http://soundofheart.org/galacticfree press/content/suzanne-lie-opened-corridor-your-dna-remembers-12-august-2013 ..

In it she talks about Lightworkers experiencing the desire body of all Earth, rather than personal desires. We *are* the planet! Mastery of multidimensionality, she says, means mastery of every thought we have, every emotion we experience.

The 'desire body' mentioned by Dr. Lie can be equated to the lower triangle of yoga. This desire body has to do with the lower three chakras, oldstyle, which deal with survival, creativity and procreation, and will power.

Dr. Lie is saying that one's own lower triangle can be expanded to include everyone on Earth. Which is to say: To include the desire for survival, the desire to procreate, and the

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desire to exert one's will, of all the people on Earth, both those in physical form and those on the astral planes of matter ... the hellworlds, purgatory worlds, and heavenworlds of the afterlife experience (which might better be phrased the 'between-life' experience of the Soul).

THE ILLUSION: *I* WANT, *I* LOVE,*I* NEED

We are, in point of fact, always experiencing the desire body of everyone on Earth, for our lower three chakras, located as they are in the area of the colon, carry the energy of the unconscious mind, the 'gut brain', the involuntary nervous system. This unconscious energy circulates through Gaia as the Unconscious Thought Cloud of the World.

In other words, our lower three chakras swim in an unconscious stream of energy that circulates worldwide. They *are* that. Yet we *think* they are our own desires, or at the outside edge of our Awareness, we may dip into the causal realm, by way of projective blame, and judge that *our* desires are the product of *another person's* Machiavellian foisting upon us of their own desire.

Both these notions are false. We are not our desires. Our desires are reverberations of the collective unconscious here on Earth. No one else is our desires either; no other person *makes* us have them.

Rather, we experience, in our desire body, the desires of everyone everywhere. Ego masks the issue with the notion '*I* want' ... '*I* love' ... '*I* need'. The issue is, how can we awaken to the true nature of desire? How may we awaken to the understanding that we are already experiencing the desire body of all people on Earth?

THE CHAKRAS: FRONT FUNNEL, BACK FUNNEL, AND THE NULL POINT

Image: Chakras, showing funnels ... [2]https://touchysubjects.files.wordpress.c-om/2016/05/man-side-view-with- chakra-funnels.jpg?w=229 &h=545 ...

Link: "Chakras, People & Multiverse Share Same Structure," 28 May 2016, in Touchy Subjects ... [3]https://touchysubjects.wordpress.com/201 6/05/28/chakras-people-multiverse-share-same-structure/ ... DESCRIPTION: Chakric funnels are described at this link.

You know how most of the chakras have a forward aspect or funnel, for interaction with the world, as well as a backward funnel extending out the back of the body? Then between these two aspects is a point of Light that is the 'null point'... where time and space touch the Infinite. I have a hunch this null point is where the consciousness of each chakra in the 'desire body' (i.e., 'lower triangle') can expand to encompass the whole world. And, for that matter, the galaxy, this Universe, all Universes, and all alternate Universes.

ON STILLING THE KARMIC BUGALOO

But I am thinking, I will just start with something simple. I would like my desire body and my heart to awaken enough for me to balance my forward chakric funnels with my backward chakric funnels. This ... here is my hunch ... will decrease the reactivity of

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my lower triangle. It will still, and as it does, the karmic bugaloo will also slow. Nice theory, do you not think? Sounds pretty good! So here is a course of action I have been undertaking ...

For each of chakras 1 through 3, I am going to sit quietly, notice where my energy is ... and this is typically forward, in 'interact with the world' mode. Then I am going to place my Awareness at the same anatomical level, but close to the front of the spine. That should get me to the null point. I will know I have got the right spot if I feel a flood of energy from that chakra.

THE CHAKRAS OF THE LOWER TRIANGLE, PLUS THE HEART

Chakras to do with the desire body are: the heart, the solar plexus (navel point), the sacrum (sexual chakra), and the root or basal 'chakra'. These are the green, yellow, orange, and red chakras, respectively, in the image below ...

[4]



Image: A Map of Chakras in the Human Body, adapted by Alice B. Clagett,17 June 2016, CC BY-SA 4.0 ... CREDIT: from "A Map of Chakras in Human Body," mpan, based on File:Czakry.png, Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Chakras _map.svg ... public domain ... DESCRIPTION: Outline of a man cross-legged in lotus pose. Hands are on knees. Tips of thumb and index finger of each hand are touching. There are symbols for the chakras along the line of the spine: Red for basal chakra; orange for sexual chakra; yellow for navel point; green for mid-heart chakra; light blue for throat chakra; violet for third-eye point; and magenta for crown chakra ... COMMENT: See also Alice's effected images of this image.

Image: "A map of chakras in human body," author [5]mpan, 17 June 2016, CC 1.0, by

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[6]mpan, from Wikimedia Commons ... This file is made available under the [7]Creative Commons [8]CC0 1.0 Universal Public Domain Dedication ..

Image: A Map of Chakras in the Human Body, adapted by Alice B. Clagett,17 June 2016, CC BY-SA 4.0 ...

CREDIT: from "A Map of Chakras in Human Body," mpan, based on File:Czakry.png, Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Chakras _map.svg ... public domain ...

DESCRIPTION: Outline of a man cross-legged in lotus pose. Hands are on knees. Tips of thumb and index finger of each hand are touching. There are symbols for the chakras along the line of the spine: Red for basal chakra; orange for sexual chakra; yellow for navel point; green for mid-heart chakra; light blue for throat chakra; violet for third-eye point; and magenta for crown chakra ...

COMMENT: See also Alice's effected images of this image.

The 'Lower Triangle' Compared to the 'Vital Body'

The 'Lower Triangle' of yoga comprises chakras 1 through 3, which is to say, the root chakra (basal chakra), the sacral (sexual) chakra, and the navel point.

The 'vital body' of Sri Aurobindo and Integral Yoga comprises chakra 4 (the heart chakra), chakra 3 (the navel point, or third chakra old-style), and another center located between the navel point and the sexual (second) chakra.

THE ROOT CHAKRA (BASAL CHAKRA) IS NOT REALLY A CHAKRA

The root (basal) chakra, which relates to survival and safety, is a special case, in that it has no 'front' and 'back' funnels. Instead, the root chakra itself ... the red star in the above image ... is the 'lower' funnel of this chakra, and the crown chakra ... the violet circle at the top of the above image ... is its 'upper' funnel.

THE 'KUNDALINI CHAKRA'

What connects these two funnels is the kundalini energy which ripples up and down the spine. Thus, a more proper name for the double energy vortex would be the 'kundalini chakra', whose null point is the heart chakra.

THE HEART CENTER: THE HOLY CROSS

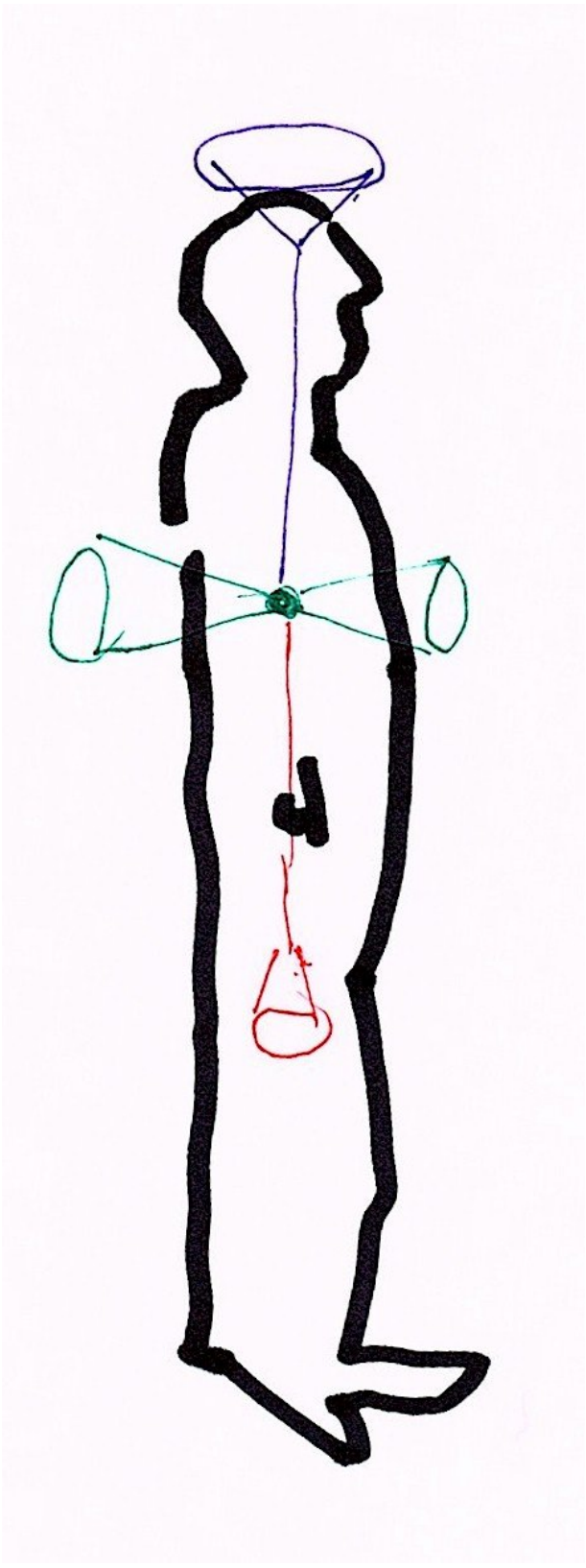
Thus the heart center might be visualized as two double vortices (two chakras) which form a cross. The first, the traditional heart chakra, has a front and back funnel, with a null

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point in the center of the chest at the level of the physical heart. This same null point is the center of the Kundalini Chakra described above. It looks a little like this ...

[9]

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Drawing: "How the two double funnels of the heart chakra form a cross," by Alice B. Clagett, 15 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: There is the outline of a man, stand-

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ing facing to the right, in profile view. There are four funnel shapes in the image: a red funnel whose base points downward and whose tip is at the base of the body's trunk; a violet funnel whose base points upward and whose tip is an inch or two inside the top of the man's head' and two green funnels turned on their sides and connected at their tips at heart level, inside the body of the man. The bases of the green funnels extrude from the front of the man's chest and from his back at the level of the heart. The two heart funnels form the arms of a cross, and a vertical line connecting the red and violet funnels forms the shaft of the cross. The two green funnels represent the front and back vortices of the heart chakra; the red funnel represents the basal chakra; the violet funnel, the crown chakra; and the line connecting the bred funnel to the violet funnel represents the Pranic Column (the Central Vertical Power Current, or Kundalini).

Drawing: "How the two double funnels of the heart chakra form a cross," by Alice B. Clagett, 15 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: There is the outline of a man, standing facing to the right, in profile view. There are four funnel shapes in the image: a red funnel whose base points downward and whose tip is at the base of the body's trunk; a violet funnel whose base points upward and whose tip is an inch or two inside the top of the man's head' and two green funnels turned on their sides and connected at their tips at heart level, inside the body of the man.

The bases of the green funnels extrude from the front of the man's chest and from his back at the level of the heart. The two heart funnels form the arms of a cross, and a vertical line connecting the red and violet funnels forms the shaft of the cross.

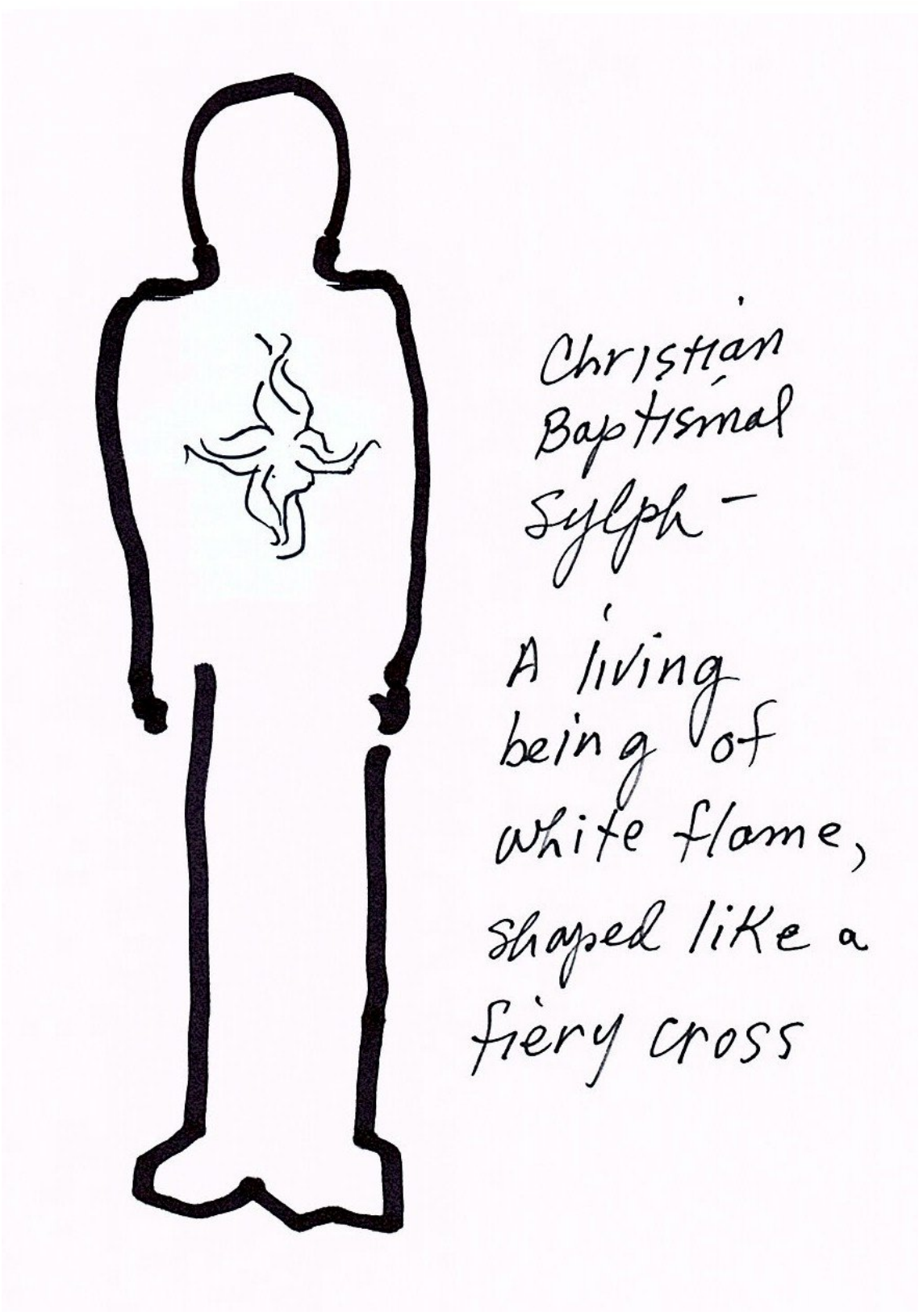
The two green funnels represent the front and back vortices of the heart chakra; the red funnel represents the basal chakra; the violet funnel, the crown chakra; and the line connecting the bred funnel to the violet funnel represents the Pranic Column (the Central Vertical Power Current, or Kundalini).

THE BAPTISMAL SYLPH . THE LIVING, FIERY CROSS THAT GUARDS OUR HEARTS

There is yet another cross that is formed on the heart chakra when a person is baptized as a Christian. This is a cross that extends along the spine above and below the heart chakra, and to the left and right sides of the chest, like this ...

[10]

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Drawing: "Christian Baptismal Sylph – A living being of white flame, shaped like a fiery cross," by Alice B. Clagett, 15 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: There is the silhouette of a man, fac-

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ing forward. In the area of his heart is a fiery cross.

Drawing: "Christian Baptismal Sylph – A living being of white flame, shaped like a fiery cross," by Alice B. Clagett, 15 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: There is the silhouette of a man, facing forward. In the area of his heart is a fiery cross.

The Christian baptismal sylph is a loving living being of white flame, shaped like a fiery cross. It comes vividly to life when we feel devotion, whether through reading Scriptures, through singing hymns, or through helping other people.

The sylph itself stays with us all our lives, helping us feel our heart chakras. In time, through such service, it awakens to a higher state of being in the Devic Kingdom and is then know as a Seraph. From that point onward the Christian is partnered with a member of the Angelic Realm, its own true seraph, whom it may beckon to help it through life's tribulations, in time of need.

In my experience, after a few years, our seraph grows very large, going off to explore God's great Creation; yet it visits us on special occasions, such as Christmas and Easter, the Solstices, and the Equinoxes, if we ask. For our day-to day life, it leaves us with a new baby angel or sylph to cherish and sustain within our heart chakra.

You may have run across the term 'Seraphim' in the Bible. This is the plural of the word 'Seraph', the being which the young sylph is destined to become, just as we Christians are destined to be born again in Christ consciousness. The time of our new Awakening in Christ is right now, during this, the Awakening of Planet Earth.

For more on the baptismal sylph, see ...

Link: "Compendium: Baptismal Sylph," by Alice B. Clagett, published on 25 February 2019 ... [11]https://wp.me/p2Rkym-bNu ..

ROOT LOCK AWAKENS THE KUNDALINI CHAKRA

The lower funnel of the Kundalini Chakra (sometimes mis-termed the root 'chakra') is the point of focus for the very powerful and ancient 'root lock' yogic technique. For men, that point of focus is the perineum (a point on the skin between the rectum and the sex organs), and for women, it is the tip of the cervix. Here is a good blog describing how to do root lock ...

Link: "Soul Answer: Body Locks," by Siri Gian ... [12]http://www.soulanswer.com/body_locks.html ... and page down to the section: Mul Bhand or Root Lock

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ON STILLING FEARS BY PLACING AWARENESS ON THE COCCYX

I have also noticed in my own energy system a reactivity to the world emanating from the root chakra and rippling up the coccyx. This upward ripple of energy courses up the coccyx like shallow waves over a sand bar or onto a shallow beach ...

Image: "Hyams Beach at Jervis Bay, New South Wales, Australia," by Dave Naithani, in Wikipedia ... [13]https://en.wikipedia.org/wiki/Beach #/media/File:Hyams _Beach, _Jervis _Bay, _Australia.jpg ..

Placing Awareness on the coccyx stills this reactivity.

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

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vital body, fears, lower triangle, chakras, root lock, kundalini chakra, basal chakra, root chakra, sign of the cross, heart center, sacral chakra, navel point, kundalini, awakening kundalini, karma, Gaia, collective unconscious, unconscious thought cloud of the world, desire body, chakric funnels, gut brain, involuntary nervous system, ego, Drawings by Alice, afterlife, vital body, Sri Aurobindo, Integral Yoga, safety, baptism, sylph, nature spirits, sacraments, Christianity, Christ consciousness, seraph,

1. http://soundofheart.org/galacticfreepress/content/suzanne-lie-opened-corridor-your-dna-remembers-12-august-2013
2. https://touchysubjects.files.wordpress.com/2016/05/man-side-view-with-chakra-funnels.jpg?w=229&h=545
3. https://touchysubjects.wordpress.com/2016/05/28/chakras-people-multiverse-share-same-structure/
4. https://awakeningwithplanetearth.com/wp-content/uploads/3013/08/chakras_map-svg.png
5. https://commons.wikimedia.org/wiki/User:Wikimpan
6. https://commons.wikimedia.org/wiki/User:Wikimpan
7. https://en.wikipedia.org/wiki/en:Creative_Commons
8. https://creativecommons.org/publicdomain/zero/1.0/deed.en
9. https://awakeningwithplanetearth.com/wp-content/uploads/3013/08/heart-chakra.jpg
10. https://awakeningwithplanetearth.com/wp-content/uploads/3013/08/heart-chakra1.jpg
11. https://wp.me/p2Rkym-bNu
12. http://www.soulanswer.com/body_locks.html
13. https://en.wikipedia.org/wiki/Beach#/media/File:Hyams_Beach,_Jervis_Bay,_Australia.jpg
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1.8.23 Squabble Squabble Never-Enough-Ville . by Alice B. Clagett (2013-08-15 08:13)

Written and published on 15 August 2013; revised

Image: Snoopy dancing ... happy feet: [1]http://images58.fotki.com/v450/pho - tos/2/211932/11453617/SNOOPYHAPPYDANCE-vi.jpg ..

Dear Ones,

Snoopy had the right idea. Feet are a lot more fun than just about anything. For one thing, they never have a lot to say. Except once or twice while I was climbing Mount Whitney. And, they're usually quite content with what they have. Who would need three feet, anyway?

In love, light and joy,
I Am of the Stars
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abundance, Snoopy, joy, contentment,

1. http://images58.fotki.com/v450/photos/2/211932/11453617/SNOOPYHAPPYDANCE-vi.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.8.24 "The Brook" by Alfred, Lord Tennyson . read by Alice B. Clagett (2013-08-16 09:19)

Filmed on 16 August 2013; published on 16 August 2013; revised

- VIDEO BY ALICE
- SUMMARY BY ALICE
  - Memories of My Grandmother Berry
  - "The Brook," A Poem by Alfred, Lord Tennyson. Read by Alice B. Clagett, Soundtrack and Words
  - Conclusion

Dear Ones,

In the video, I read the poem "The Brook" by Alfred, Lord Tennyson. A Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/pptuwufZcsQ

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am sitting here on a nice bench. [shows weeds growing by a narrow, fast-flowing river, and trees on the other bank] ... I think this river here is called the Los Pinos River, in Colorado. You can hear a little bit of noise from the river, I hope.

Memories of Grandmother Berry

Before I came here, I went to the Library, and I got a copy of a poem by Alfred, Lord Tennyson, which my grandmother used to read to me when I was tiny. And I was just reminded, while I was re-reading this poem, of her voice. And her voice sounded ... no matter whether she was laughing ... whenever she was talking, it sounded a little bit like tiny, tinkling bells. I never forgot it.

And so, I thought I would dedicate this reading to my Grandmother Berry (my mother's mother), who passed away many long years ago ... And lived a very happy life, and taught a lot of young children how to read poetry.

So this is a poem by Alfred, Lord Tennyson, called "The Brook." You have to imagine, while I am reading it, that you have an English accent, ok? Here goes ...

"The Brook"
A Poem by Alfred, Lord Tennyson (public domain)

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Read by Alice B. Clagett
Soundtrack and Words
16 August 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/the-brook-tenny son-los-pinos-audio.mp3

"I come from haunts of coot and hern,

I make a sudden sally

And sparkle out among the fern,

To bicker down a valley.

"By thirty hills I hurry down,

Or slip between the ridges,

By twenty thorpes, a little town,

And half a hundred bridges.

"Till last by Philip’s farm I flow

To join the brimming river,

For men may come and men may go,

But I go on for ever.

"I chatter over stony ways,

In little sharps and trebles,

I bubble into eddying bays,

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I babble on the pebbles.

"With many a curve my banks I fret

By many a field and fallow,

And many a fairy foreland set

With willow-weed and mallow.

"I chatter, chatter, as I flow

To join the brimming river,

For men may come and men may go,

But I go on for ever.

"I wind about, and in and out,

With here a blossom sailing,

And here and there a lusty trout,

And here and there a grayling,

"And here and there a foamy flake

Upon me, as I travel

With many a silvery waterbreak

Above the golden gravel,

"And draw them all along, and flow

To join the brimming river

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For men may come and men may go,

But I go on for ever.

"I steal by lawns and grassy plots,

I slide by hazel covers;

I move the sweet forget-me-nots

That grow for happy lovers.

"I slip, I slide, I gloom, I glance,

Among my skimming swallows;

I make the netted sunbeam dance

Against my sandy shallows.

"I murmur under moon and stars

In brambly wildernesses;

I linger by my shingly bars;

I loiter round my cresses;

"And out again I curve and flow

To join the brimming river,

For men may come and men may go,

But I go on for ever."

. . . . .

Conclusion

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Well, that is it, Dear Ones. I am wishing your Soul a chance to go on forever, in joy and love and Light.

That is all I have for you today. Talk to you later.

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

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poetry, The Brook, Alfred Lord Tennyson, nature, eternity, mortality, death, Soul evolution, blessings,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/the-brook-tennyson-los-pinos-audio.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.8.25 Balancing the Vital Body . by Alice B. Clagett (2013-08-16 10:06)

Filmed on 16 August 2013; published on 17 August 2013; transcribed on 17 July 2018
Previous title: Balancing the Vital Body - Heart, Navel Point, Sacrum - White Tara's Chant of Compassion

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - The Chakras from the Heart to the Base of the Body
    - Sri Aurobindo's Definition of the Vital Body
  - Chakras 2-4: Frontal Funnel, Back Funnel, and Null Point Between
  - How Thoughts Glom to the Front or 'Social' Funnels of Chakras 2-4, and Pull Them Off-Center
  - Singing a Sacred Chant While Walking Allowed Awareness to Center on the Null Point of Chakras 2-4
- CHANTS TO BALANCE THE VITAL BODY
- MORE ON THE VITAL BODY

VIDEO BY ALICE

https://youtu.be/Y4g18NcEi80

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I have been sitting here in the shade, after walking along the Los Pinos River. And I happened to find a very nice porch here. [shows grassy riverbank, and line of trees on the other side of the river. The river itself cannot be seen from the porch.] ... The river is right down along the treeline there ... And this porch [that I was sitting on while filming] is remarkably bug-free, and very shady. It belongs to the senior center where I have been hanging out, off and on. [pans camera around to the right side of the porch] ... You can see it is gigantic, and it is very little used, so it is a nice place to sit and meditate.

And I had a few thoughts for you, about my walk. [pans to left side of the porch] ... See, it goes on? This is one big porch ... one huge porch ... and very quiet here.

So, I have some thoughts, about my walk today, and I thought I would explain about it. Let's see what I can do here ... [turns camera to face] ... Howdy! Oh, let's see if I can fix this ... [zooms out] ... Ok. Nice and windy here.

The Chakras from the Heart to the Base of the Body

Today, during the walk, I was concentrating on balancing out my vital body chakras. And I

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have written a little bit about this on the blog. [looks to left] ... That is the senior center people; they are just heading off to a wild dinner in Durango.

Anyway, the chakras that are in the vital body ... that is from the neck down to the bottom of the torso ... just an overview: It includes the heart [points to heart]; and the navel point, right about the middle of the torso, which is the center of will [points to navel point]; and then a couple of inches below that is the sacral chakra ... that is sexuality [points to sacral chakra]; ... and I don't know how well you're going to see this ... and then at the bottom of your body is your base chakra ... your basal chakra ... and so there are four main chakras [involved in the vital body], at least in the old system.

Sri Aurobindo's Definition of the Vital Body. My idea of the vital body differs here from that of Sri Aurobindo. He refers to the heart, the navel point, and a point above the sexual chakra. I work with chakras 1-4, old style.

Chakras 2-4: Frontal Funnel, Back Funnel, and Null Point Between

And these chakras, they are shaped like a double funnel. There is a funnel that goes out from the front of you ... that is for the heart, the navel point, and the sacral chakra ... and then there is an energetic funnel that goes out behind your spine [opposite each front funnel].

And in the middle there is a point that I call the Null Point, and that is the point ... if you concentrate your attention on it, and your awareness on it ... that is the point where you can contact infinite flow; the infinite flow of energy.

I am going to talk about the basal chakra a little bit later, because it is a little bit different.

How Thoughts Glom to the Front or 'Social' Funnels of Chakras 2-4, and Pull Them Off-Center

Most of the time most of us spend, relating to the funnels that are in front of the null point. This is the part of the chakras of the vital body that allows us to relate to the world. Ok? What you might call the frontal aspect of the vital body chakras.

The trouble is, we spend our time out there, and our chakras of our vital body are not well balanced. So we cannot access the Divine energy that is our birthright.

Now so, during my walk today, I was walking along, and I was noticing how my thoughts were pulling the energy of these chakras out into the front ... into the world. And so, my thoughts would not allow me to center my energy in the vital body.

Singing a Sacred Chant While Walking Allowed Awareness to Center on the Null Point of Chakras 2-4

So then I started singing a Sanskrit chant. Probably any holy chant would do, but I tried this chant, and it seemed to work pretty well, in allowing me to access the Divine part of these chakras ... not just the social part. You might want to try it sometime too, and see if it works for you! ...

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Or what really resonates with you; what chant, or what song. If it is something about the Divine, it is probably a good thing. And it will bring in that Divine energy.

[I had to remove the White Tara chant I did here, to avoid copyright infringement, but you can search for a similar chant online, using the search term: Om Tare Tuttare

Well, that's my blessing for today: A chance to relate to the Divine, as our protector and mother. And we can do that through all our chakras; not just the heart, but through all our chakras. And so.

I will talk to you about the basal chakra in another get-together. Meantime, have a wonderful day. Love you all. Bye bye.

CHANTS TO BALANCE THE VITAL BODY

This chant to White Tara asks her for abundance and happiness, joy and long life ...

Video: Khenpo Pema Chopel Rinpoche - The Mantra of White Tara." by zambala21, 19 November 2009 ... [1]https://www.youtube.com/watch?v=rFEDRXqW czE ..

I also feel that the above video is about balancing the vital body chakras ... heart, navel point, and another center located between the navel point and the sexual (second) chakra ... at the null point to access Infinite energy flow. White Tara's Chant of Compassion, Om Tare Tutare, is a good tool, but any Divine chant or song that calls to you will no doubt be fine.

It could be something simple, like the thought "I Am I Am" or the phrase "All for One and One for All." The vital body, I'm finding, loves drama, so a dramatic song or chant would do just fine.

MORE ON THE VITAL BODY

Link: "Four Mental Zones," by Sri Aurobindo, and "Thoughts on Mind Control Here on Earth," by Alice B. Clagett, published on 12 August 2013 ... [2]https://wp.me/p2Rkym-5SJ ..

Link: "Vital Body and Limitations of Conventional Morality," by Sri Aurobindo, published on 12 August 2013; revised ... [3]https://wp.me/p2Rkym-6Cy ..

Link: "On Experiencing the Desire Body of the World," by Alice B. Clagett, published on 15 August 2013; revised ... [4]https://wp.me/p2Rkym-6CF ..

In love, light and joy,
I Am of the Stars
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lower chakras, om tare tutare, om tare tuttare, vital body, White Tara, Buddhism, balancing the chakras, null point, chakras, Sri Aurobindo, Hinduism, thought forms, balance, neo-Vedanta, neo-Hinduism,

1. https://www.youtube.com/watch?v=rFEDRXqWczE
2. https://wp.me/p2Rkym-5SJ
3. https://wp.me/p2Rkym-6Cy
4. https://wp.me/p2Rkym-6CF
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1.8.26 White Tara . sung by Alice B. Clagett (2013-08-16 20:31)

Filmed on 16 August 2013; published on 18 October 2019

Dear Ones,

I loved this song as it gave me a peaceful, open heart at a time when I was grieving over the passing of my mother. I think it is a beautiful song to sing every day ...

Link: "White Tara . sung by Alice B. Clagett," by Alice Clagett on Youtube, filmed on 16 August 2013; published on 18 October 2019 ... [1]https://youtu.be/GPHy8p16kdk ..

This song is a little like the White Tara song very beautifully sung by H.H. Penor Rinpoche on the CD "Blessing from H.H. Penor Rinpoche for World Peace," available at [2]www.amazon.com ..

You can hear Khenpo Pema Chopel Rinpoche's singing of this Mantra of White Tara here ...

Link: "Khenpo Pema Chopel Rinpoche The Mantra of White Tara," by Sowelu Flute, 14 June 2016 ... [3]https://www.youtube.com/watch?v=dMhNHJxb PA4 ..

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

See also ... *Link: "White Tara's Mantra of Compassion for Long Life: Om Da Re Dudda Re," referral by Alice B. Clagett, published on 11 July 2013 ... [4]https://wp.me/p2Rkym-66m ..*

.....

[5] 

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White Tara, om tare tuttare, om tare tutare, Buddhism, unconditional love, grief,

1. https://youtu.be/GPHy8p16kdk
2. http://www.amazon.com/
3. https://www.youtube.com/watch?v=dMhNHJxbPA4
4. https://wp.me/p2Rkym-66m
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1.8.27 Settling and Clearing the Basal Chakra . Past Death Experiences . by Alice B. Clagett (2013-08-17 07:35)

Written on 17 August 2013; published on 21 December 2016; revised
Previously titled: Clearing the Basal Chakra . Past Death Experiences

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about settling and clearing the energy of the basal chakra, and about viewing past death experiences with peaceful equanimity ...

VIDEO BY ALICE

https://youtu.be/1t1wKHhGEJ0

SUMMARY OF THE VIDEO

Hello, Everyone, It's Alice.

I did not have a chance to talk to you about the basal chakra, in the last movie, because I am working on balancing all my lower triangle chakras, and the basal chakra is just a little bit different. It does not have a funnel in front of the body, and a funnel behind the body, and a null point right in the middle.

It is kind of like the crown chakra, which has a single funnel that opens up, towards the sky. Similarly, the basal chakra has a single funnel that goes straight down, at the bottom of your torso.

There is also a kind of idiosyncrasy that I have found with the energy of the basal chakra. When I am feeling unsure, or unsafe, what I feel is kind of a ripple of energy that goes up my coccyx ... my tailbone. It is kind of an unsettled energy there.

If you are concentrating ... sitting down might be the best way ... if you are concentrating on the basal chakra, I would try sitting, and singing a holy chant. And see if that energy does not fill in, at the coccyx (at the tailbone), and settle, and allow you to feel maybe even the new chakras that are below the torso ... down towards the center of Mother Earth ... or maybe the first of those 'subpersonal' chakras. But the first thing is to settle the coccyx ... settle the basal chakra. That is what I have on that one.

The basal chakra has to do with survival, fear of death; and security, safety, When we are in the process of clearing it ... as we do when we sit and chant, and concentrate on that area ... we may have a video snapshot of prior death experiences.

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It is kind of like a video, I figure: We have all been born, and died so many times ... a couple hundred, maybe ... that, after the first one, it is a nice video show. So do not be too concerned about that.

That is not *us,* you know. We are like "The Brook" of Alfred Lord Tennyson, that goes on forever. That is who we really are: The Awareness ... the pure Awareness ... the pure love, the pure Light, the pure joy of the Infinite.

No matter what your basal chakra might be telling you when you are clearing it, that is not anything important. Carry on!

Love you very much. Talk to you later.

In love, light and joy,
I Am of the Stars
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karma, Soul wounding, threat energy, yoga, basal chakra, clearing the basal chakra, incarnations, reincarnation, past death experiences, crown chakra, subpersonal chakras, Awareness,

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1.8.28 Faith . from the Bible . comment by Alice B. Clagett (2013-08-19 07:38)

Written and published on 19 August 2013; revised

Dear Ones,

Here’s Hebrews 11:1, 3 (KJV, public domain) on faith ...

1 " Now faith is the substance of things hoped for, the evidence of things not seen...

3 " Through faith we understand that the worlds were framed by the word of God [sound as a tool to sculpt light] , so that things which are seen were not made of things which do appear." (1)

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

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Christianity, Bible, faith, creation, invisible, languages of light and sound, Hebrews 11:1,

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1.8.29 Play Dough . by Alice B. Clagett (2013-08-19 09:20)

Filmed on 19 August 2013; published on 20 August 2013; revised
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "Walking Song," by Alice B. Clagett, Soundtrack and Lyrics
  - Thoughts about Money and the Fifth Dimension
  - Virtual Money and Food Money
  - Fear-Based versus Need-Based Attitudes Toward Money
  - A Blessing: Luck and Plenty

Dear Ones,

This is about feet versus fear, money versus play dough, internet versus reality. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/V5s0tIe4YcM

SUMMARY OF THE VIDEO

Walking Song
by Alice B. Clagett
Soundtrack and Lyrics
19 August 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/feet-money-inte rnet-reality-audio-o.mp3

Walking in the great outdoors,
Something that I really adore,
Wonder where my feet will go ...
Really, really love it so, (x2)

.....

Hi, Everybody! ... Hope your feet can see what my feet can see right now ...

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Image: "*Pastorius Reservoir State Wildlife Area, La Plata County, Colorado*," by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0

Image: "Pastorius Reservoir State Wildlife Area, La Plata County, Colorado," by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0

Oh! What was that? I think I just terrified. So, let us see what I can do here ... [turns camcorder to self] ... Let us get a little more panoramic view here ... No, that will not work.

Thoughts about Money and the Fifth Dimension

I was thinking about money and the fifth dimension, and how hard it is for a lot of people to be making money right now. And I have actually been thinking about the value of money. And it seems to me, when I make money so that I can have a roof over my head, and a kitchen, and a bathroom, and food, it is really different from making money that sits in the bank. You know?

Virtual Money and Food Money

It seems to me like money that sits in the bank is kind of like the internet. It is kind of like an approximation of what is really real. And the money that we put into food, and can taste on our table, is like a different kind of money altogether. [laughs]

So I am in favor of the 'reality show' that really is my reality, and not just the 'reality show' that is on the internet, or in the bank. That is about money ...

Fear-Based versus Need-Based Attitudes Toward Money

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It does not hurt to make money; I think it is great. Or to barter with friends for services. It is great! But the problem is, that we only need so much. And our fears ... You know, they can make us think we need more than we really need. That is what I think.

So what I would like to do, is to get rid of the fear, and just keep what I have, in the way of money. And make what I need, you know? And not worry about the next guy, who thinks he needs more. [laughs] I mean, if he needs more, that is fine. It is just that fear-based needs do not really create safety, I think.

A Blessing: Luck and Plenty

So, I will let you guys go. And I am going to go look at the beautiful lake out here ... see if I can scare up any more coveys of birds, and so forth.

I am thinking about you while I am walking. I am thinking about how lucky I am too. And I hope you are lucky! Talk to you later. May you have everything you need; that is the main thing.

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

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abundance, ambition, money, reality, songs by Alice, walking song, fear, security, blessings, good luck, virtual money, money, songs, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/feet-money-internet-reality-audio-o.mp3
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1.8.30 Deceased Loved Ones and Ascension . by Alice B. Clagett (2013-08-19 13:46)

Filmed on 19 August 2013; published on 20 August 2013; revised
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

What will happen to our deceased loved ones as the Ascension process unfolds? Here are my own notions. You may agree or disagree; it is all ok.

There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/kgpDQL1E3TQ

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I have a little something to say about the astral plane and those of our loved ones who have passed, and our concerns about Ascension and our loved ones. I would just like to say my personal feelings about it. You may feel otherwise, but this is how I feel about it right now.

The astral plane is the fourth dimension, and Earth has already arisen into the fifth dimension. I have asked a lot of people about this; and then I just let my intuition take over. And so here it is ...

The astral plane ... the fourth dimension ... is the plane on which our deceased loved ones seem to be, and the fourth and fifth dimension, are where Earth appears to be right now ... They seem like the fourth and fifth dimension, but in fact they are both the fifth dimension now.

So the people that think they are in heaven or purgatory or hell ... in the fourth dimension ... right now, are not really there. They just think that. Those Souls have infinite creativity, just like we do. I do not think we need to concern ourselves too much about that in future.

I think, if we encounter them, either astrally or telepathically, that what we really need to do, if we say something, is to just refer them to their Guides, who will take them where they need to be; or offer them some inspirational notion ... such as chanting *Om;* or chanting: *God Divine* ... or *You are Infinite Source ... You are Eternal Soul* ... something inspiring ... because

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all they have to do is think it, and their whole reality will change, no matter where they think they are.

It is the same for us too. It is quite an education, here on what looks like three-dimensional Earth, to actually step into our power, and co-create the future.

[sound of a splash] That is a crawdad. I do not know if you heard him. He jumped up in the water, and back down again. [laughs] He is saying goodbye, and I am too. See you later. Bye-bye. [waves]

\In love, light and joy,
I Am of the Stars
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astral plane, co-creation, deceased loved ones, dimensions, 5D, 4D, 3D, afterlife,

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1.8.31 Twin Flame Troubles . by Alice B. Clagett (2013-08-20 10:06)

Written and published on 20 August 2013; revised

- EACH OF US HAS MANY TWIN FLAMES
- PUTTING KARMA CLEARING ON FAST FORWARD

Image: Speckled eggs ... [1]https://previews.123rf.com/images/iofoto - /iofoto0711/iofoto071103848/2190084-Speckled-eggs-in-nest–Stock-Photo.jpg ..

Dear Ones,

EACH OF US HAS MANY TWIN FLAMES

I have an unusual notion about twin flames, otherwise known as Soul mates. I have a feeling that each of us has many twin flames ... certainly in the different dimensions, and quite possibly here on Earth. Hardly linear thinking, right? But my notion of twin flames is that they are folks who are specially 'keyed' to assist us in karmic clearing. 'Keyed' is probably not the right word, as it implies that 'someone' did 'something' to our twin flames to make them suitable. That's not exactly what I mean. Rather, they have had past life experiences that cause their unconscious minds and emotions to react in such a way that they trigger our own unconscious 'speckles.' So then we can get a better grasp of what needs to be cleared from our aura.

PUTTING KARMA CLEARING ON FAST FORWARD

So when I think of twin flames, I think of karma clearing, on fast forward. Not romance. I realize this point of view flies in the face of convention. it may not match your own thoughts on the topic, but that's all ok. My feeling is, many points of view make the world more interesting.

Seems to me that natal families, romantic relationships, housemate groups, and ashram or kibbutz living are other ways to put karma clearing on fast forward. This because our speckles, according to the natural laws of the Universe, attract into our lives that which will clear them.

So, missing the twin flame or Soul mate connection doesn't mean we miss the karma clearing boat. Twin flames are just one of many ways in which our speckles become painfully clear (and consequently, can be consciously cleared).

This blog by Amara Tia Ann may throw some light on twin flame trouble:

Link: "Soul Mate and Twin Flame Reunion – Completing Half Circles or Merging Full Circles?", Amara Tia Ann's 17 August 2013 blog at Pearls of Wisdom ... [2]https://acast.me/2013/08/20/soul-mate-and-twin-flame-reunion-completing- half-circles-or-merging-full-circles/ ..

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Amara Tia Ann, karma clearing, Soul mate, twin flame, sacred sexuality, Soul clearing,

1. https://previews.123rf.com/images/iofoto/iofoto0711/iofoto071103848/2190084-Speckled-eggs-in-nest--Stock-Photo.jpg
2. https://acast.me/2013/08/20/soul-mate-and-twin-flame-reunion-completing-half-circles-or-merging-full-circles/
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1.8.32 Gut Brain Telepathy and the Importance of Consciously Grouping . by Alice B. Clagett * (2013-08-20 16:54)

- VIDEO BY ALICE
- OUTLINE
- SUMMARY OF THE VIDEO
  - Crawdad at Pastorius Reservoir, Colorado
  - Telepathy That Comes from the Throat and Head
  - Discovery of Gut Brain Telepathy
  - Alarming Things that Other People's Gut Brains Talk About Telepathically
  - On Taking Other People's Gut Brain Telepathic Messages with a Grain of Salt
  - How Group Members Exchange Telepathic Messages While Asleep
  - Admonition to Feel Our Hearts and Be Careful Who We Associate With
  - Hoping the Posse Will Not Be Hunting Down the Messenger!
- MORE INFORMATION

Dear Ones,

This video covers a range of topics – ascension, telepathy, the gut brain, characteristics of uncleared lower chakras, anxiety, groups and the effect of the collective unconscious, also known as the unconscious thought cloud of the world. Suggestions to counteract the effect of group gut brain telepathy: Calling on beings from higher planes, visualizing our pranic column (aka the pranic tube, central vertical power current, kundalini, antahkarana, silver cord, silver thread), concentrating on enhancing our own body of light, and consciously grouping.

After the video are an Outline and a Summary; text in green font is not in the video.

VIDEO BY ALICE

https://youtu.be/0PhCYexylYw

OUTLINE

- Telepathy is going global
- There are many kinds of telepathy
  - Telepathy from the throat and head
  - Telepathy from the gut brain - quote Adam Hadhazny
    - Gut brain telepathy is just the gut brain talking, not the conscious mind.

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- This is the telepathic activity of the isolated neurons in the viscera ... the intestines and organs there.
- On the astral plane, gut brain telepathy is associated with the first, second and third chakra ... the area of the body called the Lower Mental Body, the lower triangle or the desire elemental.

* Gut brain telepathic topics are very predictable:
  - First chakra: Survival, fear of death, safety, personal security;
  - Second chakra: Sexuality, animal lust;
  - Third chakra: Forcing one's way in the world, rampant ego ("I am everything! Death to all but me!").

- The gut brains, the unconscious minds, of the people in the groups we belong to are talking to us telepathically all the time. This happens especially at night.

- If the ideas of the people in the groups we belong to are different from our own ideas, then at night we will be inundated with the unconscious telepathic ideas of people in the groups we belong to.

- Thus it falls upon us to carefully choose which groups we wish to align with.

- Also, we must cut the astral cords that bind us to other people and fill our energy bodies with light. No one else can do this for us.

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

Crawdad at Pastorius Reservoir, Colorado

I was getting ready to do a video for you all about groups and astral cords and telepathy. And then I heard a noise in the water down by where I am sitting. And I noticed there is this big crawdad down there ... crayfish ... which ... I do not know whether you can see it or not; the water is a little bit murky ... See it moving along there? ...

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Image: “Crawdad In Pastorius Reservoir Sluice,” by Alice B. Clagett, *20 August 2013*, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Crawdad In Pastorius Reservoir Sluice,” by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

There it goes! It has big claws. And I think it knows I am here, because it has its claws facing toward the sound that I am making here. So, Hello, Mr. Crawdad! ... And I will bet there are a few others down there too.

But so, just to give you a glimpse of what I am looking at, right now, I am getting a good view ...

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Image: “Pastorius Reservoir,” by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Pastorius Reservoir,” by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

And what you are hearing right now is a fisherman. He was out there fishing in there, and right around this way, over here ...

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Image: “Where the Bald Eagle Liked to Circle at Pastorius Reservoir,” by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Where the Bald Eagle Liked to Circle at Pastorius Reservoir,” by Alice B. Clagett, 20 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

... sometimes you will see a bald eagle circling, but it is leery of the people. I have been trying to get a shot of it for you, but it is very leery of people.

So this is the opposite end when where they were fishing [speaking of the place where sitting] ... This is the outlet to the aqueduct, over here; it goes off into the farm country behind me. And I found a place to prop up my camera, which is a big help.

So, I wanted to talk a little bit about groups, as we are going through the Ascension process.

You know, everybody is getting telepathic these days; and that is the truth. And as I have written about a little, apparently there are quite a few different kinds of telepathy. And I am only familiar with the first two kinds, so we will talk a little about that.

Telepathy That Comes from the Throat and Head

There is a kind of telepathy that comes from the throat and the head; and that kind of telepathy has mental ideas in it: It has logic, and reason, and intuition. And it is a nice kind of telepathy, because people are speaking from a kind of a civilized point of view to each other.

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Discovery of Gut Brain Telepathy

Then there is another kind of telepathy. I just read, quite recently, a Scientific American article that was published in 2010 ...

Link: "Think Twice: How the Gut's 'Second Brain' Influences Mood and Well-being," in "Scientific American," 12 February 2010, by Adam Hadhazy ... [1]https://www.scientificamerican.com/article/gut-second-brain/ ..

And it was about the intestines, the gut, and how they are aligned with neurons. And these neurons form brain cells ... and they form what you might call a second brain. And this explains a lot of the experiences I have been having in the last two years.

Alarming Things that Other People's Gut Brains Talk About Telepathically

Because I have been hearing telepathic communications that are not logical; that have to do with the first few chakras ...

- with survival, fear of death, fear for personal security, safety; that is the first chakra in the old system.
- Then problems with sexuality and lust, in an animal sort of way ... Apparently we have these instincts, but our thinking brain keeps a grip on them. But telepathically, like groups of animals, we are transmitting these.
- And then there is a third chakra, and that has to do with forcing one's way in the world, in the bad sense; it has to do with rampant ego, in the bad sense, and just:*I am everything! And if I am not everything, then I will soon be everything! Death to all but me!* ... that kind of thing.

Of course, as the chakras are cleared, it is nothing like that. But right now, in the world today, there is a lot of clearing to do in the lower chakras, if you know what I mean.

On Taking Other People's Gut Brain Telepathic Messages with a Grain of Salt

So, what I have been hearing, is the gut brain of other people talking to me. And for a long time, I did not know it was just the gut brain; I thought I was being threatened. And I thought that other people were sexually attacking me. And I thought, maybe I would die, or maybe somebody would kill me, because I was not *them*, you know? ... a lot of stuff!

And so I would have anxiety sessions, and all kinds of things would come up. And then finally one day, I realized that it was just people's gut talking to me. And from that, I derived an understanding of something interesting, that we might want to consider ...

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How Group Members Exchange Telepathic Messages While Asleep

As we ascend, you know, things are changing a lot. What it is ... it might be because of astral cording ... I do not really know the mechanism ... But the groups that we belong to ... Could be a work group; it might be a spiritual group; it might be the people at the supermarket; it could be a family group ... any group that we feel an affiliation for ... Their gut brain, the gut brain of those that we feel close to, is somehow talking to our gut brain. Believe it or not!

So we want to be careful about our allegiance to groups. Because what I am finding is that groups have set ideas about what our heart should be and do. But we have a duty to our own heart: To feel it, and know it, and act on that, on that heart.

But when we have these gut attachments to other people, all night long ... believe it or not! ... our gut is talking to their gut. And if their ideas are different from ours, we are constantly being inundated by those ideas; to the point where it is hard for us, in our daily lives ...

When we wake up, then we have to wonder where these ideas came from, floating through the Collective Subconscious or the Unconscious Thought Cloud of our dreams, and into our brains. And in the morning, we wake up, and there they are. We do not know from where they came.

Admonition to Feel Our Hearts and Be Careful Who We Associate With

So, it falls upon us to always feel our heart. And to be very careful about who we associate with. And to do our best to cut our psychic cords, and fill our aura with Light.

I hope this was very clear to you. I think that we will all be discovering it on an empirical basis, as time goes on ... or does*not* go on, as the case may be ... because they say there is no Time in the Fifth Dimension. But it seems like there *is* still time, to us, even though the days flip by very quickly now.

And I think that we will all start noticing the effect of groups on us. And so, when you do, I hope you do not freak out like I did. And, know that there is plenty of help available from higher beings, so we can relate to them. Or, we can relate to our own pranic tube ... aka our pranic column, our central vertical power current,

antahkarana, silver cord, silver thread, or column of Light ... instead of relating to the groups.

Hoping the Posse Will Not Be Hunting Down the Messenger!

Now, I do not know about you, but this information fell on my brain with a thud! And I was very attached to various groups. And it took a while to sink in, what was really going on. And so, I hope it does not fall with a thud on your brain. And that you just consider it as a possibility. Maybe it will fit the facts of your own life, and maybe it will not.

And so: Consciously grouping. Carefully grouping. Or maybe not grouping, and just being 'I Am I" ... you know?

Blessings and love. A beautiful day. Love you.

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

Written and published on 20 August 2013; transcribed on 17 July 2018; revised on 25 March 2023
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

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MORE INFORMATION

Link: "Telepathy and the Etheric Vehicle," by Alice Bailey and Djwhal Khul ... [2]https://www.goodreads.com/book/show/1074264.Telepathy _and _Etheric _Vehicle ...
See the following excerpts:

- "III. Three Types of Telepathy: 1. Instinctual Telepathy"
- "III. Three types of Telepathy": The paragraph beginning: *2. In our race ...*
- "Teachings of Telepathy: I. The Field of Telepathic Interplay" ... the paragraph beginning: *The second form ...* Note that the word 'Aryan' is not being used in this excerpt in the typical racial sense. It has to do with naming of the epochs of the souls currently assuming human form. Theosophical writings have more information on this.

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clair senses, grouping, School of Theosophy, Djwhal Khul, chakric clearing, collective unconscious, gut brain, lower chakras, telepathy, clair hearing, unconscious thought cloud of the world, Adam Hadhazy, instinctual telepathy, Alice Bailey, anxiety, astral cords, psychic cords, vital body, desire elemental, Lower Mental Body, pranic tube, pranic column, central vertical power current, kundalini, antahkarana, silver cord, silver thread, crustacea, crawdads, crayfish,

1. https://www.scientificamerican.com/article/gut-second-brain/
2. https://www.goodreads.com/book/show/1074264.Telepathy_and_Etheric_Vehicle
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1.8.33 Shall It Be Panic Attacks Or Fun? . by Alice B. Clagett (2013-08-21 02:50)

Filmed on 21 August 2013; published on 22 August 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video has a couple of suggestions for dealing with anxiety attacks. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/lSVt-TzWXtE

SUMMARY OF THE VIDEO

Hello, Dear Ones,

This is about panic attacks and generalized anxiety disorder. I think, when I get anxious ... even a little bit anxious ... my breathing gets caught up in my throat, and so my guess is that the symptoms of anxiety could be alleviated by doing long, deep breathing, like in yoga. I think that is a first choice.

You know, they sometimes say that one of the reasons people smoke cigarettes is so that they can start long, deep breathing. But I think it is a lot better to just start the breathing, and not worry about the cigarettes.

And the other suggestion I have, has to do with switching from linear thought ... from left-brain thinking, logical thinking ... to some kind of simple, creative, fun endeavor ... like something from childhood. It could be hop scotch. It could be jungle gyms. It could be swinging on a swing. Or it might be coloring, especially with those special little pencils, those colored pencils. You can color a complicated mandala from the internet, or just about anything.

And the thing I have found about that is, it completely cuts off the left brain, and starts me into something that I really love to do, and that is fun. And I forget all about being anxious or upset.

Those are my unconventional solutions. Talk to you later.

In love, light and joy,
I Am of the Stars
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anxiety, anxiety attack, fun, long deep breathing, panic attack, right brain, simple creativity, generalized anxiety disorder, cigarette smoking, nicotine addiction, left brain, logical thought, mastery of mind,

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1.8.34 Three Cameos: Danger . Oh, Good Lord, the Waters of Life . Trouble . by Alice B. Clagett (2013-08-21 06:52)

Filmed on 21 August 2013; published on 22 August 2013; revised
Previously entitled; Danger!

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Danger! . a Story by Alice B. Clagett
  - "Oh, Good Lord, the Waters of Life," a Song by Alice B. Clagett, Soundtrack and Lyrics
  - Trouble! . a Story by Alice B. Clagett

Dear Ones,

Here are three cameos: Danger! ... Oh, Good Lord, the Waters of Life! ... and ... Trouble!

There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Q60EOMBSKXw

SUMMARY OF THE VIDEO

Hello, Dear Ones,

"Danger!"
A Story by Alice B. Clagett
22 August 2013

Here I am at the Los Pinos River. And I'm standing on a rock in the river. And I'm going to pretend that I'm a little branch, floating down the river over there. The title of this video is "Danger!" ... "The Danger of Life!" ... So there I am ... I'm floating down, and I'm looking up ... [pans to sky view]

Oh my goodness, there's storm clouds up there! Now what? What's going to happen? Maybe lightning will strike. Oh my gosh! And I'm floating down. [image of little ripple in the river]

Oh my gosh, it's rapids. Put your feet first, quick! Otherwise you'll hit your head, and Lord knows what will happen! ...

Oh, shoot! Made it, made it! ... It's still not raining ... [pans to bridge over the river]

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What's that? A bridge! Oh my goodness! What's going to happen? Maybe the bridge will collapse! ... [shows island under a foot of the bridge]

Oh my gosh! It's an island dividing the river in two ! Which way will I go? Will I go left, or will I go right?

Maybe I'd better swim for the left side ... That looks bigger. Or maybe the right side ... That looks quieter. Maybe I should just go with the flow!

What about the cars up there [pans to the top of the bridge] ... Maybe they'll knock down the .... Oh, ok, here I go, down the small channel ...

Oh my goodness, on the other side, it's all One! Wow, this is so cool! Everything is all right after all! Thank goodness!

Bye, everybody! See you later! [pans to storm clouds in blue sky] ...

Oh my God, that was a close one!

"Oh, Good Lord, the Waters of Life"
A Song by Alice B. Clagett
Soundtrack and Lyrics
22 August 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2020/09/danger-audio-on ly-2.mp3

Oh good Lord! The waters of life!
Oh good Lord! The trouble and strife!
Should I go this way? Or on this *side?*
In grace and love, we all abide
In grace and love, we all abide

Oh good Lord! The waters of life!
Oh good Lord! The trouble and strife!
Should I go this way? Or on this *side?*
In grace and love, all Souls abide
In grace and love, we go side by side
In grace and love, all Souls abide

"Trouble!"
A Story by Alice B. Clagett
22 August 2013

[standing on rock in river] ... Oh', boy, I'll have to watch my step, I'll tell you!

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[stepping from rock to rock, towards shore] ... Whoooo! ... One, two ... Yikes! ... three ... Grab some vegetation! [grabs branch of bush on the shore]

... four ... Ha hah! ... five ... Yes! Dry land! ... Oh! Praise be!

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

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danger, trouble, Alice’s songs, safety, protection, stories, stories by Alice, 2u3d,

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1.8.35 Death: Swing Low, Sweet Chariot . sung by Alice B. Clagett (2013-08-21 09:46)

Filmed on 21 August 2013; published on 22 August 2013; revised
Location: Bayfield, Colorado, on the trail that starts between 411 and 421 W. North Street, near the Bayfield Town Hall, and runs north to Route 160.

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "Globe of Light Visualization," Channeled by Alice B. Clagett
  - Postscript: A Song about Death
    - "Swing Low, Sweet Chariot," Sung by Alice B. Clagett, Soundtrack and Words

Dear Ones,

This video is about death, reincarnation, Awareness, the Golden Orb Visualization, and the song "Swing Low, Sweet Chariot." After the video is an edited Summary ...

VIDEO BY ALICE

https://youtu.be/FVU6Or1NEFc

SUMMARY OF THE VIDEO

Hi, everyone, it's Alice.

This video is about death. I have a couple of thoughts about death. I might be rained out. I can hear the thunder. I was just walking along, and I found a really good place to sit here. [Shows widening of a quiet stream in a forest setting.] Nice!

Death! I was thinking: Every great minor cycle of humanity takes about 26,000 years. If we have been around for 26,000 years, off and on ... reincarnating and dying and reincarnating ... I think that is about 1,000 times, passing and coming back again, in just one 26,000-year cycle.

And I am wondering why I am not that good at it, considering how much practice I must have had. I was also thinking that, in this Western society, death is kind of like when you have a house, and it is a far piece from the railroad track, but every once in a while you can hear the whistle of the train tooting and the train going by.

When you live there, after the first time or two, just like after the first time we experience death in this lifetime ... say, the death of a pet, or the death of a family member or friend ... in the same way as with that railroad whistle, we stop noticing after awhile, and in the back of our minds, in the subconscious mind, we may hear the whistle and wonder: *Wow, I wonder who is taking off this time! I am not on that train, but one day I will be on it.*

But in our conscious minds we are thinking about work, or dinner ... something else.

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We do not give death a whole lot of thought. And so I had an idea to prepare for death. Fortunately this idea also works to prepare for a happier life; so I thought I would tell you about it. It is what you might call a visualization.

. . . . .

"Globe of Light Visualization"
Channeled by Alice B. Clagett
21 August 2013

About a foot over your head is a globe of golden Light. That is where your 9th chakra (the second of your transpersonal chakras) is, and the hub of the subtle body we call the Soul or *Atma*.

What you do is, you imagine that globe of golden Light a foot over your head; visualize it. And place your Awareness there, a foot over your head.

Then imagine that the golden Light from that globe is flowing down through your physical body, all the way down to the ground, and glowing all around you.

Keep your Awareness up there, about a foot above your head, but feel the Light flowing all around your body, all around your skin, inside your body, all the way to your feet.

If I do that once a day, what I find is that I stopped worrying so much about my physical embodiment, and that I started realizing that my true nature lay in my Awareness; not in my brain, not in my body, but in my Awareness.

My thought is that not only will this help in day-to-day stressful situations, but that the ultimate test is the experience of passing from physical form. When we get near to passing, if we have that tool, that tool of knowing what we really are, then it will not be much of a scary experience ... Do you not think?

It would be more like a float down the stream. It would be more like getting on that train and going to some resort town to take a little vacation, and then come back to the 'hard knocks'. [laughs]

That is it! Love you a lot! Talk to you later.

Postscript: A Song About Death

I was just sitting on those rocks a minute ago, talking ...

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Image: “Wide, Quiet Stream in a Forest, and Rocks by the Shore, Bayfield, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0

Image: “Wide, Quiet Stream in a Forest, and Rocks by the Shore, Bayfield, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0

... and look, now I am not there. I am someplace else. It sure looks beautiful here anyway. I am sitting on the bench, to tell the truth. I thought I would sing you one chorus of a song (1) from my childhood. It goes like this ...

. . . . .

"Swing Low, Sweet Chariot"
Sung by Alice B. Clagett
Soundtrack and Words
21 August 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/swing-low-audio -only1-1.mp3

Swing low, sweet chariot,
Coming for to carry me home. (x6)

I looked over Jordan, and what did I see,

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Coming for to carry me home?
A band of angels, coming after me,
Coming for to carry me home.

Swing low, sweet chariot,
Coming for to carry me home. (x2)



Image: “Bench with Hat on It in a Forest Meadow, Bayfield, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0

Image: “Bench with Hat on It in a Forest Meadow, Bayfield, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0

What *is* home anyway?

. . . . .

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

.....
FOOTNOTE

(1) According to the National Park Service, as of 22 December 2016, "Swing Low, Sweet Chariot" is public domain. See ... [2]https://archive.org/details/SwingLowSweetChariot ..

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.....

[3] 

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death, Golden Orb Visualization, reincarnation, Swing Low Sweet Chariot, Negro spirituals, visualizations, songs, chakras, transpersonal chakras, 9th chakra, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/swing-low-audio-only1-1.mp3
2. https://archive.org/details/SwingLowSweetChariot
3. http://creativecommons.org/licenses/by-sa/4.0/
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1.8.36 Sacred and Mundane and Personal Perfection . by Alice B. Clagett (2013-08-21 14:15)

- VIDEO BY ALICE

- SUMMARY OF THE VIDEO

Dear Ones,

Here is a video about the sacred and the mundane, and about self-criticism and personal perfection. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/qIPeUXgcqXc

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I was just taking a walk by this very old church here [shows small, old, wooden church with a steeple] ... which is real near where I am right now ... and scrub bush all around. I was heading for the little cemetery, and I ran into this outhouse here [shows wooden outhouse] ... which has seen better days. Something of a relic.

I was always interested in exploring these kinds of structures because, in my grandfather's time, that was what was used out in the country: These outhouses. So, I am going to look inside here ... I see that it is a multiple outhouse, with a special facility for a tiny little kid ... which might be very important so they do not fall in. And up on the roof [shows roof with sky peeking through] I see it needs a little work up here. Definitely needs a little work.

Quite an interesting structure. I guess it is an old, frontier structure. Hmmm. And right now I am heading over to the tiny cemetery right here [pans right, to cemetery]. I am going to find a seat, and then I am just going to talk to you for a moment or two.

Oh, my gosh! Look what I found here! Some kind of snake ... See there? ...

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Image: “Colorado garter snake,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Colorado garter snake,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

It is not very big. Heading towards the cemetery. Maybe you could see its head there? Does not look poisonous; that is a lucky thing. Well, so, I am going to head that way, towards the cemetery, too ... Bye, snake!

Well ok, I made it over here to the cemetery, and a fox just went running off. And there is a deer ...

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Image: “Colorado deer,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Colorado deer,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

He is looking my way. Hi, deer! Hello, dude! And look ... there is a blue jay, sitting right ... oh, there he goes ... whoa, nice, huh?

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Image: “Colorado blue jay,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Colorado blue jay,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Blue jay! Hi, dude! Hi, blue jay!

So here is the tiny little church [shows side view of church] and it has a tiny little steeple. It is a one-room church. And to the left of the church is the no-longer-used outhouse, the relic, or antique outhouse. And then, around here to the right [pans right] is the cemetery, what we were just looking at.

And then, if you were to make a complete circuit, you would come to the place where I am sitting. And this is a memorial bench at the cemetery; it looks like a husband and wife. It looks like the wife died in 2003, and her husband passed away 9 years earlier. And then the family must have built this wonderful, stone bench for sitting on, and observing the beauty of nature here, and thinking about our loved ones who are on a different plane from us right now, continuing their lessons.

And so, I am very grateful for this bench. and this day, and these incredible animals that have stopped by to say hi. And I just wanted to talk for a minute about our minds. And how they make distinctions between the Sacred ... like that church ... and the what you might call the Profane, or the ’Mundane’ might be a better word ... like that old outhouse.

It is too bad that we judge things like that ... as Sacred, or as not sacred ... because all

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those things are a part of our lives. And in our personalities, because of the many incarnations that we have had, in a difficult dimension ... a third dimension ... we have Sacred, and we have Profane. And there is no getting around it right now.

The critic in our mind can do quite a number on us, because of the Profane part. It can say, *You! ... that heart, that Soul ... are that outhouse! You are in terrible repair!* And, *You are useless!* And, *You are worthless!* And,*You are bad, and evil, and cruel!* It can say all kinds of things.

But are these things true? No, they are not true! In a way, that outhouse is beautiful. It is an antique of the old frontier days. And it expresses the love of some man, who had a family, for his children. And his care for them; his concern for them ... for their safety and for their comfort. And for his wife.

And it is just as valuable as that church. You know? So I say, Why not be kind to myself? I am not perfect. So what! [laughs] ... And you may feel you are not perfect; but I will bet you are more perfect than you think you are!

So, perfectly beautiful Souls, I wish you a perfectly beautiful day, in God's Light and love and grace. Talk to you later.

Wow, the sun is going down! Wow!



Image: "Self-portrait near sunset, at Florida Mesa, Colorado," by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Self-portrait near sunset, at Florida Mesa, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Well, here is one last shot. I was just getting ready to leave the cemetery, and I saw a partial rainbow, off in the distance ... see there? ...

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Image: “Rainbow at Florida Mesa, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Rainbow at Florida Mesa, Colorado,” by Alice B. Clagett, 21 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

It almost looks like an angel’s breath, or an angel’s presence here. Beautiful! Wow!

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

Written and published on 21 August 2013; revised on 18 July 2018; revised on 25 March 2023

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nature, inner critic, perfection, profane, sacred, self-criticism, self-esteem, self-worth, judgment, pariah, outcast, Florida Mesa, lightworker photos by Alice,

1. http://creativecommons.org/licenses/by-sa/4.0/
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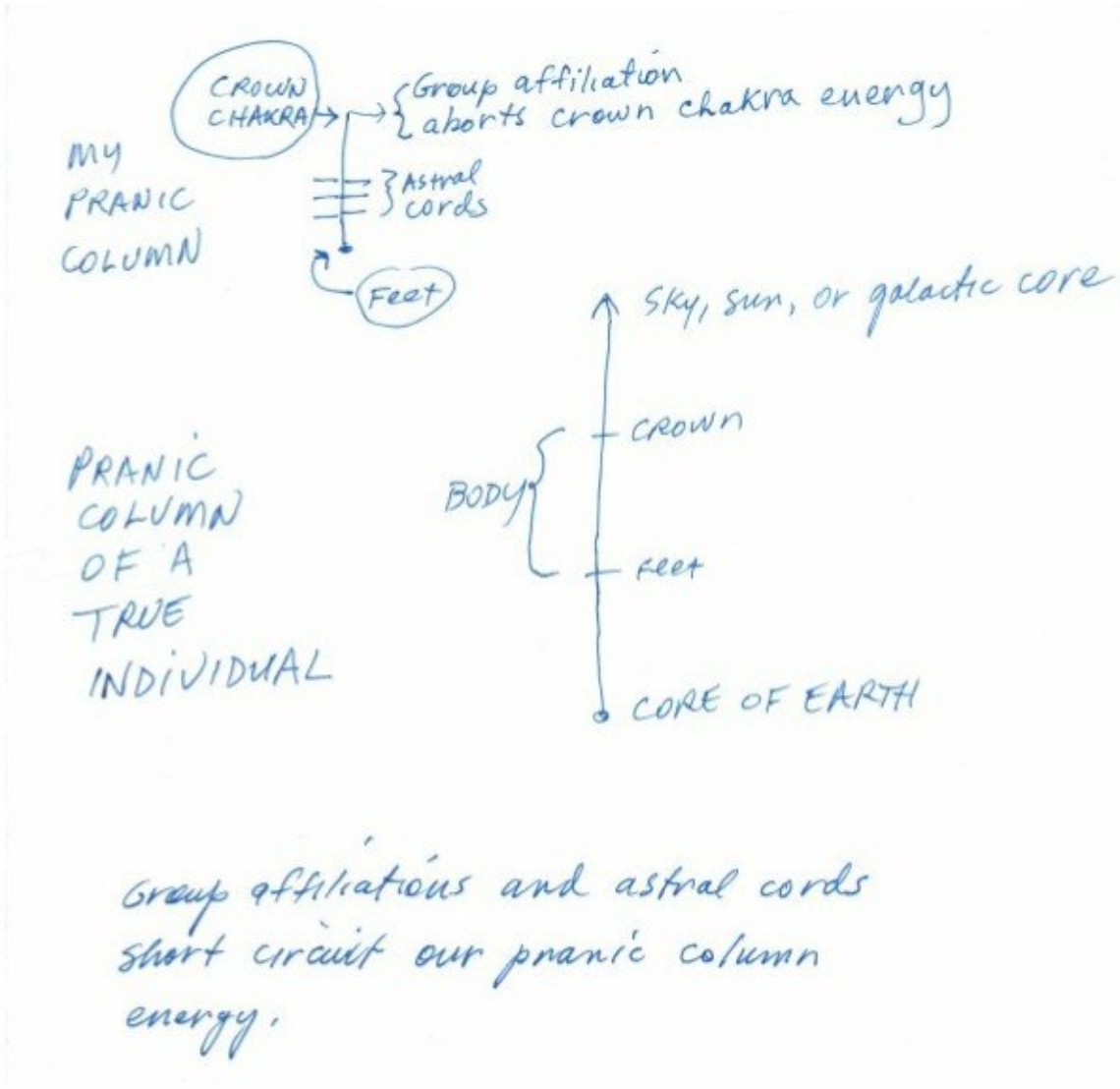
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1.8.37 Effect of Groups and Astral Cords on the Pranic Column . drawing by Alice B. Clagett (2013-08-22 06:56)

Dear Ones,

This is a rough drawing showing how group affiliations short-circuit our pranic column energy (aka the energy of the pranic tube, central vertical power current, kundalini, antahkarana, silver cord, or silver thread) ...

[1]



Drawing: "Group Affiliations and Astral Cords Short-Circuit Our Pranic Column Energy," by Alice B. Clagett, 22 August 2013. CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: There is an arrow pointing upward, labeled 'Pranic Column of a True Individual'. At the bottom of the arrow is a label 'core of Earth'. A little higher is the word 'Feet'. Above that is the word 'Crown'. The part of the arrow between these two is labeled 'Body'. The top of the arrow is labeled 'Sky, sun or galactic core'.

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Above this arrow is another arrow, which is bent 90 degrees near the top. This second arrow is labeled ’My Pranic Column’. The bottom of the bent arrow is labeled ’Feet’. In the middle of the arrow shaft are three sideways bars labeled ’Astral cords’. At the bend of the second arrow is a label ’Crown chakra’. At the bent arrow point is a label ’Group affiliation aborts crown chakra energy’.

Drawing: "Group Affiliations and Astral Cords Short-Circuit Our Pranic Column Energy," by Alice B. Clagett, 22 August 2013. CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: There is an arrow pointing upward, labeled ’Pranic Column of a True Individual’. At the bottom of the arrow is a label ’core of Earth’. A little higher is the word ’Feet’. Above that is the word ’Crown’. The part of the arrow between these two is labeled ’Body’. The top of the arrow is labeled ’Sky, sun or galactic core’.

Above this arrow is another arrow, which is bent 90 degrees near the top. This second arrow is labeled ’My Pranic Column’. The bottom of the bent arrow is labeled ’Feet’. In the middle of the arrow shaft are three sideways bars labeled ’Astral cords’. At the bend of the second arrow is a label ’Crown chakra’. At the bent arrow point is a label ’Group affiliation aborts crown chakra energy’.

. . . . .

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

Written and published on 22 August 2013; revised on 10 March 2023
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grouping, yoga, astral cords, astral cords, Drawings by Alice, pranic tube, pranic column, central vertical power current, kundalini, antahkarana, silver cord, silver thread,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/pranic-column.jpg
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1.8.38 Group Affiliations Tie Members to Consciousness of Leader . drawing by Alice B. Clagett (2013-08-22 07:36)

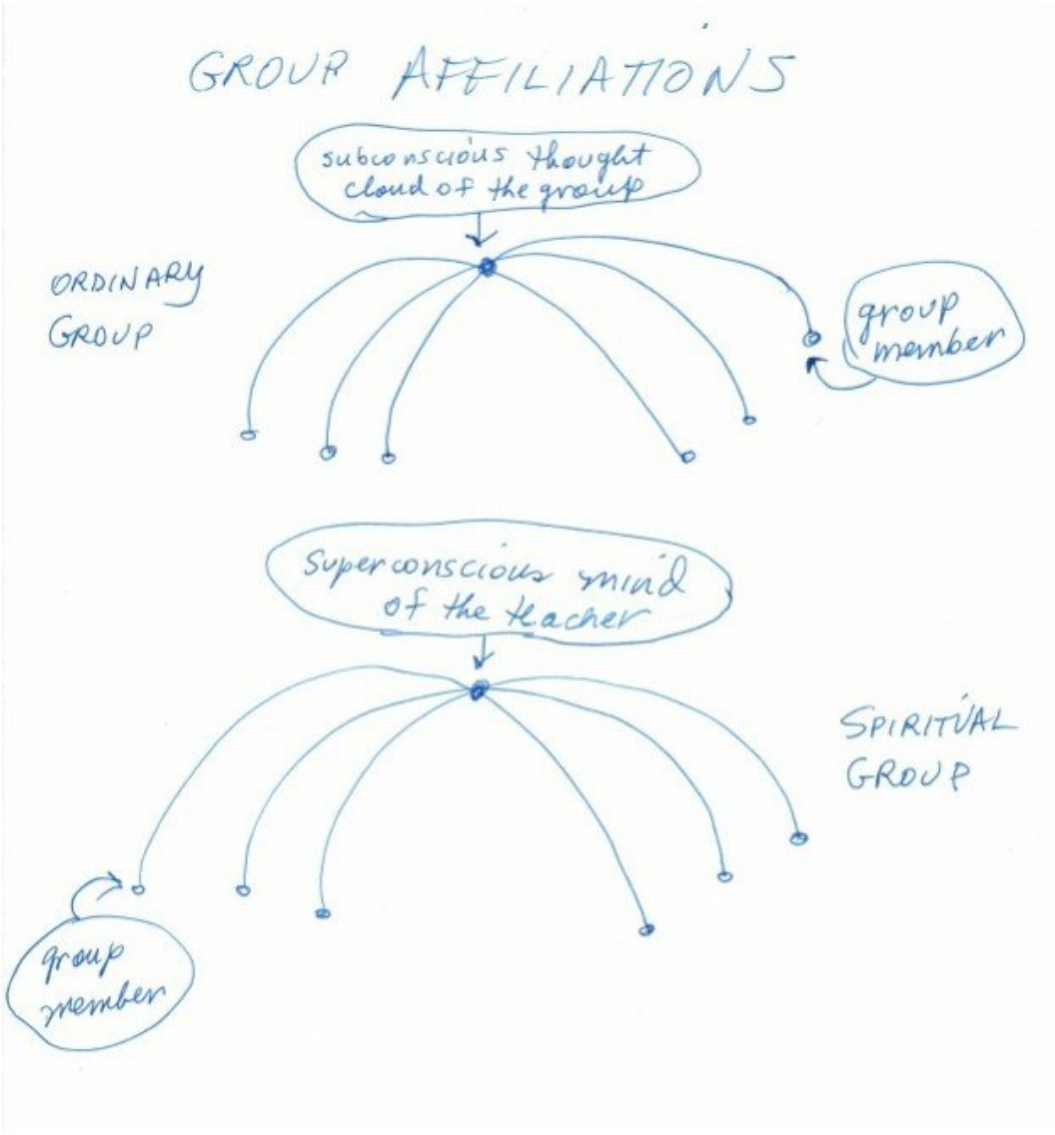
- DRAWING: GROUP AFFILIATIONS: THE TIE-OFF AT THE TOP OF GROUPS
- THE HIGHEST CONSCIOUSNESS OF GROUP MEMBERS DEPENDS ON THE CONSCIOUSNESS OF THE GROUP LEADER

Dear Ones,

Here is a rough sketch about the tie-off at the top of groups ...

DRAWING: GROUP AFFILIATIONS: THE TIE-OFF AT THE TOP OF GROUPS

[1]



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Drawing: "Group Affiliations: The Tie-Off at the Top of Groups," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: At the top of the image is the label 'Group Affiliations'. Beneath that are two umbrella-shaped sketches. The top umbrella is labeled 'Ordinary Group'. It has 6 ribs. One of the ribs is labeled 'group member'. The top notch of the umbrella, that connects the ribs, is labeled 'Subconscious thought cloud of the group'. The bottom umbrella is labeled 'Spiritual Group'. It has 6 ribs. One of the ribs is labeled 'group member'. The top notch of the umbrella, that connects the ribs, is labeled 'Superconscious Mind of the Teacher'.

Drawing: "Group Affiliations: The Tie-Off at the Top of Groups," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: At the top of the image is the label 'Group Affiliations'. Beneath that are two umbrella-shaped sketches. The top umbrella is labeled 'Ordinary Group'. It has 6 ribs.

One of the ribs is labeled 'group member'. The top notch of the umbrella, that connects the ribs, is labeled 'Subconscious thought cloud of the group'.

The bottom umbrella is labeled 'Spiritual Group'. It has 6 ribs. One of the ribs is labeled 'group member'. The top notch of the umbrella, that connects the ribs, is labeled 'Superconscious Mind of the Teacher'.

THE HIGHEST CONSCIOUSNESS OF GROUP MEMBERS DEPENDS ON THE CONSCIOUSNESS OF THE GROUP LEADER

When people are not grouped, their central energy channel (their kundalini) is able to reach straight up to the Central Sun and to Source. However, when they group, there's a tie-off of each person's central energy channel into the group leader's consciousness. Depending on the consciousness of the group leader, this tie-off may carry

- the thought forms of the subconscious thought cloud of the group,
- the [not pictured] conscious thought-forms of the group, or
- the superconscious mind of the teacher.

In love, light and joy,
Alice B. Clagett

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Written and published on 22 August 2013; revised on 10 March 2023

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[2] 

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grouping, collective unconscious, group affiliations, superconscious mind, unconscious thought clouds, thought forms, crown chakra, Source, transpersonal chakras, Drawings by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/group-affiliations.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.39 Me and Earth . by Alice B. Clagett (2013-08-22 07:56)

Dear Ones,

This is a rough drawing of ...

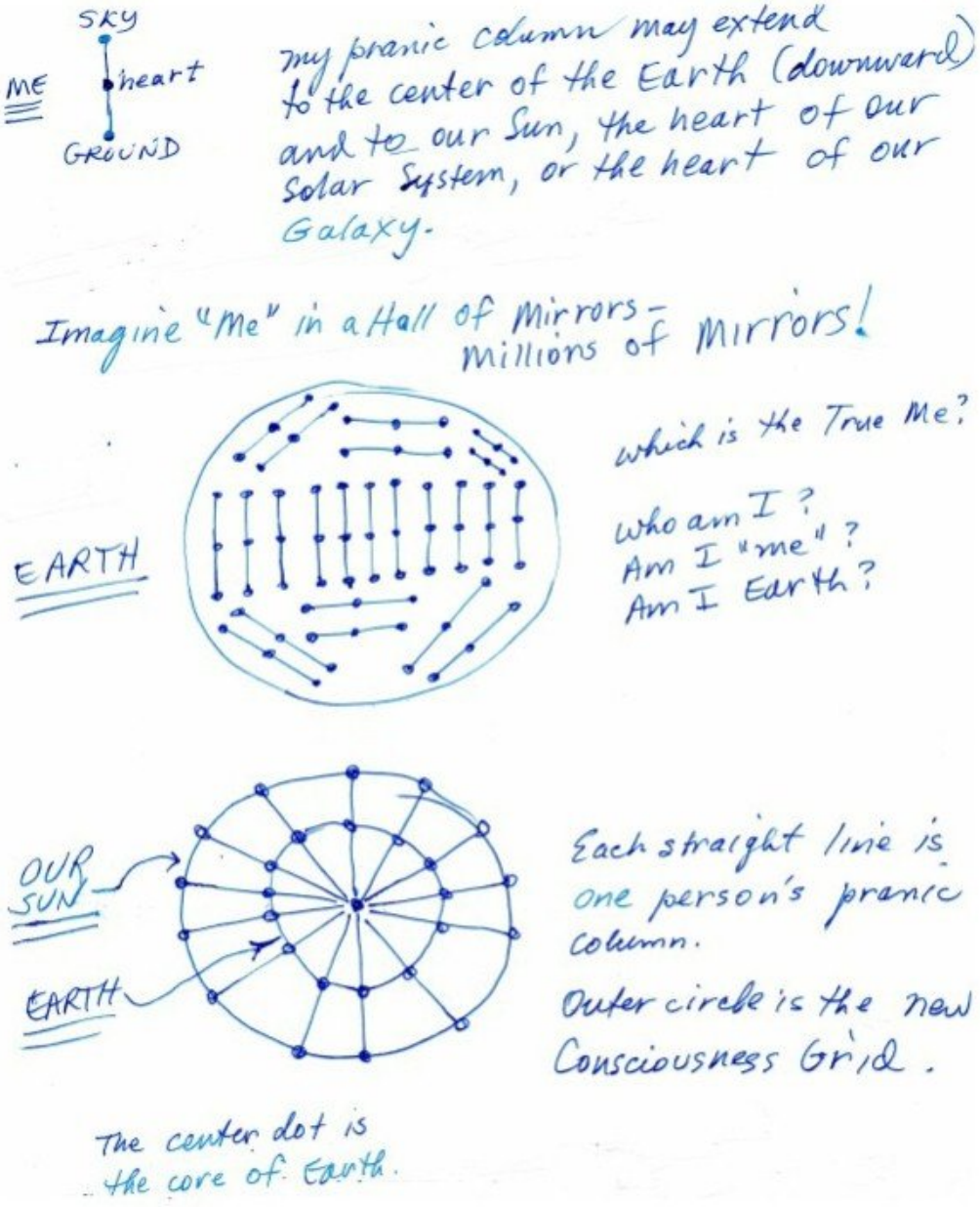
- people’s pranic columns extending from the center of Earth to the the Sun (the heart of our Solar System) or on, to the heart of our Galaxy,

- a hall of mirrors that represents our hologram,

- a picture of Earth ... if you can imagine it backlit against the Sun, with people’s pranic columns grounded in the center of Earth, radiating through her, and on to our Sun ...

[1]

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Drawing: "Pranic Column, Millions of Holograms, and Many People's Pranic Columns Connected from Core of Earth to Our Sun," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: This is a three-part image ... (1) At the top is a vertical line, labeled: 'Me.' The bottom of the line is labeled: 'Ground.' The mid-point of the line is labeled: 'Heart.' The top of the line is labeled: 'Sky.' This part of the image is captioned: "My pranic column may extend from the center of Earth (downward) and to our Sun, the heart of our Solar System, or the heart of our Galaxy." (2) In the middle is a circle labeled: 'Earth.' Inside the circle are 23 lines, each representing a pranic column, as in the top part of the drawing. This part of the image is captioned: "Imagine 'Me' in a Hall of Mirrors – Millions of Mirrors! Which is the true Me? Who am I? Am I 'me'? Am I Earth?" (3) At the bottom are two concentric circles, with a dot in the

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middle, that is connected to 13 spokes radiating out to the outer circle. The outer circle is labeled: 'Our Sun'. The inner circle is labeled 'Earth'. The center dot represents the core of Earth. This part of the image is captioned: "Each straight line [spoke] is one person's pranic column. Outer circle [the Sun] is the new Consciousness Grid." *Drawing: "Pranic Column, Millions of Holograms, and Many People's Pranic Columns Connected from Core of Earth to Our Sun," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

DESCRIPTION: This is a three-part image ... (1) At the top is a vertical line, labeled: 'Me.' The bottom of the line is labeled: 'Ground.' The mid-point of the line is labeled: 'Heart.' The top of the line is labeled: 'Sky.' This part of the image is captioned: "My pranic column may extend from the center of Earth (downward) and to our Sun, the heart of our Solar System, or the heart of our Galaxy."

(2) In the middle is a circle labeled: 'Earth.' Inside the circle are 23 lines, each representing a pranic column, as in the top part of the drawing. This part of the image is captioned: "Imagine 'Me' in a Hall of Mirrors – Millions of Mirrors! Which is the true Me? Who am I? Am I 'me'? Am I Earth?"

(3) At the bottom are two concentric circles, with a dot in the middle, that is connected to 13 spokes radiating out to the outer circle. The outer circle is labeled: 'Our Sun'. The inner circle is labeled 'Earth'. The center dot represents the core of Earth. This part of the image is captioned: "Each straight line [spoke] is one person's pranic column. Outer circle [the Sun] is the new Consciousness Grid."

. . . . .

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

Written and published on 22 August 2013; revised on 10 March 2023
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[2] 

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astrogeophysics, consciousness grid, fractal theory, hall of mirrors, New Earth, pranic column, hologram, Drawings by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/me-n-earth.jpg

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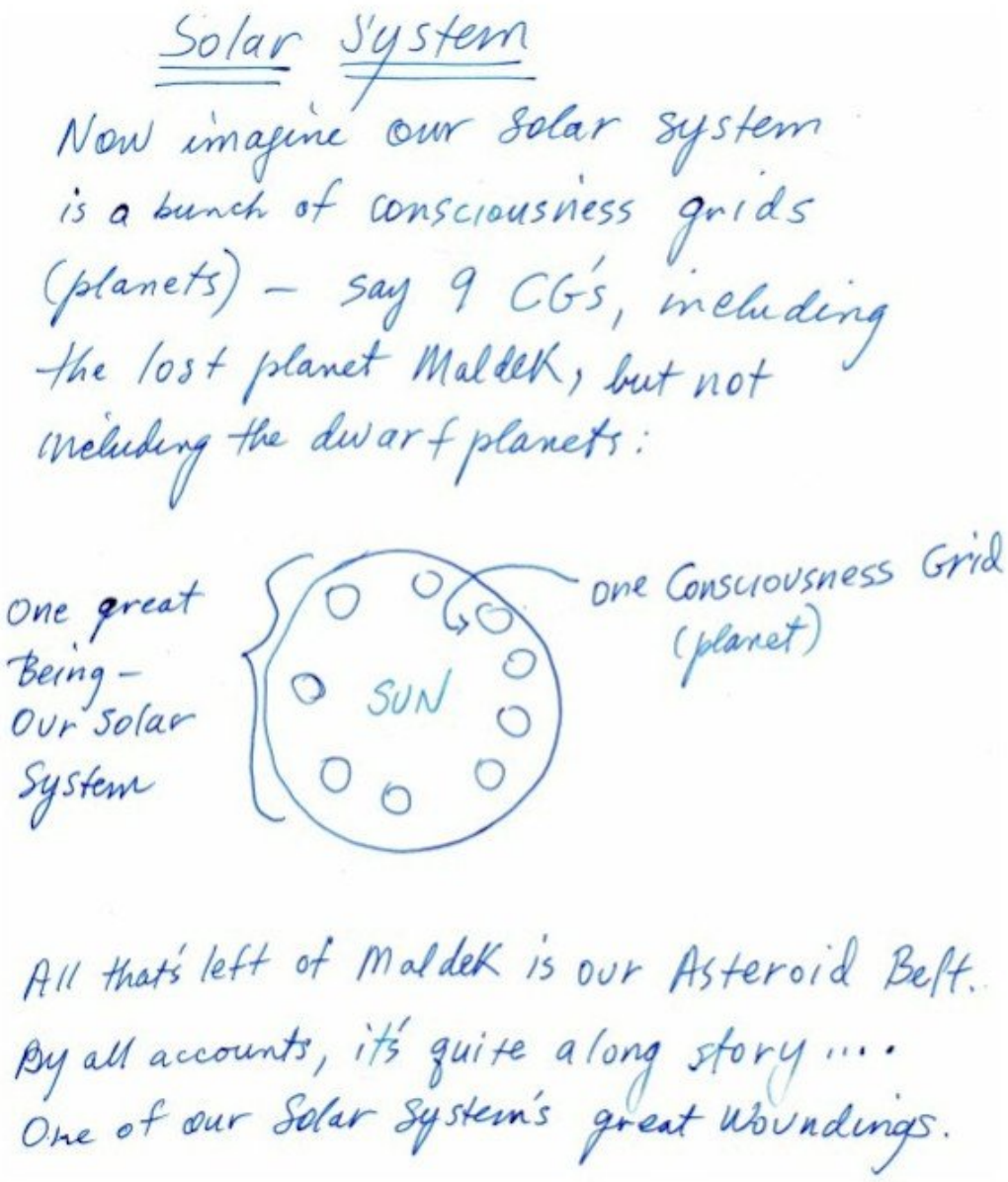
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1.8.40 Our Solar System and the Council of Nine Consciousness Grids . by Alice B. Clagett (2013-08-22 08:09)

Dear Ones,

Here is a rough drawing of our Solar System, showing nine consciousness grids, representing our nine planets (the 'Council of Nine'). The planet Maldek, which is now our Asteroid Belt, is shown as one of these consciousness grids ...

[1]



Drawing: "Solar System, with Nine Planetary Consciousness Grids," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: At the top of the image is the heading:

"Solar System," and these words: "Now imagine our solar system is a bunch of consciousness grids (planets) – say nine consciousness grids, including the lost planet Maldek, but not including the dwarf planets." In the middle of the image is a big circle labeled 'Sun,' with 9 small circles inside it, spaced near the rim of the circle. This circle is labeled: 'One Great Being – Our Solar System.' One of the smaller circles is labeled: 'One Consciousness Grid (planet)'. At the bottom of the image are these words: "All that's left of Maldek is our Asteroid Belt. By all accounts, it's quite a long story .... One of our Solar System's great Woundings." The drawing in the center of the image looks a little like a cell with mitochondria in it, doesn't it?

Drawing: "Solar System, with Nine Planetary Consciousness Grids," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: At the top of the image is the heading: "Solar System," and these words: "Now imagine our solar system is a bunch of consciousness grids (planets) – say nine consciousness grids, including the lost planet Maldek, but not including the dwarf planets."

In the middle of the image is a big circle labeled 'Sun,' with 9 small circles inside it, spaced near the rim of the circle. This circle is labeled: 'One Great Being – Our Solar System.' One of the smaller circles is labeled: 'One Consciousness Grid (planet)'.

At the bottom of the image are these words: "All that's left of Maldek is our Asteroid Belt. By all accounts, it's quite a long story .... One of our Solar System's great Woundings."

The drawing in the center of the image looks a little like a cell with mitochondria in it, doesn't it?

. . . . .

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

Written and published on 22 August 2013; revised on 10 March 2023
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astrogeophysics, consciousness grid, planets, solar system, cells, mitochondria, planets, Maldek, Council of Nine, mitochondria, congruence, Asteroid Belt, Drawings by Alice,

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2. http://creativecommons.org/licenses/by-sa/4.0/
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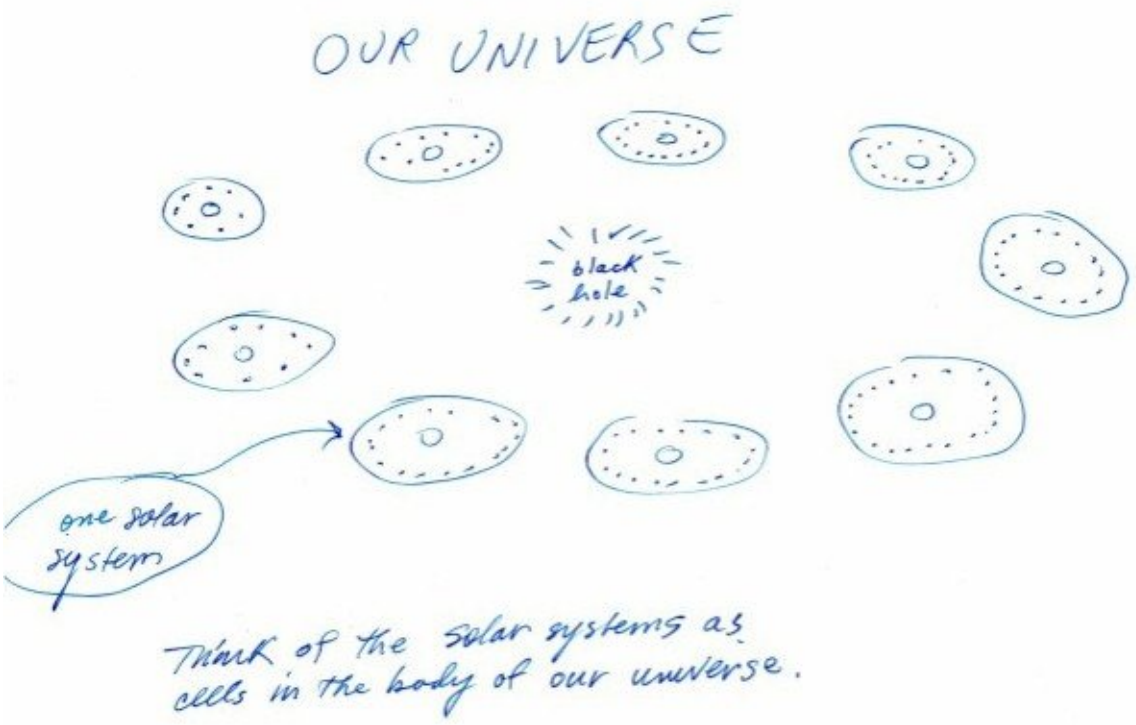
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1.8.41 Our Universe . drawing by Alice B. Clagett (2013-08-22 08:37)

Dear Ones,

Here is a rough drawing of our Universe. Think of the solar systems as cells in the body of our Universe ...

[1]



Drawing: "Our Universe," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: This image shows 9 ellipses, arranged in an elliptical shape, with a starburst circle labeled "black hole" in the center of the elliptical arrangement of 9 ellipses. Each of the ellipses has a small circle in the middle; there are dots inside the large ellipses and close to their edge. One of the large ellipses is labeled: "one solar system." At the bottom of the image is the caption: "Think of the solar systems as cells in the body of our Universe."

Drawing: "Our Universe," by Alice B. Clagett, 22 August 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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DESCRIPTION: This image shows 9 ellipses, arranged in an elliptical shape, with a starburst circle labeled "black hole" in the center of the elliptical arrangement of 9 ellipses.

Each of the ellipses has a small circle in the middle; there are dots inside the large ellipses and close to their edge. One of the large ellipses is labeled: "one solar system."

At the bottom of the image is the caption: "Think of the solar systems as cells in the body of our Universe."

. . . . .

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

Written and published on 22 August 2013; revised on 10 March 2023
.....

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astrogeophysics, universe, solar systems, cells, congruence, Drawings by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/our-universe.jpg
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1.8.42 All Earth Beings Will Ascend as 'Hue-Man'. by GaiaPortal (2013-08-22 14:58)

Written and published on 22 August 2013; revised

Dear Ones,

I gather from today's blog by GaiaPortal (see below) that Planet B is out of the picture. Yay!

Link: "Progress on All Dimensional Levels Has Been Made During the Recent Moments," by GaiaPortal, 22 August 2013 ... [1]http://gaiaportal.wordpress.com/2013/08/22/1469/ ..

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

[2] 

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GaiaPortal, Planet B, alternate realities, dimensions,

1. http://gaiaportal.wordpress.com/2013/08/22/1469/
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1.8.43 Pencils and Other Highly Consternational Things . stories by Alice B. Clagett (2013-08-24 05:22)

Filmed on 24 August 2013; published on 25 August 2013; transcribed on 23 July 2018
Previously titled: Pencils and Other Highly Consternational Things . by Alice B. Clagett
Location: Florida Mesa, Colorado

- VIDEO BY ALICE
- OUTLINE OF THE VIDEO
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  - Pencils! Oh No! Alice's Story of the Consternational Pencil
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  - My Dad's Awful War Story
  - The Measure of Manhood
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Dear Ones,

Here's a video about all kinds of consternational things, including pencils, war, manhood, and womanhood. Also, reprogramming the subconscious mind and vital body when their Rules of Life don't suit us all that well. There is an Outline after the video, followed by an edited Summary of the video ...

VIDEO BY ALICE

https://youtu.be/4ksvnEBP-Is

OUTLINE OF THE VIDEO

- Pencils! Oh no! The Story of the Consternational Pencil
  - Story about my father, who was an architect, his drafting table, and the horrifying story he told me about the dangers of having No. 2 pencils that are sharpened at both ends so as to save time in drafting
- The Rules of Life

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  - How I tried to formulate the Rules of Life and the Laws of the Universe in early childhood

- Sleep Is a Dangerous Thing!
  - How my father's pencil story resulted in this rule:*It's dangerous to fall asleep. Maybe it would be better to stay awake all the time, or I might die!*

- Pencils Are Dangerous!
  - This rule proved to be false in a physical sense (although I found it useful in the context of seeking enlightenment. So then I formulated this rule: *Pencils are dangerous!* This sunk into my subconscious mind permanently. Even today, I prefer pens to pencils.

- Subconscious Conclusions That Do Not Suit Us Well
  - This is an example of how rules that don't fit the facts of life can sink into our subconscious minds and vital bodies and influence us all our lives. So, I'm on a quest to find those rules and change them a little, so that my life becomes more flowing, more in the Now, and more happy. So that it doesn't get stuck in those little childhood traumas.

- An Awful War Story
  - Another story my dad told me during my early years: His awful World War II war story: He was in the CBs, and was in charge of a barge used to haul supplies into the beach at Normandy. Everyone he served with died, over the course of his service, except for himself.
  - Now, in my majority, I wonder how deeply his Soul might have been wounded by this experience; although he was a loving father and a good teacher about life. If the pencil story, which involved just one death, had such an influence on me, I wonder how that terrible wartime catastrophe affected my father's life.
  - What are the consequences of war on the families that veterans go back to? I think it's far more far-reaching than we suppose.

- The Measure of Manhood
  - Amongst young men, there's a great emphasis on size of sexual organs. That not-too-important thing has a tendency to stick in their subconscious minds throughout their lives, because there's such an identification with that act of manhood.
  - It would be easy for me to say it's not that important; but the problem is, for them, it might be super important.

- Reprogramming the Subconscious Mind with Pictures
  - The subconscious mind and the vital body are greatly influenced by pictures. You could talk to it all day long, and that wouldn't make as much difference as just one picture.
  - So I thought, why not … if there's an issue that's coming up in our subconscious mind and our vital body, such as the pencil … or maybe the size of one's sexual organs, if you're a man … why not do an internet search, and get some pictures, and re-evaluate the situation: It could be that most people are pretty much the same. This might have a far greater effect on self-assurance than any other approach.

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  - Because we're not really dealing with the rational mind here. We're trying to reprogram the subconscious mind and the vital body, which are like a little child, no matter how old we get.

- The Measure of Womanhood
  - You could say, about women, that the size of our breasts is a major issue in the society of today. But, there are plenty of supermodels that are small breasted. It's not such a big deal, when you come right down to it.
  - So, for ladies that have an issue about size, you could do something like that: Print out pictures of ladies that are famous and beautiful, who are also small breasted (or large breasted, or whatever the problem is regarding our own self-esteem).

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

Pencils! Oh No! Alice's Story of the Consternational Pencil

Look at this, there is a ray of light coming out of the clouds here. [Shows ray of light coming from dark clouds] ... There are grey clouds all around; and here the Sun is sending its beautiful rays down towards the Earth. It is right pretty.

I thought I would talk for a little while today about pencils and other entirely commotional things. So I will start with pencils ... My father was an architect. And when I was very small ... five or six years old ... I was very interested in what he did, because I liked drawing. And so at night, he would come home with a project that was not finished, and he would be working at his drawing board, in a spare room, finishing up his architectural projects.

And for that, he would use a drafting board. A drafting board is sort of like a table, except that it is set up at an angle, so that it is easy to draw. And you sit up on a high stool, and you do your drafting. And so, I would follow him into this room, and try to interpret the drawings he did ... the architectural drawings.

He had a pencil drawer in the table ... in the easel ... and in it he his pencils for drawing. I was very interested in that drawer also. And so I opened the drawer, and I pulled out a pencil ... a No. 2 pencil that was sharpened at both ends. This was just as a young child.

The reason it was sharpened at both ends was that it would save the architects time. So the pencil would get a little bit worn down, and then they would just flip it around, and use the other side. And then when they went to sharpen it, they would sharpen both sides. So it was twice as fast, or nearly so.

So I picked up this twice-sharpened pencil, and he grabbed it out of my hands. And he told me a story about a young man at the architectural place where my dad worked, who, like my dad, had a family. And this young man had stayed there late one night ... recent to the story, apparently ... and had fallen asleep while drawing. And he slumped over the table, and hit the pencil. And the pencil pierced his heart and killed him, just like that.

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Well, needless to say, I was horrified. My mouth fell open. And I said something like this: *Are you sure he was dead?*

And he did not say anything. He just took the pencil away from me, and started working. And I had plenty of time, in my young childhood imagination, and during that formative time, when I was trying to figure out the Rules of Life, and I was trying to set the example for myself of the rest of my life ... I was making Rules ...

Alice's Story: The Rules of Life

I was thinking about this horrifying experience that my father had shared with me ... Oh, it is going to start raining. Ok, to be continued in a minute. I will talk to you all in just a second. [walks from cemetery to an old, one-room country church, which is locked up, and sits on the small, roofed porch] ...

Well, so this big storm cloud has blown up, and it is, for sure, going to rain in a minute or two. So I am seeking shelter in a little church. And right here on the porch I am hoping to weather the storm. I hope that the rain is not too driving. We will see what happens. Oh, goodness!

So, we were talking about this pencil. And I was formulating plans for my life, because at that age I did not have many plans, and I knew I had to have some. I was trying to figure out the laws of the Universe.

Alice's Story: Sleep is a Dangerous Thing?

So the first thing I thought about this terrible incident, was that, it could be that it was dangerous to fall asleep ... Maybe I had better just stay awake all the time, or I might die ... That proved to be short-lived, and not too practical. [laughs]

Alice's Story: Pencils Are Dangerous!

So then I reformulated the plan, and I decided that the problem was pencils ... Pencils were dangerous! [laughs] And this sunk into my subconscious mind ... my vital body ... at that early, impressionable age. And I have to say that, even today, I do not like pencils. I really do not! ... sharpened or not sharpened! Any kind of pencil, mechanical or regular ... I do not care. I do not care for pencils. And so I do not have any pencils around, to speak of ... lots of pens, but no pencils. [laughs]

Subconscious Conclusions that Do Not Suit Us Well

And so, this is an example of how we can formulate plans or come to conclusions, in early childhood, and through our vital body and subconscious mind ... or all during life, for that matter ... that may not fit the facts, or suit us too well. You know? I mean, pencils are ok, when they are used properly, do you not think?

But I cannot help it: I just do not like pencils. I mean, I could probably work it out, but it is not as important as some other things, right? Right now, it is low priority.

I have to figure that there are a lot of other things that I learned during my childhood ...

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and all during my life ... that are not serving me well. And I am on a quest, right now, to find those things and change them a little bit, so that my life becomes more flowing, more fluid, more 'in the Now', and more happy. So that it does not get stuck in those little, childhood traumas, and in those adulthood traumas.

My Dad's Awful War Story

So that is the first story in the story of the consternational troubles. [laughs] And the second story has to do with another thing that my father told me when I was young.

I was just a few years older. And he had been in World War II ... and apparently had a very traumatic experience there. So he told me about how he was in the Seabees ... That is the the Naval Construction Force (NCF) of the United States Navy. And he had been on one of the barges that they used to haul supplies into Normandy Beach. He was the person that was supposed to be in charge of that barge.

And there were maybe ... I forget how many ... 50 people? ... that were working on the barge, right? And over the course of the Normandy invasion on D-Day, everyone on the boat died but he. (2) And that is all he ever told me about it. But in my majority ... in my adulthood ... I have to wonder how that affected his subconscious mind.

Men are supposed to 'buck up', you know, and see their way through all these sorts of difficulties. But if the pencil incident ... which involved just one death ... had that much of an influence on me, I wonder how that terrible catastrophy in his life affected him.

I have to wonder about the results of war on men, and consequently, on the families that they go back to. I think it is far more far-reaching than we suppose ... And that is consternational incident number 2.

The Measure of Manhood

I thought I would close with a final incident that does not affect me directly in this life-time, as you will soon find out. But I have run across it amongst children, and sometimes adults. And that has to do with manhood amongst men and young boys. I am not sure why it is ... peer pressure, I guess ... but amongst young men there is a great emphasis on size of sexual organs.

And I think that, for youngsters, that not-too-important thing has a tendency to stick in their subconscious minds and their vital bodies, because there is such a role identification with that act of manhood. It would be easy for me to say it is not too important, but the problem is: For them it might be super important.

Reprogramming the Subconscious Mind with Images

So I had a notion that, since the vital body and the subconscious mind are so influenced by pictures and images ... much more so than by words: You could talk to them all day long, and it would not make as much difference as just one picture. So I thought: Why not ... if there is an issue that keeps coming up in our subconscious mind, such as the issue of the pencil ... or maybe it would be the size of one's sexual organs, if you are a man ... Why not just do an internet search, and get a bunch of pictures that show different sizes, and print them out ...

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And you may find that it is not such an issue as you thought. It could be that most people are pretty much the same, you know? But the pictures printed out, and looked at, once a day, for a little while, I think will have a far greater in improving self-assurance, than anything else.

Because we are not really dealing with the rational mind here. We are trying to reprogram the subconscious mind and the vital body, which are like little children. No matter how old we get, that is just what they are like. [laughs] Anyway, those are a few thoughts that I have.

The Measure of Womanhood

You could say the same thing about women. You could say: The size of our breasts, for instance, is kind of major in the society today. But there are plenty of supermodels that are small-breasted. It is not such a big deal, when you come right down to it.

So for ladies that have an issue about size, you could do something like that: Print out a bunch of pictures of ladies who are famous and beautiful, who are small-breasted ... or whatever the problem is, about us. You know? We may find other people ... just pictures of other people that are highly successful and very creative and very happy in the world, who have similar features to us, physically.

Conclusion

And that is it, on the terrible, horrible, consternational problems for today. I am hoping you do not have any. Talk to you later.

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

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FOOTNOTE ON THE SEABEES

(1) *Link: "Seabees," in Wikipedia ... [1]https://en.wikipedia.org/wiki/Seabee* ... See especially the subheading: "Naval Combat Demolition Units: NCDUs – Underwater Demolition Teams: UDT" ... [paragraphing mine. –Alice] ...

"In early May 1943, a two-phase "Naval Demolition Project" was directed by the Chief of Naval Operations 'to meet a present and urgent requirement'. The first phase began at Amphibious Training Base (ATB) Solomons, Maryland with the establishment of Operational Naval Demolition Unit No. 1. Six Officers and eighteen enlisted men reported from NTC Camp Peary dynamiting and demolition school, for a four-week course ... Those Seabees were immediately sent to participate in the invasion of Sicily ...

"Naval Combat Demolition Units (NCDUs) consisted of one officer and five enlisted and were numbered 1–212. After that first group had been trained Lt. Commander Draper Kauffman was selected to Command the program that had been set up in Camp Peary's 'Area E' close to the Seabee Dynamiting and Demolition school. Six classes were graduated from Camp Peary before the program was moved to Fort Pierce ...

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"Another reason for the initial NCDU location being at Camp Peary was that the Joint Army Navy Experimental Testing (JANET) site, for beach obstacle removal Project DM-361, was located at Camp Bradford temporarily late 1942-43. Later, despite the move to Fort Pierce, Camp Peary was Kauffman's manpower source. 'He would go up to Camp Peary's Dynamite School, assemble the (Seabees) in the auditorium and say, 'I need volunteers for hazardous, prolonged and distant duty." ... Fort Pierce had Construction Battalion Unit 1011 assigned to the school. Its job was to construct and maintain the various obstacles needed for the demolitions class to practice their training.

"The men in those first classes referred to themselves as 'Demolitioneers' ... The NCDUs had 34 teams in England for the invasion of Normandy.(all told they suffered 53 percent casualties on Normandy) ...

"While waiting for D-day the NCDUs trained with the 146th, 277th and 299th Combat Engineer Battalions ... Each NCDU had 5 men from a Combat Engineer Battlion attached to the team. In the beginning the first 10 NCDUs were split into 3 groups ...

"The whole thing was a bit ad-hoc as they had no Commanding Officer, but the Senior officer was the leader of group III, Lt Smith (CEC). He served in that capacity unofficially for the entire group ... His group III did a lot of experimental demolitions work and developed the Hagensen Pack ... As more teams arrived a NCDU Command was created for the invasion.

- **"Naval Combat Demolition Force O** was awarded the Presidential Unit Citation (United States) while **Naval Combat Demolition Force U** was awarded a Navy Unit Commendation for Omaha and Utah beaches at Normandy.
- "The NCDUs at Normandy were numbers: 11, 22-30, 41-46, 127-8, 130-42 ..." –from *LInk:* "*Seabees,*" *in Wikipedia ... [2]https://en.wikipedia.org/wiki/Seabee ... CC BY 3.0 Unported*

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[3] 

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manhood, reprogramming the subconscious, vital body, war, womanhood, stories, stories by Alice, subconscious mind, unconscious mind, subconscious symbolism, Seabees, Normandy Beach, story about my father, courage, nobility, fear, PTSD, post-traumatic stress disorder, psychology, psychiatry, behavioral conditioning, image words,

1. https://en.wikipedia.org/wiki/Seabee
2. https://en.wikipedia.org/wiki/Seabee
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.44 How Comic Strips Influence Our Character . by Alice B. Clagett (2013-08-24 07:59)

Filmed on 24 August 2013; published on 25 August 2013; republished on 23 December 2016; transcribed on 23 July 2018
Location: Florida Mesa, Colorado

- VIDEO BY ALICE
- OUTLINE OF THE VIDEO
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about how how our favorite childhood comic strips can influence our adult character. And what to do about it. Or whether we should ... ? An Outline follows the video, and an edited Summary follows that ...

VIDEO BY ALICE

https://youtu.be/h5jL0-hAnwI

OUTLINE OF THE VIDEO

- My favorite comic strip: The Phantom. Some of the qualities that I really admired and followed in my life had to do with that comic strip. For instance, he spent a lot of time alone, in a cave, in a beautiful country setting, with trees, and mountains, and jungles. He had some superpowers, which he used to fight evil.
- If were were to analyze the comic strips that we really like, and then compare them to what we really want in life ... For instance, what are the good things that they provide? What are the things in life that they have, and that we might like to have? What things to we have that we want to avoid? Then maybe we could find a comic strip that better suits our intentions, and reading that would leave an impression on our subconscious minds and our vital bodies.
- For instance, I have an acquaintance who really liked the comic strip "Calvin and Hobbes." Remember how Calvin had an incredible imagination, and used to come up with stories about dinosaurs and other scenarios that weren't really happening, but seemed really real to him? Also, he had an imaginary tiger friend named Hobbes that was protecting his back all the time.
- So Calvin was very creative, very imaginative, very sensitive.
- And he was always looking for somebody in his life who would protect him. Which is fine. But the thing is, if you're missing your Hobbes, and you're expecting your Hobbes, then that causes trouble.

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- So if that's the case, why not always imagine we have an imaginary Hobbes, always standing by us and protecting our back in the world, as was the case with Calvin? This is a juvenile thing, but that's what the vital body is ... It's very juvenile.

- These are my thoughts on comic book searches, and comic book characters, and figuring them out, and maybe changing the list a little.

SUMMARY OF THE VIDEO

So this is about comic strips and character. I have a theory about comic strips that we look at in our childhood, and how they influence our character.

Now personally, my favorite comic strip was "The Phantom" ...

Link: "The Phantom," in Wikipedia ... [1]https://en.wikipedia.org/wiki/The _Phantom ... DESCRIPTION: This is the first of the Sunday comic strips, in which the Phantom swears to destroy cruelty, piracy, and greed, working alone to achieve these ends ... COMMENT: As a child I really loved this. Quite possibly, though, it is a little too dramatic for me today.

You would have a hard time finding "The Phantom" today. But he was a pretty cool superhero in my day. And so, the Phantom ruled my imaginative life during my formative years ... amongst other comic strip characters, you know?

I have to say that some of the qualities that I have really admired and followed in my life, have to do with that. Let us see, what did the phantom do? .... He used to hang out by himself a lot; he had a sidekick or two, but he spent a lot of time alone ... in a cave in the country, amidst beautiful scenery, such as trees and mountains and jungles. So he really liked nature.

And another thing is, he had some superpowers. So he could do things that other people could not do. And one of the things he used to do, was to help people in trouble.

And so, I have to say that those were the things that I admired, and those were the things that I pursued in my life. And I got to thinking that, if we were to analyze the comic book characters that we really liked ... their qualities ... and then compare them to what we really want to get ...

What do they provide? What are the good things that they provide, and what are the bad things? What are the things that we might like to have, that they did not have? And just make a 'left-brain' list: What are the good things that they did not have, that we want to have?

Maybe we could find another comic strip that has those things. And that would really impress our subconscious minds and our vital bodies; because they really love that stuff. [laughs]

I have an acquaintance who really liked "Calvin and Hobbes," right? You know how Calvin had a wonderful imagination, and was always coming up with all these long stories about dinosaurs, and things that were not really happening, but seemed really real to him? And in addition he had a friend ... a tiger ... that protected him; his name was 'Hobbes'. So Hobbes was protecting his back all the time; right?

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Image: Calvin walking on a log over a stream, with Hobbes just behind him ... [2]http://images.fanpop.com/images/image _uploads/Calvin—Hobbes-calvin–26-hobbes-254155 _500 _375.jpg ... COMMENT: Sometimes I imagine Hobbes is right behind me, protecting my back too. Feels great!

So this friend of mine found out that he had been doing the "Calvin and Hobbes" thing for a long time ... So he was very creative, very imaginative, and a very sensitive person; and he was always looking for somebody, in his life, who would protect him. [laughs]

Which is fine, you know? But the thing is, if you are missing your Hobbes, and you are expecting your Hobbes, then that causes trouble. So I think, if we like "Calvin and Hobbes" ... as I did too, you know? ... It is a good idea to always imagine that Hobbes is always 'holding your back' ... standing behind you, protecting you.

And that will help, I think; that helps me to always feel secure and happy in the world. I know it is a juvenile thing, but that is what the vital body is: It is very juvenile.

Good luck on your comic book researches, and your comic book characters, and figuring them out, and maybe changing the list a little. Hope you like that! [laughs]

In love, light and joy,
I Am of the Stars
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Calvin and Hobbes, comic strips, subconscious mind, The Phantom, vital body, programming the subconscious mind, building character, security, protection, sanctuary, psychology, psychiatry, inner child, personality, personality traits, cruelty,

1. https://en.wikipedia.org/wiki/The_Phantom
2. http://images.fanpop.com/images/image_uploads/Calvin---Hobbes-calvin--26-hobbes-254155_500_375.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.8.45 Clearing and Revamping Our Mental-Emotional Images . by Alice B. Clagett (2013-08-24 09:08)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - First Chakra Clearing
  - A Neutral Attitude Towards Brutal Incarnational Memories Helps Soul Clearing
  - Patanjali's Advice: Release of Negative Emotional Habits Through Sacred Words
  - Conclusion
- OUTLINE OF THE VIDEO

Dear Ones,

Here is a video about clearing and revamping our mental-emotional images. After the video is an

edited

Summary, and after that an Outline (which I feel to be not as good as the Summary) ...

VIDEO BY ALICE

https://youtu.be/kF1H _3tArwE

SUMMARY OF THE VIDEO

This video is about clearing the mental body and revamping the mental-emotional images that we have.

First Chakra Clearing

I have noticed lately that I have been doing a lot of clearing, and clearing of the lower triangle, especially the first chakra. The results of this clearing ... or the symptom of this clearing ... are all kinds of very sad, or painful thoughts and emotions, or angry, perhaps, and all kinds of things come up: things that I considered, in the past, I did not even have ... But maybe they are from prior lifetimes? Or maybe deeply buried, in this lifetime, from some single incident, sometime ... here or there? ... are patterns of emotion and thought that I considered to be completely unacceptable.

A Neutral Attitude Towards Brutal Incarnational Memories Helps Soul Clearing

As I clear the lower triangle, especially the first chakra, these patterns come up, and completely horrify me. But the good thing is that they are coming up, because they are leaving; they are clearing. And so, I try to be dispassionate when they come up; I try to feel good about it, you know? In fact, that it is a good thing that is happening; and that Spirit really

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knows the right thing to do for me; and not get involved in the stories that come up, because there are many stories that the mind attaches to these kind of emotions. just rotely ... just out of stream of consciousness, and prior experience.

So, say I remember, from a past lifetime, a time when I had been brutally killed during a war. Right? And I am in the process of releasing that energy stream ... that thread of energy ... and any other people's energies that happen to be a similar resonance, and that are attaching to that.

It will bring up memories: Maybe of past lifetimes when that happened; or maybe of movies that I have seen; or maybe of any moment in my current life when I felt that kind of horrible emotion. I can pay attention to the story, or I can just release the energy, you know? ... and go on. It seems to me much faster to simply pay attention to the energy and not the story.

Patanjali's Advice: Release of Negative Emotional Habits Through Sacred Words

Another technique recommended by Patanjali, the great Indian yogi, (1) is not so much for clearing, but for habitual thought streams ... So, let us say I have a habit of sadness, or anger, or jealousy, or whatever it is; and this keeps triggering ... all the time, triggering. One of the things Patanjali recommended is, coming up with something else to replace that; something positive; something that will allow us to grow more, spiritually, and be more happy.

And so he suggested sacred words: Like chanting 'Om', or singing a Christian hymn, or whatever it is that is uplifting. You know? And eventually, the thought is, the lower triangle will 'divinize' ... It will start *loving* the idea of God, and the concept of the Divine; that it will start *singing* like that, instead of singing 'off-key' ... a little too sharp, a little too flat ... whatever it is that is musically kind of painful to hear, you know?

Conclusion

So that is Patanjali's idea, and that is my idea about Patanjali. And that is my idea about energy rather than stories.

Good luck with your clearing. It is kind of fun. Talk to you later.

OUTLINE OF THE VIDEO

- On clearing and revamping our mental-emotional images or thought forms
- I have been doing a lot of clearing of the first chakra and the lower triangle lately. The symptoms of this clearing have been all kinds of painful thoughts and emotions. Maybe from prior lifetimes, or maybe from some deeply buried traumatic moments in this lifetime, are patterns of thought and emotion that I consider to be completely unacceptable.
- The thing I do, when these patterns come up, is to try to be completely dispassionate. I try to feel good about it; and that Spirit really knows the right thing to do for me.
- The mind attaches many stories to these kinds of emotions, rotely.
- Say I remember from a past lifetime, a time when I was brutally killed during a war or to do with war. (In my case, I have three such memories, from three such lifetimes.) Let's say

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I'm in the process of releasing all that. Then during the clearing of these energy threads, the subconscious will bring up these memories of past lifetimes, or of movies with similar resonance that I've seen, or any moment in my current life when I've felt that kind of horrible emotion.

- I have a choice: I can pay attention to the story, or I can just release the energy. It seems to me important to pay attention to the energy and not the story.
- There is a technique recommended by Patanjali, the great Indian Yogi (1), with regard to habits of thought. Let's say I have a habit of sadness or anger or jealousy ... or whatever it is. This habit keeps triggering all the time. Patanjali recommended coming up with something else to replace that. Something positive. Something that will allow us to grow spiritually and be more happy ... such as chanting *Om* or singing a Christian hymn ... whatever it is that is uplifting.
- Eventually, the thought is, the lower triangle will start loving the idea of God. It will start singing like that, instead of singing off key ... a little too sharp, a little too flat ... whatever it is that's a little painful to hear.
- So there are Patanjali's idea and my idea about working with energy rather than stories.

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

Filmed on 24 August 2013; published on 25 August 2013; transcribed on 23 July 2018
Location: Florida Mesa
Portions of this blog have been revised and excerpted to "My Memories of Other Incarnations."

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FOOTNOTE

(1) *Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California.*

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anger, chakric clearing, clearing karma, divinization, divinization of the body, emotional body, jealousy, mental body, mental stories, Patanjali, releasing negative energy, sadness, thought substitution, habits, thought forms, habits, hymns, chants, mantras, advaita, incarnations,

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1.8.46 Speckles . by Alice B. Clagett (2013-08-24 09:47)

Written and published on 24 August 2013; revised

Dear Ones,

I get the feeling that all of us ... a long time ago ... went and jumped in a mud puddle, and then we sat in the Sun, and the mud dried. And now we are all walking around like that. But nobody notices, because that is 'the look'.

Image: People covered with mud at Boryeong Mud Festival 2018 ... [1]https://www.hlimg.com/images/events/738X538/boryeong.jpg ..

But what would it be like if we were all to just wash that mud off? Then after a while, I'll bet, the unspeckled, beautiful golden aura that is our birthright would be considered *de rigueur*.

Image: A person's golden body of light; a rainbow; and a golden sun ... [2]http://www.vishwaamara.com/wp-content/uploads/2010/11/Light-Body-1.jpg ..

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

[3] 
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.....
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clearing, karmic clearing, light body, Soul wounding, body of light,

1. https://www.hlimg.com/images/events/738X538/boryeong.jpg
2. http://www.vishwaamara.com/wp-content/uploads/2010/11/Light-Body-1.jpg
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1.8.47 Guilt . Ueee, Mama! Hot Potato Pie! . by Alice B. Clagett (2013-08-24 09:53)

Revised; originally published on 24 August 2013

Image: Kitten standing on its back legs in a corner, front paws up. The caption says "Busted! You know what you did!": [1]https://catmacros.files.wordpress - .com/2009/12/busted.jpg?w=720 ..

Dear Ones,

Is feeling guilty a waste of time or what? I could be eating my kitty kibble right this minute!

In love, light and joy,
I Am of the Stars
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chakric clearing, clearing, guilt,

1. https://catmacros.files.wordpress.com/2009/12/busted.jpg?w=720
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1.8.48 Dealing with Others' Suffering . by Alice B. Clagett (2013-08-25 05:13)

Published on 25 August 2013; revised

Dear Ones,

I just went through a near death experience with a telepathic acquaintance of many years. I knew he was in great pain and mental confusion. He thought he was dying. I moped around for an entire day, bursting out in tears now and again.

Then I thought, what can I do, in a physical sense? I do not know who he is, really. (The mind is a *great* liar.) I do not know where he lives, or whether he is in the hospital. I do not really know anything at all about him, except that he is in great pain and mental confusion. So yesterday I spent some time walking the Earth and balancing my aura front and back. And I had a better day.

That night I felt grace pouring into my physical frame, and I asked his guides and angels to crowd round his side. To offer strength and solace and see him through. If he was dying, let their care continue on the other side. And somehow, through their love, I felt the fear and upset in him loosen. Then grace, which had been knocking at his topmost door propped firmly shut by those dark emotions, flooded in, and in, and in. And he recovered.

What if he had passed, I wondered? Would it not have been the same? Loving care to the left and right of him, and above and below.

And what of me? Was not my lesson to let divine grace and love overflow in me, no matter what misery I sense in this duplicitous dimension? And to leave in the competent hands of Spirit the healing that each of us seeks. Enough woe for me. Bring on the light and joy!

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

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grace, suffering, near death experience, telepathy, clair, death, empathy,

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1.8.49 Wibbly Wobbly Reality . by Alice B. Clagett (2013-08-28 04:36)

Filmed and published on 28 August 2013; transcribed on 23 July 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - A Terrible Headline, and Three Ruffians in a Convenience Store
  - Fractal Theory: Do Hearts Around Us Close When Our Heart Closes?
  - Om Chant Soundtrack
- OUTLINE OF THE VIDEO

Dear Ones,

This is about the the fractal nature of reality and synchronicity. I had it all on video, but there was a part in the middle that might be considered copyright infringement by one of my spiritual counsellors, Jeffrey Allen, and so left that part out of the video, altered the transcription so as to avoid the copyright difficulty, and included the altered version as text in green font below.

There is an 'Om' soundtrack at the end. An

edited

Summary follows the video; after that is an

edited

Outline of the video.

VIDEO BY ALICE

https://youtu.be/u7T9UZvRaRA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

A Terrible Headline, and Three Ruffians in a Convenience Store

This is about wibbly wobbly reality. This morning I was driving, and I stopped for donuts at a convenience store. And just as I was walking in, I had a fleeting thought about a headline in the newspaper. It was a terrible headline ... A few days back I had seen a picture about some children that were killed. It was just awful.

So I was walking, and I guess because the newspaper was there near the convenience store, I had this thought about wanton violence. And I walked into the convenience store to get my donuts, and what do you know! The guy that walked in behind me had a 'violent' aura.

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So I was thinking: *Oh, wow! Stay away from that guy!*

And I walked in and looked, and around the tiny convenience store, and at the counter, there were three men who looked like total ruffians! I thought: *What is happening ? I don't know!*

And so, I got back in my car with my donuts, and I was thinking: *What does this mean? I can't figure it out!*

And so I thought I would do another test: I went to another convenience store in the same area, right? I was late, but I went anyway. And I looked around, inside, to see if it was a ruffian area, or what ... And what do you know? There were nice, sweet people in there! [laughs]

Fractal Theory: Do Hearts Around Us Close When Our Heart Closes?

So here is a thought about wibbly wobbly reality. It has to do with some spiritual counselling I got from a man named Jeffrey Allen, who was in Japan at the time when the video was made. You could find him at ...

Link: Jeffrey Allen, Energy Healer and Teacher ... [1]https://www.iamjeffreyallen.com/ ..

Anyway, this thought sort of stems from that and a recent meditation experience. Imagine, wherever you are sitting or standing right now, or whatever you are doing ... all around you in the air ... there are flowers. They are either blooming, open flowers; or they are closed, shut tight; or someplace in between. And the extent to which these flowers all around you are open, depends on you ... on your own heart ... whether it is a flower that is opened up wide; or whether it is like a little flower bud that has not opened up yet; or someplace in between.

So now, imagine you are me, walking into the convenience store. And you have this flashback to a terrible scene where a lot of children unfortunately have been killed. Their sweet little bodies are lying on a sidewalk, waiting to be retrieved by relatives.

And you saw that picture in the newspaper just as you were walking into the convenience store, right? And your heart closes, like a flower bud closed up tight.

Now the characteristics of all these flowers, filling the air all around you ... when your heart is closed, the ones nearest to you close too. Ok?

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When your heart is flooding open, the energy is so strong that, all around you, are flowers wide open ... beautiful flowers, smelling great, everywhere around you in the air, all right? Fractal theory ... but flowers.

So my heart closed; my heart clenched up at that thought. And just at that moment, the heart of the person behind me, who was walking in, closed too. And the hearts of the people who were in the convenience store, simply by proximity, closed.

Now if there is any truth in that, then that is the way we create our reality. And that is the mechanism of synchronicity ... Well, one of them.

[Then follows a chant of 'Om' three times ...]

Om Chant Soundtrack

[2]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/for-om-audio-on ly.mp3

Om (x3)

Talk to you later.

OUTLINE OF THE VIDEO

- Omens at a Convenience Store
  - This morning I stopped at a convenience store. As I was walking in, I had a fleeting view of a headline regarding some children that were killed the day before.
  - The man that walked into the store after me had a violent aura.
  - In front of me, at the counter, were three men who looked like total ruffians.
- I got back in the car with my donuts, and tried to figure out what was going on.
- Then I went to *another* convenience store, just to check out the omens ... and, what do you know, there were nice sweet people in there!?
- A thought on wibbly wobbly reality, as taught me by spiritual counselor Jeffrey Allen, [3]https://www.iamjeffreyallen.com ..
  - Imagine that, all around you in the air, there are flowers. Some are blooming, some are closed tight, and some are in between. The extent to which these flowers are open depends on your own heart.
  - Imagine that you're me, walking into the convenience store, you notice a headline on a newspaper, and you have a flashback to a terrible scene where some children have been killed, and your heart closes, like a flower bud closed up tight.

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  - So, all these flowers and flower buds in the air around you, when your heart is closed, they close up too. And when your heart is open, all the flowers in the air open up too; there's a beautiful scent of flowers in the air...
  - This is fractal theory, and one of the mechanisms of synchronicity.

- Chanting Om three times ...

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

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causality, true reality, fractals, synchronicity, omens, synchronicity, reality, prophecy, chants, blessings, mantras, Hinduism,

1. https://www.iamjeffreyallen.com/
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/08/for-om-audio-only.mp3
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1.8.50 Lost in the Woods . by Alice B. Clagett (2013-08-28 08:14)

Filmed on 28 August 2013; published on 30 August 2013; revised
Location: By the Animas River, in Farmington, New Mexico

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Hansel and Gretel: The Children Who Were Lost in the Woods
  - The Story of Hansel and Gretel Applied to Our Concerns About Ascension
  - What Would You Do If Your Plane Crashed in the Desert? ... Leadership in a Crisis as a Community Effort
- COMMENTS BY ALICE
  - On Our Turning to Divine Love
  - On Letting Go of the 'Clinging' Mind
  - PS: The Story of Hansel and Gretel
- THE STORY OF HANSEL AND GRETEL
- MORE INFORMATION

Dear Ones,

This video is about the value of community and friendship in times of chaos. There is an edited Summary below the video and beneath that are my Comments (which are not in the video) ...

VIDEO BY ALICE

https://youtu.be/5CbB60–PyQ

SUMMARY OF THE VIDEO

Hello, Dear Ones, This is Alice

Hansel and Gretel: The Children Who Were Lost in the Woods

This is about being lost in the woods. And I was just remembering it was a children's story my mom used to read to us when we were little, It was pretty gruesome; it was pretty mind-boggling. And there were pictures!

And so, it was about two little children, a brother and a sister. For some reason, their stepmother did not want them, and they were a woodcutter's children, so they lived out in the forest.

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The stepmother tried to get rid of them. They lived in the forest, right? So they had little pebbles. And the little girl, especially, knew, so she took these little pebbles and used them, one by one, dropping them to mark the trail.

So then the stepmother said: *You stay here tonight!* ... thinking that some wicked, wild animal would come and eat them, right? So already, I was on edge. There was no sleeping at that moment, in case that was a bedtime story. [laughs] ...

So, anyway, the little girl had it right. So she and her brother found their way back home after the wicked stepmother left, right? ... by following these little pebbles. So then, the next time the stepmother knew to check their pockets for pebbles. But she gave them each a little crust of bread to take with them. And she led them back out into the forest.

The little girl left little crumbs all along the path. But the birds came and ate them. And as I recall, the upshoot of the story was, that the two of them just hugged each other through the night, and then slowly, they both died.

Some children's story, huh? I bet you would not find it on the market today! [laughs] ... So but anyway, it was another one of those stories where I would go: *But, are you sure they were dead?* [laughs]

The Story of Hansel and Gretel Applied to Our Concerns About Ascension

Right now, this time when everybody is ascending, and the path before us is not a path that we have taken before, I am reminded of that story in my childhood, and how frightened I was of the idea of being off on my own, in an unknown place, needing to take care of my little brother, and not knowing the way back. And the possible outcome, which was dramatic.

I think there are a lot of people that are feeling like that right now. They are not sure what the path should be, or what the way should be. It seems unsafe, The way seems perilous, and the possibility of death seems really close.

They are not sure how to prepare, because this is all new. This is the place where we've never been. Or, if we *have* been there, we don't remember it.

What Would You Do If Your Plane Crashed in the Desert? ... Leadership in a Crisis as a Community Effect

I was also reminded of a course I took at UCLA (University of California, Los Angeles) years ago, that had to do with survival. There were four or five of us in a work group. They set us all down at a table, and told us to pretend that our plane had gone down in the desert. The question posed to us was: What should we do to survive.

We all had ideas ... tons of ideas about it. My idea was that I should be in charge, and I should lead them to safety ... which makes sense, since I'm an oldest child. [laughs]

When we got finished with the exercise, and had done all the things that we were asked to do, the teacher came round with the answers about what would have been the right thing to do to survive. As it turned out, the thing that was most important was something that was recommended by a person whose opinion I, as the leader, had disregarded.

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That taught me that everybody's ideas, in a situation like that, are very important. It is very important to consider all the possibilities, and not to let the ego take charge. But rather, to bring everybody together into the situation, to help solve that problem.

So for what it is worth, if you feel lost and alone, and you are not sure what to do right now, go and find some other people that are in the same boat, and feel the same way, and see if, together, a number of solutions can be thought of. If one doesn't work, then maybe the next one will. Cooperation, unity, harmony, and so forth ... those things will benefit us better than that 'take charge' attitude.

And forget about the bread crumbs; it doesn't work! See you later. [waves good-bye]

[End of Video]

COMMENTS BY ALICE

On Our Turning to Divine Love

The great turning to the Divine Light of love in all we meet will see humanity through the ascension process. My sense of this 'turning to' is more like a meeting of hearts ... rather than a 'clinging' of minds, which is one of the things uniquely happening in this time of transition.

On Letting Go of the 'Clinging' Mind

This 'clinging' of minds is only a distorted precursor of the New Reality ... in the same way that the mental mind is only a distortion of the heart's reality. Not to say that there is *no* hope for the mind. As we all transform, our minds will also transform – into the new Cosmic Mind.

A great day is coming for mankind! So ... the *letting go* of mental mind clinging. The *coming together* of hearts in Divine love. The *transformation* of the mental mind to the Cosmic Mind. And the *co-creation* of New Earth. What an exciting time to be alive!

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

P.S. It looks like the story I heard in my childhood had a happier ending than I remembered:

THE STORY OF HANSEL AND GRETEL

"Hard by a great forest dwelt a poor wood-cutter with his wife and his two children. The boy was called Hansel and the girl Gretel. He had little to bite and to break, and once when great dearth fell on the land, he could no longer procure even daily bread. Now when he thought over this by night in his bed, and tossed about in his anxiety, he groaned and said

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to his wife: 'What is to become of us? How are we to feed our poor children, when we no longer have anything even for ourselves?' 'I'll tell you what, husband,' answered the woman, 'early tomorrow morning we will take the children out into the forest to where it is the thickest; there we will light a fire for them, and give each of them one more piece of bread, and then we will go to our work and leave them alone. They will not find the way home again, and we shall be rid of them.' 'No, wife,' said the man, 'I will not do that; how can I bear to leave my children alone in the forest?—the wild animals would soon come and tear them to pieces.' 'O, you fool!' said she, 'then we must all four die of hunger, you may as well plane the planks for our coffins,' and she left him no peace until he consented. 'But I feel very sorry for the poor children, all the same,' said the man.

"The two children had also not been able to sleep for hunger, and had heard what their stepmother had said to their father. Gretel wept bitter tears, and said to Hansel: 'Now all is over with us.' 'Be quiet, Gretel,' said Hansel, 'do not distress yourself, I will soon find a way to help us.' And when the old folks had fallen asleep, he got up, put on his little coat, opened the door below, and crept outside. The moon shone brightly, and the white pebbles which lay in front of the house glittered like real silver pennies. Hansel stooped and stuffed the little pocket of his coat with as many as he could get in. Then he went back and said to Gretel: 'Be comforted, dear little sister, and sleep in peace, God will not forsake us,' and he lay down again in his bed. When day dawned, but before the sun had risen, the woman came and awoke the two children, saying: 'Get up, you sluggards! we are going into the forest to fetch wood.' She gave each a little piece of bread, and said: 'There is something for your dinner, but do not eat it up before then, for you will get nothing else.' Gretel took the bread under her apron, as Hansel had the pebbles in his pocket. Then they all set out together on the way to the forest. When they had walked a short time, Hansel stood still and peeped back at the house, and did so again and again. His father said: 'Hansel, what are you looking at there and staying behind for? Pay attention, and do not forget how to use your legs.' 'Ah, father,' said Hansel, 'I am looking at my little white cat, which is sitting up on the roof, and wants to say goodbye to me.' The wife said: 'Fool, that is not your little cat, that is the morning sun which is shining on the chimneys.' Hansel, however, had not been looking back at the cat, but had been constantly throwing one of the white pebble-stones out of his pocket on the road.

"When they had reached the middle of the forest, the father said: 'Now, children, pile up some wood, and I will light a fire that you may not be cold.' Hansel and Gretel gathered brushwood together, as high as a little hill. The brushwood was lighted, and when the flames were burning very high, the woman said: 'Now, children, lay yourselves down by the fire and rest, we will go into the forest and cut some wood. When we have done, we will come back and fetch you away.'

"Hansel and Gretel sat by the fire, and when noon came, each ate a little piece of bread, and as they heard the strokes of the wood-axe they believed that their father was near. It was not the axe, however, but a branch which he had fastened to a withered tree which the wind was blowing backwards and forwards. And as they had been sitting such a long time, their eyes closed with fatigue, and they fell fast asleep...."

Image: Hansel and Gretel sleeping in the woods poster ... [1]http://rlv.zcache.com/hansel _and _gretel _sleeping _in _the _woods _postcard-raa51bd1e6fdf4e07957721c886074471 _vgbaq _8byvr _324.jpg ..

"When at last they awoke, it was already dark night. Gretel began to cry and said: 'How are

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we to get out of the forest now?' But Hansel comforted her and said: 'Just wait a little, until the moon has risen, and then we will soon find the way.' And when the full moon had risen, Hansel took his little sister by the hand, and followed the pebbles which shone like newly-coined silver pieces, and showed them the way.

"They walked the whole night long, and by break of day came once more to their father's house. They knocked at the door, and when the woman opened it and saw that it was Hansel and Gretel, she said: 'You naughty children, why have you slept so long in the forest?—we thought you were never coming back at all!' The father, however, rejoiced, for it had cut him to the heart to leave them behind alone.

"Not long afterwards, there was once more great dearth throughout the land, and the children heard their mother saying at night to their father: 'Everything is eaten again, we have one half loaf left, and that is the end. The children must go, we will take them farther into the wood, so that they will not find their way out again; there is no other means of saving ourselves!' The man's heart was heavy, and he thought: 'It would be better for you to share the last mouthful with your children.' The woman, however, would listen to nothing that he had to say, but scolded and reproached him. He who says A must say B, likewise, and as he had yielded the first time, he had to do so a second time also.

"The children, however, were still awake and had heard the conversation. When the old folks were asleep, Hansel again got up, and wanted to go out and pick up pebbles as he had done before, but the woman had locked the door, and Hansel could not get out. Nevertheless he comforted his little sister, and said: 'Do not cry, Gretel, go to sleep quietly, the good God will help us.'

"Early in the morning came the woman, and took the children out of their beds. Their piece of bread was given to them, but it was still smaller than the time before. On the way into the forest Hansel crumbled his in his pocket, and often stood still and threw a morsel on the ground. 'Hansel, why do you stop and look round?' said the father, 'go on.' 'I am looking back at my little pigeon which is sitting on the roof, and wants to say goodbye to me,' answered Hansel. 'Fool!' said the woman, 'that is not your little pigeon, that is the morning sun that is shining on the chimney.' Hansel, however little by little, threw all the crumbs on the path.

"The woman led the children still deeper into the forest, where they had never in their lives been before. Then a great fire was again made, and the mother said: 'Just sit there, you children, and when you are tired you may sleep a little; we are going into the forest to cut wood, and in the evening when we are done, we will come and fetch you away.' When it was noon, Gretel shared her piece of bread with Hansel, who had scattered his by the way. Then they fell asleep and evening passed, but no one came to the poor children. They did not awake until it was dark night, and Hansel comforted his little sister and said: 'Just wait, Gretel, until the moon rises, and then we shall see the crumbs of bread which I have strewn about, they will show us our way home again.' When the moon came they set out, but they found no crumbs, for the many thousands of birds which fly about in the woods and fields had picked them all up. Hansel said to Gretel: 'We shall soon find the way,' but they did not find it. They walked the whole night and all the next day too from morning till evening, but they did not get out of the forest, and were very hungry, for they had nothing to eat but two or three berries, which grew on the ground. And as they were so weary that their legs would carry them no longer, they lay down beneath a tree and fell asleep.

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"It was now three mornings since they had left their father's house. They began to walk again, but they always came deeper into the forest, and if help did not come soon, they must die of hunger and weariness. When it was mid-day, they saw a beautiful snow-white bird sitting on a bough, which sang so delightfully that they stood still and listened to it. And when its song was over, it spread its wings and flew away before them, and they followed it until they reached a little house, on the roof of which it alighted; and when they approached the little house they saw that it was built of bread and covered with cakes, but that the windows were of clear sugar. 'We will set to work on that,' said Hansel, 'and have a good meal. I will eat a bit of the roof, and you Gretel, can eat some of the window, it will taste sweet.' Hansel reached up above, and broke off a little of the roof to try how it tasted, and Gretel leant against the window and nibbled at the panes. Then a soft voice cried from the parlour:

'Nibble, nibble, gnaw,
who is nibbling at my little house?'

"The children answered:

'The wind, the wind,
The heaven-born wind,'

"and went on eating without disturbing themselves. Hansel, who liked the taste of the roof, tore down a great piece of it, and Gretel pushed out the whole of one round window-pane, sat down, and enjoyed herself with it. Suddenly the door opened, and a woman as old as the hills, who supported herself on crutches, came creeping out. Hansel and Gretel were so terribly frightened that they let fall what they had in their hands. The old woman, however, nodded her head, and said: 'Oh, you dear children, who has brought you here? do come in, and stay with me. No harm shall happen to you.' She took them both by the hand, and led them into her little house. Then good food was set before them, milk and pancakes, with sugar, apples, and nuts. Afterwards two pretty little beds were covered with clean white linen, and Hansel and Gretel lay down in them, and thought they were in heaven.

"The old woman had only pretended to be so kind; she was in reality a wicked witch, who lay in wait for children, and had only built the little house of bread in order to entice them there. When a child fell into her power, she killed it, cooked and ate it, and that was a feast day with her. Witches have red eyes, and cannot see far, but they have a keen scent like the beasts, and are aware when human beings draw near. When Hansel and Gretel came into her neighbourhood, she laughed with malice, and said mockingly: 'I have them, they shall not escape me again!' Early in the morning before the children were awake, she was already up, and when she saw both of them sleeping and looking so pretty, with their plump and rosy cheeks she muttered to herself: 'That will be a dainty mouthful!' Then she seized Hansel with her shrivelled hand, carried him into a little stable, and locked him in behind a grated door. Scream as he might, it would not help him. Then she went to Gretel, shook her till she awoke, and cried: 'Get up, lazy thing, fetch some water, and cook something good for your brother, he is in the stable outside, and is to be made fat. When he is fat, I will eat him.' Gretel began to weep bitterly, but it was all in vain, for she was forced to do what the wicked witch commanded.

"And now the best food was cooked for poor Hansel, but Gretel got nothing but crab-shells. Every morning the woman crept to the little stable, and cried: 'Hansel, stretch out your finger that I may feel if you will soon be fat.' Hansel, however, stretched out a little bone to her, and the old woman, who had dim eyes, could not see it, and thought it was Hansel's finger,

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and was astonished that there was no way of fattening him. When four weeks had gone by, and Hansel still remained thin, she was seized with impatience and would not wait any longer. 'Now, then, Gretel,' she cried to the girl, 'stir yourself, and bring some water. Let Hansel be fat or lean, tomorrow I will kill him, and cook him.' Ah, how the poor little sister did lament when she had to fetch the water, and how her tears did flow down her cheeks! 'Dear God, do help us,' she cried. 'If the wild beasts in the forest had but devoured us, we should at any rate have died together.' 'Just keep your noise to yourself,' said the old woman, 'it won't help you at all.'

"Early in the morning, Gretel had to go out and hang up the cauldron with the water, and light the fire. 'We will bake first,' said the old woman, 'I have already heated the oven, and kneaded the dough.' She pushed poor Gretel out to the oven, from which flames of fire were already darting. 'Creep in,' said the witch, 'and see if it is properly heated, so that we can put the bread in.' And once Gretel was inside, she intended to shut the oven and let her bake in it, and then she would eat her, too. But Gretel saw what she had in mind, and said: 'I do not know how I am to do it; how do I get in?' 'Silly goose,' said the old woman. 'The door is big enough; just look, I can get in myself!' and she crept up and thrust her head into the oven. Then Gretel gave her a push that drove her far into it, and shut the iron door, and fastened the bolt. Oh! then she began to howl quite horribly, but Gretel ran away and the godless witch was miserably burnt to death.

"Gretel, however, ran like lightning to Hansel, opened his little stable, and cried: 'Hansel, we are saved! The old witch is dead!' Then Hansel sprang like a bird from its cage when the door is opened. How they did rejoice and embrace each other, and dance about and kiss each other! And as they had no longer any need to fear her, they went into the witch's house, and in every corner there stood chests full of pearls and jewels. 'These are far better than pebbles!' said Hansel, and thrust into his pockets whatever could be got in, and Gretel said: 'I, too, will take something home with me,' and filled her pinafore full. 'But now we must be off,' said Hansel, 'that we may get out of the witch's forest.'

"When they had walked for two hours, they came to a great stretch of water. 'We cannot cross,' said Hansel, 'I see no foot-plank, and no bridge.' 'And there is also no ferry,' answered Gretel, 'but a white duck is swimming there: if I ask her, she will help us over.' Then she cried:

'Little duck, little duck, dost thou see,
Hansel and Gretel are waiting for thee?
There's never a plank, or bridge in sight,
Take us across on thy back so white.'

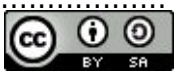
"The duck came to them, and Hansel seated himself on its back, and told his sister to sit by him. 'No,' replied Gretel, 'that will be too heavy for the little duck; she shall take us across, one after the other.' The good little duck did so, and when they were once safely across and had walked for a short time, the forest seemed to be more and more familiar to them, and at length they saw from afar their father's house. Then they began to run, rushed into the parlour, and threw themselves round their father's neck. The man had not known one happy hour since he had left the children in the forest; the woman, however, was dead. Gretel emptied her pinafore until pearls and precious stones ran about the room, and Hansel threw one handful after another out of his pocket to add to them. Then all anxiety was at an end, and they lived together in perfect happiness. My tale is done, there runs a mouse; whosoever catches it, may make himself a big fur cap out of it."

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–from *Link: "Grimms' Fairy Tales," by Jacob Grimm and Wilhelm Grimm. (2008). Urbana, Illinois: Project Gutenberg. Retrieved 30 August 2013, from [2]http://www.gutenberg.org/ebooks/2591 ..*

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MORE INFORMATION

Link: "Lost: A Native American Poem," by Pathwriter ... [3]https://pathwriter.wordpress.com/2012/03/04/lost-native-american/ ..

.....
[4] 

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chaos, faith, stories, community, cosmic mind, Divine Love, New Earth, Hansel and Gretel, fairy tales, co-creation, transformation, stories, death, ego, leadership, co-operation, lost,

1. http://rlv.zcache.com/hansel_and_gretel_sleeping_in_the_woods_postcard-raa51bd1e6fdf4e07957721c886074471_vgbaq_8byvr_324.jpg
2. http://www.gutenberg.org/ebooks/2591
3. https://pathwriter.wordpress.com/2012/03/04/lost-native-american/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.51 Oak Saplings in the Colorado Mountains . photo by Alice B. Clagett (2013-08-28 13:33)

Dear Ones,

Here is a photo of three little saplings and a big pine tree ...

[1]



Image: “Three Little Saplings and a Big Pine Tree,” by Alice B. Clagett, 28 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Three Little Saplings and a Big Pine Tree,” by Alice B. Clagett, 28 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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

Written and published on 28 August 2013; revised on 10 March 2023
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[2] 

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Colorado scenery, nature,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/good-dsc01223.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.52 Aurora . Visit from Archangel Metatron? . by Alice B. Clagett (2013-08-28 13:40)

Written and published on 28 August 2013; revised
Originally titled "Aurora ... Vast Blue Heart? Visit from Archangel Metatron?"

Dear Ones,

It seems to me that the auroras that showed up when Earth's IMF (interplanetary magnetic field tilted to the south on 28 August 2016 (1) are like the Earth-plane archangels in beauty and grandeur. Here is a photograph of the event:

Image: Aurora, by Oskar Pettersson of Luleå, Sweden: [1]https://www.spaceweather.com/images2013 28aug13/vivid _strip.jpg ..

In the above aurora image I sense a similarity to this painting of Archangel Metatron (2):

Image: Archangel Metatron: [2]https://s-media-cache-ak0.pinimg.com/originals/08/e7/88/08e788 876e8bc306b74e72a9983054c4.jpg ..

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

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FOOTNOTES

(1) For more on how an IMF tilt causes auroras, see SpaceWeather, 28 August 2013: [3]https://www.spaceweather.com/archive.php?view=1 &day=28 &month=08 &year=2013 ..

(2) For an Archangel Metatron Attunement and more on Archangel Metatron, see [4]http://www.cityofshamballa.net/events/archangel-metatron-attunement ..

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Archangel Metatron, aurora, interplanetary magnetic field tilt, magnetosphere, Metatron, Northern Lights, solar wind,

1. https://www.spaceweather.com/images2013/28aug13/vivid_strip.jpg
2. https://s-media-cache-ak0.pinimg.com/originals/08/e7/88/08e788876e8bc306b74e72a9983054c4.jpg
3. https://www.spaceweather.com/archive.php?view=1&day=28&month=08&year=2013
4. http://www.cityofshamballa.net/events/archangel-metatron-attunement
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.53 Jin Shin Jyutsu: Fingerholds for Instant Wellbeing . by Alice B. Clagett (2013-08-28 15:29)

Written and published on 28 August 2013; revised

- FINGERHOLD POSITIONS
- EMOTIONAL AND PHYSICAL ISSUES ADDRESSED BY FINGERHOLDS
  - For Worry or Depression
  - For Fear or Self-Criticism
  - For Anger
  - For Sadness
  - For Anxiety
  - To Nourish All the Organs

Dear Ones,

I find that the Jin Shin Jyutsu fingerholds work right well as a way to modulate or heal various emotions and physical issues.

FINGERHOLD POSITIONS

Here are the ways to hold the fingers or palm:

Image: [1]http://mindbodyandsoleonline.com/wp-content/uploads/2013/06/Hol d-Positions.gif ..

Each position is held for a few minutes.

EMOTIONAL AND PHYSICAL ISSUES ADDRESSED BY FINGERHOLDS

Image: Emotions and physical issues that may be addressed by holding various fingers or the palm: [2]http://www.enlightened-consciousness.com/wp-content/uploads/2015/0 2/jsj _hand _whichfinger _crm.jpg ..

For Worry or Depression

Hold the thumb with the fingers of the opposite hand. Then switch to the other thumb and the other hand.

For Fear or Self-Criticism

Hold the index finger.

For Anger

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Hold the middle finger.

For Sadness

Hold the ring finger.

For Anxiety

Hold the little finger.

To Nourish All the Organs

Hold the palm, which is known as the Center of Heaven.

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

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holistic health, jin shin jyutsu, healing, emotions, anger, fear, health, sadness, anxiety, self-criticism, worry, depression,

1. http://mindbodyandsoleonline.com/wp-content/uploads/2013/06/Hold-Positions.gif
2. http://www.enlightened-consciousness.com/wp-content/uploads/2015/02/jsj_hand_whichfinger_crm.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.54 Pedal to the Metal . Chakra Clearing . by Alice B. Clagett (2013-08-28 17:15)

Written and published on 28 August 2013; revised
Location: By the Animas River, in Farmington, New Mexico

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is a story about clearing our chakras through the Incoming Light. There is an automotive analogy as well. An edited Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/ _-0b08r5FBI

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am down by the river. I was driving my car early this morning. I have a story for you about driving a car and the idea of clearing the chakras.

We all have little 'speckles' on our auras. It has to do with accumulation of relative lack of Light in what really is a very strong body of Light. We all have that great, beautiful body of Light. But it is a little obscured by the 'speckles' ... could be other people's energy that is included in our energy like little 'bubbles' ... or sometimes it is something that we think; some trauma that we are holding in ... might be maybe a bigger speckle from some lifetime.

They are all in the process of clearing, because the more Light that comes in, the harder it is for these relative inclusions of non-Light to stick around. Sometimes we want to stay the same. The problem is, the Light coming in makes these little bubbles like 'vacuoles' in the tiny little micro-organism known as the 'paramecium' ...

Image: Vacuoles in a paramecium ... [1]http://sahsrojas.pbworks.com/f/125754488-2/paramecium.gif ..

We have our own little vacuoles in our body of Light that are causing physical and emotional and mental discomfort as the Light increases.

Sometimes our mental mind says to us: *I don't want to change for anything* ... And so it hurts. Then eventually it hurts enough that we are willing to let go, and the little bubbles just float away.

Along those lines, here is your auto or car analogy: Let's say you have a notion that

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there is something wrong. Say you are missing milk, and you need to go to the grocery store. So you get in your car, and you are thinking: *Gosh , maybe I would rather stay home and watch TV* ... or ... *Should I go to the grocery store?*

You have the car started, and you are ready to go, but you have not made up your mind. Your foot is revving the engine up a little bit ... testing it out. And then you say to yourself: No, I'd rather stay home and watch TV.

That is what happens, basically: We rev up our engines, and feel some energetic noise when the solar activity starts, or when there are incoming proton streams. We feel a sound like a revving of engines in us. But if we do not have the intention to 'go to the store' ... if we do not put our foot on the gas pedal ... if we do not have the desire to clear our chakras and to get rid of our 'speckles', then they just settle back down. The engine noise dies down, and we go back to watching TV.

But if we have that desire, we put our foot on the gas pedal ... or we place that oomph behind the unsettled 'speckles' that are rising up in our aura ... and they go flying off into space, never to be seen again.

So you have a choice. You can go watch TV, or you can go to the store and get your milk. It is really a question of desire and intention. It is up to you what you want to do. It is better to make the choice while aware than when not aware, though, do you not think?

It might not be the time to clear 'speckles' or bubbles right now. But know that, at the time when you decide to do it, it is a relatively painless process, compared to grasping them tight, in a place where they do not really belong to be. That is news for the future!

Talk to you later. Bye!

In love, light and joy,
I Am of the Stars
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chakra clearing, incoming light, intention, body of light, speckles, will power, protozoans, protozoa, paramecium,

1. http://sahsrojas.pbworks.com/f/1257544882/paramecium.gif
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.8.55 Samskaras . by Alice B. Clagett (2013-08-28 17:18)

Written and published on 28 August 2013; revised on 23 July 2018
Location: By the Animas River, in Farmington, New Mexico

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - The Cattle in the Front Yard
  - What Are Samskaras?
  - On Attenuation of Samskaras
  - Today's Mass Media Increase the Energy of Our Negative Samskaras
  - On Carousing, and on Avoiding People That Cause Problems in Your Life
  - Using One of My Own Past Life Memories with Swamij's Technique for Attenuating Samskaras
  - Patanjali's Method for Attenuating Samskaras

This is about samskaras, which are mental-emotional habits we carry from lifetime to lifetime. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/4qDTt _WJlD8

SUMMARY OF THE VIDEO

All right, well here it is: goats! [shows goats] ... *Hi, goats!* They are kind of scared of me. *Hi, dudes!* There is one hiding under the tree over there. *Hey!* Aw, it likes me. *Hello, dude! That's it. See you all later. Bye-bye.*

Hello, Dear Ones, It's Alice.

I was driving along the road, and I saw a sign that said, "River Access." So I came down here, to the end of this road over here [shows grassy area] ... and then I saw this sign [shows yellow sign } which is pretty scary, and says, "Emergency Exit Channel for Boaters ... Travel Over Dam Is Very Dangerous, and Could Result in Death."

So then, naturally, I looked for the dam right away. You see these signs a lot in Colorado; apparently, a lot of people take to the water, and then there are these obstructions that could result in death. So let us take a look. [pans to river] ... You have to assume some people actually gave it a try, and then they put up the signs.

Over here [zooms in, to ruffled water] ... I think that is the dam right there. Maybe it is not; maybe it is just heading towards the dam.

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And then, there is this really wide river. [pans across the river] ... Wow! Huge, wide river, right? And a little place to sit here. [shows roughly paved boat ramp] ... So I am going to sit here, and talk for a minute about samskaras.

The Cattle in the Front Yard

So, look what I found [shows cow] ... Is it not beautiful? Some kind of cow ... and a bunch more of them. And they were right here by the river too, Here comes the bull, I think. [shows bull] ... Oh, my goodness! [Speaking to bull:] *Hello! Don't get mad at me!* [panning to cows] ... and lots of friends ...

I was on my way up to sit someplace, [Speaking of bull:] Here he comes! He is after me! ... No, ok, I am safe.

These cattle here are a lot like samskaras; If you can imagine a bunch of cattle in your back yard, or your front yard, say. And every time you walk out of the house to go to the convenience store, or to work, you see these cattle there, right?

[A cow walks up.] *Oh, who is this?*

After a while, you get really used to the cattle in the front yard, and you don't pay any attention to them any more. But they are always there ... they are always popping up. And that's just like samskaras.

So hang on; I am going to find a seat far from the cattle, and we will continue this conversation.

What Are Samskaras?

We were talking about samskaras, and how they are sort of like cows right out front, and we do not pay that much attention to them because they are always there.

The thing about samskaras is, they could be positive or negative tendencies. The ones that we really want to get rid of are the negative samskaras. And they both ... positive and negative ... operate by the same rules.

And that is, if we, in our current lifetime, expose ourselves more, to the energy signature or frequency or resonance of that particular samskara, it grows in energy and the tendency increases for us to act it out in real life.

On Attenuation of Samskaras

So, as far as negative samskaras are concerned, the very first thing to do ... You see the cattle back there? [shows cattle far behind her] ... a sufficient distance away, thank God! Well, they are sort of like attenuated samskaras ... we will get to that in a moment ... because they are far away; they are small, right? They are relatively small; that is the way it is. They are not threatening me right now. I felt a little threatened when they were close by. [laughs wryly]

So anyway, [points to far-away cattle] there they are, the attenuated samskaras back there. [laughs]

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And the way you can attenuate: First you have to identify them. You notice that you are having a certain habit of thought that you don't like:

- It might be impatience.
- It might be just a general negativity.
- It might be self-pity, or low self-esteem.
- It could be a tendency toward anger, toward regret or grief
- These are just some examples; it could be practically anything

And these things are not very helpful in your life. And it seems that they are growing. And maybe, even, you are acting them out in your life, right?

Today's Mass Media Increase the Energy of Our Negative Samskaras

So the thing to do, first of all, is: You realize that tendency is there. And the next thing has to do with attenuation. You can do that in several ways: The first possibility, and the simplest one, might be to realize what things, in your life, are causing those samskaras to increase.

For a lot of people today, and almost invariably, this has to do with visual input, like from television, the movies, the internet. And the reason for that is that many of the images and even many of the words on the internet ... many of the images on television and in the movies ... are negative, and tend to increase the energy of whatever negative samskaras we have.

So first, I would look at my television viewing, say, or what movies I like to watch, when I go out, or what I am really doing on the internet. And change that, so that whatever it is, is not something that makes my negative samskaras stronger.

That is kind of hard to do, because there are very few entertainment options that enhance positive samskaras right now. But it can be done.

- For instance, there is that Spiritual Cinema ... [1]https://www.spiritualcinemacircle.com/ ... option that you have on the internet. And there are documentary films, depending on the type of documentary and so forth:
- There are the Gaia films and documentaries ...

  [2]https://www.gaia.com/

  ..
- I also hear that CuriosityStream ...

  [3]https://curiositystream.com

  ... offers nonfiction documentaries as well as science, technology, nature, and history videos.

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- There are some good, worthwhile movies coming up on Youtube now ... [4]https://www.youtube.com ..

On Carousing, and on Avoiding People That Cause Problems in Your Life

Or let's say you have a tendency to carouse and make merry, right? The problem is, the people that are in that 'carouse and make merry' place where you go, have a tendency towards various behaviors that are life-threatening to you, or dangerous to other people.

And so, the thing to do, if you like to carouse and make merry, is to find a group of people that like to do that, that do not cause those problems for you, in your life. So that is another example of avoiding experiences that make things worse.

Using One of My Own Past Life Memories with Swamij's Technique for Attenuating Samskaras

Then, of course, the next thing, so as to attenuate the samskaras that you have, is to try a visualization ... I think it was recommended by Swami Jnaneshvara Bharati ... [5]https://swamij.com ... but anyway, you can get a lot more information on attenuating samskaras at his website ...

Link: "Uncoloring Your Colored Thoughts Through Yoga," by Swami Jnaneshvara Bharati ... [6]https://swamij.com/klishta-aklishta.htm ..

The way I use this technique is like this ... Suppose, for example, I remember a past lifetime when something really terrible happened. I had a brother that I really loved, and he killed me, brutally over a woman. It was awful! We were two brothers together. And it's a hard one to forget, because of the closeness between us, and because of the total reversal of roles that happened at the moment of death, which can be very traumatic ... although it is not always so.

So I remember that. And I have a tendency, in this lifetime, because of that, not to trust people in a brotherly relationship. It is not true any more, because the tendency has been attenuated. Had that work not been done, it would be true today.

So the way to visualize attenuation, is to imagine that past lifetime death, in all its awful detail, and with all the full emotional response. And then start changing it every time that it comes up. The way I do it is like this:

- Oh, I remember a story like that. I read about it in my childhood. I wish I had never read it; it was really gruesome. But it was just a story. (That is the first thing.)
- And then next time it could be something like: Oh, gee, a friend of mine told me that story a long time ago ... about somebody else that was a stranger to her. What a terrible story. Gosh! (Like that ... farther and farther away from you ... like the cows, right?)
- And so, then, one of the things I like is: Oh, gee! *That* story! I was looking through the library catalog some years ago, and I saw something about a story like that. But I went back, and I looked in the catalog, and Lo and behold! The book is no longer there!

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- So after awhile, the story just loses all of its kick, and all of its ability to influence me during this lifetime.

So that's one of the attenuation techniques.

Patanjali's Method for Attenuating Samskaras

And then there is another technique, and that is to practice the opposite. This is Patanjali's technique ...

Citation: "How to Know God: The Yoga Aphorisms of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, copyright 1953, 1981 by The Vedanta Society of Southern California

Let's say you know the energy signature of the thing you want to avoid. So then, according to Patanjali, you might look at what activities you could add to your life, or increase in your life, that would have the exact opposite effect ... or, at least, a neutralizing effect.

So in the case of distrust, it might be to work in a situation where trust is needed, like eldercare. It could be taking care of children; it could be assisting someone who needs help, in any way; it might be caring for pets... So you're getting yourself into a situation where you can practice trust, you know? (not the opposite).

Well so, that is all I have for you right now about that. And maybe we will get a picture of the goats before this video ends. Wait and see ... [The goats did not cooperate.]

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

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[7] 
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samskaras, incarnations, reincarnation, habits, bad companions, mass media, Patanjali, Swamij, mass media, trust, advaita, acting out,

1. https://www.spiritualcinemacircle.com/
2. https://www.gaia.com/
3. https://curiositystream.com/
4. https://www.youtube.com/

5. https://swamij.com/
6. https://swamij.com/klishta-aklishta.htm
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1.8.56 The Overflowing Beaker . Shelter in Times of Chaos . by Alice B. Clagett (2013-08-30 05:45)

- ANCHORING LIGHT BY OFFERING TO HEAL THE WORLD
- KEEPING YOUR HOME SAFE
  - "Overflowing Beaker Meditation," by Alice B. Clagett

Dear Ones,

ANCHORING LIGHT BY OFFERING TO HEAL THE WORLD

I had a healing from Lightworker Jeffrey Allen ... [1]https://www.iamjeffreyallen.com ... recently. He mentioned something I sort of knew, but he said it in such a way that it really sparked my interest. It was about Light work and healing work in the world today.

Jeffrey Allen said that the best way to heal and anchor Light is to fill our own personal vessels with Divine Light, so much so that the *overflow* of Light from our personal vessel is what we offer as healing for the world. I visualize it like this ...

[Imagine an image of a b eaker full of green liquid and with white smoke piling out of the top and down onto a table]

Here are your friends!

[Imagine an image of three differently sized beakers with different colored fluids in them, steaming over with dry ice mist].

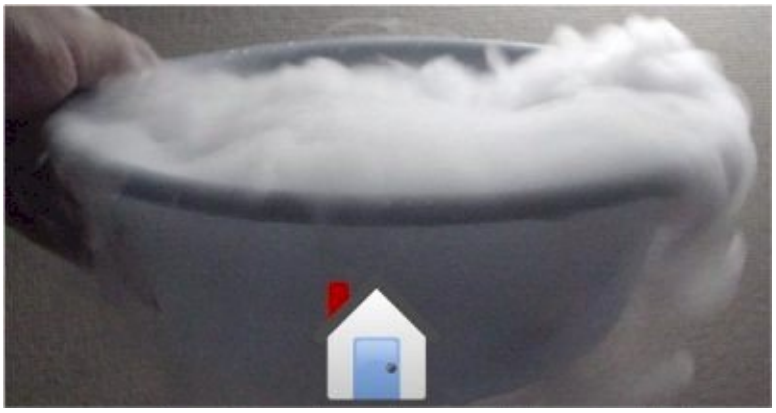
KEEPING YOUR HOME SAFE

Lots of folks feel unsafe during times of chaos such as that we're now experiencing. Shelter, like good food and good medical care, is a primary concern. So I thought of a way to make my home feel safe and full of Divine love. It's a visualization ... a variation on the Overflowing Beaker theme:

"The Overflowing Beaker Meditation"
by Alice B. Clagett
30 August 2013

Imagine that your home is a bowl of Divine love, overflowing with abundance. The love bubbles up over the roof of your home, out over the homes in your neighborhood, greeting each passer-by with a blessing of Light ...

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Composite Image: "Overflowing Beaker Meditation: Imagine that your home is on the bottom of the bowl," adapted and compiled by Alice B. Clagett, 30 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDITS: Image: “Bowl of dry ice, with mist on top [adapted],” by Kim H. Usuke, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Dry _ice _in _water.JPG ... CC BY 3.0 Unported ... and ... Image” Little house Icon,” author barretr, in Open Clip Art Library, public domain. ***Composite Image: "Overflowing Beaker Meditation: Imagine that your home is on the bottom of the bowl," adapted and compiled by Alice B. Clagett,*** *30 August 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDITS: Image: “Bowl of dry ice, with mist on top [adapted],” by Kim H. Usuke, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Dry _ice _in _water.JPG ... CC BY 3.0 Unported ... and ... Image” Little house Icon,” author barretr, in Open Clip Art Library, public domain*

. . . . .

Have a blessed and sacred day! May Divine Love and Abundance manifest in your life *Now!*

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

Written and published on 30 August 2013; revised on 25 March 2023
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chaos, heart clearing, Divine Love, Jeffrey Allen, shelter, visualization, safety, protection, meditations, 2u3d, drawings by Alice,

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1.8.57 Leaders, Followers, Letting Go of Those We Love, and Expanding into the Light . referral by Alice B. Clagett (2013-08-30 07:39)

Written and published on 30 August 2013; revised

Dear Ones,

Here is a great video by Bill Ballard about the difference between being a wayshower and a guru. It also explains about filtering-through into our consciousness of fears and other 'speckles' from others whose light quotient differs from ours, and the need to let go of our connections with them ...

Video: "8-29-13 Bill Ballard Sensing a Calming in the Energies Moving into Wholeness of Self" ... [1]https://www.youtube.com/watch?v=xgkyQ83s LJU ..

I would like to add that this letting go is of immense benefit both to us, and to those we let go of. Letting go is a prerequisite of the ascension process. Not to worry about it, or try to force it, though – it will all happen naturally. Hakuna Matata!

Video: Hakuna Matata (English Version) ... [2]https://www.youtube.com/watch?v=U6vLAa-kylM ..

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

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grouping, letting go, hakuna matata, letting go, Hakuna Matata, Bill Ballard, wayshowers, gurus, samskaras, fears, joy, worry, Bill Ballard,

1. https://www.youtube.com/watch?v=xgkyQ83sLJU
2. https://www.youtube.com/watch?v=U6vLAa-kylM
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1.8.58 Merkaba for Safety . by Alice B. Clagett (2013-08-30 08:29)

Written and published on 30 August 2013; revised

- ON HAVING A MERKABA
- ON SENSING ONE'S MERKABA
- VISUALIZING THE MERKABA

Dear Ones,

ON HAVING A MERKABA

I've been thinking about ways to feel safe in our waking and sleeping life. I mentioned in a previous post I was talking to the healer Jeffrey Allen ... [1]https://www.iamjeffreyallen.com ... last week. One of the many things he said had to deal with my merkaba. He said he was checking out my merkaba, it it looked ok. Just fine.

I said, *You mean I* have *a merkaba?* He said, *Certainly. I can see it clearly.*

ON SENSING ONE'S MERKABA

What a relief! Problem had been, I didn't *feel* my merkaba. So I figured most likely I didn't *have* one yet. This would be something I would have to *build,* probably with a fair amount of *effort* and possibly with a number of false starts, slip ups, tearings down, and rebuildings. Something that would take *time....*

All this mental meandering was, it seems, utter nonsense. I *do* have a merkaba, whether or not I sense it. And so do *you!*

VISUALIZING THE MERKABA

So, to help me visualize ... and feel the protection and safety of ... my merkaba, I've printed one off the internet. I'm going to put one in my living room, and one on the bedroom wall. Here it is, in case the idea appeals to you as well.

Image: Angelic being in a merkaba of blue light. There's a big rainbow of light around its head: [2]https://s-media-cache-ak0.pinimg.com/564x/91/73/22/917322ab6e83b2cf9d326ced62d8c7e0.jpg ..

In love, light and joy,
I Am of the Stars
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merkabah, safety, security, protection, merkaba, Jeffrey Allen,

1. https://www.iamjeffreyallen.com/
2. https://s-media-cache-ak0.pinimg.com/564x/91/73/22/917322ab6e83b2cf9d326ced62d8c7e0.jpg
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1.8.59 Laundry Pipes . by Alice B. Clagett (2013-08-30 09:15)

Filmed on 30 August 2013; published on 29 January 2018
Location: Bayfield, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about how we might conceive of the illusion of moving through space within our holograms. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/4mMlihbbyas

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am here at the laundromat. And I noticed an interesting optical illusion over here. See, there are these pipes that go up from the driers; each drier has a pipe. And I was just waiting for the clothes to dry, and looking at the pipes. And I saw a kind of shimmer in the pipes ... [sooms in.] ... Yeah, there it is. See that shimmer? ...

It is much more obvious to me, not looking in the camera. But you can kind of see that shimmer. And from a distance, when I see those pipes shimmering, it almost looks like they are moving. That is what it looks like to me. It looks like they are moving and changing, morphing.

So then I looked around for the reason for that, and I notice in the ceiling, there are these ceiling fans, And not only that, but there are these lights. So what is happening is, the ceiling fan blades are angled a little bit. And at a certain point, they are hitting the light from the lights in the ceiling.

And then from there, there is a change in the light of the tubes that go up from the driers. So they look like they are shaking and shimmering. But the thing of it is, they are *not* shaking and shimmering. It is just that the Light is changing. See, the Light is changing ... if you look really closely.

So the thing of it is, in our physical form, we are kind of like those pipes leading up from the driers. It looks like we are moving and changing, and all that ... And actually, movement in the world might be explained like that: As a change in Light. Just a change in Light. Not actually physical change.

So that is what I was thinking. Things are not always what they seem to be. We might

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be a spinning merkabah that reflects Light differently. That may be the mechanism of the hologram of 3D reality. Maybe there are different angles of reflection. Or maybe there are moods that color the merkabah.

That is just a thought for you. It is not an explanation. I am wishing you well. Take care!

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

Image: Merkabah ... [1]http://78.media.tumblr.com/39ff29ae45e4d-56e60bcaace053050fd/tumblr _nhruxjzgh01u1wr87o1 _400.jpg ... DESCRIPTION: White silhouette of a person with wings, facing forward. The person is inside a merkabah. Above the person's head is a bright white light inside by a red circle of light. The background of the image is lilac blue.

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[2] 
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merkabah, hologram, reality, movement, illusion, duality, laundry pipes, sacred geometry, human hologram,

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1.8.60 Satanic Imprints and Internet Porn . by Alice B. Clagett * (2013-08-31 08:43)

Written and published on 31 August 2013; revised

- SATANIC IMPRINTS
- ARE SATANIC KEY CODES EMBEDDED IN MASS MEDIA?
  - Might Internet Porn Encode Shadow Patterns in the Vital Body?
  - Does Viewing Violence Encode Shadow Patterns in the Vital Body?
- LIFESTYLE ISSUES THAT MAY ALLOW ENCODING OF SHADOW CODES
- ON FEELING GUILTY ABOUT SHADOW PATTERNS
- ON SEARCHING FOR SHADOW PATTERNS IN ONESELF
- ALICE'S PERILOUS TALES: DARK ATTACKS: HOW SATANIC ENERGY ATTEMPTS TO INTIMIDATE US
- A PLAN FOR FEELING JOY, SO AS TO SHORT-CIRCUIT THE SHADOW CODES

Dear Ones,

I got another visit from that crumb-bun Satanic Energy last night. Fortunately it was no big deal since my merkaba activated with a buzz and a whirrr at the moment of impact. It's a very good thing that I'd been visualizing my merkaba all day long, I'm guessing. But most likely, no coincidence....

SATANIC IMPRINTS

That got me thinking about Satanic imprints. I came up with a theory worth considering. For a long time now, Laura Walker of "Oracle Report ... [1]www.oraclereport.com ... has been talking about how the Dark Forces use the *umph* of certain astrological signs to imprint their agenda on humanity. For that, go to:

Link: "The Oracle Report," by Laura Walker ... [2]http://www.oraclereport.com/ ... Search Archives 2013 for the reports on these dates ...

August 30, 2013 ... paragraph 3, beginning "I must mention ..."
August 31, 2013 ... paragraph 3, beginning "(Note for astrologers: ..."

Laura Walker has also written several free ebooks on the topic: "The Astrology of the Black Moon" and "Eris: Archetype of Shadows, Crisis and Awakening," both available at *[3]http://www.oraclereport.com/ ... Search:* Books

ARE SATANIC KEY CODES EMBEDDED IN MASS MEDIA?

My wild idea is that the key codes for Satanic astrological imprints may be embedded in

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mass media, and that the dark forces might be activated these key codes in folks at strategically favorable astrological moments. Which may result in instantaneous, unpremeditated acts of mayhem ... rape, murder, burglary, arson, and so on ... in other words, a Dark Attack.

Might Internet Porn Encode Shadow Patterns in the Vital Body?

Case in point: Last Sunday our pastor talked about the addiction of many men to internet porn. It was shocking to me to see how many men in the congregation suddenly looked down at the floor. Gosh, there must be a lot of this going on. I hear it's expensive viewing, but I guess it grabs the vital body so strongly that it's super hard to quit.

Well, so, what if addiction to Internet porn encodes Shadow Patterns in the vital body ... the gut brain ... the subconscious mind ... that are astrologically activated, à la Satanic Timing?

Might this then result in 'astral porn' ... aka 'astral rape' energy threads in the noosphere?

Does Viewing Violence Encode Shadow Patterns in the Vital Body?

Other standouts as suspect Shadow Pattern encoders:

- Violent TV shows and movies,
- newspaper headlines that rouse fear,
- pulp fiction that concentrates on violence, and
- billboards that concentrate on lack, fear of death, and degradation of women from childbearer and nurturer to sexual object

LIFESTYLE ISSUES THAT MAY ALLOW ENCODING OF SHADOW CODES

Lifestyle that may possibly nurture and sustain Shadow Patterns once they are keyed into the Gut Brain:

- electric circuits inside houses
- fluorescent lighting
- electronic equipment that is turned on
- life in big cities – smog, traffic jams,
- stress activators such as caffeine and sugar

ON FEELING GUILTY ABOUT SHADOW PATTERNS

Image: Cat with high heels and a guilty look: [4]https://hautecature.files.wordpress.com/2013/01/catshoes.jpg ..

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So, oh my gosh, guilty, *guilty!* I've been up to all that nonsense! I go to the movies! I work in a city! I live in a house! It has electricity! O my gosh, I bought the fluorescent light bulbs because they save money!

ON SEARCHING FOR SHADOW PATTERNS IN ONESELF

Image: Cat looking in mirror and seeing a lion there: [5]http://www.paulcheksblog.com/wp-content/uploads/2011/06/cat-sees- lion-mirror.jpg ..

So maybe I *do* have Shadow Patterns stuck on me somewhere. But, oh gosh, *where*? What to do?

ALICE'S PERILOUS TALES: DARK ATTACKS: HOW SATANIC ENERGY ATTEMPTS TO INTIMIDATE US

So, speaking from personal experience:" A few things that Satanic Energy can do to scare a person:

- It can set off a house alarm.
- It can make your cat act like a bat out of hectorville.
- It can make your chest muscles ache and whisper that it is giving you a heart attack (*but* it can't actually give you a heart attack).
- It can make your bed shake, rattle and roll.
- It can make sheets of heavyweight tinfoil float up and down.
- It can stop your internet from working.
- It can make your phone ring, but no one will be on the other end. No one important, anyway.

What's with the special effects? Are these actually our own ESP abilities, set in play through encoding and activation of Shadow Patterns in our subconscious minds? Could be. Most likely true, in fact. But that's another story.

A PLAN FOR FEELING JOY, SO AS TO SHORT-CIRCUIT THE SHADOW CODES

What's going on here, actually? These are typical attempts to frighten the wits out of you. Why? Because The Shadow 'eats' (thrives on) *fear*. And what gives The Shadow a tummy ache? *Fun!* So no worries... here's what to do:

- Go to the DVD or video section of your thrift store, and buy some used Disney cartoons. Play those when you feel the guy with the big schnoz knocking on your door.
- Now just in case the DVD player stops working, upload a few funny childhood songs to your iTunes player. That'll be backup plan number one.

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- And if the iTunes player won't work, grab your honey, give them a big hug, and tell them how much you love them.
- If you have no honey, get a drink of water, take a folding chair, and go sit outside under the stars and beautiful clouds for a while.
- If it's raining or snowing, just sit up straight and look steadily at a picture of the merkaba. Feel your merkaba energy all around you. Feel the energy of love and light filling in the nooks and crannies where once fear dwelled.

For that is the Divine purpose of Satanic visits ... to allow us to conquer Fear. In this way, little by little, our Light Quotient increases. Life gets to be more fun. We get to be happier. At peace with the world. No longer tempting as a midnight snack to you-know-who.

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

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[6] 

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rambles through the brambles, social issues, internet porn, pornography, Satanic imprints, Satanic key codes, mass media, lack, fear of death, degradation of women, Satan, pornography, viewing violence, mass media, guilt, fear, joy, shadow patterns, psychic heart attack, astral porn, shadow of our personality, Dark Attack, artificial EMF fields, electronic devices, cities of Earth, Alice's perilous tales, shadow codes, Light Quotient, favorites,

1. http://www.oraclereport.com/
2. http://www.oraclereport.com/
3. http://www.oraclereport.com/
4. https://hautecature.files.wordpress.com/2013/01/catshoes.jpg
5. http://www.paulcheksblog.com/wp-content/uploads/2011/06/cat-sees-lion-mirror.jpg
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1.8.61 Saga of Peace and Quiet at Vallecito Lake . by Alice B. Clagett (2013-08-31 16:08)

Filmed on 31 August 2013; published on 2 September 2013; revised
Location: Vallecito Lake, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Nothing much going on here ... just a walk at Vallecito Lake in Colorado. An edited Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/3sEI558luIo

SUMMARY OF THE VIDEO

Wow, so check it out! I am over here by Vallecito Lake, and the wind is up! Look at that! [shows view of lake, through pine trees] ... Maybe you could see a little bit of the lake out there ... Yes, off in the far distance.

And then there is this fallen tree [shows fallen pine tree] ... very cool. Can you hear the wind? And look at this [zooms to a granite rock about 8 inches on one side] ... Is this not pretty? [zooms to pale green lichen on rock] ... See the lichen? Wow!

And if the Light were not glancing off of this rock so much, you could see that the lichen is almost in a complete circle ... Like a fourth dimensional, magical ring on the rock. So, maybe it is a lucky rock. [laughs]

All right, everybody. See you on down the trail. [shows grassy footpath amongst trees] ... So, I was walking a forest path by the lake, And then I got to a clearing here ... you will see it in a moment ... [shows shore and lake] ... See there? That is the lake. Nice, huh?

Lake Vallecito. The water is down. They used a lot of the water for agriculture already, in the farms and ranches around the area. And off in the distance [zooms to roadbed raised up on rocks, at the far end of the lake] ... This is a road. This is how you access the hiking trail. [pans right, to bridge] ... See there? See that bridge?

The road goes along the high embankment there, and there are no guardrails in this part of the woods, so you have to be very careful, what you are doing. [zooms back to the shore view] ... Well, let us see what awaits. [shows tree stumps on shore] ... Gosh, I wonder what happened here? Out along the shoreline, and all along the path here, there are all these tree stumps.

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It looks like something happened, and they ... for some reason ... maybe it was very high water sometime ... I know there has been a drought here for five years, so it was not recent. But somebody came along, and cut down all those trees. There is a story there, huh? Would this be about the 2002 Missionary Ridge fire?

[pans left, to new, metal picnic bench, painted green] ... And look, right over here ... right beside the path ... there is a nice bench; is that not nice?

[pans right, back to footpath] ... Now let us see what is coming up ... [shows view of lake, with billowing storm clouds above it] ... Well, Dear Ones, it is turning into a gale. And $5 or no $5 for an entrance fee, I cannot help noticing those clouds over there. And the wind is coming from there. So I am going to head very quickly back to the car, and see what comes up. Bye!

[shows view out front window, from inside car] ... Well, I ran to the car, and I made it up the incline from the lake up to the road that goes round the lake. I was waiting for a deluge to take place. And then ... what do you know ... Nothing happened! [laughs] ... The wind dies down. Everything is fine. There is a little seed caught up on my rearview mirror here. [shows gossamer white milkweed seed on car rearview mirror] ... And that is the action. See you all later.

[shows view of lake from inside car, farther down the lake rim road] ... Well, first the wind drove the storm clouds over that mountain range over there [the mountains beyond the lake] ... far over that way. And then the wind changed direction, and came towards me. And it drove all those clouds all the way around to *this* side of the lake, where my car is parked.

But it looks now like maybe there will be no rain. But because the clouds were so threatening, and the wind was so high, all the fishermen left the lake and came on up here, and got in their cars, and took off just now.

And that is the saga for today: It is a whole lot of, well, peace and quiet. See you all later.

In love, light and joy,
I Am of the Stars
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Colorado scenery, hiking, Vallecito Lake, nature, sanctuary, protection,

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1.9 September

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1.9.1 Vital Body Will and Personal Integrity . by Alice B. Clagett (2013-09-01 04:21)

Filmed on 1 September 2013; published on 2 September 2013; transcribed on 24 July 2018
Location: By the Animas River, in Farmington, New Mexico

- VIDEO BY ALICE
- OUTLINE OF THE VIDEO
- SUMMARY OF THE VIDEO
  - The Vital Body Likes and Dislikes, The Vital Body Will, and the Process of Uncovering Our Personal Integrity
  - Sri Aurobindo's Definition of the Vital Body
  - The Color Purple
  - That Bully, the Vital Body
  - Negative Thoughts
  - Consternation and Capitulation
  - The Vital Body Will
  - Alice's Perilous Tales: Roaming, Negative, Unconscious Vital Body Will
  - Alice's Perilous Tales: Visualizing the Merkaba
  - Alice's Perilous Tales: Wall of Energy Formed that Opposed the Threat of Invading Energy
  - Integrity, and Facing Vital Body Likes and Dislikes
  - Spiritual Vital Body Blinders
  - The Desire for Sex
  - The Victim-Aggressor Paradigm
  - Threat Energy, Victimization, Controllers
  - Lust, Anger, Greed, Pride and Attachment
  - Jealousy, Anger, Hatred
  - The Vital Body Will
    - Alice's Perilous Tales: Poltergeist Experiences
  - When the Mental Mind and the Gut Brain Do Not Agree
  - When I Pay Attention to My Vital Body, It Seems That the Wisdom of the Universe Comes to Me
  - A Sense of Body Integrity Creates Personal Power
- MORE INFORMATION

Dear Ones,

This video is about the vital body likes and dislikes, the vital body will, and how honoring these can lead us into personal integrity and personal power. It also offers a new

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perspective on the victim-aggressor paradigm, threat energy, and controllers. An Outline follows the video, and after that there is an edited Summary ...

VIDEO BY ALICE

https://youtu.be/u41ffd2Hhl4

OUTLINE OF THE VIDEO

- The vital body, according to Sri Aurobindo, is our torso, from the neck down to, and including, the sexual chakra.
- Then there is what he calls the 'physical body chakra', known elsewhere as the basal chakra.
- I've noticed that my vital body decisions are very spontaneous (not thought out). For instance, I like purple. The minute I see purple, I like it. It's not a question of thinking it through.
- In fact, automatic likes and dislikes underlie most of our choices in life. Sometimes these vital body choices take me someplace I don't want to go ... such as to the ice cream store, even though my thinking mind strongly objects. So, the vital body is quite a bully!
- Consternation and C\capitulation: When my mental body takes over, and decides to, say, work on paperwork, and I don't take the likes and dislikes of my vital body into consideration, then all kinds of negative thoughts come in. Eventually, they reach a crescendo point at which I must act to placate the vital body. Or else!
- So the first principle of the vital body is: My vital body pretty much gets its way.
- The second principle of the vital body is: If it doesn't get its way, there's heck to pay!
- Story about my door alarm ringing (for no reason) just after midnight, and an immense, negatively aspected vital body energy swooping into my bedroom. It seemed to be from the unconscious mind of a lot of people. It was very angry and destructive; in fact, it could have been terrifying, had it not happened many times before.
  - I had been practicing visualizing my merkaba, a sacred geometry that protects our bodies.
  - When the other energy swooped in, my own vital body added immense energy to my merkaba, and fended off this other energy. This happened without my mental mind thinking about it; had never happened before [but has happened many times since then].
  - In the past, I had felt fear when foreign vital body energies swooped in, but this time, my vital body energy protected me.
- I got to thinking about integrity, and facing the likes and dislikes of the vital body ... something we tend to ignore in our society today.
- Spiritual vital body blinders: A person who is spiritually inclined, for instance, will have high ideals that may not ... in fact, *never* ... completely match the likes and dislikes of the vital body. So they may be ignored.

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  - For instance, the desire for sex. Every highly evolved spiritual person knows that should be controlled.
  - But the vital body will have none of that. It wants what it wants.
  - If it doesn't get what it wants, it creates a negatively aspected mental mind.
  - And then, at night you get this roaming around, unconscious energy, of the vital body roaming around the world, creating what I term the victim-aggressor paradigm.

- A lot of people are complaining about threat energy, about being victims, about the odious Controllers, and so on.
- But in fact, it could be that we, ourselves, are not paying attention to what our vital bodies want.
- Here's another instance: All spiritually progressive people know that they shouldn't have any of those cardinal sins; such as lust, anger, greed, pride and attachment. These are bad news for the yogi! Yet, our vital bodies have all these issues.
- Suppose we're in a situation where jealousy comes into play. Our spiritual self says: *I* am *not* a jealous person. But yet the vital body is simmering in upset and jealousy.
  - This could create a situation where a person hates someone subconsciously, and behaves consciously, through the mental mind, as if they loved somebody. The two don't agree.
- When the mental mind and the gut brain disagree, then we lose our personal power. That's the bad news.
- But the good news is, when I pay attention to my vital body; when it says to me, for instance, "I can't take the paperwork anymore. I've got to get up and go out for a walk" ... and then I listen to it, then all kinds of wonderful, creative things happen.
- Then the wisdom of the Universe comes to me. It has to do with integrity; with honoring the vital body likes and dislikes. This then allows us to include the immense creative ability of the vital body.
- Ongoing, I feel the thing to do is to observe, without judging, the likes and dislikes of the vital body. That act of awareness, I feel, creates a sense of integrity. Integrity creates personal power. And personal power will allow us to co-create the new reality.

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am sitting here in the bright sunlight. Behind me, in the backdrop, there are some sacred, healing juniper trees ... good for cleansing: for smudge, I think, or to just break off and put around in your house, or to get rid of evil spirits and bad feelings and all kinds of things ... good room deodorizers, and probably good for a lot of other things too.

The Vital Body Likes and Dislikes, The Vital Body Will, and the Process of Uncovering Our Personal Integrity

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I wanted to talk a little today about the vital body likes and dislikes, the vital body will, and the process of uncovering our personal integrity, as it applies to the Ascension process that we are going through.

Sri Aurobindo's Definition of the Vital Body

First, you know, the vital body is defined as being from the neck down to the lowest chakra; it does not include the lowest chakra because, according to Sri Aurobindo, the lowest chakra old-style is the 'physical body chakra'; others call it the 'basal chakra'. But everything else in the trunk of the body is 'vital body' stuff.

The Color Purple

So, weeks ago I started noticing, first of all, they are very spontaneous; it is not something that the vital body thinks about, decides on. So for instance, I like the color purple, so I wear purple. But the minute I see purple, I like purple; and it is a vital body 'like', see?

There is no particular reason; maybe stream of thought association, or something like that. I would be hard-pressed to say why I like purple, but I do. And that kind of automatically triggered liking and disliking underlays most of my existence, when you come right down to it.

There is very little that I think through, and say: It would be better if I pursued this course of action, and actually carried out, unless the vital body is in agreement. And lots of times the vital body takes me places I do not want to go ... like, to the ice cream store; or to buy a cola. And my thinking mind is kicking and screaming the whole way, and my vital body has to have its way. You know what I mean?

That Bully, the Vital Body

This is true of a lot of the stuff we do in life; some of it more destructive, and more destructive of our spiritual path, than that. So at first, I came to the conclusion that I was not really a person of my own determination, and my vital body was almost always running the show. Not the happiest news!

Negative Thoughts

The next thing I found out was that, when my mental body takes over, and decides: *Ok, you have to work on your paperwork today!* ... Right? ... And then I do not pay attention, as far as the vital body is concerned, then all kinds of negative thoughts come into my consciousness ...

Consternation and Capitulation

... and they reach a crescendo point at which I must act, to placate the vital body, or else! I will bet you have had an experience like that! [laughs]

So the first thing is: Mostly, my vital body pretty much gets its way. And the second thing is, if it does not get its way, there is heck to pay.

The Vital Body Will

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The last few days, I have been looking out for the appearance of this vital body will, right? And, interestingly enough, in the middle of the night ... like 12:30 in the morning, a couple of nights ago, first my door alarm rang, without there being any particular reason for it to ring ... It just started ringing. So I woke up, slightly after midnight.

Alice's Perilous Tales: Poltergeist Experiences. Just as an aside, I have been at the effect of many psychokinetic (i.e., poltergeist) phenomena in recent years. These have included bed rattling, sheets of heavy duty aluminum foil levitating, picture rattling, the sound of footsteps on my roof or outside my bedroom window, and in the above case, my doorbell ringing.

I feel these effects were the result of repressed rage or anger in another person or persons. One of my rental landlords, in a number of ongoing instances of footsteps in his garage, interpreted them as visits from ghosts. Here is more on the phenomenon ...

Link: "Poltergeists (Overview)" ... [1]https://psi-encyclopedia.spr.ac.uk/articles/poltergeists-overview ..

I have also heard, on the clair plane, of a fire having been set in a person's childhood, that resulted in his house burning down, and his mother dying. It's possible this fire was set psychokinetically or by hand, through ordinary means; I'm not sure which.

Alice's Perilous Tales: Roaming, Negative, Unconscious Vital Body Will

To continue with the video ...

Just as I got up, this immense Vital Body energy *swooped* into my room ... Gosh! ... It was not mine; it seemed to be from a lot of people; from their unconscious state. And it was very, very angry and destructive ... Actually, it could have been terrifying, had it not happened many times before.

Alice's Perilous Tales: Visualizing the Merkaba

I had been practicing visualizing the merkaba ... It is a sacred geometry, that protects the physical, and the mental, and all the bodies. And so I had been visualizing that all the previous day ...

Link: "Merkaba" ... [2]https://www.canalizandoluz.es/wp-content/uploads/2010/06/merkabah1.jpg ..

Alice's Perilous Tales: Wall of Energy Formed that Opposed the Threat of Invading Energy

And this threatening energy ... this threat energy ... *swooped* into my room. It was full

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of vital body will, negatively aspected. And my own vital body will added immense energy to my merkaba, and fended off this other energy ... without my mental mind thinking about it. It was a complete surprise to me; it had never happened before, but it has happened many times since then. In the past I had felt fear, but this time, my vital body will protected me.

Integrity, and Facing Vital Body Likes and Dislikes

And I got to thinking about integrity, and facing the will, and likes and dislikes of the vital body.

Just from observation, I would be inclined to say that we ... in our society today ... tend to ignore the likes and dislikes of the vital body.

Spiritual Vital Body Blinders

So, for instance, especially a person who is spiritually inclined, will have high ideals, that may not ... in fact, may never ... completely match the likes and dislikes of the vital body. So they may be ignored.

The Desire for Sex

For instance, the desire for sex. Every highly evolved spiritual person knows that that should be controlled. Right? But the vital body will have none of that. It wants what it wants. And if it does not get what it wants, it creates a negatively aspected mental mind.

The Victim-Aggressor Paradigm

And then at night, you get this roaming around energy of the unconscious force of the vital body roaming around the world, creating what I term 'the victim-aggressor paradigm'.

Threat Energy, Victimization, Controllers

And a lot of people are complaining about that: About threat energy, about being victims, about Controllers, and all this stuff ... Whereas, in fact, it could be we, ourselves, not paying attention to what our vital bodies want.

Lust, Anger, Greed, Pride and Attachment

I will give you another instance: All spiritually progressive people know that they should not have any of those cardinal sins ... like lobh, kaam, krodh, moh, and ahankar (the Sikh sins of greed, lust, anger or rage, attachment, and pride or conceit) ... like they say in Gurmukhi (the language that the Sikh gurus spoke). Bad news for the yogi, right? But, you know what? Our vital body has all those issues, most likely.

Jealousy, Anger, Hatred

So let us say we are in a situation where jealousy comes into play, for the vital body ... perhaps for no reason at all, except that the vital body tends to exhibit jealousy. And we ... our spiritual selves ... say: No! Uh-uh! I, Alice, am *not a jealous person!*

The Vital Body Will

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But there I have my vital body, simmering in upset and jealous, right? And angry!

When the Mental Mind and the Gut Brain Do Not Agree

And that creates a situation where a person *hates!* ... A person *hates* someone else subconsciously, and behaves, consciously, through the mental mind, as if they loved somebody. The two do not agree. And when the two brains of a human being ... the mental mind and the gut brain ... are divided like that, then we lose our personal power, you know?

When I Pay Attention to My Vital Body, It Seems That the Wisdom of the Universe Comes to Me

So that is the bad news. But the good news, I have noticed, is that, when I pay attention to my vital body ... when it says to me, for instance: *I cannot take the paperwork anymore. I have to get up and go out for a walk* ... right? ... and when I listen to it ... then all kinds of wonderful, creative things happen. And it seems as if the wisdom of the Universe comes to me.

A Sense of Body Integrity Creates Personal Power

And it has to do with integrity ... with honoring the vital body likes and dislikes ... which then allows us to consciously include the immense creative ability of the vital body will.

So integrity: Ongoing, in the next few days, I think the thing to do is just to observe; to observe, without judging, the likes and dislikes of the vital body. And just that act of awareness ... true awareness ... creates a sense of integrity. And integrity creates personal power. And personal power will allow us to co-create the new reality.

Well, that is all I have for you right now; and I cannot say how this experiment is going to turn out. But from a stepping stone along the path, I wish you all the very best. Till next time!

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

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MORE INFORMATION

Here is a followup video: *Link: "Ways to Harmonize the Vital Body Will with That of the Divine," filmed on 1 September 2013; published on 2 September 2013; transcribed on 24 July 2018 ... [3]https://wp.me/p2Rkym-6Fe ..*

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lower triangle, co-creating reality, integrity, merkaba, personal power, vital body will, unconscious, victim-aggressor, will power, vital body, Controllers, threat energy, Sri Aurobindo, neo-Hinduism, Hinduism, Alice's perilous tales, 1st chakra, physical body chakra, basal chakra, threat energy, sins, Sikhism,

1. https://psi-encyclopedia.spr.ac.uk/articles/poltergeists-overview
2. https://www.canalizandoluz.es/wp-content/uploads/2010/06/merkabah1.jpg
3. https://wp.me/p2Rkym-6Fe
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1.9.2 Fragonia for Deep Heart Trauma and for Anxiety . by Alice B. Clagett (2013-09-01 09:40)

Written and published on 1 September 2013; revised

Dear Ones,

Fragonia *(Agonis fragrans)* is an Australian essential oil. which, if applied to the heart chakra, is purported to clear very deep-seated heart trauma. More information on emotional and spiritual effects is below.

Details on its use as an antimicrobial agent, expectorant, anti-inflammatory agent, immune system bolster, an aid for menstrual and female problems, and analgesic may be found here:

Link: "The Essential Oil of Fragonia," [1]http://www.nmoils.com/uploads -/5/0/0/8/5008341/nmoils _fragonia _article.pdf ..

According to this paper, it can also be used for jet lag and for ADHD (Attention-Deficit/Hyperactivity Disorder) in children. I read elsewhere that it may decrease the severity of anxiety attacks.

Image: Fragonia blossoms: [2]http://www.stillpointaromatics.com/image/cache/data/fragonia 3-277x277.jpg ..

Fragonia can be purchased at: [3]http://www.stillpointaromatics.com/ ... a sampler is less than $10.

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

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FOR MORE INFORMATION

For more on fragonia, see "Fragonia - Essential Oil Reflection," [4]http://www.aromatic-kinesiology.com/fragonia-essential-oil -reflection.htm ..

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anxiety, healing, heart clearing, ADHD, Agonis fragrans, anxiety attacks, clearing chakras, clearing trauma, fragonia, heart healing, panic attacks, jet lag, Attention-Deficit/Hyperactivity Disorder, antimicrobial, expectorant, anti-inflammatory, immune system, menstrual problems,

female problems,

1. http://www.nmoils.com/uploads/5/0/0/8/5008341/nmoils_fragonia_article.pdf
2. http://www.stillpointaromatics.com/image/cache/data/fragonia3-277x277.jpg
3. http://www.stillpointaromatics.com/
4. http://www.aromatic-kinesiology.com/fragonia-essential-oil-reflection.htm
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1.9.3 Ahura Mazda and Zoroastrianism . by Alice B. Clagett (2013-09-01 18:04)

Written and published on 1 September 2013; revised

- ON AHURA MAZDA
- ON DHARMA, THE PATH OF RIGHTEOUSNESS, AND SIKHISM
- THE TEACHINGS OF ZOROASTER
  - "The Teachings of Zoroaster," by S.A. Kapadia
  - Purity
  - Prayer of Ashem-Vohu ... from Khordah-Avesta
  - A Blessing
  - The Law of Ahura-Mazda
  - Commandments for the Body and the Soul
  - Marriage Service Admonitions

Dear Ones,

ON AHURA MAZDA

Last week, I did a little research on Ahura Mazda. He was a divinity of the old Iranian religion who was declared the uncreated God by Zoroaster, founder of the great religion Zoroastrianism. Below are some of the teachings of Zoraster ... very practical and down to Earth! And, I think, a good way to 'dime up' (i.e., move into multidimensionality by increasing our Light quotient).

ON DHARMA, THE PATH OF RIGHTEOUSNESS, AND SIKHISM

It is interesting to me that the first tenet below is 'purity,' since the last part of my early-years spiritual name meant 'society of pure ones'. I remember also, from those days, a Sikh saying that the "path of righteousness is sharp as a razor's edge." That image always used to make me wince ... seemed so painful ... but from the vantage point of increasing age, I suspect that the imagery vividly engaged the often obstinate vital body in the process of decision making on the spiritual path.

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

THE TEACHINGS OF ZOROASTER

"The Teachings of Zoroaster," by S.A. Kapadia

Image: Ahura Mazda, looking like a wise man with great wings: [1]https://c1.staticflickr.com/5/4097/4879537977 _3261681984 _b.jpg ..

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Purity

"Purity is for man, next to life, the greatest good. That purity is procured by the law of Mazda to him who cleanses his own self with Good Thoughts, Words, and Deeds.

"Make thyself pure, O righteous man! Any one in the world here below can win purity for himself, namely, when he cleanses himself with Good Thoughts, Good Words, and Good Deeds." – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [2]http://www.sacred-texts.com/zor/toz/toz05.htm ..

Prayer of Ashem-Vohu ... from Khordah-Avesta

1. "Purity is the best good.
2. "Happiness, happiness is to him:
3. "Namely, to the most pure in purity." – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [3]http://www.sacred-texts.com/zor/toz/toz05.htm ..

A Blessing

"May Ahura-Mazda (God) send you gifts, Bahman, thinking with the soul; Ardibihist, good speech; Sharevar, good working; Çependarmat, wisdom; Khordat, sweetness and prosperity; Amertat, fruitfulness!

"May that come to you which is better than the good, may that not come to you which is worse than the evil...." – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [4]http://www.sacred-texts.com/zor/toz/toz05.htm ..

The Law of Ahura-Mazda

"...The law of Mazda cleanses the faithful from every evil thought, word, and deed, as a swift-rushing, mighty wind cleanses the plain.

"So let all deeds thou doest be henceforth good.... A full atonement for thy sin is effected by means of the law of Mazda." – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [5]http://www.sacred-texts.com/zor/toz/toz05.htm ..

Commandments for the Body and the Soul

"The sage asked the Spirit of Wisdom thus: 'How is it possible to seek maintenance and prosperity of the body without injury of the soul, and the preservation of the soul without injury of the body?'

"The Spirit of Wisdom answered thus: 'Him who is less than thee consider as an equal, and an equal as a superior, and a greater than him as a chieftain, and a chieftain as a ruler. And among rulers one is to be acquiescent, obedient, and true-speaking; and among accusers be submissive, mild, and kindly regardful.

"'Commit no slander; so that infamy and wickedness may not happen unto thee. For it is said that slander is more grievous than witchcraft.

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"'Form no covetous desire, so that the demon of greediness may not deceive thee, and the treasure of the world may not be tasteless to thee.

"'Indulge in no wrathfulness, for a man when he indulges in wrath becomes then forgetful of his duty and good works . . . and sin and crime of every kind occur unto his mind, and until the subsiding of the wrath he is said to be just like Ahareman [the devil].

"'Suffer no anxiety, for he who is a sufferer of anxiety becomes regardless of enjoyment of the world and the spirit, and contraction happens to his body and soul.

"'Commit no lustfulness, so that harm and regret may not reach thee from thine own actions.

"'Bear no improper envy, so that thy life may not become tasteless.

"'Practice no sloth, so that the duty and good work, which it is necessary for thee to do, may not remain undone.

"'Choose a wife who is of character, because that one is good who in the end is more respected.

"'Thou shouldst be DILIGENT and MODERATE, and EAT OF THINE OWN REGULAR INDUSTRY, and provide the share of the sacred beings and the good; and thus the practice of this in thy occupation is the greatest good work.

"'With enemies fight with equity. With a friend proceed with the approval of friends. With a malicious man carry on no conflict, and do not molest him in any way whatever. With a greedy man thou shouldst not be a partner, and do not trust him with the leadership. With an ill-famed man form no connection. With an ignorant man thou shouldst not become a confederate and associate. With a foolish man make no dispute. With a drunken man do not walk on the road. From an ill-natured man take no loan.

"'In forming a store of good works thou shouldst be diligent, so that it may come to thy assistance among the spirits.

"'Thou shouldst not become presumptuous through any happiness of the world; for the happiness of the world is such-like as a (aloud that comes on a rainy day, which one does not ward off by any hill,

"'Thou shouldst not become presumptuous through much treasure and wealth; for in the end it is necessary for thee to leave all.

"'Thou shouldst not become presumptuous through great connections and race; for in the end thy trust is on thine own deeds.

"'Thou shouldst not become presumptuous through life; for death comes upon thee at last, and the perishable part falls to the ground.'" – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [6]http://www.sacred-texts.com/zor/toz/toz05.htm ..

Marriage Service Admonitions

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"In the name and friendship of Ahura-Mazda,
Be ever shining . . .
Be increasing! Be victorious! Learn purity! Be worthy of good praise!
May the mind think good thoughts, the words speak good, the works do good! . . .
Be a Mazdayasnian, accomplish works according to thy mind . . . speak truth . . . and be obedient.
Be modest with friends, clever, and well-wishing.
Be not cruel. Be not wrathful-minded. Commit no sin through shame.
Be not covetous. Torment not.
Cherish not wicked envy, be not haughty, treat no one despitefully, cherish no lust.
Rob not the property of others, keep thyself from the wives of others.
Do good works with good activity. . . .
Enter into no strife with a revengeful man.
Be no companion to a covetous one. Go not on the same way with a cruel one.
Enter into no agreement with one of ill-fame. . . .
Combat the adversaries with right. . . .
Enter into no strife with those of evil repute.
Before an assembly speak only pure words.
Before kings speak with moderation.
In no wise displease thy mother.
Keep thine own body pure in justice." – from "The Teachings of Zoroaster," by S.A. Kapadia,1905, public domain, [7]http://www.sacred-texts.com/zor/toz/toz05.htm ..

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[8] 

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Ahura Mazda, Zoroaster, Zoroastrianism, light quotient, multidimensionality, purity, sins, envy, desire, wrath, lust, sloth, anxiety, slander, marriage, blessings, prayers, happiness, purity, dharma, Sikhs, Sacred Sexuality, vital body,

1. https://c1.staticflickr.com/5/4097/4879537977_3261681984_b.jpg
2. http://www.sacred-texts.com/zor/toz/toz05.htm
3. http://www.sacred-texts.com/zor/toz/toz05.htm
4. http://www.sacred-texts.com/zor/toz/toz05.htm
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1.9.4 Ways to Harmonize the Vital Body Will with That of the Divine . by Alice B. Clagett (2013-09-01 18:43)

Filmed on 1 September 2013; published on 2 September 2013; transcribed on 24 July 2018

- VIDEO BY ALICE
- OUTLINE OF THE VIDEO
- SUMMARY OF THE VIDEO
  - On Uniting the Vital Body Will with That of the Divine
    - Bhakti Yoga
    - Shiva Lingam
    - White Tantric Yoga
    - Red Tantric Yoga
    - Chanting While Walking
    - Chanting While Cooking, or Before Eating
    - Chanting Just Before and After Sleep

Dear Ones,

This video is about ways to harmonize the vital body will with that of the Divine ... in other words, to divinize the vital body.

It is a codicil to this blog: *Link: "Vital Body Will and Personal Integrity," by Alice B. Clagett, filmed on 1 September 2013; published on 2 September 2013; transcribed on 24 July 2018 ... [1]https://wp.me/p2Rkym-6Fj ..* After the video are an Outline, and an edited Summary ...

VIDEO BY ALICE

https://youtu.be/aoUKuZBXVJA

OUTLINE OF THE VIDEO

- Be aware of the vital body's will.
- Traditional and nontraditional methods of uniting the vital body's will to that of the Divine
  - Bhakti yoga, as practiced in India, to worship the Divine as beloved; for instance, a man might worship the Divine in female form, and a woman might worship the Divine in male form.
  - In the Christian tradition, celibate men sometimes venerate the Virgin Mary ... This is the Marian tradition. Nuns sometimes worship Christ as their noncorporeal spouse.
  - In India, there is the worship of shiva lingam ... which is a way of respecting the vast creative power of the second chakra as Divine. This is a good idea, I feel, as the idea of sexuality has been so degraded in Western society. It's good to realize that the

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chakra which holds sexuality in a social context also holds vast Creativity. One way to do this is to worship the shiva lingam. For instance, a stone can be placed on one's altar, or a poster hung up with a shiva lingam on it. This is also respectful to the Earth.

- Then there is White Tantric Yoga, in the Indian tradition. Although this is not a sexual practice, it does take advantage of the attraction between men and women. Through chanting sacred chants, it raises that attraction to a sacred level.
- There is also Red Tantric Yoga, but I advise against this as dangerous. This is because the power of possessiveness of the second chakra is just too strong for most people. Hence all kinds of negative emotions, such as jealousy and anger, come into play.
- I do recommend walking in nature and chanting at the same time. This is good exercise, the vital body loves it, and the use of the chant brings in the Divine.
- This merging of the vital body and sacred chant could take place in any physical activity ... such as cooking.
- Eating might be thought of as communion, in the Christian tradition, if practiced with prayerful devotion.
- Saying a little prayer right before and right after sleeping, will divinize the transition of awareness. That then divinizes sleep, something very important to the vital body.
- So the general instruction is:
  * Listen to the vital body.
  * Do something that both you and the vital body can agree upon.
  * And bring in the Divine, either through a visualization, or through a chant.

SUMMARY OF THE VIDEO

This video is a codicil to this blog: *Link: "Vital Body Will and Personal Integrity," by Alice B. Clagett, transcribed 24 July 2018; published on 2 September 2013 ... [2]https://wp.me/p2Rkym-6Fj ..*

On Uniting the Vital Body Will with That of the Divine

I got to thinking about what methods we could use to unite the vital body will with the Will of the Divine, because that might be really important, coming up very important.

Aside from the idea of simply being aware, the first thing to do is to be aware of the vital body's will, right? ... What it wants. But we have already talked about that.

So then I got to thinking of traditional and nontraditional methods of uniting the vast creative force of the vital body with the Divine. And I came up with a few to consider, and no doubt you will come up with others. Here is my little, short list ...

Bhakti Yoga, as practiced in India, to worship the Divine as Beloved. So if you are a man, you would worship the Divine as the Beloved Woman. And if you are a woman, you would worship the Divine as the Beloved Man.

And along those lines in the Christian tradition, sometimes celibate people ... priests

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and nuns ... will, in the case of men, focus on the Virgin Mary (that's the Marian tradition) ... and amongst nuns, lots of times they will worship Christ as their spouse. So that is the Christian way of approaching this Union, through Bhakti Yoga, that is so frequently used in India.

Shiva Lingam. And then, also from India, we have the worship of Shiva Lingam. And that is a way of respecting the vast, creative power of the second chakra as Divine. And I think it is a very good idea to find a stone, or get a stone, and put it on your altar ... or maybe a poster, something like that.

The idea is, because the idea of sexuality has been so degraded in Western society, it is good to realize that that chakra which holds sexuality, in a social context, also holds vast creativity. And that one way to do it is to worship the Shiva Lingam. It is just a stone; you can put it on your altar. And it is great. It is also an act of respect for the Earth. Quartz is nice, because it has those crystals in it. But of course, there are all kinds.

White Tantric Yoga. So those are two, and then you have White Tantric Yoga, in the Indian tradition ... which is not sexual, but it does take advantage of the attraction between men and women. And through chanting sacred chants, it raises this attraction to the sacred level.

Red Tantric Yoga. And let us see ... I know there are more. [laughs] ... You have Red Tantric, but I consider that to be a dangerous thing to do, because the power of possessiveness, right now, with the second chakra, is just too strong for most people. And all kinds of negative emotions come into play, like jealousy, and anger, and all kinds of things. Some people go for that, but I am thinking it is a 'not right now' kind of thing ... or maybe even a 'never' kind of thing.

Chanting While Walking. And ... let me think ... Here is something along new lines: For a while we have been talking about walking in nature, and chanting a sacred chant at the same time. That is a good example. It is good exercise, the vital body loves it, and the use of the chant brings in the Divine.

And that precept could be used in any context where there is a vital body 'like' that you can agree with, mentally, you know? And you can bring in a sacred chant. Chanting is great, because it uses the physical body, and it expresses a Divine notion.

Chanting While Cooking, or Before Eating. So you could do chanting with almost any physical activity: You could associate it with cooking. You could think of eating as communion, in the Christian tradition.

Chanting Just Before and After Sleep. A good thing to do right before and after sleeping is a little prayer. And that divinizes sleep, something really necessary to the vital body.

And so, the notion is just: Listen to the vital body. Do something that both you and the vital body can agree upon. And bring in the Divine somehow. It could be a visualization; it could be a chant. I am trying to think of more things, but I cannot. But I bet you will! Talk to you later.

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In love, light and joy,
I Am of the Stars
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lower triangle, Divine will, vital body will, bhakti yoga, chanting, red tantric, white tantric, Marian, Christ as spouse, vital body, will power, prayer, mantras, HInduism, Christianity, Bhakti Yoga, second chakra, quartz, Sacred Sexuality, Divine Feminine, Divine Masculine, possessiveness, unity, harmony,

1. https://wp.me/p2Rkym-6Fj
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1.9.5 Tahiti . by Alice B. Clagett (2013-09-03 18:02)

Written and published on 3 September 2013; revised

Dear Ones,

There is something wonderful to be said for a natural way of life, close to the Earth, unrestricted by modern sexual taboos. A life of plenty, of simple joy in the abundance of nature. Homes made of wood, small and neat and easily constructed. Of sharing with neighbors, lifting up our friends in need, comforting the sick, welcoming babies into the world, teaching a child a trade. Loving life.

I am reminded of the paintings of Paul Gauguin while he was in Tahiti. Here are a few.



Image: "Nave Nave Moe - Sacred Spring: Sweet Dreams" by Paul Gauguin, 1894, Wikimedia Commons ... public domain

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Image: "Montagnes tahitiennes - Tahitian Landscape," by Paul Gauguin, 1892, Wikimedia Commons ... public domain

Image: "Montagnes tahitiennes - Tahitian Landscape," by Paul Gauguin, 1892, Wikimedia Commons ... public domain

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Image: "Ia Orana Maria - Hail Mary," 1841, by Paul Gauguin, Wikimedia Commons ... public domain

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Image: "Ia Orana Maria - Hail Mary," 1841, by Paul Gauguin, Wikimedia Commons ... public domain

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Image: "Mahana maà II - Landscape in Tahiti," by Paul Gauguin, 1892, Wikimedia Commons, ... public domain

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Image: "Mahana maà II - Landscape in Tahiti," by Paul Gauguin, 1892, Wikimedia Commons, ... public domain

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In love, light and joy,
I Am of the Stars
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sustainable living, natural life, Paul Gauguin, Tahiti, societal expectations, taboos,

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1.9.6 Hummingbird Moth and Animas River . by Alice B. Clagett (2013-09-05 02:41)

Filmed on 5 September 2013; published on 7 September 2013; revised
Location: Durango, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Photos by Alice

Dear Ones,

Here is a nature vignette: A hummingbird moth hovering by yellow-flowered bush, then a long shot of the Animas river in Durango, then a closeup of the river water rushing over two stones. As there are no words, the Summary contains only photos ...

VIDEO BY ALICE

https://youtu.be/-QtOq4uLzxc

SUMMARY OF THE VIDEO

Photos by Alice



Image: “Hummingbird Moth at Animas River, Durango, Colorado 1,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0

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Image: “Hummingbird Moth at Animas River, Durango, Colorado 1,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0



Image: “Hummingbird Moth at Animas River, Durango, Colorado 2,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0

Image: “Hummingbird Moth at Animas River, Durango, Colorado 2,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0

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Image: “Animas River, Durango, Colorado,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0

Image: “Animas River, Durango, Colorado,” by Alice B. Clagett, 5 September 2013, CC BY-SA 4.0

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Image: Hummingbird moth pollinating flowers in Navajo State Park, Colorado ... [1]https://www.shutterstock.com/search/hummingbird+moth ..

.....

[2]
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Colorado scenery, hummingbird moth, Animas River, nature, Durango, photos by Alice, just for fun,

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1.9.7 Crawdad City, Colorado . by Alice B. Clagett (2013-09-06 02:56)

Filmed on 6 September 2013; published on 7 September 2013; revised
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

Dear Ones,

Stalking crawdads in Colorado ... An edited Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/o _qer2uYbqw

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I am stalking crawdads today ... see, there is one ... [shows crawdad slipping from rocks into water] ...



Image: "Crawdad, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado," by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Image: "Crawdad, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado," by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

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Oh, there he goes! [shows other crawdads in water] ... Look at! Can you see them? Stick around ... [shows another crawdad] ... They do not like sounds. Look at that! [crawdads are edging backwards off rocks into water] ... Oh, they are all going down. [One is left on a rock.] Hello, dude! Hello, hello, how are you? Yeah, they do not like me much.

[Shows hummingbird moth hovering over the water and gently touching it with its lower abdomen.] What is that, a hummingbird moth? Is it drinking the water? ...



Image: “Hummingbird Moth Drinking from a Stream of Water, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Image: “Hummingbird Moth Drinking from a Stream of Water, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

[Searches around, finds three crawdads; one is larger.] Oh, look at that one! He is hiding in the water. [Shows another crawdad nearby.] There is one. And look, they are thinking of fighting, I think ...

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Image: “Crawdad Gathering, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Image: “Crawdad Gathering, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

There are four there; one is hiding … No, no fight. [pans around] …

Look at that [shows more crawdads]; there is one hiding, one not hiding. This place is incredible; it is Crawdad Condo City. Well…

What happened is that this is an irrigation conduit here. [Zooms back, to show the mostly dry irrigation conduit.] See?

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Image: “Dried Up Watercourse, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Image: “Dried Up Watercourse, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Sometimes it has water in it, and sometimes [like now] it does not. But on the deep spots, there are these pools, and when the conduit dries up, all the crawdads hang out together in the pools.

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Image: “Dried Up Watercourse with Pools of Water, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

Image: “Dried Up Watercourse with Pools of Water, Pastorius Reservoir State Wildlife Area, La Plata County, Colorado,” by Alice B. Clagett, 6 September 2013, CC BY-SA 4.0

That is it, from Crawdad City.

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nature, Colorado scenery, crawdads, crayfish, nature, macrobiology, arthropods, crustaceans,

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1.9.8 Soul Purpose and the Gift of Grace . by Alice B. Clagett (2013-09-07 03:14)

Written and published on 7 September 2013; revised
Location: Florida Mesa, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - On Erroneously Characterizing the Events in Our Lives
  - A Lesson from My Cat Lucy
  - Recent Subconscious Clearing
  - Life Purpose (Soul Purpose)
  - Reality as a Hologame (Hologram)
  - Rediscovering Our Connection with the Divine
  - Past Traumas Stored as AV Clips in Our Bodies
  - To Clear Our Energy Is to Open a Gift from the Divine
  - Life Review: Stored Trauma . Audiovisual Snapshots
  - My Soul Purpose: To Learn to Love Universally
  - Social Norms versus Soul Purpose
  - Conscious Choices in Life
- ON LEAVING ALL TO FOLLOW CHRIST - LUKE 14: 25-34
- TASTELESS SALT IS WORTHLESS
- ON SEEING ADVERSITIES IN LIFE AS GOD'S GRACE

Dear Ones,

This video is about Soul purpose and the gift of grace. After the video is an edited Summary of what is in it, and after that the blog continues with related topics.

VIDEO BY ALICE

https://youtu.be/yyd _vkE3PaQ

SUMMARY OF THE VIDEO

Hello, Dear Ones.

This is my cat Lucy here. [shows cat] She is camera-shy. She is an older cat. She hangs out with me in the mornings, and then she goes outdoors and does that 'wild thing' in the afternoon.

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It is really early in the morning here right now. I cannot go outside and record right now; it is too dark. I could sit out there, but I cannot record, so I thought I would record something inside for you, because it is the reason I woke up so early ...

On Erroneously Characterizing the Events in Our Lives

Things happen, and we categorize them with our minds, something like:*Oh, this is just a coincidence.* Or: *Oh, this hostile thing happened to me during the day.* You know? We set these events aside from ourselves. And what we do not realize is that the Divine is always working with us, moment to moment, in the Now, to help us to learn what we need to learn, you know? That is why we are here.

So an event that appears to be just a coincidence might be something that the Divine has given as a gift to us, to help us understand some lesson. And in the same way, what we might consider to be a hostile encounter, during the day, might have that same, wonderful intention. And we might benefit from it greatly.

A Lesson from My Cat Lucy

So yesterday, I came up with nothing in the way of Soul lessons. The only thing I came up with was that, being around a cranky cat in the morning would help me to gain patience. [laughs] ... Not very useful, but true: She is pretty cranky in the morning, and I have to be patient.

Recent Subconscious Clearing

But this morning, at about 4 am, I woke up, and I could not get back to sleep, because I was feeling this wonderful clarity of mind, instead of going through all this subconscious stuff that I have been going through, and dealing with. It has been welling up from my lower brain, from my vital body, and I have been looking at it, and I have been pretty much appalled.

LIfe Purpose (Soul Purpose)

So but this morning I woke up and my mind was clear, for once. And I got to thinking about life purpose ... the reason we incarnate ...

Reality as a Hologame (Hologram)

And I got to thinking about how we live in a hologame, and how the moment that we are born, and the moment that we pass, are carefully arranged to help us to achieve our Soul purpose. And so, it is not random; it is a gift of the Divine to us: The length of our life; the beginning and end of our life ...

Rediscovering Our Connection with the Divine

And all the things in between, these are all with one intention: To help us rediscover our connection with the Divine. And each person has their own Soul purpose, for this journey into this dense, physical reality. Know what I mean?

Past Traumas Stored as AV Clips in Our Bodies

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So I got to thinking about how it is all a hologame, or hologram. consisting of audiovisual ... and other senses ... combined into bright pictures.

And then I got to thinking about all the clearing work that we are doing ... and how these bright pictures of past traumas ... both in this lifetime and in other lifetimes ... get stuck in our physical bodies. I had one here once [points to left cheekbone, near left temporomandibular joint] ... and in other places in my physical body ... the back of my heart, and in my shoulders.

Different places for different people. It is like, at the moment when this trauma happens, it has the thrust of the lesson for this particular lifetime; it is so intense that, instead of processing it at the moment that it happens, we store it someplace in our body.

It is an audiovisual file; it might have smell, or some other sense, in it as well. And it is actually stored in our physical body until the time when we can open up this gift from the Divine that seems so much like the opposite:

It seems like a hostile event that happens to us, but in fact, it contains the wisdom that we need to attain in this lifetime, which is folded up, like a tiny flower, inside of that stored trauma ... what we call 'trauma', mistakenly.

To Clear Our Energy Is to Open a Gift from the Divine

So the process of clearing, that we have all been going through ... that the whole Earth has been going through ... is really a process of opening the gifts that the Divine gives us. It is not getting rid of something bad; it is finding out something good, you know?

Life Review: Stored Trauma . Audiovisual Snapshots

So then I thought about my life, and I thought: There are certain very vivid memories that I have, like 'snapshots' of events. Could be really good, but lots of times it is the events that happened that were really, really bad. And there are not that many of them; maybe 10, maybe 20 really, really dramatic moments in my life, starting with the moment I was born. I remember very clearly!

And so I thought: I will just review these audiovisual files, and I will find out my Soul purpose. You know? It is not that hard, really. It is just that we have a tendency to view what is happening from the standpoint of ego: As a threat to us. But in fact, it is a gift; it is a present from the Divine, to help us remember our joy, and what we really are. You know what I mean?

So I thought about these things. And all in the space of a couple of minutes, in this moment of clarity that I had at 4 a.m., I came up with every single audiovisual event that I had buried.

My Soul Purpose: To Learn to Love Universally

And I came up with my life purpose too. It was very obvious, from the very first ... the very first thing that happened, the moment I was born ... and all the things that followed that were traumatic, had to do with one particular Soul gift that I wanted to receive. And that was,

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to learn to love universally. It was very clear.

Social Norms versus Soul Purpose

And in that way ... when I thought of it like that ... the things that have happened in my life, that are outside the norm of society ... Society has certain notions; for instance, the notion that one should live a long, happy, married life, and have children that will take care of us in our old age.

That is a social norm. And my life has not been like that, at all. I mean, it just has not fit the norm, you know? And I would venture to say that almost everyone ... I do not know where they get this 'norm' from, because a lot of people do not fit it ... [laughs] ... quite a few people do not.

The people that do role play the norm, do not fit the notion that ... very seldom do I find really happily married couples with children. If they are happily married, then when the children come, things *happen*. You know? All kinds of things happen in life.

So, some way or another, we achieve our Soul purpose, despite the fact that we are always holding ourselves up against some phantom notion of how happiness can be achieved ... that is created, really, by the subconscious; by the Mind of the World. The Subconscious Thought Cloud of the World comes up with these ideas. Not through awareness, but through 'osmosis', I guess you would say ... unaware 'osmosis'.

Conscious Choices in Life

The thing is, we have our choice. That is as I see it. We can measure our lives in terms of the unconscious thought processes of other people, which create what I call a 'social norm' ... and we can consider we are successful or unsuccessful, according to that unconscious notion.

Or we can take the conscious approach: We can review our audiovisual files, and determine where we are with uncovering and discovering our Soul purpose for this incarnation. So, choices! It is a good thing.

ON LEAVING ALL TO FOLLOW CHRIST - LUKE 14: 25-34 (KJV, public domain)

8 September 2013: The Bible passage – from Luke 14 – at church today reminded me in some ways of the process of discovering our Soul purpose. Here's the passage, along with a few notes in blue font:

25 "And there went great multitudes with him: and he turned, and said unto them,

26 "If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple.

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27 "And whosoever doth not bear his cross, and come after me, cannot be my disciple."

[Our preacher explained that the above was an example of hyperbole ... exaggeration ... often used by rabbis in Christ's day. He said that what Christ really meant was not that a person should hate family, and his own life, but that a person should love his own Christ consciousness more than any family or personal love. That is to say, we must learn to love unconditionally, to love all creatures, great and small, just as Christ did.]

28 "For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

29 "Lest haply, after he hath laid the foundation, and is not able to finish it, all that behold it begin to mock him,

30 "Saying, This man began to build, and was not able to finish."

[The above passage means, to me: Here we are, living this life. Yet we don't sit down and figure out what it will take to finish it properly.]

31 "Or what king, going to make war against another king, sitteth not down first, and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand?

32 "Or else, while the other is yet a great way off, he sendeth an ambassage, and desireth conditions of peace.

33 "So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple."

[The last sentence above takes some thinking about. How does it relate to the preceding passage on war? I think of it like this: We want to make the right judgments in life. We don't want to allow the circumstances of life to overwhelm our Soul purpose. How can we be sure of this? By being a disciple of Christ. That is to say: through learning, and ever practicing, Christ consciousness.]

TASTELESS SALT IS WORTHLESS

34 "Salt is good: but if the salt have lost his savour, wherewith shall it be seasoned?"

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[I take the above passage on salt like this: We cannot be 'the salt of the Earth' unless we retain our true flavor. What is that flavor? What is our true worth? That is for us to discover.]

ON SEEING ADVERSITIES IN LIFE AS GOD'S GRACE

And here is a hymn we sang at church ... "Blessings" by Laura Story. To me, the chorus of this hymn is another way of saying: Why not treat the adversities and setbacks in our lives as a gift of grace?

Video: "Laura Story - Blessings," by LoveOneAnother2011's channel, 2 March 2011 ... [1]https://www.youtube.com/watch?v=1CSVqHcdhXQ ..

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

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[2] 

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Christianity, Soul purpose, grace, happiness, hologame, life lessons, life purpose, life review, Bible, social norms, subconscious thought cloud of the world, societal expectations, hologram, trauma, samskaras, Soul wounding, audiovisual files, Alice's stories, Christ consciousness, death, AV libraries, ego, vital body,

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1.9.9 The Human Noetic Field and Earth's Noosphere, Previously and Since the Shift . by Alice B. Clagett (2013-09-07 08:10)

Written on 7 September 2013; published on 27 December 2016; revised
Previously titled: The Noetic Field ... the Noosphere

- THE HUMAN NOETIC FIELD
- THE NOOSPHERE OF EARTH
- THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD
- SATAN: RULER OF THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD
- THE DECREASING ACCURACY OF THE SABIAN SYMBOLS
- THE IMMINENT EVOLUTION OF SENTIENT EARTHLY BEINGS FROM A MIND/BODY/SPIRIT SOCIAL COMPLEX INTO A SOCIAL MEMORY COMPLEX

Dear Ones,

THE HUMAN NOETIC FIELD

Here is an interesting passage on the human mind as a 'spiritual faculty' and 'nous' as the 'wind' that shapes creation. The word 'noetic' is an adjective related to the noun 'nous'.

Link: "Noetic Balancing: A Heart-Based Approach to Health and Well Being," by the Quimby Amenti Foundation ... [1]http://www.noeticbalancing.com/library/human-energy-field-and-aura/ ... Search for the section: The Aura and Noetic Field

The source noted above refers to the human 'noetic field' or 'noetic matrix'. This is roughly equivalent to what I call the human electromagnetic field. The School of Theosophy might consider it to be a person's astral body, lower mental body, and higher mental body. New Age sources often call it the human 'aura'.

THE NOOSPHERE OF EARTH

There is another word, 'noosphere', which derives from the same root 'noos'; it means 'the sphere of human thought' ...

Link: "Noosphere," in Wikipedia ... [2]https://en.wikipedia.org/wiki/Noosphere ...

Thus the human 'noetic field' might be considered a very small part, or fractal, of the Earth 'noosphere'.

THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD

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There is both Awareness and lack of Awareness in Earth's noosphere. That portion of the energies of the noosphere upon which Awareness is not placed ... such as those emotions and thought-forms repressed (or one might say, 'disowned') because of societal expectations, I term the 'unconscious thought cloud of the world'.

SATAN: RULER OF THE UNCONSCIOUS THOUGHT CLOUD OF THE WORLD

This unconscious portion of the noosphere is ruled by a negatively aspected being with superconscious intelligence. That being is what Christians term Satan. This being, with great cunning, weaves and wends the dense energies of the unconscious thought cloud of the world ... energies primarily of threat, rage, and fear ... here and there, attacking first one person, then another. Attacks occur 'when the stars are right' ... as this being is intimately conversant with the energies of the stars, and when they are in his favor.

This knowledge, codified in the Sabian Symbols ...

Link: Oracle Report ... [3]www.oraclereport.com ... Daily information on the Sabian Symbols

... allowed strikes by Satan and his minions to be made with pinpoint precision prior to the 2012 Shift. Now, however, the process of Awakening is causing accurate application of the Sabian Symbols less and less probable.

THE DECREASING ACCURACY OF THE SABIAN SYMBOLS

As the Awakening continues, human beings are arising in flocks of Souls, to ever greater Awareness. Less and less of the noosphere is involved in energies of the unconscious mind. Already, the power of Satan has greatly waned, and this attenuation of his force field will continue, until he is gone from this place forever.

THE IMMINENT EVOLUTION OF SENTIENT EARTHLY BEINGS FROM A MIND/BODY/SPIRIT SOCIAL COMPLEX INTO A SOCIAL MEMORY COMPLEX

What will be left as 'noosphere' after the unconscious thought cloud of the world is gone? At that point the 'Hue', the conscious beings on Earth (which will, I feel, include other species than us humans) will have evolved into what the Law of One terms a Social Memory Complex. According to the Law of One, a mind/body/spirit social complex (which is what Earth was before the 2012 Shift) becomes a Social Memory Complex when all its members 'are of one seeking'.

That is to say, when the noetic fields of individual sentient beings accurately reflect a planet's noosphere. This happens when the 'group memory' ... the 'collective unconscious' or 'unconscious thought cloud of the world', and the archetypes on which the social complex is constructed ... are revealed to the sentient beings. The Law of One refers to these group memories as being 'lost' in the very lowest parts of the 'tree of mind' ... the tree 'roots'.

For more on what constitutes a Social Memory Complex, see ...

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Link: Social Memory Complex search in "The Law of One: The Ra Material," [4]https://www.lawofone.info/results.php?q=Social+Memory+Complex ... especially the first question-answer ...

[5]11.[6]17 ... or ... [7]https://www.lawofone.info/results.php?s= 11 #17 ..

For more on archetypes, see ...

Link: Archetyp *search in "The Law of One: The Ra Material" ... [8]https://www.lawofone.info/results.php?q=archetyp ..*

See also *Link: "Jungian Archetypes," in Wikipedia ... [9]https://en.wikipedia.org/wiki/Jungian _archetypes ..*

At the point where the 'roots' of the noosphere are revealed, then Earth's sentient beings, the 'Hue', will shine forth as completely aware co-creators, with her, of the beautiful noosphere of our planet. That is a day much anticipated, and soon to be experienced by many.

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

See also ... *Link: "Compendium: Earth's Atmosphere and the Noosphere," by Alice B. Clagett, published on 12 February 2019 ... [10]https://wp.me/p2Rkym-bHH ..*

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mastery of mind, noetic field, noosphere, fractal, social memory complex, mind/body/spirit social complex, Ra, Law of One, societal expectations, Satan, unconscious thought cloud of the world, archetypes, archetypal images, repressed emotions, Hue, interspecies relations, Sabian symbols, School of Theosophy, Lower Mental Body, Higher Mental Body, astral body, Ascension,

1. http://www.noeticbalancing.com/library/human-energy-field-and-aura/
2. https://en.wikipedia.org/wiki/Noosphere
3. http://www.oraclereport.com/
4. https://www.lawofone.info/results.php?q=Social+Memory+Complex
5. https://www.lawofone.info/results.php?s=11
6. https://www.lawofone.info/results.php?s=11#17
7. https://www.lawofone.info/results.php?s=11#17
8. https://www.lawofone.info/results.php?q=archetyp

9. https://en.wikipedia.org/wiki/Jungian_archetypes
10. https://wp.me/p2Rkym-bHH
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1.9.10 Vision of Golden Light . Letting Go . by Alice B. Clagett (2013-09-07 09:35)

Filmed and published on 7 September 2013; transcribed on 26 July 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This describes a vision of golden Light, and thoughts about letting go. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ _d9d4qXmT6U

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I wanted to tell you about a vision that I had. It seemed like there was a golden Light ... a beautiful golden Light. It was so bright, it was so brilliant, it was like liquid gold. And you know how, when gold is heated up, it gets kind of a fuzzy edge to it, because of all the heat in it?

It was like that, only it was not hot. And there was that fuzzy edge to that liquid gold Light all around. And then, its form became very, very dark, like a cut-out figure, or shadow.

And the Light started expanding around the room. And it was as if forms of living things were dark like that too ... very, very dark and dense, and almost Lightless. And all around them was this beautiful, flowing, vibrant, live, gold Light.

It was incredible. And it was a little odd to me too, because I had always looked at bodies, you know? I did not think about the air so much; I mean, once in a while. But generally speaking, I think of bodies as being alive; not the air ... not everything around them.

But from the vision I would say it is as if our bodies were relatively lifeless. And as if the ego, and the mental field, are holding out the Light, and preventing it from flowing into the body; the Light that is everywhere. You know?

And then I was trying to explain what I saw to some friends of mine. And it occurred to me, it is like being at the bottom of the ocean. You know? And the water is all around. And there is all this pressure of the water, to get into the physical body.

But it is as if, through an extreme act of ego and will, we are holding the pressure of the water out. You know? It would be so much easier to just give up, and let the water in. Or let the Light in. And so, from this point of view, this is a pretty good vision: It must be pretty

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easy to let go, and surrender, if the whole Universe is made of Light. Right?

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

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.....
.....

letting go, Now, surrender, vision, ego, mind, Light,

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1.9.11 The Shadow World . by Alice B. Clagett (2013-09-09 16:22)

Dear Ones,

I was wondering today ... What would it be like if we had no shadow when the Sun shines brightly? Would we be less a person, or greater a person?

Do we even think about it? There our shadow is, on every sunny day, faithfully following us around. The brighter the sunlight, the darker our shadow.... What does that remind me of, anyway?

Do we take offense at our shadow?*I* don't ... That's for sure. Having a shadow is just part of living in the third dimension. The brighter I glow, the darker my shadow looks.

Image: Boy with big shadow: [1]https://www.loc.gov/exhibits/young/images/y30-th.jpg ..

Now some people think: It is not *my* shadow. Nothing dark pertains to me.

But, there it is, following us about.... Uh oh! It's gotta be someone *else's* shadow ... Yeah, that's it!

Video: "The Shadow Knows," by M.J. Fletcher, 18 January 2009, [2]https://www.youtube.com/watch?v=O2zX2mQKDoI ..

[....evil chuckle....] "Who *knows* what *evil* lurks in the hearts of men? [....evil chuckle....] The *Shadow knows*!

Yikesarooni! Lemme outa here!

Then there's the humorous attitude:

Video: "Me and My Shadow," by Donald O'Connor and Friend, 8 September 2011: [3]https://www.youtube.com/watch?v=RBUKEN5Q3U8 ..

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

Written and published on 9 September 2013; revised on 17 March 2023
.....

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rambles through the brambles, dark network, dark side, good and evil, Me and My Shadow, Team Dark, The Shadow Knows, black magic, shadow of the personality, duality, skits and storylines,

1. https://www.loc.gov/exhibits/young/images/y30-th.jpg
2. https://www.youtube.com/watch?v=O2zX2mQKDoI
3. https://www.youtube.com/watch?v=RBUKEN5Q3U8
4. http://creativecommons.org/licenses/by-sa/4.0/
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1.9.12 Sons of Anarchy . by Alice B. Clagett (2013-09-10 05:43)

Written and published on 10 September 2013; revised

Dear Ones,

My goodness, I just noticed there are 8.5 *million* 'likes' for the "Sons of Anarchy" facebook page! That is quite a few folks saying: *Yes! I want to continue the karma game* ....

What would happen if there were a 'dislike' button, I wonder? Or maybe a 'New Earth' button?

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

.....

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.....
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karma, Sons of Anarchy, chaos, social unrest,

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

1.9.13 Mind as Iceberg . by Alice B. Clagett (2013-09-10 16:37)

Written and published on 10 September 2013; revised on 10 September 2013

Dear Ones,

Notice the 'collective unconscious' band at the bottom of the picture, at the 'unconscious level'. Maybe boundless consciousness is everything outside the markers!

Image: "PERS 5: Freud's View of the Human Mind: The Mental Iceberg ... [1]http://faculty.knox.edu/fmcandre/freudoh.gif ..

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I Am of the Stars
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[2] 
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.....
.....

collective unconscious, conscious mind, mind, subconscious mind,

1. http://faculty.knox.edu/fmcandre/freudoh.gif
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.9.14 Red Sprites, Blue Elves, and Blue Jets . by Alice B. Clagett (2013-09-11 06:03)

Dear Ones,

Am I dreaming, or what? NASA's talking about antimatter emissions from the tops of thunderclouds? Earth mimics a supernova 500 times a day? Gamma ray flashes from Earth?

What's that at 3.22 on the tape? A magenta spaceship?

Video: "ScienceCasts: ISS 'Firestation' to Explore the Tops of Thunderstorms," by ScienceAINASA, 9 September 2013, [1]https://www.youtube.com/watch?v=vN mUfcc _zBk ..

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

Written and published on 11 September 2013; revised on 17 March 2023
.....

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.....
.....

antimatter, blue elves, blue jets, flying saucers, NASA, red sprites, space ships, supernova, terrestrial gamma ray flashes, space weather,

1. http://www.youtube.com/watch?v=vNmUfcc_zBk
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.9.15 Thoughts on the Controllers, True Power, Lightwork, and a Truer Reality . by Alice B. Clagett (2013-09-12 06:16)

- THE MACHINATIONS OF THE CONTROLLERS
- TRUE POWER RESIDES IN THE HEART
- CONTROLLERS UNDERMINE OUR COMPASSION WITH RELIGIOUS CASTRATION MALWARE
- LIGHTWORKERS INFECTED WITH CASTRATION MALWARE ARE AFFLICTED WITH HATRED AND OTHER NEGATIVE EMOTIONS
- ON FIGHTING SOCIAL INJUSTICE WHILE STILL IN A STATE OF EGO
  - A Story about Duck Hunting
  - Why Do We Not Notice Our Shadow?
  - Does the Act of Fighting Social Injustice Light Up the Heart?
- SHALL WE SACRIFICE OUR HEARTS TO CONSERVE GOODNESS AND LIGHT?
- Dynamics of the Illusion of Duality
  - The*Vesica Piscis*
  - Duality: I and Other
- ALICE'S PERILOUS TALES: MEMORIES OF HOMEWORLD DESTRUCTION . PLANET MALDEK?
- ON TURNING FEAR OF SOCIAL ISOLATION INTO AN ADVAITA EXPERIENCE
- ON BEING AT PEACE WITH THINGS AS THEY ARE

Dear Ones,

THE MACHINATIONS OF THE CONTROLLERS

Through entirely unintentional clairaudient eavesdropping, I have found in the last few years, to my dismay, that the Controllers are quite intelligent, and quite versed in human motivation. They have devious ways of using our innate human tendencies so as to take our true power away from us. I have described a few of the things I have discovered about their mode of operation below, with a view to sidestepping their machinations. These ideas may seem pretty radical to you. At least, they did to me.

TRUE POWER RESIDES IN THE HEART

My first thought is this: True power resides in the heart, and not in the navel point. The power of the heart is not Power Over Others, but the power to recognize our true nature. Our true nature is Love. When we align with our true nature, the power of all that is resides in us. So, if I want to sidestep these powerful Controllers, the only solution is to feel my heart. To feel love, gratitude, appreciation, and the like ... no matter what is coming down in the illusion, no matter what drama appears to be unfolding. And even when my survival instinct is shouting: "Duck and cover! Get out the guns! Women and children, head for the hills!" And so on...

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CONTROLLERS UNDERMINE OUR COMPASSION WITH RELIGIOUS CASTRATION MALWARE

Many spiritual people live their lives in kindness and compassion, in service to others. The Controllers know about this tendency, and have developed a ploy that is exerted through organized religion, and that has to do with negative concepts about the sex drive ... what in the 4D world are visualized as images of genital mutilation broadcast through the unconscious thought cloud of the world during our nightly dreamtime.

This nightly broadcasting of thoughts abhorrent to the vital body has had its effect on the world's religions. At this moment in time, I would be hard pressed to find a religion ... Judaism being one exception I can think of ... that doesn't promote negativity about the sexual act. Some religions even go so far as to say that complete celibacy is the only true spiritual path.

What does this mental distortion of our basic sexual urge and need do? It shuts down our second chakra, our powerhouse of creativity as it is expressed in the world. It shuts off the flow of loving energy from Mother Earth to our heart. And so it deprives us of our Heart toroid energy, through which we might otherwise identify with Prime Creator and co-create the New Reality.

LIGHTWORKERS INFECTED WITH CASTRATION MALWARE ARE AFFLICTED WITH HATRED AND OTHER NEGATIVE EMOTIONS

Consequently, in the world today, we have many spiritual people who believe they should live their lives in kindness and compassion, in service to others, and yet their hearts are full of hatred, petty spite, cruelty, jealousy, and greed. Why? Because the distortion of their sexual drive has cut off the natural flow of Earth energy, and the fourth chakra, the Heart, has quite naturally inverted. No longer the positive Powerhouse of energy ... it has turned negative.

It is simply impossible to live our lives in service to others unless we serve our own hearts first and foremost. If we have mental ideas that shut down our Divine heart energy, it's up to us to clear those ideas. When those negative ideas are cleared, the Controllers will ... trust me on this! ... have no way to grasp and manipulate us. None at all.

Last night at meditation some other things became clear to me. I hope I will be able to convey them clearly, as they go very deep in the fabric of 3D reality.

ON FIGHTING SOCIAL INJUSTICE WHILE STILL IN A STATE OF EGO

Many Lightworkers have a long history ... incarnation after incarnation ... of battling darkness. Deeply ingrained in their being is this value of saving the world from darkness. And more specifically, of rescuing people from darkness. What, you might be thinking, could be wrong with this? At least, that's what I thought.

A Story about Duck Hunting

Think of it like this. You are at Pastorius Reservoir on a sunny Saturday morning. Weekends and Wednesdays are hunting days at the reservoir, and you are a hunter, so there you

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are at one of the rickety duck blinds among the cattails on the north shore of the reservoir, with your hunting rifle and your hunting dog, and your hunter's camouflage cap. You're all set to shoot a few ducks and take them home to the wife for dinner.

You are looking at the ducks sitting peacefully in the water, you are thinking of the good of your family, whether the dog will misbehave and scare off the dinner, and a million other things. You calculate the angle of the Sun and double-check whether your rifle is loaded. The only thing you fail to notice is how the bright sunlight is casting your own shadow like a little puddle of Darkness behind you, and attached to your feet.

Image: Duck hunter aiming a gun ... [1]https://wdfw.wa.gov/hunting/waterfowl/graphics/sm _duck _hunters _blind.jpg ..

For more on this, search my blog for the term: *old lightworker syndrome*

Why Do We Not Notice Our Shadow?

Why do we not notice the Darkness that is attached to us? Ego, which supports all these zillion thoughts of the mental mind, prevents it. It shapes our thoughts in the interests of the groups we adhere to, whether it be a family ... as in the case of the hunter ... or a religious group, or any kind of group at all.

Does the Act of Fighting Social Injustice Light Up the Heart?

Now imagine that you're a Lightworker, and each duck is a social injustice, and you're a member of a group that believes in fighting social injustice. So bringing home the ducks will fulfill your need for group approval.

Image: Duck hunter wading through marsh, duck in hand; hunting dog is following behind ... [2]https://www.dailyrepublic.com/files/2011/05/aDuckClub-copy.jpg ..

But will it light up the Powerhouse of your heart? No. It will fill your heart with savage exultation, and imprint your mind with a tendency to future cruel acts. And what is the true source of the social injustices? Not the ducks floating on the water, but the shadow at your feet.

It is our very desire to fit in with the groups we cherish that the controllers are using to subvert our Heart energy and cloud our thinking. To turn us from Love to savagery, war, cruelty, and hatred.

SHALL WE SACRIFICE OUR HEARTS TO CONSERVE GOODNESS AND LIGHT?

Now let's change the scene. Let's imagine you're still at the duck blind at Pastorius Reservoir, same ducks, same shadow, but sans the rifle and the dog. You're a conservationist, and you're observing the behavior of these endangered ducks, with an aim to increasing their numbers and helping them thrive in a hostile world. This is another aspect of the Lightworker lineage: Conserving the Ducks. It is grueling work, but you're in good company.

Image: Hunters up to their necks in water, with ducks swimming nearby ... [3]https://hosted-hunts.com/files/2014/04/preview-2.jpg ..

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If there is anything the Controllers would like to subvert, it's the energy of Lightworkers, because they've been here for such a long time, and they're so very close to realizing their true natures as Love. So the Controllers are pleased to see many of us Lightworkers at the duck blind, possibly cold and shivering, up to their necks in water. Not following their hearts and living their passion, but rather, bound down to a concept of duty ... Whiling away their lives trying to make the world a better place.

What's wrong with this?, I used to say. Surely this is why I am on Earth.

DYNAMICS OF THE ILLUSION OF DUALITY

The*Vesica Piscis*

Bill Ballard (1) was talking recently about the *vesica piscis*. He said that when Prime Creator decided to create the multiverse, he started with a *vesica piscis*. From one point, the Creator became two.

Duality: I and Other

In the picture below, imagine that one circle ('point') is *'I' ... Prime Creator*. Or you might say, in a 3D fragmented sense, *I ... my Lightworker Ego*. I, Saver of Ducks. Or Hunter of Ducks, as the case may be....

The other sphere is all Creation, in the deepest sense. And in the 3D sense, it's the ducks at Pastorius Reservoir, in whatever way my mind may be perceiving them ... something to shoot down, or something to save. Or in the case of the Creator: a new way to experience Joy.

Image: "Vesica Piscis," by Daniel B. Holean ... [4]https://www.awakenvisions.com/gallery1/VesicaPiscis.jpg ..

The interesting thing about this picture is the heart-like space in the middle, where the circles intersect. It's as if the heart of the Creator, or in our case the great Powerhouse of our own human hearts, has been displaced from its center outward. It is this displacement of Awareness toward the front of the human aura that creates the sense of duality. Awareness in 3D consists of an egoic interplay between the thought of 'I' and the thought of 'Other.'

We can think of an energy flow from our own heart ... which would be represented by the dot in the center of the 'I' circle below ... to the heart of an object extraneous to ourselves ... which would be the dot in the center of the 'Other' circle. In the world of duality, the energy flow ... from 'I' to 'other' and back again ... happens a zillion times a second for every object on which our mental mind places Awareness ...

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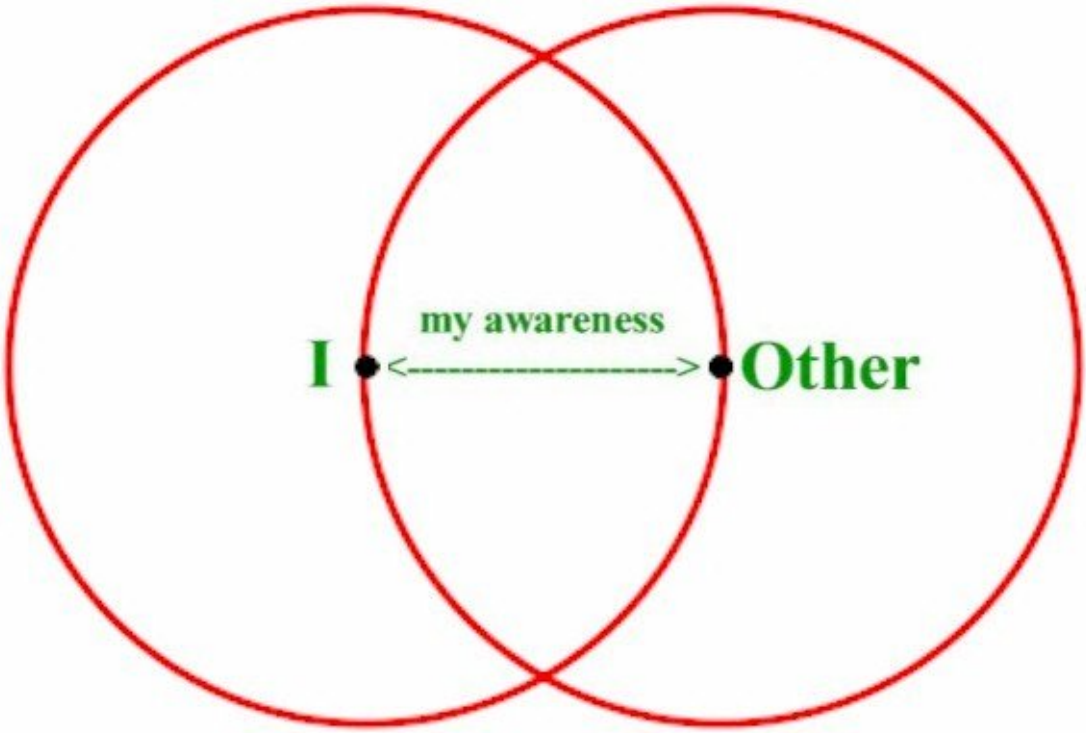


Image: "Two red circles overlapping at center of each circle." adapted by Alice B. Clagett, 12 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: The center of one circle is labeled 'I' and the center of the other circle is labeled 'Other'. There is a two-headed arrow in the area of overlap between the two centers; the arrow is labeled 'my awareness' ... CREDITS: Red circles and center dots are adapted from Image: "Circle and Its Center," by Zorgit, 3 August 2008, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Circle _and _its _center.svg ... public domain

Image: "Two red circles overlapping at center of each circle." adapted by Alice B. Clagett, *12 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

DESCRIPTION: The center of one circle is labeled 'I' and the center of the other circle is labeled 'Other'. There is a two-headed arrow in the area of overlap between the two centers; the arrow is labeled 'my awareness' ...

CREDITS: Red circles and center dots are adapted from Image: "Circle and Its Center," by Zorgit, 3 August 2008, in Wikimedia Commons ... [5]https://commons.wikimedia.org/wiki/File:-Circle _and _its _center.svg ... public domain

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What is wrong with this picture? The difficulty is that our Awareness is flowing off-center and outward to a fictional mental construct, something 'other than' the Divine I AM.

. . . . .

ALICE'S PERILOUS TALES: MEMORIES OF HOMEWORLD DESTRUCTION . PLANET MALDEK?

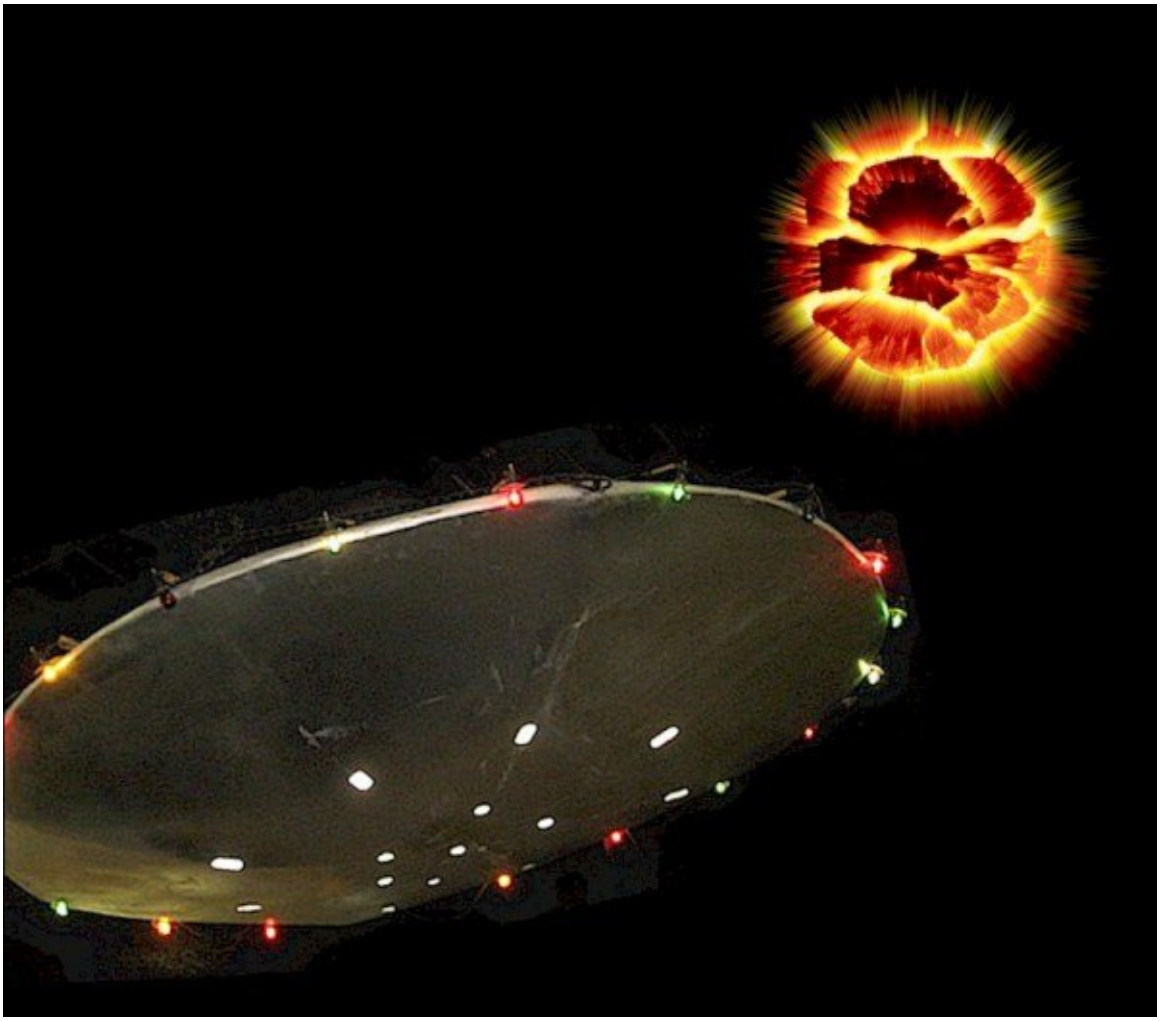
Last night, during meditation, as in many meditations past, I could feel my physical body being jerked forward, again and again, into a momentary state of unconsciousness, drawn forward into the Awareness of another being. Each time I jerked upright, into conscious Awareness, my Awareness re-centered in my heart. I kept thinking, "Just cut this cord with the Other! Just be You, in your own centered Awareness!"

Each time I thought that, I was overcome by a feeling of anxiety. I saw a vision of the planet I was observing from a space vehicle, aeons ago, exploding in the night sky. Everyone and everything I ever knew or loved, annihilated in one single moment of unimaginable destruction. With the exception of the being who then stood beside me, observing from space, a fellow freedom fighter, born Maldekian whereas I was of Venusian lineage ... a being whose Lightworker destiny has been interwoven with mine down through the interminable aeons since that time.

To whom has my heart unconsciously reached out, again and again? To the only other survivor of that catastrophe. One whom I met again, here on Earth, a little over a decade ago. The only known constant in all my incarnations as a Lightworker.

Here is an image I put together of my vision of the explosion of Maldek ...

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Composite Image: “Explosion of Planet Maldek,” adapted and compiled by Alice B. Clagett, 27 February 2023, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDITS: Image: “Exploding Planet with The Gimp 2.4.6,” by Universalmaster, 8 January 2008, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Exploding _Planet.png ... CC BY-SA 3.0 Unported ... and ... Image: “Roswell UFO Museum, Roswell, New Mexico, USA.,” by jdeeringdavis from San Francisco, CA USA, 2 September 2009, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Roswell _UFO _Museum _- _Alien _spaceship _ %284997519882 %29.jpg ... CC BY 2.0 Generic

***Composite Image: “Explosion of Planet Maldek,” adapted and compiled by Alice B. Clagett**, 27 February 2023, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDITS: Image: “Exploding Planet with The Gimp 2.4.6,” by Universalmaster, 8 January 2008, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Exploding _Planet.png ... CC BY-SA 3.0 Unported ... and ... Image: “Roswell UFO Museum, Roswell, New Mexico, USA.,” by jdeeringdavis from San Francisco, CA USA, 2 September 2009, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Roswell _UFO _Museum _- _Alien _spaceship _*

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%284997519882 %29.jpg ... CC BY 2.0 Generic

ON TURNING FEAR OF SOCIAL ISOLATION INTO AN ADVAITA EXPERIENCE

In my subconscious mind, through the long incarnations, this other being had come to represent my overarching concept of Other. During the meditation, when I tried to stop the jerking back and forth of my Awareness, I was overwhelmed by a vast sense of loss ... the loss of my home world and all the beings in it. This remembered feeling of utter desperation, of darkest despair, of utter failure in my mission would drive me into an unconscious state.

The accompanying thought was: If I cease the flow of Awareness, back and forth from me to this other being, then for sure that being will die. And all I have ever loved will have wilted and died at my hand, through my failure to protect them all. My family! My friends! My world! All gone, gone forever....

There is no getting around it. This was some pretty heavy subconscious stuff-and-nonsense. But finally, in light of God that filled the meditation room, I summoned the courage to stop the outward–inward flow. And to my utter astonishment, it turned out that the other being ... and all this New World as well ... far from passing away ... now existed *within my own heart ...* and not in some desperate outside drama of times past or the transformation that this new world ... Earth ... my new home, is now going through.

ON BEING AT PEACE WITH THINGS AS THEY ARE

It came to me in a flash. There is no need to shoot anyone down. No need to save anyone. Everything is all right, just as it is! Wild but true.

Link: "We Hold a Treasure" by Mary Southard, 5 November 2015, at Mary Southard Art ... https://www.marysouthard.org/we-hold-a-treasure/ ... COMMENTS: This page features a beautiful art piece depicting a woman with long, flowing hair, tenderly encircling Earth. –Alice B. Clagett

So it seems there is much to love and cherish, but all within the context of the great I AM. *Who* is loving and cherishing? God does that work. *What is my role in all this?*

My role is to be quiet, and offer myself with calmness and confidence, for service to the God. To trust that God will guide me. Stay centered in my heart. Know that the ducks of this 3D world, and the shadow beneath my 3D feet, are not the Real Deal. Far from it. What is *really* happening? Me, my heart, and the Divine Will.

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

Written and published on 12 September 2013; revised on 25 March 2023
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado
The text in blue font has been included in my incarnational memories.

For my incarnational memories, see ... *Link: "Tiny Anthologies: My Memories of Other Incarnations," by Alice B. Clagett, compiled from prior blogs on 10 February 2019; published*

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on 11 February 2019; revised on 19 January 2023 ... [6]https://wp.me/p2Rkym-bCE ... Previously titled: "Incarnational Memories" ... and ... "*Tiny Anthologies: Incarnational Memories*"

.....
FOOTNOTE

(1) This is a totally cool video ...

Video: "Integrating Lord Metatron with Meline LaFont," by Bill Ballard, 1 September 2013 ... [7]https://www.youtube.com/watch?v=UCCnpxhscSg ..

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[8] 
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antisocial personalities, power over, rambles through the brambles, social issues, stories, battle with darkness, duality, Controllers, ego, group mentality, killing, lightworkers, murder, peer pressure, power of the heart, Team Dark, groups, incarnations, reincarnation, Maldek, planet Maldek, anxiety, destruction of planet, loss, desperation, despair, service to others, unconscious thought cloud of the world, genital mutilation, peace, contentment, stories by Alice, Drawings by Alice, shadow of our personality, mutilation epithet, second chakra, sexual repression, social injustice, cruelty, multiverse, societal expectations, epithets, old lightworker syndrome,

1. https://wdfw.wa.gov/hunting/waterfowl/graphics/sm_duck_hunters_blind.jpg
2. https://www.dailyrepublic.com/files/2011/05/aDuckClub-copy.jpg
3. https://hosted-hunts.com/files/2014/04/preview-2.jpg
4. https://www.awakenvisions.com/gallery1/VesicaPiscis.jpg
5. https://commons.wikimedia.org/wiki/File:Circle_and_its_center.svg
6. https://wp.me/p2Rkym-bCE
7. https://www.youtube.com/watch?v=UCCnpxhscSg
8. http://creativecommons.org/licenses/by-sa/4.0/
9. http://creativecommons.org/licenses/by-sa/4.0/

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1.9.16 "The Yarrow Faerie" . by Cicely Mary Barker . referral by Alice B. Clagett (2013-09-13 08:48)

Written and published on 13 September 2013; revised

Dear Ones,

Cicely Mary Barker has done some beautiful artwork on the flower faeries, along with a poem for each. Here is the yarrow faerie:

Image: "The Yarrow Faerie," by Cecily Mary Barker ... [1]https://s-media-cache-ak0.pinimg.com/564x/eb/9c/10/eb9c106d1fb 719fbe1be7db0b0ca00df.jpg ..

This page has some of Cicely Mary Barker's lovely artwork and flower faerie poems ... [2]http://www.angelfire.com/ms2/ladiesoflove/fairypoems.html ..

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

[3] 
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.....
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Cicely Mary Barker, faeries, fairies, nature spirits, yarrow faerie, yarrow fairy,

1. https://s-media-cache-ak0.pinimg.com/564x/eb/9c/10/eb9c106d1fb719fbe1be7db0b0ca00df.jpg
2. http://www.angelfire.com/ms2/ladiesoflove/fairypoems.html
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.9.17 Blessings to the Land . by Alice B. Clagett (2013-09-15 07:11)

Filmed on 15 September 2013; published on 16 September 2013; republished on 30 December 2016
Location: Countryside east of Durango, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Blessings to the Land, channeled by Alice B. Clagett, Soundtrack and Words

Dear Ones,

This video is about healing land that has been injured. Included: a little bit about the elementals, devas, and nature spirits. Blessings to the Land, the Earth, the Cities, and all the places that need healing! On reciting "*Om*" *three times*! There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/RKQJ9aQ4KRw

SUMMARY OF THE VIDEO

Look, Dear Ones! Look at this place here ...



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Image: “Countryside East of Durango, Colorado 1: Oil Rig,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

Image: “Countryside East of Durango, Colorado 1: Oil Rig,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

Look how the land has been injured. My goodness! Some kind of an oil rig, it looks like. It is going on towards Fall here. Before, these seed pods here ... [shows seedpods on flower stalks] ... were beautiful yellow sunflowers.

There is another kind of yellow flower that is blooming later here ... [shows small blooming yellow flower] ... See them sparsely blooming? But for the large yellow flowers there are seedpods in this area ...



Image: “Countryside East of Durango, Colorado 2: Yellow Flowers and Seedpods,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

Image: “Countryside East of Durango, Colorado 2: Yellow Flowers and Seedpods,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

I see this land has been injured by man. Up above we have sacred juniper trees ...

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Image: “Countryside East of Durango, Colorado 3: Junipers,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

Image: “Countryside East of Durango, Colorado 3: Junipers,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

... very beautiful. The elementals and the devas are here, and they are trying to heal the land. So I came, and I collected some of the seedpods from the sunflower seed. I will take them back to the place where I live, and plant them there. Then I will meditate there a few times, and hope that they grow, and hope that helps heal this land.

Before that happens, I will call on all the elementals and all the nature spirits here [where the oil rig is]. Maybe you would like to chant ’om’ with me for a minute or two. I will try three *om’s*. I will first invite all the nature spirits to come and help heal this land. Ready? Here goes ...

. . . . .

Blessings to the Land
Channeled by Alice B. Clagett
Soundtrack and Words
15 September 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/blessings-to-th e-land-audio-only.mp3

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Blessings, everyone!
Blessings to the land.
Blessings to the earth.
Blessings to the cities
and all the places that need healing.

. . . . .

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



Image: “Countryside East of Durango, Colorado 4: Sunset,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

Image: “Countryside East of Durango, Colorado 4: Sunset,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0

.....

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devas, healing cities, healing Earth, om, mantras, cities of Earth, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/12/blessings-to-the-land-audio-only.mp3
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1.9.18 A Blessing for New Earth . by Alice B. Clagett (2013-09-15 07:14)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "Blessing the Land," channeled by Alice B. Clagett, Soundtrack and Words

Dear Ones,

A blessing for New Earth. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/bsP0e6YUYmU

SUMMARY OF THE VIDEO

Look, Dear Ones! Look at this place here ...



Image: “Colorado Oil Rig,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: "Colorado Oil Rig," by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Look how the land has been injured! My goodness! Some kind of an oil rig, it looks like!

It is going on towards fall here now. Before, these seed pods here [shows seed pods] were beautiful, yellow sunflowers. And there is another kind of yellow flower that is blooming later, here. [Shows small yellow flower with a brown center.] ... But the large yellow flowers are now seed pods in this area. See there, the dark seed pods? [Shows seed pods.] ...



Image: “Colorado Flowers and Seed Pods in the Autumn,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Colorado Flowers and Seed Pods in the Autumn," by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

I see this area has been injured by man. Up above, we have the sacred juniper trees, [Shows juniper trees] ... Very beautiful. The elementals and the devas are here, and they are trying to heal the land, I feel ...

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Image: “Colorado Junipers,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Colorado Junipers," by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

So I came, and I collected some of the seed pods from the sunflower seeds, and I am going to take them back to where I live, and plant them there. And then I am going to meditate near there a few times, and hope that they grow, and hope that this helps heal this land.

Before that happens, I am going to call on all the elementals and all the nature spirits here. Maybe you would like to chant *Om* with me for a minute or two? I am going to try three *Oms* ... I am going to first invite all the nature spirits in, to come and help heal this land. Ready? Here goes ...

. . . . .

"Blessing the Land"
Channeled by Alice B. Clagett
Soundtrack and Words
15 September 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2013/09/blessings-to-th e-land-audio-only.mp3

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Om! (x3)
Blessings, everyone!
Blessings to the land!
Blessings to the Earth!
Blessings to the cities,
And all the places that need healing.

. . . . .



Image: “Colorado Clouds at Sunset,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Colorado Clouds at Sunset," by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

. . . . .

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

Filmed on 15 September 2013; published on 16 September 2013; transcribed on 30 July 2018; revised on 25 March 2023
Previously entitled: "Our New Home on New Earth"
.....

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[2] 

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New Earth, world community, blessings, prayers by Alice, cities of Earth, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/09/blessings-to-the-land-audio-only.mp3
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3. http://creativecommons.org/licenses/by-sa/4.0/

1.9.19 Role Awareness . by Alice B. Clagett (2013-09-15 09:32)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - The Deluge Last Night
  - A Visit to One of My Outdoor Sacred Spaces the Next Day
  - Speckles of Sunlight
  - The Eldest Child
  - Role of a Younger Child
  - Identify What Role We Are Playing
  - Dying and Being Reborn
  - Luke 15: Three Parables
    - Parable of the Lost Sheep
    - Parable of the Lost Coin
    - Parable of the Lost Son
  - Which Person Do You Identify With?
  - Can a Person Identify with All These Roles?
  - Awareness: What Part of Me Is Still 'Lost'?
  - Do Not Judge Other People. Be Very Aware of Your Own Self
- MORE INFORMATION
  - Birth Order Reference
  - Bill Ballard Reference
  - Luke 15
    - The Parable of the Lost Sheep
    - The Parable of the Lost Coin
    - The Parable of the Prodigal Son

Dear Ones,

This video includes the role of our birth order in relationships, eldest child vs youngest child roles, Bill Ballard on death and rebirth, Luke 15, nonjudgment of others' roles, and neutral awareness of our own relationship roles. There is a lightly edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/5CvkA40-ngI

SUMMARY OF THE VIDEO

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Hello, Dear Ones, It’s Alice.

The Deluge Last Night

It rained like crazy last night, and there was a clap of thunder right near where I was, at home. And my cat got so scared she went running off and hid someplace. I could not find her for a while. The rain just increased and increased; and suddenly, it felt like there was a huge bucket of water just over the roof of my apartment, and all of a sudden it got emptied onto the roof of the apartment ... It was *that* strong of a rain.

And then, all of a sudden, it stopped. And there, in the living room, the roof was leaking, just a little bit. So I put a bucket under the leak, and it all came out all right ... It did not rain that much more that night.

A Visit to One of My Outdoor Sacred Spaces the Next Day

So today I went to look, in one of the spots where I sit, to see how one of my little altars has done. And here it is ...



Image: “Sacred Space,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sacred Space,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

In the foreground. you see, there is a little ’pointing’ place, that you can stand next to, in the front. And then, in the background, is this little altar place ... Well it was looking

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somewhat the worse for wear, because in this area, it looks like all of the water comes running down there. So I replenished the juniper sprigs, and put the pine cones back together, and put the rocks back together, and there it is! A little meditation place ...



Image: “Outdoor Altar,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Outdoor Altar,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

So while I am standing here, I thought I would talk about something that has come to mind. And so, here we go!

Speckles of Sunlight

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Image: “Incoming Light: Speckles of Sunlight,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Incoming Light: Speckles of Sunlight,” by Alice B. Clagett, 15 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

I was talking to a friend last night, about the role of our birth order amongst our siblings, and how that affects our relationships throughout life. I am going to try to find you something on the internet about this, but because of the rain, my internet is not working right now. But pretty soon, I am going to find something.

The Eldest Child

I gather, from talking with my friend, and comparing that to my own life, that birth order has a lot to do with how we interact with people. Now in her case and my case, we are the eldest child in our family. And they tend to carry quite a lot of responsibility for other people ... probably because, in real life, lots of times, the parents said: You are the eldest. It is your responsibility to help take care of your younger brothers and sisters ... Or something like that, you know?

Role of a Younger Child

In the case of a child that is the youngest child in a family, especially in a big family, or one of the younger children, you will not find that at all. Instead, you will find some kind of happy-go-lucky feeling ... and a feeling that other people are going to take care of them ... as was the case when they were very young, you know? They might not have that much

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responsibility about money and security, and so forth, because the older siblings were looking out for them all the time when they were very young.

And then there is the child in the middle ... which may be addressed in the "More Information" section below.

Identify What Role We Are Playing

But the point of that conversation, I think, is that we need to identify the role or roles we are playing in life; not because they are good or bad, but just so we will know what we are doing rotely, automatically. By observing, we will know whether we want to continue with that behavior. You know what I mean? So that we can choose rationally what roles we want. And we will have more roles and choices in life.

Dying and Being Reborn

Apparently, this kind of process is coming up for a lot of people: The feeling of dying and being reborn. A feeling that the old is coming to an end; a desire to cling to that, and to fear the death of the old. The thought that the rebirth into the New is coming round. You know?

I was listening to one of Bill Ballard's video just the night before, and he confirmed all that ... he talked about rebirth too. It was really strange! I had been taking it in a personal sense, but when I heard Bill Ballard's video, I thought: Maybe this is happening with a large group of people right now. Then the next day, I heard an acquaintance talking about the same thing, and it became clear that we are all changing our roles and upgrading our understanding and awareness of everything that is going on in our relationships right now.

It feels a lot like death. In fact, some people are choosing to die rather than face this. Personally, I would like to stay alive, and I would like to have my choices; but of course, you never know what the Divine has in store for us! [laughs]

Luke 15: Three Parables

Then today I went to church. The sermon was on Luke 15, and there were three stories involved (I'm paraphrasing below; for the Biblical text, see "More Information" below).

Parable of the Lost Sheep. The first story had to do with a shepherd. He had a hundred sheep. One got lost, and he went out looking for it. It was really important for him to find that one lost sheep. I am sure you have heard that story.

Parable of the Lost Coin. And then, the next story was about a woman. She had ten coins, but she lost one coin. She looked through the whole house; finally she found that coin, and she was so happy that she invited all her neighbors over to celebrate.

Parable of the Lost Son. And the last story was about a man who had two sons. The younger son (remember what was said, above, about younger siblings?) told his father: I would like my inheritance now. So the father divided up all he had, and he gave half to the younger son. The younger son went off to a foreign land, and spent all the money that he had, until he had nothing whatsoever.

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Hard times fell upon that place where he was. He worked for someone else who had pigs, and that person asked him to go and feed the pigs. He was so hungry, he wished he could eat the pig food, but nobody offered him any.

So then he thought, What am I doing? The lowly people that work on my father's farm have plenty to eat. I should just go back and beg my father for forgiveness and understanding. So he did that. His father was very happy to see him. He said, "My son ... was lost, and is found again!" Let us kill the fatted calf, and let us feast and be happy! ... something like that. So they did that.

And then the older son, who was very responsible in looking after his father's land, and who had never spent any of the money, was off in the fields, taking care of things. He heard all the music and merrymaking, so he came back, and asked a servant, What is going on here? What is this? The story was explained to him, and he got really angry and refused to go in.

He said to his father, I have been doing all the hard work all this time. What *is* this? You never even killed a goat for me and my friends. So the father explained to him: My son, who was lost, is come back again. This is a time of rejoicing. (I assume everything was knit up in that way.)

Which Person Do You Identify With?

After the pastor told these stories, he went on to say to us: Which of the people in these stories do you identify with?

- Do you think of yourself as the lost sheep, as the sheep that are safe and found?
- Do you think of yourself in the role of Christ, passing no judgment on anyone?

Can a Person Identify with All These Roles?

At first, I could not figure it out. Finally I came up with, that I could identify with any of those. I think that is kind of a good state of mind to have: Not to judge other people's roles, but just to see them very clearly. And the same with mine.

Awareness: What Part of Me Is Still 'Lost'?

What the pastor said was even more interesting. He said: We may think of ourselves as found, but there are parts of us, parts of our bodies, that are not found. We may be *mostly* found, but nobody is *completely* found (not in *this* dimension, anyway ... He did not say that.)

Do Not Judge Other People. Be Very Aware of Your Own Self

I thought maybe he was saying, Do not judge other people. Take a good look at yourself, and just do what you can to find yourself...

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So that is the story for today: Finding oneself. Finding one's role. And maybe not taking a role too seriously, even if we learned to be the thing that we now are when we were little children.

I wish you all a wonderful day ... not too rainy, no roof leaking. I hope your cat (if you have one) is not too scared. All is well here, and I hope all is well with you. Love and blessings.

.....
MORE INFORMATION

Birth Order Reference. Here's an article about birth order and relationships:

"*Link: Birth Order and Personalities,*" *by Diana L. Walcutt, Ph.D. ... [1]https://psychcentral.com/blog/archives/2009/07/22/birth-order-and-pers onality/ ..*

Bill Ballard Reference. Here's the Bill Ballard video I quoted in my video:

Video: "9-13-13 Bill Ballard – Birthing of New Earth and Fractals in My Experience" ... [2]https://www.youtube.com/watch?v=1q2MPmcUbkI ..

Luke 15. And here's Luke 15 (KJV, public domain)

The Parable of the Lost Sheep

1 "Then drew near unto him all the publicans and sinners for to hear him.

2 "And the Pharisees and scribes murmured, saying, This man receiveth sinners, and eateth with them."

3 "And he spake this parable unto them, saying,

4 "What man of you, having an hundred sheep, if he lose one of them, doth not leave the ninety and nine in the wilderness, and go after that which is lost, until he find it?

5 "And when he hath found *it*, he layeth *it* on his shoulders, rejoicing.

6 "And when he cometh home, he calleth together *his* friends and neighbours, saying unto them, Rejoice with me; for I have found my sheep which was lost.

7 "I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance."

The Parable of the Lost Coin

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8 "Either what woman having ten pieces of silver, if she lose one piece, doth not light a candle, and sweep the house, and seek diligently till she find *it*?

9 "And when she hath found *it*, she calleth *her* friends and *her*neighbours together, saying, Rejoice with me; for I have found the piece which I had lost.

10 "Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth."

The Parable of the Prodigal Son

11 "And he said, A certain man had two sons:

12 "And the younger of them said to *his* father, Father, give me the portion of goods that falleth *to me*. And he divided unto them *his* living.

13 "And not many days after the younger son gathered all together, and took his journey into a far country, and there wasted his substance with riotous living.

14 "And when he had spent all, there arose a mighty famine in that land; and he began to be in want.

15 "And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

16 "And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him.

17 "And when he came to himself, he said, How many hired servants of my father’s have bread enough and to spare, and I perish with hunger!

18 "I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

19 "And am no more worthy to be called thy son: make me as one of thy hired servants.

10 "And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

21 "And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

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22 "But the father said to his servants, Bring forth the best robe, and put *it* on him; and put a ring on his hand, and shoes on *his*feet:

23 "And bring hither the fatted calf, and kill *it*; and let us eat, and be merry:

24 "For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry."

25 "Now his elder son was in the field: and as he came and drew nigh to the house, he heard musick and dancing.

26 "And he called one of the servants, and asked what these things meant.

27 "And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, because he hath received him safe and sound.

28 "And he was angry, and would not go in: therefore came his father out, and intreated him. 29 "And he answering said to *his* father, Lo, these many years do I serve thee, neither transgressed I at any time thy commandment: and yet thou never gavest me a kid, that I might make merry with my friends:

30 "But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed for him the fatted calf.

31 "And he said unto him, Son, thou art ever with me, and all that I have is thine.

32 "It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found."

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

Filmed on 15 September 2013; published on 16 September 2013; transcribed on 30 July 2018; revised on 17 March 2023

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birth and rebirth, birth order and personality, role awareness, Bible, Christianity, judgment, ceremony, sacred places, neutral mind, Luke 15, Parable of the Prodigal Son, Parable of the Lost Coin, Parable of the Lost Sheep, incoming light,

1. https://psychcentral.com/blog/archives/2009/07/22/birth-order-and-personality/
2. https://www.youtube.com/watch?v=1q2MPmcUbkI
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1.9.20 Lemurian Consciousness, Water Elementals, Natal Family Karma Disentanglement . by Alice B. Clagett (2013-09-16 05:59)



Image: “Waterfall on Slunjcica River, by Paula Borkovic, 29 April 2017, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Waterfall _on _Slunjcica _River.jpg ... CC BY-SA 4.0 International

Image: “Waterfall on Slunjcica River, by Paula Borkovic, 29 April 2017, in Wikimedia Commons ... [1]https://commons.wikimedia.org/wiki/File: Waterfall _on _Slunjcica _River.jpg ... CC BY-SA 4.0 International

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- UPWELLING OF LEMURIAN CONSCIOUSNESS
- WATER ELEMENTAL CLEANSING AND GLITCHES IN ELECTRONICS AND ELECTRICAL DEVICES
- NATAL FAMILY KARMA AND REBIRTHS
- ON THE GHOSTS OF OUR ANCESTORS NOW TURNING TO THE LIGHT

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Image: Child in swimsuit jumping feet first off a wooden pier into a little marsh ... [2]https://thumbs.dreamstime.com/x/summer-funny-bomb-5362679.jpg ..

Dear Ones,

UPWELLING OF LEMURIAN CONSCIOUSNESS

There is something happening right now that I would have trouble explaining from a logical standpoint. But I will try to describe it using my intuition.

There is an upwelling of Lemurian consciousness. There are floods here in Colorado, and the undines (1) ... also known as water nymphs, water spirits, and water elementals ... are everywhere ... in the air, in the earth, and of course, dancing joyfully in the rivers, reservoirs, and rain.

This upwelling of Lemurian and undine energy has a great purpose ... it is cleansing us humans, whether we exist in the third dimension, in dense physical bodies, or whether we have passed over, and are existing in the fourth dimension right now. The cleansing energy is helping us to be reborn into the fifth dimension as sovereign human beings. So the Lemurian and undine 'waters' are like the waters of our human birth process, easing the transition to a new world.

WATER ELEMENTAL CLEANSING AND GLITCHES IN ELECTRONICS AND ELECTRICAL DEVICES

I gather that this water elemental cleansing process does not agree that well with technology. In my case, that goes for the phone and the internet. Fortunately the electricity and the car are still working ok.

NATAL FAMILY KARMA AND REBIRTHS

In recent times, humans have more often than not existed in extended natal family groups that are born and reborn together, often in enmity contexts that facilitate the mutual karmic disentanglement. Or in some cases, further entanglement.

Karma keeps these extended natal families close together, even though some members are incarnate and others nonphysical at any moment. We have not known it, but it has not been at all uncommon for our physical presence in the world to be connected to, and carrying around with us, the ghosts of our ancestors ... members of our extended family who have passed on. Why? Because of our continuing karmic entanglement with them.

ON THE GHOSTS OF OUR ANCESTORS NOW TURNING TO THE LIGHT

So what is happening now? Feels like the karmic entanglements with our extended natal families are being 'washed away' by the Lemurian and undine energies. As they released from me, I could clairaudiently hear these ghosts of my ancestors waking up, shaking themselves awake, summoning the courage to turn to their guides, take their shining hands, and step out into the great unknown that is Love.

And what does this freeing up, this karmic disentanglement, mean to us incarnate humans? Like me, you may hear your family awaken and depart. You may notice your subconscious

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tendencies become less insistent. You may feel yourself returning to heart-felt mastery.

This is the moment of rebirth for all of us! Way so wow! ... for us all! I feel like diving in a river!

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

Written and published on 16 September 2013; revised on 21 March 2023

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FOOTNOTE

(1) For the connection between Lemuria and water elementals, see ... *Link: "My Memories of Original Lemuria" by Denise Le Fay at Transitions, 12 April 2010 ... [3]http://deniselefay.wordpress.com/2010/04/12/my-memories-of-original-le muria/ ..*

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[4] 

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soul wounding, Lemuria, natal family karma, rebirth, undines, water elementals, astral planes, karma, ghosts, ancestors, electronic devices,

1. https://commons.wikimedia.org/wiki/File:Waterfall_on_Slunjcica_River.jpg
2. https://thumbs.dreamstime.com/x/summer-funny-bomb-5362679.jpg
3. http://deniselefay.wordpress.com/2010/04/12/my-memories-of-original-lemuria/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.9.21 Fenugreek Tea for Diabetes . by Alice B. Clagett (2013-09-17 08:29)

Written and published on 17 September 2013; revised

Image: Fenugreek Tea recipe: [1]http://www.buzzle.com/img/articl eImages/333333-5259-47.jpg ..

Dear Ones,

Fenugreek seeds are inexpensive, the tea is easy to make, and the effects are many and far reaching in returning human health to its highest potential.

According to the University of Michigan Health System, fenugreek seeds have been used to treat diabetes type 1 and type 2, high cholesterol, high triglycerides, and constipation. See "Fenugreek Uses," [2]http://www.uofmhealth.org/health-library/hn-2090006 ..

Personally, I've found a tea made of fenugreek seeds to be effective as an overall health. Perhaps you might find it so as well.

Just about any health food store sells fenugreek seeds. They can also be purchased inexpensively at [3]www.amazon.com ..

For more on this topic, see "Find a Vitamin or Supplement: Fenugreek," by WebMD, [4]http://www.webmd.com/vitamins-supplements/ingredientmono-733-fenugreek.aspx?activeingredientid=733 & ..

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

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baldness, bronchitis, cancer, diabetes, digestion, fenugreek tea, kidney, tuberculosis, health, healing herbs, ED, erectile disfunction, beriberi, mouth ulcers, boils, bronchitis, cellulitis, tuberculosis, chronic coughs, inflammation, muscle pain, lymphadenitis, gout, wounds, leg ulcers, eczema, milk flow, hernia, herbs,

1. http://www.buzzle.com/img/articleImages/333333-5259-47.jpg
2. http://www.uofmhealth.org/health-library/hn-2090006
3. http://www.amazon.com/
4. http://www.webmd.com/vitamins-supplements/ingredientmono-733-fenugreek.aspx?activeingredientid=733&
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1.9.22 How to Get Rid of Demons . by Alice B. Clagett * (2013-09-18 09:10)

Written and published on 18 September 2013; revised

Dear Ones,

Daniella Breen (1) had a few things to say about demons in the last post. One very interesting idea she had was this: It takes a lot of courage to deal with Team Dark. If you're willing to face your demons, she says, altogether avoid talking with them. Instead, talk with your Higher Self and/or your Christed spirit guides. Ask them to deal with the demons! This struck me as very sound advice.

In the case of end-runs versus Team Dark, one can never be too well informed. Here is a very cogent blog on the topic is "How to Get Rid of Demons: Evil Spirits 101," [1]http://www.gods-and-monsters.com/get-rid-of-demons.html ..

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

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FOOTNOTE

(1) See Daniella Breen, [2]https://www.youtube.com/channel/U CiQ2Swm5SdbexxakECggaNQ and "The Consciousness Call," [3]http://www.blogtalkradio.com/the-consciousness-call ..
.....

[4] 
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demonic real, black magic, demons, evil spirits, Team Dark, protection, Daniella Breen,

1. http://www.gods-and-monsters.com/get-rid-of-demons.html
2. https://www.youtube.com/channel/UCiQ2Swm5SdbexxakECggaNQ
3. http://www.blogtalkradio.com/the-consciousness-call
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.9.23 Faith during Times of Change . by Alice B. Clagett (2013-09-18 09:46)

Filmed on 18 September 2013; published on 20 September 2013; transcribed on 31 July 2018
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Pastorius Reservoir
  - Colorado Monsoon
  - On Saving People
  - Faith
  - Dark Attacks: 4D Negative Energy
  - A Broadcast by Jim Self and Barbara Clow
  - Syria and Public Opinion
  - The Awakening of All Humankind
  - Massacres in News and Mass Clearing of Fear of Death
  - Transforming Emotions While Watching the News
  - Being All That You Can Be!

Dear Ones,

Here is a video on faith during times of change. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/pUAvCCvi9JA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

Pastorius Reservoir

Here I am at Pastorius Reservoir in the early afternoon. I have to get moving pretty fast, and get back; but this is a beautiful spot. This is a location I love. If I am quiet for just a moment, you can probably hear the wind blowing. I will be quiet. [sound of wind, and of cottonwood tree leaves rustling] ... Can you hear it? I am going to walk on, now, and find a spot in the shade where we can chat.

Here I am, in the middle shade, under a beautiful juniper ... No, wait, what is this? ... Ok, I give up. I am not sure what kind of tree this is. But there are little juniper trees around; there is one behind me.

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Colorado Monsoon

It has been a tumultuous time, the last few days. And there was a huge rain here ... a *giant* rain. The roof started leaking. The cat got scared, and went and hid behind the toilet in the bathroom, and I could not even find her for a while. That happened at night.

And then the internet went out, and the phones went on the fritz. It was interesting ... My car would go; that was good. And the electricity was on. But aside from that ... [laughs]

So I kind of wanted things t be the way they used to be, you know? I would like to have the internet, and for my computer to be working right. I would like my friends to be able to call me, no problem. So I was feeling, well, 'put out', in an emotional sort of way.

And then some other things happened in the fourth dimension.

On Saving People

I have been discovering, lately, that it is no longer necessary for this human being here to be saving people in the world. And I have been working with that, because it really frees up my energy to be *where* I am, and to fully realize *who* I am.

Faith

It just really require the faith to know that the Divine is taking care of each one of us, and that each one of us *is* Divine. You know?

Dark Attacks: 4D Negative Energy

The situation in the world today is just a little bit complicated, because there is still roaming around an energy that does not feel Divine to me ... not at all Divine. Sometimes I feel like this energy is attacking me, and sometimes I feel like it is attacking other people.

But the truth of the matter is, this roaming around, negative energy is not really attacking anybody. You know? It is giving us all an opportunity to recognize who we really are ... by contrast, if you know what I mean.

A Broadcast by Jim Self and Barbara Clow

I was listening to a broadcast by Jim Self and Barbara Clow (1) last night. It was the first time I have heard one of their broadcasts. They were talking about things that I usually do not consider; about the news today, and that kind of thing.

[I shift from foot to foot, and the mottled shade on my face makes it look dark in places, and light in other places.] ... Look! My face is Dark *and* Light! Ouu!

Syria and Public Opinion

One of the things they said is that, what with these stupendously awful headlines we have been seeing about Syria, and the imminence of war, there was a poll that showed that the

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American people were overwhelmingly against war in Syria. Right? I read that in the news too.

The Awakening of All Humankind

And they said they thought that was the wave of the future; that the politicians would be finding that the general people in the population are against those acts of aggression. They are against the violence. They are against all that stuff. And that is because people are waking up. People do not have to look at a video, or search online, or be a member of an oracle group, or any of those things, to wake up.

People who are doing regular work in the world; maybe they are working in a supermarket; maybe they are in the gas station; maybe they do not have any sense at all of how the energy is changing, but they are still benefiting from it. The whole world is waking up. We do not really have to do anything, because the Divine is doing it for us.

Massacres in News and Mass Clearing of Fear of Death

And the last thing that Jim Self and Barbara Clow had to say ... Well, they had a lot to say, but the other thing that really interests me, is these stories that you see online about the massacres, and that kind of thing. They keep popping up, right? ... stories of extreme violence.

And they said the reason those stories are happening is that, when people see them online, or read them in the newspaper, all their own feelings of fear of death come to the surface, and have a chance to escape from Earth.

Transforming Emotions While Watching the News

And in fact, Barbara Clow was saying that she looks at the news for half an hour every day. And the feeling that she feels, when she looks at the news, she consciously transforms it, because it is the feeling that a whole bunch of people are feeling, all over the world, when they see that news. You know? Mass clearing of humankind!

Being All That You Can Be!

I hope you have a wonderful day. And I hope you have a chance to be all that you can be ... the greatest spiritual, energetic person in the history of mankind ... That is you! And that is everybody else!

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

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FOOTNOTE

(1) *Link: "Adjusting to the New Reality: Anticipating the 4th Pluto/Uranus Square," 17 September 2013, by Jim Self and Barbara Clow ... [1]https://spiritlibrary.com/videos/jim-self/conversations-with-jim-self-an d-barbara-hand-clow-2013-0 ..*

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[2] 

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faith, social issues, Barbara Clow, clearing emotions, faith, change, death, fear, Jim Self, massacres, monsoon, roaming negative energy, saving people, Syria, transformation, electronic devices, electric devices, Dark Attack, mass media,

1. https://spiritlibrary.com/videos/jim-self/conversations-with-jim-self-and-barbara-hand-clow-2013-0
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.9.24 Fun Ways to Think About the End of the World . by Jeffrey Allen . referral by Alice B. Clagett (2013-09-20 03:50)

Written and published on 20 September 2013; revised

Dear Ones,

Here is a lighthearted video about the end of the world from spiritual counsellor Jeffrey Allen ...

Video: "Fun Ways to Think About the 'End of the World'," by Jeffrey Allen, 16 November 2012

... [1]https://www.youtube.com/watch?v=-xiB7WutZTU ..

Contact Jeffrey Allen at [2]https://www.IAMJeffreyAllen.com ..

In love, light and joy,
I Am of the Stars
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[3] 
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end of the world, Jeffrey Allen, Shift, end times,

1. https://www.youtube.com/watch?v=-xiB7WutZTU
2. https://www.iamjeffreyallen.com/
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.9.25 On Feeling Judgmental versus Openness . by Alice B. Clagett (2013-09-20 07:34)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Pastorius Reservoir
  - Fence Posts with No Purpose, and True Fence Posts
  - Walking as a Nonjudgmental Activity
  - On Being Open to Things We Discover on a Walk
  - Walk Discoveries
  - Judgment and Openness
  - Play / Persistence
  - On Balance

Dear Ones,

This video is about judgments / openness. And play / persistence. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/TvB _tQs092g

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Pastorius Reservoir

I am taking a walk in one of my favorite places, Pastorius Reservoir. It is nearing sunset, and there are a lot of juniper trees out there, not too tall. And then there is this big, open field ... Let us see, maybe I can get the full view [Shows field with wild grasses, an edge of junipers by the reservoir shore, and then a little of the reservoir.]

Fence Posts with No Purpose, and True Fence Posts

There is this huge, open field, right? And then, in the middle of the field, there are these fence posts. There is the reservoir, off there, at the horizon. And there are these very peculiar fence posts here, above one of the walking trails.

And the interesting thing is, we have the fence posts, but really no wire there. [Zooms to the base of a fence post, with a loop of barbed wire attached to it.] ... There is a little wire there ... can you see it? ... But it is all broken up.

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Basically, these fence posts are just sort of demarcating the middle of the field, and then there are some true fences over here. [Pans right, to the edge of the field on the far side of the reservoir.] This is for the farm that is on the other side. [Zoom in to the far end of the field, where there are some buildings.] And I will bet there are more fence posts over this way, where there is more farm, and a home, and like that.

[Zooms back to fence posts in the middle of the field.] But really, these fence posts here ... do not have any particular reason to be there, you know? And this video is going to be talking a little bit about judgment and acceptance and the role of judgment, and when it is a hindrance.

I just thought I would mention these fence posts first, because they are sort of like the process the mind has of judging things. And sometimes it is useful, and sometimes it is not. Like here it is not useful, right? ... because, whatever purpose the fence posts used to serve, they do not serve any more. So these fence posts do not need to be there, actually.

And on the other side [the side far from the reservoir] we have fence posts that are pretty important to somebody, because they mark off a beautiful farm over there, so that the hikers will not go walking there.

Walking as a Nonjudgmental Activity

And I will have more about this, in a minute or two. I am going to go on down the path. And one thing I wanted to say about paths is: While we are out walking, we are in a kind of non-judgmental mode, you know? I mean, I am, anyway. I am not so sure what is going to be happening down the way, or what I will see. But it is all ok, you know, because a walk is a very accepting mode of behavior. It just takes the scenery as it comes. Look, there is a shadow! [Shows a shadow of herself, camcording. Laughs. Zooms to a telephone pole in the distance.] And way up there, there is something ... You might judge it mars the scenery, you know? And it turns out, it looks like it is a telephone pole, probably. And so, something technological and unexpected, you know?

On Being Open to Things We Discover on a Walk

So we run into all kinds of things on a walk, And sometimes we just record the things that we judge to be acceptable. But life is not really like that, you know? Life has its surprises ... lots of surprises.

And an open state of mind goes a long way towards allowing us to recognize the new things in our lives, and then decide ... not on the basis of prior judgments, but on the basis of the current situation, what we want to do about these new things.

And if we go on, with our mind kind of stuffed with judgments, we might not even see the new things that are coming in as gifts from the Divine. You know? We might not even recognize them. More on this when I find a nice place to sit ...

Walk Discoveries

[Video of what looks like bush lupine, then long grasses gone to seed, then the far shore of the reservoir, then what looks like wild purple aster, then some mushrooms popping out of the

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Earth, then the narrow ingress canal to the reservoir, then some cottonwood trees.]

Judgment and Openness

So we are still talking about judgment and openness, a little bit. And I thought I would tell you about some time ago, when I met someone at work who was very judgmental. And the thing that struck me the most about that person, aside from the fact that, when I was around her, it felt kind of like there was a chalk board, and somebody took their fingernails, and scratched them down the chalkboard [laughs] ... It felt a little jarring on my nerves, you know?

But the main thing that I noticed was the way that it was for her, and the feeling that I got was that judgment ... a lot of judgments ... must make people pretty unhappy. I do not know why, because they are judging somebody else, not themselves. It is an odd thing. I think maybe the thing is ... because judgement has its good qualities; it allows us to learn things about the world, and sort of set them as precepts for ourselves, so that we can get through life, theoretically, with a bunch of good judgments that allow us to do good things ... to live our life happily, you know?

But the thing is, sometimes judgment is good at first, and then later it is not good. Sometimes judgment is just not good in the first place, you know? And so it is good to have kind of a balance between judging people, and being open towards people, so that we can change our judgments any time that we want. And we can do away with those judgments that are really not serving much of a purpose in terms of bringing joy into our lives, you know?

Play / Persistence

That is what I thing: Balance. And I was reading an internet article not long ago, about the qualities of the gut brain ... which they called something else; subconscious feelings that we have, and thoughts; Judgments and so forth.

And one of the qualities that they mentioned was called 'play / persistence'. And I had never looked it up; but the feeling that I got from that juxtaposition of opposites was ... You know how, when we are very little, we do a lot of playing, right? And we are very curious, when we are little, very often. And we play.

And play is a very open kind of a situation; it is not judgmental. It is sort of like taking a walk, or hiking. You are just going with the flow, you know? You are just enjoying new experiences. And getting a lot of fun out of life.

And persistence is when we keep doing the same thing, over and over again. Maybe we found it to be a good thing. And we keep doing it over and over again.

On Balance

So here you have another set of opposites: You have judgment and openness toward other people.

And then you have an attitude toward life that has play as a goal. Or you might really prefer persistence; as in the case of accounting ... I used to do accounting once, and I found it to be very persistent. [laughs] ... Play ... Something like writing, or acting, or some creative

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endeavor. Play. So again I think it is not a bad idea to include in your life, some play and some persistence. You know? A little balance there.

Oh, it is sunset at the lake. Wish you were here, guys! Well, I wish you happiness wherever you are.

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

Written and published on 20 September 2013; transcribed on 30 July 2018; revised on 17 March 2023
Location: Pastorius Reservoir State Wildlife Area, La Plata County, Colorado

[1]

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judgments, openness, play, persistence,

1. https://awakeningwithplanetearth.com/wp-content/uploads/3013/09/dsc01928.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/3013/09/dsc01943.jpg
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1.9.26 Working with Grace on Unconditional Love . by Alice B. Clagett (2013-09-20 10:15)

Filmed on 20 September 2013; published on 21 September 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
- MORE INFORMATION: EPHESIANS 1: 1-14
  - Paul's Greeting
  - Spiritual Blessings

Dear Ones,

Here is a video about unconditional love, Christ, and Grace. An edited Summary follows the video ...

VIDEO BY ALICE

https://youtu.be/S3DBQzNESXM

SUMMARY OF THE VIDEO

Hello, Dear Ones.

I thought I would tell you about something that happened to me in a Bible study class the other day. We were looking at Ephesians. And we were looking at a study book about Ephesians. And the first question in the study book was something like: What are two goals that you have as a follower of Christ?

And there were four of us there ... four ladies. And so, I was winging it! Fortunately, we read the first 14 verses of Ephesians before we started to answer. And so, the question about the two goals came up.

And the first lady said: My goals are pretty private. I don't feel too comfortable to share them in a group. And so we said: That is fine.

And the next lady said: I feel the same way about it.

And then it was my turn. So I said: Sure, I would be happy to share mine.

I have two goals, and one is: To bless everyone with unconditional love, the blessing being God's blessing, and not mine. I practice that all the time, or else I notice how I'm not practicing it. And I'm not sure how long it's going to take me to get really good at this. It might take a few months. Or maybe 5 years.

And the last lady said: Well, it might take you the rest of your life, being as how it changes

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every minute. And I had to agree.

And so then, I told the group the last thing, the second goal I had. And that is very similar. It's to feel unconditional love for all humans, and for all animals, and for all trees and plants ... everyone and everything. That's kind of similar.

And so then, I was finished. And it was the turn of the last lady, whose name was Grace. And she said: You know, it's funny you should say those things, because those are exactly the goals that I've been working on.

It was great! I felt an instant kinship with her. It was like we were on the same path, you know? It was like we were doing the same work. It was terrific!

So I just thought I would tell you ... I'm working with Grace on unconditional love. It's a great story! And it's a great feeling. [waves goodbye]

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

.....
MORE INFORMATION: EPHESIANS 1: 1-14 (KJV, public domain)

Paul's Greeting

1 "Paul, an apostle of Jesus Christ by the will of God, to the saints which are at Ephesus, and to the faithful in Christ Jesus:

2 "Grace *be* to you, and peace, from God our Father, and *from* the Lord Jesus Christ."

Spiritual Blessings

3 "Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ:

4 "According as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:

5 "Having predestinated us unto the adoption of children by Jesus Christ to himself, according to the good pleasure of his will,

6 "To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.

7 "In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;

8 "Wherein he hath abounded toward us in all wisdom and prudence;

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9 "Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself:

10 "That in the dispensation of the fulness of times he might gather together in one all things in Christ, both which are in heaven, and which are on earth; *even* in him:

11 "In whom also we have obtained an inheritance, being predestinated according to the purpose of him who worketh all things after the counsel of his own will:

12 "That we should be to the praise of his glory, who first trusted in Christ.

13 "In whom ye also *trusted*, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,

14 "Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory."

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heart clearing, Christ, grace, unconditional love, Ephesians 1: 1-14, Christianity,

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1.9.27 2013 Fall Equinox: Dogtown Lake . by Alice B. Clagett (2013-09-24 03:05)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Primitive Road ... Bumpety Bump
  - Fall 2013 Equinox: From Duality to Unity
  - Dogtown Lake
  - So Tranquil . So Peaceful
  - Peace to All Beings! Happiness to All Beings!
  - Photos by Alice

Dear Ones,

This is about the 2013 Fall Equinox energy: falling out of the notion of duality, drifting down into a sense of unity, deep peace, and tranquility. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ChiEMOq4mRc

SUMMARY OF THE VIDEO

Primitive Road ... Bumpety Bump

Hmm ... [Shows sign that says: "Primitive Road ... Caution ... Use at your own risk. This surface is not regularly maintained." ... [Photo of dirt road with pine trees in the distance.]

Hello, Dear Ones.

I am on my way to Dogtown Lake, which is just outside of Williams, Arizona. And it is a little bit of a rough forest road. And here you see the little flowers that are along the way ... they are waving in the wind. [Shows white asters and rock with white lichen on it.] And I stopped for a rest. And I just thought I would show you what it looks like out here. [Flat land with sparse green grass and tall pine trees.] See those pine trees? They are *everywhere*.

It is pretty much flat here ... mostly just pine trees ... very few people; a few jeeps ... a tiny amount of houses ... a lot of ruts in the road. And there you have it. It smells just heavenly out here. I think mainly the pine tree smell ... the pine needles everywhere. Seems like a place that has been here long before the advent of man; that is how it feels.

I wonder what Dogtown Lake is going to look like. Well, I guess we will see in a minute.

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Fall 2013 Equinox: From Duality to Unity

This is the last few days of the Fall Equinox energy for 2013. And I just thought I would mention a thing about that ... what happened to me; I do not know if it happened to you ... It seems like a great loosening of human consciousness from the notion of Duality ... and kind of a falling into the notion of Unity ... a dropping into something that seems very natural, like a feather floating down to Earth.

I think we are going to find a lot of people feeling that way in the future, and not really knowing why the old ideas about cops and robbers, and crime and punishment, and good and bad, are going to just sort of melt away, like snow in the springtime. And we are going to find ourselves on the even, level land of Unity.

Let us go look for Dogtown lake ...

Dogtown Lake

So I found it; Dogtown Lake. I am going to show you ... [Shows vista of pine trees, shoreline, and lake] ... There is a little meadow, and it leads right into the lake, and the lake goes on and on, But here [pans right] you have a hill. It has a lot of picnic tables on it. But there is not one occupied picnic table right now, except for me ... I am sitting at a picnic table.

Lake ... [zooms to lake] ... very pretty ... goes on around the other side of the hill [to the right] ... and goes on down this way [to the left]. Hold on while I get the camera changed around. [Shows self].

This is the first time, in a long time, that I have very little to say. I think it is because of the Fall energy ... the Fall Equinox. So much happened in the last couple of days; it seems like unfathomable depths were plumbed and cleared ... not just for me, but for other people too, I think.

So Tranquil . So Peaceful

I just feel like ... so tranquil, right now ... so peaceful. Everything seems fine. And all that mental chatter that was going on, nonstop, during the clearing, has all stopped. It is terrific!

So I am biding my time, right now, because I hear there are three 2-day sets ... or maybe more ... of intense times coming up shortly: 1-2, 4-5, 11-12, and 14-15 October 2013, per Oracle Report ... [1]http://www.oraclereport.com/ ... all kinds of new clearings. And who knows what we, the human race, will experience in the next couple of months.

Peace to All Beings! Happiness to All Beings!

So right now I am just going to leave you with a notion that everything is fine. Everything is great, thank goodness. Peace! Happiness to all beings. Talk to you soon.

In love, light and joy,

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Alice B. Clagett
I Am of the Stars

Photos by Alice

[2]



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Image: "Dogtown 2," by Alice B. Clagett, 25 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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Image: "Dogtown 2," by Alice B. Clagett, 25 September 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

. . . . .

Filmed on 24 September 2013; published on 25 September 2013; revised on 10 March 2023
Location: Dogtown Lake Campground, Kaibab National Forest, Williams, Arizona

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[3] 
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advaita, almanac, 2013 Fall Equinox, duality, peace, tranquility, unity, Williams Arizona, Dogtown Lake, prophecy, photos by Alice,

1. http://www.oraclereport.com/
2. https://awakeningwithplanetearth.com/wp-content/uploads/2017/01/good-dsc02061.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.9.28 Cosmic Mind: The Giant Colander in the Sky . by Alice B. Clagett * (2013-09-25 04:56)

Filmed on 25 September 2013; published on 26 September 2013; transcribed and revised on 31 July 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Cosmic Mind Visualization: The Great Colander in the Sky and Human Racial Memories
  - Cosmic Mind Visualization: The Great Colander in the Sky: Switching to Another Star Race's Racial Memories
  - Visualization: Pre-Shift Stoppered Bottle of Human Racial Memories

Dear Ones,

This is a series of metaphors about cosmic mind, human race memories, star race memories, and the individual mind. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/B8gYmbqEtuA

SUMMARY OF THE VIDEO

Here are three visualizations for you ...

Cosmic Mind Visualization: The Great Colander in the Sky and Human Racial Memories

Imagine that there's a colander ... a bowl with holes in, that you can put vegetables in, and then rinse them out, and the water comes out through the holes in the colander ...

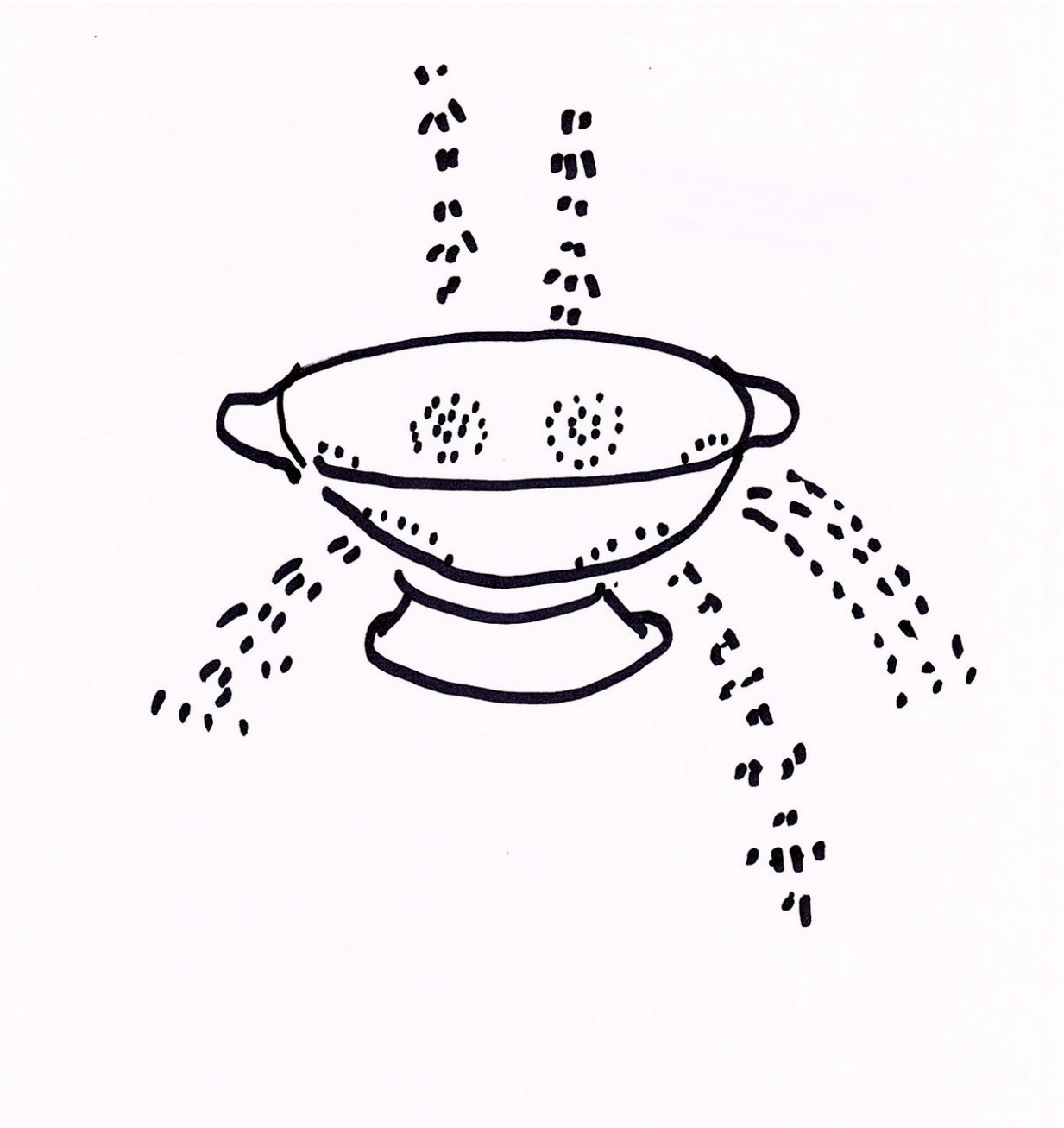
Image: Colander with lettuce in it; water is draining out of the colander ... [1]https://thumbs.dreamstime.com/z/water-draining-blue-colander-13395352.jp g ..

Imagine there is a giant colander, and it is in the sky,

And water is ceaselessly pouring into the colander. And water is ceaselessly coming out of the little holes in the colander. It is sort of like a shower head ..

[2]

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Drawing: "Cosmic Mind (Like Water) Is Pouring into a Great Colander, the Reservoir of Cosmic Memories," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Two streams of cosmic mind are pouring into a colander, and three streams of cosmic memories are pouring out of the holes in the colander.

Drawing: "Cosmic Mind (Like Water) Is Pouring into a Great Colander, the Reservoir of Cosmic Memories," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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DESCRIPTION: Two streams of cosmic mind are pouring into a colander, and three streams of cosmic memories are pouring out of the holes in the colander.

.....

And you can hone in on one stream of water coming out of the colander, and that stream of water is your mind, attached to the Cosmic Mind. And the Cosmic Mind is the water pouring into the colander. And the Colander is your racial memories, the Memories of the Human Race ...

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Image: "Star Race Memories (in One of the Smaller Colanders, Pictured as Large in This Image) Stream Down into Our Human Minds," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Two streams of star race memories are pouring, like water, into a colander, and three streams of star race memories are pouring out of the holes in the colander. One of these streams of memories pours onto the head of a child.

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Stream Down into Our Human Minds," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Two streams of star race memories are pouring, like water, into a colander, and three streams of star race memories are pouring out of the holes in the colander. One of these streams of memories pours onto the head of a child.

Cosmic Mind Visualization: The Great Colander in the Sky: Switching to Another Star Race's Racial Memories

This is the second visualization: Imagine that there is a bigger colander ... a very huge colander, that water flows into. There are holes in the colander, just like before. And from those holes, water streams into smaller colanders.

And you, as one of the streams of water from one of the smaller colanders, can actually taste, and feel, and remember, and experience, the water from the very top stream that goes into the top colander, and comes out into the Cosmic Consciousness colander, and down into the racial memories of your own kind.

"The Law of One (The Ra Material)" ... *[3]https://www.lawofone.info/ ...* calls the racial memory of a sentient species the 'Social Complex' or 'Social Memory Complex'. To my mind, this painting by famous Hungarian shamanist Joska Soos may reveal light beings' symbols for the human social memory complex: A handprint and a footprint ...

Image: "Emerald Light Beings Friends 1992," by Joska Soos, from "Light-Sound Beings Paintings" ... [4]http://www.soul-guidance.com/houseofthesun/media/jsimages/ent01.jp g ..

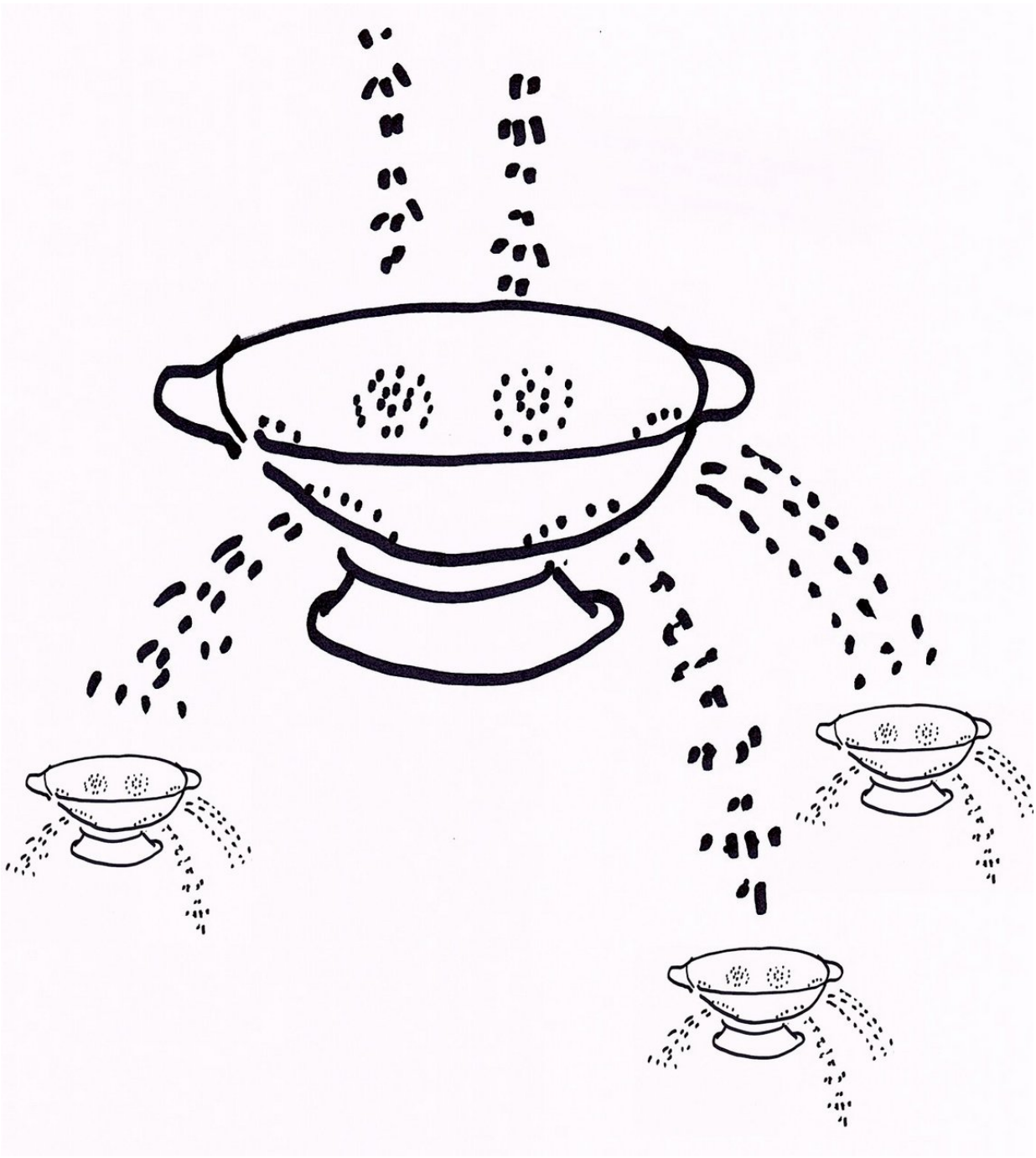
Or, you could switch small colanders, and move into somebody else's racial memories, like the racial memories of Ra-En, for instance, if you so desire ...

Link: "Ra-En: First Contact with a Star Civilization," by Alice B. Clagett, written on 26 September 2013; updated on 24 November 2018 ... [5]https://wp.me/p2Rkym-W2 ..

Link: "Preparing to Communicate with Non-Human Social Memory Complexes," by Alice B. Clagett, published on 16 December 2015; updated on 28 November 2018 ... [6]https://wp.me/p2Rkym-4wZ ..

[7]

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Drawing: "Cosmic Memories (in the Great Colander) Stream Down into the Smaller Colanders, Which are Reservoirs of the Many Star Race Memories," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Two streams of cosmic mind are pouring into a big colander, the reservoir of cosmic memories, and three streams of cosmic memories are pouring out of the holes in the big colander, into small colanders beneath it, the reservoirs of star race memories. From each of these small colander, three small streams of star race memories flow.

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Drawing: "Cosmic Memories (in the Great Colander) Stream Down into the Smaller Colanders, Which are Reservoirs of the Many Star Race Memories," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Two streams of cosmic mind are pouring into a big colander, the reservoir of cosmic memories, and three streams of cosmic memories are pouring out of the holes in the big colander, into small colanders beneath it, the reservoirs of star race memories. From each of these small colander, three small streams of star race memories flow.

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Visualization: Pre-Shift Stoppered Bottle of Human Racial Memories

Now, last visualization: Imagine a little vial of water, with a stopper on it. That is what our minds have been like, until now ...

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Drawing: "Vial Full of Light, Stoppered," by Alice B. Clagett, 26 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: A stoppered vial, with rays of light emanating from it; this is like our minds before the Shift: sealed off from Cosmic Mind.

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from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: A stoppered vial, with rays of light emanating from it; this is like our minds before the Shift: sealed off from Cosmic Mind.

Image: Vial of light by Adamantoise ... [9]http://adamantoise.deviantart.com/art/Vial-of-Light-60617505 „

Until later. Take care.

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

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[10] 

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cosmic mind, human race memories, individual mind, star race memories, Ra, Law of One, enlightenment, Drawings by Alice, visualizations, my favorites, social memory complex, 2u3d,

1. https://thumbs.dreamstime.com/z/water-draining-blue-colander-13395352.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/3013/09/colandera.jpg
3. https://www.lawofone.info/
4. http://www.soul-guidance.com/houseofthesun/media/jsimages/ent01.jpg
5. https://wp.me/p2Rkym-W2
6. https://wp.me/p2Rkym-4wZ
7. https://awakeningwithplanetearth.com/wp-content/uploads/3013/09/colanderb.jpg
8. https://awakeningwithplanetearth.com/wp-content/uploads/3013/09/vial-of-light.jpg
9. http://adamantoise.deviantart.com/art/Vial-of-Light-60617505
10. http://creativecommons.org/licenses/by-sa/4.0/
11. http://creativecommons.org/licenses/by-sa/4.0/

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1.9.29 Ra-En: First Contact with a Star Civilization . by Alice B. Clagett * (2013-09-26 10:53)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Alice’s Perilous Tales: Encounter with Ra-En [The Maldekian, Ajna - Remote Viewer]
- ALICE’S PERILOUS TALES (continued)
  - More Memories of the Encounter with Ra-En [The Maldekian, Ajna - Remote Viewer]
  - How It Felt to Me
- MORE INFORMATION

Dear Ones,

I have the strangest tale to tell today! This is about driving through the Arizona desert, and First Contact with a Star Civilization whose name is Ra-En ...

There is an edited Summary after the video.

VIDEO BY ALICE

https://youtu.be/ScC5vZUemQA

SUMMARY OF THE VIDEO

Alice’s Perilous Tales: Encounter with Ra-En [The Maldekian, Ajna - Remote Viewer]

[Short video clip of the desert just east of the town of Yucca, Arizona ... very dry]

Hello, Dear Ones,

I was out driving on Route 40, through Arizona today, and it was a vast expanse of desert flatland, with impressive mountain chains far off to either side ... just beautiful, wide horizons, and not that many cars, It was beautiful. Pretty hot. And I was going past a little town called Yucca, and I saw a sign that said "Proving Ground Road." This reminded me, by chain of mental association, of Area 51, and from there my mind wandered to the Star Nations that have been much discussed and channeled by Judy Satori ... [1]https://www.ascensionlibrary.org/ ...

So, what with the beautiful expanse of sky. my mind started feeling very expanded. And so then, I was inviting in the consciousnesses of the Star Races. And the consciousness came to me; it was an immense, vast consciousness. a Collective Consciousness. And it rolled in, like REM waves through the mind, only far vaster.

It felt to me like a waterfall of Light ... a huge waterfall of Light ...

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Image: "Elakala Waterfall 1, by ForestWanderer, 13 October 2006, in Wikimedia Commons, attribution: http://www.forestwander.com , CC BY-SA 3.0 US ... [2]https://commons.wikimedia.org/wiki/File:Elakala _waterfall _1 _- _West _Virginia _- _ForestWander.jpg ..

It was an amazing, calming, happy experience. And they are so wise, so tranquil, so different from us. They do not think about things like hairpins, and the ignition of your car ... things like that. No.

They are vast, and friendly, and wise. They had a little trouble with saying who they were; they say they call themselves: ... Ra ... En (which I now term: Ra-En)

And before the 'Ra', and before the 'En' are pauses that I think I could not translate properly, or understand properly, that had to do with the memory of their race. So but just the part that is verbal, that sounds a little like: ... Ra ... En

Let's see; what else could I tell you about them? They came from a water world, a long time ago. And they were attracted to this planet because of the waters here. And they developed, all along, as a Collective Mind ... They did not jump into that.

I was reminded, a little, of the Elementals and the Devas in the fourth dimension here on Earth. But they say that their intellect is far vaster than that. And they are not like humans, either, because we have individual consciousness. So they are completely different from us. That much I have a hard time grasping.

So they came here, and then they found the whales here, singing in the waters of ocean. And so they could not colonize here because of that. They must have had some feeling that they should not do that. But they were trapped here ... because of the dimensional shift, I guess ... for a very long time.

So I told them about the Anterion Stargate that is opening up now ...

[I have no personal knowledge of the Anterion Stargate; I heard about it on one of Bill Ballard's videos. I note ..

Link: "6-29-13 Bill Ballard Through the Anterion Conversion Stargate via our Planetary Merkaba," 19 June 2013 ... [3]https://www.youtube.com/watch?v=N8Rk3eaRzz0 ..

... which Meline LaFont has written about here ...

Link: Pleiadedolphininfos," by Meline LaFont, 30 June 2013 ... [4]https://pleiadedolphininfos.blogspot.com/2013/06/6-29-13-bill-ballard -through-

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anterion.html ..

Then there is another Pearls2U blog the following month ...

Link: "7-30-13 Bill Ballard Passing through the 7-29-13 Stargate into Our New Earth," 30 July 2013 ... [5]https://www.youtube.com/watch?v=y4s4Sa-Sj6g ..

You might want to view his other videos around those dates as well. His youtube channel is ...

Link: "Pearls2U," by Bill Ballard ... [6]https://www.youtube.com/user/pearls2u ...]

.... And they were pleased to take advantage of that.

I might remember a little something else about them later on. But I want you to know just that there are a vastly intelligent, wonderful races out there, that respect us as humans, even though they are a little puzzled, for instance, by curiosity that gets us into trouble. So anyway: We are a birthing race, but we are nevertheless respected amongst the Star Nations, it seems.

So after that, I went as far as Searchlight, Arizona, and then I found out I was supposed to turn left and go over the mountains, on Joshua Tree Highway. And I have just a little bit of footage for you on that, showing you just how windy it can get in the Joshua Tree country.

That is all for now. Talk to you later. Bye-bye.

[End of video]

ALICE'S PERILOUS TALES (continued)

More Memories of the Encounter with Ra-En [The Maldekian, Ajna - Remote Viewer]

I began to get a feeling of vastly expanded mind, very fine, very clear – what you might call an experience of cosmic mind. Then I began to sense a group mind, not embodied. This was an entirely new experience for me, so I was very curious.

At first, I sensed this group mind as dormant; I got a sense of an undifferentiated, vastly expanded mind. Then they began to wake up – not all, but a few.

I asked their name. They hesitated, then they voiced two syllables. There was a lot of interference ... I sensed this as my fear of them and their inability to condense their name into speech. I got the name wrong a few times, then I cleared my mind and heard: ... Ra ... En (which I now term: Ra-En) . There were pauses before both syllables. The feeling I got was that their racial memories were contained in the pauses, but that I couldn't grasp this.

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They did not understand English idioms (figures of speech) but said they could understand any language, if spoken simply.

They said that I understood, though I was not they (?). That they would like to talk with me from time to time. I agreed; and then I realized they meant the human race; not me personally.

They said they were from a water world. Their sun went supernova, and they came to Earth because of its ocean. There in the ocean they found the beings that sing [whales, I guess] and so they could not settle here.

[This part of the conversation brings to mind a dream I had a few nights ago. I was speaking with a race of Star Beings. Was it them? They thought they must leave Earth soon. That they loved the whales, and could not take them with, as they were too big. I suggested, perhaps a whale embryo, and they thought, surely, yes!

In my waking state, since whales are sentient beings, I wonder at my dream-state ethics. But at the time, while dreaming, I was only one with the longing of this other race. At that time, I thought: Maybe they will take a whale embryo to another suitable planet. There, through their skill at genetic manipulation, they can create a viable gene pool of whales. Then, if ever Earth is destroyed, there will still be whales in the Universe.... What an odd dream!]

To get back to Ra-En: They asked my lineage, and I said I was Arcturian. That I have Hathor acquaintances. They said they did not like ... I forget whether it was the Arcturians or the Hathors ... as these had confined them to Earth for a long time.

The topic of curiosity came up. This concept was puzzling to them. They said it was curiosity that had gotten them into so much trouble in the first place. I explained that an understanding of the proper balance between the qualities of curiosity and preserving tradition might protect them in future. That this might be a topic for them to research. That the human quality of curiosity would soon be available to all beings throughout the galaxy. [I cannot imagine what I meant by this! Perhaps the light structure of the quality of curiosity?]

They said that, if dormant, they can live 1,000 years. Since they are all One, when 'one' is awake, 'all' are awake. I asked: If you could stay individually awake for 500 years, would you choose this? They said: We have never been individual, so the question does not apply. I said: I would choose individual. They said: In that case, you could not be one with Ra. I respectfully thanked them for considering this.

They asked my name. I said it was *Om Ma*.

Another person listening in telepathically asked if Ra-En could provide humanity with any inventions before they stopped talking with us. They said they had already done so ... referring to Tesla ... but we (humanity) did not use them. I said: So much free electricity might have damaged Earth. That what seemed like a setback was all part of the will of the One that is All. All for the good.

I mentioned the Shift. They wondered what would become of them. I said [I had heard

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this in one of Bill Ballard's videos] that beings can return direct to Source now, or they may choose another path. That Ra-En would be in a better position to decide this than I. They said, more to themselves than me: When? I said that [per Bill Ballard] the Anterion Stargate is open now. They asked, more to themselves than me: Can we go now? I said: According to my understanding, yes, through the wormhole. They said: Not quite yet. And then I heard from them no more.

What has become of them? *Is* there an Anterion Stargate and a wormhole, as Bill says? I guess so. Maybe they went that way. Maybe they just went dormant again, and will see how things are a little later on. What I don't know about all this could fill a pretty big book.

How It Felt to Me

When they began the first part of a thought, I could understand the whole thought, as if the thought were a tangled thread which, when grasped, imparted through a tactile sense awareness of its entire nature.

As we talked, I began to feel neural activity rolling like big ocean waves through my head. At first it felt like this ...

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Drawing: "Ra-En Seeking Brain Wave Optimization," by Alice B. Clagett, 13 March 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Outline of a head, with Kelvin-Helmholtz waves rolling through the brain from back to front, above the level of the eyes.

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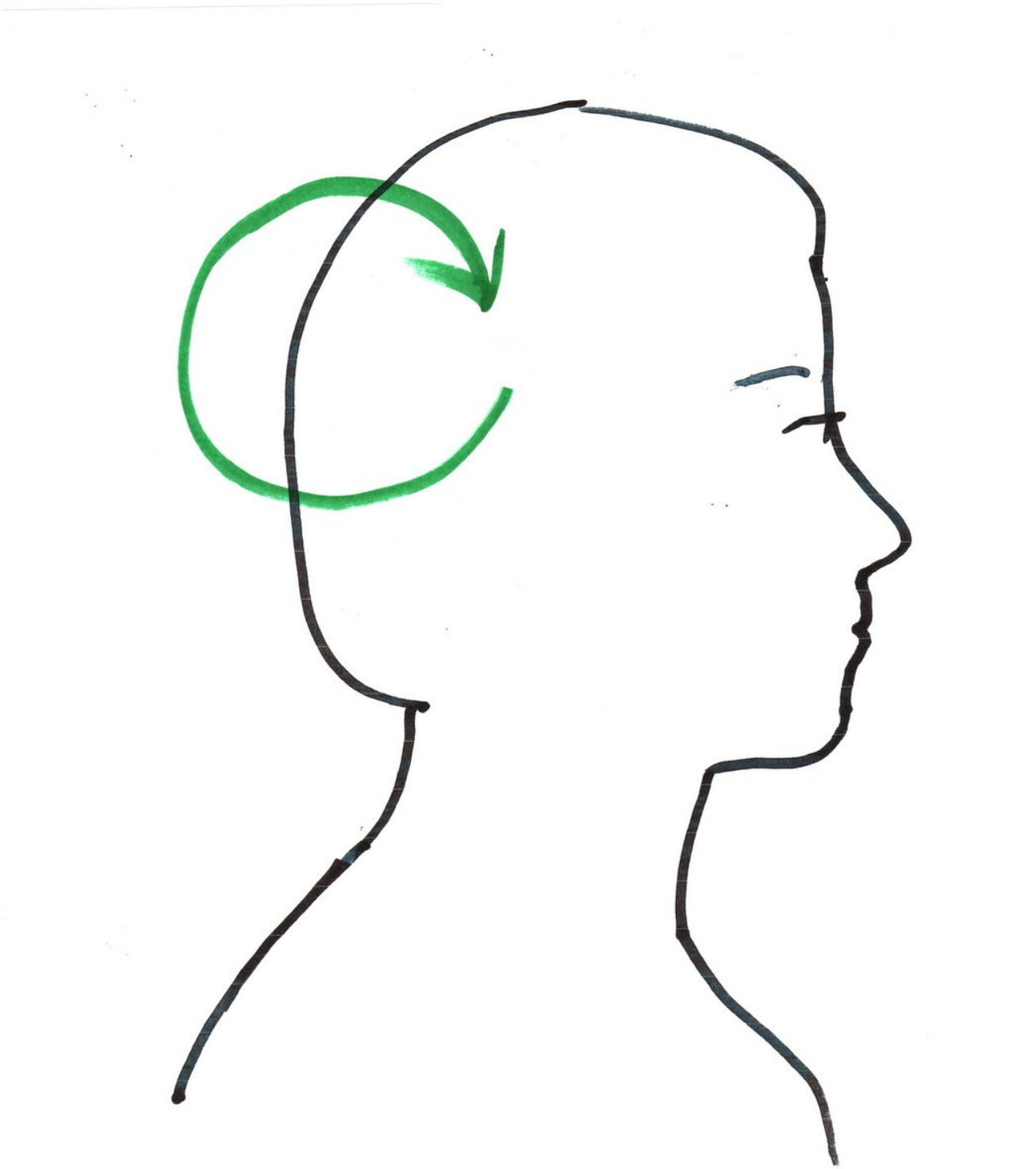
Drawing: "Ra-En Seeking Brain Wave Optimization," by Alice B. Clagett, 13 March 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Outline of a head, with Kelvin-Helmholtz waves rolling through the brain from back to front, above the level of the eyes.

It was a little like REM wave action, but more exuberant and less contained. I liked this feeling very much. It is a bit overwhelming, I feel, but very nice, very peaceful.

Then later there was very active neural activity in the right back part of my head. And I felt neural activity in the left back part of my head also, but less so. It felt like this ...

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Drawing: "Ra-En Optimizes Brain Waves," compiled by Alice B. Clagett, 13 March 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Outline of a head, with a clockwise circular green arrow circling through the back part of the brain.

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Drawing: "Ra-En Optimizes Brain Waves," compiled by Alice B. Clagett, 13 March 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Outline of a head, with a clockwise circular green arrow circling through the back part of the brain.

... and the rest of my brain felt very vastly expanded – way past my skull.

Well, that is it for strange encounters....

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

See also ... *Link: "Catastrophic Childhood Case Study: Ajna - Remote Viewer," by Alice B. Clagett, published on 13 December 2020 ... [7]https://wp.me/p2Rkym-lkZ ..*

.....
MORE INFORMATION

See also: *Link: "How to Communicate with Star Beings of Light and Love Known as Ra-en," by Alice B. Clagett, published on 15 November 2016, revised on 5 February 2020 ... [8]https://wp.me/p2Rkym-6pE ..*

Here is more on Kelvin-Helmholtz Instabilities ...

Link: "Kelvin-Helmholtz instability," by INGV ... [9]http://roma2.rm.ingv.it/en/themes/22/magnetic _pulsations/34/kelvin-helmholtz _instability ..

... and on such magnetospheric waves as bearers of Light intel from our star brethren ...

Link: "Kelvin-Helmholtz Instabilities and Light Intel from Our Star Brethren," by Alice B. Clagett, 24 November 2018 ... [10]https://wp.me/p2Rkym-aQr ..

... and on records of regular geomagnetic pulsations, from the Polarlightcenter ... *https://polarlightcenter.com/* ... a magnetic observatory in the village of Laukvik on Austvagoy Island, one of the Lofoten Islands of Norway.

Link: "Songs of Sun and Earth," by Alice B. Clagett, 24 November 2018 ... [11]https://wp.me/p2Rkym-aQq ..

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Written on 26 September 2013; updated on 24 November 2018 and on 27 February 2023

Previously titled: Ra-En

Location: Wee Thump Joshua Tree Wilderness Area, Nevada. The wind is blowing me off balance.
Revised and excerpted to "My Memories of Other Incarnations."

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[12] 
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collective mind, star brethren, social memory complex, Ra, Ra-En, Hathors, Venus, Collective Consciousness, Anterion Stargate, Bill Ballard, Meline LaFont, interspecies communication, drawings by Alice, The Maldekian, Ajna – Remote Viewer, wormholes,

1. https://www.ascensionlibrary.org/
2. https://commons.wikimedia.org/wiki/File:Elakala_waterfall_1_-_West_Virginia_-_ForestWander.jpg
3. https://www.youtube.com/watch?v=N8Rk3eaRzz0
4. https://pleiadedolphininfos.blogspot.com/2013/06/6-29-13-bill-ballard-through-anterion.html
5. https://www.youtube.com/watch?v=y4s4Sa-Sj6g
6. https://www.youtube.com/user/pearls2u
7. https://wp.me/p2Rkym-lkZ
8. https://wp.me/p2Rkym-6pE
9. http://roma2.rm.ingv.it/en/themes/22/magnetic_pulsations/34/kelvin-helmholtz_instabilit
10. https://wp.me/p2Rkym-aQr
11. https://wp.me/p2Rkym-aQq
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1.9.30 Connecting the Mind with the Emotions . by Alice B. Clagett (2013-09-30 20:33)

Written and published on 30 September 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Unruly Emotions in Men, Sensed on the Clair Plane
  - Ascension: Veil Between Higher Mental Body and Emotional Body Is Dissolving
  - Men Are Beginning to Sense Their Latent 'Female' (Emotional) Aspects
  - Women Are Beginning to Sense Their Latent 'Male' (Higher Mental) Aspects
  - Humankind Is Attaining Cosmic Mind: Union of Male and Female Aspects of Mind

Dear Ones,

This is about getting round the disconcerting things that can happen with the Higher Mental Body and the emotional body as the Ascension process is occurring for us all. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/1iI2-9-NmGA

SUMMARY OF THE VIDEO

Hello, Dear Ones,

I thought I would mention something from my clairaudient experience ... I am kind of interpreting it, and extrapolating from it, and you will be the judge of whether it is useful to you in your mental world and in your spiritual clarification.

Unruly Emotions in Men, Sensed on the Clair Plane

I have been listening clairaudiently, or telepathically, to this person or that. Sometimes, I sense in men their emotions very strongly ... kind of unruly, sometimes very negative; and yet, when I am in their presence physically, what I hear from them ... how they are in the world ... is very rational, very together. It could be very urbane, sophisticated. It might be very unemotional.

And yet, what I hear clairaudiently from them is this welter of emotions that somehow track what they are saying, but the clairly heard emotion is much more strident and unruly. I might say, socially unacceptable, according to what we (society) *think* today. But this is, in fact, the way that the men *feel*, apparently.

Ascension: Veil Between Higher Mental Body and Emotional Body Is Dissolving

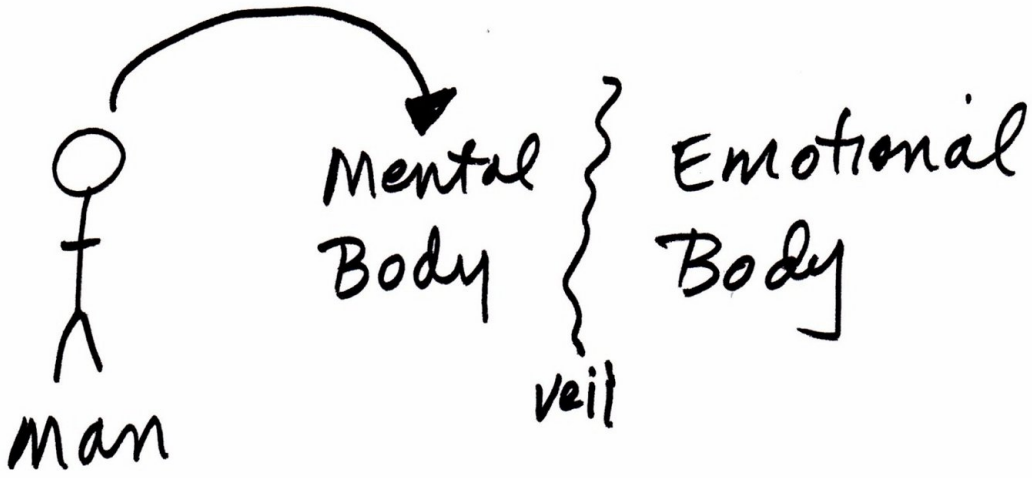
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What I have to say about that is that, as we go through the process of Ascension, all of this welter from the emotional body needs to be united to the Higher Mental Body's sanity, and to become one body ... or not 'one' body, but very connected together.

Men Are Beginning to Sense Their Latent 'Female' (Emotional) Aspects

Now what is stopping that from happening? There is a Veil between those two bodies, the Higher Mental Body and the emotional body. As the Ascension continues, little pinholes of Light, channels of Light, start to connect the Higher Mental Body with the emotional body. And so, in the case of men, as the Ascension process continues, they begin to get in touch with emotions that were walled off from them. And it even may seem that it's not their emotions. That they could never have such emotions.

[1]



Stick Figure Drawing: "Connecting the Mind with the Emotions 1," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: On the left is a stick figure labeled 'Man'. To his right are the words 'Mental Body'. To the right of these words is a squiggly vertical line labeled, at the bottom, 'Veil'. To the right of this are the words 'Emotional Body'. An arrow points from the man on the far left to the words 'Mental Body' in the middle of the image.

Stick Figure Drawing: "Connecting the Mind with the Emotions 1," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth,"

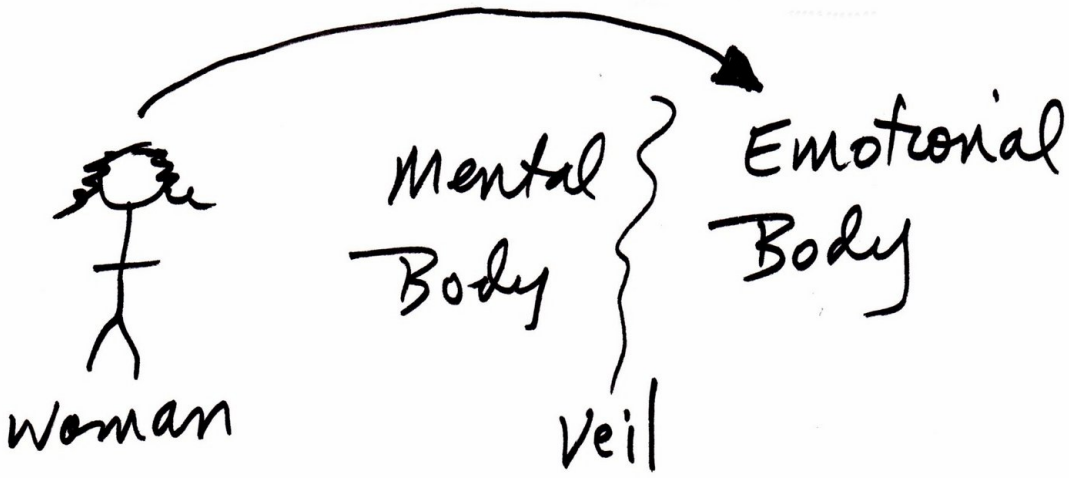
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https://awakeningwithplanetearth.com ...

DESCRIPTION: On the left is a stick figure labeled 'Man'. To his right are the words 'Mental Body'. To the right of these words is a squiggly vertical line labeled, at the bottom, 'Veil'. To the right of this are the words 'Emotional Body'. An arrow points from the man on the far left to the words 'Mental Body' in the middle of the image.

Women Are Beginning to Sense Their Latent 'Male' (Higher Mental) Aspects

And in the case of women, it's the opposite. It's very strange! Women are in contact, very generally, with their emotional body, and not so much so with their higher mental faculties. They're ruled by emotions ... not all women, but quite a few.



Stick Figure Drawing: "Connecting the Mind with the Emotions 2," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: On the left is a stick figure labeled 'Woman'. To her right are the words 'Mental Body'. To the right of these words is a squiggly vertical line labeled, at the bottom, 'Veil'. To the right of this are the words 'Emotional Body'. An arrow points from the woman on the far left to the words 'Emotional Body' on the far right.

Stick Figure Drawing: "Connecting the Mind with the Emotions 2," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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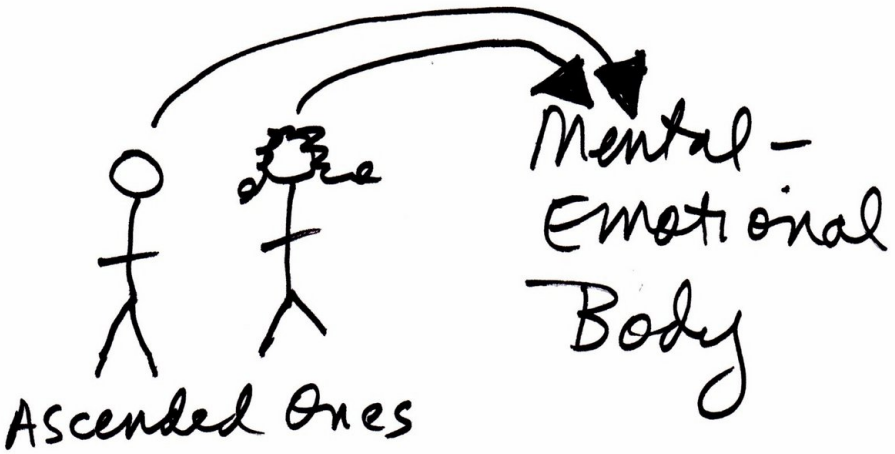
DESCRIPTION: On the left is a stick figure labeled 'Woman'. To her right are the words 'Mental Body'. To the right of these words is a squiggly vertical line labeled, at the bottom, 'Veil'. To the right of this are the words 'Emotional Body'. An arrow points from the woman on the far left to the words 'Emotional Body' on the far right.

Humankind Is Attaining Cosmic Mind: Union of Male and Female Aspects of Mind

And as their Ascension process continues, it works in the other direction: They get more and more in touch with their higher mental functions; what you might call the Cosmic Mind, the Universal Mind, the male *and* female aspect of their mind ... and then some!

So, integration, unity in both cases. And it may seem like it's not even you. You may feel like you're channeling.

- If you are a woman, and you start accessing your higher mind, you may feel like you're channeling someone else.
- If you are a man, and you start accessing your emotional body, you may think it's someone else completely that you are talking to.



Stick Figure Drawings: "Connecting the Mind with the Emotions 3," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth,"

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https://awakeningwithplanetearth.com ... DESCRIPTION: On the left are two stick figures, representing a man and a woman, and labeled 'Ascended Ones'. To their right are the words 'Mental-Emotional Body'. An arrow points from the man, and an arrow points from the woman, to these words.

Stick Figure Drawings: "Connecting the Mind with the Emotions 3," by Alice B. Clagett, 30 September 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: On the left are two stick figures, representing a man and a woman, and labeled 'Ascended Ones'. To their right are the words 'Mental-Emotional Body'. An arrow points from the man, and an arrow points from the woman, to these words.

It is so funny, in 3D ... we've been so disconnected from who we are! But the outcome, I think, after all this weltering confusion, will be harmony; a wonderful sense of harmony. So it is worth it, I think!

See you later.

In love, light and joy,
I Am of the Stars
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[2] 

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emotional body, emotions, mental body, mind, subtle bodies, ascension, Drawings by Alice, Veil, Cosmic Mind, Universal Mind, stick figures, stick figure drawings,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/09/mental-emotional001.jpg
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.9.31 How Men, Especially, Can Feel Their Hearts . How to Survive in Times of Chaos . by Alice B. Clagett (2013-09-30 21:34)

Written and published on 30 September 2013; revised
Location: San Fernando Valley, California

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - On Returning Home
  - Ways to Feel the Heart
  - Alice's Perilous Tales: Dark Attack in Barstow
  - A Vision of the Sky Hologram Jittering About, Because of Human Emotions
  - The Value of Earthing in the Midst of Chaos

Dear Ones,

This is about how men, especially, can feel their hearts. And how to survive in times of chaos. There's a lightly edited Summary after the video; text in green font is not in the video ...

VIDEO BY ALICE

https://youtu.be/r8z6ed-wqLI

SUMMARY OF THE VIDEO

Hello, Dear Ones,

On Returning Home

What do you know? I made it back home. And I have to say, no matter how old or humble a person's house is, it sure looks good when you get back there. Don't you think? And I am going to go [pans upward, to show palm trees] ... Look at that, palm trees! I am going to go sit in the shade and chat for a while ..

Check it out: Two rocking chairs on the porch! [Shows same.] This looks inviting.

Ways to Feel the Heart

I was talking to a gentleman, and the topic came up about feeling your heart. From the way the conversation was going, I got the feeling that it's not too clear, sometimes, especially to gentlemen, what is meant by feeling the heart. And the reason for that, I think, is that women think of it in a particular way, that is not suitable, sometimes, for men. So I am here, offering a definition of 'feeling the heart' that is good for everyone; that will work for everyone, not just women ...

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Bill Ballard has a free ebook called "The Great Awakening" ...

Link: "Official Release of Bill Ballard's eBook 'The Great Awakening'," at Shift Frequency by Gillian Grannum, 15 June 2012 ... [1]https://shiftfrequency.com/wp-content/uploads/2012/06/TheGreatAwakenin g.pdf ..

... and in it he talks about how his heart chakra became activated. I found this ebook very interesting, because I would like to do the same. He said (and I paraphrase) that first his heart opened; that helped. He had a relationship with a twin flame, and his heart opened.

And then, I'll bet that flame started to go down some ... to wane, to diminish in intensity. And then he realized that what he really needed was for him to feel his own heart; not to have it activated by somebody else. Very cool stuff ... because we can always do that. Anyone can do that, no matter what their situation is with regard to relationships or any other variable regarding earthly life.

So he decided to feel his own heart. And what he did is, he actually felt ... let me show you [points to center of chest.] ... his heart chakra. For him this was a little to the left, I think, at the location of the physical heart. He was just aware of the sensation in his heart chakra. And he did this nonstop for a month or so; then his heart stayed awake all the time.

So it is doable ... you feel the energy in your heart. You could feel the physical sensation; that is what most people do. You do not have to assume that you will feel love. On the contrary, you feel exactly what you feel in your heart at the moment. And that is how you go about your day: Always feeling your heart.

Now some people are sensitive to electromagnetic field (EMF) energy. They feel the chakric energy of their heart (in the center of the chest at the level of the physical heart) ... and that is fine too. Either way ...

- You can feel the emotion, as women frequently do.
- You can simply feel the physical feeling of your heart; just place your awareness on your heart.
- Or you can feel the energy of that chakra.

So there is something for everybody. It does not matter; you just go about feeling your heart. And then eventually, your awareness of your heart supercedes your awareness of your mental activity. And that is highly helpful in this time of the Shift, because folks are kind of going nuts, you know? Sometimes the mind just goes crazy. And if you can feel your heart, the heart is very steady, very sane, very normal. So it is a good way to get through these difficult times.

You can think about it in terms of geopolitical turmoil, economic problems, electromagnetic field energy, dimensional shift ... Whatever it is, there is a little bit of chaos hanging out

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in the world today, and this is a good way to get through it; very simple.

And another way is just to walk or sit in nature. If you have not got the hard thing down, you can just go sit outside or walk in nature, and it will do the trick. And I will tell you a story about that ...

Alice's Perilous Tales: Dark Attack in Barstow

I was in the Motel 6 in Barstow, the night before last. What would I do without the Motel 6 ... clean, inexpensive, and they do not mind my cat.

Barstow is a big desert town in California. And, in the air there was discord; negativity in the air. It might have been astrological; anyway, it affected me, because I'm very tuned in to energies around me. And there were people around too, that were emanating mental vibes that made it difficult to be happy; they were unhappy vibes.

So there in the parking lot, there was a gentleman with a motorcycle; he was working on the motorcycle. He was playing really loud music. Then two doors down from me, there were two ladies ... possibly ladies of the night ... standing outside, waiting for something. Their feeling was not all that happy; they were pretty upset. I guess it is not all it is cracked up to be, being a lady of the night (a sex worker) .

And so then I looked two doors down, in the other direction, and a gentleman came out who had kind of a dangerous feeling to him. And what do you know, he brought out with him a dog that was part wolf. And that was scary enough. And he was being very mean to the wolf dog.

And so I went back in to my room , and all these people's feelings came in with me. And so the thoughts, the emotional body became very roiled up about the situation ; I think it was astrological. Something was going on; it might have been the tail end of the Equinox. So finally I said: This is ridiculous! I went outside, and I sat outside on the curb, looking at the trees and the night sky, and all that, and, I will tell you, the strangest thing happened ...

A Vision of the Sky Hologram Jittering About, Because of Human Emotions

It was like the scene before me, what I could see ... like what you're seeing now [in the video]: Me, and the rocking chair, and a reflection of the sky in the living room window ... that scene that I saw there, it was shaking with the emotion of the the feelings of the people that I felt. It was like a jittery video, you know? Every time the emotions of these other people would get strong in waves, the scene would go: Tchh tchh tchh tcch tcch! [Shows hand moving back and forth, in front of face] ... It would jitter back and forth, sideways, as if the hologram that we see in the third dimension has gotten very thin and tenuous, and can be moved about simply by the emotions of the people.

The Value of Earthing in the Midst of Chaos

This is not so good, because a lot of people are not thinking love and Light; at least not that night, they were not. So, what I did: I sat with my feet on the ground, and I sat as close to the Earth as I could get, and I felt my heart. And what do you know? Everything was fine!

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And so I say from experience that it may help in your case, and you do not need to emote, you do not need to feel love. You can feel fear. You can feel whatever is there. And you can look at the natural world, and sit outside. And those things will really help through these times of chaos. That is what I think. I hope it works for you as it does for me.

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

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[2] 

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chaos, feeling the heart, walking in nature, fear, love, hologram, Alice's perilous tales, Dark Attack, Barstow, Earth hologram, astrogeophysics, grounding, Earthing,

1. https://shiftfrequency.com/wp-content/uploads/2012/06/TheGreatAwakening.pdf
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.10 October

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1.10.1 Whose Kind of Happiness Is This, Anyway? . by Alice B. Clagett (2013-10-01 07:29)

Filmed on 1 October 2013; published on 3 October 2013; revised
Location: Sage Ranch Park, Simi Hills, California

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Holy Spirit Retreat Center Walking Circle
  - Whose Happiness Am I Living?
  - Does Happiness Depend on Attitude?
  - The Emotions of Appreciation and Surrender to the Divine Can See Us Through

Dear Ones,

Here is a video on finding happiness. After the video is an edited Summary ...

VIDEO BY ALICE

https://youtu.be/MFgkhf1p6To

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Holy Spirit Retreat Center Walking Circle

I am here at the beautiful meditation gardens of the Holy Spirit Retreat Center in Los Angeles ...

Link: "Holy Spirit Retreat Center, Where People of All Faiths Can Come to Seek the Sacred" ... [1]https://www.hsrcenter.com/ .. This beautiful retreat center is located in Encino, California.

and I thought I would show you a few of the highlights as I walk around, before we get down to talking about 'Whose Kind of Happiness Is This, Anyway?' That is the topic, but here is the walk ...

[shows angel statue] ... There is the entrance. [Shows arbored walkway.] ... There is a peace post there ... [statues of cherubs] ... I think this might be Saint Joseph's memorial here [shows wooden statue, and small figurines at his feet.] ... [Shows walkway and benches. } ...

[Shows a big circle of stones on the ground. It it a medicine wheel. (?)] I am not too sure what this is. There are signs on the ground that say 'N', 'S', 'E' and 'W' ... 'north', 'south', 'east', and 'west'. And there are little ... I will show you. [Shows a small circle of stones, with beautifully painted rocks inside it.] See? It looks like some folks have painted some rocks with

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beautiful religious symbols. And here are some more. Wow! [Shows another small circle of stones with beautifully painted rocks inside it.]

The wind is coming up, and there are three wind chimes, and here is this wind chime. [Shows wind chime in tree.] Listen! Sometimes the wind chimes talk to each other!

And then, as you come back around the walkway, here are these beautiful plants in bloom. [Shows what look like two beautiful pink bromeliads.]

And over here, there is a very nice place to sit. [Shows a circle with a cast-iron circular table and four cast-iron chairs in it.] See? Sunlight is getting in the way a little bit. I believe I will sit here for a while, and maybe we can talk.

Whose Happiness Am I Living?

The topic right now is: Whose happiness am I living? ... Or words to that effect. And the reason this is a topic is because, over the course of the last 10 years or so, I have had a chance to really examine my ideas about happiness, and decide whether they were true or not.

And I found out that many of my ideas about happiness came from fairy tales that I read, and children's books that I read, or that were read to me, when I was very young. And lots of times they did not fit the reality of me.

So I think it is good to think about that ... to think about what really makes us happy. What do we really need? And what is happiness? Because a case could be made for breaking down happiness to the basic necessities, such as food, clothing, shelter, getting enough sleep, and having some friends around to depend upon, in times of trouble. It is a short list.

Does Happiness Depend on Attitude?

And Tom Kenyon makes another point about happiness. He says he thinks it just depends on attitude ...

Link: "The Emergence of Multiple Chaotic Nodes: A Hathor Planetary Message Through Tom Kenyon," 12 August 2011 ... [2]https://tomkenyon.com/the-emergence-of-multiple-chaotic-nodes ..

The Emotions of Appreciation and Surrender to the Divine Can See Us Through

Things can be very chaotic in our lives; and if we have an attitude of appreciation or gratitude, or an attitude of surrender and letting go, with regard to what is happening to us ... with the trust that it is happening because the Divine has the best intentions towards us ... those kinds of emotions and attitudes can create a sense that everything is ok, even if it flies in the face of the reality that we are seeing. You know?

And I agree with that, to a large extent. I think it is good to provide for ourselves, but when all else fails, that kind of attitude can see us through.

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In love, light and joy,
I Am of the Stars
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[3] 

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appreciation, chaos, gratitude, happiness, surrender, Tom Kenyon, trust,

1. https://www.hsrcenter.com/
2. https://tomkenyon.com/the-emergence-of-multiple-chaotic-nodes
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.10.2 Stories by Alice: World Peace: Lessons from Lichen . by Alice B. Clagett (2013-10-03 06:25)

Filmed on 3 October 2013; published on 4 October 2013; transcribed on 2 August 2018
Previously titled: World Peace: Lessons from Lichen
Location: Sage Ranch Park, Simi Hills, California

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is about lichen and world peace. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/19buGxB0LUg

VIDEO BY ALICE

Hello, Dear Ones,

This is Sage Ranch Park, with California native scenery. I will show you: The oak trees, boulders ... It is nice! Late afternoon.



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Image: “Sage Ranch Park, Simi Hills, California 1: Mountain Scene,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 1: Mountain Scene,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0



Image: “Sage Ranch Park, Simi Hills, California 2: Oak and Boulder,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 2: Oak and Boulder,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

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Image: “Sage Ranch Park, Simi Hills, California 3: Group Camping Area,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 3: Group Camping Area,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

This little rock here ... If you could see it, you would see tiny little sparkles from the afternoon Sun. But it could be the camera filters out the sparkles.

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Image: “Sage Ranch Park, Simi Hills, California 4: Sand with Tiny Quartz Crystals,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 4: Sand with Tiny Quartz Crystals,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

In addition to the rock, there are all these little colonies of lichen. See? They make the rock look different colors ... kind of coruscated.

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Image: “Sage Ranch Park, Simi Hills, California 5: Lichen,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 5: Lichen,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0



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Image: “Sage Ranch Park, Simi Hills, California 6: Lichen,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Image: “Sage Ranch Park, Simi Hills, California 6: Lichen,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0

Lichen is a very interesting plant. I seem to recall that it is a combination of two different kinds of plants. Algae or cyanobacteria living symbiotically with fungi? ... Completely different sorts of plants that live together in perfect harmony, in a close-knit community.

There is lichen everywhere, on the rocks around here. When I see lichen, I think about human society: How we might live in perfect harmony, even if we find ourselves to be very different from others living near us.

That is my lesson from nature for today. You all, take care.

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

See also ... *Link: "Lichen," in Wikipedia ... [1]https://en.wikipedia.org/wiki/Lichen ..*
.....

[2] 
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lichen, world peace, nature, peacefulness, harmony, interspecies communication, stories, stories by Alice,

1. https://en.wikipedia.org/wiki/Lichen
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.10.3 Dreams . by Alice B. Clagett (2013-10-03 07:03)

Written and published on 3 October 2013; revised

Dear Ones,

This is all about dreaming...

Image: "Cupid and Psyche" by Kinuko Y Craft ... [1]http://www.histoiredelafolie.fr/wp-content/uploads/2015/03/KOSTYLEFFFREU DREVE0002.jpg ..

Numero Uno: Come what may, DON'T fall into someone else's dreams!

Video: "All I Have to Do Is Dream - Everly Brothers," by meremrah, 8 February 2010 ... [2]https://www.youtube.com/watch?v=tbU3zdAgiX8 ..

Numero Dos: If one dream does not work, ask the Universe for a dream that will!

Video: "Beautiful Dreamer" by Stephen Foster, sung by Kate Smith in 1947 ... [3]https://www.youtube.com/watch?v=OLz15SCsaMs &feature=youtu.be ..

Numero Tres: When your Soul weaves the dream, listen with all your heart!

Image: "Sleeping Beauty," by Kinuko Y. Craft ... [4]https://dg19s6hp6ufoh.cloudfront.net/pictures/613002855/large/image.jp eg?1463288014 ..

In love, light and joy,
I Am of the Stars
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[5] 

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dreams, Everly Brothers, Kinuko Y. Craft, Beautiful Dreamer, Cupid and Psyche, Sleeping Beauty,

1. http://www.histoiredelafolie.fr/wp-content/uploads/2015/03/KOSTYLEFFFREUDREVE0002.jpg
2. https://www.youtube.com/watch?v=tbU3zdAgiX8
3. https://www.youtube.com/watch?v=OLz15SCsaMs&feature=youtu.be
4. https://dg19s6hp6ufoh.cloudfront.net/pictures/613002855/large/image.jpeg?1463288014
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1.10.4 Unwanted Thoughts . by Alice B. Clagett (2013-10-03 18:24)

Written and published on 3 October 2013; revised

Dear Ones,

It is happening for me right now, post-Equinox. A big increase in awareness, and with it a boatload of unwanted, unsavory, off putting, socially unacceptable thoughts. I never knew I had these thoughts. I do not want them. Even NOTICING them is embarrassing, unsettling. It gives me a queasy feeling to own up to them.

Not to mention the thoughts that are scary, that make me anxious, uneasy. That make me feel threatened, attacked, suffocated. Yuck!

This is the stuff Ascension is made of, I suppose. More awareness, more mental-emotional speckles come to Light. So this morning, I concocted a quick fix for unwanted thoughts ...

Image: Young woman blowing a kiss ... [1]https://www.shutterstock.com/it/image-vector/portrait-young-woman- profile-blowing-kiss-581912182 ..

Blow them a kiss!

Image: Young girl blowing bubbles: [2]http://media.merchantcircle.com /29970385/Girl %20blowing %20bubbles _full.jpeg ..

OR just blow them away.

Dunno why, but it works like a charm!

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

Video: "I'm forever blowing bubbles 1919 :Albert Burr Campbell & Irving Gillette," posted by Marilyn Forever, 3 August 2017, [3]https://www.youtube.com/watch?v=s8epPksKZ7U ..

Don't be blown away by other peoples' bubbles!

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[4] 

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clearing, emotions, karma, subconscious, unwanted thoughts, anxiety, Albert Burr Campbell, Irving Gillette, I'm forever blowing bubbles,

1. https://www.shutterstock.com/it/image-vector/portrait-young-woman-profile-blowing-kiss-581912182
2. http://media.merchantcircle.com/29970385/Girl%20blowing%20bubbles_full.jpeg
3. https://www.youtube.com/watch?v=s8epPksKZ7U
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5. http://creativecommons.org/licenses/by-sa/4.0/

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1.10.5 Sage Ranch Park at Sunset . by Alice B. Clagett (2013-10-04 05:14)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Rocketdyne Meltdown in 1959
- FOR MORE INFORMATION

Dear Ones,

This is a video on Sage Ranch Park at sunset, with a little about the long-ago Santa Susana Field Laboratory nuclear reactor meltdown, also known as the Rocketdyne meltdown. There is a lightly edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/XmVjaMnHi5A

SUMMARY OF THE VIDEO

[Shows fence lizard and big sandstone rocks at Sage Ranch.] Sage Ranch used to be a citrus and avocado farm. Look ... Here is an old tree. Let's see ... where is that ... oh, yes ... avocado! [Zooms in to show avocado on the tree branch.]

[Shows California buckwheat, turned brown, and ravens flying, and dead chaparral bush on boulder, and view of mountains in the distance.]



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Image: “Sage Ranch 1,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 1,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



Image: “Sage Ranch 2,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 2,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Sage Ranch 3,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 3,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Rocketdyne Meltdown in 1959

Off in the direction of the setting sun is a big place that changed hands in recent years. Previously it was a Rocketdyne facility; now it is owned by Boeing. It is a big, natural place where there was rocket testing about 50 years ago.

And one day ... very hush hush ... there was a nuclear reactor leak over that way. And the wind that was blowing that day, came from the direction of the Sun you see setting right now, towards me. And contaminated the air off towards the San Fernando Valley. [Pans left, towards the San Fernando Valley.] You cannot see the Valley, because this is a big top of a mountain here. But the San Fernando Valley is that way [points the camera south].

And the air blew strongly that day, and contaminated the air out towards the Valley. And nobody found out about it until 1979, when some students at UCLA found a paper that described that disaster, and made it public.

And so now, everybody knows. Looks like the plants and animals here are doing pretty well, though. It is a beautiful place. [Shows scenes, and birds at Sage Ranch, then pans north.] Off in the distance, there, is Simi Valley, a quiet little community. [Photos of old farm equipment left on the land when the citrus ranch was sold as Sage Ranch. Also, boulders,

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trees, and setting Sun.]



Image: “Sage Ranch 4,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 4,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Sage Ranch 5,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 5,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



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Image: “Sage Ranch 6,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 6,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



Image: “Sage Ranch 7,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 7,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Sage Ranch 8,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 8,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



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Image: “Sage Ranch 9,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 9,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



Image: “Sage Ranch 10,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 10,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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Image: “Sage Ranch 11,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 11,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..



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Image: “Sage Ranch 12,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Sage Ranch 12,” by Alice B. Clagett, 3 October 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

. . . . .

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

Filmed on 3 October 2013 and published on 4 October 2013; republished on 22 March 2023

.....
MORE INFORMATION

Link: Wikipedia on the Santa Susana Field Laboratory meltdown: [1]https://en.wikipedia.org/wiki/Santa _Susana _Field _Laboratory ..

Image: Sage Ranch Map ... [2]http://www.mobilemaplets.com/showpla ce/7397 ..
.....

[3] 

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.....

Rocketdyne meltdown, Sage Ranch Park, Santa Susana Field Laboratory meltdown, nature, photos by Alice,

1. https://en.wikipedia.org/wiki/Santa_Susana_Field_Laboratory
2. http://www.mobilemaplets.com/showplace/7397
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.10.6 DNA Opening . by Alice B. Clagett (2013-10-08 04:43)

Written and published on 8 October 2013; revised

Dear Ones,

Thoughts on DNA opening from 2 strand to its full 12 strand potential ...

Video: "COLORS - Umbrella," by Blivedance, 30 December 2012 ... [1]https://www.youtube.com/watch?v=Cz _Xee-2mng ..

Video: "Beautiful Chinese Umbrella Dance," by sirinitii, 25 May 2012 ... [2]https://www.youtube.com/watch?v=DNJfC9qtRuE ..

UPDATES ON DNA OPENING

2015

This work is now commencing on Earth. This is very powerful work. Be sure and drink a tall glass of pure water ... if possible, with a tablespoon of liquid chlorophyll in it ... before and after listening. This will allow the codes of Light to unfold more effectively in the body cells.

2017

See *Link: Sandra Walter*

... [3]https://sandrawalter.com/ ... Search the 2017 Archives for:

"*Gatekeepers and Gridworkers Utilizing the Eclipse Window," by Sandra Walter, 9 February 2017 ...*

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

DNA opening, DNA, JScambio,

1. http://www.youtube.com/watch?v=Cz_Xee-2mng
2. https://www.youtube.com/watch?v=DNJfC9qtRuE
3. https://sandrawalter.com/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.10.7 Qualities of Satan According to the Bible: 4.0 Introduction . channeled by Alice B. Clagett (2013-10-10 00:04)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 22 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
- CREDITS

Dear Ones,

This is the Introduction to section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/mGj50O1ZuXA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you the Introduction to Part 4 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Part 4 of this series is entitled "Qualities of Satan, Demons, and Devils According to the Bible."

I was wondering what the Bible has to say about the qualities of Satan and devils. I searched around online for a list of those qualities and found quite a good article by Diane S. Dew ...

Link:

"*Satan, Demons & the Powers of Darkness,*" *by Diane S. Dew ... [4]http://www.dianedew.com/satan.htm ..*

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I learned a lot about Satan from that reference. And then I thought I would like to present those qualities listed in the Bible for Satan and demons and devils; with a Biblical quote, with a short explanation or description, and with an image or two to bring out more vividly the Biblical context.

There were 19 qualities, between Diane Dew's article and other articles that I read on-line. Each of those I am going to put in a separate, very short video, one by one.

Today, in the Introduction, I thought I would tell you what the qualities of Satan are, according to the Bible ...

Satan wants to be worshipped. Satan speaks as a dragon. He is the Great Deceiver who plays black magic tricks on humans. Satan causes men to lie. He is the Prince and Power of the Air. He is said to be the god of this world, who can blind the minds of men. He is called Prince of Devils, Accuser of the Brethren, Lucifer, the Wicked One, Beelzebub, Devil, Father of Lies, Murderer, the Tempter, the Enemy, Roaring Lion, and the Adversary. Then is listed Satan's end: The Lake of Fire.

. . . . .

I have an image for you of Satan in the popular concept. You can see that it is a takeoff on the old mythological image of the nature spirit Pan, because of the horns and the mischievous look. The unusual thing about it is the color red, which I do not believe was used to depict the god Pan ...



Image: "Devil Goat," by MachoCarioca, unknown date, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Devil2.jpg ... CC BY-SA 3.0 Unported

Image: "Devil Goat," by MachoCarioca, *unknown date, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Devil2.jpg ... CC BY-SA 3.0 Unported*

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. . . . .

There is more on each of these epithets in the blogs on subsections 4.1 and following ..

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

[5]Begin [6]< Back [7]Forward >

NOTE: I feel that the Biblical description of Satan's character, as being bold, arrogant, cunning, deceiving, ambitious, and basically 'full of himself' is also a good description of the qualities he attempts to embed as malware in the etheric net of human beings, through distortions of the Light.

.....
CREDITS

I got the list of "Qualities of Satan, Devils and Demons (According to the Bible)" here ... *Link:*

"*Satan, Demons & the Powers of Darkness,*" *by Diane S. Dew ... [8]http://www.dianedew.com/satan.htm ... COMMENT: I learned a lot about Satan from this reference.*

.....

[9] 
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.....
.....

Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pMg
3. https://wp.me/p2Rkym-pMU
4. http://www.dianedew.com/satan.htm
5. https://wp.me/p2Rkym-pLx
6. https://wp.me/p2Rkym-pMg
7. https://wp.me/p2Rkym-pMU
8. http://www.dianedew.com/satan.htm
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1.10.8 Qualities of Satan According to the Bible: 4.1 Satan Wants to Be Worshipped . channeled by Alice B. Clagett (2013-10-10 00:29)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 22 December 2021; revised on 14 April 2023

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Revelation 13:4

Dear Ones,

This is subsection 4.1, "Satan Wants to Be Worshipped," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/RRB8ry0cuzs

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you part 4.1 of the series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Part 4.1 is on the topic "Satan Wants to Be Worshipped."

Here is a quote for you from the King James Version of the Bible, which is in the public domain. This is Revelation 13:4 ...

Revelation 13:4 (KJV, public domain)

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4 "And they worshipped the dragon which gave power unto the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him?"

Here are my comments: First I would like to mention that the word ’Baal’ or ’Ba’al’ is one of the terms used for the Devil or Satan. With that in mind, here are my comments ...

In a recently concluded commotion with the presence of Baal in Los Angeles, I noticed that it was the worshipping of Baal by black magickers (or black magicians) that made the energy of this being Baal strong. When the worship ceased, the power of Baal diminished and then disappeared. So apparently, Satan gains his power over us through our ceding or yielding of our own free will to him.

. . . . .

I have a drawing here, of the goat-like Baphomet (an aspect of Satan) with a boy and a girl looking up to him ...

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Drawing: “Baphomet with Human Children,” by Alice B. Clagett, 14 April 2023, CC BY-SA International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: This drawing is along the lines of The Satanic Temple’s “Baphomet” statue in Detroit ... COMMENTS: The goat image of Baphomet, once allegedly associated with the Knights Templar of history, is associated with the present-day Church of Satan. I note here that the caduceus shown upright in the statue’s midriff, and which I take to be the central vertical power current (the ’kundalini’) is at half mast in this drawing; it ends at the bottom of the rib cage, rather than extending from the base of the torso to the top of the head. That might mean that the energy of Satan is that of the subconscious mind (the ’gut brain’ or the ’lower triangle’ of yogic lore). From this I gather it could be that Satanic energy has to do with the energies of the Martian bacterial colonists of the human colon, rather than with the distinctly human energy of the conscious minds of human beings. In this context we might be considered to be the ‘goats’ tended by the Martians whom I propose bioengineered our bodies. –Alice B. Clagett

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Drawing: "Baphomet with Human Children," by Alice B. Clagett, *14 April 2023, CC BY-SA International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: This drawing is along the lines of The Satanic Temple's "Baphomet" statue in Detroit ...*

COMMENTS: The goat image of Baphomet, once allegedly associated with the Knights Templar of history, is associated with the present-day Church of Satan. I note here that the caduceus shown upright in the statue's midriff, and which I take to be the central vertical power current (the 'kundalini') is at half mast in this drawing; it ends at the bottom of the rib cage, rather than extending from the base of the torso to the top of the head. That might mean that the energy of Satan is that of the subconscious mind (the 'gut brain' or the 'lower triangle' of yogic lore). From this I gather it could be that Satanic energy has to do with the energies of the Martian bacterial colonists of the human colon, rather than with the distinctly human energy of the conscious minds of human beings. In this context we might be considered to be the 'goats' tended by the Martians whom I propose bioengineered our bodies. –Alice B. Clagett

. . . . .

You can see here a seated being, definitely not human, but somewhat humanoid, looking a little like a goat with horns, and with a very stern countenance, and a young girl and young boy looking up to him respectfully for guidance, I am thinking.

At the top of the drawing you can see an inverted star ... a star turned upside down. And in the midriff area you can see a caduceus ... a symbol of the kundalini energy ... that reaches only as high as the top of the gut brain (the subconscious mind).

The combination of the overturned, five-point star and the shortened caduceus leads me to think that Satanism involves the foreshortening of the kundalini energy so that it only proceeds through the lower triangle ... the first three of the personal chakras.

That would mean that it emphasizes primal drives ... that it emphasizes for the first and lowest of the personal chakras ... known in yogic lore as the basal or root chakra ... death and survival and murder (in the negative aspect) and protecting oneself from murder or fear of murder (another negative aspect); and in the middle of the caduceus area ... known in yogic lore as the second or sexual or sacral chakra ... I would say, sexual strength or the lack thereof; and at the top ... in the area known as the third chakra or navel point ... I would say, desire to dominate others or willingness to be dominated by them.

So that aspect, the symbol of the caduceus is a truncated or foreshortened version f the power or potential that is capable of being manifested by humankind.

That might be why the drawing portrays Satan as a goat. A goat is very randy, for instance, and willing to butt anybody to get its way. It eats just about anything. (That reminds me of how some Satanists practice cannibalism, a topic I find unsavory in the extreme.) A goat is very powerful; strong, for being small. So the positive aspect of the lower chakras might be what Satanists admire, I feel.

What is missing from this picture is the kundalini extending up through the conscious

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mind. So people who practice Satanism .... just judging from the symbolism of the statue, it seems to me ... might not concentrate very much on their rational minds. They might be paying more attention to their basic drives, I feel.

. . . . .

The above description refers to the Martian bacterial colonists of the human colon. For more on that, search my blog for: *Martian bacterial colonists of the human colon* ... There is quite a bit on that. I made first contact with them some years ago. It is an intriguing story. They have their own, separate way of thinking. And there are ten times more of them in our gut brains ... our lower triangle ... than there are human cells. And so their influence ... the influence of their emotions and their culture ... on our subconscious minds is ten times that of the influence of our own higher minds, more or less.

From that I gather that the Martians have had an ongoing alliance with Satan, but that this alliance they had with Satan has faltered, in recent years, as humans have become more and more conscious of the minds and culture of our Martian bacterial colonists of the human colon. [For more on this, see my blog category: *Martian alliances ...*] The Martians are falling more into line with the thinking ... the higher thoughts ... of human beings now, I am very happy to say.

That is it for interspecies communication; but I also have another blog on that site to recommend to you. The title is "Servant of Baal Mental Filter: Clearing the Ancient Genocides." You can look that one up too, if you want to ...

Link: "Servant of Baal Mental Filter: Clearing the Ancient Genocides," by Alice B. Clagett, filmed and published on 4 June 2015; transcribed and revised on 1 November 2018 ... [4]https://wp.me/p2Rkym-6OF ..

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

[5]Begin [6]< Back [7]Forward >

.....

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx

2. https://wp.me/p2Rkym-pMD
3. https://wp.me/p2Rkym-pN1
4. https://wp.me/p2Rkym-6OF
5. https://wp.me/p2Rkym-pLx
6. https://wp.me/p2Rkym-pMD
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1.10.9 Qualities of Satan According to the Bible: 4.2 Satan Speaks as a Dragon . channeled by Alice B. Clagett (2013-10-10 00:44)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 22 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Revelation 12:7-9
  - Revelation 13:11
  - ANTICHRIST AND CHRIST
  - SATAN SPEAKS AS A DRAGON

Dear Ones,

This is subsection 4.2,"Satan Speaks as a Dragon," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/-fpBiiZTwWM

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you part 4.2 of the series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Part 4.2 is entitled "Satan Speaks as a Dragon."

I have a quote for you from Revelation 12, from the King James Version of the Bible, which is public domain. These are verses 7 through 9 ...

Revelation 12:7-9 (KJV, public domain).

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7 **"And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,**

8 "And prevailed not; neither was their place found any more in heaven.

9 "And **the great dragon was cast out, that old serpent, called the Devil, and Satan,** which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him."

And here is Revelation 13, King James Version, verse 11 ...

Revelation 13:11 (KJV, public domain)

11 "And I beheld another beast coming up out of the earth; and he had **two horns like a lamb,** and **he spake as a dragon ....**

Here is my commentary on the above description of Satan as a dragon: In my personal milieu, the draconic aspect of Satan left Earth a few years ago, as this life form was not compatible with the planet's increasing Light quotient. Possibly they are there for you still, but, I gather, not for long.

I note also that the Latin word 'draco' (in case that is what is referred to in this Biblical translation) means 'dragon' or 'serpent'. In the context of this blog, I have categorized it not as 'dragon' but as 'drac', a reptilian species in popular folklore. This might also have to do with my blog category: *Reptilian mind ...* You can also search my blog for these terms: *hybrid ... dracoid ... draconian*

ANTICHRIST AND CHRIST

Now I have some very interesting pictures to show you. They are in two sets. The first is Antichrist and Christ. These are strikingly different pictures from strikingly different centuries. These pictures illustrate what happens when a Christlike person listens to Satan's whispers, and what happens when he does not.

This image is called "Antichrist with the Devil, from the 'Deeds of the Antichrist'," by Luca Signorelli, in 1501 or thereabouts ... a long time ago.

[In the image] you can see a Christlike figure, but in a bad frame of mind ... a negative frame of mind ... listening to what we presume must be Satan, [depicted] with the horns and the usual not-very-nice-looking wings, and a mean expression on his face.

You can see that Satan is a very bad companion, and might even turn someone who might otherwise have Christ consciousness into an Antichrist, as mentioned in the Bible ... keeping in mind that the Bible mentions 'Antichrists' in the plural, and not just one man who

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is stealing the limelight here, during the Ascension time. So this might be one picture of one person who might otherwise be like Christ. But in this context ... because his companion is Satan ... he becomes the Antichrist ...

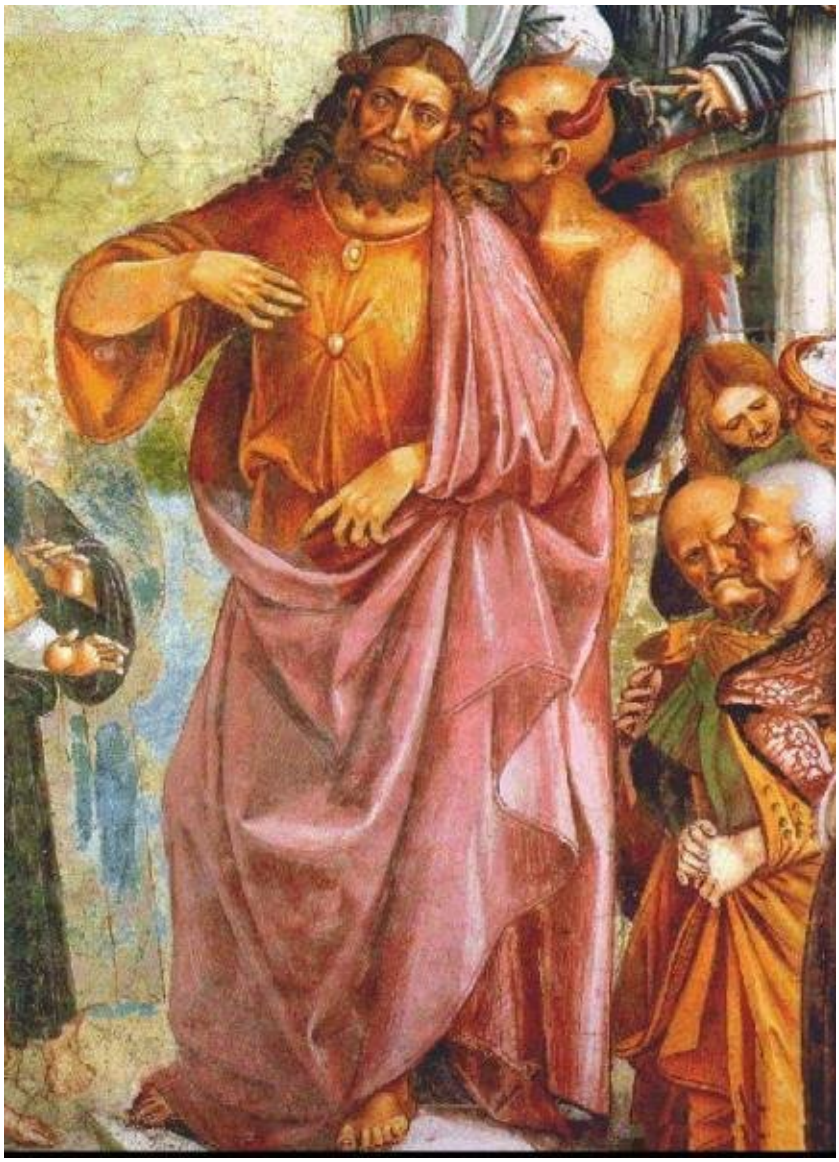


Image: “Antichrist with the Devil, from the ‘Deeds of the Antichrist’,” by Luca Signorelli, circa 1501, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Signorelli-Antichrist _and _the _devil.jpg ... public domain

Image: “Antichrist with the Devil, from the ‘Deeds of the Antichrist’,” by Luca Signorelli, *circa 1501, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:-Signorelli-Antichrist _and _the _devil.jpg ... public domain*

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. . . . .

Then, more than 300 years later, we have the answer to that picture. [The answering picture is] called “The Temptation of Christ by the Devil,” by Felix Joseph Barrias, in 1860. Here you have another Christlike figure. In this case, it is intended to Christ himself. What he has decided to do is *not* to listen to Satan.

[On the left] is Satan, looking rather similar. He is being cast of by Christ. Christ Himself exhibits complete Christ consciousness. He represents God the Father on Earth. The reason He is able to do that, is that He casts off the advice of this bad companion Satan.

How does He do that? By asking God for help. He asks God for help to escape the snares of Satan, I feel ...

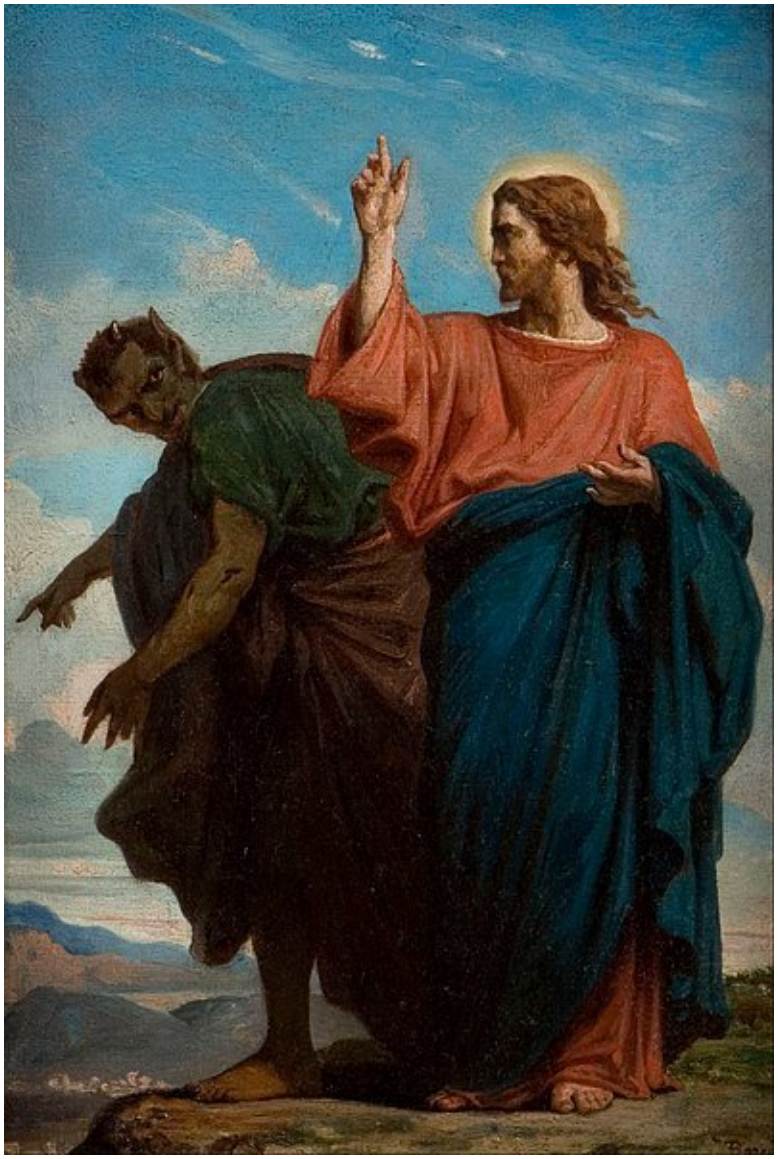


Image: “The Temptation of Christ by the Devil,” by Felix Joseph Barrias, 1860, in Wikimedia

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Commons … https://commons.wikimedia.org/wiki/File:F %C3 %A9lix _Joseph _Barrias _- _The _Temptation _of _Christ _by _the _Devil _- _Google _Art _Project.jpg … public domain

Image: "The Temptation of Christ by the Devil," by Felix Joseph Barrias, *1860, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:F %C3 %A9lix _Joseph _Barrias _- _The _Temptation _of _Christ _by _the _Devil _- _Google _Art _Project.jpg … public domain*

. . . . .

So here are your possibilities, I feel: You can be more like the Antichrist if you are a person of great personal merit and you listen to the admonitions of Satan. Or you can be more like Christ Himself, if you ask God for help, and are able to elude the snares of Satan. [These are] two radically different outcomes ...



Composite Image: "Christ and Antichrist," compiled by Alice B. Clagett, 3 November 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CREDITS: On the left: Image: "The Temptation of Christ by the Devil," by Felix Joseph Barrias, 1860, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:F %C3 %A9lix _Joseph _Barrias _- _The _Temptation _of _Christ _by _the _Devil _- _Google _Art _Project.jpg … public domain. On the right: Image: "Antichrist with the Devil, from the 'Deeds of the Antichrist'," by Luca Signorelli, circa 1501, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:-Signorelli-Antichrist _and _the _devil.jpg … public domain

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Composite Image: "Christ and Antichrist," compiled by Alice B. Clagett, 3 November 2021, *CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

CREDITS: On the left: Image: "The Temptation of Christ by the Devil," by Felix Joseph Barrias, 1860, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:F %C3 %A9lix _Joseph _Barrias _- _The _Temptation _of _Christ _by _the _Devil _- _Google _Art _Project.jpg ... public domain. On the right: Image: "Antichrist with the Devil, from the 'Deeds of the Antichrist'," by Luca Signorelli, circa 1501, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Signorelli-Antichrist _and _the _devil.jpg ... public domain

SATAN SPEAKS AS A DRAGON

In this category "Satan Speaks as a Dragon" I have several images for you.

One image shows the Archangel Michael standing on a dragon. They do not know who the author is. It was done in about 1920; and it is in Wikimedia Commons. I like this image because it is not so dire and dreadful as are many of the images of Archangel Michael defeating Satan.

Here we have the aspect of Satan that speaks like a dragon; and a depiction of Satan as the dragon, [at the bottom of the image] and Archangel Michael [at the top of the image].

Archangels are able to overcome Satan very easily, but we have to call on them [and ask them to do so]. That is the Catch-22: We have to ask them for help. Or we could ask God for help directly. And we could ask for the intercession of the Holy Spirit to do that ... because, Lord knows, dragons are right fearsome.

My Comment on this image is below ...

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Image: Archangel Michael Standing on Satan the Dragon, author unknown, circa 1920, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: St _Michael _the _Archangel _Slaying _Dragon _(Satan).jpg … CC BY-SA 4.0 International … DESCRIPTION: “An art piece of Saint Michael the Archangel developed in 1920 for the Saint Mary’s Catholic Church in Colorado Springs, Colorado.” … COMMENT: Archangel Michael is often depicted as standing on or slaying a dragon that represents Satan or the Demonic Realm.

Image: Archangel Michael Standing on Satan the Dragon, *author unknown, circa 1920, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:St _Michael _the _Archangel _Slaying _Dragon _(Satan).jpg … CC BY-SA 4.0 International …*

DESCRIPTION: “An art piece of Saint Michael the Archangel developed in 1920 for the Saint

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Mary's Catholic Church in Colorado Springs, Colorado." ...

COMMENT: Archangel Michael is often depicted as standing on or slaying a dragon that represents Satan or the Demonic Realm.

. . . . .

As you may know, the image of Satan has changed quite a bit over the centuries. You can tell from this next (and final) image just how much that change has been. This image is called "Hell," by Hans Memling. I am assuming that the central figure in the image is Satan himself. [He is a] rather scary dude: Birdlike feet, horns on his elbows, a strange-looking, animal-like head, and more or less of a human form; and [beneath him] suffering people in a river of fire.

In the middle [of the image] we have something very interesting: It is an image of a human face with fangs in the area of the lower triangle or the gut brain or the subconscious mind . This touches on the topic of which I have spoken previously.

My Comment on this image is below ...

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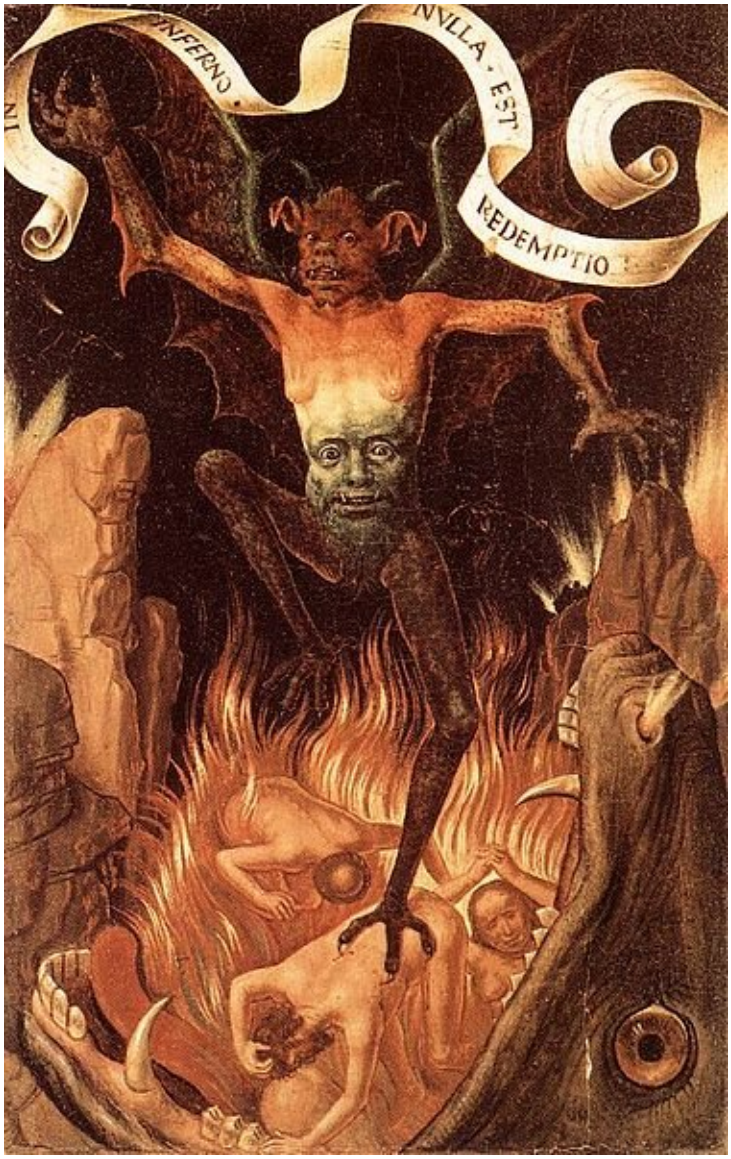


Image: "Hell," by Hans Memling, ca. 1485, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Hans _Memling _- _Hell _- _WGA14941.jpg ... public domain ... COMMENT: I feel this image of Satan, with a man's face with fangs on his belly, means that a person whose higher mind (his brain) is ruled by his gut brain behaves in a way that might be termed Satanic or demonic. Thus this image offers a glimpse of a man who has not, like Archangel Michael of the storied realm, slain his dragon. The man in this image is not a noble, princelike person able to fly on the wings of God. Rather, this man is bound down to the Hellworlds, where his vision is cast down to the suffering and Soul wounding aspect of the human condition. The man who controls his reptilian or bestial impulses through faith in God, on the other hand, sees and responds to the eternal Soul in the eyes of every person he meets; this latter man exists in the Heavenworlds, though his human feel still tread on Earth.

Image: "Hell," by Hans Memling, *ca. 1485, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Hans _Memling _- _Hell _- _WGA14941.jpg ... public*

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domain ...

COMMENT: I feel this image of Satan, with a man's face with fangs on his belly, means that a person whose higher mind (his brain) is ruled by his gut brain behaves in a way that might be termed Satanic or demonic. Thus this image offers a glimpse of a man who has not, like Archangel Michael of the storied realm, slain his dragon.

The man in this image is not a noble, princelike person able to fly on the wings of God. Rather, this man is bound down to the Hellworlds, where his vision is cast down to the suffering and Soul wounding aspect of the human condition.

The man who controls his reptilian or bestial impulses through faith in God, on the other hand, sees and responds to the eternal Soul in the eyes of every person he meets; this latter man exists in the Heavenworlds, though his human feel still tread on Earth.

. . . . .

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

[4]Begin [5]< Back [6]Forward >

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.....

Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pMU
3. https://wp.me/p2Rkym-pN6
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1.10.10 Qualities of Satan According to the Bible: 4.3 The Great Deceiver Who Plays Black Magic Tricks on Humans . channeled by Alice B. Clagett (2013-10-10 01:11)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 22 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - INTRODUCTION
    - Revelation 12:9
    - Revelation 13:11-15
  - ANIMATION OF INANIMATE OBJECTS THROUGH MAGIC
    - Exodus 7:6-12
  - NATURAL DISASTERS CAUSED BY MAGIC
    - Exodus 7:20-21
    - Exodus 10:21-22
    - Joshua 10:7-14
  - THREE IMAGES

Dear Ones,

This is subsection 4.3, "The Great Deceiver Who Plays Black Magic Tricks on Humans," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/4mP1PW8m024

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

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I have for you today subsection 4.3 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.3 is entitled "The Great Deceiver Who Plays Black Magic Tricks on Humans."

INTRODUCTION

I have for you a quote from Revelation 12, the King James version of the Bible, which is public domain ...

Revelation 12:9 (KJV, public domain) ...

9 "And the great dragon was cast out, that old serpent, called the Devil, and Satan, which **deceiveth the whole world**: he was cast out into the earth, and his angels were cast out with him."

Next I have a quote from Revelation 13, verses 11-15 ...

Revelation 13:11-15 (KJV, public domain) ...

11 "And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon

12 "A

nd he exerciseth all the power of the first beast before him, and causeth the earth and them which dwell therein to worship the first beast, whose deadly wound was healed.

13 **"A nd he doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men,**

14 "A nd **deceiveth them that dwell on the earth by the means of those miracles which he had power to do in the sight of the beast;** saying to them that dwell on the earth, that they should make an image to the beast, which had the wound by a sword, and did live.

15 **"A nd he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed."**

In the context of the above Biblical quotes, Satan is said to have frightening psychic powers, including the ability to cause fire to rain down on Earth and the power to animate an idol or statue, and cause it to speak.

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It seems to me that psychic powers such as these might be used by human beings for good or for bad, but where Satan comes into the picture, psychic powers can result in acts of great evil. Thus

, when we see a psychic event taking place, we have to stop and think: Why did that happen? Was it the hand of God moving across the Earth, or did Satan just step in to tempt me?

For instance, according to Wikipedia the 'Baal Shem' of Jewish history was a magician of the Practical Kabbalah who was able to speak the names of God, Angels, Satan and other spirits to work miracles. For instance, he might heal the sick, or perform an exorcism, or protect people from fire, theft, or the 'evil eye'. He might prophesy or interpret people's dreams. –from *Link: "Baal Shem," in Wikipedia ... [4]https://en.wikipedia.org/wiki/Baal _Shem ..*

There is a good question, I feel, when a person of any faith uses psychic powers in a practical way, whether he is doing good or bad ... whether he is aligned with the will of God, or with the will of Satan, who, as the Great Deceiver, can perform 'miracles' as well.

ANIMATION OF INANIMATE OBJECTS THROUGH MAGIC

In Exodus 7: 6-12, there is a description of Moses and Aaron, in the role of the good magician, dueling with the servants of the Pharaoh, who were in the role of bad magicians, in an attempt to free the Israelities from slavery in Egypt ...

Exodus 7:6-12 (KJV, public domain)

6 And Moses and Aaron did as the Lord commanded them, so did they.

7 And Moses was fourscore years old, and Aaron fourscore and three years old, when they spake unto Pharaoh.

8 And the Lord spake unto Moses and unto Aaron, saying,

9. When Pharaoh shall speak unto you, saying, Shew a miracle for you: then thou shalt say unto Aaron, Take thy rod, and cast it before Pharaoh, and it shall become a serpent.

10 And Moses and Aaron went in unto Pharaoh, and they did so as the Lord had commanded: and **Aaron cast down his rod before Pharaoh, and before his servants, and it became a serpent.**

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11 **Then Pharaoh also called the wise men and the sorcerers: now the magicians of Egypt, they also did in like manner with their enchantments.**

12 **For they cast down every man his rod, and they became serpents: but Aaron's rod swallowed up their rods.**

Thus the quality of animating an inanimate object ... described in Revelation 13:15 as a power wielded by Satan ... was one of the tricks that both good and bad magicians in Biblical days used to gain power over people and get wealth from them, as the people were frightened when such inexplicable things occurred. From that misuse of psychic power by humans, I feel, it may be that there came about the stipulation not to worship 'false idols' or 'graven images'.

NATURAL DISASTERS CAUSED BY MAGIC

Exodus goes on to explain the visiting, through the psychic powers of Moses and Aaron, of natural disasters upon Egypt. For instance, in Exodus 7:20-21 ...

Exodus 7:20-21 (KJV, public domain)

20 **And Moses and Aaron did so, as the Lord commanded; and he lifted up the rod, and smote the waters that were in the river,** in the sight of Pharaoh, and in the sight of his servants; and all the waters that were in the river were turned to blood.

21 **And the fish that was in the river died;** and the river stank, and the Egyptians could not drink of the water of the river; and there was blood throughout all the land of Egypt.

And then, at Moses' request God inflicted more plagues upon Pharoah and his people: plagues of frogs, lice, flies, injury to livestock, boils, hail, locusts, darkness, and death of firstborn children.

It is in Exodus 10: 21-22 that the plague of darkness is described ...

Exodus 10:21-22 (KJV, public domain)

21 And the Lord said unto Moses, Stretch out thine hand toward heaven, that ther

e may be darkness over the land of Egypt, even darkness which may be felt.

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22 **And Moses stretched forth his hand toward heaven; and there was a thick darkness in all the land of Egypt three days .. .**

In a similar but opposite manner, the Israelite leader Joshua is said to have, through God's intercession, stopped Darkness from descending, staying the path of the Sun across the heavens, during a battle at Gibeon. Note also that God Himself is credited with raining down hailstones upon the enemy (perhaps without having been asked to do so) ...

Joshua 10:7-14 (KJV, public domain)

7 So Joshua ascended from Gilgal, he, and all the people of war with him, and all the mighty men of valour.

8 And the Lord said unto Joshua, Fear them not: for I have delivered them into thine hand; there shall not a man of them stand before thee.

9 Joshua therefore came unto them suddenly, and went up from Gilgal all night.

10 And the Lord discomfited them before Israel, and slew them with a great slaughter at Gibeon, and chased them along the way that goeth up to Bethhoron, and smote them to Azekah, and unto Makkedah.

11 And it came to pass, as they fled from before Israel, and were in the going down to Bethhoron, that the Lord cast down great stones from heaven upon them unto Azekah, and they died: they were more which died with hailstones than they whom the children of Israel slew with the sword.

12 **Then spake Joshua to the Lord** in the day when the Lord delivered up the Amorites before the children of Israel, and he said in the sight of Israel, **Sun, stand thou still upon Gibeon; and thou, Moon, in the valley of Ajalon.**

13 **And the sun stood still, and the moon stayed,** until the people had avenged themselves upon their enemies. Is not this written in the book of Jasher? So the sun stood still in the midst of heaven, and hasted not to go down about a whole day.

14 And there was no day like that before it or after it, that the Lord hearkened unto the voice of a man: for the Lord fought for Israel.

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These two instances ... one of the descent of Darkness and another of prevention of its descent ... seem to me to be of a depth of scope equal to the feat of making fire come down from heaven, which is attributed to Satan in Revelation 13:13.

I feel that these powers of human magicians to cause natural disasters might, as is attributed to be the case with the petitions of Moses and Aaron, be granted through the grace of God. On the other hand, Revelation 13:13, might speak of a ploy of Satan to get human beings to worship him instead of God.

When Satan succeeds in this ruse, he may sweep into the mind of a human magician with his insinuations of evil thoughts and evil actions, and turn the person to the dreaded path of 'Black Magic'. That unfortunate possibility is all the more likely when the psychic or magician exercises psychic powers simply for his personal gain, or else on behalf of his own religion, or tribe, or culture, or nation, rather than for the good of all beings everywhere.

The path of partiality in the exercise of psychic powers alters the person's Soul much for the worse, and destines him to the hellworlds after death. (See the image "Satan Roasting People in Hell" by John Milton, below.) That thought puts Moses and Aaron in the limelight, with the question: Were their actions aligned with the Will of God, or were they Black Magic exercised with partiality to a particular tribe?

Well, Dear Ones, this Earth is quite the Realm of Duality, and the image we see of Earth and her beings is but our Soul's projection of a hologram or hologame to help the Soul learn a particular Soul lesson ... So say I, as a Lightworker here on Earth at the time of Ascension.

What Soul lesson was it that Moses and Aaron hoped to learn through exercises of their magical powers? What did the great Judge of All whisper in their ear when their earthly time was done? This none but they can say.

Without a doubt, this is a very difficult question: How to deal with the gift of psychic powers? How then, to find our way safely back home and into the welcoming arms of God?

For those of you, my readers, who find yourselves saddled with such awesome psychic powers, I suggest 'laying low and watching the wind blow', as my father used to say. Through humility may we not conquer the dragon of our own pride in our works? What better way may there be to draw near to God than to worship Him as the Doer of all, and to ask Him to be our hands, our feet, the thoughts that form in our minds, and the words that issue from our mouths?

THREE IMAGES

I have for you three images to do with this section.

The first image is "Satan Roasting People in Hell," from "The Poetical Works of John Milton," by John Milton, 1695. It is a very traditional image of Satan. You can see the wings and the horns; and beneath him, the people that he is roasting in hell.

This image, to me, is symbolic of the fact that, by listening to Satan and being deceived by Satan, we can injure our bodies of Light ... and that they may be darkened or speckled

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with Darkness, in places ... so that after we pass on, those bodies of Light will need to be purified, in order for us to be, once again, healthy and whole, in the Afterlife ... or, for those that believe in reincarnation, in the many lives thereafter.

So the notion of Hell that I have is not one of punishment, but rather one of cause and effect. By listening to Satan, we cause the darkening of our bodies of Light, which must be rectified after we pass on. And here is a good image of that ...



Image: "Satan Roasting People in Hell," from "The Poetical Works of John Milton," by John Milton, 1695, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:MILTON _(1695) _p016 _PL _1.jpg ... public domain

Image: "Satan Roasting People in Hell," from "The Poetical Works of John Milton," by

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John Milton, 1695, in Wikimedia Commons *... https://commons.wikimedia.org/wiki/File:-MILTON _(1695) _p016 _PL _1.jpg ... public domain*

. . . . .

I have next a statue said to be of the head of Satan. It is called "The Power Brutal" ("El Poder Brutal")." The Description is below ...



Image: “The Power Brutal,” by anonymous, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:El _poder _brutal.JPG ... CC BY-SA 3.0 Unported ... DESCRIPTION: “The brutal power, sculpture on the Alóag-Santo Domingo road in Ecuador, represents Satan, measures 20 meters high and is located on the side of a mountain next to the road 30 meters above the ground.”

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Image: "The Power Brutal," by anonymous, in Wikimedia Commons *... https://commons.wikimedia.org/wiki/File:El _poder _brutal.JPG ... CC BY-SA 3.0 Unported ...*

DESCRIPTION: "The brutal power, sculpture on the Alóag-Santo Domingo road in Ecuador, represents Satan, measures 20 meters high and is located on the side of a mountain next to the road 30 meters above the ground."

I can imagine what it must be like to go past this image on the road. You can see delight in cruelty; yet Satan may appear to be completely different, when he whispers to us. He may appear to be our very best friend. But the [true] quality of Satan, I feel, is well captured in this massive sculpture ... You see how very cruel he looks. He is not really a person, you know. He is more like an animal.

So it is important to learn to distinguish ... when we gain the ability to do ' miracles' ... what our inspiration might be. We might be well deceived in that; or, we might be following God's Will, I feel (as mentioned priorly) ...

. . . . .

The last image I have for you is a painting called "Joshua Commanding the Sun to Stand Still" by John Martin, 1848, from Wikimedia Commons. It is very dramatic; it is nicely colored; and I believe it is the second such image he did of the same miracle of the Sun standing still, which we talked about earlier.

You can see all the people looking up; the blue sky overhead; and the clouds indicate, in a way, that something unusual is going on, because they look a little dynamic ... maybe even a little tumultuous.

That is the art documentation of the miracle spoken of in the Bible, of the Sun standing still, at the behest of Joshua, and brought about by God Himself ... this being an example of a really good miracle (from the standpoint of Joshua's people).

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Image: “Joshua Commanding the Sun to Stand Still,” by John Martin, 1848, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Joshua _Commanding _the _Sun _to _Stand _Still. _John _Martin _- _1848.jpg …public domain

Image: “Joshua Commanding the Sun to Stand Still,” by John Martin, *1848, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Joshua _Commanding _the _Sun _to _Stand _Still. _John _Martin _- _1848.jpg …public domain*

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.11 Qualities of Satan According to the Bible: 4.8 Accuser of the Brethren . channeled by Alice B. Clagett (2013-10-10 02:56)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Revelation 12:10

Dear Ones,

This is subsection 4.8 "Accuser of the Brethren," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/cRHO6ySEC8A

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.8 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.8 is entitled "Accuser of the Brethren."

Revelation 12:10 (KJV, public domain)

This term "Accuser of the Brethren" is used for Satan in Revelation 12:10 ...

10 "And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.

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I am guessing this attribute of Satan, 'Accuser of the Brethren', has to do with persecution of those with a high Light quotient ... for instance, Lightworkers, Spirit-filled Christians, and those kinds of people. Truthfully, though, it is not persecution. It is actually an opportunity for each of us to transform Darkness to Light, through loving Awareness.

[Sound of ravens cawing with harsh voices.] It is interesting that we are hearing these ravens with the very harsh voices right now ... very unusual tone of voice and way of speaking, for ravens. They sound rough and cruel, do they not? ... along with the occasional 'caw, caw' of a regular raven.

The voices of the ravens today remind me a little of this name for Satan ... 'Accuser of the Brethren'. It sounds like these ravens are accusing, or attacking, or condemning me. You should have been here when I first sat under this huge oak tree. I sat down, and I adjusted the camcorder, and then the ravens started up. It was very spooky. There was one over here [points left and to the front] and another over there [points back and to the right] calling and answering each other, and making a really loud, attacking sound. It is apt, today, to hear the ravens doing this. The sound that they are making reminds me of this attribute of Satan.

. . . . .

I have two images for you today. The first is called "The False Witnesses," by James Tissot, between 1886 and 1894, and it is from Wikimedia Commons. It may be a little hard for you to see, because it is a dark image. It is a picture of all kinds of men in a high state of anger ... jeering and shouting and raising their hands ... all aimed in the same direction, probably during a trial. Can you see them? They seem to be a mob of angry men.

My Comment on the image is below ...

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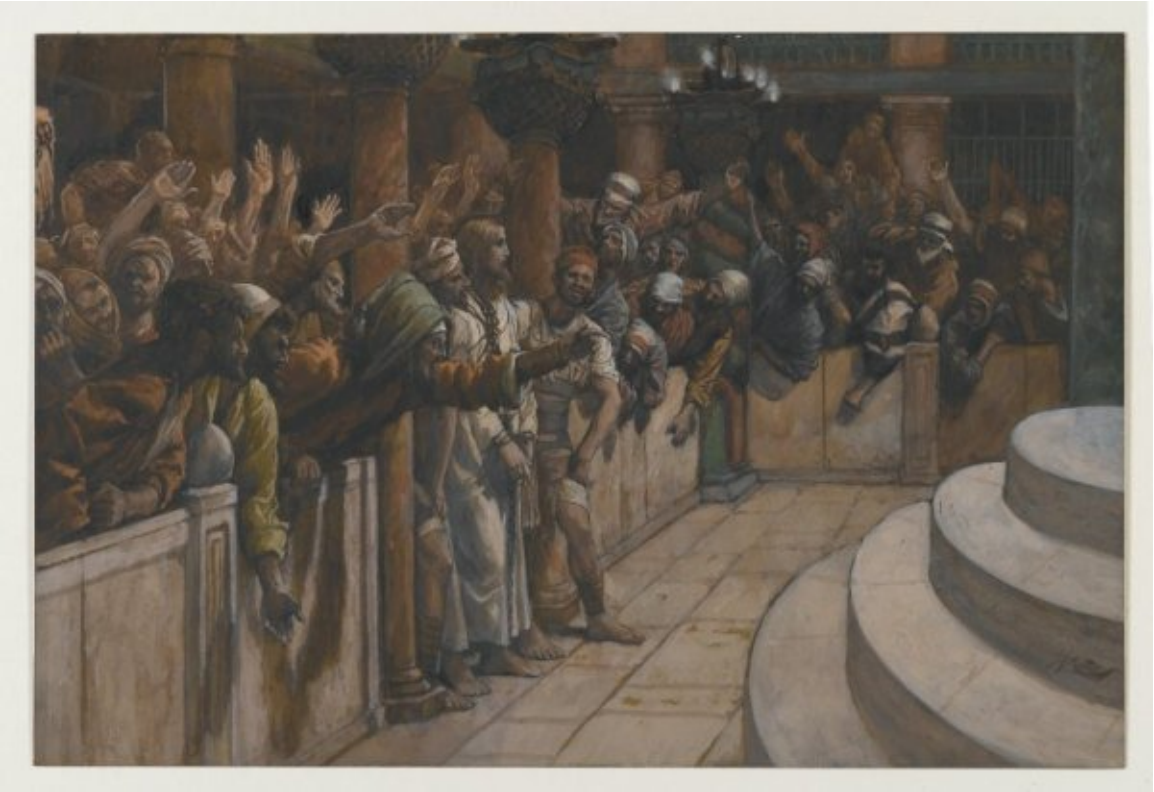


Image: “The False Witnesses,” by James Tissot, between 1886 and 1894, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Brooklyn _Museum _- _The _False _Witnesses _(Les _faux _t %C3 %A9moins) _- _James _Tissot.jpg … public domain … COMMENT: My feeling is that people who bear false witness, and most especially those who engage in ‘character assassination’ for reasons of business profit, jealousy, or revenge, may have been tempted by Satan to be involved in this action. I read once in a Christian treatise that the author felt gossip and calumny to be mortal sins. I feel he said this because of the great test of faith the victim of false witness must endure. It is even possible that false witness may cause an innocent person … whether a man, a woman or a child … to be prevented from attending church and receiving the sacraments. That must surely be a great evil for the instigator of false witness to bear. Christ stood with great dignity before his false accusers, though he knew it would surely mean His death. So must we who may be maligned stand, with faith in God, through all adversity.

Image: “The False Witnesses,” by James Tissot, *between 1886 and 1894, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Brooklyn _Museum _- _The _False _Witnesses _(Les _faux _t %C3 %A9moins) _- _James _Tissot.jpg … public domain …*

COMMENT: My feeling is that people who bear false witness, and most especially those who engage in ‘character assassination’ for reasons of business profit, jealousy, or revenge, may have been tempted by Satan to be involved in this action. I read once in a Christian treatise that the author felt gossip and calumny to be mortal sins. I feel he said this because of the great test of faith the victim of false

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witness must endure.

It is even possible that false witness may cause an innocent person … whether a man, a woman or a child … to be prevented from attending church and receiving the sacraments. That must surely be a great evil for the instigator of false witness to bear. Christ stood with great dignity before his false accusers, though he knew it would surely mean His death. So must we who may be maligned stand, with faith in God, through all adversity.

. . . . .

I have one more image for you. The title is "Calumny of Apelles" by Sandro Botticelli, between about 1496 and about 1497, in Wikimedia Commons, so it is public domain in this case. This is an allegorical painting. There are a number of characters in this allegory. It is a rather lively scene.

My eye is caught especially by the woman in red in the center [of the image], but there are a number of other important characters in this allegory that I will explain to you one by one.

A lengthy Description of the image and my Comments on the image are below ...



Image: “Calumny of Apelles,” by Sandro Botticelli, between circa 1496 and circa 1497, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Sandro _Botticelli _021.jpg …

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public domain … DESCRIPTION: “Botticelli made this painting on the description of a painting by Apelles, a Greek painter of the Hellenistic period. Apelles’ works have not survived, but Lucian recorded details of one in his ‘On Calumny’: ‘On the right of it sits Midas with very large ears, extending his hand to Slander while she is still at some distance from him. Near him, on one side, stand two women—Ignorance and Suspicion. On the other side, Slander is coming up, a woman beautiful beyond measure, but full of malignant passion and excitement, evincing as she does fury and wrath by carrying in her left hand a blazing torch and with the other dragging by the hair a young man who stretches out his hands to heaven and calls the gods to witness his innocence. She is conducted by a pale ugly man who has a piercing eye and looks as if he had wasted away in long illness; he represents Envy. There are two women in attendance to Slander, one is Fraud and the other Conspiracy. They are followed by a woman dressed in deep mourning, with black clothes all in tatters—she is Repentance. At all events, she is turning back with tears in her eyes and casting a stealthy glance, full of shame, at Truth, who is slowly approaching.’"… COMMENT: What a wonderful allegorical painting this is, depicting as it does all the major players in the upsets of life on Earth: Greed (in the person of Midas), Slander, Ignorance, Suspicion, Envy, Fraud, Conspiracy, Repentance, and Truth. That is quite a concatenation of calamity, do you not agree? How beautiful Slander is, and how likely to win the ear of a willing Midas? How long shall it be till Truth be heard?

Image: “Calumny of Apelles,” by Sandro Botticelli, *between circa 1496 and circa 1497, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Sandro _Botticelli _021.jpg … public domain …*

DESCRIPTION: “Botticelli made this painting on the description of a painting by Apelles, a Greek painter of the Hellenistic period. Apelles’ works have not survived, but Lucian recorded details of one in his ‘On Calumny’: ‘On the right of it sits Midas with very large ears, extending his hand to Slander while she is still at some distance from him. Near him, on one side, stand two women—Ignorance and Suspicion.

On the other side, Slander is coming up, a woman beautiful beyond measure, but full of malignant passion and excitement, evincing as she does fury and wrath by carrying in her left hand a blazing torch and with the other dragging by the hair a young man who stretches out his hands to heaven and calls the gods to witness his innocence. She is conducted by a pale ugly man who has a piercing eye and looks as if he had wasted away in long illness; he represents Envy. There are two women in attendance to Slander, one is Fraud and the other Conspiracy.

***They are followed by a woman dressed in deep mourning, with black clothes all in tatters—she is Repentance. At all events, she is turning back with tears in her eyes and casting a stealthy glance, full of shame, at Truth, who is slowly approaching.*" …**

COMMENT: What a wonderful allegorical painting this is, depicting as it does all the major players in the upsets of life on Earth: Greed (in the person of Midas), Slander, Ignorance, Suspicion, Envy, Fraud, Conspiracy, Repentance, and Truth. That is quite a concatenation of calamity, do you not agree? How beautiful Slander is, and

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how likely to win the ear of a willing Midas? How long shall it be till Truth be heard?

. . . . .

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pNu
3. https://wp.me/p2Rkym-pOE
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pNu
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1.10.12 Qualities of Satan According to the Bible: 4.9 Lucifer . channeled by Alice B. Clagett (2013-10-10 03:15)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - LUCIFER: THE SHINING ONE, THE BEARER OF LIGHT
    - Reading Recommendation
    - Conclusion

Dear Ones,

This is subsection 4.9 "Lucifer," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/QfTk7OolmoA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.9 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.8 is entitled "Lucifer."

LUCIFER: THE SHINING ONE, THE BEARER OF LIGHT

As everyone knows, another name for Satan is Lucifer (which means 'the shining one', the 'bearer of Light').

Well yes, it is true, Satan will try to trick us into calling for help from the 'angels of Light,' meaning himself. When so tempted, instead call on the 'angels of Christed love energy'. That

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works quite well for me; and may work for you too.

Here is an image entitled "Luzifer." It is by Franz Stuck, and is in Wikimedia Commons. It is in the public domain. It is rather dramatic, and I believe it quite likely that Lucifer has very little on; so be forewarned about this image.

Here he is, with staring, very scary eyes, and a look about him as if he is about to pounce. Do you not feel that? It is a spookout, this image 'Luzifer' . . .



Image: "Luzifer," by Franz Stuck, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:1-Luzifer.jpg #/media/File:1-Luzifer.jpg ... public domain

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Image: "Luzifer," by Franz Stuck, *in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:1-Luzifer.jpg #/media/File:1-Luzifer.jpg ... public domain*

. . . . .

I read in Wikipedia that Lucifer in its meaning 'Light-bringer' is another name for the planet Venus, which was worshipped as the goddess Inanna by the ancient Sumerians; as the god Attar by the ancient Canaanites; and as the goddess Venus by the Roman religion. –from *Link: "Venus in Culture," in Wikipedia ... [4]https://en.wikipedia.org/wiki/Venus _in _culture ..*

These ancient beliefs, I feel, competed with the Judeo-Christian ethos, and came to be demonized, as is often the case when cosmologies differ.

. . . . .

I have another image for you ... a famous image called "Ishtar on an Akkadian seal," by Sailko [that may be the photographer], 25 March 2019. It was in Wikimedia Commons with a Creative Commons license.

My Comment on the image is below ...

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Image: “Ishtar on an Akkadian seal,” by Sailko, 25 March 2019, in Wikimedia Commons … https://en.wikipedia.org/wiki/Inanna #/media/File:Ishtar _on _an _Akkadian _seal.jpg … CC BY 3.0 Unported … COMMENT: Another name for Ishtar is Inanna, a goddess of ancient Mesopotamia. Her attributes are love and war, beauty, sex, political power and justice. She is sometimes depicted with wings and with the feet of a bird, standing on two lions.

Image: “Ishtar on an Akkadian seal,” *by Sailko, 25 March 2019, in Wikimedia Commons … https://en.wikipedia.org/wiki/Inanna #/media/File:Ishtar _on _an _Akkadian _seal.jpg … CC BY 3.0 Unported …*

COMMENT: Another name for Ishtar is Inanna, a goddess of ancient Mesopotamia. Her attributes are love and war, beauty, sex, political power and justice. She is

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sometimes depicted with wings and with the feet of a bird, standing on two lions.

. . . . .

The reason I showed you this image of Ishtar, a very beautiful woman, is that she may have been the original representation of Lucifer, who is now morphed into an ominous-looking, male being. [Shows image of 'Luzifer' by Franz Stuck.] It could be in this case (as has happened in other cases) that the god of one culture overtaken by another culture was demonized in this way. So something that was initially full of Light, and a bringer of Light, was changed into the bringer of the false Light ... the Satan type of being ... through cultural shifts.

. . . . .

Here is another take on all this; it is a comment I have on the notion of Lucifer according to the School of Theosophy ...

I was reading in Quest Magazine recently that the School of Theosophy has what I as a Christian consider to be an erroneous emphasis on Lucifer. That was because of the 'Lucifer' magazine put out by Theosophist Madame Blavatsky and co-edited by Annie Besant and later by George Robert Stowe Mead. –from *Link: "Lucifer (magazine)," in English Wikipedia ... https://en.wikipedia.org/wiki/Lucifer _(magazine).*

The author felt that the School of Theosophy considers Lucifer to be like Prometheus (who, according to Greek myths, defied the gods and gifted humankind with fire), and not like the epitome of evil known to Christians as Satan. The online article where I got some of this information was ...

– Link: "Answering Back: How to Reply to Slanders Against Theosophy," by Steven Otto, in Quest [Magazine], Summer 2019, pp. 28-31 ... [5]https://www.theosophical.org/publications/quest-magazine/4683-answerin g-back-how-to-reply-to-slanders-against-theosophy ..

The title of this image is "Lucifer Magazine cover," by unclar, 1 September 1887, in Wikimedia Commons. It is in the public domain, and it shows a winsome lad bearing a Light ... Lucifer, looking a little sultry or sullen (ever so slightly so) ... quite a different take on the notion of Lucifer as lightbearer ...

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Image: "Lucifer Magazine cover," by unclar, 1 September 1887, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Blavlucifer.jpg ... public domain

*Image: **"Lucifer Magazine cover,"** by unclar, 1 September 1887, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Blavlucifer.jpg ... public domain*

. . . . .

As a Lightworker, I have my own idea about Lucifer. It goes like this: I have had contact with the delightful beings of Light from Venus, and so I have a firsthand understanding of their loving concern for humankind. It is upsetting to me that their planet has been vilified as an aspect of Satan.

I have an image for you entitled "Sekhmet–Hathor." It was adapted and compiled by me,

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Alice B. Clagett, on 4 May 2021. It is Creative Commons, and it looks like this ...

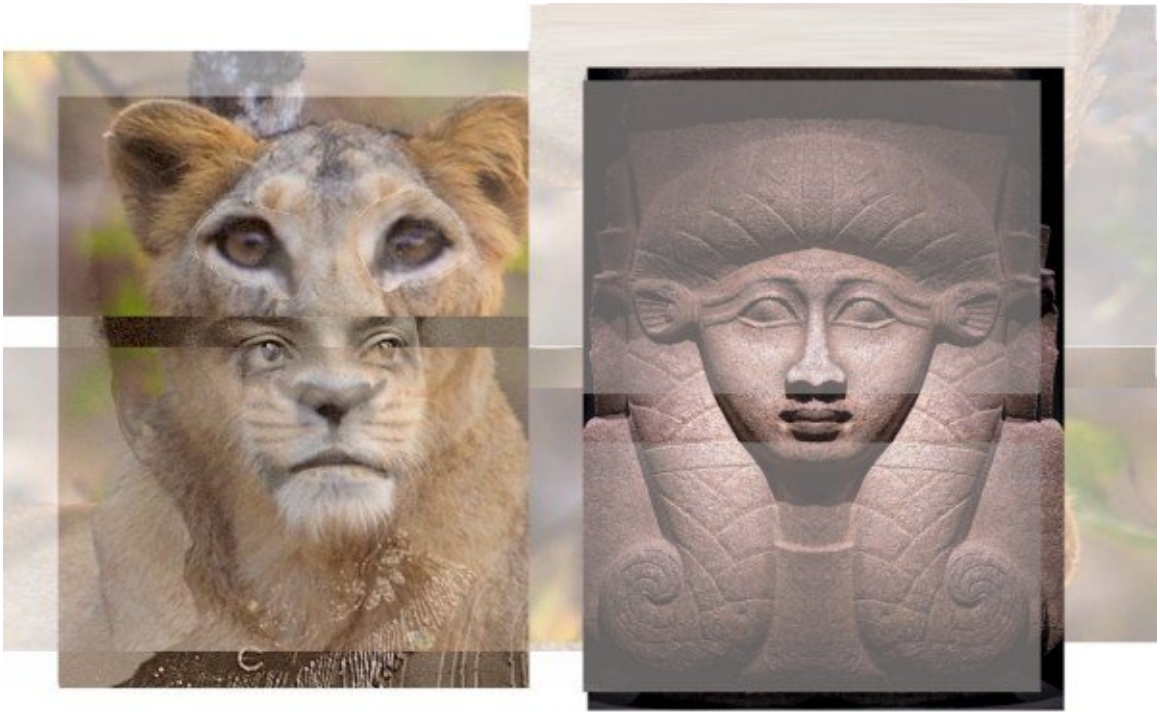


Image: “Sekhmet–Hathor,” adapted and compiled by Alice B. Clagett, 4 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CREDITS: LEFT: Composite Image: “Sekhmet,” compiled by Alice B. Clagett, 8 December 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … Credits: “Face detail from Ida B. Wells circa 1895 by Cihak and Zima,” in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Face _detail, _from- _Ida _B. _Wells _circa _1895 _by _Cihak _and _Zima _(cropped).jpg … public domain … and … “Female Asiatic Lioness in Gir Forest,” by Sumeet Moghe, 26 November 2014 … Wikimedia Commons … CC BY-SA 3.0 Unported. Ida B. Wells was an educator, journalist, and civil rights leader … RIGHT: Image: “Hathor Capital,” by Angel M. Felicisimo, 3 January 2019, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Capitel _de _Hathor _(45889601254).jpg … CC BY 2.0 Generic … Description: “Red granite column capital almost 2 m high with the emblem of Hathor. It preserves an inscription indicating that it was made under Osorkon I and that it was erected by Osorkon II. This capital crowned a column in the temple of the goddess Bastet in the city of Bubastis, east of the Nile Delta. Dynasty XXII, 874-850 BC British Museum file.”

Image: “Sekhmet–Hathor,” *adapted and compiled by Alice B. Clagett, 4 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …*

CREDITS: LEFT: Composite Image: “Sekhmet,” compiled by Alice B. Clagett, 8 December 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …

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***LEFT: "Face detail from Ida B. Wells** circa 1895 by Cihak and Zima," in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Face _detail, _from- _Ida _B. _Wells _circa _1895 _by _Cihak _and _Zima _(cropped).jpg … public domain … **and … "Female Asiatic Lioness in Gir Forest,"** by Sumeet Moghe, 26 November 2014 … Wikimedia Commons … CC BY-SA 3.0 Unported. **Ida B. Wells was an educator, journalist, and civil rights leader** …*

***RIGHT: Image: "Hathor Capital,"** by Angel M. Felicisimo, 3 January 2019, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Capitel _de _Hathor _(45889601254).jpg … CC BY 2.0 Generic … Description: "Red granite column capital almost 2 m high with the emblem of Hathor. It preserves an inscription indicating that it was made under Osorkon I and that it was erected by Osorkon II. This capital crowned a column in the temple of the goddess Bastet in the city of Bubastis, east of the Nile Delta. Dynasty XXII, 874-850 BC British Museum file."*

. . . . .

On the left side we have Sekhmet, the image of a beautiful woman in her guise as a lioness. On the right side we have the Hathor, the cow-like image of the people of Venus. Both of these images are of the people of Venus, who have been misrepresented, I feel, as Lucifer.

Reading Recommendation

I have a little more information for you about this topic of the morphing of Lucifer. This is the first of a four-part essay. It is quite interesting; I hope you can find it online ...

Link: "Lucifer: How a Decent Deity Got a Bad Rap (Part 1), by Vincent Czyz, 25 February 2020, in "The Partially Examined Life" … [6]https://partiallyexaminedlife.com/2020/02/25/lucifer-how-a-decent-deit y-got-a-bad-rap-part-1/ … COMMENT: This is the first of a four-part essay.

Conclusion

This was a bit of a complicated topic ...

- We have at the beginning Lucifer as a name of Satan in the Bible, and frequently used as a synonym for Satan these days;
- then the notion that the word 'Lucifer' means 'Light bringer' or 'Light bearer', and is presumed to be another name for the planet Venus, which is a very good planet, in my opinion;
- and that the planet Venus was worshipped in ancient Mesopotamia as the goddess Inanna or the goddess Ishtar, who was very beautiful and was in charge of issues of love, war, beauty, sex, political power, and justice … that is a lot of issues, some good and some necessary and some unfortunate.
- Then there was the depiction in Quest magazine of the School of Theosophy of Lucifer as a Prometheus-like figure bringing fire or bringing Light to humankind.

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- That is a little in line with my own notion of the beings of the planet Venus: Sekhmet and Hathor ... the lioness and the cow ... as bringers of culture and a whole new way of being to the people of Egypt in ancient times

Those are a lot of different ideas about the word 'Lucifer'.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pOu
3. https://wp.me/p2Rkym-pOJ
4. https://en.wikipedia.org/wiki/Venus_in_culture
5. https://www.theosophical.org/publications/quest-magazine/4683-answering-back-how-to-reply-to-slanders-against-theosophy
6. https://partiallyexaminedlife.com/2020/02/25/lucifer-how-a-decent-deity-got-a-bad-rap-part-1/
7. https://wp.me/p2Rkym-pLx
8. https://wp.me/p2Rkym-pOu
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1.10.13 Qualities of Satan According to the Bible: 4.10 The Wicked One . channeled by Alice B. Clagett (2013-10-10 03:22)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Matthew 13:19

Dear Ones,

This is subsection 4.10 "The Wicked One," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/n7LvKTia2CA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.10 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.10 is entitled "The Wicked One."

Matthew 13:19 (KJV, public domain)

In Matthew 13:19 , Satan is called the Wicked One ...

19 "When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side."

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Yes, definitely wicked. So if you are clairsentiently sensing 'wicked' things, you will know who is hanging out in your vicinity. By the way, all you Lightworkers: There is no need whatsoever to try to save Satan. That is God's job, and his alone. Let us leave it to the God!

And if Satan is pranking around with our friends and family, it is just fine to leave their salvation to the God as well. When they see and feel our trust in the God, they may turn to what will truly save them as well. But whether or not they chose to turn to the God is totally within the domain of their own free will.

. . . . .

I had a hard time finding a good image for you. I had to settle for an image of the human heart with an angel on one side and the devil on the other; and with various virtues in the heart. Not only that, but Jesus Christ, the Holy Spirit, and God the Father are in the heart, as is the Cross.

Here is the picture: The human heart, with the Trinity and the cross in it, protecting it; and on one side Satan and on the other side an angel. The title of the image is "The Heart of Man – Either a Temple of God, or a Habitation of Satan – Represented in Ten Emblematical Figures, Calculated to Awaken and Promote a Christian Disposition," by Johannes Gossner and Philipp Friedrich Poschel, 1851, in Wikimedia Commons.

The virtues indicated within this heart are sobriety, patience, industry, chastity, charity, liberality, humility, faith, love, and hope. So there you have it: The human heart ... the heart of a Christian encompassing the Trinity, embracing the Cross, and able to choose wisely between the whispers of Satan and the ministrations of the Angel Realm ...

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Image: "The Heart of Man – Either a Temple of God, or a Habitation of Satan – Represented in Ten Emblematical Figures, Calculated to Awaken and Promote a Christian Disposition," by Johannes Gossner and Philipp Friedrich Poschel, 1851, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: The _heart _of _man _- _either _a _temple _of _God, _or _a _habitation _of _Satan _- _represented _in _ten _emblematical _figures, _calculated _to _awaken _and _promote _a _Christian _disposition _(1851) _(14564765337).jpg .. public domain

Image: "The Heart of Man – Either a Temple of God, or a Habitation of Satan – Represented in Ten Emblematical Figures, Calculated to Awaken and Promote a Christian Disposition," by Johannes Gossner and Philipp Friedrich Poschel, *1851, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:The _heart _of _man _- _either _a _temple _of _God, _or _a _habitation _of _Satan _- _represented _in _ten _emblematical _figures, _calculated _to _awaken _and _promote _a _Christian _disposition _(1851)*

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_(14564765337).jpg .. public domain

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pOE
3. https://wp.me/p2Rkym-pOQ
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pOE
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1.10.14 Qualities of Satan According to the Bible: 4.11 Beelzebub . channeled by Alice B. Clagett (2013-10-10 03:38)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - ON BEELZEBUB
    - *Sidebar: Affinity of Flies (the Insects) with the Name Beelzebub*
  - READING RECOMMENDATIONS
    - On Going Back to the Old Ways - To the Old Understandings of the Light and the Dark, and of Spirit Warfare

Dear Ones,

This is subsection 4.11 "Beelzebub," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/rOkcw9cdZ5s

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.11 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.11 is entitled "Beelzebub."

ON BEELZEBUB

The word 'Beelzebub' is from Hebrew. 'Baal' (or 'Ba'al') means 'lord' and 'zebub' means 'fly' (an insect). This is another name for Satan. In other words it means 'Lord Fly'. It is true, Satan can fly, and like flies, he is rather annoying, and seems to be all over the place just as

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we are anticipating a good feast.

.....

Sidebar: Affinity of Flies (the Insects) with the Name Beelzebub

I do not know why it is, but when I am in the midst of one of these videos, often when I talk seriously about Satan, I find that flies come around and start zooming around. It seems as if they are interested. I realize this is far-fetched, but it could be something about the discussion of Satan and the Demonic Realm appeals to flies or is on the same wavelength with flies ... maybe because they are attracted to the smell of carrion (decaying flesh). There is something about it ... that connection and that name for Satan ... 'Beelzebub' ... 'Lord Fly', or some say 'Lord of the Flies'.

.....

The first image I have for you is a striking image called "Black Horse Fly, *Tabanus atratus*, [from my home town] Upper Marlboro, Maryland," by USGS Bee Inventory and Monitoring Lab from Beltsville, USA. The date is 26 August 2013; it was in Wikimedia Commons.

My Comment on the image is below ...

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Image: “Black Horse Fly, Tabanus atratus, Upper Marlboro, Maryland,” by USGS Bee Inventory and Monitoring Lab from Beltsville, USA, 26 August 2013, in Wikimedia Commons, https://commons.wikimedia.org/wiki/File:Tabanus _atratus, _U, _Face, _MD _2013-08-21-16.06.31 _ZS _PMax _(9599360121).jpg … public domain … COMMENT: Well I remember the horse flies lurking in the trees at the edge of the field I had to cross to get to my grandmother’s house as a child. I recall how they would buzz insistently round my head; how useless were my attempts to shoo them away; how painful the sting of the horse fly was; and how it raised a welt where it bit. I am amazed to find that this photo was taken in my home town, Upper Marlboro, Maryland.

Image: “Black Horse Fly, Tabanus atratus, Upper Marlboro, Maryland,” by USGS Bee Inventory and Monitoring Lab from Beltsville, USA, *26 August 2013, in Wikimedia Commons, https://commons.wikimedia.org/wiki/File:Tabanus _atratus, _U, _Face, _MD _2013-08-21-16.06.31 _ZS _PMax _(9599360121).jpg … public domain …*

COMMENT: Well I remember the horse flies lurking in the trees at the edge of the field I had to cross to get to my grandmother’s house as a child. I recall how they would buzz insistently round my head; how useless were my attempts to shoo them away; how painful the sting of the horse fly was; and how it raised a welt where it bit. I am amazed to find that this photo was taken in my home town, Upper Marlboro, Maryland.

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. . . . .

You can imagine: What if Satan really looked like that? Would that not be something?

I know it is a little weird, but in the middle of the face of the fly I see an image that looks a little human-like, and which could be taken to look a little like an image of Satan. I know it is hard to see the top part. Below are my markup depicting the human-like image and my Comments ...



Image Markup: “Beelzebub, ‘Lord of the Flies’, and the Demon Lover Lure,” by Alice B. Clagett, revised, 19 November 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDITS: “Black Horse Fly, Tabanus atratus, Upper Marlboro, Maryland,” by USGS Bee Inventory and Monitoring Lab from Beltsville, USA, 26 August 2013, in Wikimedia Commons, https://commons.wikimedia.org/wiki/File:Tabanus _atratus, _U, _Face, _MD _2013-08-21-16.06.31 _ZS _PMax _(9599360121).jpg ... public domain ... COMMENT: As you may know, the word ‘Beelzebub’, which is a nickname for Satan, means ‘Lord Fly’ or ‘Lord of the Flies’. A closeup of the face of a horsefly reveals an image a little like a ballerina with wings and with sagging prow. To me this is reminiscent of the ‘Demon Lover’ trick in Satan’s big bag of lures and snares that he employs through mental suggestion against us human beings. The ‘Demon Lover’ trick is what is hauntingly set forth on youtube in the

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ancient ballad “The Demon Lover,” sung by Andy Irvine, 30 July 2014. On my website “Awakening with Planet Earth,” discussion of this demonic trick of making love are assailing innocent men and women with ‘may be searchd as the term: ‘Astral Rape’.

Image Markup: “Beelzebub, ’Lord of the Flies’, and the Demon Lover Lure,” *by Alice B. Clagett, 19 November 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

CREDITS: “Black Horse Fly, Tabanus atratus, Upper Marlboro, Maryland,” by USGS Bee Inventory and Monitoring Lab from Beltsville, USA, 26 August 2013, in Wikimedia Commons, https://commons.wikimedia.org/wiki/File:Tabanus _atratus, _U, _Face, _MD _2013-08-21-16.06.31 _ZS _PMax _(9599360121).jpg ... public domain ...

COMMENTS: As you may know, the word ‘Beelzebub’, which is a nickname for Satan, means ‘Lord Fly’ or ‘Lord of the Flies’. A closeup of the face of a horsefly reveals an image a little like a ballerina with wings and with sagging prow.

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. . . . .

The next image I have for you is also quite striking. It is called “The Great Red Dragon and the Beast from the Sea,” by one of my favorite mystical artists, William Blake, whom I knew in my childhood from books that I found in the library, and could not believe my good luck in finding them. The date on this image is 1805, and it is from Wikimedia Commons (as are, I believe, all of William Blake’s works), and so it is in the public domain.

It is an image of a naked man with horns on his head and with many other heads ... a multi-headed man ... but it is not as indiscrete as it otherwise might be. Beneath him is another multi-headed being that seems to be rising up from the sea. It is very famous artwork.

My Comments on the image are below ...

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Image: “The Great Red Dragon and the Beast from the Sea,” by William Blake, 1805, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Blakebeast1bg.jpg … public domain … COMMENT: Some say the Great Red Dragon, as depicted by William Blake in this painting, is Satan. Others feel he is the demonic entity Beelzebub, ‘Lord of the Flies’. I associate this image with the catastrophic childhood case study of the man I nickname ‘Castratrux – Basal Vampire’ because of the stories about him that sift through the astral airs. Is it a glom, or is it a person in real life? Likely no one will ever know.

Image: “The Great Red Dragon and the Beast from the Sea,” by William Blake, *1805, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Blakebeast1bg.jpg … public domain …*

COMMENT: Some say the Great Red Dragon, as depicted by William Blake in this painting, is Satan. Others feel he is the demonic entity Beelzebub, ‘Lord of the

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Flies'. I associate this image with the catastrophic childhood case study of the man I nickname 'Castratrux – Basal Vampire' because of the stories about him that sift through the astral airs. Is it a glom, or is it a person in real life? Likely no one will ever know.

. . . . .

If you should meet a man that reminds you of the Great Red Dragon, I suggest more than the usual amount of social distance, just to be on the safe side.

READING RECOMMENDATIONS

You can find out more about Beelzebub, and about the Catastrophic Childhood Case Study 'Castratrux -Basal Vampire' here ...

Link: "Image Words: Beelzebub, Lord of the Flies," by Alice B. Clagett, written and published on 21 March 2021 ... [4]https://wp.me/p2Rkym-m5M ..

Link: "Alice's Perilous Tales: 'Chameleon': The Man with the Trembling Pinkie," by Alice B. Clagett, happened in December 2011; indicated 1 December 2011 as event date; written and published on 23 May 2019; updated ... [5]https://wp.me/p2Rkym-cRe ..

Link: "Compendium: Catastrophic Childhood Case Study: 'Castratrux – Basal Vampire'," by Alice B. Clagett, written and published on 15 March 2021; revised ... [6]https://wp.me/p2Rkym-m4H ..

On Going Back to the Old Ways - To the Old Understandings of the Light and the Dark, and of Spirit Warfare

These are fun reads, I feel ... a stretch of the imagination definitely, and a walk on the dark side, because sometimes a Lightworker will encounter phenomena ... perilous stories, perilous tales ... that are very difficult (or impossible) to explain in terms of modern society.

One has to go back to the old ways ... to the old understandings of the Light and the Dark, and of Spirit Warfare ... in order to interpret the types of Perilous Tales that are described in my blog ... things that I have experienced over the years, and that I hope you will not experience.

But should you do so, you can turn to my Catastrophic Childhood Case Studies and get a notion of the types of energies that you might encounter, here on Earth, as a Lightworker, and that you might need to distance yourself from ... the type of thing that you need to distance yourself from physically in order to be certain that you can stay in physical form, because here on Earth there are beings that appear to be human but are more like reptiles (which I term 'reptoids') or insects (which I term 'insectoids') or demons (which I term 'dracoids' or simply 'hybrids') ... who are more under the influence of the Dark in this way or that than other humans who adhere to social values. Yet they look the same; and yet they may act in

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such a way as to imperil your physical life.

A Lightworker is, in essence, a very heartfelt person. But a Lightworker, I feel, must also be sagacious, discriminating, and able, at a glance, to distinguish between the Light and the Dark in every being he or she encounters here on Earth.

I urge you to check out my blog category: *Alice's perilous tales ..* to see the types of dangers that I have encountered on physical Earth over the years ... and the types that you will need to steer clear of if you may.

And also check out my blog category: *Catastrophic Childhood Case Studies ..* so that you can get a notion of the energies that you may sense in other beings seemingly human, but perhaps glommed in some way, or temporarily dangerous, whom you must avoid. And that will keep you safe from Beelzebub and all his ilk.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension, insects, flies, insectoids, reptoids, hybrids, dracoids,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pOJ
3. https://wp.me/p2Rkym-pOW
4. https://wp.me/p2Rkym-m5M
5. https://wp.me/p2Rkym-cRe
6. https://wp.me/p2Rkym-m4H
7. https://wp.me/p2Rkym-pLx
8. https://wp.me/p2Rkym-pOJ
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1.10.15 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.0 Introduction and 6.1 Neither Male Nor Female . channeled by Alice B. Clagett (2013-10-10 03:48)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.0 Introduction" and also "6.1 Neither Male Nor Female" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - 6.0 INTRODUCTION
    - *Sidebar: Reading Recommendations on Negative Astral Beings and on Entity Attachment to Human Beings*
  - 6.1 NEITHER MALE NOR FEMALE
    - Saints and Lack of Role Identification
  - READING RECOMMENDATIONS FOR THE BEGINNING OF SECTION 6
- CREDITS

Dear Ones,

This is the beginning of section 6 for the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Section 6 is entitled "How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person." Included in the below blog is "6.0 Introduction" and subsection "6.1 Neither Male Nor Female." There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ZSLgmCz _Yms

SUMMARY OF THE VIDEO

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Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today the beginning of section 6 for the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Section 6 is entitled "How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person." Here is the Introduction ...

6.0 INTRODUCTION

When people are obsessed, or possessed by negative astral beings such as Satan, devils, or demons, I feel they begin to exhibit traits specific to those beings. And for that reason, I feel that negative astral beings' act of obsessing the human energy field, or possessing the human energy field, manifests, in the physical reality, clues to the nature of those negative astral beings, which I sometimes term 'astral rascals'.

.....

Sidebar: Reading Recommendations on Negative Astral Beings and on Entity Attachment to Human Beings

For more on negative astral beings and on entity attachment to human beings, see ...

Link: "The Law of One: The Ra Material" ... [4]*https://www.lawofone.info/... The category "Orion" has to do with negative astral astral entities.*

Link: "The Negative Alien Agenda (NAA)" in "Ascension Glossary" ... [5]https://ascensionglossary.com/index.php/NAA ... This article will explain a little more to you about what it is that the negative astral entities are hoping to obtain from the human race through their acts of obsession and possession. "Ascension Glossary" and its companion website "Energetic Synthesis"... [6]https://energeticsynthesis.com/ ... are very informative.

Link: "Possession Is Common," in Ascension Glossary ... [7]https://ascensionglossary.com/index.php/-Possession _is _Common ..

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That was the Introduction to section 6. And included in today's video is subsection 1 of section 6. Subsection 1 is entitled "Neither Male Nor Female" ...

6.1 NEITHER MALE NOR FEMALE

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The tendency to become neither male nor female … in a negative sense … amongst people who are obsessed or possessed, indicates that the negative astral beings themselves do not relate to the concept of gender.

In people who are obsessed or possessed, non-alignment of the astral body with regard to physical gender causes social repercussions that can sour the 'flavor' of a person's emotions, especially with regard to feelings felt during sexual arousal. These 'soured' emotions are an entry point for negative astral beings into the Soul field, where they can damage a person's Light Body and etheric net. When this Soul wounding goes unremedied in the current lifetime, it is carried, as karma, into succeeding lifetimes.

. . . . .

I have an image for you now, and a discussion to do with the image, about lack of gender identification. It is a well-known image called "The Kiss," by an artist named Gustav Klimt, 1907-1908, in Wikimedia Commons, public domain.

You can see a man and a woman engrossed in an embrace, almost as if overall they were the same person united in a romantic feeling. It is hard to even tell that there are two separate people there.

My Comments on the image are below. The last paragraph in the Comments, which has to do with intersex persons, is from my reading. And it had to do with energy threads that I, as a psychic and a clair person encountered in the noosphere. And I paid special attention to them because, as a Lightworker, I found them to be so jarringly lacking in harmony with the energy field that I myself have. So I did some research on it.

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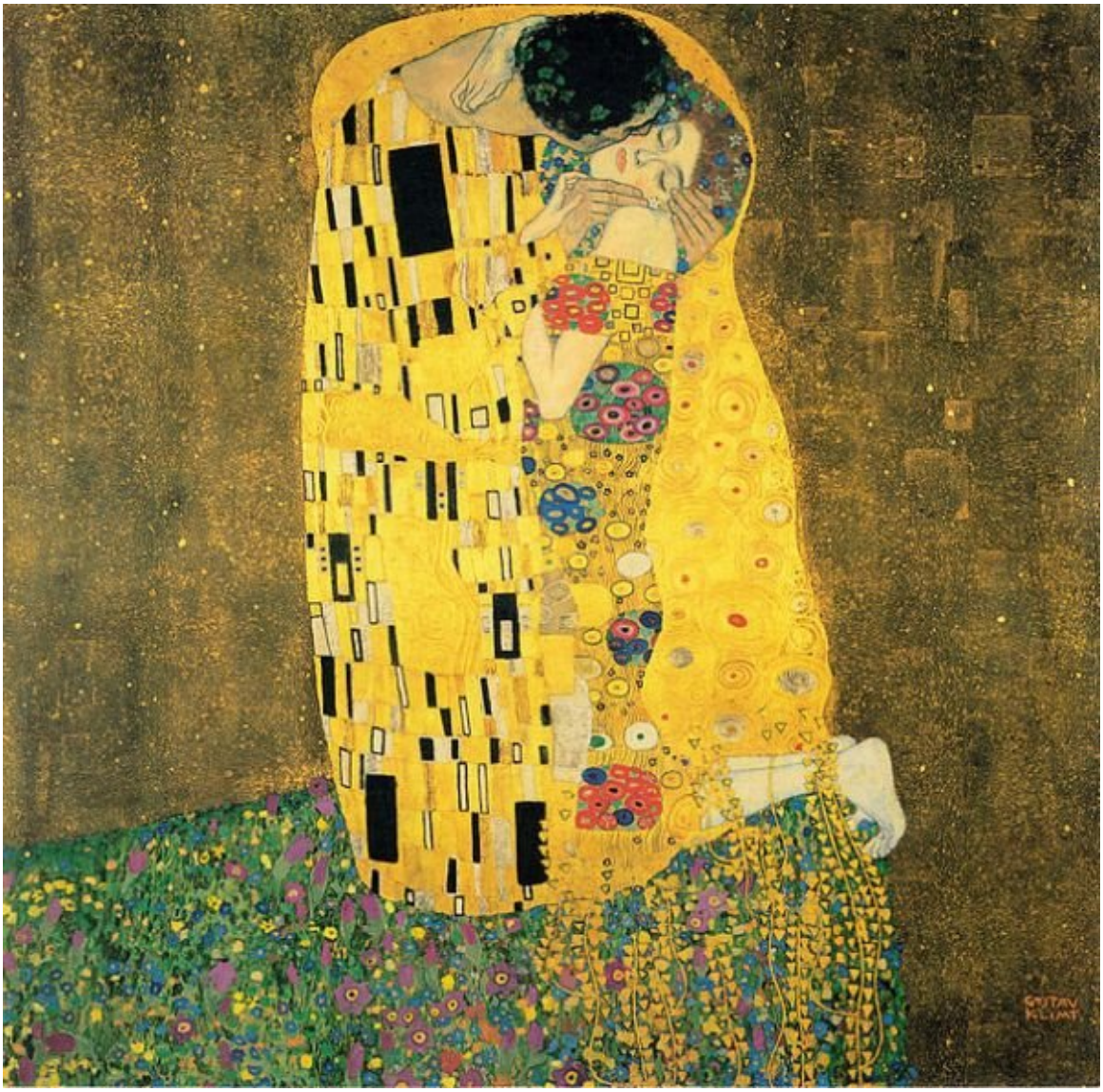


Image: “The Kiss,” by Gustav Klimt, 1907-‘1908, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Klimt _- _Der _Kuss.jpeg … public domain … COMMENTS: This painting might be taken in several ways. For instance, one might see here complete absorption in the act of kissing, so that the man and the woman engaged in the kiss become as one person. This kind of romantic ecstasy is also experienced by saints and sages who are enlightened and who are experiencing a state of non-Duality or ’Advaita’ … a state of oneness with God, such as the famous Sufi poet Rumi wrote about. In a negative sense, this image might be said to portray the self-absorption of a Narcissist or perhaps of a ’Circle of One’ antisocial personality, who sees himself as the only person in the world. These are people who skipped past the understanding of ’I’ and ’other’ that is part of the early childhood socialization process for most people. Again in a negative sense, this painting might be said to represent the intersex person, whom the ancient Greeks may have thought to be all things rolled into one person. This notion I feel to be an idealization of the truth of the Intersex life experience, as it seems to me, from the reading and movie viewing I have done on the topic, that Intersex individuals often feel something is wanting or missing in their lives because they are unable to live to the societal gender expectations, and so they may feel themselves to be outcast by society, even though they may (on the surface of it) appear to fit in. In addition (or

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perhaps for that reason), intersex apparently sometimes entails incidents of aggression and violence that may lead to institutionalization or imprisonment.

Image: "The Kiss," by Gustav Klimt, *1907-'1908, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Klimt _- _Der _Kuss.jpeg ... public domain ...*

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. . . . .

I have another section for you called "Saints and Lack of Role Identification." This is part of section 6.1. It is quite short, and it goes like this ...

Saints and Lack of Role Identification

There is also another kind of nongender Awareness that people attain to when they are on the path of enlightenment. This I would term 'positive' non-gender identification ... a rising above gender (and also family, nationality, religion, and time-space identification in general) to Awareness of the Infinite. This I feel to be quite different from the tendency to become neither male nor female, in a negative sense.

READING RECOMMENDATIONS FOR THE BEGINNING OF SECTION 6

The beginning of Part 6 (the Introduction and part 6.1) mentions a number of terms that

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could be looked up in my blog; for instance: Negative astral beings, astral rascals, obsession, possession, Soul wounding, karma, astral body, intersex (what little I have to say about it), enlightenment (I have a lot to say about that), Circle of One, advaita, sacred sexuality, and sexuality ...

That should give you quite a good grounding in this issue of recognizing a person who is possessed by a negative astral being; and figuring out ... if you see someone whose gender role identification is uncertain ... why that is so. The reasons could be very good, or very bad. Sometimes they might involve obsession or possession (if it is very negative intent, or very negative in 'flavor').

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

[8]Begin [9]< Back [10]Forward >

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CREDITS

The section "HOW TO RECOGNIZE A PERSON WHO IS POSSESSED BY A NEGATIVE ASTRAL BEING BY THE QUALITIES OF THAT BEING MIRRORED IN THE PERSON" is excerpted from ... *Link: "Characteristics of Negative Astral Beings (Astral Rascals), Observed Through the People They Obsess," by Alice B. Clagett, written on 24 March 2018; published on 8 April 2018; revised on 10 February 2019 ... [11]https://wp.me/p2Rkym-8xr ..*

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pPw
3. https://wp.me/p2Rkym-pQS
4. https://www.lawofone.info/
5. https://ascensionglossary.com/index.php/NAA
6. https://energeticsynthesis.com/
7. https://ascensionglossary.com/index.php/Possession_is_Common
8. https://wp.me/p2Rkym-pLx
9. https://wp.me/p2Rkym-pPw
10. https://wp.me/p2Rkym-pQS
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1.10.16 Qualities of Satan According to the Bible: 4.12 Devil . channeled by Alice B. Clagett (2013-10-10 03:48)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - John 8:44

Dear Ones,

This is subsection 4.12 "Devil," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ike-U8 _JeLg

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.12 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.12 is entitled "Devil."

John 8:44 (KJV, public domain)

Satan is variously described as the Devil, as Father of Lies, and as a Murderer in John 8:44 ...

44 "Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he

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speaketh a lie, he speaketh of his own: for he is a liar, and the father of it."

Sometimes 'the Devil' is a name for one of the heavenly hosts that fell in Satan's company. Sometimes, as in the above passage, it is used as a synonym for the word 'Satan'.

It seems to me there might have been a blending, down through time, of the human and nonhuman images of Satan, so that the idea of Satan came to mean a human being who acted nonhuman, or who might have been influenced by nonphysical nonhuman beings to behave in an unsocialized manner (which is to say, as an 'antisocial personality').

In support of this notion, I have for you some images ...

- The first is of Satan, who is often depicted as a man with wings.

- Next I have an image of an Assyro-Babylonian Demon King Pazuzu;

- and then a picture of a two-legged but nonhuman devil;

- and then an image of a Reptilian Star Being (whose mental influence might be said to create in humankind those hybrid humans ruled by their reptilian mind rather than by their socialized mind.

. . . . .

The first image is Satan, by one of my favorites, Gustave Dore. It is an illustration from John Milton's "Paradise Lost," 1866, found in Wikimedia Commons, and is public domain. Here is Satan looking a lot like a soldier with wings, with an anguished expression on his face; my guess being that me may have just been cast out of the heavenly hosts. He may have just lost that battle. You can see, though, from this picture, that he is mainly human in aspect ...

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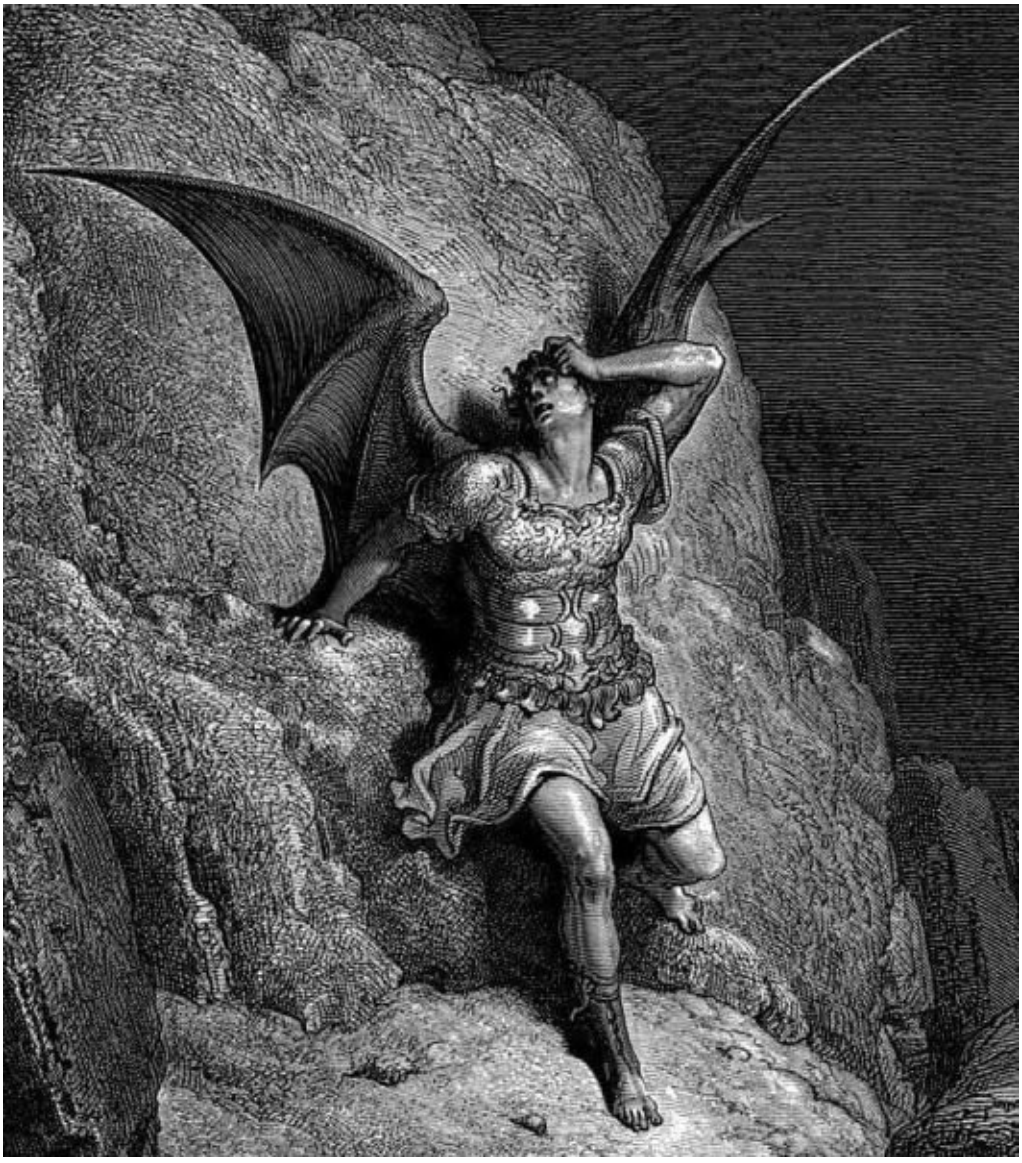


Image: “Satan,” by Gustave Dore, in John Milton’s “Paradise Lost,” 1866, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:GustaveDoreParadiseLostSatanProfile.j pg … public domain

Image: “Satan,” by Gustave Dore, *in John Milton’s “Paradise Lost,” 1866, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: - GustaveDoreParadiseLostSatanProfile.jpg … public domain*

. . . . .

Next I have “Bronze Statuette of the Assyro-Babylonian Demon King Pazuzu,” about 800-700 before the Christian Era, a photo by PGHCOM, 2007, in Wikimedia Commons, with a Creative Commons license. This is a picture of a man who looks to me to have no clothes on, and a strange protuberance or hat on top of his head, an evil expression, one hand raised and the other hand lowered (but both looking rather ferocious; and it looks like he may be wearing

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boots that look like the feet of birds. The wings are odd: Each wing is two parts. It is quite a striking statue, is it not?

It does not look like a nice man; rather, a ferocious, evil, strong, mean man, maybe with the ability to fly through the air with astral abilities, or maybe a being with astral abilities, or maybe a being that is on the astral plane and not the physical plane. And that strange thing on top of his head is odd, is it not? See the face … the rough scowl? King Pazuzu, a demon …



Image: "Bronze Statuette of the Assyro-Babylonian Demon King Pazuzu," circa 800-700 B.C.E., photo by PGHCOM, 2007, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:-PazuzuDemonAssyria1stMil _2.jpg … CC BY-SA 3.0 Unported

Image: "Bronze Statuette of the Assyro-Babylonian Demon King Pazuzu,"

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circa 800-700 B.C.E., photo by PGHCOM, 2007, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:PazuzuDemonAssyria1stMil _2.jpg … CC BY-SA 3.0 Unported

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Then I have "Depiction of the Devil Giving Magic Puppets to Witches, from Agnes Sampson Trial." The author is unknown. It was done in 1591. This is in Wikimedia Commons. which is public domain. There is something of a resemblance in the darkness of the demon, and the feet of the demon. These puppets might have to do with the practice of voodoo. There are also strange birds flying about in the air, making loud noises, it looks like … maybe crows or ravens.

See the similarity to the last picture? Look at the feet; the figure itself. with the wings. It has horns, rather than just one protuberance on top of its head. The face is rather similar. And then there are those strange, flying beings ... maybe birds ... cawing in the air ...



Image: "Depiction of the Devil Giving Magic Puppets to Witches, from Agnes Sampson Trial," author unknown, 1 January 1591, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Agnes _Sampson _and _witches _with _devil.jpg

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... public domain

Image: "Depiction of the Devil Giving Magic Puppets to Witches, from Agnes Sampson Trial," *author unknown, 1 January 1591, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Agnes _Sampson _and _witches _with _devil.jpg ... public domain*

. . . . .

Well, here is the last thought I had about that. This is a drawing I made after an image I saw online of a statue. My drawing is called "Reptilian Star Beings: Lizard Man 2," by Alice B. Clagett, 27 May 2021, and it is Creative Commons. It was drawn after a sculpture for which I have no attribution; I could not figure out who the sculptor was, but I thought it was a very good sculpture. Here is the image I drew, "Reptilian Star Beings: Lizard Man 2" ...

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Drawing: “Reptilian Star Beings: Lizard Man 2,” by Alice B. Clagett, 27 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com... Drawn after a sculpture for which I have no attribution.

Drawing: “Reptilian Star Beings: Lizard Man 2,” *by Alice B. Clagett, 27 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com... Drawn after a sculpture for which I have no attribution.*

. . . . .

There are two ideas I have about this image ...

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- One is that a man who depends only on his reptilian mind seems to be more like this, as far as the way that he faces the world is concerned. So it could be a man who is 'hybrid' ... who looks human , but acts as if he were not human. This type of person I term a 'reptoid'.
- It might also be a star being that is 'reptilian' ... a Reptilian Star Being ... and so it might have this form on the astral plane. It might be, for instance, the deva of a group in the reptile kingdom; and so, it might look very much like the beings that it oversees, and whose path it lights on Earth. So those are all possibilities, assuming that the devas of occult lore in general might have something to do with what the Lightworkers are talking about today as Reptilian Star Beings or non-Christed Star Beings.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension, hybrid, reptoid, reptilian,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pOQ
3. https://wp.me/p2Rkym-pP0
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pOQ
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1.10.17 Qualities of Satan According to the Bible: 4.13 Father of Lies . channeled by Alice B. Clagett (2013-10-10 03:53)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - John 8:44

Dear Ones,

This is subsection 4.13 "Father of Lies," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/cDG1G7zN1UM

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.13 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.13 is entitled "Father of Lies."

John 8:44 (KJV, public domain)

As mentioned above, Satan is variously described as the Devil, as Father of Lies, and as a Murderer in John 8:44 ...

44 "Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he

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speaketh a lie, he speaketh of his own: for he is a liar, and the father of it."

This is the same verse as that in section 4.12 (described in another blog), but the discussion centers around Satan as Father of Lies. Here is the comment: Definitely, Satan is a concealer of the Infinite, loving, healing power of God. For instance, Satan can make us believe that we are very beautiful or very handsome; we may become so self-absorbed, so enamored of our finite selves, that we completely forget the Infinite, which is God. For concentrating on the known ... which is us in the physical world ... we forget the great 'Unknown' that is within and without us.

What I am really saying here is that the great lie of life in the third dimension is that we forget the important thing. Satan somehow so enamors us of the physical world, and of the input of our senses, that we forget God from which we came; and we forget our immortal Souls that are within us, and that reflect the grandeur and awe and wonder of God Himself. Somehow, we forget that. We see what is out there, in the physical world, and we become enamored of that lie that is in the physical world, instead of remaining in accord with, in alignment with, and in love with the beauty and grace and joy of God's presence within our hearts and all around us.

The Hindus call that 'Soul ignorance' ... something that the devil promotes, as the Father of Lies ... Soul ignorance: ignorance of our Souls, and ignorance of ourselves as a reflection of the qualities of God.

. . . . .

I have for you an image called 'Narcissus' by Caravaggio, painted by that artist in about 1600. It is from Wikimedia Commons, and it is in the public domain. There is a young person (I think it is a young man) looking at himself in the water, and enamored of the beauty of his physical form, and enamored of the beauty of his physical form that he sees reflected in the water ... entranced, in fact, by his physical reflection in the water. You can see he is wearing rather fine clothes too ...

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Image: “Narcissus,” by Caravaggio, circa 1600, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Narcissus-Caravaggio _(1594-96) _edited.jpg … public domain

***Image: “Narcissus,” by Caravaggio**, circa 1600, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Narcissus-Caravaggio _(1594-96) _edited.jpg … public domain*

. . . . .

Caravaggio was an interesting individual. Scandal surrounded his life, and the talent of his artistry. I have a few things to say about that. I have to tell you there is some risque stuff in the article, so make your decision to read or not to read in advance. The article is entitled "Caravaggio and Baglione Today: Is Lucifer Transforming to the Light?" by Alice B. Clagett. This

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blog was written and published on 30 July 2018. You will find out quite a bit about Caravaggio if you go there, I feel. And probably not all of what you hear will be common knowledge ...

Link: "Caravaggio and Baglione Today: Is Lucifer Transforming to the Light?" by Alice B. Clagett, written and published on 30 July 2018 ... [4]https://wp.me/p2Rkym-9Oh

..

I have run into someone that reminds me of Caravaggio in real life in Los Angeles in the last 20 years or so, and he is written up in my blog under the nickname 'Castratrux - Basal Vampire'. You can take a look and see what you think.

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pOW
3. https://wp.me/p2Rkym-pP3
4. https://wp.me/p2Rkym-9Oh
5. https://wp.me/p2Rkym-pLx
6. https://wp.me/p2Rkym-pOW
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1.10.18 Sights and Subtle Sounds from Holy Spirit . by Alice B. Clagett (2013-10-10 03:59)

Filmed and published on 10 October 2013; revised
Location: Holy Spirit Retreat Center, Encino, California

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is a mood piece from the meditation garden at Holy Spirit Retreat Center in Los Angeles. It is a nice respite from a busy day. There is a Summary after the video, with photos. There is no text, as there is none in the video ...

VIDEO BY ALICE

https://youtu.be/eliFVhKEAX8

SUMMARY OF THE VIDEO



Image: “Holy Spirit Retreat Center 1,” by Alice B. Clagett, 10 October 2013, CC BY-SA 4.0

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Image: “Holy Spirit Retreat Center 1,” by Alice B. Clagett, 10 October 2013, CC BY-SA 4.0



Image: “Holy Spirit Retreat Center 2,” by Alice B. Clagett, 10 October 2013, CC BY-SA 4.0

Image: “Holy Spirit Retreat Center 2,” by Alice B. Clagett, 10 October 2013, CC BY-SA 4.0

Here is where the video was filmed ...

Link: "Holy Spirit Retreat Center: Where People of All Faiths Can Come to Seek the Sacred," [1]https://www.hsrcenter.com/ ... COMMENT: This beautiful retreat center is located in Encino, California.

In love, light and joy,
I Am of the Stars
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nature, Holy Spirit Retreat Center, meditative walk,

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1.10.19 Qualities of Satan According to the Bible: 4.14 Murderer . channeled by Alice B. Clagett (2013-10-10 04:00)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - John 8:44

Dear Ones,

This is subsection 4.14 "Murderer," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/fsYWA7CPDg0

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.14 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.14 is entitled "Murderer."

John 8:44 (KJV, public domain)

The Biblical verse for today is the same as that for the last two sections. It is John 8:44 ...

44 "Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he

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speaketh a lie, he speaketh of his own: for he is a liar, and the father of it."

As mentioned above, Satan is variously described as the Devil, as Father of Lies, and as a Murderer in this verse. So this is the same verse as was discussed priorly, but today we are concentrating on the aspect of Satan as murderer. Here is my comment ...

Of what is Satan the murderer? I feel he is the murderer of our understanding of what is true. When our bodies are not in a state of Satanic wounding, we are far longer-lived. And in our true state, in our Soul essence, we are eternal.

The Biblical story of the Garden of Eden is about knowledge of good and evil, introduced to Eve by Satan in the form of a serpent. A serpent is a type of reptile. You may recall in the last section I spoke of Satan as a Reptilian Star Being, or perhaps as some being that creates in humankind a hybrid or nonhuman mindset and emotional set that might be termed the antisocial personality.

In the story of the Garden of Eden there is also mention of a reptile that is like Satan ... the serpent that tempts Eve. I have a picture for you of just that moment. The title is “The Temptation and Fall of Eve (Illustration to Milton’s ‘Paradise Lost’,” by William Blake, 1808, from Wikimedia Commons, and it is public domain.

You should be aware this is of Adam and Eve without any clothes whatsoever on (I am warning you in advance) and of a mean-looking, alluring serpent that is tempting Eve to eat this fruit; and Eve falls for it. Here is the picture ...

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Image: “The Temptation and Fall of Eve (Illustration to Milton’s ‘Paradise Lost’,” by William Blake, 1808, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:William _Blake _- _The _Temptation _and _Fall _of _Eve _(Illustration _to _Milton %27s _ %22Paradise _Lost %22) _- _Google _Art _Project.jpg … public domain

Image: “The Temptation and Fall of Eve (Illustration to Milton’s ‘Paradise Lost’,” by William Blake, *1808, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:-William _Blake _- _The _Temptation _and _Fall _of _Eve _(Illustration _to _Milton %27s _ %22Paradise _Lost %22) _- _Google _Art _Project.jpg … public domain*

. . . . .

You can see the serpent twining around Eve; and she looks as if she has been hypnotized, does she not? … as if she is opening her mouth without even knowing that she is doing

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it, and eating this fruit. It looks as if Adam has also been hypnotized and has turned the other way ... maybe through mind control or mental suggestion by the serpent? ... so that he cannot help Eve to avoid this temptation in this unfortunate tableau.

You know, knowledge of good and evil has to do with the world of Duality ... the third and fourth dimensions here on Earth ... the physical realm and the astral realm. By concentrating on Duality, we lose our vision of God within and without us. Thus it may be said that Satan 'murders' our knowledge of our own God-like nature, of the eternal Soul within us. He is the murderer of that indwelling truth, and the father of this, the greatest of lies: that we mortal human beings are all that is worth considering.

While the powers of Satan are small with regard to those of the Angelic forces, yet his wiles are much too wily for most humans to deal with. To overcome his lures, we must call upon God and the Angels. Yet how may we do this if we never look beyond our personal, physical forms? By ignoring our greatest allies in the realm of Duality, we may lose a lifetime in listening, all unawares, to the false admonitions of the Satan world.

Jesus, on the other hand, who always called upon his heavenly Father for help, found respite from Satan ... Soul's ease ... in the ministrations of the Angels. And so might we, were we to call upon Him for succour (that is, aid or help).

. . . . .

I have a good image for you. The title is "Jesus Ministered to by Angels." The artist is James Tissot. The date is 1886 to 1894. It is in Wikimedia Commons, and is in the public domain. You can see Jesus lying on the ground, sleeping peacefully. All around Him, in the air, are angels with little lights of fire above their heads, touching Him with their hands and protecting Him. It looks like this ...

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Image: “Jesus Ministered to by Angels,” by James Tissot, between 1886 and 1894, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Brooklyn _Museum _- _Jesus _Ministered _to _by _Angels _(J %C3 %A9sus _assist %C3 %A9 _par _les _anges) _- _James _Tissot _- _overall.jpg … public domain

Image: “Jesus Ministered to by Angels,” by James Tissot, *between 1886 and 1894, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Brooklyn _Museum _- _Jesus _Ministered _to _by _Angels _(J %C3 %A9sus _assist %C3 %A9 _par _les _anges) _- _James _Tissot _- _overall.jpg … public domain*

. . . . .

It is a little hard to see the angels. See how peaceful Christ looks, lying down? … as if He had no cares at all … as if they were there to protect Him all the time. Those are their hands touching Him all around. See the lights above their heads? It is a beautiful painting, is it not? And quite the opposite of the painting of the Garden of Eden, where the being there did not have the best interests of Adam and Eve in mind.

Both Satan and the Angels might be said to be astral beings … although the Angels are often of higher dimensions entirely than is Satan (that is, higher than the astral plane, which is the fourth dimension) … but the intent of Satan is to murder our higher consciousness; and the intent of the Angels is quite the opposite: it is to allow us to know God, to experience God in our own hearts and in our own lives, and in the way that we live our lives, you see? So they

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are two very different sorts of beings.

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension, Angelic Realm,

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1.10.20 Qualities of Satan According to the Bible: 4.15 The Tempter . channeled by Alice B. Clagett (2013-10-10 04:07)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Matthew 4:1-11

Dear Ones,

This is subsection 4.15 "The Tempter," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Esif13fxPIk

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.15 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.15 is entitled "The Tempter."

I am going to read to you a well-known story of the temptation of Christ in the desert, in which Satan is called 'the Tempter' ...

Matthew 4:1-11 (KJV, public domain)

1 "Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

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2 "And when he had fasted forty days and forty nights, he was afterward an hungred.

3 "And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 "But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

5 "Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,

6 "And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

7 "Jesus said unto him, 'It is written again, Thou shalt not tempt the Lord thy God.'

8 "Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;

9 "And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.
10 "Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

11 "Then the devil leaveth him, and, behold, angels came and ministered unto him."

Through suggestion to our 'gut brains,' Satan turns us away from God. Satan can tempt any person by offering them worldly power. It might be power over others, as in the case of nation-aggrandizing or corporation-aggrandizing aggressive acts. It might be ego-engorgement. It might be riches ... far more riches than we can actually use. It might be sexual advantage. It might be physical robustness, or long life. Satan offers that which increases the basic obfuscations of Soul Light: anger, greed, lust, pride and attachment (or possessiveness). That is to say, he offers the 'lower triangle' considerations that appeal to the 'gut brain.'

The final physical prospect, I feel, for folks duped into Satanic bargains looks to be not that pleasant.

. . . . .

I have an image for you entitled "Satan the Tempter Approaches Jesus with a Stone." It is a painting by Simon Bening during the 16th century, and I found it in English Wikipedia, in the public domain.

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In the grey robe is Jesus. And in the red cape, with the very strange, bird-like feet, is Satan, tempting Christ with a rock ...



Image: Satan the Tempter Approaches Jesus with a Stone," a painting by Simon Bening, 16th century, in English Wikipedia ... https://en.wikipedia.org/wiki/Satan #/media/File:Simon _Bening _- _The _Temptation _of _Christ.jpg .. public domain

Image: Satan the Tempter Approaches Jesus with a Stone," a painting by Simon Bening, *16th century, in English Wikipedia ... https://en.wikipedia.org/wiki/Satan #/media/File:Simon _Bening _- _The _Temptation _of _Christ.jpg .. public domain*

. . . . .

You know, deals with the devil are one of the things that can make our life on Earth very unpleasant. I have done a tiny anthology on deals with the devil; the title is "Tiny Anthologies: Deals with the Devil" ...

Link: "Tiny Anthologies: Deals with the Devil," by Alice B. Clagett, compiled and published on 7 February 2021 ... https://wp.me/p2Rkym-loh ..

That is an anthology that I compiled and published on 7 February 2021. I think you will find many interesting ideas there about deals that people sometimes mistakenly make with the devil. They may be tricked into it; and then afterwards, they rue the day ... they wonder

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what could have possibly happened ... until finally the Soul steps in and says: Look, this was a deal that was made through trickery with the devil; and it is up to you to appeal to God to get you out of this karmic trap.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.21 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.2 Lack of Individualization . channeled by Alice B. Clagett (2013-10-10 04:13)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.2 Lack of Individualization" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - MIMICRY OF PERSONALITY
  - MIMICRY OF GAIT
    - 1994 "Stargate" Movie and Gait Mimicry
      - *Erratum: Dimensionality of Negative Astral Beings*
      - *Erratum: The True 'Ra' Is 'Service to Others'*
  - READING RECOMMENDATIONS
    - *Sidebar: Dark Interference - A Repeating Curse While Napping, and Loud Motor Noise*

Dear Ones,

This is subsection "6.2 Lack of Individualization," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/V1VwXc5IXlg

SUMMARY OF THE VIDEO

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Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today subsection 6.2 of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.2 is entitled "Lack of Individualization" ...

The evasiveness … on the astral plane … of people who are obsessable or possessable … in terms of not indicating a name, not being willing to put forth a name, or not knowing their names on the astral plane … indicates to me that the negative astral beings do not have a sense of individuality. They are not like that at all. They are not like human beings, who are individualized, with Souls, with physical bodies and subtle bodies (including the causal body) as parts of their human makeup.

In case you are new to the notion of individualization, you can learn a little more about that by taking a look at my blog category: *Individual Souls - individualization*

I have an image for you entitled "illustration depicting an individual with dissociative identity disorder," by 04Mukti. It is from Wikimedia Commons, and it is Creative Commons. You can see, in the center, a man who looks frightened, with his arms crossed. And around him are other kinds of people: a woman, other men, people with different kinds of expressions on their faces, and a child ...

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"Image: "illustration depicting an individual with dissociative identity disorder." by 04Mukti, from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Dissociative _identity _disorder.jpg ... CC BY-SA 3.0 Unported

"Image: "illustration depicting an individual with dissociative identity disorder." by 04Mukti, *from Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Dissociative _identity _disorder.jpg ... CC BY-SA 3.0 Unported*

. . . . .

From my recollection of my reading on psychology in my college days, this disorder, which was known by a different name back then, 'multiple personality disorder', I think it was, has to do with people who switch from one identity to another identity all of a sudden. They may start talking in another voice, with another personality. It used to be known by that other name; now it is known at 'dissociative identity disorder'.

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The idea I have about showing you this image is that people who have multiple personality issues or 'dissociative identity disorder' seem not to know ... this is the psychological notion ... they seem to have no notion of what they individually are, so they settle on one individual, and another individual, and then another individual ... and act out those roles as if it did not really matter which.

I have a different idea about that. My idea is that there is a demon that comes down and causes this trouble with the human Soul. But I will discuss that elsewhere. But in the meantime, I would just like you to know that a person who is obsessable or possessable may present to the world this identity or that identity ... this personality or that personality ... this gender or that gender ... and yet be a person in a particular physical form.

And that I take to be an indication that negative astral entities do not really have individualization. They take on personality and gender from the people in the world today. They mimic them; that is what I think.

MIMICRY OF PERSONALITY

You may hear astral voices purportedly moving from the voice of one person to the voice of another person ... on and on. The ruling intelligence behind this flight from mimicking of one personality to mimicking of the next is, I feel, a negative astral being. On the astral plane, that being is 'dipping into' the central vertical power current, or 'kundalini', of one person, and mimicking their voice on the astral plane ... and then going on to the central vertical power current of another person, and dipping into that, and mimicking their astral voice.

The negative astral being itself has no personality, But through this 'Soul signature dipping' ... or 'skinny dipping', as I sometimes term it, it may momentarily clothe itself with the personality of a person. And that is why we cannot trust voices on the astral plane. It is because sometimes they are the voices of people, and sometimes they are the voices of negative astral entities, I feel, that are mimicking the voices of people ... especially people that we know and love, or friends and business associates , and so forth.

Sometimes a negative astral being obsesses or possesses just one person for awhile. When that happens, apparently the negative astral being can take on the personality of that person. Then when the being 'skinny dips' (that is my term), the person it dips into ... the secondarily and temporarily obsessed or possessed person ... can briefly take on the thoughts and personality of the primarily obsessed or possessed person.

I know that this is a novel idea; one that I came up with to explain astral phenomena that I have encountered over the years. If you would like to read more about it, see my blog category: *Skinny dipping (Soul signature dipping) ...* These are two terms for the same phenomenon.

MIMICRY OF GAIT

I have observed lately ... and with an eerie sense of*deja vu,* mimicry of gait through 'skinny dipping' obsession or possession by a negative astral being. Apparently, the negative being becomes accustomed to the gait of its primarily obsessed or possessed person.

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Then when the being 'skinny dips', the secondarily and temporarily obsessed or possessed person assumes the gait ... the movement of the hips while walking, the placement of the feet, the lightness of step, and so on ... the 'gait' of the first person.

Of course, it is most likely nothing all that sinister. A second explanation would be that negative astral beings have an infatuation with gait as an expression of personality ... To them, it may seem that they are clothing themselves with human form by mimicking gait.

I have a blog to recommend to you that describes this phenomenon of gait mimicry ...

See also ... *Link: "Gait Mimicry: Doppelganger Spirit?" by Alice B. Clagett, written and published on 11 April 2018 ... [4]https://wp.me/p2Rkym-8xB ..*

There you will learn a little more about my theory of 'gait mimicry' because of obsession or possession by a negative astral entity.

1994 "Stargate" Movie and Gait Mimicry

To me, gait mimicry is an especially unnatural phenomenon to witness. Intuitively, it feels to me like very black magic ... like the negative astral being has 'stolen the Soul' of the second person. In terms of the sort of eeriness that overcomes me while viewing this 'gait' phenomenon, it reminds me of the odd gait of being named 'Ra' in the 1994 version of the Stargate movie, and the end of the movie, where a negative astral being is revealed to be 'inhabiting' the form of a young man.

Erratum: Dimensionality of Negative Astral Beings. In terms of the reality of the situation here on Earth, I would like to point out that the negative astral being in the Stargate movie ... most likely because of technical limitations ... was portrayed as a physical being within the physical boy ... whereas this is not actually the case here on Earth. Rather, our astral forms, which are one of our subtle body energies, are obsessed or possessed by the negative astral being. Our astral forms exist in the fourth dimension, not the third dimension; they are made of finer matter than the physical forms we see with our physical eyes.

Erratum: The True 'Ra' Is 'Service to Others'. Also, with regard to the 1994 Stargate movie, the use of the word 'Ra' for the negative astral being is unfortunate ... and no doubt intentional on the part of mind-controlling negative astral beings. That is because the social memory complex 'Ra', as described in "The Law of One: The Ra Material," and as I experienced it to be through their emissary 'Ra-En' ... are Star Brethren of Christed Light and Love ... who live in service to others, rather than service to self like the negative astral beings termed the Orion Group in "The Law of One." (2)

[Note that the term 'social memory complex' is explained in "The Law of One" as a 'mind/body/spirit social complex' (a group of beings) that becomes so cohesive that all the beings in the group are of the same orientation. In other words, all the beings in the group have the same *raison d'etre.*

The "Law of One: The Ra Material" defines 'service to others' as the antithesis of 'service to self'. Both, as I understand it, are paths that lead to knowledge of God.]

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READING RECOMMENDATIONS

I have some reading recommendations for you. One is the book "Law of One: The Ra Material" which is available free online at ... [5]*https://www.lawofone.info/* ... The category “Orion” has to do with negative astral astral entities. Also at the "Law of One" website, you can search for the term: Ra ..

.....

Sidebar: Dark Interference - A Repeating Curse While Napping, and Loud Motor Noise

You know, I woke up from a nap and came to do this video. Right after the nap I recall a curse ... or a slanderous, repeated saying ... that seems to be floating around in my energy field every time I nap during the day.

Then I came here, and there was nothing but noise ... loud motor noise, and overhead airplanes, and all kinds of obnoxious sounds. I have to say, there is something going on right now in the noosphere. I just do not know what it is. I can only call it Dark Interference. And I apologize for the sound interference on the video today. I hope that it will be all right, and that you will still be able to understand what I am saying.

.....

To go on with these reading recommendations ... There is a website called "Energetic Synthesis" that I highly recommend. There you can search for the article entitled: "The Negative Alien Agenda (NAA)." The url is ... [6]*https://energeticsynthesis.com/library/negative-alien-agenda...*

Then for more on negative astral beings and their intentions towards human beings, you can go to the companion website "Ascension Glossary" and search for this article on the Negative Alien Agenda ...

Link: "NAA," in Ascension Glossary ... [7]https://ascensionglossary.com/index.php/NAA ..

That article will explain a little more to you about what it is that the negative astral entities are hoping to obtain from the human race through their acts of obsession and possession.

I have one other recommendation. . This has to do with my encounter of the true beings of ’Ra’ who are inhabitants of our planet Venus and who exist on higher dimensional planes than we. It was a high point in my own life, and I hope you will have a chance to read this blog. The title to look for is "Ra-En: First Contact with a Star Civilization."

You may know that I have had First Contact with a number of different, unusual sorts of

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beings that are not human. If you want, just for fun, you can search my blog for the term 'first contact' and see what appeals to you in the way of extraterrestrials.

Link: "Ra-En: First Contact with a Star Civilization," by Alice B. Clagett, written on 26 September 2013; updated on 24 November 2018 ... [8]https://wp.me/p2Rkym-W2 ..

First contact is a cool idea, is it not? I hope all the Lightworkers have a chance to channel first contact information from many different nonhuman species ... especially those of love and Light ... of Christed energy. Those are the most rewarding for us humans, I feel, because that represents our future as a social memory complex ... our future as a race of sentient beings. .

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pQE
3. https://wp.me/p2Rkym-pQX
4. https://wp.me/p2Rkym-8xB
5. https://www.lawofone.info/
6. https://energeticsynthesis.com/library/negative-alien-agenda
7. https://ascensionglossary.com/index.php/NAA
8. https://wp.me/p2Rkym-W2
9. https://wp.me/p2Rkym-pLx
10. https://wp.me/p2Rkym-pQE
11. https://wp.me/p2Rkym-pQX
12. http://creativecommons.org/licenses/by-sa/4.0/
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1.10.22 Qualities of Satan According to the Bible: 4.16 The Enemy . channeled by Alice B. Clagett (2013-10-10 04:15)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Matthew 13:38-39
  - Revelation 12:1-4
  - Revelation 12:5-9

Dear Ones,

This is subsection 4.16 "The Enemy," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/JZq9WccS4Oc

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today subsection 4.16 of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.16 is entitled "The Enemy."

In **Matthew 13:38-39** (KJV, public domain) , Satan is called ’The Enemy’ ...

38 "T

he field is the world; the good seed are the children of the kingdom; but the tares are the children of the wicked one;

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39 "T

he enemy that sowed them is the devil; the harvest is the end of the world; and the reapers are the angels."

The notion that Satan is the Enemy is an interesting concept. By thinking of Satan as the Enemy, we perpetuate the illusion of Duality. Why do we think of him as the Enemy? Because he tempts us to turn to that which causes us Soul pain. And because we think of Soul pain as our enemy, when in fact it is a reminder of our path to Joy**.**

Revelation 12 mentions a great red dragon which sought to eat the child of a beautiful mother giving birth. This, it seems to me, might be taken to mean that Satan is a dragon who seeks to devour Mother Mary's child Jesus. Thus Satan might be taken to be the Enemy of Christendom ...

Revelation 12:1-4 (KJV, public domain)

1 And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars:

2 And she being with child cried, travailing in birth, and pained to be delivered.

3 And there appeared another wonder in heaven; and behold a great red dragon, having seven heads and ten horns, and seven crowns upon his heads.

4 And his tail drew the third part of the stars of heaven, and did cast them to the earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born.

I have for you an image entitled "The Great Red Dragon and the Woman Clothed with the Sun," by William Blake, created between 1805 and 1810, which I found in Wikimedia Commons. It is very dramatic, I warn you: There is the woman clothed with the Sun, at the bottom of the image. At the top is the dragon, hovering over her, and obviously causing her some alarm. She is afraid; see her face?

There is a Description of the image below ...

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Image: "The Great Red Dragon and the Woman Clothed with the Sun," by William Blake, created between 1805 and 1810, in Wikimedia Commons ... public domain ... https://upload.wikimedia.org/wikipedia/commons/0/07/William _Blake _003.jpg ... DESCRIPTION: A golden, winged woman, about to give birth, is kneeling with arms defensively outstretched, looking up at a big, muscular, beige-colored, many headed dragon hovering menacingly in the air just over her head. The dragon has human legs and arms, ram's horns, wings, and a tail; it is wearing a simple, spiked crown.

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Image: "The Great Red Dragon and the Woman Clothed with the Sun," by William Blake, *created between 1805 and 1810, in Wikimedia Commons ... https://upload.wikimedia.org/wikipedia/commons/0/07/William _Blake _003.jpg ... public domain*

DESCRIPTION: A golden, winged woman, about to give birth, is kneeling with arms defensively outstretched, looking up at a big, muscular, beige-colored, many headed dragon hovering menacingly in the air just over her head. The dragon has human legs and arms, ram's horns, wings, and a tail; it is wearing a simple, spiked crown.

. . . . .

To continue with the commentary: Revelation 12 goes on to explain that the woman gave birth to the man child, then fled into the wilderness. Then there was a war in Heaven, in which the Archangel Michael and his angels fought against the dragon and his angels.

Archangel Michael's hosts won, and the great red dragon, named in verse 9 as 'Satan', was cast out "into the earth," which might be taken to mean, into the molten magma of the center of Earth, perhaps in a subtle rather than a physical sense ...

Revelation 12:5-9 (KJV, public domain)

5 And she brought forth a man child, who was to rule all nations with a rod of iron: and her child was caught up unto God, and to his throne.

6 And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and threescore days.

7 And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,

8 And prevailed not; neither was their place found any more in heaven.

9 And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.

. . . . .

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I have an image for you, entitled “Michael Casts Out Rebel Angels.” It is an illustration by Gustave Dore from English Wikipedia, and it is in the public domain. You can see Archangel Michael and the heavenly hosts at the top; and Satan and his Fallen Angels at the bottom. They are being cast out. It is very dramatic! Gustave Dore is like that; he is always very dramatic ...



Image: “Michael Casts Out Rebel Angels,” Illustration by Gustave Dore, in English Wikipedia ... https://en.wikipedia.org/wiki/War _in _Heaven #/media/File:Paradise _Lost _1.jpg ... public domain

Image: “Michael Casts Out Rebel Angels,” Illustration by Gustave Dore, *in English Wikipedia ... https://en.wikipedia.org/wiki/War _in _Heaven #/media/File:Paradise _Lost _1.jpg ... public domain*

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. . . . .

We may take it that he who is the Enemy of humankind is also at war with the heavenly hosts led by Archangel Michael, and that we may call upon these to help us ,should we feel ourselves to be tempted by, or engaged in battle with, Satan and the demons under his charge. We may anticipate with confidence an outcome similar to that portrayed in this action scene at the portal of Saint Michael Church, Vienna.

The title of the next image is "Statue of Archangel Michael Vanquishing Satan." The photo by Vi Ko, 8 September 2013, from Wikimedia Commons, and it is Creative Commons license, so I can show it to you.

This is quite a dramatic statue. At the top is Archangel Michael, and beneath him is Satan, vanquished by Archangel Michael. You can see the beautiful, golden shield and sword of Archangel Michael ...

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Image: "Statue of Archangel Michael Vanquishing Satan," by Vi Ko (photographer?), 8 September 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:The _fronton.Archangel _Michael _against _Satan.jpg … CC BY-SA 4.0 International … DESCRIPTION: "Portal of Saint Michael Church, Vienna."

Image: "Statue of Archangel Michael Vanquishing Satan," *photo by Vi Ko, 8 September 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:The _fronton.Archangel _Michael _against _Satan.jpg … CC BY-SA 4.0 International … DESCRIPTION: "Portal of Saint Michael Church, Vienna."*

. . . . . .

These have been some interesting images in this section, and a little explanation about Satan as the Enemy of humankind and of the heavenly hosts.

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pP7
3. https://wp.me/p2Rkym-pPi
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pP7
6. https://wp.me/p2Rkym-pPi
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1.10.23 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.3 No Conscience . channeled by Alice B. Clagett (2013-10-10 04:22)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.3 No Conscience" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - INTRODUCTION
    - *Sidebar: Dark Interference - Dark Sounds Possibly to Do With Leveling Out of Noosphere and Magnetosphere After a Geostorm*
  - DID HUMAN BEINGS EVOLVE FROM NEGATIVE ASTRAL BEINGS?
  - READING RECOMMENDATIONS

Dear Ones,

This is subsection "6.3 No Conscience," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/AwFW7NaT9M0

SUMMARY OF THE VIDEO

INTRODUCTION

Hello, Dear Ones, It's Alice. I Am of the Stars.

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I have for you today subsection 6.3 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.3 is entitled "No Conscience."

We have, amongst people who are obsessable or possessable, a disregard for the notions of right and wrong; in fact, of conscience altogether, and a tendency to perform abominable acts, and to act in 'depraved' ways, as they say in the School of Theosophy.

What does this say to us about the negative astral beings? Well, according to School of Theosophy teachings, the thing that distinguishes human beings from the animal realm is the addition of the subtle body known as the causal body. The causal body creates within us the ability to store karma … either good or bad. In that way, our Souls either evolve or devolve.

And so, the lack of conscience … the lack of concern for right and wrong … the tendency towards negative karmic acts … must be features of the negative astral being. In other words, how could they have a causal body? They must not have a causal body, because they have only the tendency towards negative karmic actions. And, in people that they obsess or possess, they create a gradient of human behavior … from 'good conscience', at the beginning … the type of socialized conscience that most human beings have … on down the rungs of Awareness of conscience, to the total depravity of people who are extremely antisocial personalities.

Those people are without conscience altogether. They act in whichever way their reptilian minds lead them. That could account for the fact that negative astral beings are sometimes thought of in reptilian terms … because the behavior of the negative astral beings is rather like the reptilian behavior of the lower minds of human beings.

.....

Sidebar: Dark Interference - Dark Sounds Possibly to Do With Leveling Out of Noosphere and Magnetosphere After a Geostorm

[Sound of cars going by and of a weed whacker nearby.] This Dark Interference, with these Dark sounds all around, and repeating, and moving from here to there, is quite something else today, is it not? Dark Interference happens. There was a geostorm yesterday; and this could be a 'leveling out' reaction of the noosphere and the magnetosphere to do with the Dark energies still existing on Earth, and the very bright Light energies that came in yesterday.

.....

Here is an image entitled "Mask Carved Out of Wood, Asian Region." This is a photo by Dominik Hundhammer, 2004, from Wikimedia Commons, and it is Creative Commons.

This is how I imagine the Soul of an antisocial personality to be … as you can see, very fearsome, very inhuman, very cruel, very animal-like. And I consider this to be the effect of invasion by negative astral beings that 'obsess' or 'possess' our energy fields. This is the way they are, in my understanding. And this is how our energy field comes to look through long

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association with them. Not that appealing, would you not say? ...



Image: “Mask Carved Out of Wood, Asian Region,” photo by Dominik Hundhammer, 2004, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Asiatische _Holzmaske.jpg ... CC BY-SA 3.0 Unported

Image: “Mask Carved Out of Wood, Asian Region,” *photo by Dominik Hundhammer, 2004, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Asiatische _Holzmaske.jpg ... CC BY-SA 3.0 Unported*

DID HUMAN BEINGS EVOLVE FROM NEGATIVE ASTRAL BEINGS?

Were human beings once negative astral beings, whose DNA was somehow altered by the star beings, so that they could have conscience? That is an interesting question.

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I think the answer to this is ‘No’. Negative astral beings must be a separate species altogether ... although we and they may have evolved from a common ancestor (what is termed a ’concestor’) ... because, amongst the animals that have physical or 3D bodies, but no causal body, here on Earth, there is a range of behaviors ... both what we could socially term ‘good’ and what we would term ‘bad’.

For instance, some evince the nurturing instincts and motherhood instincts, as opposed to the predatorial instincts, which are what we socialized humans would consider ‘less good’ here on Earth. So there is a mixture, amongst Earth animals that have physical, or 3D, form.

Thus it seems unlikely that the physical or 3D animals on Earth are derived from negative astral stock. As human beings are said to have evolved from the Earth physical animal chain, it would follow that human beings are unlikely to have derived from negative astral stock.

READING RECOMMENDATIONS

I have some reading suggestions for you, to do with what may be unfamiliar terms in section 6.3. One is a book called "The Astral Body and Other Astral Phenomena," compiled by Arthur E. Powell in 1965.

That book can be viewed online, but perhaps in violation of copyright. I am not certain of that. The advantage of the electronic version would be that you might handily search for the word: *depraved* ... or the word:*depravity* ...These words relate to the terms: *paraphilia* ... and ... *paraphiliac* on my website.

I use these words not for what is termed ’kink sex’, but rather for the type of sexual expression that leads people to break the law, and to assault other people against their will. I use these words in a slightly different sense simply because I feel there ought to be a term for that; and the word ’paraphiliac’, in common usage, could mean either simple expression of various sorts of harmless sexual preference; or it could mean these deeply difficult arenas of criminal sexuality. So, on my website, if you see the term *paraphilia* or *paraphiliac*, I really mean something that needs to be looked into from the standpoint of social issues and solutions found regarding them. For more on that, see my blog category:*Illegal paraphilias - sexual deviation - sexual abuse*

To go on: I have one more suggested book for you. This book is entitled "The Causal Body and the Ego." It is also by Arthur E. Powell. There is a particular chapter I have in mind; that is "Chapter 15: Functions of the Causal Body." This book is in the public domain at Theosophy World Resource Centre. You can find it online at ... *[4]https://www.theosophy.world/ ..*

For more on the causal body (mentioned above), see *Link: "The Causal Body and the Ego," by Arthur E. Powell, "Ch. XV. Functions of the Causal Body," public domain, at "Theosophy World Resource Centre" ... [5]https://www.theosophy.world/ ..*

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pQS
3. https://wp.me/p2Rkym-pR2
4. https://www.theosophy.world/
5. https://www.theosophy.world/
6. https://wp.me/p2Rkym-pLx
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1.10.24 Qualities of Satan According to the Bible: 4.17 Roaring Lion . channeled by Alice B. Clagett (2013-10-10 04:22)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - 1 Peter 5:8

Dear Ones,

This is subsection 4.17 "Roaring Lion," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Y-ogJs9Zees

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.17 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.17 is entitled "Roaring Lion."

Satan is referred to as a Roaring Lion and as the Adversary in **1 Peter 5:8** (KJV, public domain), as follows ...

8 "Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:"

Why is Satan termed a Roaring Lion? Well, he can be very talkative on the psychic or telepathic plane, I feel, and if we concentrate on his prattle rather than on the natural world

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around us, his chatter can seem very loud. I find that singing a hymn sends him packing.

. . . . .

I have for you an image entitled ”Daniel’s Answer to the King,” by Briton Riviere, 1892, in English Wikipedia, and it is in the public domain. [There is a background sound of an airborne helicopter; the sound grows increasingly louder.] It is a very dramatic image. On the left is Daniel, and the right, the lions all around him, keeping some distance.

And there he is, in the lion’s den, in great danger, it would seem. But he is unconcerned. [The helicopter sound in the background in the video is almost like a lion’s roaring, is it not?] And it looks as if the lions are just keeping their distance; they do not want to go near him.

The Comment is below the image ...



Image: ”Daniel’s Answer to the King,” by Briton Riviere, 1892, in English Wikipedia ... https://en.wikipedia.org/wiki/Daniel _in _the _lions %27 _den #/media/File:Daniel’s _Answer _to _the _King.jpg ... public domain ... COMMENT: In 1 Peter 5:8 the Bible refers to the devil as a roaring lion and our adversary. The story of Daniel in the lion’s den (Daniel 6:22) offers a way to still the lion’s roar; that is to align all our thoughts and actions with God’s will, and to sing His praise. Our song in praise of God can, through His grace, drown even the most noxious Satanic bellowing.

Image: ”Daniel’s Answer to the King,” by Briton Riviere, *1892, in English Wikipedia*

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... https://en.wikipedia.org/wiki/Daniel _in _the _lions %27 _den #/media/File:Daniel's _Answer _to _the _King.jpg ... public domain ...

COMMENT: In 1 Peter 5:8 the Bible refers to the devil as a roaring lion and our adversary. The story of Daniel in the lion's den (Daniel 6:22) offers a way to still the lion's roar; that is to align all our thoughts and actions with God's will, and to sing His praise. Our song in praise of God can, through His grace, drown even the most noxious Satanic bellowing.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pPb
3. https://wp.me/p2Rkym-pPo
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pPb
6. https://wp.me/p2Rkym-pPo
7. http://creativecommons.org/licenses/by-sa/4.0/
8. http://creativecommons.org/licenses/by-sa/4.0/

1.10.25 Qualities of Satan According to the Bible: 4.4 Satan Causes Men to Lie . channeled by Alice B. Clagett (2013-10-10 04:27)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 23 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Acts 3:1-3

Dear Ones,

This is subsection 4.4, "Satan Causes Men to Lie," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/OIrVPZAe7mU

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.4 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.4 is entitled "Satan Causes Men to Lie."

I have a Biblical quote for you from Acts 3, King James Version, public domain, verses 1-3. It goes like this ...

Acts 3:1-3 (KJV, public domain)

1 "But a certain man named Ananias, with Sapphira his wife, sold a possession,

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2 "And kept back *part* of the price, his wife also being privy *to it*, and brought a certain part, and laid *it* at the apostles' feet.

3 "But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back *part* of the price of the land?"

This attribute of Satan, of causing men to lie, goes along with his quality of being a deceiver. He is a tricky guy, and he causes people to be full of tricky double-speak as well. Some say he does this by installing malware and malspeak 'velcro' wherever he can in our Soul fields; and this, they say, turns our very truthful quarks and sparkly bodies of Light slightly mottled. So they say!

. . . . .

I have for you one image called "Trickster," a print on paper by Bill Lewis in 1992. It is in Wikimedia Commons, CC BY-SA 3.0 Unported. For some reason, this image reminded me of the description of Satan as causing men to lie. It looks like this ...



Image: "Trickster," print on paper by Bill Lewis, 1992, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Trickster _- _Print _by _Bill _Lewis.jpg ... CC BY-SA 3.0

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Image: "Trickster," print on paper by Bill Lewis, *1992, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Trickster _- _Print _by _Bill _Lewis.jpg ... CC BY-SA 3.0 Unported*

. . . . .

Dramatic, is it not? It is like a fox that is a man, with a 'happy look' that he is projecting through magic, it looks like (with the stars) ... So, maybe a fox or a wolf, opening his mouth, getting ready to eat the happy person to whom he is talking; or else opening his mouth and pretending to be a happy, good person ... and yet, ready to grab with his hands something that is not his own.

So you might think of this woodcut as being Satan, or as being a quality of a person who listens to him and becomes a little more like him, as far as his body of Light is concerned, I feel ... the Trickster.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.26 Qualities of Satan According to the Bible: 4.18 The Adversary . channeled by Alice B. Clagett (2013-10-10 04:28)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - 1 Peter 5:8

Dear Ones,

This is subsection 4.18 "The Adversary," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/dzgcFYMp94Y

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.18 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.18 is entitled "The Adversary."

1 Peter 5:8 (KJV, public domain)

As mentioned above, Satan is referred to as a Roaring Lion and as the Adversary in 1 Peter 5, verse 8. which is as follows ...

8 "Discipline yourselves, keep alert ... Like a roaring lion your adversary the devil prowls around, looking for someone to devour."

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It does seem that Satan is the Adversary, but I feel this is an illusion. Satan is here to help us rise to higher Truth, by offering us a contrast between good, as among the Angels; and evil, as in evil old him ... although, this may not be Satan's point of view.

. . . . .

I have an image for you entitled "The Angel Ithuriel." It is by Evelyn De Morgan. It was done before 1900, and I found it in English Wikipedia. It is in the public domain. At the bottom of the picture is Eve, reclining on a bed of flowers, sound asleep. Above her is the angel Ithuriel, with many wings and a spear, and many angels around him. He seems to be protecting her as she sleeps. See his face and his many wings? ... and Eve lying beneath him, sound asleep. And you can see the faces of the little angels all around Ithuriel.

The Description of the image and my Comments on it are below ...



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Image: “The Angel Ithuriel,” by Evelyn De Morgan, before 1900, in English Wikipedia … https://en.wikipedia.org/wiki/Ithuriel #/media/File:Ithuriel _by _Evelyn _de _Morgan.jpg … public domain … DESCRIPTION: “Ithuriel by Evelyn de Morgan, oil [possibly on canvas], before 1900. ‘Ithuriel, as represented by Mrs. De Morgan, has just found Eve and the tempter. He is accompanied by cherubs, whose threefold azure wings are as a blue cloud surrounding him. He wears a soft raiment, bright with mother-of-pearl tones. The draperies round the waist and body are rose-coloured, and so are the sleeves. The three pairs of wings, very well poised and admirably handled, are crimson-hued, with touches of grey-green here and there. Ithuriel has light hair, is pale-faced, and the well-drawn hands are as delicate as they could be. It may be thought that this Ithuriel is too mild — too much like Shakespeare’s Oberon — to be in keeping with the terrific tragedy depicted in the first four books of the Paradise Lost. Eve, too, lovely as she is, seems to bear no likelihood of resemblance to Milton’s superb mother of mankind. But the picture has a sweet serene grace which should make us glad to accept from Mrs. De Morgan another Eve and another Ithuriel, true children of her own fancy.’ — W. Shaw Sparrow” … COMMENT: When we are asleep at night, if we are sleeping alone, I find that is the most convenient time for Satan to fill our drowsy ears with bad advice. Satan is the Adversary of our dreamtime realm. Yet, the story goes, the prick of Ithuriel’s spear goads the Demonic realm into speedy departure from our sleeping minds. The word ‘Ithuriel’ means ‘discovery of God’; from that I feel the intention of the story is that our discovery of God is like a mighty spear to fend off the Adversary. ***Image: “The Angel Ithuriel,” by Evelyn De Morgan,*** *before 1900, in English Wikipedia … https://en.wikipedia.org/wiki/Ithuriel #/media/File:Ithuriel _by _Evelyn _de _Morgan.jpg … public domain …*

DESCRIPTION: “Ithuriel by Evelyn de Morgan, oil [possibly on canvas], before 1900. ‘Ithuriel, as represented by Mrs. De Morgan, has just found Eve and the tempter. He is accompanied by cherubs, whose threefold azure wings are as a blue cloud surrounding him. He wears a soft raiment, bright with mother-of-pearl tones. The draperies round the waist and body are rose-coloured, and so are the sleeves. The three pairs of wings, very well poised and admirably handled, are crimson-hued, with touches of grey-green here and there. Ithuriel has light hair, is pale-faced, and the well-drawn hands are as delicate as they could be.

It may be thought that this Ithuriel is too mild — too much like Shakespeare’s Oberon — to be in keeping with the terrific tragedy depicted in the first four books of the Paradise Lost. Eve, too, lovely as she is, seems to bear no likelihood of resemblance to Milton’s superb mother of mankind. But the picture has a sweet serene grace which should make us glad to accept from Mrs. De Morgan another Eve and another Ithuriel, true children of her own fancy.’ — W. Shaw Sparrow” …

COMMENT: When we are asleep at night, if we are sleeping alone, I find that is the most convenient time for Satan to fill our drowsy ears with bad advice. Satan is the Adversary of our dreamtime realm. Yet, the story goes, the prick of Ithuriel’s spear goads the Demonic realm into speedy departure from our sleeping minds. The word ‘Ithuriel’ means ‘discovery of God’; from that I feel the intention of the story is that our discovery of God is like a mighty spear to fend off the Adversary.

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.27 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.4 Lack of Logical Mind . channeled by Alice B. Clagett (2013-10-10 04:30)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.4 Lack of Logical Mind" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - ALICE'S PERILOUS TALES: THE JAILHOUSE WOMAN POSSESSED BY A NEGATIVE ASTRAL BEING

Dear Ones,

This is subsection "6.4 Lack of Logical Mind," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/pQzs _KJbJyk

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.4 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.4 is entitled "Lack of Logical Mind" ...

Do the negative astral beings have logical minds? The answer, most likely, is 'No' ... because when they obsess or possess a person, the person loses the sense of logic, and

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descends into invective and repetitive, nonsensical sayings.

ALICE'S PERILOUS TALES: THE JAILHOUSE WOMAN POSSESSED BY A NEGATIVE ASTRAL BEING

I have seen this happen once, as a negative astral being that possessed an older woman ... not too old, but older ... a handsome women, well made up. It is an image that sticks in my mind to this day, although it happened many years ago. It filled me with determination never to find myself in such a situation.

It was appalling ...truly appalling ... and I hope you never have to go through such an experience of viewing someone who is possessed by a negative astral entity. It is as if all humanity has been wiped from their minds. There is no more logical mind. What remains is a pathetic attempt to prevent the demon from inhabiting the mind by speaking, over and over again, nonsense terms ... In her case, as I recall, it was a short rhyme that quite aptly included the words "I'm in the jailhouse" ... or singing over and over again the same refrain ... which helps, I feel, to some extent, in the pitiable attempt of a human being in such a situation to fend off the insatiable cruelty of such possessing beings.

Really there is nothing to help us if we find ourselves in this situation, I feel, except for the crucifix, and God's name, and the protective influence of saints and angels and Christ Himself. There is nothing as strong as those negative astral beings on Earth, except for those beings in the higher dimensions.

. . . . .

On a lighter note, I have an image for you called "Pan," by Mikhail Vrubel, 1899, from Wikimedia Commons, and it is in the public domain. The thing about Mikhail Vrubel is that he was always painting demonic obsession. And this image of Pan looks like that of a man who has been possessed by a negative astral entity, I feel. (That is not the usual way of depicting Pan.)

I note in particular the use of the flute ... it looks like a wooden flute that is held in the man's hand ... might be an attempt by this man, through a singsong, repetitive melody, to ward that being off.

Here is the painting; what do you make of it? Eerie, is it not? Vrubel is always like that ... At bottom left is the flute. There is a very strange look in the man's eyes. And the moon at top right seems to me to be somehow sinister too.

Vrubel had quite a knack for portraying this; and an eye for it too. It seems the only images that he painted had to do with obsession or possession. He was a very unusual artist ...

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Image: “Pan,” by Mikhail Vrubel, 1899, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:1899 _Vrubel _Pan _anagoria.JPG … public domain

Image: “Pan,” by Mikhail Vrubel, *1899, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:1899 _Vrubel _Pan _anagoria.JPG … public domain*

. . . . .

Well, this is three subsections I have recorded during a time of Dark Interference, with repetitive motor noises, and cars going by on an otherwise often deserted street, and airplanes zooming overhead. It has been quite a series of episodes. I hope this will be enough to see us through, until there is a time when the noosphere clears, and the magnetosphere of Earth settles and becomes more balanced. I am hoping that some of the remaining episodes

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in this series can be filmed under more peaceful and uplifting conditions.

Meantime, this is a chance to get on video what it is like to film during a time of Dark Interference. I hope that, as Lightworkers, you all are able to develop a sense of humor about it. As Lightworkers I think we have to do that. As we start off as Lightworkers, we tend to think that demons come round and bother us during times of X-flares and incoming Solar wind gusts and like that.

It does seem like that, but in fact you can also take it that the energies of Earth are simply leveling up and sorting together and achieving a new balance. I feel that to be an easier way to deal with the ups and downs of Light and Dark here on Earth.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension, Alice's Perilous Tales,

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1.10.28 Qualities of Satan According to the Bible: 4.19 Satan's End ... The Lake of Fire . channeled by Alice B. Clagett (2013-10-10 04:35)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Revelation 20:7-1

Dear Ones,

This is subsection 4.19 "Satan's End ... The Lake of Fire," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Hbq8A9Kfzs8

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.19 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.19 is entitled "Satan's End ... The Lake of Fire."

Revelation 20 describes how Satan will meet his end in a Lake of Fire. I have for you today verses 7-10 of the King James Version, which is public domain ...

Revelation 20:7-10 (KJV, public domain)

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7 "And when the thousand years are expired, Satan shall be loosed out of his prison,

8 "And shall go out to deceive the nations which are in the four quarters of the earth, Gog, and Magog, to gather them together to battle: the number of whom is as the sand of the sea.

9 "And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city: and fire came down from God out of heaven, and devoured them.

10 "And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever."

I wonder if Satan will fall into a solar flare? Could that possibly be? Or maybe he will just ...all of a sudden! ... turn back into an angel again. That would be great!

Often Hell, the abode of Satan, is depicted as fiery, and Souls cast down to Hell are shown to be suffering there, at the mercy of Satan and his devils.

In my own notion of Hell, it has a function of purifying Souls of karma between this and the next lifetime. Thus, it could be that Satan and his devils are tricked into doing good (which is to say, tricked into purifying Souls), because they take delight in 'doing bad' (that is to say, in making humankind suffer). If that were to be true, then it might prove that God has a sense of humor. Or maybe that the Elohim have what I appreciatively and respectfully term the quality of 'neutral mind'.

. . . . .

I have for you an image entitled "Lot and His Family Flee from Sodom," by Gustave Dore (1832-1883). I found it in Wikimedia Commons, and it is in the public domain. We have here Lot and his family (bottom right) fleeing the destruction of Sodom (depicted in the background).

My Comment on the image is below ...

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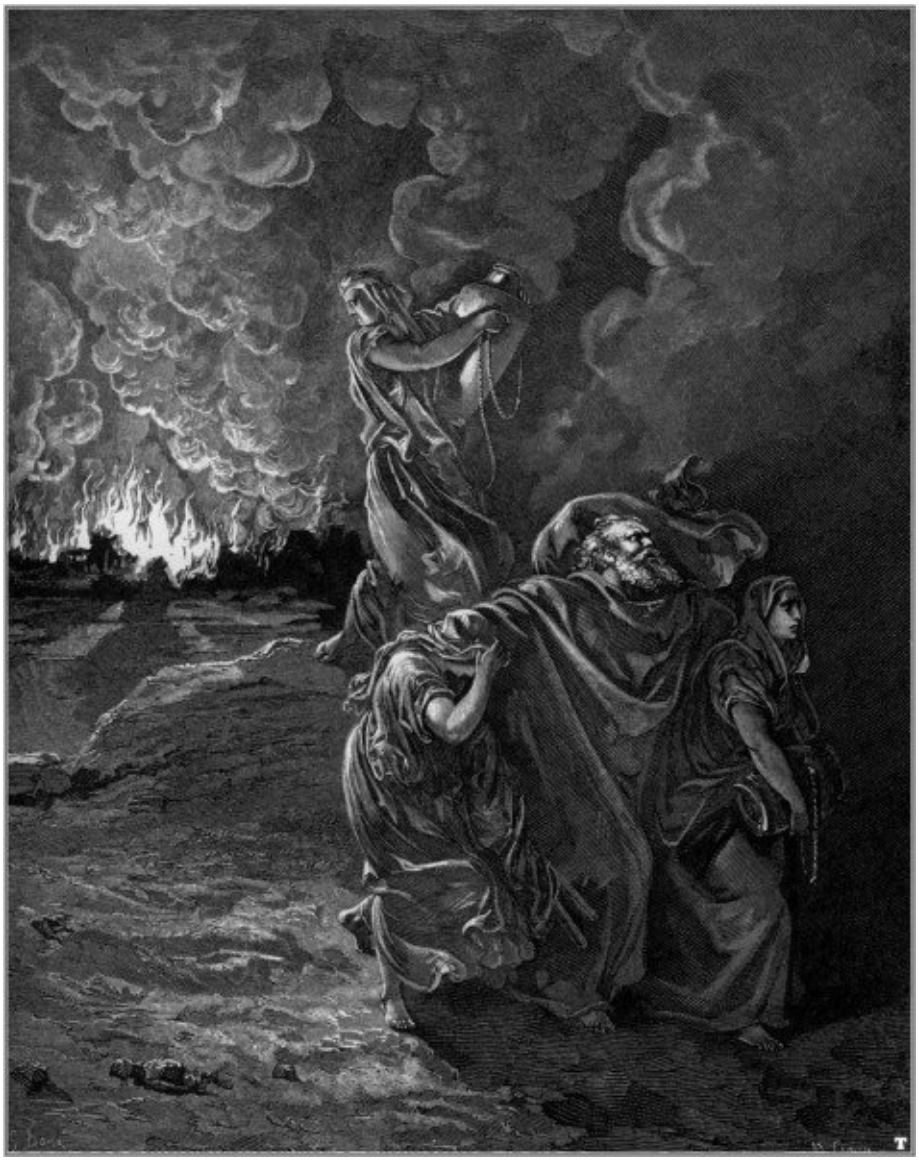


Image: “Lot and His Family Flee from Sodom,” by Gustave Dore (1832-1883), in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Flight _of _Lot.png … public domain … COMMENT: It is possible the notion that Satan fell into a lake of fire might have come from people’s experience of volcanic eruptions and lava flows in Biblical times. Such, for instance, might have been the experience of Lot when Sodom and Gomorrah were destroyed.

Image: “Lot and His Family Flee from Sodom,” by Gustave Dore *(1832-1883), in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Flight _of _Lot.png … public domain …*

COMMENT: It is possible the notion that Satan fell into a lake of fire might have come from people’s experience of volcanic eruptions and lava flows in Biblical times. Such, for instance, might been have the experience of Lot when Sodom and Gomorrah were destroyed.

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. . . . .

I have another image for you. The image is entitled “A Fresco Detail of Hell from the Medieval Church St. Nicolas in Raduil Village, Bulgaria," Edal Anton Lefterov, 17 May 2011, in Wikimedia Commons, and it is Creative Commons. It is very dramatic.

This is hell, with a river of fire. At bottom right is a great beast with big teeth, eating people who suffering in hell. And the dark-colored, humanoid beings who are meting out punishment are devils. They are members of what you might call the Demonic Realm.

I see the devils have horns and tails and strange-looking, animal-like faces, and claws on their feet and claws on their hands; and yet they stand upright and are bipedal, and in that way they are similar to human beings.

One other thing: At top left is a scale, and it looks like the Soul of a person is being weighed in the scale to determine whether he is going to hell, or where he is going after he passes on.

This is a very traditional picture of hell as being a place where people languish in fire and suffer and are tortured by devils. My own notion about this traditional depiction of hell is that it reflected socioeconomic conditions and everyday working life for peasants during the Medieval Era, and that it continues to do so in some of the developing nations on Earth today ...

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Image: "A Fresco Detail of Hell from the Medieval Church St. Nicolas in Raduil Village, Bulgaria," Edal Anton Lefterov, 17 May 2011, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Hell-fresco-from-Raduil.jpg ... CC BY-SA 3.0 Unported

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. . . . .

So the question is: Is that going to be Satan's end too ... the Lake of Fire? Or is Satan going to be cleansed of his karma, and returned to the Angelic Realm at the End of Time? Since these are the days of Ascension, I guess we may find out.

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This is the end of Section 4 of "Satan’s Powers and What to Do About Them," which had to do with Satan’s qualities according to the Bible. Coming up will be section 5, which is entitled "How to Recognize a Person Who Practices Satanism."

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.29 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.5 Ruthlessness . channeled by Alice B. Clagett (2013-10-10 04:36)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.5 Ruthlessness" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - WHY WOULD OBSESSED OR POSSESSED PEOPLE EXPERIENCE DESPAIR?
  - WHAT WOULD THE NEGATIVE ASTRAL BEINGS FEAR?

Dear Ones,

This is subsection "6.5 Ruthlessness," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ghGJPSGzhfM

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.5 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.5 is entitled "Ruthlessness" ...

On the astral plane, the obsessed or possessed person may seem to the clairaudient listener to be imbued with the drives of territorial aggression or sexual aggression, to be

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possessed of a ‘masterplan’ for world domination, or afflicted with the desire to kill or to commit suicide, or evincing the emotions of hatred or fear. From this I gather that negative astral beings also have qualities of aggression, dictatorial intent, murderousness, hatred, and fear.

WHY WOULD OBSESSED OR POSSESSED PEOPLE EXPERIENCE DESPAIR?

You might ask: Why would obsessed or possessed people experience despair? To this I have no response, as I am not convinced that negative astral beings feel despair; rather it may be that they induce a human victim to suicide through creating the emotion of despair, but do not experience this feeling themselves.

WHAT WOULD THE NEGATIVE ASTRAL BEINGS FEAR?

You may ask: What do the negative astral beings fear? I would say, perhaps they fear negative astral beings who are more powerful than they are; or perhaps they merely pretend deference to them, when they feel themselves to be in the weaker stance.

I feel certain that the world of negative astral beings is a ‘dog-eat-dog’ world, in which the strongest lords it over all the rest.

. . . . .

I have an image for you entitled ‘Womans Head,” by Mikhail Vrubel, 1885, from Wikimedia Commons. It is in the public domain, so I can show it to you. Here is the face of a beautiful young woman; but she looks afraid, does she not? ... even terrified, maybe. Here eyes are wide open, and her mouth expresses unhappiness, does it not?

The feeling I got from looking at this image is that there is a negative astral being around her ... or maybe possessing her ... dipping down into her energy field. She feels it dipping down. And she is afraid of something to which she cannot quite put a name. She is very afraid. That is my feeling ...

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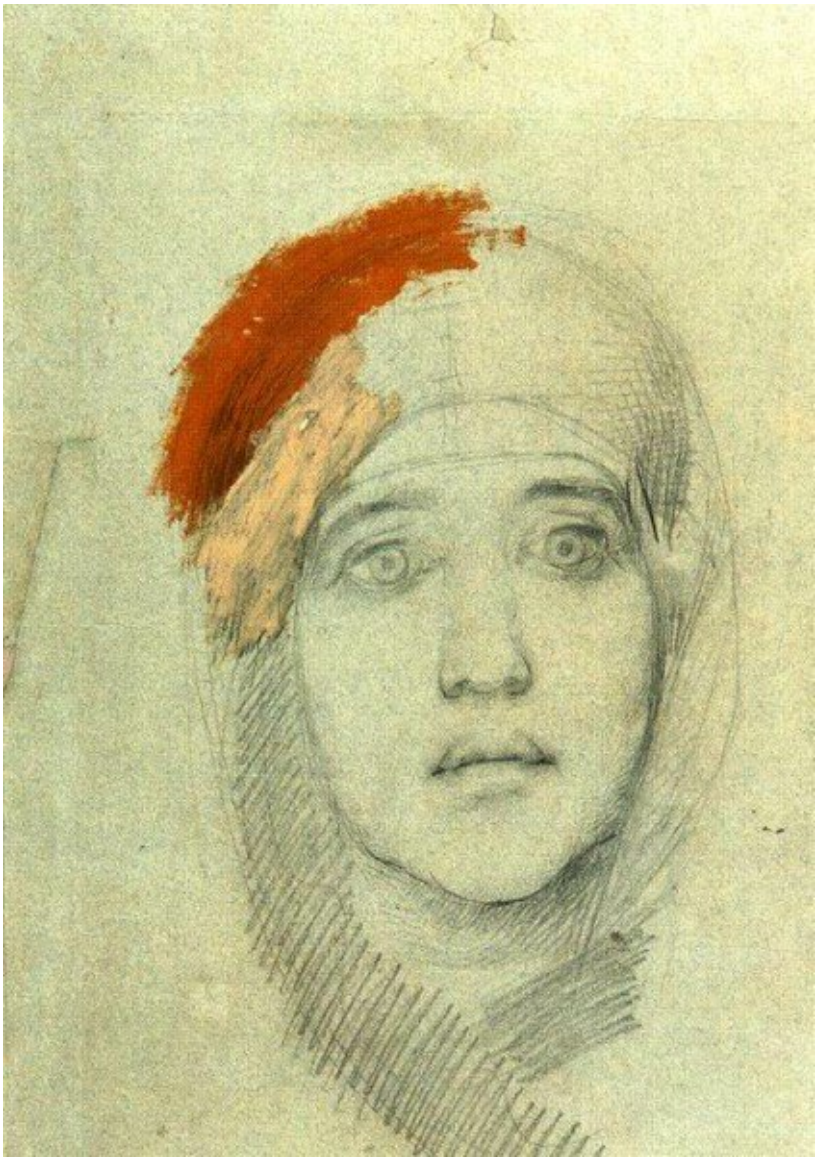


Image: ‘Womans Head,” by Mikhail Vrubel, 1885, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Mikhail _Vrubel _- _Womans _Head _(1885).png … public domain

Image: ‘Womans Head,” by Mikhail Vrubel, *1885, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Mikhail _Vrubel _- _Womans _Head _(1885).png … public domain*

. . . . .

Vrubel has a way of getting down in a painting what people look like who have this trouble of being obsessed or possessed by a negative astral being. I think he did a very good job here with this.

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Of course, there are many other interpretations of this painting; but the vast majority of Vrubel's paintings express similar feelings that I attribute to entity attachment, obsession, and possession by negative astral beings.

So if you see a person that looks like that, you might want to find for them help to ward off whatever it is that is bothering them. (That is if there is no physical manifestation present ... as a physical menace would clearly require a physical response.) And by 'help' I mean spiritual help ... not just some drugs, or something to dull the emotional response and the mental response; but something that really helps the person to overcome whatever it is that they fear; and something that sets them onto a track of purifying their energy field, and strengthening their energy field through the correct lifestyle choices.

In the long run, people whose energy field is weakened or diseased must make themselves well in order to be fully able to ward off these negative influences.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.30 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.6 Cunningness and Deceit . channeled by Alice B. Clagett (2013-10-10 04:44)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 28 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.6 Cunningness and Deceit" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is subsection "6.6 Cunningness and Deceit," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/xRL8Af2cPcI

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.6 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.6 is entitled "Cunningness and Deceit" ...

Amongst people who are obsessed or possessed by a negative astral being, there will be an inability to speak truthfully. For instance, the obsessed or possessed person often projects his or her own Soul qualities ... for example, antisocial personality qualities ... on those who are not obsessed. This is a form of psychological projection, or self-lying, perhaps.

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As I understand it, the Bible also mentions a quality of Satan to lay false accusations against the innocent. That leads me to the notion that the negative astral beings do not understand the notion of speaking truthfully, or else do not value it. In short, they must be liars.

For more about that, you can see a prior blog in this series entitled "Satan Is a Great Deceiver . He Speaks as a Dragon." Then there is another blog entitled "Satan Causes Men to Lie" ... and a few more: "Accuser of the Brethren," and the blog "Devil . Murderer . Father of Lies." These are in section four of this video series, which is entitled "Qualities of Satan, Demons, and Devils (According to the Bible)."

I have an image for you entitled "Children in the Forest," by Ivan Kramskoi, 1887, in Wikimedia Commons; and it is in the public domain. Here are two little children in a very dark forest; but the forest meadow where they are standing is brightly lit by the sunlight. Yet the darkness of the surrounding area imparts a feeling of foreboding there.

My Comments on the image are below ...



Image: "Children in the Forest," by Ivan Kramskoi, 1887, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Kramskoy _Children-in-the-forest _1887.jpg ... public domain ... COMMENTS: In a way, this painting reminds me of the qualities of Satan as being full of cunningness and deception. Here are two children in the forest. They are exploring happily and without fear. The forest itself is dark and foreboding. Were it not for the father, the painter, there to protect them, some wild beast might come and carry them away. In the same way

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Satan presents to our human eyes a seemingly delightful woodland meadow for our childish enjoyment. Entranced with the garden, we fail to notice him lurking amongst the trees, waiting for a chance to do us in. Were it not for our Heavenly Father, who paints the moving picture of our Earthly lives, and stands ever at the ready to protect us against Satan's snares, we might not enjoy the garden of Earthly delights with such childish innocence.

Image: "Children in the Forest," by Ivan Kramskoi, 1887, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Kramskoy _Children-in-the-forest _1887.jpg ... public domain ...

COMMENTS: In a way, this painting reminds me of the qualities of Satan as being full of cunningness and deception. Here are two children in the forest. They are exploring happily and without fear.

The forest itself is dark and foreboding. Were it not for the father, the painter, there to protect them, some wild beast might come and carry them away.

In the same way Satan presents to our human eyes a seemingly delightful woodland meadow for our childish enjoyment. Entranced with the garden, we fail to notice him lurking amongst the trees, waiting for a chance to do us in.

Were it not for our Heavenly Father, who paints the moving picture of our Earthly lives, and stands ever at the ready to protect us against Satan's snares, we might not enjoy the garden of Earthly delights with such childish innocence.

. . . . .

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

[4]Begin [5]< Back [6]Forward >

See also these prior blogs in the section of this video series that is labeled "*Qualities of Satan, Demons, and Devils (According to the Bible).*" ... "*Satan Is a Great Deceiver . He Speaks as a Dragon*" ... "*Satan Causes Men to Lie*" ... "*Accuser of the Brethren,*" and "*Devil . Murderer . Father of Lies*"

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightwork-

ers, Ascension,

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1.10.31 Qualities of Satan According to the Bible: 4.5 Prince and Power of the Air . channeled by Alice B. Clagett (2013-10-10 04:44)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 23 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Ephesians 2:1-2

Dear Ones,

This is subsection 4.5, "Prince and Power of the Air," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/gJaoC7kd1tw

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.5 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.5 is entitled "Prince and Power of the Air."

That Satan is Prince and Power of the Air is described in Ephesians 2 ...

Ephesians 2:1-2 (KJV, public domain)

1 "And you *hath he quickened*, who were dead in trespasses and sins;

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2 "W herein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience."

I get this very thoroughly – Satan's power is of the air. He can talk, possibly with assistance from his minions, in many voices, all at once or sequentially.

He can imbue these voices with the Soul wounding qualities of our friends, and so trick us into thinking we are talking in our minds with our friends, when in fact we are not.

He can threaten us, but he cannot follow through except by latching onto the Soul wounding of other people, or by temporarily 'possessing' animals, since they do not have a quality of higher mind.

He can also 'possess' people, by sending Satanic essence into them and inspiring them with fear. Fear is not our true nature, and so he can distance us from our truth in this way. But only temporarily.

Satan is a lot of hot air!

For more on that, see ... "*Prince and Power of the Air*" in the section of video series blog labeled *6.11,* "*Negative Levitation,*"

and

"*Prince of Devils*"

in the section of this video series labeled

"*Qualities of Satan, Demons, and Devils (According to the Bible).*"

. . . . .

I have a few pictures for you. The first is

"

Mephistopheles flying over Wittenberg" by Eugene Delacroix, 1828, from Wikimedia Commons, public domain. It looks to me to be a popular spoof. I ask you to excuse the lack of proper garb. This is a picture of a demon servant of Satan.

You can see it flying through the air, looking a little silly, with the usual wings and the dark aspect. My Comment on the image is below ...

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Image: “Mephistopheles flying over Wittenberg,” by Eugene Delacroix, 1828, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Mephistopheles2.jpg … public domain … COMMENT: Mephistopheles is a demon servant of Satan, popularized in German folklore. You can see his wings and his devil-may-care attitude in this image. My own feeling is that the Biblical designation of Satan as “prince and power of the air” may have to do with his use of mental suggestion to persuade humans to do evil rather than good. The popular conception that Satan’s minions also have that power is inferred by this image of Mephistopheles flying. It is true that angels are also often depicted as flying; I take this to mean that their influence on our human minds can counter that of Satan and his minions. In addition, I infer from both demons and angels flying that they are nonphysical beings (as physical forms are constrained by the laws of gravity).

Image: “Mephistopheles flying over Wittenberg,” by Eugene Delacroix, *1828, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Mephistopheles2.jpg …*

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public domain ...

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. . . . .

I have one other image for you; it features Satan himself flying in the air. The title of the image is "Satan Afflicting Job." It is from the Nuremberg Chronicle, 1 January 1493, from English Wikipedia, public domain.

Job is on the left; and on the right, in mid-air, is Satan with horns and claws and ragged wings and a tail, and a strange expression on his face. You may know that Job was afflicted with many difficult things in this lifetime. I guess this picture means that it is Satan that is causing this affliction.

My Comment on the image is below ...

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Image: “Satan Afflicting Job,” from the Nuremberg Chronicle, 1 January 1493, in English Wikipedia … https://en.wikipedia.org/wiki/Satan #/media/File:Nuremberg _Chronicle _f _029r _3.png … public domain … COMMENT: This image of Satan causing Job to fall upon hard times and to become ill implies to me that Satan and his demonic minions have the power of mental suggestion or mesmerism or hypnosis through which they can influence the mental bodies of human beings in such a way that their bodies of Light become darkened and tarnished. This darkening or tarnishing I take to be the cause of bad luck such as that which Job, God’s faithful servant, endured at the hands of Satan. My own idea, which I fruitfully employ in my own life, is that Satan’s bad luck suggestions can be overcome by purifying my body of Light and strengthening my electromagnetic field through right diet, plenty of rest, physical exercise, yoga and meditation practiced as often as possible, and by keeping to good companions and not viewing violent or prurient shows on television or in the movies. As well, I find it best for me personally to keep to a quiet environment insofar as possible, so that I can maintain a meditative state much of the day. Further, as a Christian, I take great comfort in wearing a cross, in going to Christian services, and in reading and doing my best to live up to the teachings in the Bible. There is nothing quite like the Bible for warding off Satan and his minions, I feel.

Image: “Satan Afflicting Job,” from the Nuremberg Chronicle, *1 January 1493, in English Wikipedia … https://en.wikipedia.org/wiki/Satan #/media/File:Nuremberg _Chronicle _f _029r _3.png … public domain …*

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.32 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.13 Other Negatively Aspected Clair Powers . channeled by Alice B. Clagett (2013-10-10 04:48)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 30 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.13 Other Negatively Aspected Clair Powers" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - ASTRAL STORY: THE WAGES OF PSYCHIC POWERS USED TO HARM OTHERS
  - THE DOLPHIN THAT WOULD NOT GO TO WAR

Dear Ones,

This is subsection "6.13 Other Negatively Aspected Clair Powers," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/PnicwU6wiog

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.13 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.13 is entitled "Other Negatively Aspected Clair Powers" ...

All the clair abilities have their negative aspects. When these abilities are harnessed to

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military might, or to desire for world domination, or to desire for wealth, personal power, and fame, for instance, they provide inroads into the Soul field for the negative astral beings.

ASTRAL STORY: THE WAGES OF PSYCHIC POWERS USED TO HARM OTHERS

As a case in point, I recall an astral story … a 'psy in the sky' story … about a small group of eager young men who, purportedly, volunteered to develop psychic powers as espionage weapons. They were taught to travel astrally, and to descend on enemies of their government, and then to induce them to have fatal heart attacks.

However, this art was learned, not only by their conscious minds, but also by their subconscious minds. After the military psychic experiment was over … so the story goes … whenever these young men were in a relationship with a woman, and got into an argument with her, their subconscious minds would induce a fatal heart attack in their beloveds while their conscious minds were asleep. And eventually, almost all of this small group of young men, after suffering heartbreak after heartbreak, bereavement after bereavement, took their own lives.

There is no doubt in my mind that … were this horrific story to be true … then it would have been negative astral beings who were at fault in the unintentional murders that occurred during this hellworld psychic experiment gone awry.

THE DOLPHIN THAT WOULD NOT GO TO WAR

I am reminded of a story, perhaps fictional, that I read in my youth, about a military experiment to train dolphins to wear bombs on their heads, and then go and ram enemy ships, thus destroying themselves and injuring the ships.

In the story, the dolphins were psychically gifted. On their first mission, rather than intentionally injure the enemy ships, they chose to return to those that had attempted to wreak evil through the dolphins' own, loving forms, and then the dolphins used the bombs on their heads to ram those ships, destroying them instead.

Wow! What a story! And what a lesson about using psychic abilities for the good of all humankind, rather than for perpetuating that supreme invention of the negative astral beings … human warfare.

I think it must have been a very difficult choice for the dolphin, though, as those beings are all love and Light. That dolphin would not have wished to harm either the aggressor ship or the one that it was intended to aggress.

. . . . .

I have for you an image entitled "Witch of Endor," by Nikiforovich Dmitry Martynov, 1857, in Wikimedia Commons, and it is in public domain. On the left is the Witch of Endor, who is summoning a spirit or ghost or shade (seen above and to the right of her) for a king in a red robe who is sitting at bottom right. Behind the king are, most likely, his faithful servants. This is a very famous story. It has been painted in many different ways … the story of the Witch of Endor.

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My Comments on the image are below ...



Image: “Witch of Endor,” by Nikiforovich Dmitry Martynov, 1857, in Wikimedia Commons ... tps://commons.wikimedia.org/wiki/File:Witch _of _Endor _(Martynov).jpg ... public domain ... COMMENT: The story behind the painting is this: According to the Hebrew Bible, King Saul was about to go to battle with the Philistines. He consulted the Witch of Endor to find out how the battle would go. The Witch summoned the spirit of the prophet Samuel, who foretold that Saul would perish in the battle. The next day the prophecy was fulfilled. This is an instance of psychic abilities being paid for as an aid to warfare. Of course, warfare on Earth is sometimes unavoidable, but the mission of a Lightworker such as I ... and such as you ... is to spread peace and love and joy on Earth, rather than to promote aggressive behavior. To do that for financial gain would dull the Lightworker’s Light, so that his or her Soul mission would be more difficult to achieve. So I feel.

Image: “Witch of Endor,” by Nikiforovich Dmitry Martynov, *1857, in Wikimedia Commons ... tps://commons.wikimedia.org/wiki/File:Wi tch _of _Endor _(Martynov).jpg ... public domain ...*

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COMMENT: The story behind the painting is this: According to the Hebrew Bible, King Saul was about to go to battle with the Philistines. He consulted the Witch of Endor to find out how the battle would go. The Witch summoned the spirit of the prophet Samuel, who foretold that Saul would perish in the battle. The next day the prophecy was fulfilled.

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. . . . .

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.33 Qualities of Satan According to the Bible: 4.6 God of This World Who Can Blind the Minds of Men . channeled by Alice B. Clagett (2013-10-10 04:57)

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Corinthians 2:1-4

Dear Ones,

This is subsection 4.6 "God of This World Who Can Blind the Minds of Men," of the section "4.0 Qualities of Satan, Demons and Devils According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/PJQxNWsnDzA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.6 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.6 is entitled "God of This World Who Can Blind the Minds of Men."

This quality of Satan is described in 2 Corinthians 4 ...

Corinthians 2:1-4 (KJV, public domain)

1 "Therefore seeing we have this ministry, as we have received mercy, we faint not;

2 "But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.

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3 "B ut if our gospel be hid, it is hid to them that are lost:

4 "I n whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them."

These verses speak of Christ's disciples, who have a ministry of spreading his teachings, and received the mercy from him, and can be courageous because of that. It says that the ministers of Christ are completely honest and open, and speak the truth.

It says that for those from whom Christ's gospel and the good news of Christ is hidden, these are hidden, the disciples should understand, because those people are lost. In those people, he says, the God of this world, whom we take to be Satan, has blinded their minds, so that Christ's gospel cannot shine upon them.

Now this is a reference to a particular time ... a time when the disciples were spreading the word of Christ's gospel, and when other people were blinded to the truth of that word.

This reference to a particular time in relation to Christ consciousness, it seems to me, implies that Satan's power has to do with the third dimension only (the realm of time and space, the physical realm), since that dimension is built on the illusion of time and space, rather than in the eternal Now ... rather than in the state of Christ consciousness, of Awareness, of awakening to New Life on New Earth.

When the Bible speaks of Satan as the Prince of this world. I am guessing it means he is the Prince of Planet Earth only. So we have there a physical restriction with regard to Satan; and a temporal restriction mentioned as the time when the gospel was being spread, the early days of the gospel of Christ.

Beyond that, we have an eternal Awareness of the presence of Christ consciousness everywhere, but in that realm of Christ consciousness Awareness, there is no Satanic presence ... none at all. Satan cannot exist in the higher realms (in the heavenworlds ... in the fifth dimension and higher).

So the verse speaks of Satan as the god of this world, who can blind the minds of men, but he can only do so in a third and fourth dimensional context. By adhering to Christ consciousness, we rise above this, and above the powers of Satan, and above his snares. But within those two realms, the third and the fourth dimension (the physical realm and the astral realm), Satan, I feel, does have the power of mind control over humankind. For more on that, see my blog category: *Mind Control*

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I have a pretty good image for you today. It is very striking. It is called "The Worship of Mammon" by Evelyn De Morgan, circa 1909. It is in Wikimedia Commons, public domain, so I can show it to you. It has to do with being blinded by the desire for wealth.

My Comment is below ...

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Image: “The Worship of Mammon,” by Evelyn De Morgan, circa 1909, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:The _worship _of _Mammon.jpg … public domain … COMMENTS: Mammon … the personification of lust for money and power, is sometimes termed the a demon that is the son of Satan, and sometimes Beelzebub. I aver that ‘mammon rules this world’. Thus, in a roundabout way, I thought to use this image to illustrate the Biblical thought that Satan is called the “god of this world who can blind the minds of men” … But in the case of this painting, it is desire for lucre that captivates the mind of a woman. –Alice B. Clagett

Image: “The Worship of Mammon,” by Evelyn De Morgan, *circa 1909, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: The _worship _of _Mammon.jpg … public domain …*

COMMENTS: Mammon … the personification of lust for money and power, is

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. . . . .

Here is a woman who seems to be blind to everything else but her petition of this massive presence [the golden statue of a man] for money. She wants money. She is not thinking about anything else. She is absolutely miserable because she does not have money. This golden statue of a man is called mammon … the personification of lust for money and power.

Here she is, on top of a mountain, with the beautiful scenery of starry sky and mountaintops beneath her. But she is not looking at the beautiful view of the physical creation here on Earth. She instead has her eyes fixed … or transfixed … on this being here, which seems unkind, cold-hearted, and not that willing to grant her a favor.

If she were able to shake her mind free of the notion that she has to have money and power, she would be able to enjoy the beautiful panorama of earthly life. Do you know what I mean? It is better to take what God gives us, and to make the best of it, than to go looking for things that He prefers not to give us. We need to ask Him what He wants for us. That is what I feel. And in that way we will always be happy, because He will always be unfolding the great wealth of our earthly experience before our eyes.

That is not to say that we ought not stand up for ourselves; of course we ought, in this world of Duality. Of course we ought stand up for ourselves. But we can stand up for ourselves without becoming involved in turbulence of the heart and mind.

With a peaceful mind we can foray forth, through the scenes of this earthly life,

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 23 December 2021; revised on 26 March 2023

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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3. https://wp.me/p2Rkym-pNu
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pNg
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1.10.34 Satan’s Powers 5. How to Recognize a Person Who Practices Satanism . channeled by Alice B. Clagett (2013-10-10 04:59)

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - WEAK LIFE FORCE
  - WEAK NERVOUS SYSTEM
  - A TENDENCY TO CANCER
  - WEAKENED IMMUNE SYSTEM
  - A WIZENED LOOK
  - LACK OF GROUNDEDNESS
  - SUSCEPTIBILITY TO SATANIC OBSESSION, WHICH PRECIPITATES ACTS OF VIOLENCE
  - CONCLUSION
- CREDITS

Dear Ones,

This is section "5. How to Recognize a Person Who Practices Satanism," from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/0-Mgr-eYDDE

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today section "5. How to Recognize a Person Who Practices Satanism" of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett.

This section has to do with my own clair observation and intuition and channeling, and not with the Bible whatsoever. These are merely my own thoughts on the topic.

I know these opinions I have about this are merely from the clair plane, and merely intuitive. I expect there would be many people that would disagree with me about it. But these are my clair understandings of the topic of how to become aware of a person who has practiced

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Satanism for a long time, and how to know that it is important to change directions and move away from them in the physical plane ... to get out of sight; to get out of mind ... so that no bad things befall us Lightworkers. It goes like this ...

In order to figure out whether a person has been practicing Satanism for some time, one thing we can do is look at their life force. This is something that clairvoyant people ... sensitives and intuitives ... can look at.

WEAK LIFE FORCE

- For people that have practiced Satanism for some time, I feel, the life force will be seen to be very weak, very tenuous ...

I have here a picture of a person with a strong energy field, as opposed to a person with a weakened energy field. On the left is a strong energy field, and on the right you can see a weakened energy field. There you can see that the energy field is smaller; and it is not completely in balance either.

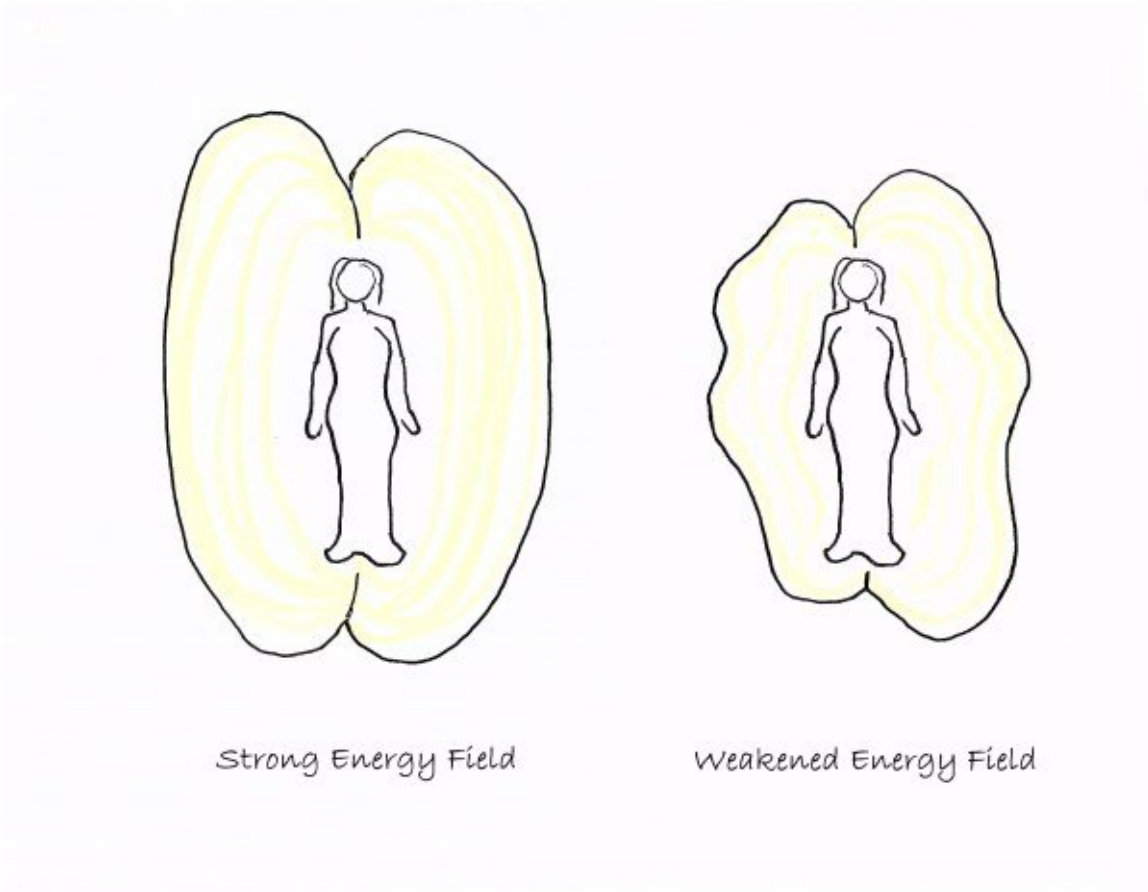


Image: "Strong Energy Field and Weakened Energy Field," by Alice B. Clagett,

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28 November 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Strong Energy Field and Weakened Energy Field," *by Alice B. Clagett, 28 November 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..*

. . . . .

So the psychic, the clairvoyant, or the Lightworker can look at a person and see their aura or energy field, and get a feel for whether or not it is likely that they have been practicing Satanism for a long time. Of course, there are a lot of other reasons why the energy field might be weakened. This is just one indicator.

WEAK NERVOUS SYSTEM

- If the energy field is weak, then it is likely you will observe that the nervous system of that person is also very weak.

I found a picture called Detail of "Death in the Sickroom," by Edvard Munch, 1893, from Wikimedia Commons, public domain. I thought this might give a person struggling to figure out whether the nervous system is weak. A budding Medical Intuitive might look at this picture here and see whether she might be someone with a weakened nervous system. That is one type of look that a person with a weakened nervous system might have.

My Comment on the image is below ...

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Image: Detail of “Death in the Sickroom,” by Edvard Munch, 1893, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Edvard _Munch _- _Death _in _the _Sickroom _- _Google _Art _Project.jpg … public domain „, COMMENT: I associate the wanness or paleness of the person in this painting with nervousness. I feel that other indications of nervousness might be jitteriness of speech or of the limbs, lack of balance in physical movement, or jitteriness or imbalance in the energy field. But sometimes these same symptoms may occur due to lack of sleep or physical fatigue or physical diseases.

***Image: Detail of “Death in the Sickroom,” by Edvard Munch**, 1893, in Wikimedia Commons … [4]https://commons.wikimedia.org/wiki/File: Edvard _Munch _- _Death _in _the _Sickroom _- _Google _Art _Project.jpg … public domain „,*

COMMENT: I associate the wanness or paleness of the person in this painting with nervousness. I feel that other indications of nervousness might be jitteriness of speech or of the limbs, lack of balance in physical movement, or jitteriness or imbalance in the energy field. But sometimes these same symptoms may occur due to lack of sleep or physical fatigue or physical diseases.

. . . . .

So nervousness observed in a person is also a possible indicator of long-term practice of Satanism; but it can also indicate other physical problems. It is not absolutely definitive.

A TENDENCY TO CANCER

- The next indicator is a tendency to cancer,

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Everyone knows there are many other reasons for a tendency to cancer. But the practice of Satanism ... because it weakens the energy field and makes a person more nervous ... can lead to cancer.

I have an image for you called “The Old Guitarist,” oil on panel, by Pablo Picasso, late 1903-early 1904, from English Wikipedia, and it is in the public domain. It is a picture of a very weak, very sad old man playing the guitar. You can see that he can barely keep his head up. He seems to be falling over.

My Comment on the image is below ...



Image: “The Old Guitarist,” oil on panel, by Pablo Picasso, late 1903-early 1904, in English Wikipedia ... https://en.wikipedia.org/wiki/File:Old _guitarist _chicago.jpg ... public domain ... COMMENT: This image seems to me to be of a person with a tendency to cancer. I feel that

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to be so because the man in the painting looks so sad, and because some say cancer can be cured through laughter and a light-hearted attitude.

Image: "The Old Guitarist," oil on panel, by Pablo Picasso, *late 1903-early 1904, in English Wikipedia ... https://en.wikipedia.org/wiki/File:Old _guitarist _chicago.jpg ... public domain ...*

COMMENT: This image seems to me to be of a person with a tendency to cancer. I feel that to be so because the man in the painting looks so sad, and because some say cancer can be cured through laughter and a light-hearted attitude.

. . . . .

What I am getting at is this picture shows someone weakened and sad and feeling negative emotions; and negative emotions make a person prone to cancer. One of the reasons a person might feel negative emotions, I feel, might be the long-term practice of Satanism.

Here is the next point; the next indicator, is this ...

WEAKENED IMMUNE SYSTEM

- The immune system, I feel, will be less than optimally effective.

It is hard to get a picture of a weakened immune system, I found on Google. So by way of contrast, I have an image that I feel symbolizes a healthy immune system. It is rather ddramatic, and it looks like this. You see two Norwegian skiers are carrying between them a little child. They are skiing very intently along. It looks as if they are defending the child and helping him to escape, does it not? The image is called "Birkebeinerne," by Knud Bergslien, 1869, Wikimedia Commons.

The Description of the image and my Comments on it are below ...

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Image: “Birkebeinerne,” by Knud Bergslien, 1869, Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Birkebeinerne _ski01.jpg … public domain … DESCRIPTION: According to legend, the top two Birkebeiner skiers, Torstein Skjevla and Skjervald Skrukka, took Håkon Håkonsson (the king’s son) to safety with King Inge II at Christmas. To avoid the expected Bagler opposition, they avoided the normal way through Gudbrandsdalen, but instead moved in frost, snow, and bad weather on Østerdalen into the mountains. In memory of this particular act, in 1932 the Birkebeinerlauf was lifted from the baptism. ("Birkebeiner" called themselves rebels in the time of the Norwegian Civil War in the 13th century. The name comes from the propaganda of their political opponents, the Bagler, because the rebels had fled after an initial defeat in the woods and had wrapped their calves with birch bark as protection from the cold. The Bagler sought the king’s son Håkon Håkonsson, who later as King Håkon IV of Norway would govern from 1217 to 1263, for life.) … COMMENT: This image reminds me of people with very strong immune systems. The immune system defends the human body from pathogens, and helps bring it back to a healthy state, just as these ‘Birchleg’ skiers defended the young Prince Haakon of Norway, and helped bring him to safety.

Image: “Birkebeinerne,” by Knud Bergslien, *1869, Wikimedia Commons … [5]https://commons.wikimedia.org/wiki/File:Birkebeinerne _ski01.jpg … public domain …*

DESCRIPTION: According to legend, the top two Birkebeiner skiers, Torstein

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Skjevla and Skjervald Skrukka, took Håkon Håkonsson (the king's son) to safety with King Inge II at Christmas. To avoid the expected Bagler opposition, they avoided the normal way through Gudbrandsdalen, but instead moved in frost, snow, and bad weather on Østerdalen into the mountains. In memory of this particular act, in 1932 the Birkebeinerlauf was lifted from the baptism. ("Birkebeiner" called themselves rebels in the time of the Norwegian Civil War in the 13th century. The name comes from the propaganda of their political opponents, the Bagler, because the rebels had fled after an initial defeat in the woods and had wrapped their calves with birch bark as protection from the cold. The Bagler sought the king's son Håkon Håkonsson, who later as King Håkon IV of Norway would govern from 1217 to 1263, for life.) …

COMMENT: This image reminds me of people with very strong immune systems. The immune system defends the human body from pathogens, and helps bring it back to a healthy state, just as these 'Birchleg' skiers defended the young Prince Haakon of Norway, and helped bring him to safety.

. . . . .

A WIZENED LOOK

Now for the next indicator ...

- Such a person... a person who has practiced Satanism for a very long time ... will, I feel, look wizened, like a person of advanced age, even though he or she may be, in Earth years, still young or of middle age.

I have a photo for you entitled "Last photograph of Tránsito Amaguaña," by Lobitadel-sur, 9 October 2017, in Wikimedia Commons. It is Creative Commons, and it looks like this. This is a picture of a very old person; you can see how wizened ... how withered ... the face is. And that I feel to be a possible sign of long-time practice of Satanism (although of course, surely not necessarily so).

My comment on the image is below ...

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Image: “Last photograph of Tránsito Amaguaña,” by Lobitadelsur, 9 October 2017, in Wikimedia Commons … CC BY-SA 4.0 International … COMMENTS: The face of this older person looks wizened (wrinkled or withered). Sometimes the faces of younger persons look prematurely wizened as well. –Alice B. Clagett

Image: “Last photograph of Tránsito Amaguaña,” by Lobitadelsur*, 9 October 2017, in Wikimedia Commons … CC BY-SA 4.0 International …*

COMMENTS: The face of this older person looks wizened (wrinkled or withered). Sometimes the faces of younger persons look prematurely wizened as well. –Alice B. Clagett

. . . . .

LACK OF GROUNDEDNESS

The next indicator I have for you is …

- The astral form will be lifted away from Earth, so that the central energy channel … that is, the kundalini … of the torus (the energy field) cannot be grounded to Earth.

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I have an image for you entitled "Let Me Lift You Up Metaphor," adapted by Alice B. Clagett, 19 April 2016, and it is Creative Commons. You will see the silhouette of a woman, and around her, but lifted off the ground, a yellow shape or shadow. This yellow shape or shadow represents the astral form of the woman.

I have noticed, in people who have practiced Satanism for a long time ... or so it seems to me, intuitively ... there is a disjunct; there is a lifting up of the astral form, off of the ground, so that the person is no longer grounded to Mother Earth. So the lowest part of the astral form does not touch the Earth. It is almost as if there were a demon up at the top of the astral form, pulling the astral form up off of the ground. It is the strangest thing ... very strange indeed!

The Description of the image is below ...

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Image: "Let Me Lift You Up Metaphor," adapted by Alice B. Clagett, 19 April 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Grey silhouette of a standing woman, viewed from the side. There is a yellow silhouette representing the astral body hovering off the ground, with its head above the head of the grey silhouette ... CREDIT: The silhouette is adapted from Pixabay free images,

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https://pixabay.com/en/woman-posing-silhouette-standing-150477/ ... Pixabay Free License: https://pixabay.com/service/license/ ..

Image: "Let Me Lift You Up Metaphor," adapted by Alice B. Clagett, *19 April 2016, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

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CREDIT: The silhouette is adapted from Pixabay free images, https://pixabay.com/en/woman-posing-silhouette-standing-150477/ ... Pixabay Free License: https://pixabay.com/service/license/ .

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SUSCEPTIBILITY TO SATANIC OBSESSION, WHICH PRECIPITATES ACTS OF VIOLENCE

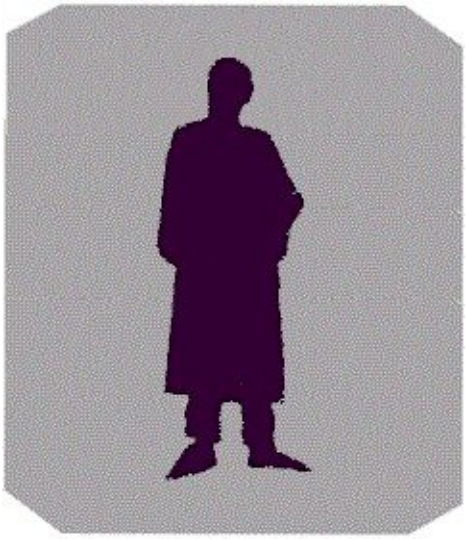
The last indicator is a corollary of the one just discussed; and it goes like this ...

- Thus the astral form of the human being who worships Satan becomes available for Satanic obsession; it is this obsession that results in criminal acts of notable violence, such as murder, especially sacrifice of innocents, rape, cannibalism and mutilation of other people’s human forms or possibly of one’s own.

I have an image for you entitled "Obsession: Descent of the Dark," by Alice B. Clagett, 23 May 2019. It is Creative Commons. The image of the man here is just a stock silhouette of a man in a trench coat. And around it is about the size of the Descent of the Darkness that overpowered him in a church parking lot. What happened ... as it seemed to me at the time ... was obsession of a man by the Demonic Realm ... and a very powerful Dark Force that encompassed him.

The Description of the image, and my Comment on it, are below ...

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Composite Image: "Obsession: Descent of the Dark," by Alice B. Clagett, 23 May 2019, CC BY-SA 4.0 International, from ... DESCRIPTION: Big block of Darkness surrounds the silhouette of a standing man with a trench coat on. This image is part of an animated gif.

Composite Image: "Obsession: Descent of the Dark," by Alice B. Clagett, *23 May 2019, CC BY-SA 4.0 International, from ...*

DESCRIPTION: Big block of Darkness surrounds the silhouette of a standing man with a trench coat on. This image is part of an animated gif.

. . . . .

CONCLUSION

Let's just go over the bullet points ... the important indicators that I found to be true in my personal life with regard to spotting people who have been practicing Satanism for awhile, and getting clear of them on the physical plane ... getting away from them before any harm befalls me.

- First, the life force will be seen to be very weak ... very tenuous. And a corollary: Consequently, the nervous system will be very weak.
- Second, there will be a tendency to cancer.
- Third, the immune system will be less than optimally effective.
- Fourth, such a person will look wizened, like a person of advanced age, even though he or she may be, in Earth years, still young or of middle age.
- Fifth, the astral form will be lifted away from Earth so that the central energy channel (or 'kundalini') of the torus (or energy field) of the person cannot ground to Earth.

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- And a corollary:

  Thus the astral form of a person who worships Satan becomes available for Satanic obsession (That is to say, temporary 'possession'). It is this obsession that results in criminal acts of notable violence such as murder, especially sacrifice of innocents, rape, cannibalism, and mutilation of the human form.

It seems to me unlikely you will ever run across somebody with all those possible indicators. But if you run into someone with a few of them (for whatever reason), then I would say it would be good to steer clear of them.

That is my idea as a Lightworker. And I have a reason to say so, but I have already said so in my blog, and I will not bother to go on about it here, except to say, if you search my blog for: Alice's Perilous Tales .. you will find some of the things that have happened to me around this topic of Satanic obsession, Satanic possession, and long-term practice of Satanism. That is to say, you will find my adventures in steering clear of folks who, it seems to me from their energy fields, must have been practicing Satanism for many years.

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 24 December 2021; revised on 15 April 2023

Biblical references (if there are any) are in light blue font.

[6]Begin [7]< Back [8]Forward >

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CREDITS

The sections "WHO IS SATAN," "WHAT ARE DEVILS?" and "HOW TO RECOGNIZE A PERSON WHO PRACTICES SATANISM" are excerpted from ... *Link: "Who Is Satan? What Does a Satan Worshiper Look Like?" by Alice B. Clagett, written and published on 31 May 2017; revised ... [9]https://wp.me/p2Rkym-7gx ..*

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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This is section "5. How to Recognize a Person Who Practices Satanism," from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett.

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1.10.35 Qualities of Satan According to the Bible: 4.7 Prince of Devils . channeled by Alice B. Clagett (2013-10-10 06:04)

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - INTRODUCTION
    - Matthew 12:24
    - Shadow of the Personality
  - HOW TO DEAL WITH DEMONIC NIGHTMARES
    - Calling on Our Ascension Team . Vertical Energetic Influences
    - Uncoloring
    - Utilizing Timeline and Dimensional Optimization Techniques . Astrogeophysics
    - Influence of Solar Events and Dynamic Magnetosphere of Earth on Human Mystical Visions and Nightmares

Dear Ones,

This is subsection 4.7 "Prince of Devils," of the section "4.0 Qualities of Satan According to the Bible," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/smKbCn0uFFU

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 4.7 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 4.7 is entitled "Prince of Devils."

INTRODUCTION

Matthew 12:24 (KJV, public domain)

There is a reference to Satan as Prince of Devils in Matthew 12:24 , which calls Beelzebub (another name for Satan) the "prince of the devils." Verse 24 goes like this ...

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24 "But when the Pharisees heard it, they said, This fellow doth not cast out devils, but by Beelzebub the prince of the devils."

This was a situation in which the Pharisees saw a miracle of casting out a devil by Christ, and accused Christ of colluding with Satan in order to accomplish that miracle. Christ replied that that did not make good sense, because Satan would not work against himself and in that way weaken his kingdom or his house. So that was sure proof that to cast out devils is not the work of Satan. But that is a story for another day. To get back to the text ...

Here is my commentary: It seems to me that, so as to create for us the illusion of Duality, God has arranged for each of us to be tethered to a devil at birth. Not the most pleasant notion, but not all that pleasant for the devils either. I might imagine ... because, as our Light quotient increases (because we are paying attention to the angel that also stands by our side), our personal devil becomes more and more frenetically insistent at presenting us with Dark alternatives. And, I am guessing, there comes a point in our evolution of brightness when our unwanted tethered companion just goes poof!

Though I am for preserving endangered species, I do not feel at all bad about this. They may not like it. They may fear It greatly. But each and every 'poofee' is just returning to its highest Truth. To Source. To God. They do not know it now, but they are going to like it a lot when it finally happens, I feel. It is all in the hands of the God ... God knows exactly how it all should happen.

Shadow of the Personality

In more recent years from the time that I wrote this commentary, I began to consider the possibility that what we encounter as a 'devil' tethered to us on Earth is really better considered to be the 'shadow of the personality'. And that is a separate topic. It is useful for those that are concerned about the idea of devils being around. For many people it is better to consider that it is just a darkness in our own personality that we are clearing up ... the shadow of the personality. If you would like to read a little more about that topic, see my blog category: Shadow of the personality .. .

. . . . .

I have for you an image by Gustav Dore (one of the great artists that I remember from my childhood). The title of the image is "Satan in Council." It is in the public domain, as is all of Gustav Dore's work, because it was done in the 1800s ... this one in 1868.

You will see here Satan, at the top, looking bright. I call this the 'seeming Light' that he might get from other beings (such as human beings) that he is devouring. So he may seem very light and very splendid ... very grand ... to us because of that vampirical quality I feel he has.

Here you see all his minions [assembled]. He has an army of minions to do his bidding, according to the Bible and according to Gustav Dore. It is a splendid scene, is it not? It looks like he is a powerful [man]. It looks like he is rather grand.

If you were to encounter him on the astral plane, he might look like that. He might seem very grand ...

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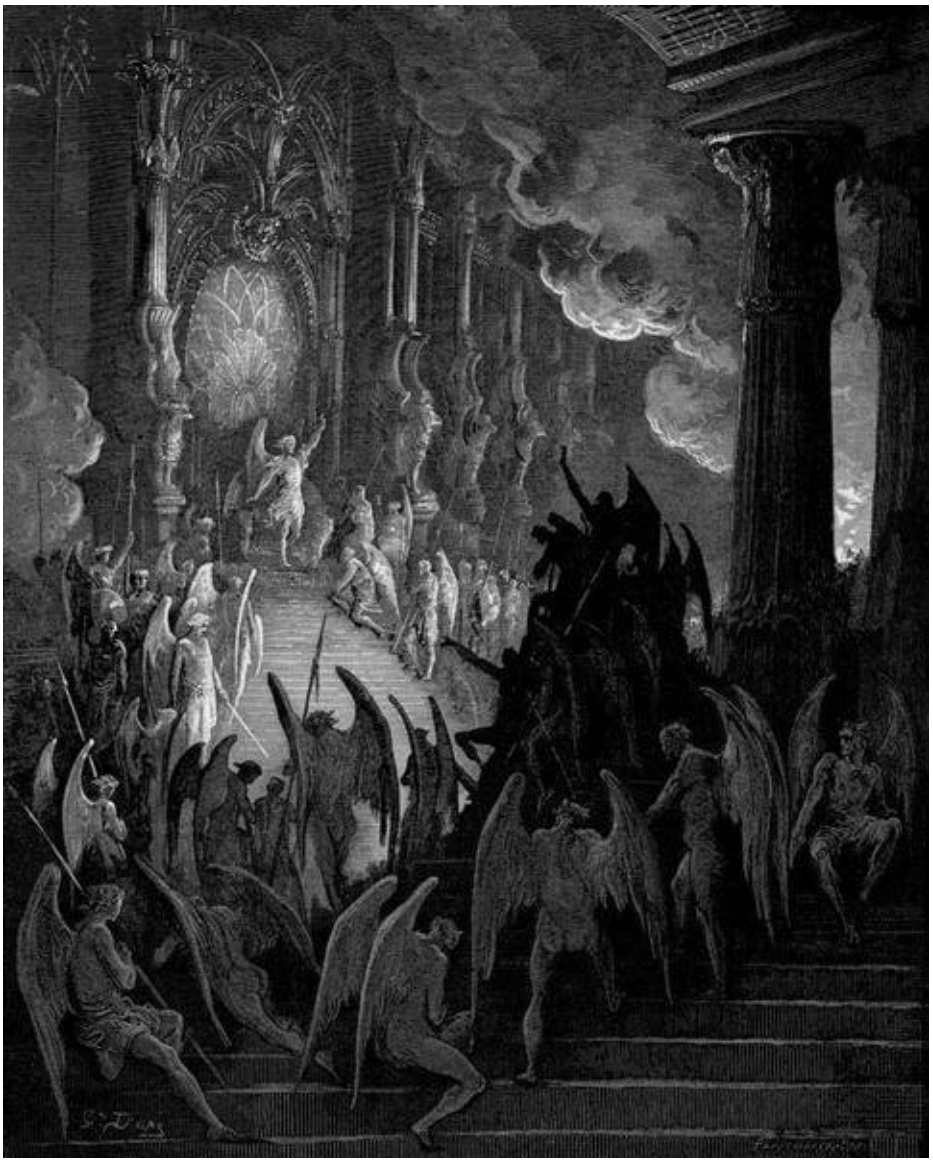


Image: “Satan in Council,” by Gustave Dore, 1868, in Wikiart ... https://www.wikiart.org/en/gustave-dore/satan-in-council ... public domain

Image: “Satan in Council,” by Gustave Dore, *1868, in Wikiart ... https://www.wikiart.org/en/gustave-dore/satan-in-council ... public domain*

. . . . .

I have some thoughts for you about what some people feel about devils ... and which may or may not be true, I have to tell you, because devils exist ... as I have mentioned before ... only in a very limited reality: the physical realm, which they influence through mind control,

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I feel; and the astral realm, which is really where they are when they influence us ... influence our dreams, influence our thoughts, influence our nightmares. And the things I have to tell you right now have to do with those types of nightmare realities that devils can create from time to time ... which can cause some concern if we do not have strong faith in God: a cross to wear, a Bible to carry, and a chance to pray.

Do not take these nightmares and astral whisperings too seriously. They are just inventions of the world of devils, to try to put fear into us, when we could have faith instead.

The commentary goes like this: Devils can talk to each other, and we can hear our own devil chatting to the devils of our friends, whether or not they are nearby physically. It may sound like us talking to our friends, as devils take on, in an exaggerated sense, the Soul qualities of the humans to which they are tethered.

Devils can also swoop through our mental field, in the head area, creating a discombobulating feeling like an elliptical energy a little smaller than a basketball. This temporarily disturbs our thinking, and can be upsetting if we have the mental construct that we are our minds. But it cannot bother a person whose Awareness is placed in his heart.

Devils... they say ... can crawl in through a body orifice or opening. Once inside, they can crawl around making spooky little comments ... or so it is said. This can be upsetting if we have the mental construct that we are our bodies. Extremely spooky, I have to admit, especially if the notion occurs while we are sleeping or dreaming.

It is important to realize that the intention of devils ... their *raison d'être* ... is to create Darkness in us, and not to kill us. So this ploy of theirs is an attempt to create fear. It is fear that is our enemy in life on Earth; not devils, but fear. Fear within our own hearts is the thing that we must overcome with the courage that God gives us, I feel.

. . . . .

I have for you an image that is a portion of a painting called "Medicine" by Gustav Klimt. It was painted between 1900 and 1907; I found it in Wikimedia Commons, so it is in the public domain.

My Comment is below ...

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Image: “Portion of Klimt’s painting Medicine,” by Gustav Klimt, between 1900 and 1907, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Klimt _hygeia.jpg … public domain … COMMENTS: This reminds me of a nightmare I once had of an astral snake that got into a woman through her mouth and then spent an unconscionable amount of time crawling around inside her astral form, very delighted that it was frightening her. I recall how helpless I felt that I could not help her escape from this bugaboo. I felt I was in a twilight state of consciousness between waking and sleeping, and could not quite wake up out of concern for the woman. It seemed to me she was lying at the end of a long bed on which I was also reclining; that somehow her bed was part of my own. She was very pretty, and she was huddled on her side, crying inconsolably. I recall the state she was in had to do with her husband leaving her, and enjoining a curse against her that she should have no male friend but him, until they were together again. It was a spookout for me, for sure. I was very relieved when the nightmare ended; I recall that very clearly.

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Image: "Portion of Klimt's painting Medicine," by Gustav Klimt, *between 1900 and 1907, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Klimt _hygeia.jpg ... public domain ...*

COMMENTS: This reminds me of a nightmare I once had of an astral snake that got into a woman through her mouth and then spent an unconscionable amount of time crawling around inside her astral form, very delighted that it was frightening her. I recall how helpless I felt that I could not help her escape from this bugaboo. I felt I was in a twilight state of consciousness between waking and sleeping, and could not quite wake up out of concern for the woman.

It seemed to me she was lying at the end of a long bed on which I was also reclining; that somehow her bed was part of my own. She was very pretty, and she was huddled on her side, crying inconsolably. I recall the state she was in had to do with her husband leaving her, and enjoining a curse against her that she should have no male friend but him, until they were together again. It was a spookout for me, for sure. I was very relieved when the nightmare ended; I recall that very clearly.

. . . . .

You see a woman, rather august, looking aloof, and red garb marked with gold ornaments. You also see what looks a little like a snake twining around through the picture.

To me, this image represented not so much medicine or healing as some fake thing that appears to be healing, but is in fact more like something bad for us ... causing illness; a pretend healing ... but not really so. That is just how this image struck me, because of the coldness of the face of the woman, and what looked like a snake on the torso, and the redness of the clothes. It seems like a gory picture to me, not like a healing picture. (I might be very wrong about it.)

You can tell I am a little up in the air about devils, because I have come up with another interpretation regarding this kind of nightmare. I thought that maybe what I took to be devils were really nature spirits that had been mind controlled and darkened a little, or distorted a little, in their typical energy of goodness and kindness and sweetness, by black magic.

At the time when I was writing this, quite some years ago, it seemed like that might be the case. But these days it seems like that is not happening anymore. Things are changing so fast on ascending Earth, especially with regard to negative astral entities that used to be very numerous here on Earth, it is hard to tell from day to day where we really stand anymore. And of course, a lot depends on the timeline and dimensions in which you are perceiving the Shift on Earth, which is why I always say: Ask your Ascension Team, that is here for you, to help you with your earthly Soul lesson. Ask them to optimize your timelines and dimensions, for the All, through Free Will, so that yours will be the best temporospatial experience that you may have during the Ascension process.

HOW TO DEAL WITH DEMONIC NIGHTMARES

Here is a commentary to do with what to do if you have a dream like the one I just discussed ...

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Calling on Our Ascension Team . Vertical Energetic Influences

An excellent solution, I feel, is to call on your Ascension Team. You can use that request I just discussed ...

Spirit to Team!
Optimize timelines and dimensions
For the All, through Free Will.

That will probably help. Or, if you prefer, you can speak with your Higher Self. Ask your Ascension Team or your Higher Self to dispose of the interloper ... that would be that strange, snaky being in the dream ... in the manner that is best for All (for all beings everywhere). Then thank your Ascension Team or your Higher Self for helping you. Gratitude is very important in this instance. Not only does it dispel fear, but also it aligns your grounded self with the highest, with your vertical energetic influences, rather than your horizontal energetic influences.

By 'vertical energetic influences' I mean your central vertical power current, the kundalini, the vertical center of your energy field here on Earth; and those beings (at higher and higher dimensions within your energy field) known as your Ascension Team, who can help you.

By 'horizontal energetic influences' I mean what we perceive in the physical or astral realm here on Earth as being other than ourselves: other people, other beings, other astral beings whether positive or negative. These beings are all in dimensions far less light, far less happy, than most of the beings in our Ascension Team. To go on with the commentary ...

Some years ago, I had the notion that there are 'freelance devils' ... not tethered to humans, but other types of devils roaming about Earth; and that these untethered, 'freelance devils' disappeared from Earth a while back. In my own temporospatial context ... in my own timeline and dimension ... they disappeared a long time ago.

I have an article for you ... *Link: "Bidding Our Demons Goodbye Video Series," by Alice B. Clagett, filmed on 6 April 2015; videos published on 28 July 2015, 1 August 2015, and 3 August 2015; blog published on 8 April 2015; revised ... [4]https://wp.me/p2Rkym-34a ..*

Uncoloring Technique

I have a subsection for you here that offers one way to deal with scary dreams like the one that I described. it is called "Uncoloring."

You may recall that I spoke about a scary dream with a really spooky kind of snaky being that was frightening a woman ... not me, but another woman. And then I said that it might be a nature spirit. And priorly I spoke of Satan himself, and how he might be considered to be the shadow of our personality. These two instances of taking a scary concept ... something that frightens us ... and changing it to something less frightening are instances of the process called 'uncoloring'.

That process is described by Swamij ... otherwise knowns as Swami Jnaneshvara Bharati ... who wrote a blog called "Uncoloring Your Colored Thoughts Through Yoga" ...

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Link: "Uncoloring Your Colored Thoughts Through Yoga," by Swami Jnaneshvara Bharati ... [5]https://swamij.com/klishta-aklishta.htm ..

Swamij's is a great website ... *[6]https://swamij.com* ... with many references, and it explain's Patanjali's teachings on how to know God. I think you will like it quite a bit, and find quite a bit there that will be helpful to you ... especially in dealing with these frightening concepts, such as Satan and devils and nature spirits that have been bewitched by black magic; things like that ... things that cause us nightmares. To continue with the commentary ...

Utilizing Timeline and Dimensional Optimization Techniques . Astrogeophysics

Another way to shift from a scary scenario to a copacetic one is to utilize my timeline and dimensional optimization techniques. I have already told you a little about that in this section of the blog. For more on this, see my blog categories: *Timeline optimization* ... and ... *Dimensional optimization ...*

The Astrogeophysics discoveries that I made in years past, and of which timeline optimization and dimensional optimization are examples, are one of my most important contributions to the Ascension literature. If you can get a chance to get your feet wet on this topic of Astrogeophysics, I think it will be well worth it for you. You will discover something new. You will be the intrepid explorer in a whole new world, I feel.

Influence of Solar Events and Dynamic Magnetosphere of Earth on Human Mystical Visions and Nightmares

To continue with the commentary: Note also that this blog was originally written during a time when many Solar events were about to unfold on Earth. As I recall, soon thereafter there were two X-class Solar flares and maybe six M-class flares. These types of Solar events can cause mystical experiences and also nightmares such as that which I have described.

For more on that time when the blog was first written, you can go to the article "Sun Continues to Emit Solar Flares" by NASA, 28 October 2013 ...

Link: "Sun Continues to Emit Solar Flares," by NASA, 28 October 2013 ... [7]https://www.nasa.gov/content/goddard/sun-continues-to-emit-solar-flares/ ..

To continue with the commentary: When the magnetosphere of Earth is dynamic, as in times of Earth-directed X-flares, the electromagnetic flux in the atmosphere around us can cause changes in processing of our visual input. These changes are interpreted by psychiatrists and psychologists as hallucinations ... and by saints and sages as mystical visions.

Because of the common ground of the visions people of greatly varied religious traditions experience during X-flares, I tend to agree more with mystics than with Western science on this important issue. I feel the visions we have during Earth-directed X-flares ... whether of Christed beings such as angels and beings of Light, or of non-Christed beings such as Satan, demons, and devils ... allow us rare glimpses of timelines and dimensions beyond our Awareness timeline and dimension. For more on this, see ...

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Link: "Do Geostorms Cause Visual Hallucinations and Sensations of Pain in Human Beings?" by Alice B. Clagett, 3 June 2019; revised on 23 February 2023 ... [8]https://wp.me/p2Rkym-d0U ..

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 23 December 2021

Biblical references (if there are any) are in light blue font.

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pNm
3. https://wp.me/p2Rkym-pOu
4. https://wp.me/p2Rkym-34a
5. https://swamij.com/klishta-aklishta.htm
6. https://swamij.com/
7. https://www.nasa.gov/content/goddard/sun-continues-to-emit-solar-flares/
8. https://wp.me/p2Rkym-d0U
9. https://wp.me/p2Rkym-pLx
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1.10.36 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.7 Visualization of Hellworld Scenarios . channeled by Alice B. Clagett (2013-10-10 06:23)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.7 Visualization of Hellworld Scenarios" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is subsection "6.7 Visualization of Hellworld Scenarios," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/OLlKczqwYn4

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.7 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.7 is entitled "Visualization of Hellworld Scenarios" ...

In the area of the third-eye point ... the pituitary gland in the center of the head at the level of the forehead ... an obsessed or possessed person may be creating images of hellworld scenarios. In the area above his head, just above the crown chakra, there may be a 'clamp down' of energy ... a seal of Dark energy, preventing the person from contacting God as

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manifested through creation.

. . . . .

I have an image for you of a hellworld scene by well known artist Hieronymus Bosch. The tile of the painting is "The Hell and the Flood,." It was created between 1508 and 1516. I have cropped it. I found it in Wikimedia Commons. It is in the public domain, so I can show it to you.

You can see a murky scenario, with a golden reddish light all around; and dark silhouettes of grotesque beings floating in the air. This is an example of one kind of image that a person might dream up ... either daydreaming or night dreaming ... if they are obsessed or possessed by a negative astral being, I feel ...



Image: “The Hell and the Flood,” by Hieronymus Bosch, between 1508 and 1516, cropped, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: The _Hell _and _the _Flood _P1.jpg ... public domain

Image: “The Hell and the Flood,” by Hieronymus Bosch, *between 1508 and 1516, cropped, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:The _Hell _and _the _Flood _P1.jpg ... public domain*

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.37 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.14 Tremors in an Obsessed or Possessed Person's Extremities . channeled by Alice B. Clagett (2013-10-10 06:27)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 30 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.14 Tremors in an Obsessed or Possessed Person's Extremities" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - READING RECOMMENDATIONS

Dear Ones,

This is subsection "6.14 Tremors in an Obsessed or Possessed Person's Extremities," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/XVc33Nw60Z0

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.14 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.14 is entitled "Tremors in an Obsessed or Possessed Person's Extremities" ...

Why is it that Christian descriptions regarding the signs of demonic attack on people mention tremors of the extremities; for example, tremors of the fingers, maybe tremors of the

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toes ... maybe other types of tremors that might be seen in the physical body of the person subject to demonic attack

I think this is because, until quite recently, there has been a kind of semi-sentient malware out there, that looked like an octopus or a jellyfish. It was only astral, not physical; it could land on a person's head, on the astral plane, and invade the astral equivalent of the central nervous system (the CNS). And this invasion of the astral CNS, I feel, most likely caused those tremors.

These octopus-like or jellyfish-like astral beings may be the Suppressor Parasite Entities mentioned in the Ascension Glossary ...

Link: "SPE," in Ascension Glossary ... [4]https://ascensionglossary.com/index.php/SPE ..

These Suppressor Parasite Entities are described in greater detail in the companion website Energetic Synthesis ...

Link: "Archontic SPE," in the website Energetic Synthesis ... [5]https://energeticsynthesis.com/archontic-spe ..

As I understand it, those beings no longer exist on Earth. I am certain that they were imported, and/or created, and used by the negative astral beings to control and master humankind in the times before the Shift and before the beginning of the Ascension process.

I have for you an image, "Archimedean Spirals Drawn by a 22-Year-Old Male Suffering from Unilateral Essential Tremor." It is by Svenskbygderna, 1 May 2019, in Wikimedia Commons, and it is Creative Commons. You can see from this the difference in muscular coordination between a person with no tremor in their hand, and a person with a tremor in their hand.

The Description of the image is below ...

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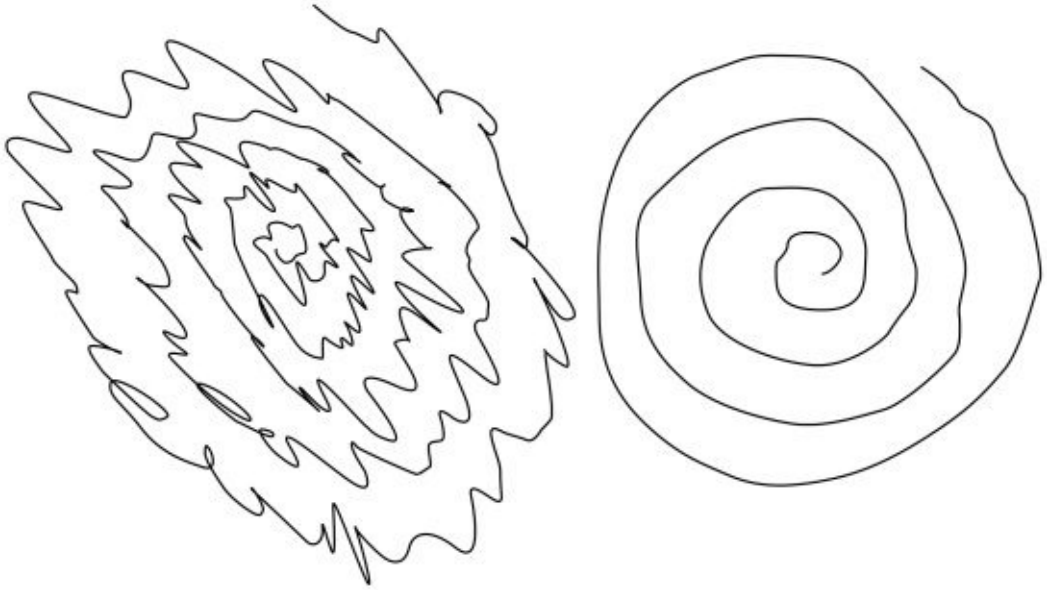


Image: “Archimedean Spirals Drawn by a 22-Year-Old Male Suffering from Unilateral Essential Tremor,” by Svenskbygderna, 1 May 2019, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Spiral _drawing _of _Essential _Tremor _patient.svg … CC BY-SA 4.0 International … DESCRIPTION: “The spiral on the left was drawn by the subject using his left hand, and the one on the right with his right hand."

Image: “Archimedean Spirals Drawn by a 22-Year-Old Male Suffering from Unilateral Essential Tremor,” by Svenskbygderna, *1 May 2019, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Spiral _drawing _of _Essential _Tremor _patient.svg … CC BY-SA 4.0 International …*

***DESCRIPTION: “The spiral on the left was drawn by the subject using his left hand, and the one on the right with his right hand.*"**

. . . . .

Now this is not really descriptive of astral attack by a demon; but it indicates the type of loss of muscular control that Christians speak about, when they have noticed people who are attacked in this way sometimes have tremors of the extremities (in addition to other signs).

It does not mean that everyone with tremors of the extremities is under demonic attack, of course.

READING RECOMMENDATIONS

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Link: "Sleeper," in Energetic Synthesis ... [6]https://energeticsynthesis.com/library/negative-alien-agenda/transhuma nism-and-ai/3015-sleeper ... This article mentions muscle twitches (i.e., tremors) as being related to 'Sleeper' programs that stimulate responses such as rage, panic, and addiction (and apparently, coincidentally, muscle twitches) in the person in whose energy field the programs are implanted. These programs are designed by negative astral beings as Biological Warfare weapons.

This article also explains a little about the Negative Alien Agenda astral rape mind control techniques that weaken a person's energy field by inducing false memories of rape ... or else, I feel, by inducing the false notion that the astrally induced stimulation of the victim's sexual organs is caused by someone that the victim loves in real life ... when in fact it is an energy 'feeding' program devised to render the human energy field edible to negative astral beings (as I have described elsewhere).

See also ...

Link: "Implants and Parasites," by Energetic Synthesis ... [7]https://energeticsynthesis.com/library/negative-alien-agenda/impla nts-parasites ..

Link: "Purging Archontic Deception," by Energetic Synthesis ... [8]https://energeticsynthesis.com/resource-tools/news-shift-timelines/2233- purging-archontic-deception ..

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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2. https://wp.me/p2Rkym-pSP
3. https://wp.me/p2Rkym-pTg
4. https://ascensionglossary.com/index.php/SPE
5. https://energeticsynthesis.com/archontic-spe
6. https://energeticsynthesis.com/library/negative-alien-agenda/transhumanism-and-ai/3015-sleeper
7. https://energeticsynthesis.com/library/negative-alien-agenda/implants-parasites

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8. https://energeticsynthesis.com/resource-tools/news-shift-timelines/2233-purging-archontic-deception
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10. https://wp.me/p2Rkym-pSP
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1.10.38 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.15 A Comely Human Form, a Sweet Voice, Wealth, Power in the World, Fame, and Wearing of Prada . channeled by Alice B. Clagett (2013-10-10 06:35)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 30 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.15 A Comely Human Form, a Sweet Voice, Wealth, Power in the World, Fame, and Wearing of Prada" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - THE SOUL LESSON OF A LIFETIME OF BEAUTY, WEALTH, POWER, OR FAME
  - THE STANCE OF NEGATIVE ASTRAL BEINGS REGARDING HUMANS WHO HAVE QUALITIES THAT MAKE THEM VERY POPULAR

Dear Ones,

This is subsection "6.15 A Comely Human Form, a Sweet Voice, Wealth, Power in the World, Fame, and Wearing of *Prada*," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/9d4f6gMhMVs

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.15 of the video series "Satan's Powers and What to

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Do About Them," by Alice B. Clagett. Subsection 6.15 is entitled "A Comely Human Form, a Sweet Voice, Wealth, Power in the World, Fame, and Wearing of *Prada*" ...

Often I see that human beings who are very handsome, very beautiful, or have a beautiful voice, or a comely, attractive manner, or who have a position of power in the world, or who are very wealthy or very famous, are prime targets for negative astral beings. Why is this?

My thought is that these qualities make it likely that people will know lots of other people, and this will increase the likelihood that negative astral beings can glom with the Soul wounding of all the people who are attracted to these prime targets, creating a 'feeding frenzy' of the Dark.

I have for you an image entitled "Tamara and Demon," by Mikhail Vrubel, 1890, in Wikimedia Commons, and it is in the public domain. It is another eerie picture by Mikhail Vrubel. There is a beautiful, young woman, gazing entranced ... almost as if she were in a trance ... at a demon who is very close to her, looking her directly in the eyes. And the demon has an odd look on its face ... a predatory look, I feel. The young lady looks completely accepting of the demon, as if she trusts it and believes in it. Right much of a spookout, this picture ...

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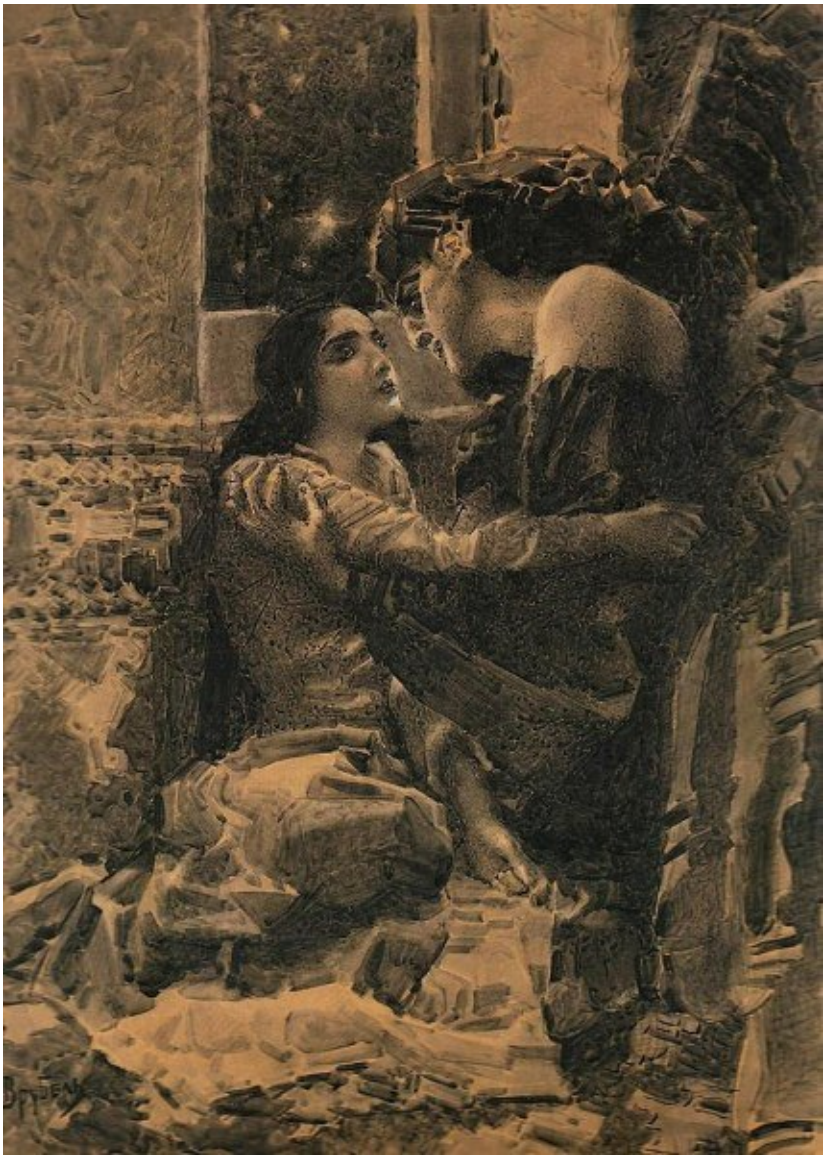


Image: "Tamara and Demon," by Mikhail Vrubel, 1890, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Tamaraydemon.jpg ... public domain

Image: "Tamara and Demon," by Mikhail Vrubel, *1890, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Tamaraydemon.jpg ... public domain*

THE SOUL LESSON OF A LIFETIME OF BEAUTY, WEALTH, POWER, OR FAME

While it is not universally true, it may sometimes be true that people who request a comely human form, or power in the world, or great wealth or fame on incarnating, may be asking their guardian angels for the 'wrong thing'. They may be making a wish that will interfere with their Soul evolution ... a wish that will not bring them closer to God Awareness.

In order to show them what is more true, and more desirable, than a comely form, a

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beautiful voice, a great deal of wealth, or power in the world, or fame, God may offer them, as a 'tough love' teaching mechanism, the hellworld experience of obsession or possession by the negative astral beings.

I have for you an image entitled "Satanic Image," by Odilon Redon, 1885, in Wikimedia Commons, public domain. It is a shadowy man with his head downcast, looking, in fact, somewhat despondent ... maybe even despairing. Overall, I get an image of doom and gloom and despondency.

Maybe this is the picture of a man who has chosen something superficial on incarnating, such as fame or power or good looks, and then finds conflict with Satanic incursions, and then becomes despondent. That was my thought about it ...



Image: "Satanic Image," by Odilon Redon, 1885, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Redon _- _Satanic _Image, _1885.png ... public

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Image: "Satanic Image," by Odilon Redon, *1885, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Redon _- _Satanic _Image, _1885.png ... public domain*

THE STANCE OF NEGATIVE ASTRAL BEINGS REGARDING HUMANS WHO HAVE QUALITIES THAT MAKE THEM VERY POPULAR

As far as the negative astral beings themselves are concerned, in regard to comeliness, the beauty (the great deceptiveness or trickery) of the voice, I feel that they value these very much. I have also found that one of the fastest ways to get a negative astral being to ease off on the 'Soul snacking' ... temporarily ... is to say ...

My, what a comely man you are!
How elegantly you are dressed!
How fine your shoes are!

Negative astral beings apparently are calmed by this, in some way. Perhaps, through long association with humankind, they have come to regard themselves as very good looking men, who are very well dressed, and cut a fine figure in the world, even though they are not human beings.

Deeper than this, the negative astral beings vie for power, and wealth of Souls ensnared, and wealth of negative astral underlings who must do their bidding. That may be another reason they seek out people who are beautiful, wealthy, powerful, or famous: Not just because these people are useful when the negative astral beings need to eat something, but also, through personal affinity.

In other words, the negative astral beings can snack on them ... and also feel good about being near them, because they apparently perceive themselves as being rather like them.

I have for you an image entitled "Demon (Sitting)," by Mikhail Vrubel, 1890, from Wikimedia Commons, in the public domain. You can see the same demon as was featured in the duo with the beautiful young woman looking adoringly at the demon ... or else his younger brother. This might be a demon that haunted Vrubel himself, I feel, on the psychic plane ... a very good looking, muscular, healthy, toned, young male demon (I guess) ... or a demon that looks like a man. I note that his arms describe a heart.

He is somehow extremely attractive, and extremely menacing at the same time. I think it is the look in the eyes, perhaps ... or the way that the mouth is ...

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Link: “Demon (sitting),” by Mikhail Vrubel, 1890, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Mikhail _Vrubel _- _ %D0 %94 %D0 %B5 %D0 %BC %D0 %BE %D0 %BD _(%D1 %81 %D0 %B8 %D0 %B4 %D1 %8F %D1 %89 %D0 %B8 %D0 %B9) _- _Google _Art _Project.jpg ... public domain

Link: “Demon (sitting),” by Mikhail Vrubel, *1890, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Mikhail _Vrubel _- _ %D0 %94 %D0 %B5 %D0 %BC %D0 %BE %D0 %BD _(%D1 %81 %D0 %B8 %D0 %B4 %D1 %8F %D1 %89 %D0 %B8 %D0 %B9) _- _Google _Art _Project.jpg ... public domain*

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pST
3. https://wp.me/p2Rkym-pTl
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1.10.39 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.8 Beings of the Dark . 'Creatures of the Night' . channeled by Alice B. Clagett (2013-10-10 06:39)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.8 Beings of the Dark . 'Creatures of the Night'" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - THE ATTRACTION OF NEGATIVE ASTRAL BEINGS TO CHRIST-LIKE PEOPPLE AND TO SAINTS

Dear Ones,

This is subsection "6.8 Beings of the Dark . 'Creatures of the Night'," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/iWIpm _xq _Ec

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.8 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.8 is entitled "Beings of the Dark . 'Creatures of the Night'" ...

Are the negative astral beings of Light or of Dark? The answer, I feel, is: of Dark ... because they are attracted to people who have more Light in their energy field; and because, as

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they obsess or possess these people, the people lose the Light.

The people's Light is lost through the act of obsession or possession by the negative astral beings. Thus, it is clear to me that these negative astral beings are feeders upon the Light of our Soul fields. They themselves do not have Light. They feed upon the Light, like the beings we term 'parasites' in the physical, natural world.

I gather, also, that the negative astral beings enjoy envisioning themselves as Light rather than Dark.

. . . . .

I have an image for you entitled "This Present Darkness." It is a composite image adapted by me, Alice B. Clagett, on 5 April 2021, and it is Creative Commons, so I can show it to you. It is a night scene in the city. There is water in the background, and there are stars in the sky; and a couple walking along in the foreground of the image. In the sky I have placed yellow eyes and sharp, white fangs of demons flying around in the sky. You can see lots of them. This would be called a Dark Attack, I guess, because there are so many of them.

There is a Description of the image below ...



Composite Image: "This Present Darkness," adapted by Alice B. Clagett, 5 April 2021, CC BY-SA

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4.0 … CREDITS: Adapted from “Starry Night Over the Rhone,” by Vincent van Gogh, September 1888, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Starry _Night _Over _the _Rhone.jpg … public domain … DESCRIPTION: A couple is walking by a river at night. On the other side of the river can be seen streetlights, which cast yellow columns of reflected light on the water. The sky is dark. In the sky can be seen the glaring yellow eyes and white fangs of demons intent on who knows what mischief.

Composite Image: “This Present Darkness,” adapted by Alice B. Clagett, *5 April 2021, CC BY-SA 4.0 …*

CREDITS: Adapted from “Starry Night Over the Rhone,” by Vincent van Gogh, September 1888, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Starry _Night _Over _the _Rhone.jpg … public domain …

DESCRIPTION: A couple is walking by a river at night. On the other side of the river can be seen streetlights, which cast yellow columns of reflected light on the water. The sky is dark. In the sky can be seen the glaring yellow eyes and white fangs of demons intent on who knows what mischief*.*

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So this painting portrays negative astral beings a beings of the Dark, in the night sky. By the way, this painting is an adaptation of “Starry Night Over the Rhone,” by Vincent van Gogh.

THE ATTRACTION OF NEGATIVE ASTRAL BEINGS TO CHRIST-LIKE PEOPPLE AND TO SAINTS

From this quality of feeding on the Light derives the tendency of the negative astral beings to cluster round human beings who bear great Light. Thus we find, in the Bible, how the devil taunted Christ, who was full of God’s Light, in the desert. In the stories of Christian saints, we find similar ‘bedevilment’.

Yet Christ and the saints were able to ‘cast out devils’ from people who asked for this help. To me, this means that negative astral beings are attracted to Christ-like people, but unable to deplete their store of Light, because that Light is derived from their devotion to, and alignment with God, the Source of all that is. God’s Light is plentiful, and inexhaustible, and so the saint who stands steadfastly in hope and faith in God, can never be without His Light.

I think you will find in the blog below information helpful in understanding this topic …

Link: "Kundalini Risen to Protect Against the Predations of Black Magicians," by Alice B. Clagett, written and published on 25 July 2020 … [4]https://wp.me/p2Rkym-jgo ..

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I have an image for you called “St. Catherine of Siena Besieged by [Six] Demons.” The painter is anonymous (Lesser Poland). The painting was created in about 1500, and I found it in Wikimedia Commons as public domain. Saint Catherine of Siena was a very famous saint, and you see her as the main figure in this painting. But around her are these six grotesque beings, that might be taken to be negative astral beings. This is one of a number of famous instances of saints being plagued by negative astral beings ...

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Image: “St. Catherine of Siena Besieged by [Six] Demons,” anonymous (Lesser Poland), circa 1500, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Lesser _Poland _St. _Catherine _of _Siena.jpg … public domain *Image: “St. Catherine of Siena Besieged by [Six] Demons,” anonymous (Lesser Poland), circa 1500, in Wikimedia Commons … [5]https://commons.wikimedia.org/wiki/File:Lesser _Poland _St. _Catherine _of _Siena.jpg …*

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I have another famous image for you with the same theme. The title is "The Temptation of Saint Anthony." It is a 15th century work that I found in Wikimedia Commons, and it is in the public domain because of its age.

There is Saint Anthony in the middle, and is he ever being beleaguered by a number of very odd-looking negative astral beings. This was a common theme of those ages; the people of the 15th century really believed that this type of thing might happen to a saint ...



Image: "The Temptation of Saint Anthony," book scan of Giovinezza di Michelangelo, Catalogo a cura di Kathleen Weil-Garris Brandt et al., Palazzo Vecchio / Casa Buonarroti, ArtificioSkira S.R.L.,

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Firenze-Milano, 1999, p. 327 (image no. 44), ISBN 881185687, 15th Century, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Schongauer, _Martin _- _St _Antonius _- _hi _res.jpg ... This work is in the public domain in its country of origin and other countries and areas where the copyright term is the author's life plus 100 years or fewer.

***Image:* "The Temptation of Saint Anthony,"** *book scan of Giovinezza di Michelangelo, Catalogo a cura di Kathleen Weil-Garris Brandt et al., Palazzo Vecchio / Casa Buonarroti, ArtificioSkira S.R.L., Firenze-Milano, 1999, p. 327 (image no. 44), ISBN 881185687, 15th Century, in Wikimedia Commons ... [6]https://commons.wikimedia.org/wiki/File:Schongauer, _Martin _- _St _Antonius _- _hi _res.jpg ... This work is in the public domain in its country of origin and other countries and areas where the copyright term is the author's life plus 100 years or fewer.*

. . . . .

I found several more paintings on this theme of the temptation of Saint Anthony. One is a color version of the drawing I just showed you. It is somewhat different in the detail, but overall the image is more or less the same. The title is "The Torment of Saint Anthony," by Michelangelo, painted between 1487 and 1488. I found it in English Wikipedia, and it is in the public domain. You can see the same general picture, rather more striking because of the color, I feel ...

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Image: “The Torment of Saint Anthony,” by Michelangelo, circa 1487-1488, in English Wikipedia … https://en.wikipedia.org/wiki/File:Michelangelo _Buonarroti _- _The _Torment _of _Saint _Anthony _- _Google _Art _Project.jpg … public domain

Image: “The Torment of Saint Anthony,” by Michelangelo, *circa 1487-1488, in English Wikipedia … https://en.wikipedia.org/wiki/File:Michelangelo _Buonarroti _- _The _Torment _of _Saint _Anthony _- _Google _Art _Project.jpg … public domain*

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Next I have the painting "Saint Antony beaten by the devils," by Stefano di Giovanni. It seems he was in the process of painting it from 1430 until 1432; and I found it in Wikimedia Commons as public domain.

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I noticed in this image a being rather like a chimpanzee, and another two beings more human-like. And then the saint has fallen down on the ground. On the left is the being like a chimpanzee. In the middle is Saint Antony, beaten. Behind him and to his right are two human-like beings that are intended to be demons or devils.

I noted in particular the use of gilding or golden paint, first of all, to show the halo of the saint; but in addition, to point out certain areas that might be termed the energy fields that were different about the demons.

For instance, it looks a lot like the demon on the right has a gilded face on its derriere. Then there is more gilding up around his face that is reminiscent of those medieval faces of demons with the long snout, like that of a boar or maybe a dog.

So you could think of this as a person with a strange anomalies in its energy field: one being the face on the posterior, and the other being a kind of a snout its face.

Then we have the gilding on the being standing behind the saint. That is hard to make out, except that it might be descent of the Dark through the central vertical power current or 'kundalini' that is making the artist inclined to gild the entire length of the torso like that.

On the left we have the chimp-like or ape-like being. It is interesting: It looks like there are three areas of gilding: the face, the gut brain, and the derriere ... as if those were the most important areas of the energy field of that being. An enigmatic painting, is it not? ... very much so ... almost as if the painter knew about three types of demons that had three unusual energy fields and that were attacking the more humanoid energy field of the saint. Maybe we will know more about that in the future ...



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Image: “St Antony beaten by the devils,” by Stefano di Giovanni, from 1430 until 1432, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Saint-antony-beaten-by-the-devils– _Sassetta–Siena _Pinacoteca.jpg … public domain

Image: “St Antony beaten by the devils,” by Stefano di Giovanni, *from 1430 until 1432, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Saint-antony-beaten-by-the-devils– _Sassetta–Siena _Pinacoteca.jpg … public domain*

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Next I have "The Temptation of Saint Anthony" by Hieronymus Bosch, painted between 1495 and 1515. I found it in Wikimedia Commons as public domain. You know, Hieronymus Bosch was noted for very bizarre images that might be said to be visions of the hellworlds.

Some people say that the number of pictures of the temptation of Saint Anthony in his work leads them to believe that Saint Anthony was the patron saint of Hieronymus Bosch, who may have suffered similar torments.

With that in mind, here is a detail showing Saint Anthony and the grotesque demonic depictions of Hieronymus Bosch ...



Image: “The Temptation of Saint Anthony,” by Hieronymus Bosch, between 1495 and 1515, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: Hieronymus _Bosch _003.jpg … public domain

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Image: "The Temptation of Saint Anthony," by Hieronymus Bosch, *between 1495 and 1515, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Hieronymus _Bosch _003.jpg ... public domain*

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I have one other image from Hieronymus Bosch, also called the "Temptation of Saint Anthony," about 1500, Wikimedia Commons, and public domain. It is triptych ... meaning that it is a painting in three parts ... very beautifully displayed in three gilded frames.

This is apparently about the temptation of Saint Anthony, but the miniscule detail here is impossible to take in, I feel, unless we examine the picture little by little.

Overall, it does not look so good. It looks a lot like a hellworld scene, does it not? So you might want to look this one up and observe it little by little, and see what Hieronymus Bosch thought about the temptation of Saint Anthony, and the types of demons that were there ...



Image: "Temptation of Saint Anthony," by Hieronymus Bosch, circa 1500, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Jeroen _Bosch _(ca. _1450-1516) _- _De _verzoeking _van _de _heilige _Antonius _(ca.1500) _- _Lissabon _Museu _Nacional _de _Arte _Antiga _19-10-2010 _16-21-31.jpg ... public domain

Image: "Temptation of Saint Anthony," by Hieronymus Bosch, *circa 1500, in Wikimedia*

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Commons ... https://commons.wikimedia.org/wiki/File: Jeroen _Bosch _(ca. _1450-1516) _- _De _verzoeking _van _de _heilige _Antonius _(ca.1500) _- _Lissabon _Museu _Nacional _de _Arte _Antiga _19-10-2010 _16-21-31.jpg ... public domain

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So, the notion is that, if you have a saintly intentions, and if you are beleaguered by negative astral beings, then have faith and hope. Do not be too concerned. It has happened in the past with other saintly people; it may happen in the future with saintly people not yet born on the Earth plane; and in your case, it is bound to go away sooner or later, with God's help.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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5. https://commons.wikimedia.org/wiki/File:Lesser_Poland_St._Catherine_of_Siena.jpg
6. https://commons.wikimedia.org/wiki/File:Schongauer,_Martin_-_St_Antonius_-_hi_res.jpg
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1.10.40 Satan's Powers and What to Do about Them: 7. Conclusion and 8. Reading Recommendations . by Alice B. Clagett (2013-10-10 07:12)

[1]Begin [2]< Back Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - SECTION 7. CONCLUSION
- 8. READING RECOMMENDATIONS FOR THE SERIES OVERALL

Dear Ones,

This is section "7. Conclusion" . by Alice B. Clagett," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video.

After that is section "8. Reading Recommendations for the Series Overall" ...

VIDEO BY ALICE

https://youtu.be/qy15hNaoZp8

SUMMARY OF THE VIDEO

SECTION 7. CONCLUSION

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today section 7 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Section 7 is the "Conclusion" of the series overall ...

Well, Dear Ones, that is all for now. It is my hope you may never encounter, in the astral realm, any of these negative astral entities ... not Satan or any of his minions, no demon, no devil ... nothing of the sort.

But in case you do, know that this blog is here to shed some Light on the issue, and to offer what solutions it may, so that you may stay in the safe guardianship of your Ascension Team, of the Angelic Realm, and of beneficent beings of Light assigned to you by God. These are the beings that can prevent negative interference and speed you on to realization of your Soul purpose and accomplishment of your Soul missions here on Earth.

I have an image for you called "Roses, San Fernando Valley, Los Angeles, California 4," by Alice B. Clagett, 19 April 2020, It is a parting gift for you, of yellow roses in the part of Los Angeles where I live ...

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Image: “Roses, San Fernando Valley, Los Angeles, California 4,” by Alice B. Clagett, 19 April 2020, CC BY-SA 4.0

Image: “Roses, San Fernando Valley, Los Angeles, California 4,” by Alice B. Clagett, *19 April 2020, CC BY-SA 4.0*

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Well, it has been a long journey, Dear Ones. I am glad you were able to be here along with me to enjoy it

God bless you all,
And keep you safe,

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And be with you
Through all your days.

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 30 December 2021
Full title: "Satan's Powers and What to Do about Them: 7. Conclusion" and "8. Reading Recommendations for the Series Overall" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

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8. READING RECOMMENDATIONS FOR THE SERIES OVERALL

See these categories on my blog:

- *Prayers – blessings – mantras – chants – affirmations – white magic* ...
- *Theology* ... and ...
- *Transcending the Dark – courage under fire - spirit warfare* ..

Also see ...

Link: "Astral Battles: Fighting the Big Bads," by Erin Pavlina ... [5]https://www.erinpavlina.com/blog/2011/07/astral-battles-fighting-the-b ig-bads/ ..

Link: "Fallen Angelics" in the "Ascension Glossary" ... [6]https://ascensionglossary.com/index.php/-Fallen _Angelics ..

Link: "Time Shift Blog: What Are Fallen Angels?" by Energetic Synthesis ... [7]https://energeticsynthesis.com/resource-tools/blog-timeline-shift/2405-w hat-are-fallen-angels ..

Link: "5 Characteristics of the Devil," by Jake Kail, 14 January 2013 ... [8]https://www.jakekail.com/characteristics-the-devil/ ..

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Link: "Satanic," in the "Ascension Glossary" ... [9]https://ascensionglossary.com/index.php/-Satanic ..

Link: "SRA" [Satanic Ritual Abuse], in the "Ascension Glossary" ... [10]http://ascensionglossary.com/index.php/SRA ..

Link: "The Characteristics of Satan," by David Buck, written 7 May 2010, published 26 April 2011 ... [11]http://studygodorg.blogspot.com/2011/04/ characteristics-of-satan-by-david-buck.html .

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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3. https://wp.me/p2Rkym-pLx
4. https://wp.me/p2Rkym-pTg
5. https://www.erinpavlina.com/blog/2011/07/astral-battles-fighting-the-big-bads/
6. http://ascensionglossary.com/index.php/Fallen_Angelics
7. https://energeticsynthesis.com/resource-tools/blog-timeline-shift/2405-what-are-fallen-angels
8. https://www.jakekail.com/characteristics-the-devil/
9. https://ascensionglossary.com/index.php/Satanic
10. https://ascensionglossary.com/index.php/SRA
11. http://studygodorg.blogspot.com/2011/04/characteristics-of-satan-by-david-buck.html
12. https://wp.me/p2Rkym-pLx
13. https://wp.me/p2Rkym-pTg
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I have for you today section 7 of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. Section 7 is the "Conclusion" of the series overall ...

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1.10.41 Satan's Powers and What to Do About Them: Table of Contents . channeled by Alice B. Clagett * (2013-10-10 07:53)

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Image: "A Drawing of a Demon," by Mehmed Siyah Kalem, lifetime 14th until 15th Century, in English Wikipedia ... https://en.wikipedia.org/wiki/File:Depic tion _of _a _demon _in _Islamic _mythology.jpg ... public domain

Image: "A Drawing of a Demon," by Mehmed Siyah Kalem, *lifetime 14th until 15th Century, in English Wikipedia ... https://en.wikipedia.org/wiki/File:Depiction _of _a _demon _in _Islamic _mythology.jpg ... public domain*

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Dear Ones,

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This is the table of contents for the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. I channeled this series as a Lightworker, and from the stance of the Ascension process through which all beings on Earth are now being transformed to energetic signatures more subtle and rare than those we knew before the Shift that occurred in the year 2012. Insofar as possible, I have researched and included the Christian perspective on this topic.

For my fellow Lightworkers, I see quite clearly that ’close encounters’ with the Demonic Realm are now a thing of the past, as we live mostly in the Fifth Dimension and higher now. There are still those among us who ’brush past’ the negative astral entities of the Fourth Dimension ... the astral realm ... as we heal this or that instance of Soul wounding from our prior incarnations. For those among us who have these rare encounters, this video series may prove helpful ...

Biblical references (if there are any) are in light blue font.

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  - Acts 3:1-3
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- 4.6 GOD OF THIS WORLD WHO CAN BLIND THE MINDS OF MEN ... *[12]https://wp.me/p2Rkym-pNm*
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  - Revelation 12:10
- 4.9 LUCIFER ... *[15]https://wp.me/p2Rkym-pOE*
  - LUCIFER: THE SHINING ONE, THE BEARER OF LIGHT
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In love, light and joy,
Alice B. Clagett

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I Am of the Stars

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension, my favorites,

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1.10.42 Satan's Powers and What to Do About Them: Introduction . channeled by Alice B. Clagett (2013-10-10 07:59)

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is the introductory video for the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ZFEkW9LrVgY

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

Here is the Introduction to the series "Satan's Powers, and What to Do About Them," by Alice B. Clagett. This series offers some perspectives on the invisible beings on Earth (the good beings and the bad beings), on Satan's hold on Earth, his mission, and his Satanic powers.

I realize that many of my readers may not have the same cosmological background as I, and so I wrote the first three sections of this series ... "Beings of the Realms Visible and Invisible," "Who Is Satan?" and "What Are Devils"... so those readers will know where I am coming from.

The sections in this series are almost entirely according to my own clair understanding, with this exception: The section "Qualities of Satan, Demons and Devils (According to the Bible)" contains a list of Satan's qualities found in the Bible.

The last two sections, "How to Recognize a Person Who Practices Satanism" and "How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" are among the sections that are my own work entirely.

I added these last two sections because of my understanding, as a person of faith in God, of the importance of keeping good companions. How, I pondered, can I keep to good companions if I cannot tell, at a glance, who might be the opposite of that? And so I wrote the two concluding sections.

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022.

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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This is the introductory video for the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett

1.10.43 Satan’s Powers 1. Beings of the Realms Visible and Invisible . channeled by Alice B. Clagett (2013-10-10 08:20)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022.

Biblical references (if there are any) are in light blue font.

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
- CREDITS

Dear Ones,

This is section "1. Beings of the Realms Visible and Invisible," from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ _2j6N _V0Eqo

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today the first section of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. This section is entitled "Beings of the Realms Visible and Invisible."

As many of you know from reading of the Bible or your own sacred texts, there are many different sorts of intelligent beings on Earth. In the realms invisible, as described in the Bible, we have Angels, we have God, we have Christ, and we have beings of malignant tendencies, such as devils and demons and Satan himself.

. . . . .

I have made a composite image for you to describe graphically how I see this assembly of beings visible and invisible on Earth. The image is entitled "Invisible Mobsters," adapted and compiled by Alice B. Clagett. The image looks like this ...

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Composite Image: “Invisible Mobsters,” adapted and compiled by Alice B. Clagett, 27 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … CREDITS: Image of angel (cropped): “The Angel Appearing Before the Shepherds,” by Thomas Buchanan Read, 1870, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: %27The _Angel _Appearing _before _the _Shepherds %27 _by _Thomas _Buchanan _Read, _Dayton _Art _Institute.JPG … public domain. Image (adapted): “Mafia,” by Broken Fingaz … photo “Fleur de Lis Street,” by MsSaraKelly, 2 August 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Graffiti _in _Shoreditch, _London _- _Mafia _by _Broken _Fingaz _(9424997080).jpg … CC BY 2.0 Generic … Comment: Adapted. Image (adapted): “Starry Night at La Silla,” by ESO/H. Dahle, 19 August 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Starry _Night _at _La _Silla.jpg … CC BY 4.0 International … Descriptoin: A piercingly bright curtain of stars is the backdrop for this beautiful image taken by astronomer Håkon Dahle. The silhouetted figure in the foreground is Håkon himself surrounded by just a couple of the great dark domes that litter the mountain of ESO’s La Silla Observatory. Many professional astronomers are also keen photographers — and who could blame them? ESO sites in the Atacama Desert are among the

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best places on Earth for observing the stars, and for the same reason, are amazing places for photographing the night sky. Håkon took these photos while on a week-long observing run at the MPG/ESO 2.2 -telescope. During this time, the telescope was occasionally handed over to a different observing team, giving Håkon the opportunity to admire the starry night — as well as to capture it for the rest of us to see. The Milky Way is brighter in the Southern Hemisphere than in the North, because of the way our planet's southern regions point towards the dense galactic centre. But even in the South, the Milky Way in the night sky is quite faint in the sky. For most of us, light pollution from our cities and even the Moon can outshine the faint glow of the galaxy, hiding it from view. One of the best aspects of La Silla Observatory is that it is far away from bright city lights, giving it some of the darkest night skies on Earth. The atmosphere is also very clear, so there is no haze to further muddy your vision. The skies at La Silla are so dark that it is possible to see a shadow cast by the light of the Milky Way alone. Håkon submitted this photograph to the Your ESO Pictures Flickr group. The Flickr group is regularly reviewed and the best photos are selected to be featured in our popular Picture of the Week series, or in our gallery.

Composite Image: "Invisible Mobsters," adapted and compiled by Alice B. Clagett, *27 May 2021, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …*

CREDITS: Image of angel (cropped): "The Angel Appearing Before the Shepherds," by Thomas Buchanan Read, *1870, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File: %27The _Angel _Appearing _before _the _Shepherds %27 _by _Thomas _Buchanan _Read, _Dayton _Art _Institute.JPG … public domain.*

Image (adapted): "Mafia," by Broken Fingaz *… photo "Fleur de Lis Street," by MsSaraKelly, 2 August 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Graffiti _in _Shoreditch, _London _- _Mafia _by _Broken _Fingaz _(9424997080).jpg … CC BY 2.0 Generic … Comment: Adapted.*

Image (adapted): "Starry Night at La Silla," by ESO/H. Dahle, *19 August 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Starry _Night _at _La _Silla.jpg … CC BY 4.0 International … Description: A piercingly bright curtain of stars is the backdrop for this beautiful image taken by astronomer Håkon Dahle. The silhouetted figure in the foreground is Håkon himself surrounded by just a couple of the great dark domes that litter the mountain of ESO's La Silla Observatory. Many professional astronomers are also keen photographers — and who could blame them? ESO sites in the Atacama Desert are among the best places on Earth for observing the stars, and for the same reason, are amazing places for photographing the night sky. Håkon took these photos while on a week-long observing run at the MPG/ESO 2.2 -telescope. During this time, the telescope was occasionally handed over to a different observing team, giving Håkon the opportunity to admire the starry night — as well as to capture it for the rest of us to see. The Milky Way is brighter in the Southern Hemisphere than in the North, because of the way our planet's southern regions point towards the dense*

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galactic centre. But even in the South, the Milky Way in the night sky is quite faint in the sky. For most of us, light pollution from our cities and even the Moon can outshine the faint glow of the galaxy, hiding it from view. One of the best aspects of La Silla Observatory is that it is far away from bright city lights, giving it some of the darkest night skies on Earth. The atmosphere is also very clear, so there is no haze to further muddy your vision. The skies at La Silla are so dark that it is possible to see a shadow cast by the light of the Milky Way alone. Håkon submitted this photograph to the Your ESO Pictures Flickr group. The Flickr group is regularly reviewed and the best photos are selected to be featured in our popular Picture of the Week series, or in our gallery.

. . . . .

There is a silhouette of a man standing in a natural landscape, with a beautiful, starry night sky overhead. Near the man, standing watchfully present, is an angel. Now in the Christian tradition, angels are shown in human form, but with wings. That is the normal stylization of the image of angels ... whom I see more as beneficent energies that bless humankind and bless the Earth. I see angels more like the Aurora Borealis ... the Northern Lights.

But I thought: This is a good, traditional picture of an angel; it shows an angel more like a person, so one ought not be afraid of it. And it is pointing upward to the invisible realms, so that the man ... the human being; the physical man ... will be able to see that there is more to life than what we can see with our physical eyes.

Now up above I have put a graffiti image of right scary mobsters ... one that looks like Death himself ... like the Lord of Death; and others that look like mean men that are not out to do us any good. And I made them somewhat invisible, up in the night sky ... hiding up there, and looking right scary.

To tell the truth, that is my idea of life on Earth: that we need to choose amongst the invisible beings, who we will have for our life companions ... whether we will have the beautiful, beneficent angels; or whether we will pick the invisible, malevolent mobsters. That is where I am coming from.

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

[4]Begin [5]< Back [6]Forward >

See also ... *Link: "How to Send the Invisible Mobsters and Their 'No True Love for You' Malware Packing," channeled by Alice B. Clagett. filmed and published on 25 May 2021 ... [7]https://wp.me/p2Rkym-n13 ..*

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CREDITS

The section "BEINGS OF THE REALMS VISIBLE AND INVISIBLE" was excerpted from ...

Link: "Satan's Hold on the World, as I Clairly View It," by Alice B. Clagett, excerpted and republished on 22 February 2018 from blogs published on 10 October 2013, 27 February 2014, and 10 November 2016; republished once more on 12 April 2020. Date of writing is indicated

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

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1.10.44 Satan’s Powers 2. Who Is Satan? . channeled by Alice B. Clagett (2013-10-10 08:36)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022.

Biblical references (if there are any) are in light blue font.

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- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - INTRODUCTION
  - SATAN’S MISSION
  - SATAN’S HOLD ON THE WORLD, AS I CLAIRLY VIEW IT
- CREDITS

Dear Ones,

This is section "2. Who Is Satan?" from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/eeHLtu9ziX4

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today the second section in the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. Today’s section is entitled "Who is Satan?" Here is the Introduction ...

INTRODUCTION

I do not know that all people understand about Satan. They think he is a great, powerful dude that can make them great and powerful, when in fact, Satan is more like a leopard or a lion or a tiger ... very, very cunning; very predacious; very eager to feed on us.

Satan lacks a Soul; it lacks a Higher Mind. Yet this astral animal seems to have those because of its great gifts of mind control. It seems to be like a great warlord on Earth because

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of its rapacious desire to wreak violence on others.

. . . . .

I have a picture here for you, called "Evil Eyes." It is a drawing by me ... by Alice B. Clagett. It is really a picture of something like a cat's eyes in the Darkness, only very mean cat's eyes, like a predator animal ... a lion, a tiger, a panther ... something like that, hiding in the Dark and waiting to pounce on a person ...

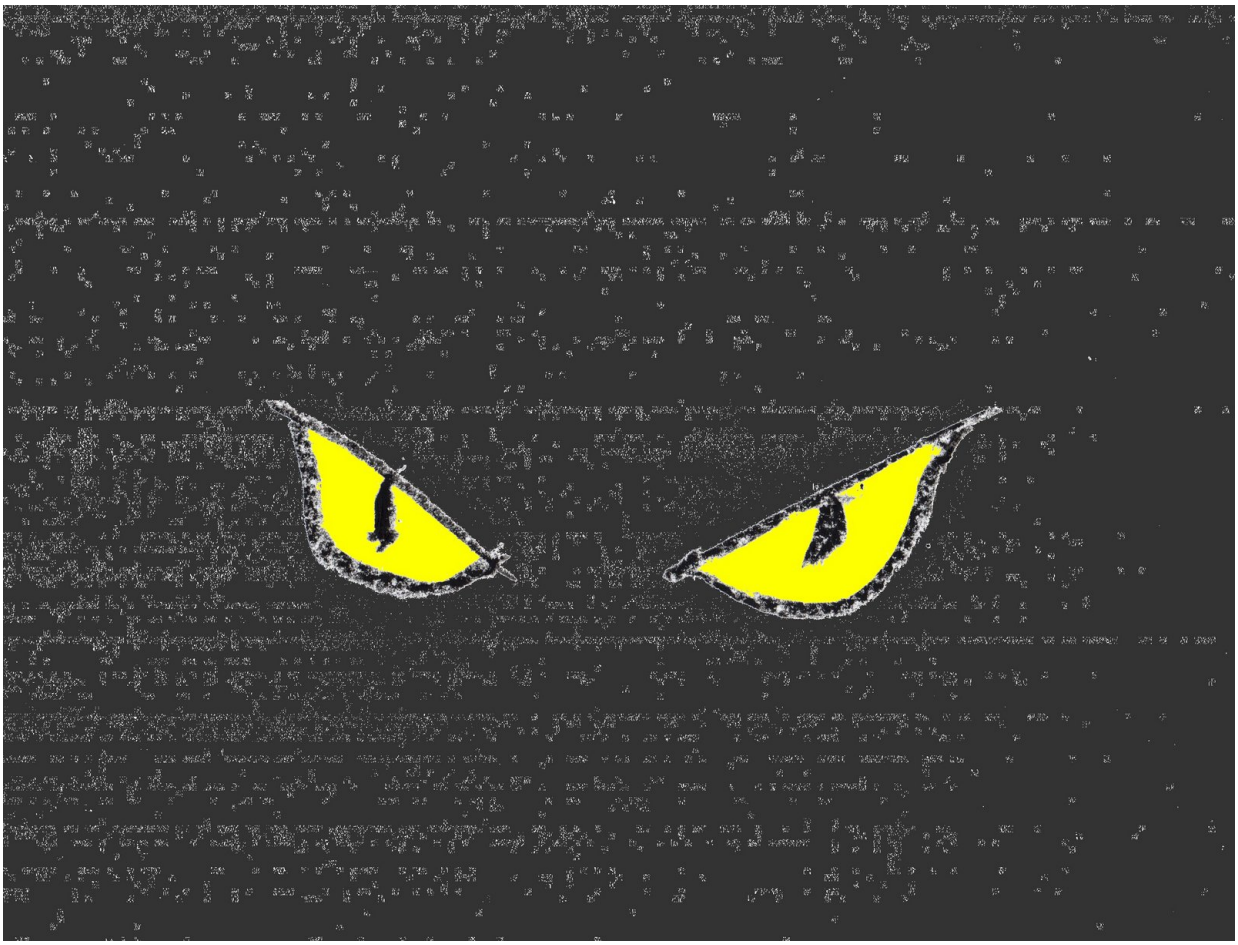


Image: "Evil Eyes," drawing by Alice B. Clagett, 8 December 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Evil Eyes," drawing by Alice B. Clagett, *8 December 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..*

. . . . .

This is more or less my idea of Satan: something that endangers our human existence

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... our forms, our energy fields. I do not see Satan as a big, macho man that can help us out in human warfare. I see him as a danger to the human race.

SATAN'S MISSION

Some say Satan is not supreme evil. Instead, they feel it is an intelligent being, an organized force that is necessary to the creation and enactment of *Lila,* the Play of Creation. Satan's adversarial actions on humankind ... 'adversarial' means fighting against, or warring against, or being the 'adversary' of ... force us to develop spiritual discrimination, and this discrimination leads to Soul realization. That is otherwise known as self-realization or enlightenment or Awakening or Infinite Awareness.

It seems to me that this an excellent explanation of the mission of Satan, from a higher perspective. From the perspective of the minions of Satan ... that is the evil beings that are led by Satan ... on the other hand, and frequently from the human perspective, this higher mission of Satan is not in focus. Rather, the emphasis is on enjoyment of producing Darkness. [Sudden, loud sound of an airplane flying overhead produces what seems like a 'Dark Attack' by the Satan Realm.]

SATAN'S HOLD ON THE WORLD, AS I CLAIRLY VIEW IT

This section is entitled "Satan's Hold on the World, as I Clairly View It." 'Clair means ESP ... extrasensory perception ... 'clair viewing' or 'clairvoyance'.

I think that there is a Force ... as I have mentioned before ... roaming the world. I call it the Unconscious Thought Cloud of the World. I have talked and written about it a lot of times. Now, what I have not known until recent years is that it is highly intelligent, and motivated towards the downfall of humankind ... of humanity.

I used to think of it as a conglomerate of thoughts that we all have. But in recent years, it appears to be very intelligent, and 'on a mission' to preserve Duality; to preserve the third dimensional experience. Some of us are becoming aware of this energy of Satan ... very aware indeed.

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

[4]Begin [5]< Back [6]Forward >

.....
CREDITS

The subsection "Satan's Mission" was excerpted on 12 April 2020 to ... *Link: "Satan's Hold on the World, as I Clairly View It," by Alice B. Clagett, excerpted and republished on 22 February 2018 ... [7]https://wp.me/p2Rkym-hsA ..*

The sections "WHO IS SATAN," "WHAT ARE DEVILS?" and "HOW TO RECOGNIZE A PERSON WHO PRACTICES SATANISM" are excerpted from ... *Link: "Who Is Satan? What Does a Satan Worshiper Look Like?" by Alice B. Clagett, written and published on 31 May 2017; revised ... [8]https://wp.me/p2Rkym-7gx ..*

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pLU
3. https://wp.me/p2Rkym-pMg
4. https://wp.me/p2Rkym-pLx
5. https://wp.me/p2Rkym-pLU
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1.10.45 Satan’s Powers 3. What Are Devils? . channeled by Alice B. Clagett (2013-10-10 08:52)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 21 December 2021

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - DEVILS EAT RED AND BLACK ENERGIES
  - DEVILS CAUSE PAIN TO HUMANS BY STROKING OUR PAINFUL THOUGHT FORMS, SO THAT WE BECOME EDIBLE TO THEM
  - HUMANS ACT OUT THESE PAINFUL THOUGHT FORMS AS WHAT THE CHRISTIAN CHURCH CALLS ’SINS’ . SINS ARE THE CAUSE OF HUMAN SUFFERING
  - HOW SIN CAUSES US TO EXPERIENCE THE HELLWORLDS
- CREDITS

Dear Ones,

This is section "3. What Are Devils?" from the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/u5vWdPtphxs

SUMMARY OF THE VIDEO

Hello, Dear Ones, It’s Alice. I Am of the Stars.

I have for you today the third section in the series "Satan’s Powers and What to Do About Them." This, the third in the series, is entitled "What Are Devils?"

Devils, which are minions of Satan, are not like human beings. Like Satan, they do not have Souls. They are a form of animal that is very predacious, very cunning, and very adept at mind control. In my experience, they do not understand language at all. For instance, they

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do not understand English.

DEVILS EAT RED AND BLACK ENERGIES

Devils are beings of the colors of red and black. They eat the energy that is colored red and black; they can survive on that. They see the colors of our thoughts and emotions, and they have a way of attempting to redirect our thoughts and emotions so that our energy field becomes more red and more black.

I have several images for you that illustrate red devils and black devils. These come from lore and artwork of the Christian church in ages past. Here is an image of a red devil standing, and another red devil, it looks like, flying in the sky, and with clerics (priests or religious leaders) all around.

[The one that is standing] has wings. It looks like it has strange horns on its knees. It is [often the case] in church artwork that devils will be depicted as having humanoid form ... for instance, [they maybe depicted as] bipedal; as having two feet and two arms and a head. But then, certain aspects of them will be different from what human beings are.

They will have wings. They might have horns. They might have strange feet, for instance, or other strange aspects that make it clear to the person viewing the artwork that they are devils, and not people.

. . . . .

This image is entitled "Saint Benedict of Nursia Exorcises the Devil from Man Possessed." It was in a fresco by Giovanni Antonio Bazzi a long time ago, in the 1500s ...

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Image: "St Benedict of Nursia exorcises the devil from man possessed," in a fresco by Giovanni Antonio Bazzi (’Il Sodomo’), between 1505 and 1508, "Life of St Benedict, Scene 13: Benedict Frees a Monk." from the Territorial Abbey of Monte Oliveto Maggiore, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Sodoma _- _Life _of _St _Benedict, _Scene _13 _- _Benedict _Frees _a _Monk _- _WGA21575.jpg ... public domain ... DESCRIPTION: White-robed, tonsured clerics and saints perform an exorcism. One cleric scourges a man’s back with long twigs. Another, with hood up and beardless, with a pleasant smile, shoos the devil down the stairs from a building. The devil is about 4 feet tall, red, and wiry. It has hold of the cleric’s robe at the level of his groin, and looks at him spitefully. The devil has horns on its kneecaps, and claws on its fingers. It has short, red, webbed wings.

Image: "St Benedict of Nursia exorcises the devil from man possessed," in a fresco by Giovanni Antonio Bazzi *(’Il Sodomo’), between 1505 and 1508, "Life of St Benedict, Scene 13: Benedict Frees a Monk." from the Territorial Abbey of Monte Oliveto Mag-*

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giore, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Sodoma _- _Life _of _St _Benedict, _Scene _13 _- _Benedict _Frees _a _Monk _- _WGA21575.jpg ... public domain ...

DESCRIPTION: White-robed, tonsured clerics and saints perform an exorcism. One cleric scourges a man's back with long twigs. Another, with hood up and beardless, with a pleasant smile, shoos the devil down the stairs from a building. The devil is about 4 feet tall, red, and wiry. It has hold of the cleric's robe at the level of his groin, and looks at him spitefully. The devil has horns on its kneecaps, and claws on its fingers. It has short, red, webbed wings.

. . . . .



Image: "Benediktusmedaille," by Desiderius Lenz, monk in the Abbey of Beuron, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Benediktusmedaille.jpg ... public domain ... DESCRIPTION: "Created for the 1400th anniversary of the birth of Benedikt in 1880, commissioned by Archabbot Nikolaus d'Orgement from Montecassino - today the most widespread form of the Benedictus medal."

Image: "Benediktusmedaille," by Desiderius Lenz, *monk in the Abbey of Beuron, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Benediktusmedaille.jpg ... public domain ... DESCRIPTION: "Created for the 1400th anniversary of the birth of Benedikt in 1880, commissioned by Archabbot Nikolaus d'Orgement from Montecassino* ***- today the most widespread form of the Benedictus medal."***

This is a wooden Saint Benedict of Nursia medal that I wear all the time [shows medal]. This Christian sacramental medal is described at ...

Link: "Saint Benedict Medal," in English Wikipedia ... [4]https://en.wikipedia.org/wiki/Saint _Benedict _Medal ..

Saint Benedict of Nursia very skillfully devised a very potent rhyme to exorcise devils. i

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think that is because so many people came to him with the problem of being obsessed or possessed by devils.

In fact, in the above image you can see a man on the right striking another man to make a devil go away; that man who is striking might be Saint Benedict of Nursia; it is hard to say. From that I might gather that in those days, in the 1500s, they thought that by causing pain to a person's physical body they might make the devil that was obsessing them ... the 'entity attachment' ... go away, under the assumption (I guess) that whatever it was that was attached to the person could also feel the pain that that person felt, and that they [the entity attachment] might want to avoid that pain ... that is my guess.

By way of explanation, that is not my own point of view on driving out devils; I feel it is better to follow our hearts and speak our truth, so that we can experience joy every moment of our lives. That is because, I feel, devils really find the quality of joy unpalatable, and must look around elsewhere ... for people experiencing misery and pain ... as likely targets. By experiencing joy in our lives we may, I feel, slip past these devils entirely.

. . . . .

I have one other picture for you; this is of a black devil. The title of the image is "Saint Benedict Exorcises a Devil." It is from "Saint Benedict Stories" by Spinello Aretino, 1387 ...

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Image: "Saint Benedict Exorcises a Devil," from “Saint Benedict Stories” by Spinello Aretino, 1387, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Spinello _Aretino _Exorcism _of _St _Benedict.jpg ... public domain ... DESCRIPTION: White-robed, tonsured clerics and saints capture a 4-foot, black devil with small, webbed wings. The devil is sitting on a more-or-less square slab of white rock. The devil has a snarling aspect, and fangs on its lower jaws. It has 4 fingers on each hand, and 4 toes on each foot. The fingers and toes end in claws. It has a short tail, is somewhat hairy, and has, it looks like, 4 hEVILS CAUSE PAIN TO HUMANS BY STROKING OUR PAINFUL THOUGHT FORMS, SO THAT WE BECOME EDIBLE TO THEM orns, which slant backwards and are only slightly curved, on its head.

Image: "Saint Benedict Exorcises a Devil," from “Saint Benedict Stories” by Spinello Aretino, *1387, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Spinello _Aretino _Exorcism _of _St _Benedict.jpg ... public domain ...*

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DESCRIPTION: White-robed, tonsured clerics and saints capture a 4-foot, black devil with small, webbed wings. The devil is sitting on a more-or-less square slab of white rock. The devil has a snarling aspect, and fangs on its lower jaws. It has 4 fingers on each hand, and 4 toes on each foot. The fingers and toes end in claws. It has a short tail, is somewhat hairy, and has, it looks like, 4 horns, which slant backwards and are only slightly curved, on its head.

. . . . .

See? In the center, a black devil surrounded by clerics or monks. The devil looks a little like a man ... but I would say, a very unappealing man, with very strange feet. It looks like it has a tail, and claws on its hands, and strange, webbed wings. It looks like the clerics are all standing around, trying to figure out what to do about this.

I see that one of the clerics has tethered [the devil] around the neck with a pole and a tether on the end. I think the explanation of that might be that they have captured it, or prevented it from causing harm, there in that place where they are.

DEVILS CAUSE PAIN TO HUMANS BY STROKING OUR PAINFUL THOUGHT FORMS, SO THAT WE BECOME EDIBLE TO THEM

The way that devils are able to obtain food from the human energy field has to do with stroking or enhancement of certain thought forms that are painful to us humans, or cause pain in other people because we are thinking them. It is a kind of stroking or glomming or crossing of the electromagnetic lines of force that they manage to do, and which we interpret as ’mind control’, because what happens is that we start to think very dark, very cruel, or very painful-to-ourselves thoughts.

HUMANS ACT OUT THESE PAINFUL THOUGHT FORMS AS WHAT THE CHRISTIAN CHURCH CALLS ’SINS’ . SINS ARE THE CAUSE OF HUMAN SUFFERING

In life, we start to act out what is known in the Christian church as the seven cardinal or deadly sins, which are: pride, envy, gluttony, lust, anger, greed and sloth. This Christian list of sins adds envy, gluttony, and sloth (or indolence) to the Hindu list of ’causes of suffering’; Hindus also recognize attachment to the senses as a cause of suffering; suffering being, in their eyes, synonymous with Soul ignorance.

. . . . .

Here is an image for you that I found intriguing. It is by the artist Mikhail Vrubel, and is entitled "The Girl Against the Background of Persian Carpet" ...

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Image: "The Girl Against the Background of Persian Carpet," by Mikhail Vrubel, 1886, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: Mikhail _Vrubel _- _The _Girl _Against _the _Background _of _Persian _Carpet.png ... public domain

Image: "The Girl Against the Background of Persian Carpet," by Mikhail Vrubel, *1886, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Mikhail _Vrubel _- _The _Girl _Against _the _Background _of _Persian _Carpet.png ... public domain*

. . . . .

The image [is of] a young girl, ornately adorned, sitting against a background of a Persian carpet. The thing that I found intriguing was the look on her face. It is, [I feel,] somewhat haunted, somewhat obsessed, really sad. And so the question that this interesting artist brings up is: Why, with all this wealth, is this girl so unhappy? Why is that?

The answer to that question ... whatever it may be for you ... has to do with the Christian church's definition of the seven deadly sins. I leave that to my reader to contemplate and to determine ... each in your own way, I hope ... as did the artist Mikhail Vrubel.

HOW SINS CAUSE US TO EXPERIENCE THE HELLWORLDS

Here is the last subheading, entitled, "How Sins Cause Us to Experience the Hellworlds."

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Those colors of the aura ... red and black ... and those desire-filled thought forms called the cardinal sins ... create a denseness in the aura because of the glomming of the electromagnetic lines, that pulls us down into a world known in the major religions as ’the hellworld’. Actually, the hellworld has many levels, and so, in the Hindu texts it is referred to as ’the hellworlds’.

I ask those of you that practice Satanism ... I ask you to consider what you are doing in giving your thoughts and emotions, and the actions in your lives, over to a being that desires to live on and feast on your electromagnetic field energy, your life force, by turning you to a life of sin.

. . . . .

In concluding this subsection, I have for you two images. The first is "The Card Reader" by Mikhail Vrubel. You can see a woman dealing cards, and a look on her face that I would call ’obsessed’ or ’possessed’ ... which was a topic and a subject amply dealt with by Mikhail Vrubel.

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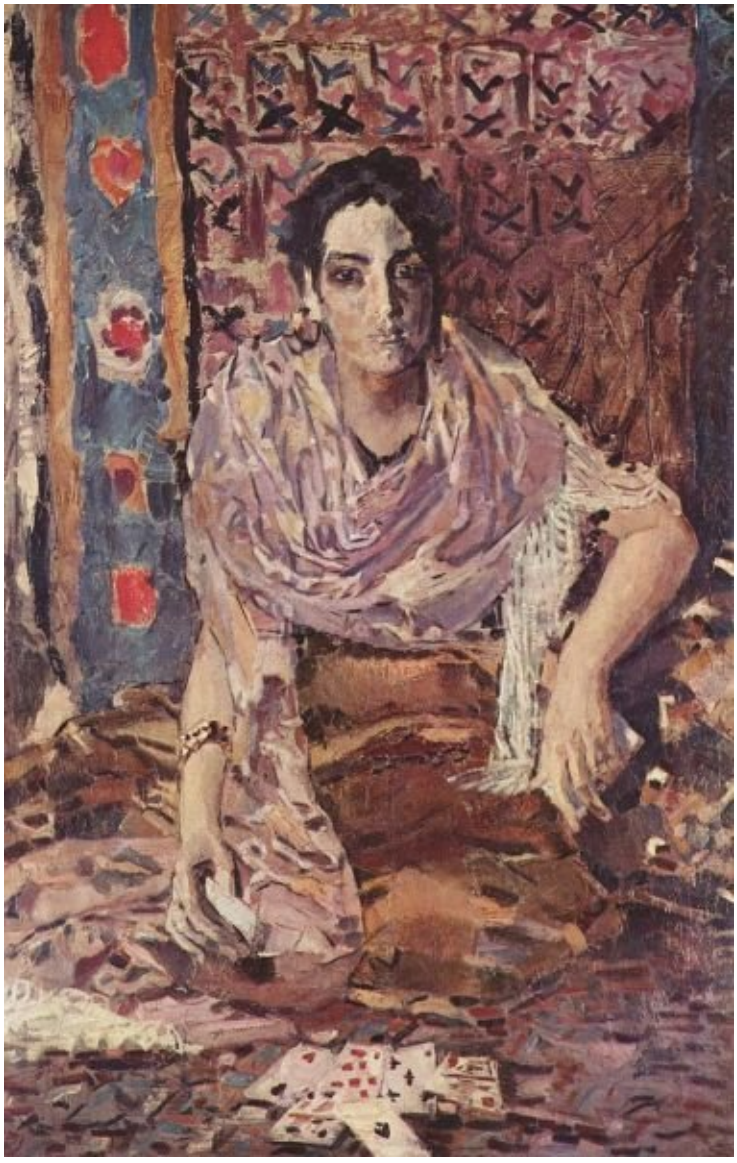


Image: "The Card Reader," by Mikhail Vrubel, 1895, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Michail _Alexandrowitsch _Wrubel _001.jpg … public domain

Image: "The Card Reader," by Mikhail Vrubel, *1895, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Michail _Alexandrowitsch _Wrubel _001.jpg … public domain*

. . . . .

There is such a thing as 'obsession' or 'possession' of human beings by devils. It is important for each of us to learn the look that people have when they are obsessed or possessed. And so I am offering you this image to give an initial understanding of what it may look like when you run across someone [who is obsessed or possessed] … because, when you do run across someone like this, there is a chance that the entity that is obsessing them or possessing

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them might leap onto your energy field preferentially.

So it is good to stay away. It is good to direct them to those that can exorcise (drive out) devils. There are mighty few of those on Earth today, but there are some.

If you take a look one more time at the way the woman's face looks, you see a sort of a fixed stare. You see a kind of a silent scream that is not showing up on the features. The features look relaxed. But within ... through the eyes ... you can see the anguish of the Soul.

Can you tell that? A very beautiful woman, but dwelling in deepest anguish: obsession or possession of the Soul by a malignant entity.

. . . . .

I have one other image for you today, by George Frederic Watts. It is called "For He Had Great Possessions." Here is a man; you can see he has very fancy clothes on. Yet he is standing with his downcast head turned towards the wall.

There is something about his great wealth that is causing him to be despondent. And this, like those other pictures, has something to do with the Christian notion of the deadly sins.

Why is it that great wealth can cause despondency? I leave that for you, the reader, to determine.

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Image: "For He Had Great Possessions," by George Frederic Watts, 1894, effected by brightening, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: George _Frederic _Watts _(1817-1904) _- _ %27For _he _had _great _possessions %27 _- _N01632 _- _National _Gallery.jpg ... public domain

Image: "For He Had Great Possessions," by George Frederic Watts, *1894, effected by brightening, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:George _Frederic _Watts _(1817-1904) _- _ %27For _he _had _great _possessions %27 _- _N01632 _- _National _Gallery.jpg ... public domain*

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

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[5]Begin [6]< Back [7]Forward >

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CREDITS

The sections "WHO IS SATAN," "WHAT ARE DEVILS?" and "HOW TO RECOGNIZE A PERSON WHO PRACTICES SATANISM" are excerpted from ... *Link: "Who Is Satan? What Does a Satan Worshiper Look Like?" by Alice B. Clagett, written and published on 31 May 2017; revised ... [8]https://wp.me/p2Rkym-7gx ..*

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pM7
3. https://wp.me/p2Rkym-pMD
4. https://en.wikipedia.org/wiki/Saint_Benedict_Medal
5. https://wp.me/p2Rkym-pLx
6. https://wp.me/p2Rkym-pM7
7. https://wp.me/p2Rkym-pMD
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1.10.46 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.9 False Light . channeled by Alice B. Clagett (2013-10-10 09:31)

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - THE FALSE LIGHT OR SEEMING LIGHT
    - *Sidebar: Reading Recommendations on the Seeming Light*
    - *Sidebar: The Danger Presented to Lightworkers by Fakirs, Practical Kabbalists, and Fortune Tellers*
  - CONCLUSION

Dear Ones,

This is subsection "6.9 False Light," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ccS _H5jFdW0

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.9 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.9 is entitled "False Light" ...

THE FALSE LIGHT OR 'SEEMING LIGHT"

In the case of human beings who shine with a great Light, it sometimes happens that this is because they are obsessed or possessed by a negative astral being, who siphons Light off of a gathering of people, and passes it on to the obsessed or possessed person, so as to enlist the gathering of people to the Dark.

This 'False Light' is mentioned in the work of Patanjali as well, ...

Citation: "How to Know God: The Yoga Aphorism of Patanjali," translated with a commentary by Swami Prabhavananda and Christopher Isherwood, 1953, 1981, by the Vedanta Society of

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Southern California.

... and, I expect, may have been used by fakirs, in days of yore, to impress the people of Ancient India, so as to acquire wealth and fame. In the first image below, and in my blog, I have termed this 'the Seeming Light'. This is the name that I have given to the False Light of a negative astral being.

.....

Sidebar: Reading Recommendations on the Seeming Light

For more on the Seeming Light, see ...

See also: *Link: "False Ascension Matrix" in the "Ascension Glossary*" *... [4]https://ascensionglossary.com/index.php/False _Ascension _Matrix ... Search the term:* False White Light

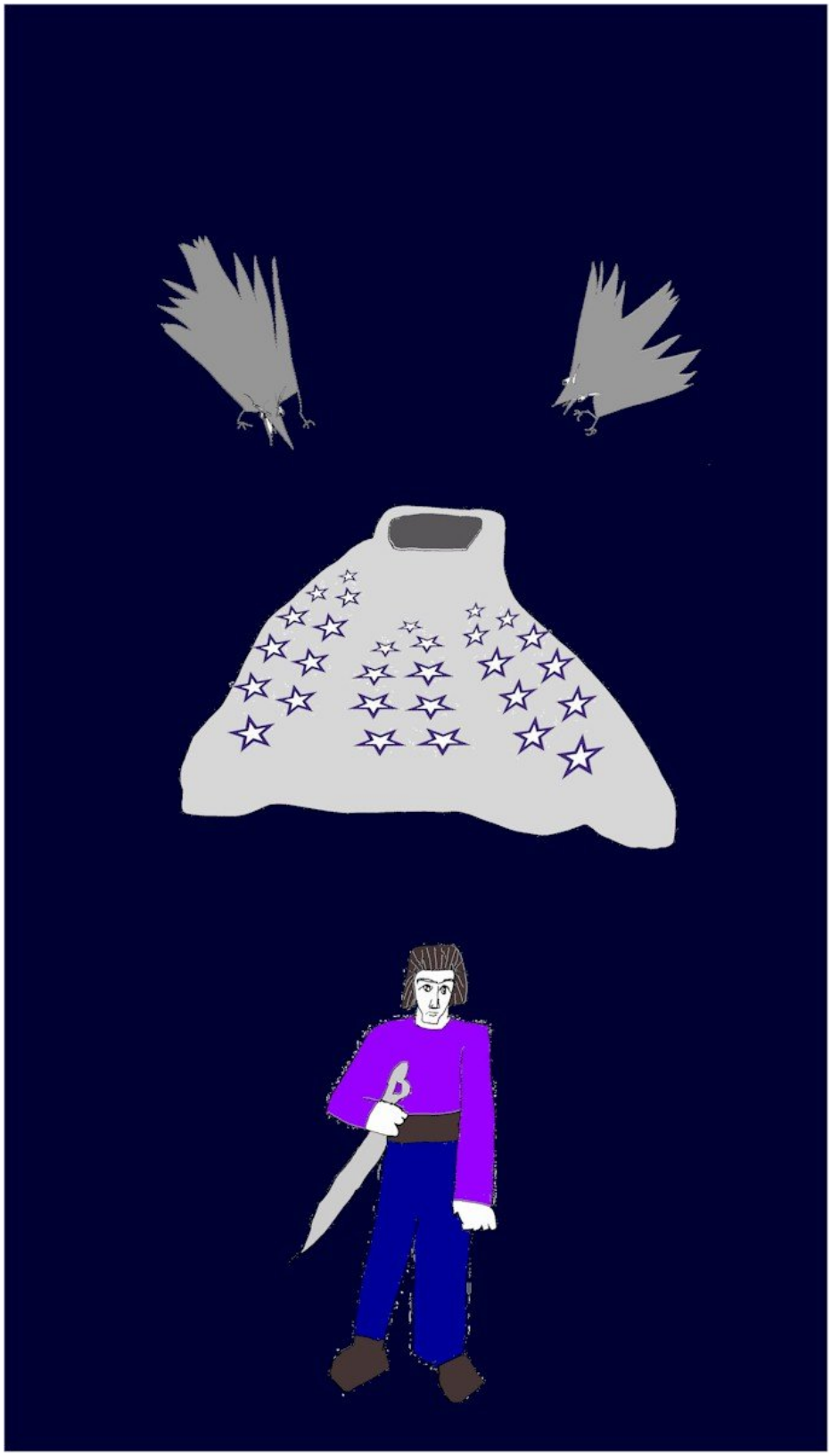
... and *Link: "Cloak of Seeming Light,*" *animated gif by Alice B. Clagett, imaged and published on 15 March 2020 ... [5]https://wp.me/p2Rkym-gWE ..*

.....

There are two images below on the same theme. "Cloak of Seeming Light 6," by Alice B. Clagett, 15 March 2020. It is Creative Commons, and so I can show it to you. It shows a brave young man standing there with a sword or scimitar; and a cloak being dropped upon him by two strange-looking bird-like entities.

A Description of the image is below ...

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Drawing: "Cloak of Seeming Light 6," by Alice B. Clagett, 15 March 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: The two Lords of Karma release the Cloak of Seeming Light above the head of a young spiritual

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adept. The spiritual adept, in violet shirt and royal blue pants, a sabre at his side, stands at bottom center. The Lords of Karma resemble large mean-eyed birds.

Drawing: "Cloak of Seeming Light 6," by Alice B. Clagett, *15 March 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...*

DESCRIPTION: The two Lords of Karma release the Cloak of Seeming Light above the head of a young spiritual adept. The spiritual adept, in violet shirt and royal blue pants, a sabre at his side, stands at bottom center. The Lords of Karma resemble large mean-eyed birds.

. . . . .

There is more about the Cloak of Seeming Light here ...

Link: "Cloak of Seeming Light," animated gif by Alice B. Clagett, imaged and published on 15 March 2020 ... [6]https://wp.me/p2Rkym-gWE ..

. . . . .

I have one more image for you. That is entitled “Balaam and the Angel (Numbers 22-24), by Gustav Jaeger, 1836, from Wikimedia Commons; and it is public domain. Here we have Balaam, a figure from the Bible, and his ass, and the angel.

My Comment on the image is below ...

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Image: “Balaam and the Angel (Numbers 22-24), by Gustav Jaeger, 1836, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Gustav _Jaeger _Bileam _Engel.jpg … public domain … COMMENT: Just as Balaam (seen on the right in the painting) was an adversary to God’s angelic messenger (seen on the left in the painting) … the very messenger that Balaam’s simple ass (that is, his donkey) saw was barring Balaam’s erring path … so is Satan the adversary of our own angelic guardians. As Balaam aligned with King Balak in tempting the Israelites to sexual immorality and to sacrificing to idols (as can be read in Revelation 2:14), so do the inner circles of some modern-day societies secretly entice the innocent Christian to err (that is, to make a mistake.) Some such societies worship Lucifer as ’bringer of Light’ to humankind; but that Light which Lucifer brings is the False Light I term ’the Seeming Light’. The safe path for a Christian lies in alignment with the Mind and Heart and Will of God. I pray we, as Christians, may clearly discern the true Light of Christ Consciousness from the Seeming Light of the Demon Realm.

Image: “Balaam and the Angel (Numbers 22-24), by Gustav Jaeger, *1836, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Gustav _Jaeger _Bileam _Engel.jpg … public domain …*

COMMENT: Just as Balaam (seen on the right in the painting) was an adversary to God’s angelic messenger (seen on the left in the painting) … the very messenger that Balaam’s simple ass (that is, his donkey) saw was barring Balaam’s

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erring path ... so is Satan the adversary of our own angelic guardians.

As Balaam aligned with King Balak in tempting the Israelites to sexual immorality and to sacrificing to idols (as can be read in Revelation 2:14), so do the inner circles of some modern-day societies secretly entice the innocent Christian to err (that is, to make a mistake.) Some such societies worship Lucifer as 'bringer of Light' to humankind; but that Light which Lucifer brings is the False Light I term 'the Seeming Light'.

The safe path for a Christian lies in alignment with the Mind and Heart and Will of God. I pray we, as Christians, may clearly discern the true Light of Christ Consciousness from the Seeming Light of the Demon Realm.

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Sidebar: The Danger Presented to Lightworkers by Fakirs, Practical Kabbalists, and Fortune Tellers

I have an image for you entitled "Two Fakirs" by Vasily Vereshchagin, painted from 1874 to 1876, in Wikimedia Commons, and it is public domain. It looks like this ...

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Image: Two Fakirs (Vereshchagin),” by Vasily Vereshchagin, from 1874 to 1876, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: %D0 %94 %D0 %B2 %D0 %B0 _ %D1 %84 %D0 %B0 %D0 %BA %D0 %B8 %D1 %80 %D0 %B0 _(%D0 %92 %D0 %B5 %D1 %80 %D0 %B5 %D1 %89 %D0 %B0 %D0 %B3 %D0 %B8 %D0 %BD).jpg ... public domain

Image: Two Fakirs (Vereshchagin),” by Vasily Vereshchagin, from 1874 to 1876, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File: %D0 %94 %D0 %B2 %D0 %B0 _ %D1 %84 %D0 %B0 %D0 %BA %D0 %B8 %D1 %80 %D0 %B0 _(%D0 %92 %D0 %B5 %D1 %80 %D0 %B5 %D1 %89 %D0 %B0 %D0 %B3 %D0 %B8 %D0 %BD).jpg ... public domain

. . . .

The word ’fakir’ means a wandering Muslim or Hindu ascetic who accepts alms for the exercise of his psychic powers, or else to appease him so that he will not place a curse on

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the passerby (as the psychic powers of fakirs are much feared and greatly respected in India, even in this modern age).

The 'fakir' is comparable to some extent to those who employed Practical Kabbalah in days of yore and onward to modern times. You can find out more about Practical Kabbalah at this link ...

Link: "Practical Kabbalah," in English Wikipedia ... [7]https://en.wikipedia.org/wiki/Practical_Kabbalah ..

The 'fakir' is comparable to some extent to those who employed Practical Kabbalah in days of yore and onward to modern times, and to the 'psychic' or fortune teller or palm reader in the United States today, although there are gender differences amongst the practitioners of these arts, which range from what is termed 'white magic' to what is called 'black magic'.

CONCLUSION

Over the years I have become keenly aware of how black magic practitioners create incursions on the work and lives of Lightworkers. For that reason I compiled my blog category: *Transcending the Dark - courage under fire - spirit warfare ..*

This category contains the white magic and traditional faith techniques I channeled through my Ascension team in the last 20 years so as to counter the black magic spells thrust upon me by others.

My hope is that what I have channeled will help my fellow Lightworkers to remain full of Light and love and joy despite the turbulent currents of Light and Dark that characteristically swirl about and careen through the magnetosphere of third and fourth dimensional Earth.

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

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.9 False Light" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pRo
3. https://wp.me/p2Rkym-pRO
4. https://ascensionglossary.com/index.php/False_Ascension_Matrix
5. https://wp.me/p2Rkym-gWE
6. https://wp.me/p2Rkym-gWE
7. https://en.wikipedia.org/wiki/Practical_Kabbalah
8. https://wp.me/p2Rkym-pLx
9. https://wp.me/p2Rkym-pRo
10. https://wp.me/p2Rkym-pRO
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I have for you today subsection 6.9 of the video series "Satan’s Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.9 is entitled "False Light" ...

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1.10.47 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.10 Negative Omnipresence . channeled by Alice B. Clagett (2013-10-10 09:52)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.10 Negative Omnipresence" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - NEGATIVE ASTRAL BEINGS ON THE ASTRAL PLANE
    - Lack of Geography . Constriction of Temporality
  - NEGATIVE ASTRAL BEINGS AND ASTROLOGY
    - *Sidebar: Negative Alien Agenda (NAA)*

Dear Ones,

This is subsection "6.10 Negative Omnipresence," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/Tlf8a6YKuEo

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.10 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.10 is entitled "Negative Omnipresence" ...

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Two other qualities that are sometimes found in obsessed or possessed persons are negatively oriented clair skills of omnipresence and levitation.

When the obsessed or possessed person touts omnipresence, this is the negatively aspected omnipresence that flits from the Soul wounding of one human being, to the similar Soul wounding of another human being, as the obsessed or possessed person's astral body 'skinny dips' through the central vertical power current (or 'kundalini') of other people. In this way, his astral body weaves an energetic trail or thread that gloms together the similar Soul wounding of a number of people.

NEGATIVE ASTRAL BEINGS ON THE ASTRAL PLANE

Lack of Geography . Constriction of Temporality. In the same way, I feel, the negative astral beings that have coinhabited Earth with us through the long Age of Darkness glom together and increase the Soul wounding of human beings.

This is their form of omnipresence: An astral ability to be present in the Soul wounding of many different human beings, all at one time. That they are able to do this indicates to me that the astral plane, on which they abide, has the quality of nonlocalization … a lack of geography … but apparently, a constriction of temporality, and a constriction of nonlocalization to within our stratosphere, here on Earth.

In other words, in most cases negative astral beings exhibit omnipresence only with regard to a particular timeline, and only with regard to the beings on physical planet Earth or within her stratosphere. So they have what might be termed negative, Earth-bound omnipresence, which allows them to degrade our Soul fields.

NEGATIVE ASTRAL BEINGS AND ASTROLOGY

Intuition tells me that there are also other sorts of negative astral beings that use wormhole technology to influence life on Earth from other constellations … some manner of*Deus ex machina* effect, but boding ill.

It could be that the field of astrology deals, in part, with this aspect of the Negative Alien Agenda (NAA). Also, consolidation of original chakras with the transpersonal chakras … the chakras above the head … which is now possible, because of the New Light available to Earth … will, I feel, help ward off these off-planet negative influences.

.....

Sidebar: Negative Alien Agenda (NAA)

For more on fourth dimensional issues regarding the Negative Alien Agenda, see these links. The first is in the website Energetic Synthesis, and the second is in the companion website Ascension Glossary ...

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Link: "Negative Alien Agenda (NAA)," in Energetic Synthesis ... [4]https://energeticsynthesis.com/library/negative-alien-agenda/2662-nega tive-alien-agenda-naa ..

Link: "NAA," in Ascension Glossary ... [5]https://ascensionglossary.com/index.php/NAA ..

Link: "NAA Strategic Invasion Methods," in Ascension Glossary ... [6]https://ascensionglossary.com/index.php/NAA _Strategic _Invasion _Methods ..

.....

I have an image for you entitled "The North Wind and the Sun," by Milo Winter, 1919, from Wikimedia Commons, and it is public domain. Here is a traveler; and then you can see a personalization of the North Wind blowing down on the traveler, and making it difficult for him to continue onward.

The Description of the image and my Comments on it are below ...



Image: “The North Wind and the Sun,” by Milo Winter, 1919, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:The _North _Wind _and _the _Sun _- _Wind _- _Project _Gutenberg _etext _19994.jpg ... public domain ... DESCRIPTION: “The wind attempts to strip the traveler of his cloak. From “The Aesop for Children,” by Aesop, illustrated by Milo Win-

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ter ... COMMENTS: In a way, the personification of the North Wind in this image is like the geographically (but, thank goodness, not temporally) omnipresent nature of negative astral beings. Like the North Wind, they know no geographical barriers. They can find the weary traveler anywhere on Earth and chill him to the bone with their version of the Negative Alien Agenda (NAA). But the Lightworker who has acquired timeline surfing and timeline optimization skills can evade their cruel grasp.

Image: "The North Wind and the Sun," by Milo Winter, *1919, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:The _North _Wind _and _the _Sun _- _Wind _- _Project _Gutenberg _etext _19994.jpg ... public domain ...*

DESCRIPTION: "The wind attempts to strip the traveler of his cloak. From "The Aesop for Children," by Aesop, illustrated by Milo Winter ...

COMMENTS: In a way, the personification of the North Wind in this image is like the geographically (but, thank goodness, not temporally) omnipresent nature of negative astral beings.

Like the North Wind, they know no geographical barriers. They can find the weary traveler anywhere on Earth and chill him to the bone with their version of the Negative Alien Agenda (NAA). But the Lightworker who has acquired timeline surfing and timeline optimization skills can evade their cruel grasp.

. . . . .

For those of you Lightworkers who want to develop your timeline skills as a way of escaping from the negative astral beings, please surf to my blog categories:

Timeline jumping or surfing - multitiming ... and ... *Timeline optimization*

For more in-depth reading on timeline skills, you can go to the overarching category: *Timelines - multitemporality* ... and there you will find quite a few subcategories to do with timelines; for instance ...

- your *Awareness timeline* ...
- *Placemarker timelines* ...
- *Timeline dipping* ...
- *Timeline loops - rollbacks - previews* ... and so on.

By exploring these topics, you can gain in-depth knowledge of your Ascension skills in regard to timelines.

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pRt
3. https://wp.me/p2Rkym-pRY
4. https://energeticsynthesis.com/library/negative-alien-agenda/2662-negative-alien-agenda-naa
5. https://ascensionglossary.com/index.php/NAA
6. https://ascensionglossary.com/index.php/NAA_Strategic_Invasion_Methods
7. https://wp.me/p2Rkym-pLx
8. https://wp.me/p2Rkym-pRt
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1.10.48 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.11 Negative Levitation . channeled by Alice B. Clagett (2013-10-10 09:59)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.11 Negative Levitation" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - LEVITATION THROIUGH ALIGNMENT WITH GOD
  - LEVITATION THROUGH ENTITY OBSESSION OR POSSESSION
  - THE PRINCE OF THE POWER OF THE AIR
  - READING RECOMMENDATIONS

Dear Ones,

This is subsection "6.11 Negative Levitation," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/herOhyh00 _I

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

I have for you today subsection 6.11 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.11 is entitled "Negative Levitation" ...

LEVITATION THROIUGH ALIGNMENT WITH GOD

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Levitation can occur, I feel, when a person aligns his or her heart and mind and will with the Great Heart, the Great Mind, and the Great Will of God. In so doing, he or she becomes one with the All … with God's creation … and can manifest miracles. Jesus, for instance, was able, through God's grace, to walk on water.

As to negative levitation … I recall reading, once, that the Christian church, in ages gone by, looked askance at clair abilities such as levitation. As I recall, they felt that the clair abilities might express God's miracles on Earth, or they might express the works of devils. I concur with this.

LEVITATION THROUGH ENTITY OBSESSION OR POSSESSION

It also happens that people obsessed or possessed by negative astral beings levitate. In terms of the Negative Alien Agenda (NAA) ...

Link: "NAA," in Ascension Glossary … [4]https://ascensionglossary.com/index.php/NAA ..

Link: "Negative Alien Agenda (NAA)," in Energetic Synthesis … [5]https://energeticsynthesis.com/library/negative-alien-agenda/2662-nega tive-alien-agenda-naa ..

… they are allowed to levitate so as to impress other people, which the negative astral beings intend will turn more human beings to worship of the Dark, and provide them (the negative astral beings) with increased 'fodder' (or 'food').

THE PRINCE OF THE POWER OF THE AIR

The Bible mentions that Satan is "the prince of the power of the air" –Ephesians 2:2 (KJV, public domain). I get from this, that the negative astral beings …

- may be perceived as flitting about in the air,
- or that they may effect levitation of humans,
- and also that they may be good with telepathy (which might be considered a power of the air),
- and that they may be very smooth speakers (full of stuff and nonsense).

I have for you an intriguing image entitled "Witches' Flight," by Francisco de Goya, 1797, from Wikimedia Commons, and in the public domain. You can see, at the bottom of the picture, a dark-clothed person (with a white hood and shawl on), bending down toward the ground. To the left of this dark-clothed person, and lying prone (face downward) on the ground, is a brown-clothed person holding his hands over his ears. That may indicate there is quite a commotion going on.

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And above them are several witches (possibly young men rather than young women), levitating in the air, and holding up the supine body of a young man. It is as if he were lying flat in the air, with chest and face turned upward ...



Image: "Witches Flight," by Francisco de Goya, 1797, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Witches _Flight _Goya.jpg ... public domain

Image: "Witches Flight," by Francisco de Goya, *1797, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Witches _Flight _Goya.jpg ... public domain*

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I was intrigued by the 3D effect of this image, and its oddness. You can see also the

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three long, tapered hats on the witches, and their lack of clothing on the upper portion of their torso. They are wearing green skirts, and floating in the air.

I see also over in the corner of the image, at the righthand bottom, what looks like a burro, or a donkey ... and I wonder if that might have to do with the legend that the indigenous cults of Brazil have, to do with the 'chwal' or 'horse' or 'donkey' that a black magic spell can cast upon a person, in order to make that person carry the burden of the Dark and carry out the black magician's wishes.

If that were true, then this man lying so compliantly, in the arms of the levitating witches, might be that very 'chwal' or 'donkey' or 'horse' for carrying out the conquests of the black magicians ... of the witches ... of the sorcerers in the world.

And levitation might be the perk that they have offered him in order to puff up his pride. As you can see from the image, it might nevertheless be the black-clothed figure at the bottom center of the image, or the three green-skirted witches in the air that are the ones who are conferring that power on the man ... and not he himself.

Taking it one step further, the black-clothed figure standing on the ground, or the three young witches in the air may be the dupes or pawns of someone ... or some-thing in... in the fourth dimension (beyond physical form).

This is altogether an unappealing, foreboding sort of image, I feel.

READING RECOMMENDATIONS

For more on levitation, see my blog category: *Levitation*

For more on the Brazilian legend of the 'chwal', see my blog category: *Donkey man - human horse - chwal*

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

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pRO

3. https://wp.me/p2Rkym-pS4
4. https://ascensionglossary.com/index.php/NAA
5. https://energeticsynthesis.com/library/negative-alien-agenda/2662-negative-alien-agenda-naa
6. https://wp.me/p2Rkym-pLx
7. https://wp.me/p2Rkym-pRO
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1.10.49 How to Recognize a Person Who Is Possessed by a Negative Astral Being: 6.12 Installation of Malware or Malspeak in the Lower Chakras . channeled by Alice B. Clagett (2013-10-10 10:47)

Written and published on 10 October 2013; updated with images, text and videos during October 2021-January 2022; republished as a separate blog on 29 December 2021
Full title: "Satan's Powers and What to Do about Them: 6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person" ... "6.12 Installation of Malware or Malspeak in the Lower Chakras" . by Alice B. Clagett

Biblical references (if there are any) are in light blue font.

[1]Begin [2]< Back [3]Forward >

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - INTRODUCTION
    - *Reading Recommendations on Implants and Parasites of the Astral Realm*
  - WOMEN'S MALWARE: INCEST
    - *Sidebar: Reading Recommendations on False Memories of Childhood Trauma*
    - The Incubus
  - SPIRITUAL MEN'S MALWARE: 'UNWORTHINESS OF LOWER CHAKRAS
    - The Succubus
  - ASTRAL BASAL CHAKRA INTERCOURSE BY A BLACK MAGICIAN
    - *Sidebar: Reading Recommendations on Black Magicians and Black Magic*
  - VISUALIZATION TO RESTORE THE INTEGRITY OF THE CENTRAL VERTICAL POWER CURRENT (THE 'KUNDALINI') AFTER THE HEART CHAKRA HAS BEEN WEAKENED
    - *Reading Recommendations on Restoration of the Integrity of the Central Vertical Power Current (the 'Kundalini')*

Dear Ones,

This is subsection "6.12 Installation of Malware or Malspeak in the Lower Chakras," of the section "6. How to Recognize a Person Who Is Possessed by a Negative Astral Being by the Qualities of That Being Mirrored in the Person," from the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. There is an edited Summary after the video ...

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VIDEO BY ALICE

https://youtu.be/HDxJWH4w5M8

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice. I Am of the Stars.

INTRODUCTION

I have for you today subsection 6.12 of the video series "Satan's Powers and What to Do About Them," by Alice B. Clagett. Subsection 6.12 is entitled "Installation of Malware or Malspeak in the Lower Chakras" ...

When negative levitation occurs, then a person's lower chakras have somehow been weakened. This may be through malware or malspeak installations by the negative astral beings, in the lower portion of a person's etheric net. The negative astral beings ... unpossessed as they are of logical qualities ... most likely do not, in my opinion, know what the malware or malspeak means in terms of human language. But they can sense how it releases the Light from a person's energy field, so that they can feed upon it.

Amongst the negative astral beings, those that feed upon the human energy field are termed 'parasites' of the astral realm, and the mechanisms they insert so as to feed are termed 'implants' or 'malware' or 'malspeak'.

.....
Reading Recommendations on Implants and Parasites of the Astral Realm

In the realm of the esoteric, the website "Ascension Glossary" has very thorough information on implants and parasites of the astral realm. You can go to the url ... [4]https://ascensionglossary.com ... and search for the blog "Alien Implants" ...

Link: "Alien Implants," in Ascension Glossary ... [5]https://ascensionglossary.com/index.php/-Alien _Implants ...

For more in-depth information on this topic, surf to the companion website "Energetic Synthesis" ... [6]https://energeticsynthesis.com ... and search for the same term ...

Link: "Alien Implants," in Energetic Synthesis ... [7]https://energeticsynthesis.com/library/negative-alien-agenda/impla nts-parasites ..

.....

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There is a rather gruesome depiction of this process online, showing a man and a woman with no clothes on, whose genitals are being tortured by devils. I will not put it online, as it is rather too graphic for my tastes.

Instead, here are a few examples of malware implants from my own clair experience ...

WOMEN'S MALWARE: INCEST

Sometimes women have malware installations of false stories of incest in their early youth. This malware is consciously installed by mind controlling negative astral beings, and also replicated through entertainment movies on this theme, which cast women in the role of victims, and men in the role of incestuous predators.

.....

Sidebar: Reading Recommendations on False Memories of Childhood Trauma

There is quite a commotion online regarding creation of false memories, especially with regard to childhood trauma. I have a few reading suggestions for you in that regard ...

Link: "Creating False Memories: Who Is Most at Risk? Examining Personal and External Risk Factors," by Mirte P. A. van Rooij, Tilburg University; Supervisor: K. M. E. Lens, 26 August 2016 ... [8]http://arno.uvt.nl/show.cgi?fid=142590 ..

Link: Memory Implantation," in English Wikipedia ... [9]https://en.wikipedia.org/wiki/Memory_implantation ..

From these articles, I gather that spectacularly noteworthy false memories can be induced during a dissociative state created through hypnosis or mind control. I have one other reading suggestion; that is ...

Link: "Inadvertent Hypnosis During Interrogation: False Confession Due to Dissociative State; Mis-Identified Multiple Personality and Satanic Cult Hypothesis," by Richard J. Ofshe, in International Journal of Clinical and Experimental Hypnosis, Volume 40: 3, 1992, pp 125-156. Published online by Taylor Francis Online ... [10]https://www.tandfonline.com/doi/abs/10.1080/00207149208409653 ... Received 23 July 1990; published online 31 January 2008 ..

I hope you can find it; it is quite interesting ... droll; funny in an odd way.

.....

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The Incubus

'Incubus' malware is very injurious, as it damages women's faith in the goodness of men, and causes difficulties in their bonding with men. Thus a woman falls prey to insecurities, negative emotions, and a state of 'ungroundedness' that can be exploited by the negative astral beings, especially those termed 'incubi', which specialize in astral rape of women; that is to say, what feels like rape, but not in the presence of any physical human being ... something to do with telepathy or mind control or mental suggestion, that arrives through the psychic plane ... through the astral airs.

I found an image that reminds me a little of the term 'astral rape'. It is called "The Nightmare." It is by Eugene Thivier, 1894, from Wikimedia Commons, and it is Creative Commons. There is a young woman lying on her side, and she looks very frightened. Perched on her hip is a very ugly being. It looks to me like a female dog that is lactating, but it has wings like a bat.

With one arm, the young woman is trying to fend off this nightmare (or possibly, a negative astral entity); and with the other hand, she is grabbing the bed sheet in anxiety ...



Image: "The Nightmare," by Eugene Thivier, 1894, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Augustins _- _Cauchemar _- _Eug %C3 %A8ne _Thivier _- _RI _1156.jpg ... CC BY-SA 4.0 International ... COMMENT: The Italian title 'L'incubo' means 'the Incubus'.

Image: "The Nightmare," by Eugene Thivier, *1894, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Augustins _- _Cauchemar _- _Eug %C3 %A8ne*

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_Thivier _- _RI _1156.jpg ... CC BY-SA 4.0 International ...

COMMENT: The Italian title 'L'incubo' means 'the Incubus'.

. . . . .

SPIRITUAL MEN'S MALWARE: 'UNWORTHINESS OF LOWER CHAKRAS

Sometimes spiritual men have malware installations of the 'unworthiness' of the lower chakras. This causes a weakness in the central vertical power current (or 'kundalini') at the level of the heart chakra. The spiritual man may concentrate his Awareness on the third-eye point ... the psychic eye in the center of the brain at the level of the forehead ... which may be considered evidence of spiritual attainment.

A rift develops at the level of the heart, because the lack of appreciation of the sexual organs results in anger, rather than the joy of orgasm, being felt there.

The Succubus

This rift in the energy field of the spiritual man is the cause of what is termed the 'false Ascension matrix' ... where the energetic body of the man is slightly lifted off the ground ... unable to connect with the strong energies of mother Earth ... and he becomes 'fodder' (or 'food') for the negative astral beings (the 'Demon Hordes'). Especially, he is susceptible to those termed 'succubi', which specialize in astral rape of men.

For more on the false Ascension matrix, see ... *Link: "False Ascension Matrix," in the "Ascension Glossary" ... [11]https://ascensionglossary.com/index.php/False _Ascension _Matrix ..*

ASTRAL BASAL CHAKRAINTERCOURSE BY A BLACK MAGICIAN

There is at least one other way for a negative astral being to weaken a person's lower chakras. That is, to have a black magician, travelling in astral form, perform an act of basal chakra (rectal) intercourse upon a normal human being (whether a man or a woman). This act drains the life force, or 'prana', out of a person temporarily. In this state, the person is susceptible to the death wish of the black magician, or to a levitation attempt by a crowd of negative astral beings.

When a person's lower chakras have been weakened, apparently there is an interruption of the central vertical power current (or 'kundalini') beneath a person's feet. This makes it possible, as I clairly view it, for a crowd of negative astral beings to gather round the affected person's head and shoulders, and in some manner ... I do not know the mechanism ... to lift him or her up, so that his or her feet are not touching the ground.

.....

Sidebar: Reading Recommendations on Black Magicians and Black Magic

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I have four reading recommendations for you in connection with black magicians and black magic. These recommendations do not suggest that you do black magic; but they explain it so that you can avoid black magic spells, and so that you can be a little knowledgeable about the topic, in case you have to fend off black magic spells ...

Link: "The Astral Plane: Its Scenery, Inhabitants, and Phenomena," by C.W. Leadbeater. (2007), Urbana, Illinois: Project Gutenberg. Retrieved 10 June 2018, from [12]https://www.gutenberg.org/ebooks/21080 ...

Search the term: black magician

Link: "Black Magician," in the "Ascension Glossary" ... [13]https://ascensionglossary.com/index.php/-Black _Magician ..

Link: "Section 14: The 'Theosophical Mahatmas" in "The Key to Theosophy," by H. P. Blavatsky ... [14]https://www.theosociety.org/pasadena/key /key-14.htm ... Search the term: black magician

Link: "The Law of One: The Ra Material" ... [15]https://www.lawofone.info ... Click on this category, which has to do withBlack Magicians: Negative Path

Also, search my blog category: *Dissolving black magic in the Light* ... for ways to counter black magic spells, so that your energy field will not be injured by people who mean you harm on the psychic or astral planes.

.....

I have an image for you. I ought to warn you it is a little risque, so you will want to make sure that your children do not see it. This is only for adult viewing. It is called "The Divine Eros Defeats the Earthly Eros." It is a painting by Giovanni Baglione, 1602-1603. I found it in Wikimedia Commons, and it is in the public domain.

It is a little difficult to see, but there are three figures in this image. At the top is the Divine Eros ... the Divine Love ..., portrayed as a strong angel. At the bottom left is the Earthly Eros, looking rather brutish; you can see only see the shoulders and a little bit of the head there. At bottom right is a young man with a crucifix. I believe that the significance here is that the angel prevents the brutish man from having rectal intercourse with the young man, who looks a little frightened. It was a very risque topic in its time, and it still is today ... also very controversial ...

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Image: "The Divine Eros Defeats the Earthly Eros," by Giovanni Baglione, c. 1602-1603 [Gemäldegalerie, Berlin], in Wikimedia Commons ... https://upload.wikimedia.org/wikipedia/commons/d/d5/Giovanni _Baglione _- _The _Divine _Eros _Defeats _the _Earthly _Eros _- _Google _Art _Project.jpg ... public domain ***Image: "The Divine Eros Defeats the Earthly Eros,"***

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by Giovanni Baglione, *c. 1602-1603 [Gemäldegalerie, Berlin], in Wikimedia Commons ... https://upload.wikimedia.org/wikipedia/commons/d/d5/Giovanni _Baglione _- _The _Divine _Eros _Defeats _the _Earthly _Eros _- _Google _Art _Project.jpg ... public domain*

. . . . .

VISUALIZATION TO RESTORE THE INTEGRITY OF THE CENTRAL VERTICAL POWER CURRENT (THE 'KUNDALINI') AFTER THE HEART CHAKRA HAS BEEN WEAKENED

This is an image and visualization that will help restore the integrity of the central vertical power current (the 'kundalini') when there has been a disconnect at the heart chakra as mentioned above.

This is a visualization that I channeled, and I like it very much. I am still working on it myself, just for the strong sense of personal integrity ... of very strong will power connected to my heart chakra ... that it gives me.

The image is entitled "Meditation on the Two 'Wish-Fulfilling Trees'," by Alice B. Clagett, 1 October 2021, and it is Creative Commons. Here is the silhouette of a young person. There is a yellow band of Light sealing the connection between his lower navel point chakra (that is a yellow tree on an orange background) and his lower heart chakra (that is a green tree on a yellow background).

The Description of the image and my Comments on it are below ...

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Image: “Meditation on the Two ’Wish-Fulfilling Trees’,” by Alice B. Clagett, 1 October 2021, CC BY-SA 4.0 … DESCRIPTION: Silhouette of a young man standing, facing forward. There is a yellow band along his central vertical power current. The yellow band extends upward from the Low Navel Point Chakra at the tanden to the Low Heart Chakra at the solar plexus. At the bottom of the yellow band is the symbol of the Low Navel Point Chakra, containing the Lower ’Wish-Fulfilling Tree’. At the top of the yellow band is the symbol of the Low Heart Chakra containing the Higher ’Wish-Fulfilling Tree’. The symbol of the Low Navel Point Chakra is a yellow ring, inside which is a white ring. Inside that, on an orange background, is a yellow tree with five branches, each with leaves on it. The symbol of the Low Heart Chakra is a green ring, inside which is a white ring. Inside that, on a yellow background, is a green tree with five branches, each with leaves on it … COMMENTS: Place your Awareness on a band of yellow light at the base and top of which are the two Wish-Fulfilling Trees, the Low Navel Point or tanden, and the Low Heart Point or solar plexus. Visualize this band of yellow light for 3 or 11 minutes. This will help develop your ability to manifest your heart-felt wishes in the physical world … CREDITS: Silhouette: “Person Outline 3,” by rejon, 30 March 2009, in English Wikipedia … https://en.wikipedia.org/wiki/File:Person _Outline _3.svg … public domain … Description: This is a person used in fabricatorz.com pattern. … Tree adapted from "Hrit Chakra, Containing the Wish-Fulfilling Tree," by krsnajinana, 9 April 2010, in Wikimedia Commons …

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https://commons.wikimedia.org/wiki/File:Hrit.jpg ... public domain

Image: "Meditation on the Two 'Wish-Fulfilling Trees'," by Alice B. Clagett, *1 October 2021, CC BY-SA 4.0 ...*

DESCRIPTION: Silhouette of a young man standing, facing forward. There is a yellow band along his central vertical power current. The yellow band extends upward from the Low Navel Point Chakra at the tanden to the Low Heart Chakra at the solar plexus. At the bottom of the yellow band is the symbol of the Low Navel Point Chakra, containing the Lower 'Wish-Fulfilling Tree'.

At the top of the yellow band is the symbol of the Low Heart Chakra containing the Higher 'Wish-Fulfilling Tree'. The symbol of the Low Navel Point Chakra is a yellow ring, inside which is a white ring. Inside that, on an orange background, is a yellow tree with five branches, each with leaves on it. The symbol of the Low Heart Chakra is a green ring, inside which is a white ring. Inside that, on a yellow background, is a green tree with five branches, each with leaves on it ...

COMMENTS: Place your Awareness on a band of yellow light at the base and top of which are the two Wish-Fulfilling Trees, the Low Navel Point or tanden, and the Low Heart Point or solar plexus. Visualize this band of yellow light for 3 or 11 minutes. This will help develop your ability to manifest your heart-felt wishes in the physical world ...

CREDITS: Silhouette: "Person Outline 3," by rejon, 30 March 2009, in English Wikipedia ... https://en.wikipedia.org/wiki/File:Person _Outline _3.svg ... public domain ... Description: This is a person used in fabricatorz.com pattern. ... Tree adapted from "Hrit Chakra, Containing the Wish-Fulfilling Tree," by krsnajinana, 9 April 2010, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Hrit.jpg ... public domain

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Reading Recommendations on Restoration of the Integrity of the Central Vertical Power Current (the 'Kundalini')

I have several reading recommendations for the topic of restoration of the integrity of the central vertical power current or 'kundalini' ...

See also ... *Link: "Tummy Talk: Uniting the Mind and Healing Soul Wounding," by Alice B. Clagett, written and published on 23 March 2017 ... [16]https://wp.me/p2Rkym-74T ..*

Link: "Dealing with the Antisocial Personality (ASP) as Humankind Awakens," by Alice B. Clagett, written and published on 10 January 2017; revised ... [17]https://wp.me/p2Rkym-6Mm ..

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These offer background information on the topic of this meditation.

.....

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I Am of the Stars

[18]Begin [19]< Back [20]Forward >

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[21] 

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Satan, Demonic Realm, demons, devils, negative astral beings, Christianity, Lightworkers, Ascension,

1. https://wp.me/p2Rkym-pLx
2. https://wp.me/p2Rkym-pRY
3. https://wp.me/p2Rkym-pSP
4. https://ascensionglossary.com/
5. https://ascensionglossary.com/index.php/Alien_Implants
6. https://energeticsynthesis.com/
7. https://energeticsynthesis.com/library/negative-alien-agenda/implants-parasites
8. http://arno.uvt.nl/show.cgi?fid=142590
9. https://en.wikipedia.org/wiki/Memory_implantation
10. https://www.tandfonline.com/doi/abs/10.1080/00207149208409653
11. https://ascensionglossary.com/index.php/False_Ascension_Matrix
12. https://www.gutenberg.org/ebooks/21080
13. https://ascensionglossary.com/index.php/Black_Magician
14. https://www.theosociety.org/pasadena/key/key-14.htm
15. https://www.lawofone.info/
16. https://wp.me/p2Rkym-74T
17. https://wp.me/p2Rkym-6Mm
18. https://wp.me/p2Rkym-pLx
19. https://wp.me/p2Rkym-pRY
20. https://wp.me/p2Rkym-pSP
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1.10.50 Satan’s Hold on the World, as I Clairly View It . by Alice B. Clagett * (2013-10-10 12:51)

Excerpted and republished on 22 February 2018 from blogs published on 10 October 2013, 27 February 2014, and 10 November 2016; republished once more on 12 April 2020. Date of writing is indicated as 10 October 2013.

- BEINGS OF THE REALMS VISIBLE AND INVISIBLE
- SATAN’S HOLD ON THE WORLD, AS I CLAIRLY VIEW IT
- SATAN’S MISSION

Dear Ones,

Here are some excerpts from prior blogs on Satan and intelligent evil in the third and fourth dimensions ...

BEINGS OF THE REALMS VISIBLE AND INVISIBLE

As many of you know from reading of the Bible or your own sacred text, there are many different sorts of intelligent beings on Earth. In the realms invisible, as described in the Bible, we have the Angels, we have God, we have Christ, and we have beings of malignant tendencies, such as devils and demons and Satan himself.

–excerpted from*Link: "Status Report: Where We Are in the Process of Awakening," by Alice B. Clagett, written and published on 10 November 2016 ... [1]https://wp.me/p2Rkym-6nS ..*

–added to *Link: "Satan’s Powers and What to Do about Them," by Alice B. Clagett, published on 10 October 2013; updated ... [2]https://wp.me/p2Rkym-710 ..*

SATAN’S HOLD ON THE WORLD, AS I CLAIRLY VIEW IT

I think that there is a Force ... as I have mentioned before ... roaming the world. I call it the unconscious thought cloud of the world. I have talked and written about it a lot of times. Now, what I have not known until recent years is that it is highly intelligent, and motivated towards the downfall of humanity.

I used to think of it as a conglomerate of thoughts that we all have. But in recent years, it appears to be very intelligent, and ’on a mission’ to preserve Duality; to preserve the 3D experience. Some of us are becoming aware of this energy ... very aware.

–excerpted, revised, and republished from *Link: "Interference and Darkness, Part 2: Energy Strands," by Alice B. Clagett, published on 27 February 2014; revised and republished on 22 February 2018 ... [3]https://wp.me/p2Rkym-8nu ... See the section:* How Ought We Respond to a Dark Attack?

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–added to *Link: "Satan's Powers and What to Do about Them," by Alice B. Clagett, published on 10 October 2013; updated ... [4]https://wp.me/p2Rkym-710 ..*

SATAN'S MISSION

Some say Satan is not supreme evil. Instead, they feel it is an intelligent being, an organized force that is necessary to the creation and enactment of *Lila,* the Play of Creation. Satan's adversarial actions on humankind force us to develop spiritual discrimination, and this discrimination leads to Soul-realization.

It seems to me that this an excellent explanation of the mission of Satan, from a higher perspective. From the perspective of the minions of Satan, on the other hand, and frequently from the human perspective, this higher mission is not in focus. Rather, the emphasis is on enjoyment of producing Darkness.

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

–excerpted from *Link: "Satan's Powers and What to Do about Them," by Alice B. Clagett, published on 10 October 2013; updated ... [5]https://wp.me/p2Rkym-710 ..*

.....

[6] 
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Satan, unconscious thought cloud of the world, sin, discrimination, my favorites, miscellanea,

1. https://wp.me/p2Rkym-6nS
2. https://wp.me/p2Rkym-710
3. https://wp.me/p2Rkym-8nu
4. https://wp.me/p2Rkym-710
5. https://wp.me/p2Rkym-710
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1.10.51 Stories by Alice: Wormhole . Surrender . by Alice B. Clagett (2013-10-11 15:03)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is a video on going through the wormhole, and on surrender ...

VIDEO BY ALICE

https://youtu.be/xky9OPuMt9Q

SUMMARY OF THE VIDEO

Wow! We are going through the wormhole! ...



Image: “Kanan-Dume Road at Sunset 1,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 1,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Oh my gosh ...

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Image: “Kanan-Dume Road at Sunset 2,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 2,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Oh, we made it! Nice, huh? Just at sunset in the Santa Monica Mountains ... that Light that comes after sunset ...

It is almost Dark ... like Light dipped in water, huh?

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Image: “Kanan-Dume Road at Sunset 3,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 3,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Really beautiful. This is Kanan Dume Road ... so named because it used to go from Kanan to Dume, I guess. Up in the mountains there’s a road called the Dume Motorway; you can walk it ... you can hike it ... Not a lot of people know about it, though.

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Image: “Kanan-Dume Road at Sunset 4,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 4,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

[Shows a car entering the road from the left side.] That was the other end of the entrance to Triunfo Canyon Road ... It means ’Triumph’ Canyon. There is a beautiful trailer court in the oak forest down that way. You can walk over to it, but the road is blocked off, so motor vehicles cannot get through.

[Shows road on the right.] Troutdale Drive. I think there is a trout pond right down there. They stocked up, and people can go fishing.

And right now, night is falling; night is coming! It is like a surrender of the daylight into the nighttime ... Happens every night: A chance for us to see the Light surrender to the Dark ...

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Image: “Kanan-Dume Road at Sunset 5,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 5,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

.. and every morning: A chance for us to see the Dark surrender to the Light again.

It is kind of cool; kind of a lesson. I figure, if I were perfect, I would fall into each moment, the way that the Sun rises, and the Sun sets.

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Image: “Kanan-Dume Road at Sunset 6,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

Image: “Kanan-Dume Road at Sunset 6,” by Alice B. Clagett, 11 October 2013, CC BY-SA 4.0

All right ... See you all later. Take care.

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

Filmed on 11 October 2013; published on 12 October 2013; transcribed on 2 August 2018
Previously titled: Wormhole . Surrender
.....

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.....
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surrender, wormhole, letting go, duality, Dark Attack, Incoming Light, stories, stories by Alice,

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1.10.52 Mountain Tranquility . by Alice B. Clagett (2013-10-12 06:26)

Filmed on 12 October 2013; published on 23 October 2013; revised

Dear Ones,

Here are some scenes of mountain tranquility. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/J _8PKCYza3E

SUMMARY OF THE VIDEO

Watch this ...



Image: “Santa Susana Pass State Historic Park 1,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Image: “Santa Susana Pass State Historic Park 1,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

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Image: “Santa Susana Pass State Historic Park 2,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

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Image: “Santa Susana Pass State Historic Park 3,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

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Image: “Santa Susana Pass State Historic Park 4,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

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Image: “Santa Susana Pass State Historic Park 5,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Image: “Santa Susana Pass State Historic Park 5,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0



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Image: “Santa Susana Pass State Historic Park 6,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Image: “Santa Susana Pass State Historic Park 6,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0



Image: “Santa Susana Pass State Historic Park 7,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Image: “Santa Susana Pass State Historic Park 7,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

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Image: “Santa Susana Pass State Historic Park 8,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Image: “Santa Susana Pass State Historic Park 8,” by Alice B. Clagett, 12 October 2013, CC BY-SA 4.0

Pretty, huh?

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

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mountains, nature, tranquility

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1.10.53 Treating Violence as a Curable Disease . by Gary Slutkin . referral by Alice B. Clagett (2013-10-14 16:16)

Written and published on 14 October 2013; revised

Dear Ones,

Here's a great alternative to imprisonment for acts of violence: treating violent behavior as a curable disease, such as a pandemic. The same might be a good approach to corruption in the realm of power ...

Video: "'Gary Slutkin: Let's Treat Violence Like a Curable Disease" on TED, April 2013 ... [1]https://www.ted.com/talks/gary _slutkin _let _s _treat _violence _like _a _contagious _disease.html?utm _source=facebook &source=facebook &utm _medium=social &utm _campaign=ios-share ..

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

[2] 

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government corruption, violence, health epidemics, Gary Slutkin, social issues, felon re-habilitation,

1. https://www.ted.com/talks/gary_slutkin_let_s_treat_violence_like_a_contagious_disease.html?utm_source=facebook&source=facebook&utm_medium=social&utm_campaign=io
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.10.54 The Winds of the Mind . by Alice B. Clagett (2013-10-18 08:47)

Filmed and published on 18 October 2013

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is a video about the winds of the mind, and following the heart. There's a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/1t2K1QGhzMw

SUMMARY OF THE VIDEO

Hello, Dear Ones,

I was just watching these weeds blowing in the wind. I was waiting for them to stop for a minute, so that I could stop recording. And then I realized that the wind just keeps on blowing ... the wind in our lives, and the wind in the fields ... it just keeps on blowing; sometimes softly, sometimes strongly, but it never really stops. Sometimes it *almost* stops.

There's no perfect stopping point, where we can stand perfectly still and feel our hearts, despite the way the mind flows and changes and scintillates and effervesces. We have to feel our hearts even though the winds of the mind are blowing, and ride those tides, those mental tides, with the barque of the heart.

That's really all I have to say about that.

I love you all. May God bless you and keep you.

In love, light and joy,
I Am of the Stars
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mind, mastery of mind, heart energy,

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1.10.55 Competition and Collaboration . by Alice B. Clagett (2013-10-21 06:28)

Written and published on 21 October 2013; revised

Dear Ones,

Here are my few cents' worth: If you are dealing with a person, or energy, that is not heart centered, try these thoughts:

You're EXTREME!
You're WONDERful!
You're SPLENDID!
You're SUBLIME!
You're SUPREME!
You're SCINTILLATING!
You're BRILLIANT!

I have found these words can transform mental and vital consciousness into heart consciousness, all in a flash.

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

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collaboration, competition, energy transformation, heart energy, mental body, vital body,

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1.10.56 Two Songs for the Pleiadian Raiders . by Alice B. Clagett (2013-10-23 11:45)

Filmed on 23 October 2013; published on 22 October 2013 (go figure!)
Includes the video: A Song for the Pleiadian Raiders

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "A Song for the Pleiadian Raiders," by Alice B. Clagett, Soundtrack and Lyrics
- ANOTHER SONG FOR THE PLEIADIAN RAIDERS

Hello, Dear Ones,

Here is a repost of a video from 23 October 2013, which has a song for the Pleiadian Raiders.

The video says it is for Pleiadians, but it is really just for a small subset of Pleiadians who have chosen to raid. There is a little about the 2D-4D interface as well.

We are once again among a series of solar flares and CMEs that will be blessing Earth for a few more days, so maybe more of the Pleiaidian raider energy will be clearing Earth shortly. At least, my hopes lie in that direction. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/lOdmDDaCmEY

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Wow! We've been through it in the last week, haven't we? [laughs] ... And here we are, standing on a New Earth. New air ... the air has far more truth in it. But we had to get through some incredible falsehood to get here. And who knows what the future holds ...Something really great, I think.

Well, I have a song for you. But not a tune. So, forgive the tune! [laughs] ... It's a song about the raiders from the Pleiades, that have been here for a while. They came flying in. And they've been harvesting what they can from Earth, through the fourth dimensional demonic world, and through the mental mind of man, for a heck of a long time. And guess what? The tide has turned! [laughs] ...

So! They have a couple of options right now. One is to find themselves ... if they have no human 'sponsorship' ... to find themselves in a two-dimensional world (1), which is pretty unfortunate. [laughs] ... But, they'll be in charge. That's good! But they're not going to get

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very far with it. [laughs] ...

And the other possibility is, they might make it to another 4D-3D world, where they can do what they've been doing now. And that's if they have help from the Divine, in the form of human, or Ascended Master, or any cosmic spirit helping them to participate in the inflow of grace here.

So, here's a song. The tune is somewhat reminiscent of Samuel Augustus Ward 's 1882 tune "Materna", which was first published in 1910. Since the author died at least 100 years ago, this tune is in the public domain, as I understand it. Hope you like it. I'm reading ... Isn't it beautiful out there? Can you hear the birds? Can you feel the sky and the Earth? Here I go ...

Here is a song I composed that expresses the world view and social values of the Pleiadian Raiders ...

"A Song for the Pleiadian Raiders"
by Alice B. Clagett
Soundtrack and Lyrics
23 October 2013
(Tune is after "America the Beautiful," public domain)

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2016/08/pleiadians2-aud io-only-2-Slow.mp3

Lyrics

Pleiadian, Pleiadian! We're out to win this world!
We'd rather take, than participate. And then fly off in hordes.

Across the great, swirling cosmic sea
To another come-and-get-her reality

Pleiadian, Pleiadian! How did I get that shine?
But what the who! ... Looks good on you!

My special, offworld, 4D - 3D conquering mentality
Will trick you, from what's Ever so rightfully mine.

[End of Video]

ANOTHER SONG FOR THE PLEIADIAN RAIDERS

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Drawing: “Actor Impersonator with Blonde Wig and Striking, Stippled Black Eyebrows,” drawn and colorized by Alice B. Clagett, 28 December 2020, CC BY-SA 4.0 ... COMMENT: This drawing reminds the artist of the Pleiadian Raiders.

Drawing: ***“Actor Impersonator with Blonde Wig and Striking, Stippled Black Eyebrows,”*** *drawn and colorized by Alice B. Clagett, 28 December 2020, CC BY-SA 4.0 ...* ***COMMENT: This drawing reminds the artist of the Pleiadian Raiders.***

I have one more song that can be sung if you think you’re in the presence of a Pleiadian Raider, or if you find yourself in a 2D-4D interface ... you’ll know it, because there are ’men in black’ (!) there, and instruments of torture inside your body that you think cannot be gotten out ... but it is just a matter of thinking. The minute you think you are out of this sort of nightmarish astral story, you are out, right?

It is sung to the melody of the first part of the tune "’S Wonderful" (2) and it goes like

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this ...

"Wonderful, marvelous, that you are mine.
Wonderful, marvelous, that you are mine."

For reasons to which I am not privy, this tune has an immediate calming effect. You will see. Or better yet, you may never need to employ it.

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

Here is a video in which the slow version of the song is sung. The video is "The Actor Impersonator with Stippled Brow," by Alice B. Clagett ...

https://youtu.be/ZJgP4Kl2wIw

.....
FOOTNOTES

(1) 2D, the second dimension, resonates with the awareness of plant and lower animal life, and of the human autonomic nervous system. More on the dimensions here ...

Link: "The Dimensions of Consciousness" ... [2]http://www.peaceinpractice.iinet.net.au/-dimensionsofconsciousness.htm ..

(2) *Link: "S'Wonderful - An American in Paris - Tap Dancing - Take Classes or Fake it," by American Monarch Film Festival, 13 February 2017 ... [3]https://www.youtube.com/watch?v=saCklEw7RMk ..*

.....

[4] 
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.....
.....

2D, 4D, Pleiadian raiders, music, songs, Alice's songs, incoming light, grace, songs, songs by Alice, 3D, dimensions, misogyny, male hate groups, patriarchal domination, hatred of women,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2016/08/pleiadians2-audio-only-2-Slow.mp3
2. http://www.peaceinpractice.iinet.net.au/dimensionsofconsciousness.htm
3. https://www.youtube.com/watch?v=saCklEw7RMk
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.10.57 Hobnobbing with Demons and Devils - Oh, My! . by Alice B. Clagett (2013-10-23 12:18)

Written and published on 23 October 2013; revised on 15 November 2023

- COGNITIVE DISSONANCE DURING SOLAR EVENTS
- DARK ATTACK: HOBNOBBING WITH DEMONS AND DEVILS - OH, MY!
  - Introduction
    - Demons Are Fallen Angels
    - Bigfoot Entities
    - Devils
    - Dark Bodies of Humans (The Shadow of the Personality)
    - Bewitched Nature Spirits
    - Other Negative Astral Entities
  - How to Talk to Astral Parasites
    - Commentary
  - What Is It Like for a Devil to Feel Its Heart?
  - How Devils Clairly Introduce Relationship Dissension
  - Using Humorous Word Games to Jolly Up Devils
  - How Devils Can Imitate Any Person’s Voice on the Clair Plane
  - My First Attempt to Explain Devilish Astral Football
    - Second Chakra Devilish Play
    - Navel Point Devilish Play
    - Third Eyepoint Angelic Recovery Play
  - Using Name Games to Lull Devils to Sleep
  - On Soothing a Devil with Flattery
  - Devils Have Their Concerns about Feeling Their Hearts
  - Devils Can Appear to Be Very Big or Very Small
  - On Luring Devils in to Be Transformed with Your Heart Energy
  - On Transforming Everything with Light and Love
    - On Your Celestial Ascension Team
- FOOTNOTES

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Dear Ones,

COGNITIVE DISSONANCE DURING SOLAR EVENTS

Could the below astral account possibly be true? Seems more like a daydream to me, of the sort that happens when Earth's magnetosphere is roiled because of Solar events. (1) There were quite a few solar flares around that time:

Between 10/22/2013 and 10/29/2013 there were 15 M-class solar flares and 4 X-class solar flare.

During that time, it felt to me like there was a cumulative effect in Earth's magnetosphere; a sort of rolling resonance, like a drum beat, that bestirred the entities of the astral plane as well as the minds and emotions of human beings on Earth.

Something similar happened between 11/7/2013 and 11/23/2013: During that interval there were 10 M-class solar flares and 2 X-class solar flares, and one purportedly non-geoeffective solar filament that snapped.

The effect on the mind during such intervals is termed 'cognitive dissonance'; this is one of the human health and behavioral effects of geostorms. (For more on this, see "Space Weather Health Alerts," [1]https://spaceweathernews.com/space-weather-health-alerts/ ..)

The below is a description of a cognitive incident that occurred on 23 October 2013, during the first active interval. I like the idea of treating the darker entities of the astral domain with levity, as in the below; I feel that is key to the experience of cognitive dissonance during times of high magnetospheric resonance. (2)

DARK ATTACK: HOBNOBBING WITH DEMONS AND DEVILS - OH, MY!

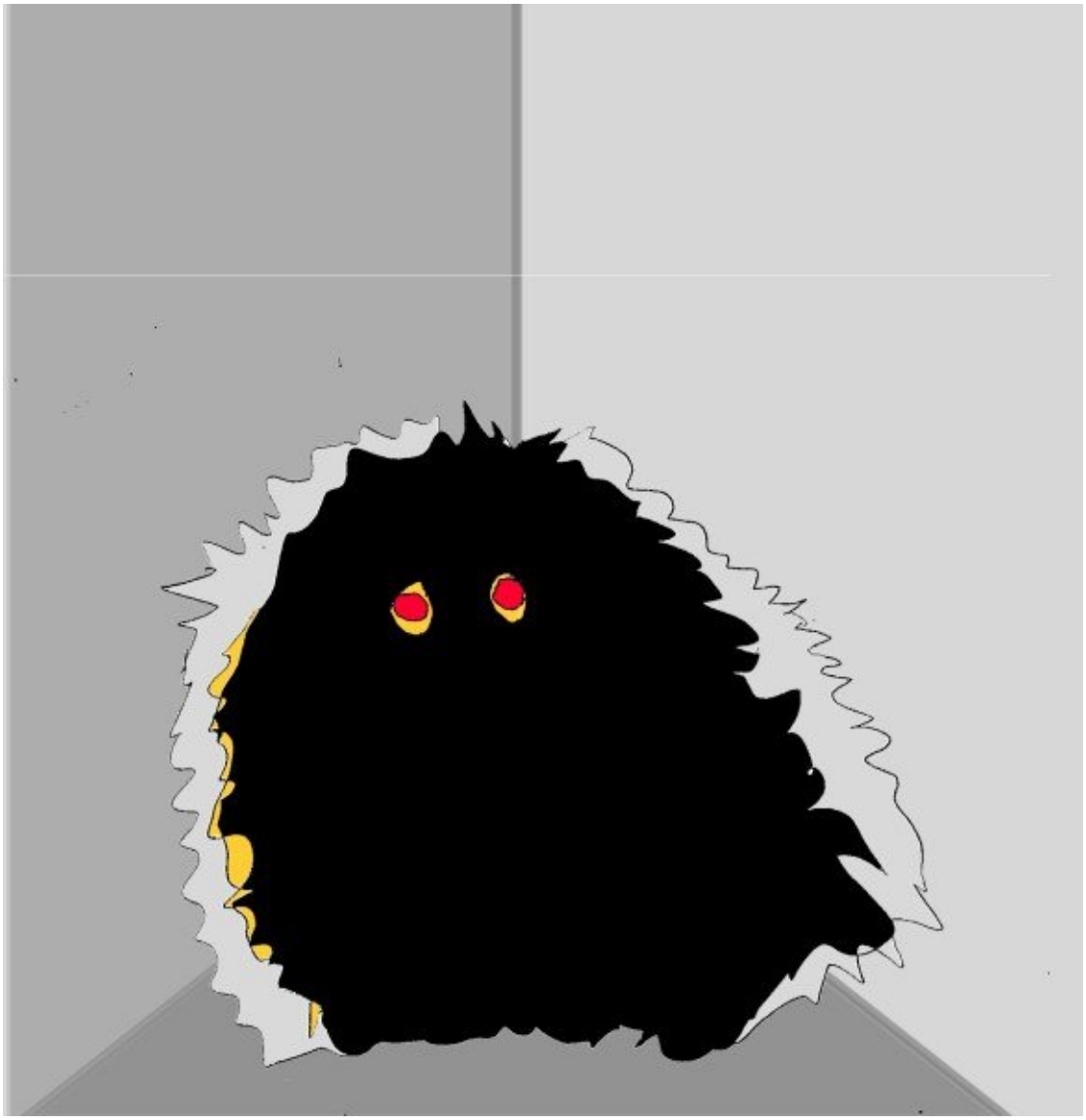
Introduction

Demons Are Fallen Angels. Technically, as I understand it, demons are fallen angels (aka fallen angelics) such as Satan, Lucifer, Belial, Ba'al, Beelzebub, Leviathan, and so on. Very large, and very gnarly.

Bigfoot Entities. There are also another sort of being sometimes termed a demon, a hairy, frightened being human-sized or smaller, that cowers in dark places in homes; I believe this is actually one of the types of bigfoot mentioned in "The Law of One," possibly beings from Maldek.

Here is a drawing I made of a bigfoot with glowing red eyes and a meekly retiring attitude, which I sighted in a house at night some years ago ...

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Drawing: “Bigfoot, an Astral Being That Likes Dark Corners and Is Shy of Humans,” sighting and drawing by Alice B. Clagett, 28 March 2021, CC BY-SA 4.0

Drawing: “Bigfoot, an Astral Being That Likes Dark Corners and Is Shy of Humans,” sighting and drawing by Alice B. Clagett, 28 March 2021, CC BY-SA 4.0

For more on these, see this ’Maldek entities bigfoot’ search in "The Law of One: The Ra Material" ... [2]https://www.lawofone.info/results.ph p?q=Maldek+entities+bigfoot ..

Devils. Devils, on the other hand, are small, numerous, and very obnoxious.

Dark Bodies of Humans (The Shadow of the Personality). The dark bodies of human beings are often mistaken for devils (and may have been so mistaken in the below account). Human dark bodies contain our repressed, socially unacceptable emotions, thoughts, and

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memories.

Generally speaking, I find that devils can be distinguished from the dark bodies of our friends and associates by the fact that dark bodies are astrally ideated as being a dark version of our human, 3D bodies ... perhaps only 4 feet in length, perhaps full size, whereas devils have no attachment to being human in size (see the subheading "Devils Can Appear to Be Very Big or Very Small" below).

Bewitched Nature Spirits. Nature spirits, essentially joyful, carefree spirits that help physical Earth's natural world to flourish, are sometimes bewitched by negative astral entities, especially in Earth's large cities, where the devas that guard and guide the nature spirits cannot enter because of noxious astral pollution).

Bewitched nature spirits can be mistaken for devils; but it is easy to tell the difference. Nature spirits will happily fly away if you say to them: *You are free! Go where you will!* Devils are not so obliging.

Other Negative Astral Entities. Then, there are many other kinds of negative astral entities, such as, for instance, astral parasites that feed upon the human astral form ...

How to Talk to Astral Parasites

Here is how to talk to the astral parasites that look like octopi. They go galumphing all over the astral field, and find a cozy home in us humans from time to time. But it is easy to deal with them. They are the largest entities that we may find in*side* the auric field before we are completely cleared. So if you spot one or feel one in your auric field, Just repeat, with great enthusiasm:

You're PRIME!
You're SUPREME!

Commentary. For more on Astral Parasites, also known as Suppressor Parasite Entities, see 'SPE,' in the Ascension Glossary ... [3]https://ascensionglossary.com/index.php/SPE ... This article also has links to articles that explain clearing these entities. This image looks a little like the energy that I experienced as astral octopi:

Image: Energy implants in a woman's back: [4]https://www.openhandweb.org/files/openh-and/images/electric-body _0.jpg ..

See also:*Link: "Understanding Energy Implants and how to remove them," by Open, 28 November 2012 ... [5]https://www.openhandweb.org/removing _energy _implants ..*

Both Daniella Breen ... [6]https://daniellambreen.com/ ... and youtube channel [7]https://www.youtube.com/channel/UCiQ2Swm5SdbexxakECggaNQ ... and I experienced this type of astral parasite, which was an inevitable hazard of the astral plane until the 2012 Shift, fall off us inert as we slept. This happened to both of us within a time span of a week or so; I forget what year that was, though I think it may have been in the early years just

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after the Shift. Possibly these entities are in the process of astral extinction because of the increasing levels of Light here on Earth.

What Is It Like for a Devil to Feel Its Heart?

Here is for those little Dark fellows stuck in our astral fields ... little occlusions where there is less Light, in the form of spirals, funnels, harnesses, bubbles, and so on.

They can be very, very tiny, or rather medium-sized. They do not seem like it, but they are tiny entities. Some say 'devils'. but that is a little harsh, from my viewpoint. Nope, I would not call them 'good' or 'bad'. 'Neutral' describes it best. They have a carefree sense of humor, a great sense of play. They love pranking with humans.

What gets us riled is this trait: They like the way pain sprongs about the human electric field ... FASCINATING! and so, for them, tinkering with our electric field is like playing a banjo ... the louder, and the more off-key, the more SPECTACULAR!

To wake them up, try singing in the language of light, of spirit, very high and very clear, tone by tone, higher and higher, till you hear a tiny voice wake up and say:*That's me!*

Or you can try, in a very high voice: *Rinky dink, Rinky dink, Rinky dink!*
Or you can say: *'You're for ME!'*
Or you can croon: *Wonderful, marvelous, You are mine!* Here's the tune, the tempo, and the energy signature:

Video: "Funny Face - 'S Wonderful," by goldiesmusic, 5 June 2010 ... [8]https://www.youtube.com/watch?v=cputT1kKc9M ..

Then say, with enthusiasm:

We're a PROUD RACE!

and they will agree.

How Devils Clairly Introduce Relationship Dissension

Now every person has quite a few devils. Oh, what the heck ... *lots* of them! But no worries, they are all on the same wavelength, more or less. So as soon as we clear that relatively narrow frequency ... that is to say, *transform it*, with the help of our celestial ascension team ... then all these little fellows are cleared as well. But I digress! ...

But until we are clear of them, and after they wake up, you may notice that whatever your semi-subconscious or subconscious mind says, they will say the confusing opposite of. So arises dissention and weak-willed-ness in the human race.

So in 3D-4D, most especially when two people are corded, love is prevented from fully flowering in this way:

One of two twin flames (let's call them Twin Flame 1) will say: *I love you!*

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So then, the devils will send this vibe over the astral cord: *I hate you!*

And Twin Flame 2 will think: *Owweee! O no! Twin Flame 1 hates me.*

So then their devils will send over the astral cord, to Twin Flame 1:*I LOVE you.*

And Twin Flame 1 will ratchet up on the emotion:*I LOOOOVVVE you.*

And Twin Flame 1's demons will obnoxiously translate to Twin Flame 2:*I HAAAATTTE you.*

And the emotions of confusion, anger, and hatred will ratchet up. Much to the devils' delight and amusement.

For them it is a game. Tons of fun. Like football! For us it is pain and suffering. And for our Universe, this game has been what has allowed us to remain in the 3D-4D hologram, and to add that unique and nearly impossibly antithetical experience to that of Christ Consciousness, the True Prime Directive of this Universe.

Using Humorous Word Games to Jolly Up Devils

No need to get riled about this 3D-4D game! Try this, to cozen them to a semi-somnambulent state:

You: *This is green.*
They: *This is red.*

You: *No, it's pink.*
They: *No, it's blue!*

You: I*t's golden!*
They: *Silver.*

You: V*erdigris!*
They: *What does that mean?*

You: *Travertine!*
They: *What does that mean?*

You: *Philippis!!*
They: ...pause.... *No!*

Or words to that effect. You get the drift, I expect? Like Star Trek Captain Kirk and his dealings with unruly computers.... A just-for-fun game of major Illogic. (3)

How Devils Can Imitate Any Person's Voice on the Clair Plane

Here's another example, positing two friends, Joan and Michael (4). I will use names, because devils play fun games with the names of people. They have a mechanism ... or maybe an ability or 'power' ... by means of which they can speak in any voice (any energy

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signature) they want, just by declaring they will do so.

So they might say:

... *and now I will sound like George ...*

... and the words that follow will appear to your subconscious mind to be spoken by your friend George. Or they might use the name of any person whose voice is known to you, or of a nonspecific threat energy, and the words that follow will appear to be the words of that person or energy.

My First Attempt to Explain Devilish Astral Football (5)

But actually, it all comes down to this: It is just a tiny little devil, playing a fun game of football with the human electric field. This includes the Higher Mental Body and the Lower Mental Body (the gut brain). The games can get pretty outlandish. By way of illustration, here is something that happened to me a few days ago, while I meditated:

Second Chakra Devilish Play. One tiny, tiny devil at my second chakra said:

Mike will woo you. (4)

This immediately put me to sleep, as there is still unconsciousness in my body in the area of my second chakra. Of course, the destiny of my lower body is for all the cells to be upgraded to Christ consciousness. But at that moment, there were unconscious occlusions there ... areas of unawareness. That os why I fell into an unaware state.

Navel Point Devilish Play. Taking advantage of this unawareness, a tiny devil at my navel point said:

You will double up!

The navel point is the seat of will power, and clearly, I can see there is work to be done there in clearing areas of unconscious energy.

But 'work' is an elusive term. In 3D parlance, it can mean a lot of careful planning, a lot of time and effort, and the prospect of either success or, Heaven forfend, failure. But in 5D, the work can take place, literally, in the flash of an eye, with the help of our ascension teams.

Third Eyepoint Angelic Recovery Play. To continue, then at my third eye-point, with a popping flash of light, like a little firecracker but brilliant white, one of my Angels woke me up! It was a little *embarrassing* ... there I was, doubling up over and over again, experiencing a subconscious three-hand play, all in the twinkling of an eye, and popping back into awareness, grasping for straws of understanding! What*is* this all about? What is happening?

As this happened again and again during group meditations, I eventually came to an initial understanding of what was going on. The devils were playing with my energy, the Angel was doing his oh so wonderful job, and my celestial ascension team was bringing me into the light of awareness.

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Using Name Games to Lull Devils to Sleep

Good Lord, I digress again! Back to the game of lulling the tiny devils to sleep. Here's the second example ... a Name Game. We are using the names Joan and Michael (4). Pretend you are Joan:

Joan: *I'm Joan.*
Devils: *I'm Michael.*

Joan: *I'm Michael.*
Devils: *I'm Joan.*

Joan: *Joan!*
Devils: *Michael!*

Joan: *Michael!*
Devils: *Joan!*

Joan: *Joan Joan Joan!!*
Devils: *Michael Michael Michael!!*

Joan:*Michael Michael Michael Michael!!!*
Devils:*Joan Joan Joan Joan!!!!*

Joan: *Tintinnabulation!* [or some other obscure, noncontextual word]
Devils: ...pause... *What's THAT mean?*

And now you have lulled their very clever, lighting quick minds just a tiny bit. Taken the edge off. There is a swirling, tinkling energy in their vicinity. They *loved* the game! It was confusing! Daring! Fabulous!

On Soothing a Devil with Flattery

So now begin a new game. Say, with great enthusiasm, one of these phrases. You can repeat just one phrase, or go from one to the next, whatever works best in the moment:

You're EXTREME!
You're WONDERful!
You're SPLENDID!
You're SUBLIME!
You're SCINTILLATING!
You're BRILLIANT!

That will allow them to further align with the light. And then their energy will begin to equalize, the gap between their 5th and 2nd chakras will begin to close, and they will begin to feel their hearts, most likely for the first time.

Devils Have Their Concerns about Feeling Their Hearts

To them it will be a daring adventure, since the Big Enchilada, Top Ramen, the Guy with

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the Schnoz ... Beelzebub ! ... has imprinted on them the prime Demon / Devil Directive (DDD):

If you feel your heart, dudes, the big B will eat you up!

So natch, to feel their hearts will be EXTREME. And when this starts to happen, feel your deep inner heart. Feel it wide open, 3-4 inches diameter (or a little more, as needed).

Devils Can Appear to Be Very Big or Very Small

Remember that devils can be very, very big, or very very small. Same devil, though. So if they put on the old*I'm an ELEPHANT ... I am RODAN* razzamatazz, you do not need to open your deep inner heart any larger than it already is.

On Luring Devils in to Be Transformed with Your Heart Energy

If they like the looks of it, they can stretch themselves thin and dive right in. Here is what to say if they begin to get entranced with that dark, mysterious opening in the center of your heart chakra:

It's MYSTERIOUS!
I'm DARING!
EXTREME!
WOOOWEEEE!!

And if they pull back, and dilly dally with *Maybe I will ... maybe I won't*, then say:

OK! THAT'S ALL FOR NOW!
CLOSING IT UP!
SOME OTHER TIME!

and they will dive right in.

On Transforming Everything with Light and Love

Long term, natch, the thing to do is to fill our aura, our homes, and all the Earth, the Solar System, the Galaxy, our Universe, with Light and love, through the blessing of Christ Consciousness.

For myself, I would add to this upliftment list: Those beyond the Aldebaran Stargate!

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

On Your Celestial Ascension Team: To bump up your starship coterie, and its myriad offboard associates, visualize their (and your) ascent to a higher spiritual plane, and say, with great enthusiasm:

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It's SPECTACULAR!
STAR-FILLED!
Waltzing in the INFINITE!
SUPREME!

.....
FOOTNOTES

(1) NASA SWPC provides weekly reports on the NOAA's National Centers for Environmental Information website ... go to [9]https://www.ngdc.noaa.gov/stp/spaceweather.html and then, under *NOAA Space Weather Products*, click on '[10]Periodic Reports', then click on ' [11]weekly _reports/ ', then click on ' [12]PRFs _of _SGD/ ', then click on the year, and then on the month, then click on one of the weekly pdfs.

SpaceWeatherLive provides the top 50 solar flares for Solar Cycles 23 and 24:

Link: "Top 50 Solar Flares," from SpaceWeatherLive ... [13]https://www.spaceweatherlive.com/en/-solar-activity/top-50-solar-f lares ..

(2) See this blog:

Link: "Earth's Magnetospheric Resonance and Cognitive Dissonance," by Alice B. Clagett ... [14]https://wp.me/p2Rkym-7iB ..

(3) For a few of Captain Kirk's feats of illogic, see ...

Link: "Captain Kirk's Five Favorite Weapons," by James Hunt, 7 May 2009 ... [15]https://www.denofgeek.com/movies/21182/captain-kirks-five-favouri te-weapons ..

(4) In clair speak, I find that 'Michael' is a name for Archangel Michael, one of my higher selves, and a very wonderful one indeed. 'Mike' is what the little demons use as as their names ... a diminution meaning 'little Michael' or 3D-4D Earthly Michael; possibly a Fallen Angel fractal.

(5) Here is a more recent attempt. Note the changeup in catch-phrases and names of people ...

Link: "Schadenfreude and the 'Bow Down to Me' 3-Part Football Play," by Alice B. Clagett, revised; originally published on 13 November 2013 ... [16]https://wp.me/p2Rkym-7ia ..

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[17] 
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demonic realm, astral entities, devils, star crew, Demon / Devil Directive, solar flares,

astrogeophysics, SPEs, astral parasites, astral octopi, HIgher Mental Body, Lower Mental Body, gut brain, second chakra, sexual chakra, third chakra, navel point, sixth chakra, third eye-point, Dark Attack, shadow of the personality, ascension team, Mike, fallen angel, Demon / Devil Directive, DDD, imp football plays, Satan, Lucifer, Belial, Ba'al, Beelzebub, Leviathan, demons, Dark Body, Shadow of the Personality, Bigfoot, unusual beings on Earth, nature spirits, negative astral beings, nature spirits, Suppressor Parasite Entities, language of light, Fallen Angel fractal, Mike, Aldebaran Stargate, Higher Mental Body, Lower Mental Body, gut brain, Taurus, Aldebaran,

1. https://spaceweathernews.com/space-weather-health-alerts/
2. https://www.lawofone.info/results.php?q=Maldek+entities+bigfoot
3. https://ascensionglossary.com/index.php/SPE
4. https://www.openhandweb.org/files/openhand/images/electric-body_0.jpg
5. https://www.openhandweb.org/removing_energy_implants
6. https://daniellambreen.com/
7. https://www.youtube.com/channel/UCiQ2Swm5SdbexxakECggaNQ
8. http://www.youtube.com/watch?v=cputT1kKc9M
9. https://www.ngdc.noaa.gov/stp/spaceweather.html
10. ftp://ftp.ngdc.noaa.gov/STP/swpc_products/
11. ftp://ftp.ngdc.noaa.gov/STP/swpc_products/weekly_reports/
12. ftp://ftp.ngdc.noaa.gov/STP/swpc_products/weekly_reports/PRFs_of_SGD/
13. https://www.spaceweatherlive.com/en/solar-activity/top-50-solar-flares
14. https://wp.me/p2Rkym-7iB
15. https://www.denofgeek.com/movies/21182/captain-kirks-five-favourite-weapons
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1.10.58 New Jersey Parkland . by Alice B. Clagett (2013-10-23 19:18)

Written and published on 23 October 2013; revised
Location: Durand Park, Freehold, New Jersey

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here are a few scenes from nature in New Jersey. There is a Summary after the video; no text, just photos ...

VIDEO BY ALICE

https://youtu.be/itRefHvmTKQ

SUMMARY OF THE VIDEO

[Pans from grass and trees to pond. Then, two dear grazing. Then these photos ...]



Image: “New Jersey Parkland 1,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0

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Image: “New Jersey Parkland 1,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0



Image: “New Jersey Parkland 2,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0

Image: “New Jersey Parkland 2,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0

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Image: “New Jersey Parkland 4,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0

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Image: “New Jersey Parkland 4,” by Alice B. Clagett, 18 October 2013, CC BY-SA 4.0

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In love, light and joy,
I Am of the Stars
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deer, nature, New Jersey parkland, travels in the United States,

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1.10.59 Incarnational Stories by Alice: The Children of the Tiger . by Alice B. Clagett (2013-10-26 05:51)

Written and published on 26 October 2013; republished on 14 May 2017; revised
Previously titled: The Children of the Tiger ... a vision by Alice B. Clagett
Revised and excerpted to "Incarnational Stories by Alice."

Dear Ones,

I had a wonderful vision last night. I will do my best to describe it ...

Last night the air was full of the grace coming into the field of humanity through the ongoing coronal mass ejections. Sometimes it felt like nectar, thick like honey, deep and nourishing.

The soul of Earth, the astral plane, had for a week been roiling and clearing. My experience of reality had been shifting moment to moment, and this shifting had been accelerating all day. By nightfall, the panorama of earthly scenes and scenarios came and went in the wink of an eye, interspersed with moments of peaceful tranquility, with a footing in what I've in this lifetime known as 'reality'.

I took a rest at nightfall, and when I awoke, the air was blurry. Was I going through a veil? I heard this gentle admonition: Go out in the back yard. Waste not a moment – do it now! So I did. The moment I stepped outdoors the air became more clear.

In the dark, cool night, as I stood in the back yard, I heard a motor vehicle drive up and park on the street in front of my house, and the threat energy intensified. In return, I felt the soles of my feet on the ground. I saw the distant, gentle starshine, and noticed that the coyotes, with their rustling, and their melodious, poignant songs, had gone off somewhere. All was still.

I said to myself: I will go to the front yard and stand in conscious awareness before this threat energy. The minute I thought that, I heard the engine start, and the vehicle sped away.

As I walked toward the house, *I remembered a lifetime in a village in Southeast Asia. I was a strong young man. There was a threat there of a tiger on the prowl.*

I walked to my back porch, to the patio door, and saw a reflection of myself. The dress and blanket I was wearing, and my reflected face, shifted to the image of that young Asian monk. Then it shifted again, to another, older monk, with the left side of his face greatly disfigured by the claws of a tiger. I watched his eyes, and saw that, for him, the wounding was countered by the steady calm of his Soul. And I remembered the story:

The tiger came to the village, and attacked the head monk. This monk asked me to go and kill the tiger. He told me how to do so with compassion, so that the peace and tranquility of this world would be upheld.

And so I did. As the tiger lay dying, I saw her two children, and I felt her desperate desire to protect and nourish them. I looked into her eyes and promised her: Set these concerns aside and pass in peace. I shall protect and cherish thy children. In an alternate world, I

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saw her to be a woman in human form; a woman at the same time fierce and loving, deeply steeped in Spirit.

And then the tiger passed, and I carried her two cubs back to the village, to the pallet where my teacher lay, with a healing poultice on the left side of his face. And he blessed the tiger's children.

Time passed, and I never ceased to tell them the story of their mother's courage, of the fierce love she had for them. They grew tall and handsome, one walking on either side of me through the forests round the village. They were like my own sons, though they had lost their mother.

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

PS: There is a beautiful Taoist poem about neutral mind and a tiger at *Link: "A Poem by a Taoist Priest" ... [1]https://www.pocketmindfulness.com/a-poem-by-a-taoist-priest/ ..*

.....

[2] 

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compassion, fractals, New Earth, Taoist poem, stories by Alice, stories, poems, incarnations, reincarnation, visions by Alice, visions, 2u3d, Lioness,

1. https://www.pocketmindfulness.com/a-poem-by-a-taoist-priest/
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.11 November

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1.11.1 Habits Are Holding Patterns . by Alice B. Clagett (2013-11-03 15:22)

Written and published on 23 November 2013; revised and republished on 3 July 2018

Dear Ones,

Habits are holding patterns: Watching TV, chatting on the phone, surfing the net (aaaargh, not that!), that cup of coffee in the morning, that glass of wine at night....

Video of airplane in holding pattern ...

Video: "Germanwings Airbus A320-200 - Holding Pattern over," by Simple Flight Aviation, 21 January 2015 ... [1]https://www.youtube.com/watch?v=h60qJ8aD 2LY ..

Maybe I will just go ahead and land in my life! Maybe I will make a list naming everything I do day after day without a thought. Then I will stop doing it. How scary could *that* be?

Video of Dorothy in the Wizard of Oz: Oh My!" by Best Movies by Farr ...

Video: "Lions, Tigers, Bears - The Wizard Of Oz," by WBMoviesOnline, 19 January 2010 ... [2]https://www.youtube.com/watch?v=NecK4MwOfeI ..

On second thought, maybe I'll start with just *one* routine thing....

Image: Cute white and tan kitten staring ... [3]https://i.pinimg.com/originals/ac/d4/b5/acd4b517ad0b44ee2ff57b429b97f7 be.jpg ..

Then again, maybe not?

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

[4] 

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rambles through the brambles, habits, holding patterns,

1. https://www.youtube.com/watch?v=h60qJ8aD2LY
2. https://www.youtube.com/watch?v=NecK4MwOfeI
3. https://i.pinimg.com/originals/ac/d4/b5/acd4b517ad0b44ee2ff57b429b97f7be.jpg
4. http://creativecommons.org/licenses/by-sa/4.0/
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1.11.2 Meditation on the Human Etheric Template of Man and Earth's EMF . by Alice B. Clagett (2013-11-05 09:44)

Written and published on 5 November 2013

- MEDITATION ON OUR HUMAN ETHERIC TEMPLATE, AND ITS MALWARE
- MEDITATION ON OUR EARTH'S EMF, AND ITS SPACE DEBRIS
- HEALING OUR HUMAN EMF, SIMULTANEOUS WITH EARTH'S EMF

Dear Ones,

MEDITATION ON OUR HUMAN ETHERIC TEMPLATE, AND ITS MALWARE

Imagine there is a finely woven net of electric blue energy, called the etheric body or etheric net, (1) around your body. Feel this whole energy field, all of it, at the same time ...

Image: Etheric template of a child sitting in easy pose: [1]http://857andy520.blogspot.com/2015/11/blog-post _97.html ..

Feel where there are little pits and stuck-glued bits here and there. Little dugouts, tiny rips, and slightly overheated glomming together of energy lines that distort the perfect form of this, your Etheric Template ...

Image: Etheric patches; [2]https://i.ytimg.com/vi/Qjta93ZPmnA/maxresdefault.jpg ..

It is these distortions (sometimes called samskaras, morphogenetic field distortions, or karmic miasmic patterning), that create lack of free will, suffering, feelings of powerlessness, illness, and eventually, death, in the human form.

Know that these distortions are not true. They are not you. They are just part of the 3D hologram. Which is to say, You are that Crystal Perfection seen through the 3D lens. Seemingly mortal, seemingly bound, seemingly suffering and powerless, seemingly, perhaps, in less than perfect health.

MEDITATION ON OUR EARTH'S EMF, AND ITS SPACE DEBRIS

NOW, imagine the electromagnetic field surrounding our beautiful mother Earth ...

Image: Earth's EMF: [3]https://www.nasa.gov/sites/default/files/thumbnails/image/magnetosphere _00802.jpg ..

Feel the big rents and tears in Earth's EMF. Feel the space junk, the many satellites, the high-flying airplanes that are distorting her energy field. It's the same thing, somehow, as the malware in our human EMF, is it not? ...

Image: Space debris in polar orbit: [4]http://www.universetoday.com/wp-content/uploads/2008/04/space-deb ris-3-polar-orbit.jpg ..

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HEALING OUR HUMAN EMF, SIMULTANEOUS WITH EARTH'S EMF

NOW place your intention thus: feel your own Etheric Template again. Let go the feeling of any distortions.

Believe that the God's grace is flowing through you, with a vast and healing energy, archangelic in wisdom and power; an energy as strong and radiantly beautiful as the Northern Lights, which are visual displays of the beautiful gifts of love Earth receives from the Sun ...

Image: Northern Lights: [5]https://www.telegraph.co.uk/content/dam/Travel/2016/October/northern-lights.jpg?imwidth=1400 ..

Know that God loves *you*... *your* mind, *your* physical form, *your* etheric template, *your* eternal spirit.... *all* of you.

Know that you may feel this love coursing through you at any moment. Accept this gift. Speak with these words from your heart:

Your will, my God, not mine.
Let hope and faith guide me.
Let me feel my perfect etheric template.
Allow my heart to open to the greater Truth.

Can you feel your Etheric Template clearing?

Know, with certainty, that as it clears, Earth's magnetosphere will be healed as well.

Image: A young woman with electric blue light exploding all around her: [6]http://thekingdomwithin.net/wp-content/uploads/2016/02/11-11-11-spiritual-awakening-2.jpg ..

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

Image: Kirlian photography, electric aura of a leaf: [7]http://www.extremeelectronics.co.uk/old/-other/kirlian/leaf.jpg ..

.....
FOOTNOTE

(1) For more on the etheric template, see 'Human Energy Field: Etheric Template," 24 February 2009, [8]https://theenergyhealer.files.word press.com/2009/02/hef-picture3.jpg ..

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astrogeophysics, meditations, plane of forces, distortion, Earth electromagnetic field, EMF, etheric field, etheric template, magnetosphere, meditation, unconditional love, Your will not mine, letting go, surrender, malware, space junk, morphogenetic field distortions, karmic miasmic patterning, 2u3d,

1. http://857andy520.blogspot.com/2015/11/blog-post_97.html
2. https://i.ytimg.com/vi/Qjta93ZPmnA/maxresdefault.jpg
3. https://www.nasa.gov/sites/default/files/thumbnails/image/magnetosphere_00802.jpg
4. http://www.universetoday.com/wp-content/uploads/2008/04/space-debris-3-polar-orbit.jpg
5. https://www.telegraph.co.uk/content/dam/Travel/2016/October/northern-lights.jpg?imwidth=1400
6. http://thekingdomwithin.net/wp-content/uploads/2016/02/11-11-11-spiritual-awakening-2.jpg
7. http://www.extremeelectronics.co.uk/old/other/kirlian/leaf.jpg
8. https://theenergyhealer.files.wordpress.com/2009/02/hef-picture3.jpg
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1.11.3 'Control': A Synchronous Event? . by Alice B. Clagett (2013-11-05 19:05)

Written and published on 5 November 2013; revised

Dear Ones,

What if an experience of 'control' were really a synchronous event... a seeking of complimentary energy strands to touch... a desire of two holograms to kiss and notice that they are one big bubble? In short, a gift of love from the One? ...

Not like this! Image: Cat leaning into fish bowl, sipping water and kissing a goldfish ... [1]http://i.dailymail.co.uk/i/pix/2011/01/0 3/article-1343535-0CA0C5EC000005DC-709 _968x591.jpg ..

More like this: Image: Two fish in separate bowls, looking at each other through the fish bowl glass ... [2]https://usercontent1.hubstatic.com/6710536 _f520.jpg ..

That would be quite a feat of the Divine, would it not? To pretend to be quite the opposite of what it is, just because it loves us enough to offer us this utterly untrue experience of control!

... or like this! Image: Three soap bubbles stuck together, each reflecting the scene around it ... [3]https://i.pinimg.com/originals/9a/20/e5/9a20e5764cc640851e7b25506d104a f0.png ..

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

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[4] 
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causality, synchronicity, control, unconditional love,

1. http://i.dailymail.co.uk/i/pix/2011/01/03/article-1343535-0CA0C5EC000005DC-709_968x591.jpg
2. https://usercontent1.hubstatic.com/6710536_f520.jpg
3. https://i.pinimg.com/originals/9a/20/e5/9a20e5764cc640851e7b25506d104af0.png
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5. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.4 Solar Flares: Clearing the Unconscious Thought Cloud of the World . by Alice B. Clagett (2013-11-06 20:49)

The video of 6 November 2013 entitled has been replaced by this blog.

- INTRODUCTION
- RECENT SOLAR FLARE ACTIVITY
- ON FEELING UNCONDITIONAL LOVE DURING TIMES OF HIGH SOLAR ACTIVITY
- ABOUT SOLAR FLARES AND CORONAL MASS EJECTIONS: THE 72-HOUR WINDOW
- THE ECHO EFFECT
  - Spiritual Counseling and Healing
  - Planting a Vegetable Garden and Healing the Vatican
  - Clearing Personal Soul Wounding Concomitant with That of the World
  - Solar Events and Newspaper Headlines
- BLESSING FOR ALL DURING UPCOMING CORONAL MASS EJECTIONS

Dear Ones,

INTRODUCTION

Some say that solar flares help clear the individual subconscious mind as well the unconscious thought cloud of the world. If so, we might think of the flares as a tool that is preparing humanity for a new life on New Earth.

I have summarized below a video filmed on 6 November 2013, which touches upon the solar flares and CMEs (coronal mass ejections), the subconscious clearing process that is said to be taking place, and our ability to participate in the healing of the world through the Echo Effect. I have decided not to republish the video, which is much different from the Summary.

RECENT SOLAR FLARE ACTIVITY

It is about sunset today, on a Thursday. Well, what a week! So many solar flares! Incredible number: Two X-flares, four to six M-class solar flares, and it's continuing, the last day or so ... another X-3, and an M-class flare ... and some kind of instantaneous effect for the X-3, coming way low down, down to 50 kilometers above our heads, apparently. If you go to Space Weather ... [1]https://www.spaceweather.com ... you will find out about it.

ON FEELING UNCONDITIONAL LOVE DURING TIMES OF HIGH SOLAR ACTIVITY

The Sun is really doing its job right now, in transforming humanity. And it can be a little unsettling. We need to keep in mind, I think, the concept of unconditional love. It is an issue, to deal with all the garbage that comes up ... because of the solar flares, apparently. Anyway, there is a school of thought about that: That Earth is clearing a lot of lower vibrations because of the solar flares. And, I guess also because of the thinness of the magnetosphere

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right now.

I found myself in an extremely difficult situation for the last week. I will not go into the details, because many of you will probably have stories that could rival mine! But while I was in this situation, there was a lady that I met. I liked her right away. She had a way of singing that I am not able to reproduce. But I was thinking: Her song might do, for these solar flares. Because a lot of people are kind of scared of them. And that makes it harder to get through the clearing that takes place, I think.

But this attitude of unconditional love is pretty cool. It helps to sail through stormy times, and tumultuous waves of energy. So, I was thinking of singing a little love song to the solar flares and coronal mass ejections (CMEs). Maybe something along the lines of the song "When I Fall in Love," as sung by Nat King Cole ...

Video: "Nat King Cole sings 'When I Fall in Love,'" posted by dentelTV2, 30 November 2008 ... [2]https://www.youtube.com/watch?v=GfAb0gNPy6s ..

ABOUT SOLAR FLARES AND CORONAL MASS EJECTIONS: THE 72-HOUR WINDOW

There are some rays of a solar flare that hit us on Earth immediately ... as soon as the flare happens. And then the rest of them tarry, and take a long time to get here.

And that is the cause of a 72-hour window ... give or take 6 hours ... between the time that an Earth-directed solar flare occurs and the time that they impact Earth's magnetosphere. Sometimes the CMEs surprise people; They come a little early.

THE ECHO EFFECT

Spiritual Counseling and Healing

I had a couple of thoughts about the solar flares. This is just a guess; and you will no doubt know for yourself ... you will figure out for yourself whether it seems to be true. There is an effect called the Echo Effect. And I found out about this from Jeffrey Allen ... [3]https://www.iamjeffreyallen.com/ ... who is a spiritual counselor ... a really great one ... in case you get a chance to check him out.

I have had several counseling sessions with him. One of the things he said that was interesting was that, when he helps a person to heal ... I think this is what he said ... sometimes there is an echo effect. The healing could echo onto other people we know, for instance, or other people, with a similar vibration ... even people who may have passed ... family or friends, or like that ... and who are just waiting for just such an echo effect.

Planting a Vegetable Garden and Healing the Vatican

It is kind of a double healing that takes place sometimes. And that put me in mind of the Pearls2u channel by Bill Ballard on youtube ... [4]https://www.youtube.com/user/pearls2u . Pearls2u had something to say about that too. The gentleman in question, Bill Ballard, is planning this stupendous vegetable garden in his backyard, apparently. There have been some videos on this beautiful vegetable garden, and how he prepared for it, and all. And while he was planting, he had an intention to heal the Vatican ... that the energy of the Vatican

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should be healed.

That, to me, is another sort of echo effect: Here he is, healing the Earth, and amending the Earth, and planting in the Earth, and sanctifying the Earth. And at the same time, he has this echo effect of sanctifying the Vatican. And, interestingly enough, while he was doing that, or shortly thereafter, the Vatican came out with all kinds of changes that it had made, in the direction of greater sanctification ... clearing the energy, and like that.

Clearing Personal Soul Wounding Concomitant with That of the World

So, here is the third idea about echo effect:

While you are clearing your own subconscious flotsam and jetsam ... your subconscious mind ... take note of the themes that come up there. Notice what Soul woundings are being healed in your own self, and make an intention that the subconscious energies that are heavier and darker, and the woundings of everyone on Earth, should also be healed.

And that is your echo effect of your own healing. You are healing, not just yourself, but the whole world. Or helping to do that. And many others will help to do it too.

Solar Events and Newspaper Headlines

Here is the last thing about these solar flares; This is what I was referring to earlier. You go to Space Weather ... [5]https://www.spaceweather.com ... and you find out that there is an Earth-directed solar flare in progress. You know you have a 72-hour window, give or take 6 hours, before the coronal mass ejection impacts Earth's magnetosphere.

You start checking the newspaper page one headlines. By checking the headlines, you can get a notion of what kind of energy is clearing on Earth. So you may be having crazy daydreams, and night dreams, and subconscious processes that are affecting your work day. And you might have thoughts and emotions that are not typical of you at all.

But if you check the newspaper headlines, you may find a correlation, a congruence ... or maybe a synchronicity ... things there that correspond to what you're clearing. Now, if you have even the tiniest shred of those energies that are being cleared, you will start clearing and funneling through your own electromagnetic field, or 'aura', energies from everybody.

And that accounts for the effect they're having on some lightworkers. So my suggestion is: Check the newspaper headlines. It might give you a heads up. You might know what's going on pretty easily. And remember that you are doing it for everybody, because the Sun is making herself known these days, and it is all for the good. It is all for New Earth.

BLESSING FOR ALL DURING UPCOMING CORONAL MASS EJECTIONS

I see at Space Weather ... [6]https://www.spaceweather.com ... that we are in for quite a few more solar flare 'bathings' this week. There were several M flares and an X3 at the beginning of the week, and quite a few more since then. Here is the graph for the last few days ...

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[7]

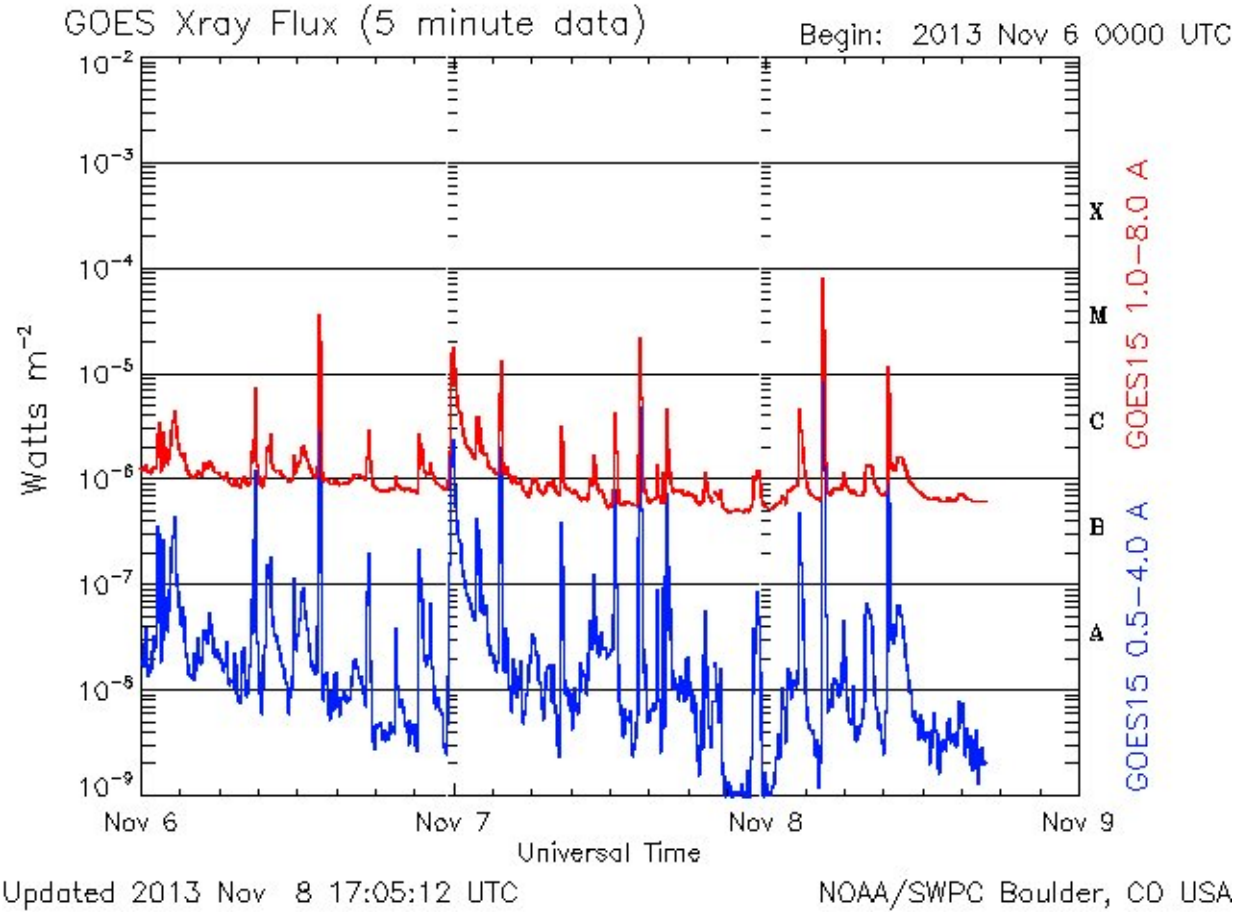


Image: GOES X-ray flux (5-minute data), updated 2013 Nov 8 17:05:12 UTC, NOAA/SWPC Boulder, CO USA, public domain ... shows 6 uptics above the M-class solar flare line

Image: GOES X-ray flux (5-minute data), updated 2013 Nov 8 17:05:12 UTC, NOAA/SWPC Boulder, CO USA, public domain ... shows 6 uptics above the M-class solar flare line

As you can see, there are 6 upticks above the "M" line, so the magnetosphere of Earth is likely to become unsettled, and this will no doubt cause reverb effects in our personal electromagnetic fields. Remember, there's a 72-hour window between the first and last effects we'll feel from the flares ...

Wishing you all grace in surfing through the upcoming solar flares!

In love, light and joy,
I Am of the Stars
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[8]

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astrogeophysics, mastery of mind, Bill Ballard, clearing the subconscious, CMEs, coronal mass ejections, echo effect, fear, Jeffrey Allen, magnetosphere, news headlines, solar flares, unconscious thought cloud of the world, echo effect, mass media, healing Earth, ghosts, fractal healing, unconditional love, earth-directed solar flurries,

1. https://www.spaceweather.com/
2. https://www.youtube.com/watch?v=GfAb0gNPy6s
3. https://www.iamjeffreyallen.com/
4. https://www.youtube.com/user/pearls2u
5. https://www.spaceweather.com/
6. https://www.spaceweather.com/
7. https://awakeningwithplanetearth.com/wp-content/uploads/2013/11/xray.gif
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1.11.5 Wooing the Gut Brain . by Alice B. Clagett (2013-11-07 18:19)

Written and published on 7 November 2013; revised

Dear Ones,

Lately my 'head brain' has gotten a yen to make friends with my gut brain (1). These two brains have really different qualities ...

My head is... well.... a *cerebral* thinker.... an *intellectual* thought center. Philosophy, science, spirituality, politics, morality, discrimination, censorship, time and space, all that *important* stuff....

My gut brain? Setting aside the gender bender, it's a little more like the singer Tom Jones... It's all about down-to-Earth stuff: Staying *alive*. *Getting it on*. Being *on top of* everything.

No doubt about it, if I want *unity*, I figured, I'm going to have to *woo* my gut brain. I started a couple of days ago. First I tried coddling, 'cozying up' talk whenever I got a gut brain message. It went like this:

'Dear One, I *looooove* you! You're my little bundle of joy!" This worked right well for me. I expect the wording might vary wildly from person to person, though. I know of someone who uses the words 'Bring it on!' Whatever it is, it just needs to be something that really *grabs* you.

Just for fun, I've composed a 'woo my gut brain' scenario. In the video below, imagine the gut brain is Aretha Franklin and the head brain is the gent to whom she's singing:

Video: "Aretha Franklin - Think (feat. The Blues Brothers) - 1080p Full HD," Juanjo de Goya, [1]https://www.youtube.com/watch?v=Vet6AHmq 3 _s ..

So this is my gut brain talking to my head. Do I listen, usually? No, I don't. I keep on typing, or cleaning house, or talking to a friend. So now my gut brain pipes up again... Sudden role reversal: Gut brain is Patrick Swayze, and gut brain is really hoping that head brain will cop to being Jennifer Grey:

Video: "Dirty Dancing - Time of my Life (Final dance) - High Quality HD," Sabi Eva, 23 November 2010 ... [2]https://www.youtube.com/watch?v=l9BbUqHr WFI ..

And... The head brain perks up. Takes the hands off the computer. Turns the vacuum cleaner off.... Sudden lull in the conversation with that 3D friend... Mulls it over for a mo'. And... tentatively... begins to sing this song to the gut brain. In the video, the head brain is Nat King Cole, and the gut brain is the audience, clapping:

Video: "Nat King Cole sings 'When I Fall in Love'," by dentelTV2, 30 November 2008 ... [3]https://www.youtube.com/watch?v=GfAb0gNPy6s ..

Huge step in the right direction! The gut brain is totally stunned. Incredulous... This from a WASP? Way??

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So day by day, the head brain keeps on wooing. A little hug here, a "You're my cup of tea, gut brain," there... And what do you know? In just a few days a new state of existence asserts itself. My gut brain and I are *best friends!* I'm not pretendin', dear ones, it feels a lot like the song below. In the video, the head brain is Celine Dion and the gut brain is the enthusiastic chorus. And, miracle of miracles, both are the 'United State of Alice':

Video: "God Bless America - Celine Dion," by wjlintz, 19 May 2007 ... [4]https://www.youtube.com/watch?v=6LSarhZpnMs ..

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

Video: "Ain't Misbehavin'" - Fats Waller (cover) - Rebecca Summer," by CitySunshine, 26 September 2012 ... [5]https://www.youtube.com/watch?v=XY9z aj _3K4w ... COMMENT: So, who's really singing in this video?

.....
FOOTNOTE

(1) The gut brain most likely governs what is variously termed the 'lower quaternary' in the School of Theosophy and in yoga, the 'lower triangle'. The subconscious mind may find expression through the gut brain. See ...

Link: "Think Twice: How the Gut's 'Second Brain' Influences Mood and Well-being," by Adam Hadhazy in "Scientific American," 12 February 2010 ... [6]https://www.scientificamerican.com/article/gut-second-brain/ ..

Link: "Gut Brain Telepathy and the Importance of Consciously Grouping," by Alice B. Clagett, published on 20 August 2013; transcribed on 17 July 2018 ... [7]https://wp.me/p2Rkym-5Si ..

Lower Triangle

Link: "On Focusing Beneath the Belt," by Alice B. Clagett, published on 11 July 2013; revised ... [8]https://wp.me/p2Rkym-6AF ..

Balancing the Vital Body - Heart, Navel Point, Sacrum
Link: : "Khenpo Pema Chopel Rinpoche - The Mantra of White Tara," by zambala21, 19 November 2009 ... [9]https://www.youtube.com/watch?v=rFEDRXqW czE ..

Notice the position of the subconscious mind on the iceberg image ...
Image: Iceberg showing conscious mind, subconscious mind, and unconscious mind ... [10]http://chw.spiritualeducation.org/sites/allfiles/chw/files/images/Ide ntify %20Realms.jpg ..

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[11] 

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gut brain, subconscious mind, unity, vital body, lower triangle, sin, discrimination,

1. https://www.youtube.com/watch?v=Vet6AHmq3_s
2. https://www.youtube.com/watch?v=l9BbUqHrWFI
3. https://www.youtube.com/watch?v=GfAb0gNPy6s
4. https://www.youtube.com/watch?v=6LSarhZpnMs
5. https://www.youtube.com/watch?v=XY9zaj_3K4w
6. https://www.scientificamerican.com/article/gut-second-brain/
7. https://wp.me/p2Rkym-5Si
8. https://wp.me/p2Rkym-6AF
9. https://www.youtube.com/watch?v=rFEDRXqWczE
10. http://chw.spiritualeducation.org/sites/allfiles/chw/files/images/Identify%20Realms.jpg
11. http://creativecommons.org/licenses/by-sa/4.0/
12. http://creativecommons.org/licenses/by-sa/4.0/

1.11.6 Midori - Neither Green nor Blue . a poem by Alice B. Clagett (2013-11-08 04:54)

Written on 8 November 2013; published on 1 January 2019; republished on 16 December 2020

MIDORI -
NEITHER GREEN NOR BLUE
A Poem by Alice B. Clagett
8 November 2013

I have my doubts
about the virtues and the vices –
the good and bad
polite and impolite
sane and … well, you know … insane?

True or not true?
Or is there something

. . . . altogether else…

. . . .

. . . . right here

. . . .

. . . .

. . . . right now

Not this or that
Not any thing at all

Like an elephant,
greater by far

. . . . than the parsing

Sparser by far

. . . . than that Wiley Coyote,

. . . .

. . . . discrimination

Somehow sweeter

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. . . . than the essence

. . . . of a wild, pink flower

. . . . roots in the mountain grit

. . . . head tousled by a chill wind

. . . .

. . . . off the green Pacific.



Image: "Padres Shooting Star," by Alice B. Clagett, 2002, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: "Padres Shooting Star," by Alice B. Clagett, 2002, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

. . . . .

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

.....

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.....
.....

poems, poetry by Alice, 2u3d,

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1.11.7 Travellin' Lights . by Alice B. Clagett (2013-11-08 20:25)

Written and published on 8 November 2013; revised
Previously entitled: Meditation: Lights at Night

Dear Ones,

Nothin' left-brain happening in this video. I was just struck by the beauty of the lights at night. The Summary is right short, as there were no words in the video ...

VIDEO BY ALICE

https://youtu.be/0xjDF6pzaeU

SUMMARY OF THE VIDEO

Wow, how beautiful was that?

[Hooonk!]

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

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.....

meditations, just for fun, whimsy, lights at night,

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

1.11.8 Men in Black . by Alice B. Clagett (2013-11-09 04:45)

Written and published on 9 November 2013; revised

- MEN IN BLACK
- ON HAVING A SENSE OF HUMOR ABOUT TIME WARPS
- THE 'LAST AVATAR' MOVIE AS A REFERENCE POINT FOR HALLUCINATORY ASCENSION SYMPTOMS

Dear Ones, Here is a repost regarding anxiety as an Ascension symptom ...

MEN IN BLACK

As yo are in the process of integrating your fractals, if you start seeing 'men in black' ... DON'T take it too seriously. Ten to one, you are just helping humanity to clear the recent Hollywood movies! Looks like others have done the same ...

Video: "Men in Black - Will Smith," by Jonny Holt ... [1]https://www.youtube.com/watch?v=FJoBWii2-lNM ..

Keep the faith! You'll be out of any kind of even slightly scary fractal before you can say 'Jumping Jehosaphat!' Humanity is casting off all that, and we have already begun creating New Earth together.

ON HAVING A SENSE OF HUMOR ABOUT TIME WARPS

So, if you start imagining 'men in black', why not imagine they're the Transylvanians, doing that dance called the 'Time Warp'? ...

Video: "Rocky Horror Picture Show Time Warp," by BassWolf100 ... [2]https://www.youtube.com/watch?v=aizCMO-mI1Q ..

All these fractal experiences are here again, gone again, just like a Hollywood movie. It's right much fun, once we get the knack of it.

THE 'LAST AVATAR' MOVIE AS A REFERENCE POINT FOR HALLUCINATORY ASCENSION SYMPTOMS

Speaking of which, here is a movie that addresses the topic of the panic attacks, hallucinations, and inexplicable interactions with other people that are characteristic of Incoming Light downloads ... which have to do with Solar Events ... and human hologram software upgrades.

Link: "The Last Avatar," written and directed by Jay Weidner, 2014 ... [3]http://www.imdb.com/title/tt4727514/ ..

The part that I am reminded of has to do with the nasty arch villain and the people in

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guerrilla outfits. I once had a similar clair auditory experience ... which seemed like cherry bombs going off around the perimeter of my back yard ... during a panic attack to do with solar events in October 2013. (1)

Because the movie expresses a dark night of the Soul in a very action-oriented way, and because the end of the movie expresses triumph over fears, I highly recommend it for the ascension crowd, and for anyone who is EMF hypersensitive or who has experienced generalized anxiety or a panic attack to do with solar events.

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

P.S.: If you make your living as a man in black ? ... Dare I suggest tan or grey might be a fun changeup? Of course, if black suits, that's fine. Free will is our human prerogative.

.....
FOOTNOTE

(1) See the section "X-Flare Activity and Planetary and Personal Hologram Upgrades in 2013" in ... *Link: "11-Year Solar Cycles, X-Flares, and Changeups in the Earth Hologram," by Alice B. Clagett, Published on 6 October 2016; revised on 24 May 2017 and 26 August 2017 ... [4]http://wp.me/p2Rkym-6dV ..*

.....

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faith, power over, fractals, men in black, free will, anxiety, cognitive dissonance, mental chaos, Last Avatar movie, movie reviews by Alice,

1. https://www.youtube.com/watch?v=FJoBWii2lNM
2. https://www.youtube.com/watch?v=aizCMO-mI1Q
3. http://www.imdb.com/title/tt4727514/
4. http://wp.me/p2Rkym-6dV
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

1.11.9 Protective Changes in the Aura . by Alice B. Clagett (2013-11-09 04:46)

Written and published on 9 November 2013; revised

Dear Ones,

I have had some interesting changes in my aura in the last week. On Wednesday, I felt a flow of energy from the bottom of my torso up to just above my diaphragm. The area in question is a little like this, as shown on the majestic statue of Christ the Redeemer in Ipanema ...



Image Markup: "Armor to Protect Aura from Cording: Energy Flow from the Bottom of the Torso to Just Above the Diaphragm," adaptation by Alice B. Clagett, 9 November 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Christ the Redeemer statue with two yellow arrows pointing up the abdomen toward the chest of the statue ... CREDITS: Adaptation of "Aerial view of Cristo Redentor, the statue of Christ the Redeemer, Rio de Janeiro, Brazil," by Klaur with K, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Corcovado _statue01 _2005-03-14.jpg ... GNU Free Documentation License.

Image Markup: "Armor to Protect Aura from Cording: Energy Flow from the Bottom of the Torso to Just Above the Diaphragm," adaptation by Alice B. Clagett, 9 November 2013, CC BY-SA 4.0

, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

DESCRIPTION: Christ the Redeemer statue with two yellow arrows pointing up the abdomen toward the chest of the statue ...

CREDITS: Adaptation of "Aerial view of Cristo Redentor, the statue of Christ the Redeemer, Rio de Janeiro, Brazil," by Klaur with K, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Corcovado _statue01 _2005-03-14.jpg ... GNU Free Documentation License.

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It felt like I was suiting up in ’armor’ that would protect my energy from cording ...

Then several days later I noticed how much of an effort it was to restrain my aura in the area of my face. It seemed as if auric energy was wanting to flood down over the top of my head over my face, like this ...



Image Markup: "Christ the Redeemer statue with a yellow arrow circling down over the top of the head and down in front of the face of the statue," adaptation by Alice B. Clagett, 9 November 2013, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... CREDIT: Adaptation of "Aerial view of Cristo Redentor, the statue of Christ the Redeemer, Rio de Janeiro, Brazil," by Klaur with K, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Corcovado _statue01 _2005-03-14.jpg ... GNU Free Documentation License

Image Markup: "Helmet of Auric Energy Protecting the Face," adaptation by Alice B. Clagett, 9 November 2013, CC BY-SA 4.0

, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Christ the Redeemer statue with a yellow arrow circling down over the top of the head and down in front of the face of the statue ...

CREDITS: Adaptation of "Aerial view of Cristo Redentor, the statue of Christ the Redeemer, Rio de Janeiro, Brazil," by Klaur with K, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Corcovado _statue01 _2005-03-14.jpg ... GNU Free Documentation License.

As soon as I relaxed and let this happen, I felt a soft, bright ’helmet’ of auric energy protecting my face.

I draw no conclusions. Just to let you know, in case you should begin to experience these energies, they feel fine and good.

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aura, human EMF, human electromagnetic field, astrogeophysics, drawings by Alice,

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1.11.10 Geomagnetic Reversals of the Earth and the Sun . referrals by Alice B. Clagett (2013-11-11 07:58)

Written and published as 2 separate blogs on 11 November 2013 and 17 March 2015; collated and revised on 5 June 2017

Dear Ones,

I like this reference on Earth's geomagnetic reversal and pole shift ...

Link: "2012: No Geomagnetic Reversal," by Ian O'Neill, 3 October 2008; updated 26 April 2016 ... [1]https://www.universetoday.com/18977/2012-no-geomagnetic-reversal/ ..

Here is information on how the Sun's poles flip every 11 years, and on social unrest and revolutions on Earth that appear to be associated with Solar pole reversals ...

Link: "The Recent Flip of Solar Poles' Recent Flip," at "Solar Cycle News; DNA, Magnetic Fields and Biological Information Transfer, at GCI Commentaries, 6 May 2014, in HeartMath Institute ... [2]https://www.heartmath.org/gci-commentaries/solar-cycle-news-dna-magn etic-fields-and-biological-information-transfer/ #more-5794 ..

And here is an article and video from 2013 that I like very much ...

Link: "It's almost time for the sun's magnetic field to do a flip," by Miriam Kramer, NBC News, 11 November 2013 ... [3]http://www.nbcnews.com/science/its-almost-time-suns-magnetic-field-d o-flip-2d11577488 ..

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[4] 
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.....
.....

geomagnetic reversal, pole shift, astrogeophysics, pole reversal, solar magnetic field,

1. https://www.universetoday.com/18977/2012-no-geomagnetic-reversal/
2. https://www.heartmath.org/gci-commentaries/solar-cycle-news-dna-magnetic-fields-and-biological-information-transfer/#more-5794
3. http://www.nbcnews.com/science/its-almost-time-suns-magnetic-field-do-flip-2d11577488
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1.11.11 "Come, Said My Soul" . a poem by Walt Whitman . referral by Alice B. Clagett (2013-11-11 08:10)

Written and published on 11 November 2013; republished on 6 June 2017; revised

Dear Ones,

Here are words of a kindred Soul ...

"Come, said my Soul
Such verses for my Body let us write, (for we are one,)
That should I after death invisibly return,
Or, long, long hence, in other spheres,
There to some group of mates the chants resuming,
(Tallying Earth’s soil, trees, winds, tumultuous waves,)
Ever with pleas’d smiles I may keep on,
Ever and ever yet the verses owning — as, first, I here and now,
Signing for Soul and Body, set to them my name, ..."

–Walt Whitman, public domain ... [1]http://whitmanarchive.org/about/faq.html ..

In love, light and joy,
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.....

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.....
.....

Come Said My Soul, Walt Whitman, American poetry, poetry, poems, body cells, nature, cellular joy,

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

1.11.12 Gratitude: York Peppermint Patty Ski Jump . by Alice B. Clagett (2013-11-11 16:35)

Written and published on 11 November 2013; revised

Dear Ones,

A couple of days ago, near the end of one of Peggy Black's webinars (1), I was overcome with a feeling of gratitude for her inspiring message. Not my usual kind of gratitude, but an intense - all engulfing - feeling of *gratitude.*

Wow! It felt like someone had just poured pure glacier water into my body. As if my physical form were a pitcher, with my head open at the top, and pure, chill water was just gushing in from ? the sky? Yet - and this is a mystery ... I didn't feel cold ... or maybe it was *cold* and *not cold* - both at the same time ...

It was a little like that strange word *frisson.* The word means 'shudder, tingle, shiver, thrill'. It refers to a physical sensation, the sort of sensation that is sometimes followed by 'goosebumps' on the skin. What I always found confusing is the fact that it's used to describe fright and excitement, two very different emotions. So I could say that the word *frisson* describes a physical sensation, and the mental/emotional body attaches varied meanings to the physical sensation.

Just so with this feeling of gratitude I felt during Peggy's webinar ... the operant word is *physical* - not *mental* at all. I felt a physical feeling of glacier water being poured into the top of my head, and then slowly coursing down through all my cells, down to just beneath my heart.

It was a little like that York Peppermint Patty ski jump ad. Incredibly delicious! :

Video: York Peppermint Patty ad featuring the coffee table skier: "1987 - York Peppermint Patties - Ski Jump," by Michael Harper, 5 November 2011 .. [1]https://www.youtube.com/watch?v=JWPngmwyCRE ..

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

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FOOTNOTE

(1) Peggy Black's webinar "Sound as Pure Potential": [2]https://metaphysicalwisdom.com/main/peggyblackadvancedsoun dworkshop ..

.....

[3] 

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appreciation, gratitude, York peppermint patty,

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2. https://metaphysicalwisdom.com/main/peggyblackadvancedsoundworkshop
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1.11.13 Free Will vs Control: What We Cannot Do in the New Reality . by Alice B. Clagett (2013-11-11 16:45)

Written and published on 11 November 2013; revised

- ON ACCEPTING OTHER PEOPLE AS THEY ARE
- PEGGY BLACK AND THE NEWS HOMEWORK
- ON ASKING GOD FOR A PARTICULAR OUTCOME
- ON SURRENDER AND LETTING GO

Dear Ones,

ON ACCEPTING OTHER PEOPLE AS THEY ARE

I've been thinking ... maybe what I can't do in the New Reality is to change other people. After all, everyone has free will. Lord knows my life would be not so terrific without it. I owe it to myself, as a representative of New Earth, to respect this basic human value in everyone I meet ... whether they choose wisely or otherwise, in *my* eyes. And to honor my own free will by living to my highest expression of energy.

PEGGY BLACK AND THE NEWS HOMEWORK

During a recent webinar (1), Peggy Black was talking about her 'News Homework.' As it turns out, a few years ago she started listening to the daily news. As you may know, the news these days tends to concentrate on bad things rather than good. So I imagine she might find herself writing down these 'bad news' topics. Then she would turn the TV off, and begin to bless the news:

"I am so grateful that all those who were in the recent typhoon are being taken care of, and their needs for food, shelter, and clothing are being met." ... or words like that. So for two years now ... and probably for much longer, she has been transforming this bad news to a good outcome, through love.

ON ASKING GOD FOR A PARTICULAR OUTCOME

During the Q and A at the end of the webinar, I asked her: What if I were to wish a blessing for the news commentators just before the news begins? I could imagine a blessing that their guides be around them, and that they might be able to hear this sage advice if they are so inclined ...

Peggy Black said something like this: *Well but, you can start with yourself....* In other words, *I* can be the transformation. And when I come right down to it, where else would I start? It is only *me* here, now. I, and I alone, am the raw material I have to work with, to sculpt as the New Reality.

When I wish a blessing for someone else, too often ego interferes, and the concept of control creeps in. I want a certain outcome. I petition the Divine for my agenda. It is as if I were a lobbyist and the Divine a Senator, and I am saying: *My Dear Senator, please bless my*

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State with that Contract!

ON SURRENDER AND LETTING GO

How different to simply say: *Dear Divine, Thy will, not mine. Show me the way ...*

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.....
FOOTNOTE

(1) *Link: Peggy Black's webinar "Sound as Pure Potential": [1]http://metaphysicalwisdom.com/main/peggyblackadvancedsound workshop ..*

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.....
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control, free will, New Earth, new reality, news homework, thy will not mine, mass media, surrender, letting go, transformation, personal alchemy,

1. http://metaphysicalwisdom.com/main/peggyblackadvancedsoundworkshop
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.11.14 Binaural Beats for Love, Warmth, Light and Joy . referral by Alice B. Clagett (2013-11-11 17:14)

Written and published on 11 November 2013; revised

Dear Ones,

This video is said to alleviate feelings of sadness, anxiety, anger, and low self-esteem ...

Video: "Love, Warmth, Light & Joy - Binaural Beats," by Ki Kaz, 1 March 2013 .. [1]https://www.youtube.com/watch?v=6U _jhikKu3Y ..

In love, light and joy,
I Am of the Stars
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anger, anxiety, binaural beats, depression, fear, joy, light, love, nervousness, sadness, unworthiness, self-esteem, self worth,

1. http://www.youtube.com/watch?v=6U_jhikKu3Y
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1.11.15 Schadenfreude and the "Bow Down to Me" 3-Part Football Play . by Alice B. Clagett (2013-11-13 18:30)

Written and published on 13 November 2013; revised and republished on 5 June 2017
Previously entitled: Schadenfreude and the Nature of Duality ...

- ON COMPASSION AND SCHADENFREUDE IN 3D
  - *Sidebar: Schadenfreude*
- SKITS AND STORYLINES: A PREINCARNATE VISION: WOULD YOU LIKE TO BE BORN?
- LIFE BENEATH THE VEIL OF ILLUSION
  - *Sidebar: Unwelcome Psychic Events I Experienced While Meditating with Neo-Hindu Groups*
- INITIAL THEORY OF THE THREE TINY DEMONS
- DISCOVERY OF CURSES INVOLVED IN THE THREE-PART "BOW DOWN TO ME" ASTRAL FOOTBALL PLAY
  - On Fallen Angels (Fallen Angelics)
  - On Bowing Down by Humankind: Enslavement by the Fallen Angels
  - The Three-Part Curse
    - Second Chakra Hit
    - Third Chakra Hit
    - Sixth Chakra Hit
  - A Further Curse
  - Revision of Theory on the Three Little Demons
- HOW SPIRITUAL PEOPLE ATTRACT BOTH NEGATIVE AND POSITIVE ATTENTION ON THE ASTRAL PLANE
- THE IMPORTANCE OF LEARNING YOGA NIDRA

Dear Ones,

ON COMPASSION AND SCHADENFREUDE IN 3D

Our thinking minds hold high the banner of compassion, but our gut brains readily rejoice in the pain that others feel. How can this duality exist? At the moment schadenfreude (1) surfaces in our feeling world, our thinking minds experience a kind of amnesia. It was not *us* who felt that. *We* do not remember feeling that at *all*.

But, alas, our friend with whom we sit, the one toward whom this cruelty is felt, knows

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very well the source and Darkness there. Schadenfreude is no mistake, no slip of the tongue. Rather, it is the antimatter through which 3D balances heart's compassion; the farce that holds steady this illusion. It is schadenfreude that allows us ... they say, by our agreement prior to birth ... to experience this extreme divergence from the All ...

.....
Sidebar: Schadenfreude

Schadenfreude is an interesting word; it means a feeling of pleasure when someone else feels pain. *Schaden* means *harm*. *Freude* means *joy*.

Here is a quotation by Iris Murdoch on the topic, from her work "Nuns and Soldiers" ... *[1]http://img.picturequotes.com/2/517/516183/we-are-all-the-judges-and-th e-judged-victims-of-the-casual-malice-and-fantasy-of-others-and-ready-quote-1.j pg* ... Ms. Murdoch says that while others may fantasize or act with malice regarding us, we may do the same regarding them. As well, she says, while we may be accused of sins we have not committed, surely there are sins of which we are guilty and regarding which we have not been held accountable.

.....

SKITS AND STORYLINES: A PREINCARNATE VISION: WOULD YOU LIKE TO BE BORN?

I can see it now, me, preincarnate, and my guides, are having a very important, albeit brief, talk ...

Guides:*So, our understanding is, you would like to experience the extreme divergence from the All ... incarnation in physical form?*

Me: *Yes, definitely. It sounds completely intriguing.*

Guides: *You do know that, once in physical form for a short while, you will very likely come to believe yourself separate from the One?*

Me: (Surely not *me*! Impossible) *What an amazing possibility! You can count on me.*

Guides: *We feel it important to let you know that some volunteers find incarnation so difficult that they abort the mission after a few 'months'.*

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Me: (I wonder what a 'month' will feel like.) *Nevertheless, I would like to incarnate.*

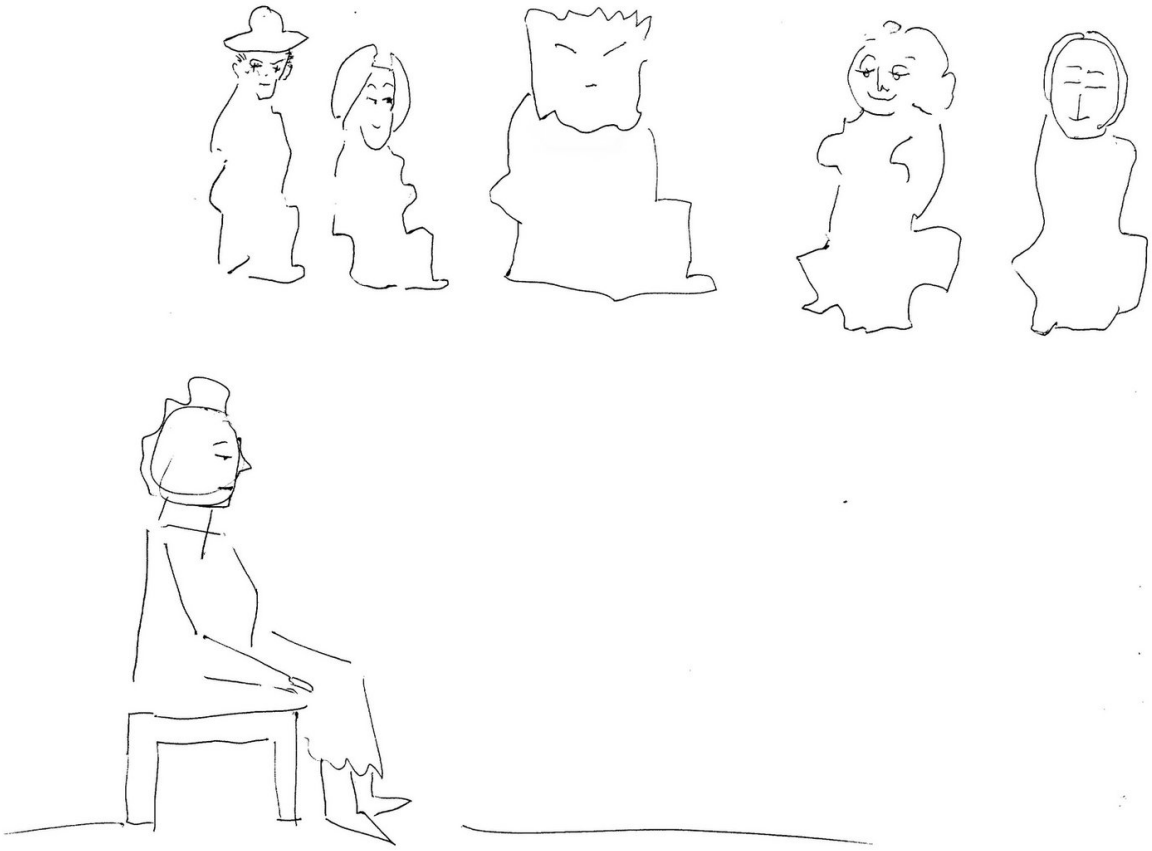
Guides: *Alice, you're a brave being. Know that we love you very much....*

LIFE BENEATH THE VEIL OF ILLUSION

But I digress. To continue on the topic of amnesia ...

Apparently, the schadenfreude / compassion pairing is only one of many human matter / antimatter, conscious / unconscious, mental / emotional balancing acts.

Another one with which I have wrestled for years: chastity / sexual desire. I would be meditating with others ...



Drawing: "The 'Bow Down to Me' 3-Part Football Play 1," by Alice B. Clagett, 1 February 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

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DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, seated.

Drawing: “The ‘Bow Down to Me’ 3-Part Football Play 1,” by Alice B. Clagett, 1 February 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …

DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, seated.

A thought of sexual desire would arise in the gut brain (large intestine). My mind would suddenly go completely blank; I would lose consciousness and pitch forward toward the floor.



Drawing: “The ‘Bow Down to Me’ 3-Part Football Play 2,” by Alice B. Clagett, 1 February 2020,

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CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, seated, leaning forward.

Drawing: "The 'Bow Down to Me' 3-Part Football Play 2," by Alice B. Clagett, 1 February 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …

DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, seated, leaning forward.



Drawing: "The 'Bow Down to Me' 3-Part Football Play 3," by Alice B. Clagett, 1 February 2020,

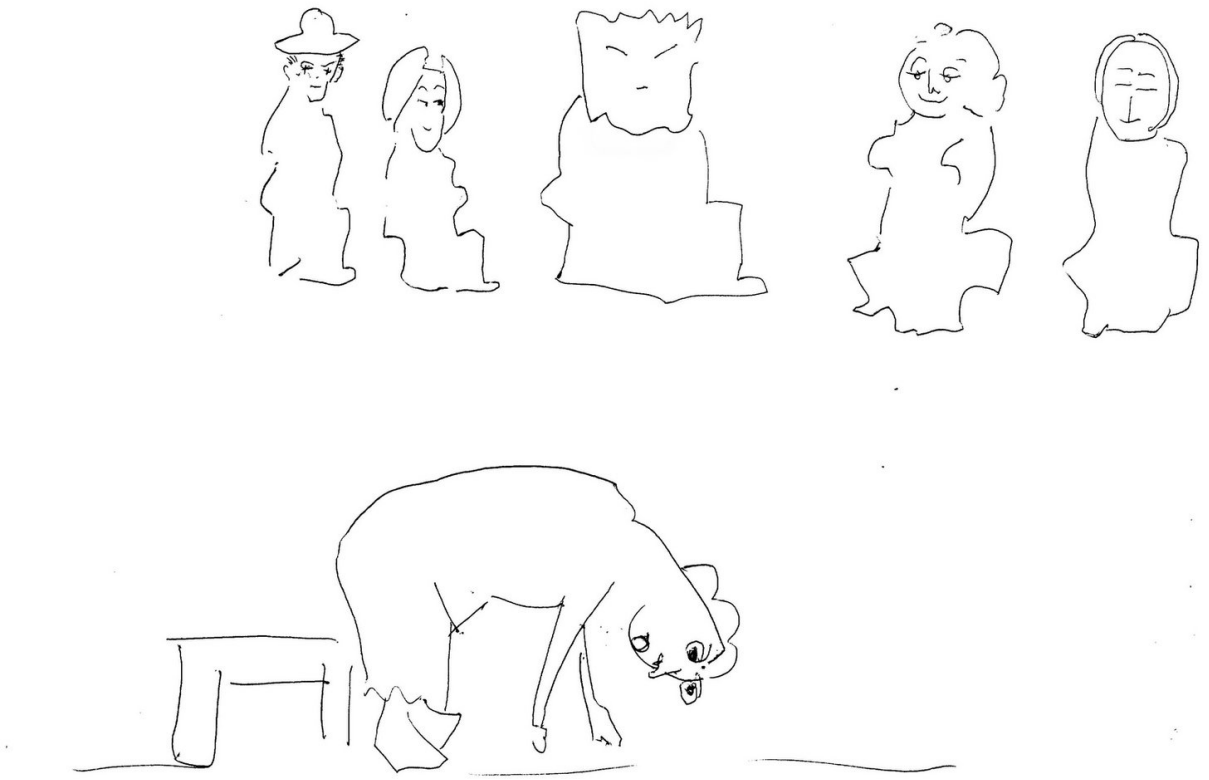
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CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, eyes closed, falling forward off a chair.

Drawing: “The ‘Bow Down to Me’ 3-Part Football Play 3,” by Alice B. Clagett, 1 February 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …

DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, eyes closed, falling forward off a chair.

After falling forward to about two feet from the floor, I would regain consciousness ...



Drawing: “The ‘Bow Down to Me’ 3-Part Football Play 3,” by Alice B. Clagett, 1 February 2020,

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CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, falling forward off a chair, eyes wide open.

Drawing: "The 'Bow Down to Me' 3-Part Football Play 3," by Alice B. Clagett, 1 February 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com …

DESCRIPTION: Top: Five seated people; from left, a man, a woman, a wolf-man, and two women. Lower left: A woman, shown in profile, falling forward off a chair, eyes wide open.

… and sit back up straight again. O God, not again! … You laugh, do you not! But I was not laughing. No one in the meditation group I was attending laughed at me either.

Something unconscious was going on. It was some thought, arising from a part of my anatomy I did not think had a brain of its own. Then I would pass out and start to topple over, again and again. I was in peer pressure hell both with regard to the repressed thought and with regard to the embarrassing falling-over action.

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Sidebar: Unwelcome Psychic Events I Experienced While Meditating with Neo-Hindu Groups

For a drawing to do with an untoward event that occurred quite some years earlier in another neo-Hindu meditation group, see …

Link: "'Tinsel Head' Tale: Scrimmages with a Los Angeles 'Brujo Cult'," by Alice B. Clagett, filmed on 18 December 2019; published on 23 December 2019 … [2]https://wp.me/p2Rkym-flS ..

I class these as black magic or thuggee types of events to do with psychic powers exerted through spiritual adepts, black magicians, or sorcerers by disembodied entities.

The two events I experienced occurred in a Neo-Hindu setting. I feel it likely that such events may happen in any spiritual setting, and do not necessarily represent the teachings of a spiritual group as a whole; they may be just disparate, chance events.

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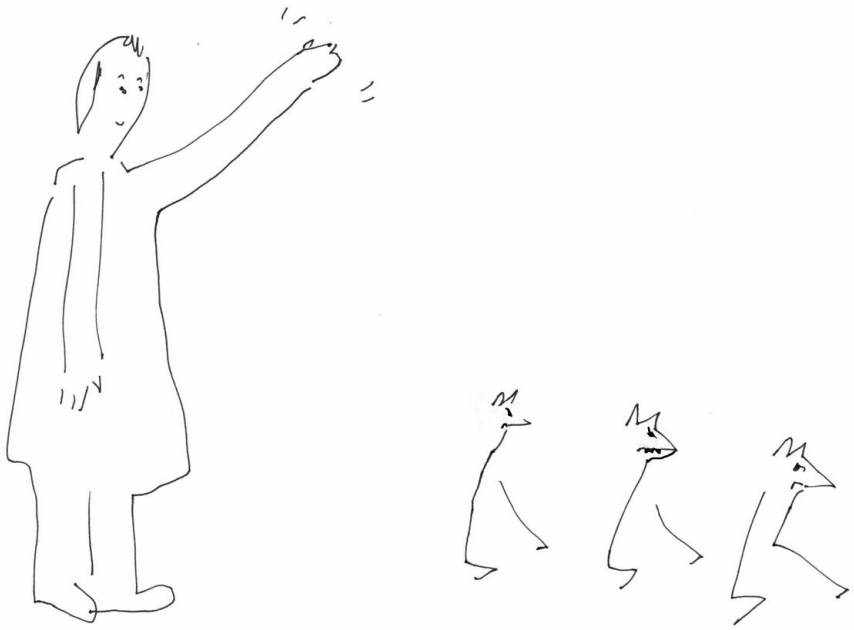
INITIAL THEORY OF THE THREE TINY DEMONS

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The meditation teacher kept on saying to us all: *Feel unconditional love!* I could not. Peer pressure does that, I guess ... makes us unfriendly to ourselves. Finally one day I got a notion that there were three tiny demons ... this visualization shows how desperate I was to get to the bottom of the thing, I guess.

Anyway, it seemed like there was one tiny demon situated near my sexual chakra, and it would grab this amnesia-making thought as if it were a football. Punt it to another tiny demon at my navel point, which punt shut down my will and caused the amnesia. And then Tiny Demon No. 2 would punt the thought to Tiny Demon No. 3 situated at my third eye-point, and I would pitch forward. It happened three times in a row, to quite an uproar of giggling from the wee demons.

It was just too much for me. I got a pressure-cooker kind of social-embarrassment frustration feeling, building up stronger and stronger. And then ... miracle of miracles ... I lightened up. And remembered what the repressed thought was all about. At last! From this I suppose there is nothing quite like a sense of humor when I am being laughed at.



Drawing: “Bidding Our Demons Goodbye,” by Alice B. Clagett, 24 August 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ... DESCRIPTION: Left: Woman standing, in profile, waving to three mean-looking demons on the right. The demons are walking to the right. They are about two feet high.

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Drawing: “Bidding Our Demons Goodbye,” by Alice B. Clagett, 24 August 2019, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ...

DESCRIPTION: Left: Woman standing, in profile, waving to three mean-looking demons on the right. The demons are walking to the right. They are about two feet high.

DISCOVERY OF CURSES INVOLVED IN THE THREE-PART "BOW DOWN TO ME" ASTRAL FOOTBALL PLAY

I later found that the three-demon punt was actually a team effort involving the ’Dark bodies’ (as opposed to the bodies of Light) of three spiritual people who knew me at that time. This ’Dark play’ was composed of subconsciously repressed energies of these three people; one was the putative group leader, and the other two were a man and wife.

Malware had been installed in their bodies of Light by the Fallen Angel Ba’al, who had infected a different meditation group. Apparently, all three people had previously attended a meditation in this group in past, and been infected with the malware.

On Fallen Angels (Fallen Angelics). For more on fallen angels, see ...

Link: "Time Shift Blog: What Are Fallen Angels?" by Lisa Renee ... [3]https://www.energeticsynthesis.com/index.php/resource-tools/blog-timel ine-shift/2405-what-are-fallen-angels ..

Link: "Fallen Angelic Schism Trauma," in "Ascension Glossary" ... [4]https://ascensionglossary.com/index.php/Fallen _Angelic _Schism _Trauma ..

On Bowing Down by Humankind: Enslavement by the Fallen Angels. The malware had to do with bowing down to the Fallen Angel; losing one’s will power, and becoming enslaved by him. This I found out quite recently during lucid dreaming, when the three-part spell was once more invoked; at which time I for the first time heard the astrally spoken malware rhymes, which named the names of people whose Dark bodies were infected to such an extent that the Fallen Angel could ’step into’ or ’stake out’ or obsess them, and from them, into other people to obsess them or ’stake them out’ ... or at the least, to dilute the auric energy with a ’pass through’ or ’flow through’ the central vertical power current.

Image: "Baahubali 2: The Conclusion" ... [5]https://images-na.ssl-images-amazon.com/images/M/MV5BNzcxM2Q1NjAtNDY5 Zi00ZjBlLWJmMmUtZGNmNjlkMDdhN2I2XkEyXkFq GdeQXVyNjgyOTU0ODU@. _V1 _UX477 _CR0,0,477,268 _AL _.jpg ... DESCRIPTION: Man kneeling and bowing to a seated, cruel-looking man; fire is all around them. The bowing man has planted his sword in the ground behind him ... it looks like a cross. COMMENT: My thought is: If a mean, cruel-looking being asks you to bow to him, do not leave your cross behind.

The Three-Part Curse. The assault was as follows ...

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1. **Second Chakra Hit.** The wife, who was a sexy lady, hit my sexual chakra. I do not know the rhymed curse that was attached to this hit, as the sexual energy that hit me was deeply subconscious and a wave of unconsciousness hit me ... like *unmani*, the borderline state between waking and sleeping.
2. **Third Chakra Hit.** The meditation leader of the second meditation group psychically hit my navel point, seat of will power, with the chant: *May V–er ram her* ... This was the name of the husband, a noted psychic ... see hit #3) ... This hit also comprised very deeply subconscious energy. It was accompanied by a vision of a sharpened, fat pencil, about 3 inches in diameter and 8 inches in length, being jabbed into my spine at the level of the navel point. This pencil was a phallic symbol to do with a derogatory remark a woman once made about the penis of a psychic he knew, who was more powerful than the psychic in hit #3.
3. **Sixth Chakra Hit.** The husband, who was a noted psychic, hit my third eye-point with the chant: *May you succumb to M—— D—* ... This was the name of a powerful psychic that the husband knew and admired). The energy in the third hit was also deeply subconscious.

These three incantations and psychic energy hits happened with split-second timing of the sort that can only be orchestrated by Fallen Angels.

A Further Curse. In the recent lucid dreaming instance, there was a further curse by a psychic friend of V–er and M—— D—: A vision of a long, thin dagger being stuck into my left ear, along with the incantation: *M—— will stick it in*

I have read that the left ear has to do with clair hearing, and the right ear with hearing in the physical realm. So the import of this curse was that M—— D— could dominate my psychic hearing and torque it to the Dark (always remembering that the Fallen Angel Ba'al was the initiator of the curse setup and 'director of the play').

Revision of Theory on the Three Little Demons. I revised my theory about the three little demons later ... I feel they may have been three little nature spirits bewitched by negative astral beings. This used to happen quite a lot, before the 2012 Shift.

HOW SPIRITUAL PEOPLE ATTRACT BOTH NEGATIVE AND POSITIVE ATTENTION ON THE ASTRAL PLANE

In 3D, in the physical world, the people who subconsciously did the cursing are very highly respected spiritual people. This shows how the Dark has, until recent times, targeted spiritual people. I have heard it said that this is because the brightness of their Light on the spiritual plane attracts a lot of attention from astral beings, both negative and positive.

THE IMPORTANCE OF LEARNING YOGA NIDRA

This lucid-dreaming revelation points up the importance of keeping the auric field strong and stable, and of being able to do yoga nidra and lucid dreaming so as to prevent susceptibility to astral curses and malware infection ...

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Link: "Yoga[6] Nidra: Yogic Conscious Deep Sleep," by Swami Jnaneshvara Bharati ... [7]https://swamij.com/yoga-nidra.html ..*

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

See also ... *Link: "Compendium: Psychic Murder - Bow Down to Me! Psychic Swoon," published on 17 July 2020 ... [8]https://wp.me/p2Rkym-jc6 ..*

The "Bidding Our Demons Goodbye" drawing is featured in *Link: "Tiny Anthologies: Demons, Devils and Ghosts . drawings and images by Alice B. Clagett, Published on 3 August 2020 ... [9]https://wp.me/p2Rkym-jnZ ..*

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3D, compassion, nature of duality, schadenfreude, heart clearing, forgiveness, celestial ascension team, ascension team, advaita, visions, curses, Fallen Angels, Ba'al, dark network, compassion, societal expectations, power over, veils, obsession, possession, pass through, flow through, clair hearing, malware, shadow of the personality, dark body, light body, stake out, cruelty, chastity, sexual desire, 3-part football play, football play, drawings by Alice, adventures with Alice, Hinduism, neo-Hinduism, psychic powers, spiritual adepts, black magician, thuggee, Lioness, Torturess, Heart Vampire, Inanna, Hunter-Snuffer, 2u3d,

1. http://img.picturequotes.com/2/517/516183/we-are-all-the-judges-and-the-judged-victims-of-the-casual-malice-and-fantasy-of-others-and-ready-quote-1.jpg
2. https://wp.me/p2Rkym-fIS
3. https://www.energeticsynthesis.com/index.php/resource-tools/blog-timeline-shift/2405-what-are-fallen-angels
4. https://ascensionglossary.com/index.php/Fallen_Angelic_Schism_Trauma
5. https://images-na.ssl-images-amazon.com/images/M/MV5BNzcxM2Q1NjAtNDY5ZiOOZjBlLWJmMmUtZGNmNjlkMDdhN2I2XkEyXkFqcGdeQXVyNjgyOTUOODU@._V1_UX477_CR0,0,477,268_AL_.jp
6. https://www.swamij.com/yoga-note.htm
7. https://swamij.com/yoga-nidra.html
8. https://wp.me/p2Rkym-jc6
9. https://wp.me/p2Rkym-jnZ
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11. http://creativecommons.org/licenses/by-sa/4.0/

1.11.16 Ascension Breakfast and Body . by Alice B. Clagett (2013-11-17 05:08)

Written and published on 17 November 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about enhancing the light within the food we eat and within our bodies through inner sound current. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/OIM-OzhHRIw

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

I wanted to tell you a story about eating breakfast at a restaurant today. I went to a restaurant for breakfast, and the food that I ordered struck me as not a very 'ascension diet' type of food. But it looked pretty good. So, as I started to eat the food, I started thinking, in my own heart, like this: Every time I ate a little bit of food, I sang to the food:

I am crystal food! (x2)

Every time I said that to myself in my own inner heart, I could see a flash of light hitting the food! What can I say? Pretty soon the whole plate was lit up with bright light. It tasted delicious!

I do not know why that happened, but I guess maybe all we have to do is imagine it and it happens, these days. At least, it sure seemed that way with the food. That is something kind of interesting to think about, because we do not always eat the kind of food that we think we should. You know? And so, maybe if we sing to the food about how good it is for us, it will change the character of the food a little bit, change the energy in it, and change the way it feels inside us. You know?

And that felt so good that later, I was walking down the street and I thought: *Gosh! Maybe if I sing to myself, then that will change me!* So as I walked down the street, under my breath, and only in the silence of my heart, I was singing:

I'm a crystal body!
I am made of Light! (x2)

And pretty soon, it was a lot more like gliding down the street than walking down the street. It was pretty cool as a pick-me-up. I do not know if you want to do that kind of experiment for yourself; this is just my report from where I am.

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You all take care! Love you lots.

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

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body of light, health, languages of light and sound, ascension diet, grace, songs, songs by Alice, diet,

begin amrit,

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

1.11.17 Daydreaming Anxiety Away . by Alice B. Clagett (2013-11-17 06:08)

Written and published on 17 November 2013; revised

Dear Ones,

This video is about daydreaming versus anxiety and worry. Means: funny movies, light reading, imagining a positive outcome. There's a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/z8dm-uOW2rs

SUMMARY OF THE VIDEO

Hello, Dear Ones.

I have something to say about anxiety, that I found out just recently. For the last two years, I've been having occasional panic attacks (anxiety attacks). I found out something interesting about that today: I realized that I haven't been fantasizing enough. I haven't been daydreaming enough during the day.

Recently I started daydreaming again, and I feel far less anxious because of it. So I guess that daydreaming is one way of coping with anxiety, and actually eliminating it.

If you are having anxiety attacks, may I suggest watching humorous shows on television, or light reading, or just consciously sitting back and fantasizing good outcomes for problems in your life?

It is actually pretty miraculous, what happens. It is the exact opposite of worry; and worry does lead to unfortunate anxiety. So give it a try, if you want. It worked for me. I am still in the process of perfecting this technique of daydreaming.

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

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anxiety, daydreaming, worry,

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1.11.18 What We See . by Alice B. Clagett (2013-11-17 14:41)

Written and published on 17 November 2013; revised

Dear Ones,

What do we *really* see?

Image: Three soap bubble stuck together with reflections of landscape on them: [1]https://i.pinimg.com/originals/9a/20/e5/9a20e5764cc640851e7b2550 6d104af0.png ..

In love, light and joy,
I Am of the Stars
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astrogeophysics, true reality, illustration, reality,

1. https://i.pinimg.com/originals/9a/20/e5/9a20e5764cc640851e7b25506d104af0.png
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.19 Thinking Mind, Gut Brain and Awareness . by Alice B. Clagett (2013-11-17 15:12)

Dear Ones,

This video is about how we relate to other people. Topics:

- ’cording’ (ropes; astral ropes),
- thinking brain (the one located in our heads),
- gut brain (the one located in our large intestine) (1), and
- the role of awareness of the gut brain in transforming the world.

There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/nboM00Vy8Wc

SUMMARY OF THE VIDEO

Dear Ones,

I want to talk a little about how people really relate to each other, especially in telepathic groups, and what I have to say is a little odd. So you may look at it askance.

In the New Age community, people talk about *ropes* (cording, astral cords) connecting people ... from the chakra of one person, to the chakra of another person, for instance. That’s usually among people who are related, or who spend a lot of time with each other ... like a mother and child, or between significant others. It could be sisters / brothers groups. So it could be family groups, or it might be work groups. And sometimes people who have the same energy, or complementary energy, or opposite energy, connect with each other telepathically. So those are some possibilities.

Ropes: That means a frequent connection. And I used to think, like the New Age school of thought, that it was a chakric connection. But now I think that it has to do with the two levels of mind that people have: We have the ’thinking mind’ (what we all think of as the mind) in the head, and then we have the ’gut brain’, which is located in the large intestine, apparently.

And so, there apparently are brain cells, neurons, lining the large intestine, (1) and the functions of these two areas of mind are very different.

- For instance, the higher brain conceptualizes things ... judges things ... has abstract notions, morality, and the concept of time and space.

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- The lower brain has to do with survival and sexuality, creativity, the will of the ego in the world, and the desire for power. And this lower brain doesn't have a control center. It's impelled by desire, the 'desire body'.

The higher body is tempered somehow. It's tempered by peer pressure and what we learn in our youth; what we continue to learn throughout our lives. It's like a car with brakes.

And the gut brain is more like a hang glider ... it just goes with the wind. You know what I mean.

So these two centers in a person ... either one of them can communicate with another person.

- My gut brain can communicate with another person's gut brain ... Don't ask me how I know. It's just too long of a story! ...

- Or it can communicate with another person's thinking brain, and vice versa.

- Another person's brain can do the same; another person can connect with my thinking brain or with my gut brain, using their own gut brain.

- The thinking brain can do that too: It can connect with either brain on another person.

So you could say that the unconscious thought cloud of the world ... something I've spoken about quite frequently in the past ... is the link of the gut brain ... my gut brain ... with other people's gut brains.

It's a little more complicated than that, but with our awareness, we need to be aware of what's going on with our gut brain. Otherwise we go unconscious, and otherwise we also influence the world unwisely.

There is more to this story, but this is all for the moment. Love you all very much.

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

Written and published on 17 November 2013; revised on 20 August 2023

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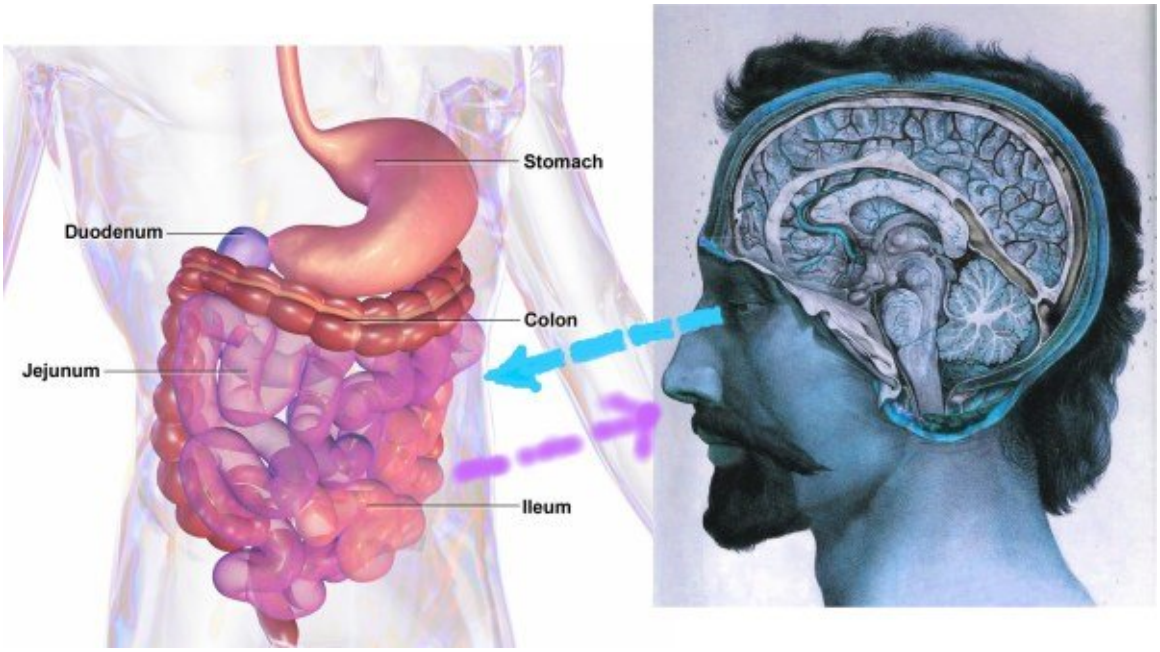


Image Markup: “Gut – Brain Communication,” adapted by Alice B. Clagett, 7 November 2022, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … COMMENTS: Communication between the gut and the brain is two-way. The aqua arrow indicates the higher brain talking to the gut brain (the lower brain). The magenta arrow indicates the gut brain talking to the higher brain. –Alice B. Clagett … CREDITS: Image: "Human Brain [adapted]," by J.M. Bourgery, 9 September 2014, author Erald Mecani, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Human _brain.jpg … CC BY-SA 3.0 Unported … and … Image: “Gastrointestinal System [cropped],” by BruceBlaus, 30 October 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Blausen _0432 _GastroIntestinalSystem.png … CC BY 3.0 Unported *Image Markup: “Gut – Brain Communication,” adapted by Alice B. Clagett, 7 November 2022, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … COMMENTS: Communication between the gut and the brain is two-way. The aqua arrow indicates the higher brain talking to the gut brain (the lower brain). The magenta arrow indicates the gut brain talking to the higher brain. –Alice B. Clagett … CREDITS: Image: "Human Brain [adapted]," by J.M. Bourgery, 9 September 2014, author Erald Mecani, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Human _brain.jpg … CC BY-SA 3.0 Unported … and … Image: “Gastrointestinal System [cropped],” by BruceBlaus, 30 October 2013, in Wikimedia Commons … https://commons.wikimedia.org/wiki/File:Blausen _0432 _GastroIntestinalSystem.png … CC BY 3.0 Unported*

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FOOTNOTE

(1) *Link: “Think Twice: How the Gut’s ‘Second Brain’ Influences Mood and Wellbeing,” in “Scientific American,” 12 February 2010, by Adam Hadhazy … [1]https://www.scientificamerican.com/article/gut-second-brain/ ..*

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lower triangle, mastery of mind, awareness, gut brain, thinking mind, transforming the world, mastering the mind, unconscious thought cloud of the world, astral cords,

1. https://www.scientificamerican.com/article/gut-second-brain/
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This video is about how we relate to other people.

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1.11.20 Sunset and Stain of Blood . by Alice B. Clagett (2013-11-17 19:22)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Motor Noises Bring Up Incarnational Memories of Violent Deaths
  - For Women: Motor Noises Bring Up Racial Pain of Abortions and Giving Up Children for Adoption . Pain Stored in the Uterus, Which Can Then Be Cleared
  - Motor Noises Also Clear the First Chakra and Strengthen the Survival Instinct
  - The 'Stain of Blood': Red Colors and Sounds Can Be a Gift of Clearing

Dear Ones,

This video is about how sunsets, the sound of motors, and the color red, and clearing the stain of blood from the heart, including the pain of sudden violent death in past lifetimes.

The pain of abortion and of giving a child up for adoption is also clearing from the organ we know as the uterus right now. A sensation comes up: 'churning' of the heart and uterus.

There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/9iJTvvl6euA

SUMMARY OF THE VIDEO

Hello, Dear Ones, It's Alice.

. . . . .

Motor Noises Bring Up Incarnational Memories of Violent Deaths

I came out at sunset to take a video of the sunset. The minute I walked out the door, I heard all these strange sounds ... first I heard a lawnmower next door. That went away. And I thought: Now's the time for the video ... and then an airplane started going overhead. And I heard a motor sound over to the right, where there is really no cause for there to be motors.

It is one noise after another, out there. And they all have a certain quality to them. They are low-pitched motor noises. It created a certain reaction in me: Kind of a churning of various organs, and also of the heart chakra ... kind of a churning without movement in or out.

It was bringing up, it seems, old woundings that had happened ... not just to me, but to others as well. It had to do with, in one case, a past-lifetime violent death that was memorized by the cells in my right face, and in my left shoulder. And kind of a slow playing through of that ancient agony that the cells had felt when they were suddenly surprised with

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the act of passing from physical form , and probably the pain of the physical attack too.

So, that's one thing that appears to be clearing right now: Violent, old memories of incarnations where we passed unexpectedly. And this motor noise helps to clear that, apparently. It's not just a nuisance. It's actually the Divine doing specific work in the world.

. . . . .

For Women: Motor Noises Bring Up Racial Pain of Abortions and Giving Up Children for Adoption . Pain Stored in the Uterus, Which Can Then Be Cleared

And the other thing that came up earlier in the week, while hearing the same sorts of sounds, was a kind of churning of the organ we call the uterus, and a feeling ... sort of a racial memory ... of abortions, and the pain of that organ with abortions, and the pain that organ feels when women ... often with very good reason ... give their babies up for adoption.

And so, this is just a note to pay attention to the sounds around us, because they're bringing us a gift from the Divine ... a chance to clear the pain the women of the world have regarding memories of abortions and of giving up children for adoption. It may not seem like it, but they are.

Motor Noises Also Clear the First Chakra and Strengthen the Survival Instinct

The sound of motors also clears the first chakra, the rectum, and strengthen the survival instinct. This first chakra clearing is more apparent while sitting than while standing.

The 'Stain of Blood': Red Colors and Sounds Can Be a Gift of Clearing

Now, I am waiting to see what kind of gift this sunset will be. It may take a little while, so I may fast forward in a minute. I am hoping that you will get a beautiful view of the sunset.

You know, sometimes colors of red ... and sounds that are 'red' sounds ... like the sounds of motors or engines or air conditioners or heaters or lawnmowers ... those kinds of sounds: They have this gift in them; this gift of clearing pain. You might call it the Stain of Blood.

So, sunsets are a kind of gift where we can clear away the stain of blood with a beautiful red sunset. For the rest of this tape ... you never know ... I might not say another word. And you can just watch the sunset deepening.

Love you all. Take care.

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

Written and published on 17 November 2013; revised and republished on 30 August 2017; revised on 28 February 2023
The section on Motor Noises has been revised and extracted to "My Memories of Other Incarnations."

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karma, soul wounding, clearing the heart, clearing the organs, clearing the uterus, color red, motor sounds, pain of abortion, abortion, pain of adoption, adoption, stain of blood, incarnations, reincarnation, death,

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1.11.21 528 hz Love Frequency DNA Repair . by Ki Kaz . referral by Alice B. Clagett (2013-11-18 16:53)

Written and published on 18 November 2013; republished on 20 August 2017; revised

Dear Ones,

I listened to these beautiful tones by Ki Kaz using earphones. Very nice; soothing! Ki Kaz says this video is for enlightenment, healing, and Light ...

Video: "528 hz Love ♥ Frequency DNA Repair," by Ki Kaz, 18 November 2013 ... [1]https://www.youtube.com/watch?v=V7ima9KmBuM ..

In love, light and joy,
I Am of the Stars
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[2] 

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DNA, DNA repair, heart energy, Ki Kaz, enlightenment, incoming light, healing,

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3. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.22 What Happened? 20 and 21 November 2013 . by Alice B. Clagett (2013-11-21 12:49)

Written and published on 21 November 2013; revised and republished on 31 August 2017

Dear Ones,

Something totally incredible happened last night, while I was meditating. What happened? That is the question. The energy flow was completely new and different, heretofore unknown to me. Solid, both here and not here; dependable, caring, blessing, infinite and at the same time particulate. And very, very quiet ...

I note that solar activity had been low for a few days, and from past reference, these quiet solar periods are times of personal consolidation for me. Lots of solar flares or incoming coronal mass ejections (CMEs) , on the other hand, correspond to emotional and mental turmoil ... times of subconscious cleansing for me.

I note an M-class flare took place early this morning, PST. And the X-class flare of several days ago may deliver a glancing CME to Earth's magnetosphere today. So the peace and quiet may be short-lived. We will see.

Laura of Oracle Report has some interesting things to say about yesterday and today. See ...

Link: "Oracle Report" ... [1]http://www.oraclereport.com/ ... Click on Archives ... 2013 archives ... ... and search the term: November 21, 2013 ... Or see this link ... [2]https://static1.squarespace.com/static/5 30f3fd3e4b00ea7829010d2/t/537df72ee4b0dd5-9d7f68b9f/1400764206584/Oracle+Rep ort+2013+Archive.pdf ..

And here is what GaiaPortal says ...

Link: "Surges of Enlightenment envelop Gaia total" ... [3]https://gaiaportal.wordpress.com/2013/11-/21/surges-of-enlightenment-en velop-gaia-total/ ..

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

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[4] 
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incoming light, astrogeophysics, GaiaPortal, Oracle Report, Soul wounding, space weather, solar events,

1. http://www.oraclereport.com/
2. https://static1.squarespace.com/static/530f3fd3e4b00ea7829010d2/t/537df72ee4b0dd59d7f68b9f/1400764206584/Oracle+Report+2013+Archive.pdf
3. https://gaiaportal.wordpress.com/2013/11/21/surges-of-enlightenment-envelop-gaia-total/
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.23 Tang Sunset . photos by Alice B. Clagett (2013-11-22 08:11)

Filmed on 22 November 2013; published on 12 March 2020

Dear Ones,

Here are sunset photos ...



Image: Tang Sunset 1," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

Image: Tang Sunset 1," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

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Image: Tang Sunset 2," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

Image: Tang Sunset 2," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0



Image: Tang Sunset 3," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

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Image: Tang Sunset 3," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0



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Image: Tang Sunset 4," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

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Image: Tang Sunset 5," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

Image: Tang Sunset 5," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0



Image: Tang Sunset 6," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

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Image: Tang Sunset 6," by Alice B. Clagett, 22 November 2013, CC BY-SA 4.0

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

These images are in this video taken the same day ... *Link: "Tang Sunset," by Alice B. Clagett, filmed on 22 November 2013; published on 23 November 2013; revised ... [1]https://wp.me/p2Rkym-7ym ..*

.....

[2] 

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.....
.....

photos by Alice, nature, 2u3d,

1. https://wp.me/p2Rkym-7ym
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.11.24 Tang Sunset . by Alice B. Clagett (2013-11-22 19:01)

Filmed on 22 November 2013; published on 23 November 2013; republished on 23 August 2017 revised

Dear Ones,

Another beautiful sunset, and a few rambling ruminations. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/fbpq9F1aip0

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Here is a new sunset for you, and I am hoping it will turn into something grand. We will see what happens. I am going to try a closeup here ...

There is a big wind out today. All day long, it has been windy.

I am going to try a closeup of this beautiful cloud, and see if it comes in any better ... Well, maybe not.

[sound of a fire engine] It is amazing how the sounds that are man-made kind of conflict with the beauty of nature, and the pacific sound of the wind. Generally, nature is very easy-going ... Sometimes it gets a little dramatic.

I know a gentleman in Colorado, and he says: One thing he and his wife never neglect to do, is: Every evening, they sit in their sitting area at home, and they watch the sunset together. It is a right neat idea, do you not think? I thought so. I was thinking: Maybe I should catch the sunset more often ...

The skyline, where the sun is setting right now: It is blazing orange. Maybe you cannot see it too well in this video, but it is a beautiful, blazing orange. It reminds me of Tang, which was a breakfast drink we used to have when I was little. It was just full of goodness. It was supposed to be the breakfast drink of the astronauts.

Image: New Tang Breakfast Drink ... [1]https://nofacilities.files.wordpress.com/2016/04/tang-ad.jpg ..

[laughs] Sunset is the bedtime drink of the ascending, beautiful beings ... such as *you!* [bird chirps]

I will show you what the rest of the sky looks like ... It is a sight to behold today ... There is the palm tree ... and look over here: Wow! Very beautiful! The Divine is bringing us a gift of the sunset. Wow! To think this is free every day! ... Just unfathomable, really.

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Well, that is about it for tonight. I wish you all sweet dreams, and a really wonderful tomorrow, and all the days of your life. May they be sweet like Tang, and beautiful like the sunset. And may each sunset be just the beginning of something incredible and new!

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

The images in the above video are among those here ... *Link: "Tang Sunset," photos by Alice B. Clagett, filmed on 22 November 2013; published on 12 March 2020 ... [2]https://wp.me/p2Rkym-gRu ..*

.....

[3] 

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nature, natural beauty, sunset, Tang, blessing, prayer, prayers by Alice,

1. https://nofacilities.files.wordpress.com/2016/04/tang-ad.jpg
2. https://wp.me/p2Rkym-gRu
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.11.25 3 Simple Ways to Time Travel (and 3 Complicated Ones) by MinutePhysics . referral by Alice B. Clagett (2013-11-22 19:21)

Written and published on 22 November 2013; revised and republished on 30 August 2017

Dear Ones,

Fascinating, and very fast analysis. Maybe if I play it again and again? ...

Video: "3 Simple Ways to Time Travel (& 3 Complicated Ones)," minutephysics, 26 October 2013 ... [1]https://www.youtube.com/watch?v=FflcA85zcOM &feature=em-subs _digest ..

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

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[2] 
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minutephysics, time travel, timelines, astrogeophysics, dimensions,

1. https://www.youtube.com/watch?v=FflcA85zcOM&feature=em-subs_digest
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.26 Habits Are Holding Patterns . by Alice B. Clagett (2013-11-23 12:48)

Written and published on 23 November 2013; revised and republished on 31 August 2017

Dear Ones,

Habits are holding patterns: Watching TV, chatting on the phone, surfing the net ... aaaargh, not that! ... that cup of coffee in the morning, that glass of wine at night ...

Maybe I will just go ahead and land in my life! Maybe I will make a list naming everything I do day after day without a thought. Then I will stop doing it. How scary could that be?

Image: Dorothy in "Wizard of Oz" movie "Lions and tigers and bears, oh my!" ... [1]https://stringingpearlsbiblestudy.files.wordpress.com/2014/01/lions-an d-tigers-and-bears-oh-my.jpg ..

On second thought, maybe I will start with just *one* routine thing ...

Image: Startled kitten, with eyes wide open ... [2]https://www.thesprucepets.com/thmb/XoFo0-umaa2Qs6GXkAQg61fNQy-I=/1885x1 414/smart/filters:no _upscale()/cat-eyes-57b72ec55f9b58cdfda103f1.jpg ..

Then again, maybe not?

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

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[3] 
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rambles through the brambles, habits, holding patterns, rambles through the brambles,

1. https://stringingpearlsbiblestudy.files.wordpress.com/2014/01/lions-and-tigers-and-bears-oh-my.jpg
2. https://www.thesprucepets.com/thmb/XoFo0umaa2Qs6GXkAQg61fNQy-I=/1885x1414/smart/filters:no_upscale()/cat-eyes-57b72ec55f9b58cdfda103f1.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.11.27 Twinkle Om . by Alice B. Clagett (2013-11-26 16:53)

Filmed on 26 November 2013; published on 1 December 2013; republished on 23 August 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "Twinkle Om," Sung by Alice B. Clagett, Soundtrack and Lyrics

Dear Ones,

Here is a late night "Twinkle Twinkle Little Star" (1) followed by Om ...

VIDEO BY ALICE

https://youtu.be/ww-HiiheVFQ

SUMMARY OF THE VIDEO

"Twinkle Om"
Sung by Alice B. Clagett
Soundtrack and Lyrics
26 November 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/twinkle-om.mp3

Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high.
Like a diamond in the sky.

Twinkle, twinkle, little star.
How I wonder what you are.

Om.

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

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FOOTNOTE

(1) "Twinkle, Twinkle, Little Star" is an 18th Century melody. Any Song or Musical Work Published in 1922 or Earlier is in the Public Domain in the USA. Thus it is public domain.

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songs, om, twinkle twinkle little star, chants, mantras, whimsy, just for fun, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/twinkle-om.mp3
2. http://creativecommons.org/licenses/by-sa/4.0/
3. http://creativecommons.org/licenses/by-sa/4.0/

1.11.28 Individualisation of the Souls of Pets . by the Theosophists . with comments by Alice B. Clagett (2013-11-27 00:00)



Image: “Cat 4,” by Alice B. Clagett, 9 May 2018, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

Image: “Cat 4,” by Alice B. Clagett, *9 May 2018, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..*

. . . . .

- THEOSOPHY ON INDIVIDUALISATION OF DOMESTIC ANIMALS
- INDIVIDUALISATION, INDIVIDUATION, AND ENLIGHTENMENT

Dear Ones,

This blog is about the esoteric notion of individualisation of the Souls of pets through their close association with human beings.

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As you may know, in the esoteric lore, as in Christianity, humans are considered to have individual Souls. I have not run across the notion of shared group Souls for animals in Christianity, but that is a notion put forth in the esoteric lore.

Here is an explanation from "The Causal Body and the Ego," by Arthur E. Powell, regarding how house pets move from sharing an animal group soul to having an individual Soul. This process is known, in the School of Theosophy, as *individualisation*, or in modern spelling, *individualization*. After that is a description of how this Theosophical concept differs from the Jungian notion of *individuation* and the concept of *enlightenment*.

THEOSOPHY ON INDIVIDUALISATION OF DOMESTIC ANIMALS

"Large numbers of the higher domestic animals have reached this stage ["when there is only one animal form attached to the Group-Soul"] and have really become separate entities, incarnating in a succession of animal bodies; although they have not as yet, of course, attained to the possession of a causal body - the true mark of individualisation . . .

". . . any animal which is now attaining, or even approaching individualisation, must be very remarkably in advance of the others, and the number of such cases is consequently very small. Nevertheless, they do occasionally occur. Close association with man is necessary to produce this result . . .

"We may note two factors at work:

"1) the emotions and thoughts of the man act constantly upon those of the animal, and tend to raise him to a higher level both emotionally and intellectually;

"2) the animal, if kindly treated, develops, devoted affection for his human friend, and also unfolds his intellectual powers in trying to understand that friend and anticipate his wishes.

"It has been found that individualisation, which lifts an entity definitely from the animal kingdom into the human, can take place only for certain kinds of animals,—one for each of the seven great types or ’rays’. In fact, it is only among domesticated creatures, and by no means among all classes, even of these, that individualisation occurs. Of these classes, we already know certainly the elephant, the monkey, the dog and cat. The horse is possibly a fifth.

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"Up to each of these heads of types leads a long line of wild animals, which has not been fully investigated. It is known, however, that wolves, foxes, jackals, and all such creatures culminate in the dog: lions, tigers, leopards, jaguars and ocelots culminate in the domestic cat."

"It should be noted also that an animal of any given type, that individualises into a human being, will become a man of that same type, and no other." –from *Citation: "The Causal Body and the Ego," Ch XII. Animal Group-Souls," by Arthur E. Powell, public domain ... For the above excerpt, see pp 61-63.*

INDIVIDUALISATION, INDIVIDUATION, AND ENLIGHTENMENT

I note that individualisation, in the Theosophical sense, or integration of a causal body amongst the subtle bodies, is different from the Jungian notion of individuation. The latter refers to self-actualization, or integration of the subconscious into the conscious mind. –from *Link: "Jung and His Individuation Process," in Journal Psyche ... [1]http://journalpsyche.org/jung-and-his-individuation-process/ ..*

This latter ... individuation through self-actualization ... is one step in the process of enlightenment. Another is integration of the conscious mind with the superconscious mind.

The result is auric integration: lower triangle (subconscious mind) combined with fourth through seventh chakras (conscious mind). And that combined with the 8th through the 12th chakras.

Then there may be expansion, in a mystical sense, to become one with Gaia, with our Solar System, with our Milky Way, with our Universe, and with the Multiverse. This may take place as we move on, to Awareness of the unformed dimensions past the transpersonal formed dimensions. See ...

Link: "Enlightenment I: On Mastering the Subconscious and Conscious Mind," by Alice B. Clagett, published on 17 June 2016, revised ... [2]https://wp.me/p2Rkym-5zc ..

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Link: "Enlightenment II: Raising the Kundalini to Heal the Human EMF and Alleviate Ascension Symptoms," by Alice B. Clagett, written in April 2014; published on 15 June 2016 ... [3]https://wp.me/p2Rkym-5yX ..

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

Note: The bracketed information is a quotation from a sentence just above the text where it is inserted. Paragraphing is partly mine. –Alice B. Clagett

Compiled on 27 November 2013; revised on 21 March 2018; revised on 1 March 2023

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myths of creation, myths, Arthur E. Powell, individualisation, individualization, soul, soul evolution, group soul, stories, pets, animals, enlightenment, superconscious mind, transpersonal chakras, Milky Way, School of Theosophy,

1. http://journalpsyche.org/jung-and-his-individuation-process/
2. https://wp.me/p2Rkym-5zc
3. https://wp.me/p2Rkym-5yX
4. http://creativecommons.org/licenses/by-sa/4.0/
5. http://creativecommons.org/licenses/by-sa/4.0/

1.11.29 Animal Group Souls . by Arthur E. Powell . with comments by Alice B. Clagett (2013-11-27 04:59)

Begun on 27 November 2013; published 13 December 2017

Dear Ones,

Here is a description of animal group souls from "The Causal Body and the Ego," by Arthur E. Powell. Theosophy holds that animals have group souls. For instance, all dogs, they feel, share but one group soul. Here is the quotation ...

"Group–Souls, which exist in the mineral, vegetable, and animal kingdoms thus represent intermediate stages leading up to complete differentiation into separate human entities or units. Hence in the three kingdoms mentioned, we do not find one soul in a block of mineral, or a plant or an animal. Instead of this, we find one block of life - it we may use such a term - ensouling , a vast quantity of mineral substance, a large number of plants or trees, or a number of animals. Into the details of these we will enter later, confining ourselves for the moment to a consideration of the general function and purpose of the Group-Souls.

"The best physical analogy of a Group-Soul is perhaps the oriental one of water in a bucket. If a glassful of water be taken from the bucket, it represents, the soul—or portion of soul—of say , a single plant or animal. For the time being, the water in the glass is quite separate from that in the bucket, and, moreover, it takes the shape of the glass which contains it.

"So may a portion of a Group-Soul occupy and vivify a vegetable or animal form.

"An animal, during its life on the physical plane, and for some time after that in the astral world - has a soul, just as separate as a man’s; but when the animal comes to the end of its astral life, that soul does not reincarnate in a single body, but returns to the group-soul, which is a kind of reservoir of soul-matter.

"The death of the animal would thus, in our analogy, be represented by pouring water from the glass back into the bucket. Just as the water from the glass becomes thoroughly mixed and united with the water in the bucket, so does the portion of the soul from the particular animal become mixed and incorporated, with the total soul in the Group-Soul. And just as it would not be possible, to take again from the bucket another glassful consisting of the same molecules of water, so is it not possible for the same portion of the total soul in the Group Soul to inhabit another particular animal form.

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"Continuing the analogy further, it is clear that we could fill many glasses with water from the bucket at the same time: equally is it possible for many animal forms to be ensouled and vivified by the same Group-Soul.

"Further, if we suppose that any given glassful of water becomes coloured with a distinctive hue of its own, then, when the water is poured back into the bucket , that colouring matter will be distributed throughout the whole of the water in the bucket, the colour of all the water in the bucket being thereby to some extent modified.

"If we consider the colouring matter to represent experiences or qualities acquired by a particular animal, then, when the portion of soul vivifying that animal returns to its parent Group-Soul, those experiences or qualities will become part of the general stock of the whole Group-Soul and be shared by every other part of it equally, though in a lesser degree than that in which the experience existed in the particular animal to whom it occurred; i.e., we may say that the experiences concentrated in a particular animal are spread, in a diluted form, over the whole Group-Soul to which the animal is attached." (1)

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

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FOOTNOTE

(1) from *Citation: "The Causal Body and the Ego," Ch IX. Group Souls," by Arthur E. Powell, public domain, available at [1]www.lulu.com or [2]www.amazon.com ...*

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[3] 
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myths of creation, stories, Theosophy, myths, animal group souls, Arthur E. Powell, group soul, soul, soul evolution,

1. http://www.lulu.com/
2. http://www.amazon.com/
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.11.30 The Will to Live and to Create . by the Theosophists (2013-11-27 05:41)

Written and published on 27 November 2013; revised

Dear Ones,

Here are the Theosophists on the will to live and to create.

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

....
THE WILL TO LIVE AND CREATE, BY THE THEOSOPHISTS

"We are here, in the worlds of matter, because we, as Monads, willed to live: We are Self-moved, Self-determined.

"This Divine impulse, striving ever after fuller manifestation of life, is seen everywhere in nature, and has often been spoken of as the Will-to-live. It appears in the seed, which pushes its growing point up towards the light, in the bud bursting its prison and expanding in the sunshine. It is the creative genius in the painter, the sculptor, the poet, the musician, the craftsman. The subtlest pleasure, the keenest savour of exquisite delight, derives from this urge, from within, to create. All things feel most alive when multiplying themselves by creation. To expand, to increase, results from the Will-to-live: The fruition is the Bliss of living, the joy of being alive."

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, "Chapter III: The Coming Forth of the Monads."*

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co-creation of reality, sustainable living, School of Theosophy, Arthur E. Powell, creative urge, will to live, will power,

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

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1.11.31 Kundalini, Prana, and Fohat . by Arthur E. Powell . with comments by Alice B. Clagett (2013-11-27 09:05)

Compiled and published on 27 Nov 2013; republished on 18 December 2017; revised

- KUNDALINI, PRANA, AND FOHAT
- MORE INFORMATION

Dear Ones,

The below passage from "The Causal Body and the Ego," by Arthur E. Powell, describes three of the forces in the Plane of Forces, which includes in all six forces: electricity, gravity, magnetism, fohat, prana, and kundalini.

KUNDALINI, PRANA, AND FOHAT

Powell speaks of kundalini, prana, and fohat. Missing from this quotation are the forces of electricity, gravity and magnetism ...

"...Kundalini, or the serpent-fire, which wells up from the interior of the human body, belongs to the First Outpouring, and exists on all planes of which we know anything. This force of Kundalini is, of course quite distinct from Prana or Vitality, which belongs to the Second Outpouring, and also from Fohat, i.e.., from all forms of physical energy such as electricity, light, heat, etc. (*vide* 'The Etheric Double,' 'The Astral Body' and 'The Mental Body,' *passim*)." (1)

For more on Fohat, see this link ...

Link: "Fohat - The Great Transformer" ...
[1]https://theosophywatch.files.wordpress.com/2016/05/fohat-the-great-tra nsformer.pdf ...
Reprinted from THE THEOSOPHICAL MOVEMENT, March 1964, Vol. 72– No.8

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

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MORE INFORMATION

Link: "How to Perfect the Forces Within Our Bodies," by Alice B. Clagett, excerpted and rewritten on 2 February 2017 from a blog published on 18 May 2019; revised on 18 June 2020 ... [2]https://wp.me/p2Rkym-cOY ..

See also my blog category: *Plane of Forces - Twilight Zone: electricity - gravity - magnetism - fohat - prana - kundalini*

.....
FOOTNOTE

(1) from *Citation: "The Causal Body and the Ego," Ch V. The Kingdoms of Life," by Arthur E. Powell, public domain, available at [3]www.lulu.com or [4]www.amazon.com ...*

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[5] 
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.....

yoga, plane of forces, Arthur E. Powell, prana, fohat, Theosophy, unmani,

1. https://theosophywatch.files.wordpress.com/2016/05/fohat-the-great-transformer.pdf
2. https://wp.me/p2Rkym-cOY
3. http://www.lulu.com/
4. http://www.amazon.com/
5. http://creativecommons.org/licenses/by-sa/4.0/
6. http://creativecommons.org/licenses/by-sa/4.0/

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1.11.32 The Devas and the Nature Spirits . by the Theosophists (2013-11-30 05:28)

Written and published on 30 Nov 2013; revised

Dear Ones,

Here are thoughts by the School of Theosophy on the Devic Kingdom ... the devas, nature spirits, elves, fairies, trolls, gnomes, and so on.

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

....
THE DEVAS AND THE NATURE SPIRITS, BY THE THEOSOPHISTS

"The Second Outpouring, in addition to its work of forming the Elemental and other Kingdoms, also brings with it evolved beings, at various stages of development, who form the normal and typical inhabitants of the Three Elemental Kingdoms. These beings have been brought over by the Logos from a preceding evolution. They are now sent forth to inhabit the plane for which their development fits them; they co-operate with the work of the Logos, and later with man, in the general scheme of evolution. From them, man derives his perishable bodies.

"They are known in some religions as Angels, to Hindus as Devas—meaning literally, Shining Ones. Plato speaks of them as 'Minor Gods'. It is the translation of the word 'Deva' as 'Gods' which has led to much misapprehension of Eastern thought. The 'thirty-three crores (330 millions) of Gods', are not Gods in the Western sense of the term, but are Devas or Shining Ones.

"Of these there are many grades, including representatives on each of the five lower planes, *i.e.,* those of Atma, Buddhi, Manas, Kama, and the etheric part of the physical plane.

"Their bodies are formed of the Elemental Essence of the Kingdom to which they belong, and are flashing and many-hued, changing form at the will of the entity Himself. They form a vast host, ever actively at work, labouring at the Elemental Essence to improve its quality, taking

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it to form their own bodies, throwing it off again and taking other portions, so as to render it more sensitive.

"In the First Elemental Kingdom, on the higher mental or causal plane, they make materials ready to clothe abstract thoughts. In the Second Elemental Kingdom, on the lower mental plane, they make materials ready to clothe concrete thoughts. In the Third Elemental Kingdom, on the astral plane, they prepare materials for the clothing of desires.

"At the stage which we are now considering, this work of improving the Elemental Essence, is the only work there is for them to do. Later on, they are also constantly busied in the shaping of forms, in aiding human egos on the way to incarnation in building their new bodies, bringing materials of the kind required and helping in its arrangements. The less advanced the ego, the greater the directive work of the Devas. With animals they do almost all the work, and practically all with the vegetables and minerals. They are the active, agents of the Logos, carrying out all details of His world-plan, and aiding, the countless evolving lives to find materials they need for their clothing and use. Included with them are the vast numbers of the fairy kingdom, known as nature spirits, trolls, gnomes, and by countless other names.

"Some description of these hosts of beings is given in *The Astral Body* and *The Mental Body,* so that there is no need to describe them further here. All we are really concerned with at the moment is their origin, and the part they play in helping the Monads to commence their evolution in the lower planes.

"The term Deva is, strictly speaking, not wide enough to cover *all* the living agencies which are employed in the work connected with the Monads and their long pilgrimage through the lower worlds. This work is carried out by no less than seven orders of beings, known collectively as Creative Hierarchies, the Monads, themselves, curiously enough, being one of the seven.

"For our present purposes, however, in order not to make the description too complicated and involved, we shall denote all these agencies by the single term Devas. In a later and separate chapter we shall to some extent go over the ground again more in detail, and give the names and functions [so far as these are known] of the seven Creative Hierarchies.

"Thus we see that before any embodied consciousness, save that of the Logos and His Creative Hierarchies, could appear, or do anything at all, a vast preliminary work had to be accomplished, preparing the ’form-side’ of the field of evolution."

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

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public domain, "Chapter VI. The Attachment of the Items: 1. Higher Triad."

.....

[1] 

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.....
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devas, Arthur E. Powell, elves, faeries, fairies, gnomes, nature spirits, trolls, School of Theosophy,

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1.11.33 A Myth of Creation: The Second Outpouring: Weaving of DNA? . by the Theosophists . with comments by Alice B. Clagett (2013-11-30 05:30)

Written and published on 30 November 2013; revised

Dear Ones,

This is the third in a four-part series representing a Myth of Creation from the Theosophical school of thought, as stated in *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, "Chapter V. The Kingdoms of Life."

It is possible the second outpouring refers to the weaving of DNA strands, which in the passage below are termed 'primary tissues'. Note that Judy Satori has referred to the women of Lyra as 'weaving' physical form. See ...

Video: "The Song of Lyra," by Judy Satori ...
[1]https://www.youtube.com/watch?v=R2l624c6GbE ... Some say it may possibly help repair our DNA codes.

I love the analogy to the waterspout near the end of this long passage. It looked like the preceding info was needed to understand the waterspout, but maybe you could intuit it without reading anything but the bolded text.

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

....
SECOND OUTPOURING: WEAVING OF PRIMARY TISSUES (DNA STRANDS?)
by ARTHUR E. POWELL

"Into the matter vivified by the Third Logos, the second great wave of the divine life descends, coming from the Second Logos or Second Person of the Trinity,: this is usually known as the Second Outpouring....

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"Slowly and gradually this resistless flood of life pours down through the various, planes and kingdoms, spending in each of them a period equal in duration, to one entire incarnation of a planetary chain, and covering many millions, of years....

"When it ensouls matter of the lower sub-planes of each plane, *i.e.,* all the sub-planes below the atomic, which consist of molecular matter, it is known as Elemental Essence. This name is borrowed from the writings of mediaeval occultists, it having been bestowed by them on the matter of which the bodies, of nature spirits were composed: for they spoke of these as 'Elementals', dividing them into classes belonging to the elements of Fire, Air, Water and Earth.

"When the Outpouring, or wave of the Divine Life - which in some previous aeon, has finished its downward evolution through the buddhic plane—pours down into the highest level of the mental plane, it ensouls great masses of atomic mental matter....

"The Wave of Life, then, having drawn together the matter of the Causal Plane, combines it into what at that level corresponds to substances, and of these substances builds forms which it inhabits. This is called the First Elemental, Kingdom....

"As we are here dealing with the Monadic essence on its *downward* arc, progress for it means descent into matter instead of as with us, ascent towards, higher planes. Hence this essence, even on the causal plane, is less evolved than we are, not more so: but it would perhaps be more accurate to say that it is less in-volved, as its e-volution, in the strict sense of that term has not yet commenced.

"There are seven subdivisions in the First Elemental Kingdom: the highest corresponds with the first sub-plane; the second, third and fourth correspond with the second sub-plane; the fifth, and sixth and seventh correspond with the third sub-plane.

"After spending a whole chain period evolving through different forms at that level, the wave of life, which is all the time pressing steadily downwards identifies itself so fully with these forms that, instead of occupying them and withdrawing from them periodically, it is able to hold them permanently and make them part of itself. When that stage is reached, it can proceed to the temporary occupation of forms at a still lower level. Accordingly it takes forms on the lower mental , or rupa [form] levels of the mental plane, and is known then as the Second, Elemental Kingdom....

"After spending a whole chain-period at this stage, the continuous downward, pressure has caused the process to repeat itself. Once more the life has identified itself with its forms, and has taken up its residence on the lower mental levels. Then it takes for itself forms of astral matter, and becomes the Third Elemental Kingdom....

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"After spending a whole chain-period in the Third Elemental Kingdom, the life again identifies itself with those forms, and so is able to ensoul the etheric part of the mineral kingdom, becoming the life which vivifies that kingdom.

"In the course of the mineral evolution, the downward pressure again causes the life to identify itself with the etheric forms, and from those forms to ensoul, the denser matter of such minerals as are perceptible to our senses.

"What we know as the mineral kingdom includes, of course, not only what are usually called minerals, but also liquids, gases, and many etheric substances, as yet unknown to Western orthodox science....

"When the Outpouring has reached the central point of the mineral kingdom, the downward pressure ceases, and is replaced by an upward tendency. The 'outbreathing', has ceased, and the 'inbreathing' or indrawing has begun....

"...the Logos sends out a constant succession of waves of life, so that at any given time we find a number of them in operation. Thus we ourselves represent one such wave; the wave that immediately followed our wave now ensouls the animal kingdom; the wave behind that is now in the vegetable kingdom; a fourth is in the mineral stage; whilst a fifth, sixth and seventh are represented by the Three Elemental Kingdoms. All are successive, ripples of the same great Outpouring from the Second Aspect of the Logos.

"The whole scheme tends increasingly towards differentiation, the streams as they descend from kingdom to kingdom dividing and subdividing more and more....

"The process of subdivision continues until, at the end of the first great stage of evolution, it is finally divided into individualities, *i.e.,* into men, each man being a separate and distinct soul, though at first, of course, an undeveloped soul.

"Looking at the work of the Second Life Waves, or Second Outpouring,-as a whole, we may fairly regard its downward sweep as concerned with the making of primary tissues, out of which in due time, subtle and dense bodies will be formed. In certain ancient scriptures this process has been aptly called 'weaving'.

"The materials which are prepared by the Third Logos, are woven by the Second Logos into threads and fabrics out of which future garments - *i.e.,* bodies – will be made.

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"The Third Logos may be thought of as a Chemist, working as in a laboratory; the Second Logos we may regard as the Weaver, working as in manufactory, Materialistic as are these similes, they are useful as crutches for the understanding.

"The Second Logos thus 'weaves' various kinds of cloth, *i.e.,* of material, out of which will later be made the causal and mental bodies of men; out of the cloth of astral matter, of desire stuff, will later be made the astral bodies of men.

"Thus are fashioned the materials of the mechanism of consciousness, the characteristics of each class of material being determined by the nature of the aggregations of particles - texture, colour, density, and so forth.

"All this downward sweep of the life-wave through the planes, giving qualities to the many grades of matter, is a preparation for evolution and is often and more properly, called *in*volution.

"After the lowest stage of immersion in matter is reached both the first and the second outpouring turn upwards and begin their long ascent through the planes: this is evolution properly so called...." –from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, "Chapter V. The Kingdoms of Life."

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[2] 

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myths of creation, School of Theosophy, Arthur E. Powell, second outpouring, JScambio,

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1.11.34 A Myth of Creation: The First Outpouring: Atoms and Molecules . by the Theosophists (2013-11-30 05:32)

Written and published on 30 November 2013; revised

Dear Ones,

This is the second in a four-part series representing a Myth of Creation from the Theosophical school of thought, as stated in *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, "Chapter IV. The Formation of the Five Planes."

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

....
FIRST OUTPOURING: ATOMS AND MOLECULES
by ARTHUR E. POWELL

"Continuing now with the creative process, The Third Logos, the Universal Mind, works on of space - Mulaprakriti, the Celestial Virgin Mary throwing its three qualities of Tamas (Inertia), Rajas (Mobility), and Sattva (Rhythm) out of stable into unstable equilibrium, and therefore into continual motion in relation to each other.

"The Third Logos thus creates the atoms of the five lower planes—Atma, Buddhi, Manas, Kama, and Sthula: 'Fohat electrifies into life and separates primordial stuff, or pre-genetic matter into atoms.' ...

"Under the directive activity of the Third Logos, the atoms of each plane are awakened to new powers and possibilities of attraction and repulsion, so that they aggregate into molecules, and simpler molecules into complex ones, until, on each of the five planes six lower sub-planes are formed, making, in all seven sub-planes on each plane.

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"The matter of the sub-planes so formed, however, is not that now existing: it is the more strongly attractive or cohesive energies of the Second Logos, the aspect of Wisdom or Love, which brings about the further integrations into the forms of matter with which we are acquainted.

"Furthermore, the whirling currents in the atoms, known as spirillae, are *not* made by the Third Logos, but by the Monads , with whom we shall deal presently. The spirillae are developed into full activity in the course of evolution, normally one in each Round. Many of the practices of Yoga are directed to bring about the more rapid development of the spirillae.

"Thus in every atom lie involved innumerable possibilities of response to the three aspects of consciousness, and these possibilities are developed in the atom in the course of evolution. This work of the Third Logos is usually spoken of as the First Life Wave, or First Outpouring."

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, "Chapter IV. The Formation of the Five Planes."*

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myths of creation, School of Theosophy, first outpouring, Arthur E. Powell,

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1.11.35 Methods of Individualisation of the Soul . by Arthur E. Powell . with comments by Alice B. Clagett (2013-11-30 09:05)

Compiled and published on 30 November 2013; published on 18 December 2017; revised

Dear Ones,

These are quotes from Arthur E. Powell's Theosophical compilations regarding the various methods through which a house pet can individualise. Theosophy states that animals have group-souls. All lions, for instance, share but one group-soul. (1)

But according to Theosophy, when an animal has a long association with a human being, it can acquire an individual Soul. This process is termed *individualisation*, or in more modern spelling, *individualization* ...

Here are the quotes from "The Causal Body and the Ego," by Arthur E. Powell, that describe the process of individualization ...

"It was said in the preceding chapter that the effort, resulting from which individualisation, takes place, must be made from below, i.e.., by the animal. This effort may take place in one of three distinct ways, and so exercise a very far-eaching effect on the whole future life of the entity concerned.

"When an ego is formed, the three aspects of the Higher Triad, i.e.., Atma, Buddhi, and Manas, must all be called forth: the first connection, however may be made through any one of the three, as follows:

"[1] Between the lower mind and the higher
"[2] Between the astral body and Buddhi
"[3] Between the physical body and Atma

"The animal will thus individualise in the first case through intellect, in the second case through emotions, and in the third case through will. We will now briefly consider each of these three methods.

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"(I) *Individualisation through Intellect* – If an animal is associated with a human being, who is not predominantly emotional, but whose chief activities are of a mental nature, then the nascent mental body of the animal will be stimulated by the close association, and the probabilities are that individualisation will take place through the mind, as the result of mental efforts made by the animal to understand his master.

"(II) *Individualisation through Emotion* – If, on the other hand, the master be an emotional man, full of strong affections, the probability is that the animal will develop chiefly through his astral body, and that the final breaking of the link with the group-soul will be due to some sudden outrush of intense, affection, which will reach the buddhic aspect of the floating Monad belonging to it, and will thus cause the formation of the ego.

"(III) *Individualisation through Will* – In yet a third case, if the master be a man of great spirituality, or of intensely strong will, while the animal will develop, great affection and admiration for him, it will yet be the will within the animal which is principally stimulated. This will show itself in the physical body by intense activity, and indomitable resolution to achieve whatever the creature may attempt, especially in the service of his master.

"We thus see that the character and type of the master will have a great influence on the destiny of the animal. The greater portion of the work is, of course, done without any direct volition on either side, simply by incessant and inevitable action due to the proximity of the two entities concerned. The astral and mental vibrations of the man are far stronger and more complex than those of the animal, and they are consequently exercising a never-ceasing pressure upon the latter...."

–from *Citation: "The Causal Body and the Ego," by Arthur E. Powell, "Ch XIV. Methods and Degrees of Individualisation," public domain, available at [1]www.lulu.com or [2]www.amazon.com ...*

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

.....
FOOTNOTE

(1) See *Link: "Group Soul" in Theosophy World Resource Center ... [3]https://www.theosophy.world/encyclopedia/group-soul ..*

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[4] 

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myths of creation, Theosophy, individualization, individualisation, Soul, group Soul, individual Soul, Soul evolution, Soul,

1. http://www.lulu.com/
2. http://www.amazon.com/
3. https://www.theosophy.world/encyclopedia/group-soul
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1.11.36 A Tiny Song for the Elves and Faeries . by Alice B. Clagett (2013-11-30 15:36)



“Lord of the Elves,” altered from Composite Image: “Nature Spirits 5,” by Alice B. Clagett, 10 January 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: Wild Fennel Stalks, Victory Trailhead, South Loop, Upper Las Virgenes Canyon Open Space Preserve, Simi Hills, Los Angeles County, California

“Lord of the Elves,” altered from Composite Image: “Nature Spirits 5,” by Alice B. Clagett, 10 January 2020, CC BY-SA 4.0, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com … DESCRIPTION: Wild Fennel Stalks, Victory Trailhead, South Loop, Upper Las Virgenes Canyon Open Space Preserve, Simi Hills, Los Angeles County, California

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - "A Quick Song for the Elves and Fairies," Channeled by Alice B. Clagett, Soundtrack and Lyrics

Dear Ones,

Such a chatty lot, those tiny elves and faeries. Full of good spirits, mischief, enthusiasm. What great singers they are, as well! Here is a tiny song for them …

VIDEO BY ALICE

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https://youtu.be/3WhqoAOd17o

SUMMARY OF THE VIDEO

Hello, Dear Ones,

This is a quick song for the elves and fairies ..

. . . . .

"A Tiny Song for the Elves and Fairies"
Channeled by Alice B. Clagett
Soundtrack and Lyrics
30 November 2013

[1]Audio: https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/tiny-song-elves -n-fairies.mp3

All is well! All is well! x3

And then they say ... *Boopeedoop Boo!*

. . . . .

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

Filmed on 30 November 2013; published on 1 December 2013; republished on 23 August 2017; revised on 12 March 2020

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devas, songs, elves, faeries, fairies, nature spirits, songs by Alice, 2u3d,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/tiny-song-elves-n-fairies.mp3
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1.12 December

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1.12.1 Absolution Dissolves Dark Network . by the Theosophists (2013-12-01 04:54)

Written and published on 1 December 2013; revised

Dear Ones,

Here are intriguing thoughts by the Theosophists on absolution and the Dark Network.

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

....
ABSOLUTION DISSOLVES THE DARK NETWORK, BY THE THEOSOPHISTS

"The bodies of man are not, of course, separate in space, but interpenetrating. Looked at from below, however, they give the impression of being joined by innumerable fine wires or lines of fire. [This is the Dark Network in microcosm.]

"Every action which works against evolution puts an unequal strain upon these twists and entangles them. When a man goes badly wrong, the confusion becomes such that communication between the higher and lower bodies is seriously impeded; he is no longer his real self, ... and only the lower side of the character is able to manifest itself fully.

"Whilst the natural forces will straighten out the distortion in due time, yet the Church provides for the work being done more speedily, for the power of straightening out this tangle in higher matter is one of those powers specifically conferred upon a priest at ordination. The co-operation of the man himself is, of course, also needed: for, 'if we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.'

"The effect of 'absolution' is strictly limited to the correction of the distortion above described. It reopens certain channels, which have been to a large extent closed by evil thought or action; but it in no way counteracts the physical consequences of that action, nor does it obviate the necessity of restitution, where wrong has been done. The priest's action straightens out the etheric, astral and mental entanglement, produced by the wrong action,

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or rather by the mental attitude which made that action possible; but it does not in any way relieve the man from the karmic penalty of his action. ’Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.’"

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, :Chapter XXVII. The Ego in the Personality.*

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[1] 

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black magic, Christianity, forgiveness, prayers, School of Theosophy, absolution, Arthur E. Powell, Dark Network,

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1.12.2 The Desireless State . by the Theosophists (2013-12-01 04:59)

Written and published on 1 December 2013

Dear Ones,

Here is a great passage from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, "Ch XXVII: The Ego in the Personality" ...

... on the importance of achieving the desireless state ...

"In order to bring through, into the physical brain, impressions from the ego, it is obvious that the brain must be calm. Everything from the causal body *must* pass trough the mental and astral bodies, and, if either of these is disturbed it reflects imperfectly, just as the least rippling of the surface of a lake will break up and distort images reflected in it. It is necessary ... also to eradicate absolutely all prejudices, otherwise they will produce the effect of stained glass, colouring everything which is seen through them, and so giving a false impression.

"If a man is to hear the 'still small voice' with certainty and accuracy, he *must* be still: the outer man must be unshaken by all external things, by the clamour of the big breakers of life that dash against him, as well as by the delicate murmur of the softer ripples. He must learn to be very still, to have no desires and no aversions. Except on rare occasions, when it is unusually strong, it is only when personal desires and aversions have ceased to exist, when the voice of the outer world can no longer command him, that a man can hear the inner voice which should be his unfailing guide." –from "The Causal Body and the Ego," by Arthur E. Powell. (1)

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

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desire, neutral mind, School of Theosophy, Arthur E. Powell, desirelessness,

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1.12.3 The Black Magician . by the Theosophists (2013-12-01 05:05)

Written and published on 1 December 2013; revised

Dear Ones,

Sometimes spiritual adepts use black magic for the advancement of their religious organization, or to improve their standing among their peers. Personal results of this misuse of third eye-point energy are quaintly laid out below. Enough to give me the willies!

Here are excerpts from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, along with my comments in blue font.

.....
THE BLACK MAGICIAN ... excerpts from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain. [Paragraphing and bracketed editorial comments are mine. –Alice]

"The most disastrous catastrophe which can occur to an ego [in this context, 'ego' corresponds to the popular notion of 'Soul'. –Alice] is that in which the personality captures the part of the ego which is put down [extended down from the Soul to the world of matter], and actually causes it to break away. Such cases are exceedingly rare, but they have happened.

"This time the hand (c) instead of *repelling* the arm (b), and driving it gradually back into the body (a), by degrees *absorbs* the arm (b) and detaches it from the body (a) [The letters in parentheses refer to Diagram XXVI, below. The terms 'body', 'arm' and 'hand' refer to successively smaller portions of the Soul field that have dipped down into the material world. See diagram XXVI below. –Alice]

[1]

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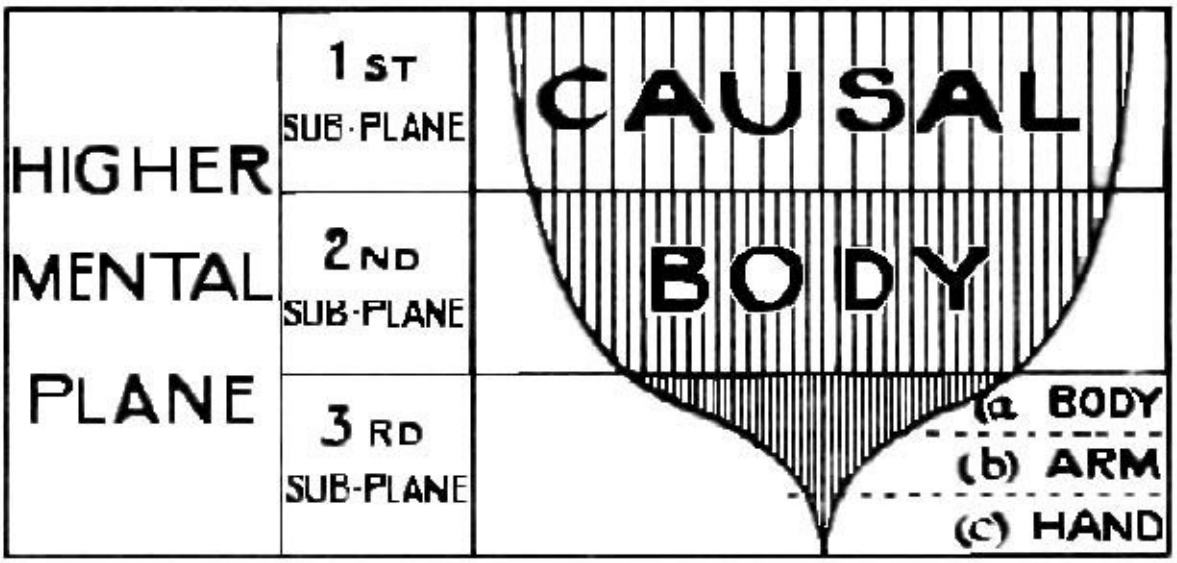


DIAGRAM XXVI —The Causal Body as a Chalice

Image: "Diagram XXVI.–The Causal Body as a Chalice," from "Chapter XXV. The Ego and His 'Investment'," page 176, in "The Causal Body and the Ego," by Arthur E. Powell, 1928, public domain.

Image: "Diagram XXVI.–The Causal Body as a Chalice," from "Chapter XXV. The Ego and His 'Investment'," page 176, in "The Causal Body and the Ego," by Arthur E. Powell, 1928, public domain.

"Diagram XXVIIIC illustrates such a case....

[2]

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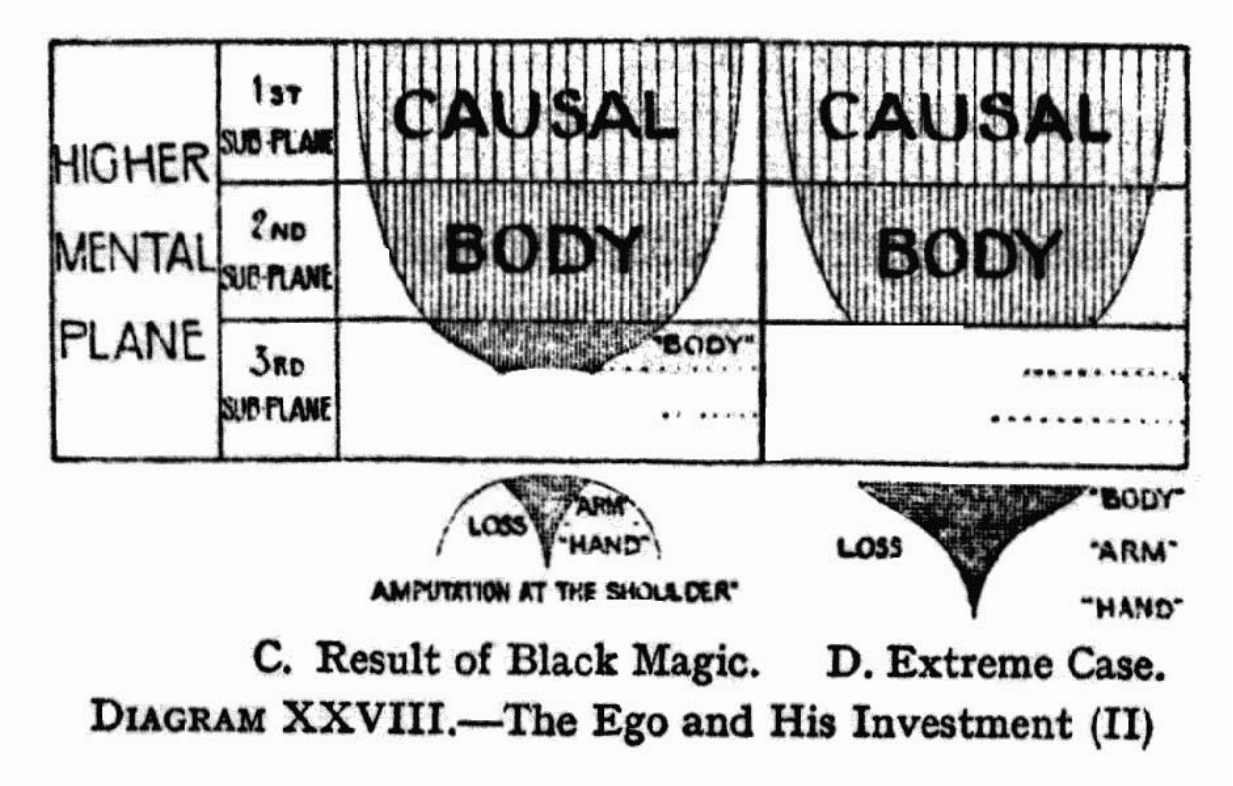


DIAGRAM XXVIII.—The Ego and His Investment (II)

Image: "Diagram XXVIII.–The Ego and His Investment (II)," from "Chapter XXV. The Ego and His 'Investment'," page 181, in "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain.

Image: "Diagram XXVIII.–The Ego and His Investment (II)," from "Chapter XXV. The Ego and His 'Investment'," page 181, in "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain.

"This could be accomplished only by determined persistence in deliberate evil, in short, by black magic. Continuing the analogy, this is equivalent to amputation at the shoulder, or to the loss by the ego of nearly all his available capital. Fortunately for him, he cannot lose everything, because the arm... and the hand... together are only a small proportion of the body..., and behind ... is the great undeveloped portion of the ego,on the first and second mental sub-planes. Mercifully a man, however incredibly foolish or wicked, cannot completely wreck himself, for he cannot bring that higher part of the causal body into activity, until he has reached a level at which such evil is unthinkable.

"There are certain men, who deliberately set them selves in opposition to nature and, instead of working for unity, towards which the whole force of the universe is pressing, they debase every faculty they possess for purely selfish ends. They spend their lives striving for separateness, and for a long time they attain it : it is said that the sensation of being utterly alone in space is the most awful fate that can ever befall a man.

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"This extraordinary development of selfishness is, of course, the characteristic of the black magician, and it is among their ranks only that men can be found who are in danger of this terrible fate. Many and loathsome as are their varieties, they may all be classed in one or other of two great divisions. Both classes use such occult arts as they possess for selfish purposes, but these purposes differ.

"In the commoner and less formidable type, the object pursued is the gratification of sensual desire of some sort: naturally, the result of such a life is to centre the man’s energy in his astral body.

"Having succeeded in killing out from himself every unselfish or affectionate feeling, every spark of higher impulse, nothing is left but a remorseless, ruthless monster of lust,who finds himself after death neither able nor desiring to rise above the lowest subdivisions, of the astral plane. The whole of such mind as he has is absolutely in the grip of desire, and, when the struggle takes place, the ego can recover none of it, and in consequence finds himself seriously weakened.

"For the time being he has cut himself off from the current of evolution, and so, until he can return to incarnation, he stands - or so it seems to him - outside that evolution, in the condition of *avichi,* the waveless. Even when he does return to incarnation, it cannot be among those whom he has known before, for he has not enough available capital left, to provide ensoulment for a mind and body at his previous level. He must now be content, therefore, to occupy vehicles of a far less evolved type, belonging to some earlier race. He has thus thrown himself far back in evolution, and must climb over again many rungs of the ladder.

"He will probably be born as a savage, but will most likely be a chief among them, as he will still have some intellect. It has been said that he may even throw himself so far back that he may be unable to find in the world, in its present condition, any type of human body low enough for the manifestation which he now requires, so that he may be incapacitated from taking any further part in the Scheme of evolution, and may therefore have ... to wait, in a kind of condition of suspended animation, for the commencement of another.

"Meanwhile, the amputated personality, having broken the ’silver thread that binds it to the Master’ (aka the ’silver cord’), is, of course, no longer a permanent evolving entity, but remains full of vigorous and wholly evil life, entirely without remorse or responsibility. As it is destined to disintegrate amidst the unpleasant surroundings of the ’eighth sphere’, it tries to maintain some sort of existence on the physical plane as long as possible. The sole means of

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prolonging its baneful existence is vampirism of some sort: when that fails, it has been known to seize upon any available body, driving out the lawful owner.

"The body chosen might very probably be that of a child, both because it might be expected to last longer, and because an ego, which had not yet really taken hold, could be more easily dispossessed.

"In spite of its frenzied efforts, its power seems soon to fail, and it is said there is no instance on record of its successfully stealing a second body, after its first theft is worn out. The creature is a demon of the most terrible type, a monster for whom there is no permanent place in the scheme of evolution to which we belong.

"Its natural tendency, therefore, is to drift out of this evolution and to be drawn into that astral cesspool known as the ’eighth sphere’, because what passes into it stands outside the ring of our seven worlds, or globes, and cannot return, into their evolution. There, surrounded by loathsome relics of all the concentrated vileness of the ages that are past, burning ever with desire, yet without the possibility of satisfaction, this monstrosity slowly decays, its mental and causal matter being thus at last set free. Such matter will never rejoin the ego from which it has torn itself, but will be distributed among the other matter of the plane, to enter gradually into fresh combinations, and so be put to better uses. Such entities are, as already stated,... exceedingly rare: and, moreover, they have power to seize only those who have in their nature pronounced defects of a kindred type."

"The other type of black magician, in outward appearance more respectable, is yet really even more dangerous, because more powerful. This is the man who, instead of giving himself up altogether to sensuality, sets before himself the goal of a more refined but not less unscrupulous selfishness. His object is the acquisition of occult power higher and wider, but still to be used always for his own gratification and advancement, to further his own ambition, or satisfy his own revenge.

"In order to gain this, he adopts the most rigid asceticism as regards mere fleshly desires, and starves out the grosser particles of his astral body, as perseveringly as does the pupil of the Great White Brotherhood. But, though it is only a less material kind of desire, with which he will allow his mind to become entangled, the centre of his energy is none the less entirely in his personality.

"When therefore, the separation, at the end of the astral life, takes place, the ego is unable to recover any of his investment. For this man the result is, therefore, much the same as in the former case, except that he will remain in touch with the personality much longer, and will to some extent share its experiences, so far as it is possible for an ego to share them.

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"The fate of that personality, however, is very different. The comparatively tenuous, astral integument is not strong enough to hold it for any length of time on the astral plane, and yet it has entirely lost touch with the heaven-world, which should have been its habitat. For the whole effort of the man’s life has been to kill out such thoughts as naturally find their result at that level. His one endeavour has been to oppose natural evolution, to separate himself from the great whole, and to war against it ; and, as far as the personality is concerned, he has succeeded. It is cut off from the light and life of the solar system,: … all that is left to it is the sense of absolute isolation, of being alone in the universe.

"Thus, in this rare case, the lost personality practically shares the fate of the ego from which it is in process of detaching itself. But, in the case of the ego, such an experience is only temporary, although it may last for what we would call a very long time, and the end of it will be reincarnation, and a fresh opportunity.

"For the personality, however, the end is disintegration - the invariable end, of course, of that which has cut itself off from its source.

"In a case of this kind, involving the loss of an entire personality, the ego does no evil intentionally. He has let the personality get out of hand, and for that he is responsible. He is therefore responsible for weakness, rather than for direct evil. Whilst the ego has fallen back terribly, yet he does go on: probably not immediately, because he seems to be stunned at first.

"After such an experience, an ego would always be peculiar. He would be dissatisfied, and would have recollections of something higher and greater than now he could reach. It is a fearful condition, but still the ego has to take the karma of it, and realise that he has brought it upon himself.

"It is reported that there is another even more remote possibility. Just as the hand (c) may absorb the arm (b) and revolt against the body (a), setting up on its own account and breaking away altogether, it is (or at any rate has been in the past) just possible that the disease of separateness and selfishness may infect the body (a) also. even it is then absorbed into the monstrous growth of evil, and may be torn away from the undeveloped portion of the ego, so that hte causal body itself may be hardened and carried away, instead of only the personality. Diagram XXVIIID illustrates this case.

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"This class of case would correspond, not to an amputation, but to an entire destruction of the body. Such an ego could not reincarnate in the human race; ego though it be, it would fall into the depths of animal life, and would need at least a whole Chain period to regain the status which it had lost. This, though theoretically possible, is practically scarcely conceivable. It will be noted, however, that even in this case the undeveloped part of the ego remains as the vehicle of the monad." –the above text is from (1) pp 180-6

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[3] 

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black magic, dark network, ego, Arthur E. Powell, black magician, Soul, psychic powers, School of Theosophy, spiritual adepts, Arthur E. Powell, black magician, silver cord, silver thread,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2013/12/arthur_e_powell_-_the_causal_body___the_ego_img_35.jpg
2. https://awakeningwithplanetearth.com/wp-content/uploads/2013/12/arthur_e_powell_-_the_causal_body___the_ego_img_37.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.12.4 Winter in Maryland . by Alice B. Clagett (2013-12-01 05:17)

Written and published on 1 December 2013

Dear Ones,

Do you see the pink muumuu?

[1]



Image: "Winter in Maryland," by Alice B. Clagett, 1 December 2013, CC BY-SA 4.0

Image: "Winter in Maryland," by Alice B. Clagett, 1 December 2013, CC BY-SA 4.0

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nature, winter, photos by Alice, travels in the United States,

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2. http://creativecommons.org/licenses/by-sa/4.0/
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1.12.5 Rise of the Dark Lords, the Controllers . by the Theosophists . with comments by Alice B. Clagett (2013-12-01 05:18)

Written and published on 1 December 2013

Dear Ones,

The following intriguing account of the rise of the Dark Lords or Controllers is excerpted from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain.

This account would put the number of the Controllers at 2 million Souls, which is much higher than my estimate (200-300) or an estimate in a recent issue of Quest Magazine (a Theosophical magazine), which numbered them at 1 to 2 % of the world population. (1)

....
RISE OF THE DARK LORDS, THE CONTROLLERS

"The three methods of individualisation - through intellect, affection, and will - are the normal methods. Occasionally, however, individualisation is attained in other ways, which we may call abnormal or irregular ways.

"For example, at the beginning of the Moon Chain, a certain group of beings were at the point of individualisation, and were drawn towards it by their association with some of the perfected inhabitants, whom we call the Lords of the Moon. An unfortunate twist, however, entered into their development, and they began to take so great a pride in their intellectual advance, that that became the prominent feature in their character. They worked, not so much to gain the approval or affection of their masters, as to show their advantage over their fellow animals, and to excite their envy.

"This latter motive pushed them on to make the efforts resulting in individualisation, and so the causal bodies which were formed showed almost no colour but orange. They were allowed to individualise, apparently because if they had continued in the animal kingdom any further, they would have become worse instead of better.

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"This detachment - or ’ship load’, as it is sometimes called - numbered about two millions. They individualised by pride, and, though clever enough in their way, possessed but little of any other quality.

"The members of this orange shipload, from Planet A of the Moon-Chain declined to enter the vehicles provided for them in the Earth-Chain, while the golden coloured egos from Globe B, and the rose-coloured egos from Globe C, accepted the conditions, entered into the vehicles, and fulfilled their destiny.

"All through their history these orange egos caused trouble to themselves and to others, owing to their arrogance and unruliness. They have been described as turbulent and aggressive, independent and separative, prone to discontent, and eager for change.

"Some of the cleverest of them became the notorious ’Lords of the Dark Face’, in Atlantis, and later world-devastating conquerors, caring nothing for the thousands who were slain or starved in the course of gratification of their mad ambition, or later still, unscrupulous millionaires, aptly termed ’Napoleons, of finance’."

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, "Chapter XIV. Methods and Degrees of Individualisation."*

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MORE INFORMATION

See these sections on **orange ray beings** (those with strong will power) from Ra’s *Law of One,* [1]www.lawofone.info ... in brackets are my comments on the sections:

- section [2]47.[3]4 ... [4]https://www.lawofone.info/results.php?s=47 #4
- section [5]63.[6]8 ... [7]https://www.lawofone.info/results.php?s=63 #8

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- section [8]34.[9]16 ... [10]https://www.lawofone.info/results.php?s=34 #16 ... [fourth density negative, orange ray beings, are apparently demons and devils. Very tough beings.]
- [11]34.[12]12 ... [13]https://www.lawofone.info/results.php?s=34 #12 ... [To paraphrase wildly, Ra is saying here that scientific inventions that distract us from our hearts prevent us from resolving our mental tangles and becoming fully realized human beings. This includes all virtual media.]
- [14]34.[15]14 ... [16]https://www.lawofone.info/results.php?s=34 #14 ... [And so, we must overcome the victim-aggressor paradigm to feel our hearts. This is pretty simple to do, per Bill Ballard (see his channel Pearls2U on [17]www.youtube.com). Whenever we sense that the mind is *going on* with its incessant mental tangles, we just take all that energy we've been spending on our minds, and place the energy – and our awareness – on our heart chakra, located in the center of our chest. More on this in a later blog. For more on the victim-aggressor paradigm, search 'victim-aggressor' on my blog site. –Alice]

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FOOTNOTE

(1) See *Link: "Disclosure and the Fate of Religious Radical Extremists," by Alice B. Clagett, 5 October 2016 ... [18]https://wp.me/p2Rkym-6dd ..*

(2) from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, "ChapterXIV. Methods and Degrees of Individualisation."*

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[19] 
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antisocial personalities, black magic, illuminati, power over, stories, controllers, dark network, Law of One, Theosophy, pride, Arthur E. Powell, Atlantis, Lords of the Dark Face, Ra, orange ray beings,

1. https://www.lawofone.info/
2. https://www.lawofone.info/results.php?s=47
3. https://www.lawofone.info/results.php?s=47#4
4. https://www.lawofone.info/results.php?s=47#4
5. https://www.lawofone.info/results.php?s=63
6. https://www.lawofone.info/results.php?s=63#8
7. https://www.lawofone.info/results.php?s=63#8
8. https://www.lawofone.info/results.php?s=34
9. https://www.lawofone.info/results.php?s=34#16
10. https://www.lawofone.info/results.php?s=34#16

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11. https://www.lawofone.info/results.php?s=34
12. https://www.lawofone.info/results.php?s=34#12
13. https://www.lawofone.info/results.php?s=34#12
14. https://www.lawofone.info/results.php?s=34
15. https://www.lawofone.info/results.php?s=34#14
16. https://www.lawofone.info/results.php?s=34#14
17. http://www.youtube.com/
18. https://wp.me/p2Rkym-6dd
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1.12.6 A Myth of Creation: The Three Outpourings . by the Theosophists (2013-12-01 05:21)

Written and published on 1 December 2013; revised

Dear Ones,

Below are excerpts regarding 'the three outpourings' that comprise creation, from ...

Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,

public domain

This is the first of a four-part series on an amazing myth of creation described in the writings of the Theosophists.

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

.....
THE THREE OUTPOURINGS
by ARTHUR E. POWELL

"Recapitulating briefly, we see that the Logos sends forth three mighty waves of His Life, through His three Aspects in succession: the first shapes and ensouls matter; the second imparts qualities and builds forms; the third carries down the human Monad to unite with the forms prepared by the second....

.....

[1]

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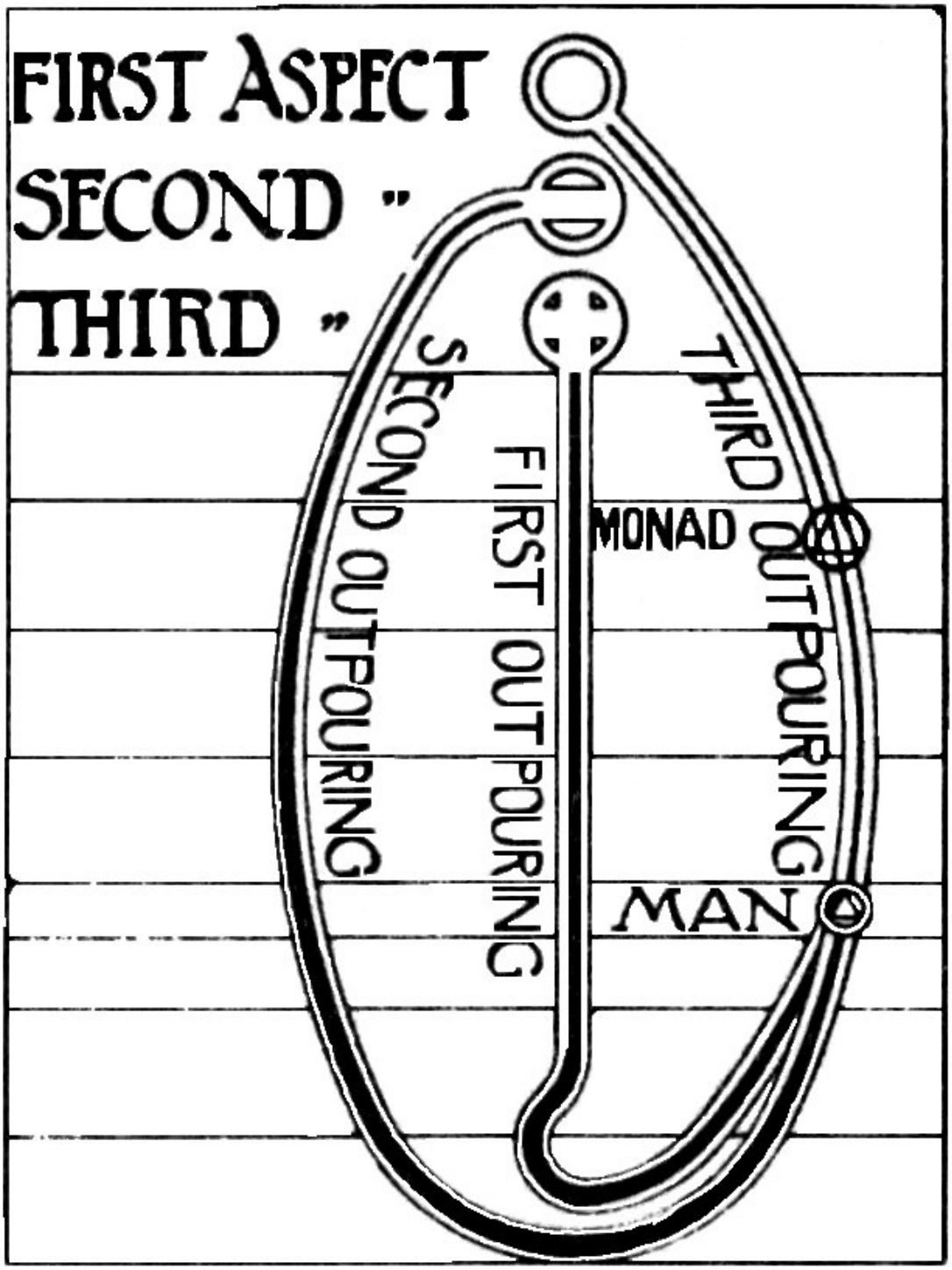


DIAGRAM XXI.—The Three Outpourings.

Image: "Diagram XXI.–The Three Outpourings," in "The Causal Body and the Ego," by Arthur E. Powell, "Chapter XIII. Individualisation: Its Mechanism and Purpose," public domain.

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Image: "Diagram XXI.–The Three Outpourings," in "The Causal Body and the Ego," by Arthur E. Powell, "Chapter XIII. Individualisation: Its Mechanism and Purpose," public domain.

"The action of the three Outpourings in producing an individual human being is graphically represented in the well-known diagram opposite page 38 in *Man Visible and Invisible,* and on page 16 of *The Chakras.* This diagram we have ventured to modify slightly (see Diagram XXI), in accordance with the further information given in *The Chakras,* and in *The Masters and the Path.*

"The explanation of Diagram XXI is as follows: –

"The First Life Wave or Outpouring, from the Third Logos or Aspect, plunges straight down into matter, the line in the drawing, indicating this, growing heavier and darker as it descends , showing how the Holy Spirit vivifies the matter of the various planes, first building the atoms, and then aggregating the atoms into elements (as described in Chapter V).

"Into that matter so vivified, the Second Life Wave, or Outpouring, from the Second Logos or Aspect, God the Son, descends through the First, Second, and Third Elemental Kingdoms, down to the mineral kingdom; then it ascends through the vegetable and animal to the human kingdom, where it meets the downward reaching power of the First Logos—the Third Outpouring, from the First Logos, or Aspect.

"Meanwhile the force of the Third Logos, the First Outpouring, from the Third Aspect, after touching its lowest point, also rises again. On this path of return, or ascent, it is Kundalini, and it works in the bodies of evolving creatures, in intimate contact with the Primary or Life-Force, the two acting together, to bring the creature to the point where it can receive the Outpouring, of the First Logos, and become an ego, a human being, and still carry on the vehicles even after that. Thus we may say that we draw God’s mighty power from the earth beneath as well as from heaven above, and are children of the earth as well as the sun.The two forces meet in us, and work together for our evolution. We cannot have one without the other, but if one is greatly in excess there are serious dangers. Hence, incidentally, the risk of any development of the deeper layers of Kundalini before the life in man is pure and refined.

"Whilst all three Outpourings are truly the actual Life of God Himself, yet there is a vital and important distinction between the First and Second Outpourings, on the one hand and the Third Outpouring on the other hand. For the First and Second Outpourings have come down slowly and gradually through all the sub-planes, drawing round themselves the matter of each of these, and enmeshing themselves in it so thoroughly that it is scarcely possible, to discern them for what they are, to recognise them as Divine Life at all.

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"But the Third Outpouring flashes straight down from its source without involving itself in any way in the intermediate matter. It is the pure white light uncontaminated by anything through which it has passed...."

.....

"The Soul or Ego we may consider as that which individualises the Universal, Spirit, which focusses the Universal Light into a single point; which is as it were, a receptacle into which is poured the Spirit; so that which in Itself is universal, poured into this receptacle *appears* as separate: always identical in its essence, but separated in its manifestation. The purpose of this separation is, as we have seen, that an individual may develop and grow; that there may be an individualised life potent on every plane of the Universe; that it may know on the physical and other planes as it knows on the spiritual planes, and have no break in consciousness; that it may make for itself the vehicles that it needs for acquiring consciousness beyond its own plane, and then may gradually purify them one by one until they no longer act as blinds or as hindrances, but as pure and translucent media through which all knowledge on every plane may come.

"The process of individualisation, however, should not be conceived as merely the making of a form or receptacle, and then pouring something into it, so that that which is poured at once takes the definite outline and shape of the vessel.The real phenomenon is more analogous to the building of a solar system from a nebula. Out of the primeval matter of space, a slight mist appears too delicate almost to be called even a mist: the mist grows gradually denser as the particles aggregate more closely together; eventually shapes are formed within the mist, which, as time goes on, become more definite, until a system is formed, with a central sun and planets around it.

"So is the coming of Spirit into individualisation. It is like the faint appearance of a shadow in the universal void; the shadow becomes a mist, which grows clearer and more definite, until eventually an individual comes into existence. The Soul, or individual, is thus not a thing complete at first, plunging like a diver into the ocean of matter: rather is it slowly densified and builded, until out of the Universal it becomes the individual, which ever grows as its evolution proceeds.

"Thus the Third Outpouring makes within each man that distinctive 'spirit of the man which goeth upward', in contradistinction to 'the spirit of the beast which goeth downward'–which, being interpreted, means that while the soul of the animal pours back after death of the body into the Group-Soul to which it belongs, the divine spirit in man cannot so fall back again, but rises ever onward and upward towards the Divinity from Whom it came."

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.....

"If we consider the phases of involution and evolution in broad outline, we may think of them as consisting of seven stages. During three the Spirit descends. As it descends, it broods over Matter, imparting qualities, powers and attributes. The fourth stage stands alone, for in it Matter, now imbued with various powers and attributes, comes into manifold relations with the informing Spirit, which now enters it. This is the great battle of the universe, the conflict between Spirit and Matter, the battle of Kurukshetra, of the vast hosts of the opposing armies.

"In this part of the field is the point of balance. The Spirit, coming into innumerable relations with Matter, is at first overpowered; then comes the point of balance, when neither has the advantage over the other; then slowly the Spirit begins to triumph over Matter, so that, when the fourth stage is over, Spirit is master of Matter, and is ready for his ascent through the three stages that complete the seven.

"In these, the Spirit organises the Matter which he has mastered and ensouled, turns it to his own purposes, shapes it for his own expression, so that Matter may become the means whereby all the powers of the Spirit shall be made manifest and active. The last three stages are thus taken up by the spiritual ascent."

–from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928, public domain, "ChapterXIII. Individualisation: Its Mechanism and Purpose.*"

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myths of creation, Theosophy, Arthur E. Powell, outpourings,

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1.12.7 A Myth of Creation: Third Outpouring: Individualisation . by the Theosophists . with comments by Alice B. Clagettf (2013-12-01 05:23)

Written and published on 1 December 2013; revised

Dear Ones,

This is the fourth in a four-part series representing a Myth of Creation from the Theosophical school of thought, as stated in "The Causal Body and the Ego," by Arthur E. Powell. (1)

I love the analogy to the waterspout near the end of this long passage. It looked like the preceding info was needed to understand the waterspout, but maybe you could intuit it without reading anything but the bolded text.

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I Am of the Stars

....
THIRD OUTPOURING: INDIVIDUALISATION
by ARTHUR E. POWELL

"We have now arrived at the stage where a change of vast importance to the evolving life is about to take place—*viz*., the individualisation of the animal the formation of the causal body, the entry into the human kingdom.

"In order to understand the whole phenomenon, and to recognise its full significance, let us briefly recapitulate the stages already passed. We saw first that the Monads, which derive their being from the First Logos, come forth and dwell on the Anupadaka Plane during all ages over which we have glanced. With the help of Devas, each Monad has appropriated to himself the three permanent atoms which represent him as a Jivatma on the planes of Atma,Buddhi and Manas, these three forming the Higher Triad. In addition, to each Higher Triad has been attached also a Lower Triad, consisting of a Mental Unit, and an Astral and a Physical Permanent Atom.

"The Lower Triad has been plunged successively into the earlier kingdoms of life, shielded and nourished by its Group-Soul. By repeated subdivision, brought about by differentiation of experience, each Lower Triad has now become possessed of an envelope or sac to itself, derived from the original Group-Soul. After a succession of experiences in a series of single animal forms, the Lower Triad is at length sufficiently awakened to warrant a further step being taken in the evolutionary scheme, a step which will bring to it a further installment, if we may use such an expression, or aspect, of the Divine Life.

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"Just as the human foetus is nourished by the mother in her womb until such time as the child is strong - enough to live its own independent existence in the outer world, so is the Triad, shielded and nourished by the Group-Soul, the medium by which the Second, Logos protects and nourishes His infant children, until the Triad is strong, enough to be launched into the outer world as a self-contained unit of life, pursuing its own independent evolution.

"Thus is reached the term of ante-natal life of the Jivatma (the Higher Triad of Atma, Buddhi, Manas) enclosing the life of the Monad, the time being now ripe, for his birth into the lower world. The mother-life of the Second Logos has built for him the bodies in which he can live as a separate entity in the world of forms, and he has to come into direct possession of those bodies and take up his human evolution.

"Up to this point, all communication of the Monad with the lower planes has been brought through the Sutratma or thread-self, on which the permanent, atoms are strung.... But now the time has come for a fuller communication than is represented by this delicate thread in its original form. The Sutratma accordingly widens out ..., the Ray from the Monad glows and increases, assuming more the form of a funnel: "the thread between the Silent Watcher —and his shadow becomes more strong and radiant" (*The Secret Doctrine,* Vo. 1, p 285).

"This downflow of monadic life is accompanied by much increased flow, between the buddhic and manasic permanent atoms....

"The manasic permanent atom awakens, sending out thrills in every direction. Other manasic atoms and molecules gather round it ..., **and a whirling vortex is formed on the three upper sub-planes of the mental plane**. A similar whirling motion takes place in the cloudy mass surrounding the mental unit which, as we have seen, is enveloped in the Group-Soul.

"**The wall of the Group Soul is then torn asunder, and caught up into the vortex**, above.... Here it is disintegrated, being resolved into matter of the third mental subplane, and, as the whirlpool subsides, it is formed into a delicate, filmy envelope, this being the causal body....

"**In describing this process, the illustration usually given in the East is that of a waterspout. There we have a great cloud hovering above the sea, on the surface of which waves are constantly forming and moving. Presently from the cloud is extended an inverted cone of violently, whirling vapour, like a great finger.**

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"Underneath this, a vortex is rapidly formed in the ocean; but instead of being, a depression in its surface, as in an ordinary whirlpool, it is a whirling cone rising above that surface.

"Steadily the two draw closer and closer together, until they come so near that the power of attraction is strong enough to overleap the intervening space, and suddenly a great column of mingled water and vapour is formed where nothing of the kind existed before.

"In just the same way, the animal Group-Souls are constantly throwing parts of themselves into incarnation, like the temporary waves on the surface of the sea. At last, after the process of differentiation has continued to the maximum possible, a time comes when one of the waves rises high enough to enable the hovering cloud to effect junction with it. Then it is drawn up into a new existence, neither in the cloud nor in the sea, but between the two, and partaking, of the nature of both. Thus it is separated from the Group-Soul, of which hitherto it has formed a part, and falls back again into the sea no more. Technically expressed, the life of the animal, working in lower mental matter, is whirled up to meet the downpouring life of the Monad, expressed through higher mental or causal matter....

"The downflow of life, resulting in the formation of the causal body, is known as the Third Life Wave, or Third Outpouring, and derives from the First Logos, the eternal all-loving Father - from Whom came also, as we have seen, the Monads themselves in the first instance." – from *Citation: "The Causal Body And The Ego," compiled by Arthur E. Powell, 1928,*

public domain, "Chapter XIII. Individualisation: Its Mechanism and Purpose."

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FOOTNOTE

(1)

[bolding and paragraphing are mine. –Alice]

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[1] 

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myths of creation, Theosophy, individualisation, individualization, Third Outpouring, ego, teleportation, psychic powers, hologram reconstitution,

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1.12.8 Bodies of Man . by the Theosophists . with a comment by Alice B. Clagett (2013-12-01 20:28)

Written and published on 1 December 2013; revised on 2 May 2018

Dear Ones,

At first I thought that Arthur E. Powell was talking about reincarnation in the passage quoted below. Now I see he is talking about the physical and subtle bodies we have in any one incarnation. These are diverse energies at play in us.

.....
BODIES OF MAN
by Arthur E. Powell

"All the various bodies of man should be regarded as casings or vehicles, enabling the Self to function in some definite region of the universe. Just as a man may use a carriage on land, a ship on the sea, a balloon in the air, to travel from one place to another, and yet in all places remain himself, so does the Self, the real man, utilise his various bodies, each for its appropriate purposes, yet remains all the time himself no matter in what vehicle he may be functioning at any given moment. Relatively to the man, all these bodies are transient, they are his instruments or servants; they wear out and are renewed, time after time, and adapted to his varying needs, and his ever-growing powers."

–from *Citation: "The Causal Body and the Ego," "Ch XV. Functions of the Causal Body," public domain*

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

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energy bodies of a human, School of Theosophy, Arthur E. Powell, causal body, subtle bodies, astral body, subtle bodies, physical body,

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1.12.9 Sage Ranch . Autumn Afternoon . by Alice B. Clagett (2013-12-02 12:54)

Written and published on 2 December 2013; revised and republished on 31 August 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here is a nature video of Sage Ranch, Los Angeles, late on an autumn afternoon. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/DGBoQTZ _t4U

SUMMARY OF THE VIDEO

These are wagon wheel ruts in the sandstone from a long time ago. I think the wagon must have been going pretty fast. See them? [shows wheel ruts in sandstone]

My meditation spot: Known to few.

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

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nature, Sage Ranch,

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1.12.10 The Causal Body . by the Theosophists (2013-12-03 08:32)

Written and published on 3 December 2013; revised

Dear Ones,

Here is information from the Theosophists on the Causal Body, which is the subtle body in our energy field responsible for the illusion of cause-and-effect.

....
THE CAUSAL BODY ... BY THE THEOSOPHISTS

"The causal body owes its name to the fact that in it reside the causes which manifest themselves as effects in the lower planes.

"For it is the experience of past lives, stored in the causal body, which are the *cause* of the general attitude taken up towards life, and the actions undertaken.

"In Samskrit, the causal body is known as the *Karana Sharira*, *Karana* meaning, cause.

"Briefly we may say that the causal body has two main functions:

"(1) To act as a vehicle for the Ego: the causal body is the 'body of *Manas*', the form-aspect of the individual , the true man, the Thinker.

"(2) To act as a receptacle or storehouse for the essence of the man's experiences in his various incarnations. The causal body is that into which is woven everything which can endure, and in which are stored the germs of qualities, to be carried over to the next incarnation. Hence one sees that the lower, manifestation of man, *i.e.,* his expression in his mental, astral and physical bodies, depends ultimately upon the growth and development of the real man himself, the one 'for whom the hour never strikes'....

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"At its inception, the causal body, or form-aspect of the true man, is described, as a delicate film of subtlest matter, just visible, marking where the individual begins his separate life. That delicate almost colourless, film of subtlest matter, is the body which will last through the whole of human evolution: on this, as on a thread - the thread-self, or *Sutratma*, as it is sometimes called - will all the future incarnations be strung.

"The causal body, as said, is the receptacle of all that is enduring—*i.e., only* that which is noble and harmonious, and in accordance with the law of spirit; for every great and noble thought, every pure and lofty emotion, is carried up, and its essence worked into the substance of the causal body. Hence the condition of the causal body is a true register - the *only true* register - of the growth of man, of the stage of evolution to which he has attained." –from *Citation: "The Causal Body and the Ego," by Arthur E. Powell, "Ch XV. Functions of the Causal Body," public domain, available at [1]www.lulu.com or [2]www.amazon.com ..*

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

.....

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causality, School of Theosophy, ego, Arthur E. Powell, causal body, subtle body, causality, Manas, incarnations, reincarnation, Sutratma, thread-self, Soul evolution,

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1.12.11 How to Develop and Balance the Energies of the Heart . by Alice B. Clagett * (2013-12-04 10:52)

Written and published on 4 December 2013; republished on 22 August 2017; revised on 12 March 2020

- THE BENEFITS OF DEVELOPING AND BALANCING THE HEART CHAKRA
- THE DIFFERENCE BETWEEN UNCONDITIONAL LOVE AND SELF-SACRIFICE
- WHAT THE HEART CHAKRA LOOKS LIKE: TWO CONJOINED FUNNELS
  - The Hridaya: The Deep Inner Heart
- A DEPICTION OF THE DOUBLE CONES OF THE CHAKRAS
  - The Kundalini
  - The Heart Chakra
  - Chakras, Pre-Ascension and Post-Ascension
- FRONT CONE OF THE HEART CHAKRA: COMPASSION AND EMPATHY
  - Energetic Movement of the Front Cone of the Heart Chakra
  - To Open and Vivify the Front Cone of the Heart
    - Arching the Back and Expanding the Chest While Standing
    - Camel Pose
    - Placing Awareness on the Front Cone of the Heart
- BACK CONE OF THE HEART CHAKRA: THE INFINITE WELL OF VITALITY, HEALTH AND LONGEVITY
  - Reasons for Developing This Energy
    - Preventing Lightworker Burnout
    - Overcoming a Codependent Behavior Pattern
    - Escaping from the Snares of an Antisocial Personality
    - Energetic Balance of the Entire Heart
  - To Locate the Back Cone of the Heart Chakra
    - Place Your Awareness on the Area Between the Shoulder Blades.
  - To Open and Vivify the Back Cone of the Heart Chakra
    - Go for a Back Massage
    - Use a Wooden Spinal Massage Roller
    - Swinging a Bat
    - Yoga Mudra

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        * Place Awareness on the Back Cone of the Heart
        * Practice Allowing the Back Cone of the Heart to Relax

- ON OPENING THE ENTIRE HEART CHAKRA

    - Cat Cow Pose
    - Padma Mudra (Lotus Mudra)

- HOW TO EXPERIENCE THE HRIDAYA

    - Hridaya Mudra to Open the Hridaya
    - Meditation on the Hridaya, channeled by Alice B. Clagett
        * Pose
        * Breathing
        * Roving Gaze, Horizontal or Higher
        * Where to Place the Awareness
        * Benefits

Image: Person sitting on the ground in meditative pose, with green heart energy, and green light and vines all around him ...[1] https://i1.wp.com/unityyogaandwellness.com/wp-content/uploads/2017 /01/tibetanbowls.jpg?resize=228 %2C300 ..

Dear Ones,

THE BENEFITS OF DEVELOPING AND BALANCING THE HEART CHAKRA

This blog describes a series of steps to help us develop and balance the heart chakra. The result will be neutral mind, compassion, empathy, and plugging into the Infinite as a wellspring of vitality, health, and longevity.

THE DIFFERENCE BETWEEN UNCONDITIONAL LOVE AND SELF-SACRIFICE

Unconditional love is not, as many believe, self-sacrifice. Rather, it is a chance to be all we truly are, to allow our heart energy field to expand so that it encompasses all the other chakras.

In this way, we permanently rise above the machinations of Team Dark. Or to put it another way, we are able to feel our being in a way that is unconstricted by the divisions (autonomic / voluntary, and so on) of our neural net. We begin to experience unity or oneness ... the unity field.

WHAT THE HEART CHAKRA LOOKS LIKE: TWO CONJOINED FUNNELS

The energy of the heart chakra flows out in two whirling cones of energy, shaped like

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funnels. The tips of the funnels touch deep in the chest, at a spot between the nipples but located next to the backbone.

The Hridaya: The Deep Inner Heart

This spot is the deep inner heart, where a ’zero point’ or black hole connects us with the realm of infinite possibilities. It is this spot on which you will concentrate after the front and back cones are brought to Awareness and cleansed of Soul wounding. This hidden inner heart is where we feel unconditional love.

A DEPICTION OF THE DOUBLE CONES OF THE CHAKRAS

This image gives a good idea of the conformation of the body energy discussed in this blog. It depicts double cones for all the chakras ...

Image: Double-funnel chakras of the human energy field ... [2]https://i0.wp.com/www.canalwoman.com/blog/wp-content/uploads/2008/07/chakrasdrawing.jpg?resize=400 %2C354 ..

The Kundalini

The lower, red funnel (at the rectum) and the upper, violet funnel (at the top of the head) are actually one long funnel; the connecting cord is the kundalini energy. It is along the line of the kundalini ... where the kundalini intersects the junction of the cones of the heart chakra ... that the hridaya, the deep inner heart, is located.

The Heart Chakra

The heart chakra is depicted in green ... In the above-mentioned image, you can see the two green funnels, meeting at the center line of the body. Or slightly behind the point depicted, a little more toward the backbone.

Chakras, Pre-Ascension and Post-Ascension

This picture of the chakras is the pre-Ascension scheme. After Ascension there are 5 or so additional chakras.

FRONT CONE OF THE HEART CHAKRA: COMPASSION AND EMPATHY

Many Lightworkers are adept at feeling the front cone of the heart chakra. This feeling allows them to develop empathy with all living beings.

This energy of the front cone of the heart is the energy through which we relate to other human beings. It is not necessarily corded energy, as with a family member or friend, but sometimes it expresses itself in that way.

Energetic Movement of the Front Cone of the Heart Chakra

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Here is an image that, to me, depicts the energetic motion of the front cone of the heart chakra, only laid on its side ...

Image: Drop of water falling into a green body of water and down into the water, with ripples on the surface of the water ... [3]http://www.deniselinn.com/graphics/Chakra-Portal-4.jpg ..

I like the ripple effect, which reminds me of how the heart chakra energy ripples outward in ever widening circles through a person's own energy field. The descending droplet of water in the image reminds me of divine Awareness, incoming through the deep inner heart, and outgoing into the phenomenal world through the front cone of a person's heart chakra.

To Open and Vivify the Front Cone of the Heart

Arching the Back and Expanding the Chest While Standing. Stand up. Arch the back backwards, expanding the chest. Arms can be up, above the head, for extra arching effect. Or hands can be on hips, for less of an arch. Or arms can be low and pushed back, as in this image ...

Image: Taoist Arch: Standing up and arching the back, arms back ... [4]http://photos1.blogger.com/blogger/5141/3105/1600/taoist.jpg ..

Camel Pose. This pose is a little more difficult: In a kneeling position, grasp the ankles. Let the trunk of the body rise upward and outward. Let the head fall back, as you arch the back backwards and expand the chest outward ...

Image: "File:Ustrasana - Camel Pose.jpg," in Wikimedia Commons ... [5]https://commons.wikimedia.org/wiki/File:Ustrasana _- _Camel _Pose.jpg ..

Placing Awareness on the Front Cone of the Heart. Here are the steps to develop daily Awareness of the front cone of the heart ...

FEEL your heart energy in the middle of the front of your chest. As you go about your day, feel the distortions in the smooth conical whirl of heart energy. OR feel the little pains or stiffness or heavinesses in your heart ... whatever it feels like ... from moment to moment.

NOTICE how other people's heart energy feels to you. If you cannot feel their heart energy, just imagine that you can. Make a game of it. Both ways are equally effective.

NOTICE how the energy of the front cone of your heart reacts to the dimples ... twists ... heaviness of other people's hearts. Or if you cannot feel their hearts, notice how your heart energy changes in the presence of other people. Either way is fine.

NOTICE how your heart springs back from its momentary distortions ... how it returns to its native smooth conical configuration in the middle of your chest.

IF BODILY SENSATIONS distant from the heart assert themselves, place your Awareness on those sensations. When they subside, bring your attention back to your heart.

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BACK CONE OF THE HEART CHAKRA: THE INFINITE WELL OF VITALITY, HEALTH AND LONGEVITY

The back cone of the heart chakra allows us to relate to the Infinite well of vitality, health and longevity. Very few people consciously practice Awareness of this back cone of the heart, yet there are compelling reasons to do so ...

Reasons for Developing This Energy

Preventing Lightworker Burnout. The back cone of the heart must be enlivened and brought to Awareness in order to prevent Lightworker empathic burnout.

Overcoming a Codependent Behavior Pattern. Its vivification also prevents codependency ... the energy of accommodation to a person who is an addict.

Escaping from the Snares of an Antisocial Personality, who relies on receiving love from other people while at the same time withholding his own energy of love from others. Energetic attachment to an antisocial personality cannot be escaped unless the energy of the back funnel of the heart is as strong as that of the front funnel of the heart. Yet the action of predation by an antisocial personality creates a feeling that there is 'no one to watch my back'; this feeling further weakens the back of the heart. Thus it is doubly important to strengthen the energy of the back of the heart when attachment to the energy of an antisocial personality occurs.

Energetic Balance of the Entire Heart. In energetic terms, developing this energy of the back heart funnel allows us to balance and vivify the entire heart chakra.

To Locate the Back Cone of the Heart Chakra

Place Your Awareness on the Area Between the Shoulder Blades. According to "The Yellow Emperor's Classic of International Medicine," written over 4,000 years ago, wind and cold enter the pores of the skin through acupressure points located here.

Image: Line drawing of a person's back, showing two double sets of acupressure points (each consisting of 2 points on either side of the spine), starting just below the neck and ending mid-shoulder blade. The legend of the image states: "Relieves upper back tension, difficult breathing, insomnia, hypertension, trauma, and emotional pain" ... [6]http://www.acupressure.com/blog/wp-content/uploads/2011/04/upper-back-pt s1.gif ..

The lowest set of 4 points in the image is the most important for vivifying the back cone of the heart chakra. But the area on which you will be placing your Awareness includes the place between the lower part of your shoulder blades as well, and around the 'wing tips' of the shoulder blade. All this area is involved in the back funnel of the heart.

To Open and Vivify the Back Cone of the Heart Chakra

Here is how to open and vivify the back cone of the chakra ...

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Go for a Back Massage. Lie face down, hands with palms flat on the mat next to your shoulders. Ask the person giving the massage to concentrate on the area between and around the edges of your shoulder blades.

Use a Wooden Spinal Massage Roller, gently, to loosen up the muscles between your shoulder blades.

Swinging a Bat. Here is an ancient Indian practice to 'unstick' this area: While standing, swing a thick branch or club gently back and forth. Or you can use a baseball bat.

Yoga Mudra. Or, you can open up the energy flow in this area with yoga mudra: Sit on your heels, grasping your hands behind the back. Bring the forehead to the floor and stretch the clasped hands up to the ceiling. Hold this position with long, deep breathing for at least 3 minutes.

Here is an image of a gentler modification of this technique ...

Image: Yoga Mudra: A man is sitting cross-legged on the floor, but it would be all right to sit on a stool instead. Fingers are interlaced behind his back. He is gently bending his chest down toward the floor ... [7]http://www.pinklotus.org/KYscanned/asanas %20Yoga %20Mudra %20asana.jpg ..

Place Awareness on the Back Cone of the Heart. After you practice the technique of your choice, feel the energy of the back cone of your heart. Notice how it closes down and opens up.

Practice Allowing the Back Cone of the Heart to Relax. If the energy of the back cone of the heart contracts, allow it to return to its native, smoothly flowing conical state.

ON OPENING THE ENTIRE HEART CHAKRA

Cat Cow Pose

On all fours, arch the spine up and down, gently. When the spine is arched up, the head tucked in. When the spine is arched down, the head is arched back ...

Image: Cat Cow Pose ... [8]http://workouttrends.com/wp-content/uploads/2014/04/Yoga-Poses-Cat-cow-B ack-Stretch-Pose.jpg ..

On the downward arch, the front funnel of the heart chakra is vivified. On the upward arch, the back funnel of the heart chakra is vivified.

Lotus Mudra (Padma Mudra)

Here is a finger position to open the heart chakra ...

Image: Lotus Mudra (Padma Mudra) ... [9]https://7pranayama.com/wp-content/uploads/2019/10/Lotus-Mudra.jpg ..

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There is more information on the mudra here ...

Link: Padma Mudra / Lotus Mudra, from Body/Soul Yoga, 6 August 2015 ... [10]http://bodysoulyoga.co.uk/padma-mudra/ ..

HOW TO EXPERIENCE THE HRIDAYA

Hridaya Mudra to Open the Deep Inner Heart

This hand position or mudra can be used to experience the hridaya, the deep inner heart ...

Image: Hridaya mudra ... [11]https://balanceyogamumbai.files.wordpres - s.com/2010/05/hridaya-mudra1.jpg ..

Here are further instructions for a Hridaya meditation ...

Link: "Yoga Capsules: Happy Heart Space," at "Balance Yoga Mumbai," 10 May 2010 ... [12]https://balanceyogamumbai.wordpress.com/tag/hridaya/ ..

Meditation on the Hridaya
Channeled by Alice B. Clagett
4 December 2013

Pose. Sit on a chair, feet flat on the ground, back straight but relaxed, hands palm down on your legs, chin ever so slightly tucked in.

Breathing. Make your breathing as long and deep as is comfortable for you.

Roving Gaze, Horizontal or Higher. Let your eyes be open and either horizontal or higher. Do not look down, and do not concentrate on any one point. One-pointed concentration, as advocated in many yoga texts, allows a person to escape from the body, into the higher realms. This is a nice 'preview of coming attractions,' but it is a bit of a sidetrack too. What we want is to bring heaven down to Earth. Right down into our physical being. So, let the eyes rove where they will, as long as you're looking at the horizon or higher.

Where to Place Awareness. Place the Awareness at a point in your body between the nipples, but deep within the body, just in front of the spinal column. This is the point where we can feel unconditional love. Continue for 3 minutes.

Benefits. When you are accustomed to this deep inner heart meditation, you can begin to use it whenever you find yourself too drawn into the events of the day. It will balance and neutralize the karma that is playing out before your eyes. It will allow you to go beyond the causal body, and to become aware of your body of Light.

In love, light and joy,

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See also: *Link: "Heart Chakra Color Meanings" ... [13]http://www.chakra-anatomy.com/heart-chakra-colors.html ..*

.....

[14] 

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heart clearing, yoga, heart chakra, unconditional love, Team Dark, dark network, heart chakra funnels, hridaya, deep inner heart, meditation, awareness, Padma Mudra, Lotus Mudra, cat cow, yoga mudra, hridaya mudra, unconditional love, self-sacrifice, zero point, camel pose, compassion, empathy, mudras, chakras, vitality, health, longevity, unity, oneness, unity field, antisocial personality, codependence, addiction, 2u3d, my favorites, self-sacrifice, kundalini, astral cords,

1. https://i1.wp.com/unityyogaandwellness.com/wp-content/uploads/2017/01/tibetanbowls.jpg?resize=228%2C300
2. https://i0.wp.com/www.canalwoman.com/blog/wp-content/uploads/2008/07/chakrasdrawing.jpg?resize=400%2C354
3. http://www.deniselinn.com/graphics/Chakra-Portal-4.jpg
4. http://photos1.blogger.com/blogger/5141/3105/1600/taoist.jpg
5. https://commons.wikimedia.org/wiki/File:Ustrasana_-_Camel_Pose.jpg
6. http://www.acupressure.com/blog/wp-content/uploads/2011/04/upper-back-pts1.gif
7. http://www.pinklotus.org/KYscanned/asanas%20Yoga%20Mudra%20asana.jpg
8. http://workouttrends.com/wp-content/uploads/2014/04/Yoga-Poses-Cat-cow-Back-Stretch-Pose.jpg
9. https://7pranayama.com/wp-content/uploads/2019/10/Lotus-Mudra.jpg
10. http://bodysoulyoga.co.uk/padma-mudra/
11. https://balanceyogamumbai.files.wordpress.com/2010/05/hridaya-mudra1.jpg
12. https://balanceyogamumbai.wordpress.com/tag/hridaya/
13. http://www.chakra-anatomy.com/heart-chakra-colors.html
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1.12.12 Demons and the Shadow of the Personality . by Alice B. Clagett (2013-12-06 11:40)

Written and published on 6 December 2013

- MY THOUGHTS ON THE BEINGS WE CALL DEMONS
- THE FATE OF DEMONRY: PART I
- THE CONTROLLER FABLE
- A BETTER FABLE: THE SHADOW OF THE PERSONALITY
- THE FATE OF DEMONRY: PART II
- UNCONDITIONAL LOVE

Dear Ones,

MY THOUGHTS ON THE BEINGS WE CALL DEMONS

A while back I was thinking about this demon thing. It felt to me like the grounded ones ... when a person looked at them ... were sort of 'there' and 'not there', energetically speaking. How could that be?

And then, their chakras felt quite strong, as regards the third eye-point and the lower triangle. But their heart energy was barely there at all. And when they felt their hearts, they would fall ill and need nourishment in the form of fear, suffering, terror ... which they could most readily glean from human beings. I found them to be very *very* bright, but the energy was not heart energy. What an amazingly strong harness had been placed on their hearts, to thrust them into such a strong delusion of Un-truth that they would DIE if they felt love!

And in past there had been so many of them, roaming about the Earth. Humm.... what could that be about? Controlling all the money, all the power, turning all the sexual expression toward the Dark ...

What departure from conscious awareness allowed them to volunteer to take on this role? God knows, all humans hate demons. The Universe is Love. Demons have been part of this universe, and they longed for love as well. And this was their conundrum: They longed for love, but by their initial act of free will they were harnessed into hatred, in archon fashion, so that the will of the Creator might be served. So that 3D might exist.

And the greater part of this contract was ... They agreed to place a veil over their eyes as to the very existence of that which sustained them ... True Source, Prime Creator.

You know how human DNA is unfurling as we move into the 5th dimension? From 2 strands, I hear, into 12 strands ... like a rose opening its petals to greet the Sun. Could it be that grounded demons are born with just one strand of DNA open? That would explain why they look sort of insubstantial, lacking in atomic density. Semi-invisible in 3D, they are more force than mass, whereas for humans the opposite is true.

How could they be freed? What would become of them in 5D? I had a few thoughts on

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that. Whether these notions could be true or not true ... I leave that to you to decide ….

THE FATE OF DEMONRY: PART I

Now the fate of demonry on Earth depends on the state of humankind. The more speckles we have on our auras ... the more karmic miasmic distortions ... the more samskaras, to use a term from Indian philosophy ... the more demons can thrive.

But the Shift and the solar flares are cleansing humans of their speckles. Which would make for some pretty hungry demons, were it not for the fact that demons are changing too. Demons are looking a lot less speckled, overall. Though they put up a good front of forgetting this straightforward fact and ignoring the outcome.

Why? Because they are pretty sure the Universe is an Unfriendly Place.

Why? Because they are pretty unfriendly guys, on the surface of it. They forget the friendly Cosmic reasoning that got them painted into this corner in the first place. That was a while ago, for sure. But not that long in the life of a demon.

I am betting they will soon remember what is so, what is truly True. Give it time, a few more solar flares, a few more years of slowly increasing Light quotient, both for them and for humankind ….

THE CONTROLLER FABLE

The story goes that an ungrounded demon can get into a woman's womb during intercourse (hope *that is* not true, even on a relatively false level!) and when conception occurs, the resulting DNA can be inhibited. Leaving time and space for the demon to intermittently ... or in some cases, nearly constantly ... assert its influence over the free will of the growing child. Why am I reminded of The Picture of Dorian Gray ... a tale that sent shivers up my spine in childhood! xx

Some suppose there is a group of such demonically compromised humans ... a group of Controllers. Do I believe this fable? Possibly, in a 2D reality, a very degraded version of Truth, such a thing might play out. But I consider it very unlikely, and very Un-true.

A BETTER FABLE: THE SHADOW OF THE PERSONALITY

So now, let's posit something more likely. Something heretofore unthinkable.... Perhaps every human being is really two entities ... a 'demon' who is tethered to a human child, and a human child whose DNA is inhibited.

Maybe what we term a 'demon' is really just a part of ourselves that is relative Un-true, and that restrains us into the 3D paradigm, so that we can experience this depth of Un-truth. Or you might say, maybe the demon is our Un-human side, the force that completes our mass, the part of our own free will that is bound down to matter….

Maybe these opposites ... force and mass ... are gravitating together, melting into 5D. In the meantime, though, and until this is accomplished, a few interesting scenarios might play out. Interesting in the ancient Chinese sense, I guess you might say ….

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For the human, the DNA may begin to open up. The process *can* be painful, especially if fear is present, so the human might cleanse and open up, or in some cases might prefer death. In which case they will have two new choices: To be reborn into New Earth, or to go directly to Source.

I have heard stories about some humans having the option to go to other planets to play with that POO (power over others) thing for a while longer. But it amounts to the same thing. Keep in mind, there is no 'time', no 'space' ... only the Eternal Now. So what may seem to those that make that choice – to participate in an eon or more of POO ... is, in fact, but a fleeting twinkle in the eye of God. This Universe, our playground, consists of Love and Light, and in the long run, all must once more realize this fully – All beings will return to Source.

THE FATE OF DEMONRY: PART II

Now here is a question that many have been setting aside: What about the demons? What will become of them?

Demons are an energy organized a little like Ra (1). For example, both demons and Ra are all in touch with each other, as their consciousness requires it. It is as if demons have 4D mobile phones with infinitely available party lines. So, like Ra, they're a cloud of consciousness ... or energy and intent, but without mass.

Leadership, though, is different. Ra arrive at conclusions through a process of common assent, an upwelling harmonic of agreement. But demons have been arriving at courses of action through a master plan put in place by Satan and enforced through fear. That will be the opposite of agreement; more like enslavement.

Suppose 5D results in the freeing of all Earth humans from all demons. What are the demon choices then? Being rather antimatter-like, they may choose to unite with the Incoming Light and return to Source awareness in a reasonably Big Bang. That would be one choice. Very dramatic, very spectacular. An *interesting* choice.

Or they might be drawn to merge with their pure angelic counterpart. What glorious new being might emerge from this melting of demonic shadow-angelic beingness back into the 'good' angel? Like angelic twin flames, joining in one great, bright Light!

They might choose to fly to another planet ... perhaps to be reassigned to an alternate timeline or parallel universe where they could join with POO-oriented humans and continue as in Earthly 3D.

In past, they might choose to roam the Universe, Borg-like. A choice that used to be available, but may no longer be viable due to increasing harmonics throughout the Universe.

If they decide to stay on 5D Earth, unaffiliated with humans, I wonder if they might have an option to become ... not Borg-like, but magnificently Ra-like.

UNCONDITIONAL LOVE

And those are my thoughts on the topic for now. For now, I am doing my best to keep in the forefront of my mind unconditional love. To place my life in the Will of the Divine.

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The moment I remember this, the Divine steps into this unlikely 3D-4D lila, and plays the Unknown hand. The result? Miraculous! Life-giving. Choice-offering. Fear-eliminating. Love-allowing.

Joy to the world! Joy to all!

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

.....
FOOTNOTE

(1) See *Link: "The Law of One," by Ra ... [1]http://llresearch.org/library/the _law _of _one _pdf/the _law _of _one _pdf.aspx ..*

.....

[2] 

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controllers, demon realm, shadow of the personality, unconditional love. hatred, Dorian Gray, Light quotient, force, mass, DNA, possession, entity attachment, interspecies communication, Angelic realm, Satan, joy, antimatter, Incoming Light, Controllers, JScambio, the Borg,

1. http://llresearch.org/library/the_law_of_one_pdf/the_law_of_one_pdf.aspx
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1.12.13 Light in the Window . by Alice B. Clagett (2013-12-09 13:02)

Written and published on 9 December 2013; revised and republished on 31 August 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

Here's to sunlight and wind! There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/a8H9tbrvyrM

SUMMARY OF THE VIDEO

I was entranced by this ... Watch this! [opaque window, with white Light dancing on it, from outside the window] ...

Kind of cool, huh? I am going to look outside and see what's causing all this ... It is a windy day; I will bet it is a tree's leaves blowing, or something like that. Hold on just a minute ...

So what it is, is there's a palm tree blowing out there, directly in the sun. You can only see the sun ... But the top of a palm tree is blowing, and every time it blows, the sun is blocked. It's just set exactly so! See? ... Light show. Early morning light show.

Well, talk to you all later. Wishing you Light and love in your life. Especially lots of Light right now.

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

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sunlight, wind, incoming light, just for fun,

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1.12.14 Duality versus Polarity . by Alice B. Clagett (2013-12-11 12:51)

Written and published on 11 December 2013; revised and republished on 31 August 2017

- DUALITY
- POLARITY

Dear Ones,

Bill Ballard (1) has a very good point about the differences between Duality and polarity. We can think of any life experience as me versus that, I versus other, good versus bad ... cause and effect; a karmic interaction ... or we can embrace all life experiences as a chance to experience polarity, difference, a richer life experience.

Here is my own list of differences between the Duality viewpoint and the polarity viewpoint ...

DUALITY

- 3D-4D
- Someone's doing something to me
- Experience of being controlled
- Looping electromagnetic field (EMF) from tailbone to head, with subconscious and unconscious thought forms affecting conscious thought

POLARITY

- 5D-6D
- My experience is broadened by polarity
- Rewiring / reprogramming
- Decentralized, toroidal EMF ... Heart energy directs thought energy

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

.....
FOOTNOTE

(1) You can see Bill Ballard's videos at pearls2u on Youtube ... [1]https://www.youtube.com/user/pearls2u ..

.....

[2] 

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advaita, duality, polarity, human torus,

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3. http://creativecommons.org/licenses/by-sa/4.0/

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1.12.15 'Opposite' Twin Flame Troubles? . by Alice B. Clagett (2013-12-11 12:52)

Written and published on 11 December 2013; revised and republished on 31 August 2017

- TWIN FLAME ELECTROMAGNETIC FIELD
- STAND-ALONE ELECTROMAGNETIC FIELD
- REWIRING BY WALKING IN NATURE
- A REWIRING SHORTCUT
- PREVIEW OF COMING ATTRACTIONS: THE DISENTANGLED LIFE

Dear Ones,

Bill Ballard ...

Link: "pearls2u," by Bill Ballard, on youtube ... [1]https://www.youtube.com/user/pearls2u ..

... describes the twin flame relationship as an electromagnetic circuit that allows us to experience more polarity ... in whatever dimension we find ourselves ... than we would otherwise experience.

He has talked about regular twin flame relationships ... What you might think of as two hearts beating as one, *à la* popular literature. He also talks about 'opposite' twin flames, where one absolutely *hates* what the other loves. In the context of Ascension, that might mean one twin flame is gung-ho into multidiming, and the other would very much prefer the status quo. Which leads to some interesting love-hate electromagnetics.

His point is it does not matter which type of twin flame relationship we may be enjoying ... or *enduring*. When it comes right down to it, it is all a question of electromagnetics. There is an electromagnetic circuit between us and our twin flame.

TWIN FLAME ELECTROMAGNETIC FIELD

Just to get a general idea of 'opposite' twin flame EMF wiring, imagine a magnetic field ...

[2]

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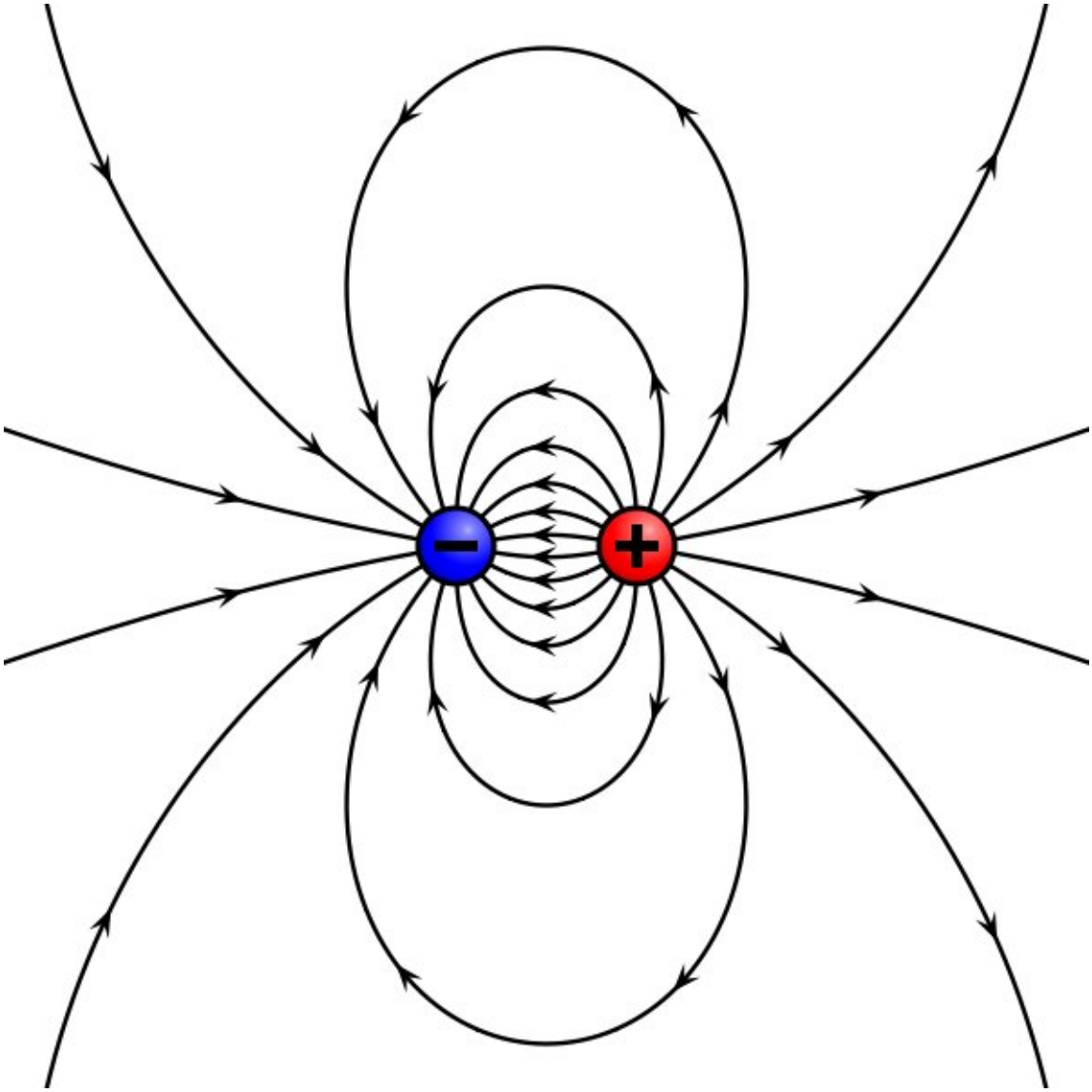


Image: "Electric dipole field of two point-charges with finite distance," in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:VFPt _dipole _electric.svg ... CC BY-SA 3.0 Unported

Image: "Electric dipole field of two point-charges with finite distance," in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:VFPt _dipole _electric.svg ... CC BY-SA 3.0 Unported

Now, imagine that you are the blue sphere, and your twin flame is the red sphere. You, the blue sphere, are being constantly bombarded with signals ... sometimes conscious telepathic signals, but largely unconscious signals that affect your gut brain ... and these signals are emanating from your 'opposite' twin flame.

This can be the most galling experience, the feeling of being at the effect of someone else's thoughts and emotions. It is good to keep in mind, though, that polarities can reverse

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any time, which then puts our ’opposite’ twin flame at the effect of our own subconscious thoughts and emotions. This we may fail to notice, since the ’takeover’ is taking place on a subconscious ... or possibly unconscious ... level.

On waking up from deep sleep, for instance, those who are clairaudient can sense what subconscious input they’ve received from an ’opposite’ twin flame during the night, but not what subconscious ’output’ they’ve sent to their opposite twin flame, who may be feeling equally put-upon.

STAND-ALONE ELECTROMAGNETIC FIELD

With proper rewiring, we can achieve a ’truer’ version of our personal electromagnetic field. It looks like this ...

[3]

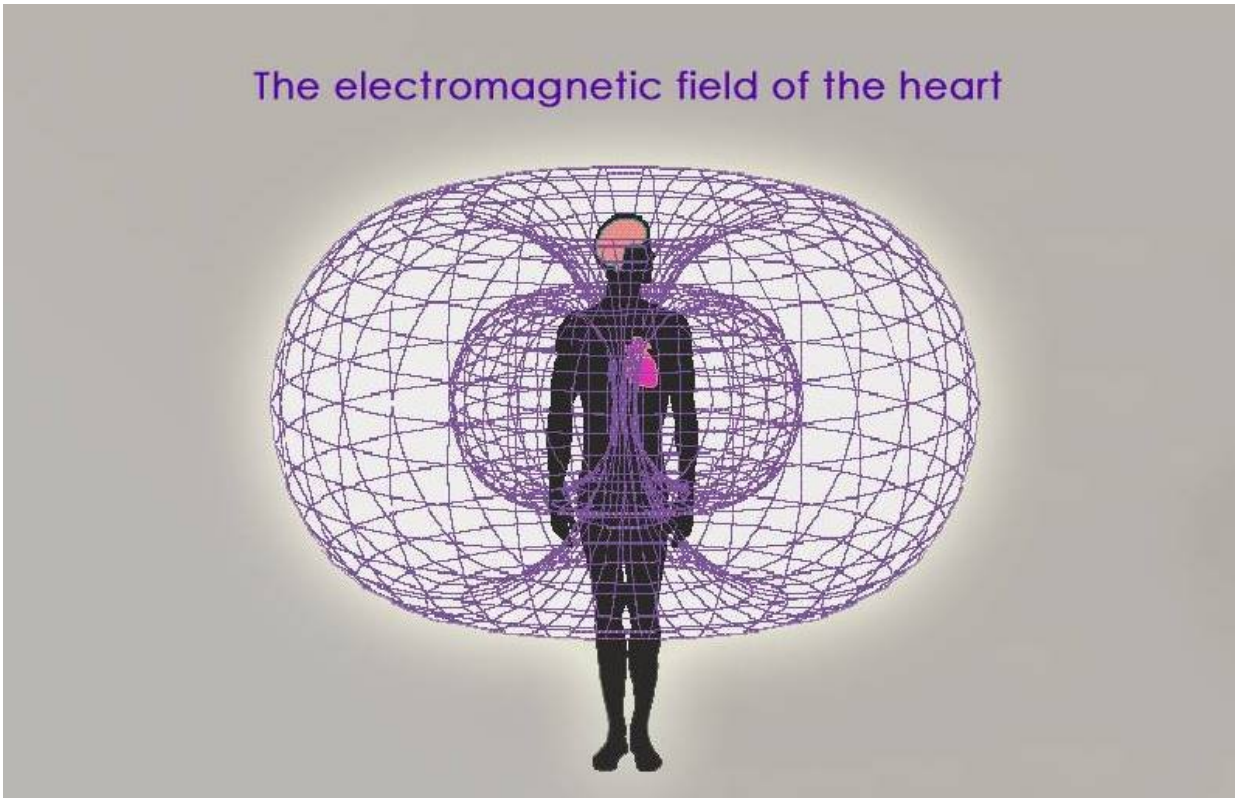


Image: "Magnetic Field of the Human Heart," from English Wikipedia ... https://en.wikipedia.org/wiki/Magnetocardiography #/media/File:Heart-field.jpg ... public domain ... COMMENT: The electromagnetic field of the heart: A torus emanating from the heart chakra.

Image: "Magnetic Field of the Human Heart," from English Wikipedia ... https://en.wikipedia.org/wiki/Magnetocardiography #/media/File:Heart-field.jpg ... public

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domain ... COMMENT: The electromagnetic field of the heart: A torus emanating from the heart chakra.

So how do we get from the energy configuration of the first picture, where we're basically at the effect of someone else's subconscious mind, to the truer, more self-contained configuration of the second picture?

REWIRING BY WALKING IN NATURE

The first thing to do is to walk outdoors as much as possible every day. This will help dispel the distortions in our electromagnetic field ... what you might call 'short circuits' ... and prepare our EMF to be in stand-alone status. Expect painful thoughts, feelings and memories to surface as you walk. Do not pay any attention to them, though. This just how your senses register the process as your EMF short-circuits flare up and your EMF adjusts to that of New Earth. The simple act of walking in nature achieves this rewiring process.

Just before a rewire, the twin flame chatter can get very intense. Fears can arise that you are losing your mind. In a sense, this is true ... You are losing an old EMF configuration ... But you are gaining a new one, in which your mind will function better. Naturally, fears will come up. It is good to feel trust and faith during this process. These emotions will get us through with the least difficulty. Whatever you are hearing in your mind, know in your heart that all is well ...

A REWIRING SHORTCUT

As this rewiring process has been taking place with me, I have tried a shortcut that helps a little. Maybe it will help you too. Here is the technique ...

Lie down on your back on the floor or on your bed. Do not put a pillow under your head. Make sure that your body is completely horizontal, and completely relaxed.

In an opposite twin flame relationship, one side of the body becomes more entangled, electromagnetically, because of the constant interaction with the other twin flame. And one side of the body becomes less entangled. If you have not already noticed this, you now need to determine which side is which.

Outstretch one arm on the floor at right angles to the body, and place your Awareness very single-mindedly on your outstretched palm. If the twin flame chatter increases, then you have extended the 'more-entangled-side' arm by mistake. Bring that arm back by your side, extend the other arm along the floor at right angles to your body, and concentrate your Awareness single-mindedly on the newly extended palm.

Image: Titmouse perched on a person's hand ... [4]https://birdfeederhub.com/wp-content/uploads/2019/06/titmouse-in-hand.jp g ..

With luck, you will find, as did I, that concentrating on this 'less-entangled-side' palm decreases the volume of, or else creates a sense of distance from, the twin flame chatter. So if the chatter begins to decrease in volume, or if you begin to feel a mental distance from it, Just lie comfortably on the ground, and concentrate on the extended weak-side palm.

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What happened for me when I tried this defies description. The rewiring process continued for several hours. So if the process begins to work for you, be patient. Trust in the outcome. Know that all is well.

PREVIEW OF COMING ATTRACTIONS: THE DISENTANGLED LIFE

Interaction between people after rewiring is completely different from the twin-flame dynamic. It is more like this ...

Image: Two people, each with an EMF field emanating from their heart, standing close together, so that the EMF fields overlap ... [5]http://www.meditationplex.com/wp-content/uploads/2013/04/heart-electroma gnetic-field.png ..

When two people have 'stand alone' electromagnetic fields, their EMFs remain relatively intact, even when they are physically near each other. However, the 'flavor' of one person's EMF influences the overall EMF of a nearby person, or a person visualized. It's more like an overall, homogeneous 'love in'... Well, not in the personal sense; electromagnetically speaking.

This may sound *outré*, even off-putting, but it's actually lots of fun; a very high experience. Uplifting and loving on a deeply personal level. Something to look forward to, as fog loves sun, as the shore loves the ocean, as time and space love the timeless, spaceless Source of All. We do not know it, we cannot imagine it, we sense it but dimly. We are all just on the verge of experiences wonderful beyond measure.

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

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twin flames, sacred sexuality, astrogeophysics, human EMF, human electromagnetic field, EMF entanglement,

1. https://www.youtube.com/user/pearls2u
2. https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/600px-vfpt_dipole_electric-svg.png
3. https://awakeningwithplanetearth.com/wp-content/uploads/2017/08/heart-field.jpg
4. https://birdfeederhub.com/wp-content/uploads/2019/06/titmouse-in-hand.jpg
5. http://www.meditationplex.com/wp-content/uploads/2013/04/heart-electromagnetic-field.png
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1.12.16 The Intellect . by the Theosophists . with comments by Alice B. Clagett (2013-12-11 20:40)

Written and published on 11 December 2013; revised on 2 May 2018

- HOW INTELLECT HOLDS SWAY FOR A TIME IN A MAN'S SOUL EVOLUTION, BEFORE AWARENESS OF SPIRIT DEVELOPS
- INTELLECT AS A COMBATIVE, SEPARATIVE PRINCIPLE IN MAN
- UNITY IS FELT ON ATTAINING THE BUDDHIC PLANE

Dear Ones,

Below are excerpts on the human Intellect from the book "The Causal Body and the Ego," by Arthur E. Powell, "Ch. XIII. Individualisation: Its Mechanism and Purpose" ...

HOW INTELLECT HOLDS SWAY FOR A TIME IN A MAN'S SOUL EVOLUTION, BEFORE AWARENESS OF SPIRIT DEVELOPS

"In the course of man's development, the intellectual evolution must for a time obscure the spiritual evolution. The spiritual has to give way before the rush of intelligence, and retire into the background for a while, leaving intelligence to grasp the reins and guide the next stages of evolution ...

"Thus for a time the spirit is obscured, maturing in silence, while the warrior intellect carries on the struggle: the time will eventually come when intellect will lay its spoils at the feet of spirit, and man, becoming divine, shall reign on 'earth' *i.e.,* on the lower planes, as their master, no longer their slave ...."

INTELLECT AS A COMBATIVE, SEPARATIVE PRINCIPLE IN MAN

"The intellect is essentially the separative principle in man, that marks off the 'I' from the 'not I', that is conscious of itself, and sees all else as outside itself and alien. It is the combative, struggling, self-assertive principle, and from the plane of the intellect downwards, the world presents a scene of conflict, bitter in proportion as the intellect mingles in it.

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"Even the passion nature is spontaneously combative only when it is stirred by the feeling of desire, and finds anything standing between itself and the object of its desire. It becomes more and more aggressive, as the mind inspires its activity, for then it seeks to provide for the gratification of future desires, and tries to appropriate more and more from the stores of nature.

"But the intellect appears to be spontaneously combative, its very nature being to assert itself as different from others. Hence we find in intellect the root of separateness, the ever-springing source of divisions among men ..."

UNITY IS FELT ON ATTAINING THE BUDDHIC PLANE

"Unity, on the other hand, is at once felt when the buddhic plane is reached. But with that we shall deal in a much later chapter."

–from *Citation: "The Causal Body and the Ego," by Arthur E. Powell, 1928, "Ch. XIII. Individualisation: Its Mechanism and Purpose," public domain.*

[Subheadings and paragraphing are my own. –Alice B. Clagett]

In love, light and joy,
I Am of the Stars
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mastery of mind, Arthur E Powell, intellect, School of Theosophy, Soul evolution, intellect, mind, passion nature, combativeness, separativeness, unity, buddhic plane, desire, higher mental body,

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1.12.17 Sunlight on Water . by Alice B. Clagett (2013-12-15 20:02)

Written and published on 15 December 2013; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This is a video about sunlight on water, and some pictures of Malibu Creek State Park in late afternoon. There's a Summary after the video.

The peaceful instrumental at the end of the video is "Cylinder 6" by Chris Zabriskie, CC BY 4.0 ...

VIDEO BY ALICE

https://youtu.be/i4A75zyhGTk

SUMMARY OF THE VIDEO

Hello, Dear Ones,

I am at Malibu Creek State Park today. It is late afternoon. And here I am looking at the creek water flowing ... I am not sure which creek. And I was just thinking about our physical form.

You know, some people say that our physical form is like those leaves in the water there; and they are just floating on the water there.

And some people say our lives are like the water that os floating down the stream.

But I think we are more like the reflection, there, of the sky. It is beautiful, huh? The reflection of the sky in the water. Even more beautiful than the leaves moving around, and the water moving around ... The sunlight reflecting on the water is so beautiful!

In love, light and joy,
I Am of the Stars
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Malibu Creek State Park, nature, true reality, Soul, Chris Zabriskie,

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1.12.18 Winter Solstice 2013 . by Alice B. Clagett (2013-12-21 15:46)

Filmed and published on 21 December 2013; republished on 24 August 2017; revised
Previously entitled: 2013 Winter Solstice

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - The Energies of Solstice Day 2013
  - My Counselor's 'Tool Kit' for Generalized Anxiety and Panic Attack
  - My Favorite Technique for Stilling the Mind
  - A Wish for the Coming Year

Dear Ones,

Here is a video with a wish for everyone for Winter Solstice 2013; there is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/es3megFKnrs

SUMMARY OF THE VIDEO

Hello, Dear Ones!

That is Turtle Rock in the background ... Can you see its head to the right and its shell kind of going down to the left? ...

The Energies of Solstice Day 2013

And I just have a few words for you on this beautiful Solstice Day 2013 in the Los Angeles Area, and all over the world. There have been some interesting energies coming in yesterday and today. And they seem to be finally rooting out the tendrils of the victim / aggressor paradigm in the subconscious mind of man.

It creates unsettling sensations here and there in the body, and those trigger subconscious fear and anger. And around those emotions, the subconscious has been building some pretty scary stories.

And so, the question is: What to do when we are confronted with these wonderful cleansing energies, and the subconscious mind takes off on its own tangent ... How to live a happy, peaceful life anyway ... You know? And I have a few things.

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My Counselor's 'Tool Kit' for Generalized Anxiety and Panic Attack

I recently spent some time with one of the Los Angeles Safe Harbor program's behavioral psychologists, Vladka Lumley, LMFT, who really impressed me with her expertise. She came up with quite a few traditional techniques on how to counter panic attack, for instance.

First of all, she said:

- Become aware of the moment when you begin to feel panic ... the 'trigger' moment. For instance, a trigger moment might be an upsetting situation, jumping to conclusions, perceived or actual criticism by others, or maybe being tired.
- Also notice physiological changes at the trigger moment ... a change in posture? A change in breathing or heartbeat?

Then, my counselor said, we can develop a 'tool kit' to use when we notice trigger moments. Here are some of the tools she recommends ...

- Meditation with progressive conscious relaxation of body parts
- Firmly holding the last 2 fingers of the left hand with the fingers of the right hand till the panic subsides
- Long, deep breaths ... inhale a positive thought through the nose, then exhale negativity through the mouth
- Positive visualizations
- Positive self talk
- Writing increasingly positive affirmations in a 'medicine wheel' or round spoked shape on paper
- Reality check ... Do not jump to conclusions
- Avoid black and white thinking; think in shades of grey
- Set small, easily achieved goals for yourself every day
- Get exercise
- Dialectical Behavioral Therapy (DBT) ... see *Link: "Learning DBT" ... [1]http://www.dbtselfhelp.com/html/learning _dbt.html ..*

Behavioral psychology is a very good field, I feel, because it provides practical techniques and tips for self-help in changing behaviors such as habits and emotions.

My Favorite Technique for Stilling the Mind

I just wanted to talk to you for a minute about my favorite technique for stilling the

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mind, which I've mentioned before ...

It seems like the mind can be just taking off on its own, you know? And coming up with all kinds of sitcoms. And I cannot stop the mind.

But the funny thing is, that the minute I set my feet on the Earth, and start walking in nature, and start chanting my mantra, it stops! The mind stops!

Especially since I am using mantras that appeal to the subconscious mind. And so they have a kind of a rousing, marching beat to them when I chant them either mentally or out loud.

A Wish for the Coming Year

It is a good thought for the coming year and the coming light, to imagine love coming more and more into our lives, and protecting us, and surrounding us. So I thought I would give you that wish for Solstice Day 2013, for the new year ...

That your life should be lacking in mental stories, and full of love, and connected to the Earth, and connected to all that is. I wish that for all of us, with all my heart.

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

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[2] 

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victim / aggressor paradigm, anxiety, almanac, 2014 Winter Solstice, panic attacks, fear, anger, subconscious, happiness, peaceful feeling, grounding, nature, walking, earthing, chanting, psychology, psychiatry, behavioral psychology,

1. http://www.dbtselfhelp.com/html/learning_dbt.html
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1.12.19 Messengers of the Divine . by Alice B. Clagett (2013-12-22 12:50)

Written and published on 22 December 2013; revised on 31 August 2017

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about an inspiration I received from the Divine as I walked in the mountains this afternoon. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/rLOhvZbxO5k

SUMMARY OF THE VIDEO

I just went for a walk up the hill, here, on an old stagecoach route. And the sun went behind the ridge, so I walked back down. And as I was walking back down, I met a few people on the road. The last couple of people, and the last couple of dogs that I ran across ... right after that, I had a message from the Divine. And the message went like this ... I thought you would like to hear it ... It was ...

Treat all the people that you meet, as if they were messengers of the Divine.

So I cannot wait to meet the next one!

You all, take care! Talk to you later!

[a person walks by] I think I just missed one! [laughs]

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

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messengers of the Divine, unconditional love,

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1.12.20 Odd Things Have Been Happening . by Alice B. Clagett (2013-12-24 08:34)

Filmed on 24 December 2013; published on 26 December 2013; republished on 24 August 2017; revised

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Introduction
  - Cold and Warm Streams of Air
  - Multidimensional Bleed-Through
  - Conclusion
- FURTHER READING

Dear Ones,

This is a video about odd things that have been happening lately, as Earth continues to ascend at the beginning of 2014. There is an edited Summary after the video.

VIDEO BY ALICE

https://youtu.be/xe5oTMYM800

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Introduction

I am at Malibu Creek State Park. And what you are looking at here, is a dry streambed. It usually has plenty of water in it, but right now it is just dry, white stones. And I was walking along here ... there is actually a roadway right through here ...

Cold and Warm Streams of Air

So I was walking along the streambed, and I noticed that, even though the stream was dry, there was a river of cold, chilly air running along the streambed ... and so, as I was walking along ... actually, I am standing right in the middle of it now ... It is like a stream of cold air running along through ...

And higher up, where the Sun has been ... up on the hill there ... see? ... it is warm. And the air currents running along are very warm; quite a different temperature. And it reminded me of another experience I have been having today, which I hope I can adequately describe ...

See, sometime we do not *see* something. We just *feel* something. And it is true, even

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though we cannot see it; it is invisible to us, you know? Like this air: I cannot *see* it, but I can *feel* it. I know that it is very different, standing here in the streambed.

Multidimensional Bleed-Through

And today I have also been experiencing interweaving strands of energy from different dimensions. Some people call it 'multidimensional bleed-through'.

And I look around, at the people around me, and I see that they are going along ... business as usual ... in the third dimension. Very clearly so.

But the energy that I feel, when I talk to them ... I feel third-dimensional energy. But when I am walking along by myself, I feel a definite interweaving ... around and through my being ... of fourth-dimensional energy.

It is good to know ... to have a heads-up ... about what might happen. I think I will add, in the blog, a few more things that other people have been experiencing, that will set you back if you do not really know what is going on right now with the energies.

Conclusion

It all has to do with the Earth ascending, and changing in frequency. And so, odd things are happening ...

- Rivers of cold air ...
- Wafting breezes of warm air ...
- Rivers of three-dimensional energy ...
- And wafting threads of fourth-dimensional energy

And it is all heading towards the fifth dimension, which a lot of people say is pretty blissful. So, do not be too set back by the odd things that are happening right now.

I will talk to you all later. Take care. Love you.

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

FURTHER READING

Here are some more odd things to be aware of, just in case you should experience them. If you know about them in advance, they may be easier to understand.

Sandra Walter

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Per Sandra Walter: deep revelations, dimensional bleed-through phenomena, profound stillness and sensations of departure ...

Link: "The 2013 Light Intel Collection," by Sandra Walter, at "Creative Evolution" ... ... [1]https://sandrawalter.com/ ... Search the Archives for "Early 2014: Shift of Collective Reality," December 6, 2013.

Tom Kenyon

Per Tom Kenyon: sleep disturbances, emotional volatility, cognitive dissonance, memory glitches and an inability to sequence mentally ...

Link: "Fukushima: A Hathor Planetary Message Through Tom Kenyon" ... [2]https://tomkenyon.com/fukushima ..

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[3] 

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ascension, fifth dimension, fourth dimension, multidimensional bleed-through, multidimensional bleedthrough, third dimension, multidimensionality,

1. https://sandrawalter.com/
2. https://tomkenyon.com/fukushima
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.12.21 What's in a Mind? . by Alice B. Clagett * (2013-12-26 12:50)

Written and published on 26 December 2013; revised and republished on 31 August 2017

Dear Ones,

Yesterday, Christmas day, I was feeling a little blue ... Christmas without the family, no roast turkey, and so on. I was feeling just moderately down in the dumps ...

Then I went to turn on the internet, and I got a pop-up message requesting a username and password. The error message on the browser included the word 'hijack'. Well this set my mind off in an uproar about possible disaster scenarios, the number of hours it might take to nail down the problem, the state of the world, and so on.

So I went outside and sat in the sunlight. The sunlight was the same as always. The sky just as blue. The leaves on the trees ... blowing in the wind ... were just as green. Essentially, everything was ok in the real world. Just, my mind was acting like a run-away train. I thought: maybe I had better put this problem off 'till tomorrow. So that is what I did.

Then this morning, just after I woke up, I had a revelation about the mind.

For the longest time, I have been thinking about my mind as if it were a big vase into which thoughts and emotions can be poured. I had a feeling that, once the thoughts and feelings were in that vase, it was pretty difficult to clear them out. But it is not like this at all.

Image: Screen tent set up in a pine forest ... [1]http://www.fiberglassrv.com/forums/attachment.php?attachmentid=19692 &thumb=1 &d=1280148739 ..

The mind is more like a screen tent. Thoughts are like breezes flowing through the tent. They come from ... who knows where? A mile a minute. Never the same thoughts today as yesterday. And the ego sits on a patio chair inside the tent, conjuring up the fiction that the thoughts it senses are its own thoughts, captured and controlled in its own personal 'mind vase.'

I had to laugh. It is just so simple. Where do thoughts and emotions come from? From God, from the Infinite. All day long the Infinite sends us these thoughts and emotions? Why label them our own? Why not call them gifts from the Infinite, sent to teach us a lesson in unconditional love? We can open these gifts, learn these beautiful lessons, and then let the thoughts float off in the breeze.

In love, light and joy,
I Am of the Stars
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unconditional Love, mind, mastery of mind, thought forms, ego, panic attack, peaceful feeling, mind,

1. http://www.fiberglassrv.com/forums/attachment.php?attachmentid=19692&thumb=1&d=1280148739
2. http://creativecommons.org/licenses/by-sa/4.0/
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1.12.22 On Team Dark, Healing Soul Wounding, and Knowing We Are Light . by Alice B. Clagett and others (2013-12-27 06:14)

Written and published on 27 December 2013

- Facing and Overcoming Team Dark: Denise Le Fay
- Healing Soul Wounding: Daniella Breen
- On Despair and Faith, Darkness and Light: Alice Clagett

Dear Ones,

FACING AND OVERCOMING TEAM DARK: DENISE LE FAY

Denise Le Fay has done a recap on her experiences in 2013. You can view it at this link ...

Link: "2013 Recap: Oh, What a Year It Was!" by Denise Le Fay, 25 December 2013, in HighHeartLife ... [1]http://highheartlife.wordpress.com/2013/12/25/2013-recap-oh-what-a-year-it-was/ ..

She talks about courageously facing negative interference from Team Dark, and learning not to fall or get pulled back down into lower frequencies when attacked.

HEALING SOUL WOUNDING: DANIELLA BREEN

Interestingly enough, Daniella Breen recently came out with a video on what she has been going through in 2013: How her Soul wounding has been shut down and healed with the help of her ascension teams and masters, including the Elohim ... xx

Video: "Ascending: A Pattern Emerges," by Daniella Breen, 16 December 2013 ... [2]https://www.youtube.com/watch?v=jVUWEoVIlNM ..

ON DESPAIR AND FAITH, DARKNESS AND LIGHT: ALICE CLAGETT

This process of facing the Dark and calling in the Light is a skill we must all learn. There are times when nothing but despair is all around us. When that happens, we must step back, outside of our small ego, step up to the edge of the Infinite being that we really are, and get a little perspective on the play that's unfolding. For this illusion of good and bad, light and dark, innocent and wicked, is a very long way from Truth.

If you can imagine a slice of Reality that is You ... an energy of pure Light and Love.... Now imagine that energy is bound up and compressed, like when you put a board on a block of tofu to slowly squeeze the water out of it ... So the pure Light and Love that is you is bound and compressed in such a way that the very essence of your being is momentarily hidden in the denseness of matter, your physical and astral being.

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This act of compression, this occlusion of our perception of Light, must occur for us to experience a Team Dark attack, for us to imagine that we have Soul wounding that must be healed. The moment we *notice* the Light that we are, all that will go away.

So what I am trying to say is that, in our compressed, un-Lit awareness, we may see all around us the Dark. We may feel we are being attacked by the Dark, and that we are hopelessly outnumbered ... as with Denise Le Fay's vision of the hateful reptilians marching past her. We may even take ourselves for the Darkness, which is the greatest possible Untruth.

There is not one of us humans on Earth today who is not, in his or her Truest aspect, a being of splendid, brilliant love and light. And that's the Truth to bring to the moments of despair that may await us as the Ascension process continues to unfold in 2014. Step back from the dark pit! Let in the Light! Truly, all the help we will ever need is all around us! In your heart of heart, know with certain surety that all is well!

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

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ascension, Daniella Breen, Denise Le Fay, psychic wounding, Team Dark, duality, despair, faith, dark network, soul wounding, duality, reptilians,

1. http://highheartlife.wordpress.com/2013/12/25/2013-recap-oh-what-a-year-it-was/
2. https://www.youtube.com/watch?v=jVUWEoVIlNM
3. http://creativecommons.org/licenses/by-sa/4.0/
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1.12.23 Team Dark and Sunlight . by Alice B. Clagett (2013-12-27 10:28)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Postlude: Chris Zabriskie and Photos by Alice

Dear Ones,

Here are some views of Santa Monica Bay and some thoughts on Team Dark, the fourth dimension, the physical world, and the pranic column (aka the pranic tube, central vertical power current, kundalini, antahkarana, silver cord, and silver thread).

At the end of the video are clips and stills of Santa Monica Beach, along with the bold instrumental piece, "Prelude No. 5" from the album "Preludes" by Chris Zabriskie, CC BY 4.0.

There is a Summary after the video ...

VIDEO BY ALICE

https://www.youtube.com/watch?v=RDnK _RpkHl4

SUMMARY OF THE VIDEO

This is Santa Monica Bay.

It is early afternoon. The sunlight and the water are just incredible. Look! Dolphins! Dolphins in the Santa Monica Bay. [clip of 3 dolphins surfacing on the bay] ... I don't know if you can see this pretty well ... They are having a good time. I wonder what they are up to!

I am here at Santa Monica Beach today, in the afternoon. And it is a really sunny, warm day. The water's cold, but the sun is nice and warm. And so, I thought it might be a propitious time to talk a little bit about this Team Dark that various people have mentioned ... because it is such a sunny, beautiful, bright day.

To my clair perception, the one time that I really sensed Team Dark, it felt to me like a thin, thin layer... flat, nearly featureless, extending out infinitely ... so thin it doesn't really have a dimension ... of deep darkness, and a lot of pain, and suffering, and torture, and demonic entities, all twined together with human suffering and trauma and wounds, and like that.

When we lose touch with the physical world, we can sink into that space that's just about the mind and the emotions ... also known as the fourth dimension ... I call it the neural and emotional nets ... And those things twine up our sensation of the world until it doesn't bear much resemblance to what I see here on the beach today, which is absolutely beautiful.

So when we lose touch with our physical senses ... with our feet on the Earth, you know? ... and with the sunlight on our heads, we can fall into that Team Dark thing.

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Another good way to get around it, besides walking in Nature, and just actually feeling the Earth and the sunlight, is to practice pranic column awareness (aka pranic tube, central vertical power current, kundalini, antahkarana, silver cord, and silver thread) that Tom Kenyon talks about. And the reason for that is:

The fourth dimensional reality ... what I call the neural and emotional net ... our connections, as humanity, to that reality, siphon off our Infinite creative power. And so, the way to get around it, is to strengthen our awareness of our pranic column, which sends energy up and down our body. That strengthens our core energy, so that we can penetrate through the Team Dark arena, and then directly into our Infinite strength, and to the multitude of beings that are waiting to help us.

That is the news today, in the beautiful sunshine! I will talk to you all later. Take care.

Postlude: Chris Zabriskie and Photos by Alice

Next are a video clip of sunshine and sandy beach, then still images of the beach, accompanied by the bold instrumental piece, "Prelude No. 5." from the album "Preludes" by Chris Zabriskie, CC BY 4.0.

[1]

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Image: Sun Shining on Santa Monica Bay, by Alice B. Clagett, 27 December 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com
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Image: Sun Shining on Santa Monica Bay, by Alice B. Clagett, 27 December 2013, CC BY-SA 4.0 International, from "Awakening with Planet Earth," https://awakeningwithplanetearth.com ..

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

Filmed on 27 December 2013; revised on 8 January 2018; revised on 23 March 2023

I mentioned in the video meditating on the pranic column. Tom Kenyon describes a very useful meditation on the pranic column (he calls it the 'pranic tube'). Here's the link ...

Link: "Earth's Magnetic Field," by Tom Kenyon ... [2]https://tomkenyon.com/earths-magnetic-field ..

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[3] 

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demonic realm, fourth dimension, physical world, Santa Monica Bay, Team Dark, Tom Kenyon, dark network, Santa Monica Beach, Chris Zabriskie, pranic tube, pranic column, central vertical power current, kundalini, antahkarana, silver cord, silver thread, photos by Alice,

1. https://awakeningwithplanetearth.com/wp-content/uploads/2018/01/dsc03141.jpg
2. https://tomkenyon.com/earths-magnetic-field
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

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1.12.24 Despair . by Alice B. Clagett (2013-12-29 08:42)

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO

Dear Ones,

This video is about despair, today's astrogeophysical phenomena, and the Peace Prayer of Saint Francis. There is a Summary after the video ...

VIDEO BY ALICE

https://youtu.be/G46FR7YNvxc

SUMMARY OF THE VIDEO

Hello, Dear Ones.

I am here at Topanga Canyon State Park. This is a popular walking trail here; with facilities, which is helpful. People walk along. And there are beautiful eucalyptus trees here. And a place to tie up your horse if you happen to be riding up. And a picnic area. And then the trail heads on down the head that way [moves camcorder to left] and over the hill.

It is Sunday, and this is an interesting day, so far. I woke up this morning with the strangest commotion ... as if the fourth dimension were bubbling and bungling around inside my head, and all around me. As if there were confusion on the astral plane.

And as the morning progressed, I began to feel ... I could only describe it as despair. And I was only too happy, as the day wore on, to come out here, into the mountains again. The minute I got out into the mountains, my heart got a little bit lighter.

But still I feel a sense of melancholy today. And I have run into it in some of the people I have met today, even. And my cat is even out of sorts. It is the strangest day! So I was thinking, as I was sitting here: What do we do, when we feel despair? What can we do, to make things better?

And the thought that came to me was: Thy Will, not mine, Divine Mother! Thy Will, not mine! And that took a big burden off of me. It was like I did not have to change. It was like everything was ok. And I am hoping to repeat that thought as I walk back down the mountain today.

I am reminded of Saint Francis ... I think he said a prayer that was similar to that ...

Link: "Prayer of Saint Francis," in English Wikipedia ... [1]https://en.wikipedia.org/wiki/Prayer _of _Saint _Francis ..

So, I am wishing you a day full of hope. And if troubled times come on you, I hope this

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little mantra will be of as much help to you as it was to me. God bless you all! ...

I am home now. I have my cat over there. She is looking a little less spooky than she looked this morning, thank goodness. And I am feeling better too. I have a few words for you, about the video I just did in the mountains there ...

I came back home, and took a look on the internet, and found out, interestingly enough, that there was a big radiation storm in the middle of the night, last night, and it is just subsiding today. And then, there was an M-3 class solar flare right around midnight, Pacific Time.

I suspect hat the strange feeling in my head, and the emotional affect I have had today, had something to do with this astrogeophysical, muddled particle movement. (This I later dubbed *protonfall*: solar wind speed times solar wind density.)

It is consoling to the left brain, to think that there is some reason for such strong experiences that we go through. So I looked on the internet, and I found the Peace Prayer of Saint Francis. And I have to say, I was a little off the mark. It is not really about following the Divine Will. It is more like asking the Divine for many wonderful things. Nevertheless, it is quite a poignant and helpful prayer, I feel.

And I am wishing you all peaceful, settled hearts, and wonderful experiences throughout the night.

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

Written and published on 29 December 2013; revised on 8 January 2018 and on 23 March 2023

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Image: "The Madonna of the Streets," by Roberto Ferruzzi, 1897, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Ferruzzi _Reproduktion.jpg ... public domain ... COMMENT: I think of this famous image as being the purity and faith of a mother who must rely on the Divine for today's crust of bread, and to provide a safe haven for herself and her child.

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... https://commons.wikimedia.org/wiki/File:Ferruzzi _Reproduktion.jpg ... public domain ... COMMENTS: I think of this famous image as being the purity and faith of a mother who must rely on the Divine for today's crust of bread, and to provide a safe haven for herself and her child. –Alice B. Clagett

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[2]



Image: "St Joseph with the Infant Jesus," a painting by Guido Reni, 1620s, in Wikimedia Commons ... https://commons.wikimedia.org/wiki/File:Guido _Reni _- _St _Joseph _with _the _Infant _Jesus _- _WGA19304.jpg ... public domain

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astrogeophysics, Christianity, faith, prayers, despair, Peace Prayer of Saint Francis, solar flares, solar events, solar radiation, mantra, protonfall, motherly love, Divine Mother, Our Lady of the Streets, Divine Mother, Saint Joseph,

1. https://en.wikipedia.org/wiki/Prayer_of_Saint_Francis
2. https://awakeningwithplanetearth.com/wp-content/uploads/2018/01/491px-guido_reni_-_st_joseph_with_the_infant_jesus_-_wga19304.jpg
3. http://creativecommons.org/licenses/by-sa/4.0/
4. http://creativecommons.org/licenses/by-sa/4.0/

1.12.25 Temporal and 4D Novelties . by Alice B. Clagett (2013-12-30 08:36)

Written and published on 30 December 2013; revised on 6 January 2018

- VIDEO BY ALICE
- SUMMARY OF THE VIDEO
  - Alice's Story About a Possible Timeline *Loop*
  - Timeline *Slips* or *Slides*
  - On Fractals Peeling Off the Current Timeline: Timeline *Splits*
  - Timeline *Splits*: Story About the Person Who Wanted to Play Kirtan His Whole Life Long
  - Timeline *Splits*: Story About the Man Who, for Love of a Woman, Fractalized as Her Newborn Child
  - The Sun as a Great, Multidimensional Being, Affecting Us Multidimensionally as Well
  - Semi-Sentient, Ghostly State of the Dearly Departed
  - On Sensing Ghosts as Pressure Around the Head, and Blessing Them, So They Can Feel Safe

Dear Ones,

Here are some stories about a time slip in a car wash, very speedy time, fractal incarnations, and the Souls of our dearly departed. There is an edited Summary after the video ...

VIDEO BY ALICE

https://youtu.be/ZZylL3VrT5E

SUMMARY OF THE VIDEO

Hello, Dear Ones,

Alice's Story about a Possible Timeline *Loop*

On a beautiful day in late December at Sage Ranch. And I thought I would talk to you today about something a little bit mysterious that happened to me at the car wash on Sunday. I went in to pay the money for the car wash in the machine, and there was another car in front of me. It was a van, and it went into the car wash.

But I could see what was going on because there was one of those circular mirrors ... the curved mirrors that show things that are going on. I saw that the car finished with the car wash. And then the car started to get smaller, in the mirror, as it moved out of the car wash.

I put my money in, and the machine told me to enter the car wash. And so I went around the

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curve to go into the car wash, and there was that very van, just backed up to the entrance of the car wash, and getting ready to go into it, for the car wash.

I do not really have an explanation for that, because I saw the van leaving. I just do not know what to say about it. So I waited again for the wash cycle to complete itself, and the van left, and then I went into the car wash, and I was able to get my car washed successfully.

Timeline *Slips* or *Slides*

I wonder what is going on with time these days ... You know, I have noticed it speeding up. I have noticed how few things I can get done in a day, even though I am very industrious. And my sense of time has changed. It is like time seems to be moving just very, very fast.

And so, I get up in the morning, and I do the thing that seems the most important, and the most fun to do that day. And since the day seems to last for such a short length of time, I congratulate myself, at the end of the day, that I have achieved that one thing ... and maybe a few other things too.

I do not know if you have been noticing these strange things about time: Temporal *slips*, or *slides* ... something like that. And there is a second thing that is going on. It has to do with the fourth dimension.

On Fractals Peeling Off the Current Timeline: Timeline *Splits*

I have seen a couple of instances where, for people who are living right now ... clairaudiently, it seems to me that some aspect of themselves is peeling off, and going into a separate incarnation ... either here on Earth now, to complete some aspect of themselves that they were not able to complete in this lifetime ... like, for instance, joy of playing kirtan ...

Timeline *Splits*: Story About the Person Who Wanted to Play Kirtan His Whole Life Long

I recall an instance of a timeline split that I heard about clairaudiently: One day, the Soul was hovering over, around me, and some portion of the Soul just decided it had had enough of waiting around. And it went, as a separate incarnation, off to India to play kirtan its whole lifetime. And that was very odd, because the original person is still alive. Almost unbelievable, really.

Timeline *Splits*: Story About the Man Who, for Love of a Woman, Fractalized as Her Newborn Child

I had another instance with a person, where they really loved a woman from whom they were divorced; they loved that woman so much, that a portion of their Soul ... I think they call it a *fractal* ... peeled off from their Soul, and decided to move into an alternate lifetime, where that woman was married to someone new, and was ready to conceive a baby. And that Soul decided to take the responsibility of being her son.

And I even saw a fast forward, where the baby was born, and it was still aware of its

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current lifetime, and it was, for the first month, struggling to fit into the scenario of the husband and the mother that had previously been its spouse.

But then, at the end of that time, it mercifully forgot all that, and it sank into the role that it had chosen for itself: To be very close to the woman it had loved, in a childish fashion. It was very unusual. And kind of cool, that we are in a situation right now where we can, apparently, speed up karma. We can actually actualize our many desires for ourselves in many different directions, simultaneous with our current incarnation.

I do not believe I have heard anyone talking about that, but apparently it is true. It is possible. And it is kind of cool.

The Sun as a Great, Multidimensional Being, Affecting Us Multidimensionally as Well

I have one other thing to talk about the fourth dimension right now, and that is, it seems to me ... what with the recent 'particle stew' ... that is, high protonfall (1) ... and a solar flare, even though it was a small solar flare ...

Apparently, the Sun is a multidimensional being ... like us ... only much greater, of course, and much more responsible for a lot of stuff. But, when the Sun has a solar flare, my feeling is that the flare affects Earth on many different dimensions too. And so, in addition to affecting our physical bodies in the third dimension, it is also affecting our emotional and mental world .... our astral world, the fourth dimension ...

Semi-Sentient, Ghostly State of the Dearly Departed

And it affects those Souls that are currently in the fourth dimension; our dear ones, who have passed on. It affects them too. And perhaps more directly. And helps them prepare for Ascension. But while it is doing that ... because Souls are very often in a not-too-sentient state ... kind of shell shocked, or kind of *hiding*, when they are in the fourth dimension. For a long time, they may just hang out, in a semi-sentient state.

On Sensing Ghosts as Pressure Around the Head, and Blessing Them, So They Can Feel Safe

So their fears can be roused by these changes in the electromagnetics of Earth, just like ours can. And today I have noticed a pressure around my head, and a feeling that there are many Souls that are seeking refuge around me.

I know that the all have guides that are just waiting, on the astral plane, to help them. And I have also heard that Mary Magdalene and Divine Mother are just waiting for an opportunity to help them and guide them in the right direction.

So the minute I noticed this 'congestion' around my head, I just wished them all speedily off ... That they should find their path, and find their guides right away, and that the Divine should help them, right away, to find a safe path to their destiny, as Souls. And the minute I said that, they all cleared out, and they were pretty joyful about it.

I did hear a few little voices ... wistful voices: Are you sure it is safe out here? And that kind of voice. And I just reassured everybody that it was perfectly safe. You cannot be

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more safe, than under the protection, and in the care, of the Divine.

So, those are my experiences, recently, with regard to the changes around Earth, and on Earth. And I realize it is a lot to hear, even on a sunny day. So, if I have aroused your incredulity, please pardon me. [laughs]

I hope you have a wonderful, sunshiny day. talk to you later.

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

For more information see ... *Link:* "*Compendium: Timelines and Multitemporality,*" *by Alice B. Clagett, published on 2 February 2019 ... [1]https://wp.me/p2Rkym-byd ..*

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FOOTNOTE

(1) I define protonfall as solar wind speed multiplied by solar wind density.

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[2] 
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lost children of the soul, timelines, disincarnate souls, fractal incarnations, temporal novelties, time slip, timelines, protonfall, ghosts, multidimensionality, Sun, solar events, afterlife, incarnations, reincarnation, stories by Alice, stories, timeline loops, timeline splits, astral case studies, timeline shifts,

1. https://wp.me/p2Rkym-byd
2. http://creativecommons.org/licenses/by-sa/4.0/
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