

**MONDAY 5<sup>th</sup> October 2009 – part transcription**

*Full CD transmissions are available for purchase.*

**ASUN** transmitting through the accredited Messenger Usa – *part transcription*

**ASUN:**

.....God Bless you dear hearts, **I AM** Asun and I ask you to remind yourselves “that anything my mind can conceive, any idea that I can come up with, **any** idea that arrives into my mind from my higher discerning intelligence, **I can** achieve, **what I conceive, I can achieve** and then in acknowledgement of your great feeling side of life and love to tell yourself “what I **feel** I make **real**”.

In all the things that you are discovering of your wonderful nature, you are discovering that you **can** control what goes on in your mind and you are discovering that you **can** move difficult emotions, that you **can** make yourself feel happy.

When you discover there are **one hundred and forty four qualities** of **Life**, Divine qualities that are placed in the biological feeling side of life and they are there when you are born into a new little body, when you return to this world.

One hundred and forty four qualities of **Divine Love** and they **all** exist in *tetrahedron type crystals* that exist in the feeling side of life. As your attention moves through all the things that you think about and address each day, your **feeling** side of life, in magnificent co-operation with the mental side of life, draws up the corresponding feeling, quality, emotion and brings that through the door between the feeling body and the physical body at 2 o'clock (*if you are standing facing at 12 o'clock, yes*). Draws that through the solar plexus, passes it through the mass ganglionic nerve cell, where your nerves **then** carry that through your senses and you can then **physically** feel happy, **physically** feel sad, **physically** feel what **it is** that you feel.

When you hear the good news (*and these things are posted on the messengers' web site and you can go in and see the 144 qualities that came with you that are fully expressive in your feeling side of life*) and then to recognise that the difficulty of human life, the heartache, the things that happen in human experience, these things often become like darkened clouds, because your feeling side of life **also** has - these *tetrahedron crystalline magnetic* fixtures in your feeling body, they are creator magnetism.

Well, you also have **thousands** of these *crystalline natures* that are completely neutral, where you can come in and **you** as a human being, through thought and through attention; you can blend **any** qualities together and create new qualities. Well what has happened is, a lot of those neutral crystals in the feeling side of life, became charged with the good and the bad aspects of belief systems, so a lot of them are holding different aspects of the family of fear; whether it is fear itself, or doubt, or despondency, or despair, or shame, or guilt. **All** of these find themselves **lodged** into the feeling side and enter into the neutral crystals, so that when your attention is upon certain things, whatever corresponds in the feeling side of life, to where your thought is, those come up, enter the physical garment and are expressed.

That is why every Ascended Master will be responsible in having an opportunity to discourse with you, to **always** encourage you to use the **Sacred Fire**, because it is the use of the **Violet Flame**, being raised and pouring through your feeling side of life that cleanses and purifies **any** discordant quality, emotion that has registered in the feelings. **Cleanses it** and **purifies it** and **lifts it out**, so that when your attention is upon **happy things**, your attention is **upon** the things that you **wish** to create. If you wish to create more abundance and you are thinking about abundance, you are thinking about prosperity, then if everything is in an ideal state, your feeling side of life ought to be supporting... that you are thinking about abundance and prosperity; and

the crystals that are **charged** with abundance or **all** associated qualities to abundance, those crystals ought to come up and transmit those qualities through the nerves, through the senses into your physical garment, so you are **feeling** what you are **thinking**. .....

.....**What do thoughts create?**

They create patterns of energy that are holding an intelligence of intention. Whether those patterns of energy which are not yet physical, *whether they become actual things*, require the rest of the reproductive nature of your spiritual beingness, which means that your thinking ought to be that which is **especially** for producing manifestation and change in your life, that **your thinking ought to lead to decisive intention decision making**, and to realise that **that** is only the **first step**, making a decision.

Now the thinking apparatus that you are awakening up and out of, is a kind of **perceptual thought taking that** is not supportive of an awakened person. Now we are seeing what is called the apparatus of the human intellect, *referred to as the human ego*.

More and more as you awaken, we are seeing that ego (*which has been altered*), we are seeing that ego come back into a **fragile place** of being balanced.

**Never** seek to destroy the ego. Rather, seek to allow the ego to come from a place that is altered **back** into a beautiful balance and in many people, we are seeing this balance, yet it is a *fragile balance*. We like to see you all have magical manifestations in your life, yet before you move on from the mental activity, we invite you to understand what happened to your mind and **why** meditation, **why** creating gaps between your thoughts, will bring about a historical change in your mind, in which your mind releases its **perceptual** nature and returns to its **conceptual** nature, where as an intelligent being, you are capable of conceiving, rather than what the *altered ego created*, **a perception-based thought system**.

Now try to follow along with this..... deep breath.

Sometimes you wear chains, you wear a gold chain and there are different types of gold chains, and there are the ones that are fashioned to a kind of a link. Where the chain is held together by supporting links, I will say to you that the perceptual mind of the *altered ego* is likened to this. **It is a chain-link of continuous thoughts**. Most of those thoughts stay below the radar of your conscious intellectual experience, until some **imbalance** happens in your life, which can include a brain imbalance, a hormonal imbalance or an imbalance to the ego, that is triggered by your **awakening**.

So when you begin your **great awakening**, this threatens the perceived existence of the altered ego. The altered ego, as the course of miracles correctly identifies, thinks it is '**King**'. It thinks it's **YOU** and it has **convinced itself** that your body is its enemy and if it can destroy your body it wins.

The altered ego has been going at this for centuries and when you are back into a body and your intellect has developed itself, then the altered ego says "*Oh! You're back I see. I thought I destroyed you in a previous embodiment*".

So what happens is when you think of moments of having a busy mind where you just **couldn't** turn it off, your thoughts were just continuous, have you ever had that experience? (*Audience agrees*)

Oh you have!

Well of course, you see it is there **all** the time, but it is below the radar of your intellectual awareness. Once you begin awakening, that awakening is threatening the altered egos perception of its existence. So what it does, is it turns up the volume, so that this **constant charade**, this **constant link**, the altered ego has linked through the intellect a *continuous chain of thoughts*. It depends on that perceptual linkage to maintain its existence. So when you begin awakening, it turns up the volume on this, to

try to stop you in your awakening process. As soon as you get some of those links **broken** in the perceptual thought matrix (*get enough of those links broken*) the chain collapses and the ego moves into a **balanced activity** and you start having days where you wake up, **'something is different, what is it? I am having an OMG moment, Oh My God!'**

What is different is my mind is still!

You may never know where **that last chain** is broken and how do you break that chain of this continuous charade of thoughts?

Well, entering the silence, doing everything you can to create as **long a gap** between thoughts. So this is **one** purpose of meditation, **one** purpose of going into the stillness, and some people will try to go from a place in which busy active mind and step **right into** some kind of a *transcendental meditation* where the mind is **not** active, it is still, and **it does not work**. It doesn't work by your own personal experience you know this!

So there are many **many** wonderful reasons why to meditate, so I am speaking of only **one** reason here and that is to **break the perceptual thought nature** of the **altered ego** so your ego can come **back** into **balance**. So that when you want to enjoy the power of manifestation, you can sit down and enter into **intense thought-taking** that will bring about a conclusion, a decision.

So I encourage you to seek perhaps four-five minute sequences of meditation, where your intention is to **still your mind**. To create as **long a gap** between thoughts; and here I would encourage four to five minute efforts where you sit yourself down, if you are wearing tight-fitting clothing that seems to be so fashionable, loosen, undo the belt, loosen the waist, so that you're fully relaxed and nice deep breath and the way to get into a place of no thought is **YOU**, you speak your way into that, so it is an internal process. You sat yourself down to enter into the longest gap where there are no thoughts, where you can begin to experience the **'great great silence'**.

The **'great great silence'** is offered from your heart flames, your un-fed flames and when that magnificent **great silence** comes up, it supports a place of **no thought**.

And so I encourage you to enter into this place, by gently messaging to yourself:

***"I am about to enter into the silence, I am safe. I am safe to enter into the silence. Peace, be still and do my will."***

This is your instruction, this is the guidance **you** are giving **your** mind and **your** feeling side of life. It is very important to still through the solar, *your feeling side of life* and it is also important to **still** the adrenals, because **many** have mistaken active adrenals, as that which is nervous energy **only** because the adrenals (*and anyone who is an actor, a musician, anyone who takes to the stage can know that there is a system where the adrenalines are building to support*) and if there is a presence of fear and that fear starts pumping through the adrenaline station, then this makes it even **more** difficult.

So understand there are a number of things that you want to say: **"Peace be still"**; and it's an internal process, don't speak it out. Quietly say to your mind, **"Peace be still"**. I say to my nerves, to my adrenals, **"Peace be still"**. I say to my feeling side of life, **"Peace be still. I am about to enter into the silence where I may enjoy the blessings of the silence. I am safe, I am safe, I am safe"**.

Now, there are old perceptions that still exist in consciousness and consciousness interface with your physical reality. I have watched (*as I taught in the ancient mystery school*) I have watched and **quietly** seen and observed **all** the energies at play. And sometimes I know what's going to happen to the student but I will wait until they have the experience. So though the association of the experience I can then help them to understand - **you are still holding on to an old perception of God**.

And so many can get **almost** to the place of the **silence** and then up comes what I call *the butterfly experience*. Where your nerves get agitated, they have the butterflies,

nerve condition. Why, because the '**great great silence**' is a manifestation of God and it's like saying to yourself

*"I am going in to connect with God".*

Well what if deep in your being, you have an old perception that *God is an abusive god?* What if you have an old perception that *God is waiting to decide whether you go one direction or another.* As far as your cellular activity, your nerves and your feelings, are concerned, they can become confused. Here you are guiding your way into a meditation to experience **the great silence**, and where does the **great silence** come from? **It comes from God, it comes from your beautiful heart flames** and all of a sudden you're **almost** there and **then** you have this *butterfly experience*.

So there are number of things to consider here and that is, your mental activity and your ability to control for manifestation, **also** depends on you **clearing your original perception**, (*the moment perception replaced conception*).

After the fall from grace and **that which was the philosophy of criticism, condemnation and judgement** of your **experience** set into place your first perception of what was going on.

How could you have known the difference you would have experienced, after having walked the **two first Golden ages on the earth**, beautiful, glorious, perfect beings - **Christ's** walking around in **magnificent** physical garments, and **how**, in that state of mental, emotional and physical **perfection** could you **possibly** have **conceived** what the experience **after** the fall from Grace of imperfection, would be like. **How** can **perfection** perceive **imperfection? It cannot.**

So **nothing** prepared you for the **fall from Grace. Nothing!**

Except let's do it, and let's do it **collectively**; let's do it as the **entire human race** and **all** of you said **yes**, except **7,000 of you**.

Of course this is **12.5 million years ago** and **seven thousand** of you said,

*"Hum, there had better be some of us that stays up here in the higher consciousness just in case this doesn't work out".* The rest of you said

*"Doesn't work out, what is doesn't work out? We are perfect beings. I cannot conceive, doesn't work out."*

So anyway in **all** of this, this produced what I often refer to as **core perception**, when your **first perception** was **born**.

Every awakening being **must** face their core perception, for it is integral to the **balancing** of your mind, heart, feeling and human experience, that brings about the ascent **back** into that place, that **you fell** from **12.5 million years ago** and that is to come in **contact with your core perception** and to **heal that core perception**.

The **first perception** that was born in your consciousness was about your creator, about God. **Usually** it will stay down in the basement of your being, through **hundreds of embodiments** and it will start to show up as your awakening process begins, but once you have arrived in the life you have been **dying** to live, once you have arrived, there is an agreement that the **original perception** (you see that's what it **was**. It is **not** original sin. **It's the original perception**. It's a **lie** you **told yourself**) and it **must** come up, in the embodiment you have chosen **your full awakening and becoming**.

To guarantee that you will connect with it and say "**aha, THIS is my core perception**".

You will enter into (*now follow this closely*) you will enter into **soul contract with your parents** that **you** have chosen, **with siblings, with others** in relationship, to act out a *certain way* to you, that is in **exact accordance to your perception of God** after the **fall from Grace**, in which **in** that **fall from grace**, because of your new experience in falling from grace, you concluded:

*"I have disappointed God, God is an abusive God, God has abandoned me"*

### **Is this sounding familiar?**

Because of the importance of **this awakening**, you will *sign contracts with others* before coming down here and so it's no secret,

(The Messenger "Usa" has approved in sharing this story)

The Messenger's **core perception** was that God had abandoned him. The severity of this perception and the **necessity to clear** this perception as quickly as possible (*even though it didn't clear until thirty three years!!!*) meant that he signed the contract with his parents as following, that immediately following the birth, his mother would not be seen for seven years. Once seven years had passed, in the middle of the night his father would also disappear, never be seen again and he will then move through his years with a **great perception**, that his parents did not love him, and abandoned him. To guarantee this would be in place, his parents included in this contract (*and this was almost unbearable to his mother*) that he would **never** hear from his parents the words **I am proud of you**. This was to guarantee that this would succeed

It was hoped it would succeed by the twenty second birth year. It did not. Soul contracts that he wrote with others, *as the young man stepped into his twenties*, others stepped in to play this role out, continuing abandonment **until** his awakening came. I, Asun showed up in his life, put him on my knee and said to him:

"It is time to face your core perception, your original perception. People in your life, your parents acted it out to you, but it has **nothing** to do with your parents. It has **nothing** to do with the people that showed up in your life and **nothing** to do with the things that happened in relationship, it is **your perception about God**"

The year was **1988** and I held him and rocked him and the tears flowed, a few words came up in his consciousness and before he was about to speak them I encouraged:

"No, go deeper, go deeper" and then a waterfall began, as the tears flowed greatly and he could hardly get the word out '**abandonment**'. He had made contact that **his core perception** about God **was** that *God had abandoned him, in this fall from Grace*.

**Others** have perceptions that God is an abusive God and have entered into terrible things that have happened in their lives in which people have abused them. The more intimate the abuse the deeper the **severity** of that deep-rooted perception of God being an abusive God, an angry God.

For others it is a perception of crucifixion, where because of their experience they could only conclude that they had disappointed God, and then that acts out through their parents, who will say to them, "you disappointed me" and people in relationships will say to them "you disappointed me".

So, is this enough for you to know what you must do!

### **Face your core perception.**

**Face your core perception** because this is **so** vital in each of you being able to **balance your minds, your feelings, live well** in your **physical garments, release** the **lies successfully** and **begin** a life of great production and manifestation and "**becoming**".

The way you process this is you **must** stay with the **Truth**.

The perception is a **lie**, it is not true. God did **not** abuse me. God is the very life that beats my heart this very day. God did not abandon me, God is with me the **great flames of life indeed**. God did not disapprove of me, God is not a judgmental God. It was **all** a lie!

How do I know what my **core perception** is?

If I can't immediately go within, how will I know what my **core perception** is? Go back to **ground zero**. Go back to your birth, go back to your experience with your parents. What were the messages?

Go back to your early experiences that you have with others, what was being messaged to you?

What were you being told that was not the truth?

What experience did you find yourself in when you simply said oh no— here we go again? Why do I keep facing this?

**Because it is coming up to be healed.**

**You cannot take core perception personally.** You have to **rise** and have enough **love** to turn to those who treated you and communicated with you in a way in a way, in which their love was great enough, to act towards **you**, in a way that you knew was necessary to get you in touch with your core perception. **They were all actors.**

So the process, *once you've done a little inner work*, contemplative work, **had** your "*aha's*" looked at the relationships you've experienced, you say "it's alright I **know** what my core perception is"

Then go for a walk. Get out in nature. Take the afternoon off and have the intention:

"It's time to clear this, it's time to clear this core perception, it's rooted into the foundation of my being, it **doesn't** need to act out anymore. What's the **first** important message that I want to give to myself....."it's not true.....it's not true". So all these ways people acted to me, **they were acting out a contract. They were acting to me what my perception of God is**, and now I **know** that it is not the truth.

**I am awakened, I am illumined, I am** back on the path of Divine recovery, I know that God is **Life** and **Life** is **Light** and **Light** is **Love** and so forth. I know there is a presence that beats my heart, I know there is no heaven and hell, I know that judgement is a human creation, I know that God loves me and God/Goddess are Beings of such **absolute perfection** and I know that to **this** moment, **they hold the immaculate conception of my being.**

I know that at the end of the day, **another meaning of Grace**, is that I can come down upon this earth and I can have terrible experiences, I can crucify myself, I can handicap my mind, my body, my feelings **but at the end of the day I cannot** change the **jewel of Life** that Mother-Father God in all their Glory, in all their Grace and all their Perfection. At the end of the day, at the end of the nightmare and the earthly self is just broken, what is grace, knowing that the jewel **I AM** is untouchable. Retains its perfection, the centre, the foci, the nuclei of my being and **that is** what I hold on to, **everything** else is unreal.

So knowing now that it was **all** a lie, I forgive myself. I forgive myself and I forgive **all** those who acted out my core perception to me **and I set them free.**

I set them free inside me, **in the garden of my consciousness.** I send a message to **everyone** who has acted out my own core perception, **I love you, I bless you, I thank you and I set you free to go forth in your life. I thank you, you have served me.**

**And** into the great **Violet Flame** that has a growing importance in my life, into that precious **Violet Flame**, I surrender, I **command** the **last** of my core perception to leave me. For I know it's **always** about God, **even** though it's humanly acted out. I know that God is my Life, God **never** judges, God is **Light, Love, All that Is.** And I set myself free to fly again. And its done..

So **now** with the release of your core perception, **now** you will find it easier to take up those precious few minutes a few times a day to enter **the silence**, to bring about the re-balancing of the ego within your human intellect, because **now** you **also** know - what **is** the egos purpose.

## What is the ego's purpose?

Well it's the *master sorter*, it's your **master filing system** and it **files in the human intellect**. The intellect is likened to a **vast library** and recorded there, are the **archives of all your experiences of everything** that comes to you from the outside.

**Spirit** in its **pure sense, what is the role of spirit?**

**Spirit is to file** and organise and record **everything** that **comes** to you from **within or above**.

**Ego** is the **master archiver**, the master filer of **all** your experiences that come to you through your senses. A long time ago this earth was a more fearful place than it is **even today** and a **long time** ago, you were **convinced** into a place, and the only place you found safe, was not to make **any** decisions at all.

This itself denied your nature and in choosing **not** to make any decisions because of the frightful conditions, the **ego** stepped in, panicked and said "**I will take over - clearly no one has their hands on the steering wheel, so I am going to step in and I am going to do the best job that I can and keep the decision making going**".

**Problem:** The ego can only make decisions based on the information it collects from out in the world and the information *out there*, reports information of duality and imperfection, yes?

It's amazing, so you know it's not to attack your **altered ego**, or to speak negative, but to seek to think of it as **being temporarily handicapped** and to help it back into its rightful place, where it can start sorting **all** incoming mail and start filing it **all** as it did before.

So to help you to this place, once core perception is healed and to help you get **to** that sweet place, where for four or five minutes you just enjoy the silence, knowing **that the longer the gaps of silence**, the perceptual link-chain that has formed itself in the human intellect, *those links will start collapsing* - the longer the gaps and the more gaps of silence, until finally the chain collapses into the **Sacred Fire** and your **natural conceptual mind returns to you**.....

..... Journey yourself in, don't try to go from thinking to no thoughts, journey yourself into that place, you quietly talk to yourself, "**I am** about to enter into the silence to experience gaps between thoughts;

I am reclaiming my mind, my body garment, my feelings. They all belong to me, I am an intelligent being and in this world I have a physical garment, I have a mind, I have a feeling side of life out of which I create, become and evolve. So I am entering into the silence to make contact with the greater of my Being. I say to myself, you are safe"

Say to yourself,

"Peace be still, do my will, I am safe. **Peace, be still**". No thoughts, embrace the silence, shift yourself. Become receptive as if you were listening, as if there was a friend standing in your heart-flame talking to yourself. And you have to listen **so** closely because that friend is whispering, you must listen.

You see, the listening is the receptive side of your mind and if you can capture the memory and feeling of what it is like **to listen**, then you have your avenue into the silence, just like that.

But then again I suppose it is not so easy, you have a really bad habit, and would you like to know what that really bad habit is?

Listening with something going on in the back of your mind, as if you weren't safe, as if you were keeping yourself ready to jump into action to defend yourself, I must remain in control, so even when I am listening I must keep something going on in the back of my mind, I must stay in control, SPLIT MIND.

So your mind has many capacities to it, awareness, **intense** thought taking, your mind has a capacity to shift and **listen** and that IS THE DOORWAY THAT WILL TAKE YOU INTO THE SILENCE as well. So if you practice when someone is talking and you are listening, be **fully present**, rather than having something going on in the back of your mind. **SPLIT MIND**.

Practice.

You are safe, so by being **FULLY** attentive in the moment, listening when someone is talking to you, being **fully** focused and talking, using your mind when someone else is listening to you, this will help you, so that when you enter those 4 or 5 minutes to enter the silence, you can say to yourself:

"Now just let your mind become receptive, go within, listen, **listen** as if there was a guide giving you counsel from your heart flame, listen, peace be still .....4 seconds, 5 seconds, 9 seconds, *no thought .....* *then a thought comes to you .....* but you did it!! You got 3, 4 or 5 seconds before another thought sailed into your mind. Thought sails into your mind, so now come forth again and say to yourself

"I AM safe, peace be still – enter into the silence, be still, be still" You might get another 9 or 10 seconds, gaps will get longer and longer. In any genuine 3 seconds will break one of the links, in the intellectual chain link, perceptual thought taking of the altered ego.

Break enough of those links and all of a sudden you begin to experience a quiet mind and that is a wonderful place to be in. Because now your mind is crisp, now your mind is clear and now you actually have to start saying to yourself – "I am going to sit down and think about that later" – where you make notes to yourself, now your mind is not restless – it is restful, it is quiet, and ideas come to you, and write them down because it is **much more** wonderful and it is a **whole new experience** to sit down and enter into **intense thinking** to bring about – a choice – a decision – YES!

Now once that choice and decision is made, you want to **stay with that**, because now it is to feed it, the feeling side of life, **to feed it** as much **desire** as you can. One of the great bridges that you can build and restore between your mind and your feeling side of life, is your **power of imagination, visualisation**. So once you know what you have chosen, the decision that you have made, your mind in its **natural state** will instantly give you an image of it, but your mind is **moving back** into its natural state, so you help your mind if you don't get a clear image of what you decided, you go in and think about that.

Imagery, visualization, imagination is your restored link between your mind and your feelings, the more you visualise the decision you made and visualise it as it being **fulfilled**, this brings about **lots of feelings**. As the feelings, the qualities come up, they begin to clothe the thought pattern of your decision.

As I began, thoughts don't become things, thoughts become **electrifying patterns of luminous energy**. They **must** be clothed with **feeling**, they must be given substance, they must be given nuance, colour, shape and this, your feelings do.

Anyone can focus on a base metal and the more one focuses the eye on a base metal and through visualisation and desire, one can **change the frequency** as an alchemist and change the most **basic** of ore and metal, keep focussing on it, the power of visualisation the power of desire and change the frequency and vibration of that basic ore or metal, until it reaches a frequency or vibration of **gold**.

That's what your feelings, that's what your attention, that's what your desire, that's what your imagination/visualisation does.

The decision is made, you have an image of what you wish to create and now you are turning your attention **back** to it, to clothe, to clothe that stream of energy with substance and quality. Once you stay with this and build it in your being, then it is to hold it, own it, just **hold it** within and be with it for a while. Then when it is time to let it go, to bring about its manifestation - you release it.

Once you have consciously released it, there is **no more** thinking about it - *in terms of thinking it into manifestation* there is **no more wanting**. Wanting and desire works against you, **once** you have finished with the building blocks of the mental and feeling activity. Once you have thought about it, you've felt it, you've imaged it, you've owned it, you've become **one with it** and its time to let it go - for manifestation.

One of your last and final and continuous steps until its manifestation is **qualification**.

**All** that I have described to you, these steps, they can all be done within a week of **anything** that you wish to bring into manifestation in your life. So once you've embraced these steps and you feel it, you **feel** this which you wish to create and you put it out there, "**I send it out for manifestation**".

Now the only thing you do to stay with this, is the **Law and the power of qualification** which is the most **misused human resource** that exists in **human consciousness**. People use this gift **all** the time, however, use it wrongly or in a destructive or limiting way.

Every time you say, "I can't afford it", you are intensifying that qualification to make sure the management of that, **continues** to exist in your life. I encourage you to manage the use of your words, your thoughts, your feelings, your phrases, your attitudes; identify which ones are useful, and identify which ones are useless; and **stop** saying things that are breaking down your dreams from being fulfilled.

This information is as important as prayers, it's as important as meditation, it's as important as **anything in your life** and it **only** takes **intensive qualification**. Takes ten minutes in your morning time before you go off into the world – I am not talking about calls, I am not talking about the Violet Flame, I am not talking about decrees or prayers, not talking about sitting down and making a decision. Your ten minutes of qualification is to keep fishing – it to to keep putting out there what it is that is going to happen in your life.

**You** are the architect, **you** are the designer, **you** are the director, and **no one** can decide for you, albeit there are times when you **collectively come** and make a group decisions or national decisions.

Yet for your **own individual life** the power of qualification is simply, once you have had your breakfast and before you go out in your day, you sit yourself down. Ahh, deep breath.

Now it's time for me to qualify my day, qualify my week, qualify my month, qualify my year. Sometimes your moments of qualification can be longer than others, anywhere from three minutes up to ten minutes. Ahh. What kind of a day am I going to have! You are the qualifier, you are putting it out there. I can't say it any more plainly. You are putting out there what's going to happen. You see you never needed to go to a psychic. **You** are the ones who destine your future not someone who comes along and **reads your emotional body**.

Your qualification is about what you have already decided. To make it ideal, you have got to know "what is your dream, what is it that you want" Have you written a vision statement for your life? Have you got a friend that you can take turns with sitting for an hour and keep saying to each other the question, "What do you want, what do you want" ? Your friend gets you to go so deep, that finally you JUST SPEAK IT OUT – so it is your vision statement – your field of dreams,

There is **no authority** that says how much you can have; **YOU ARE** the authority that says how much you can have. So the idea of qualification is, you know the vision, you've made the decisions and you start your morning qualification, and start in general terms,.

"Today I am going to have a wonderful day, all my appointments will be on time, and even if there are not on time, I will stay in absolute perfect peace and harmony. Everyone I meet today is going to be in an absolute state of peace and harmony. No-

one around me is going to be judging or gossiping. My day will just unfold beautifully.....". .....

You don't entertain the W's. The W's best friend is the altered ego – the why, the where, the who, the when!

Remember that you have a beautiful FLAME inside your heart, which is ALL KNOWING. You have to approach qualification more in the feeling and it is putting it out here and having no fear or doubt, this is what is going to happen, everything is going to work out.....

Talk to each other, this is no time to be in your spiritual closet. Don't try to fix each other, because sometimes what you might require is mostly someone in your spiritual family just for you to talk to, but that person isn't looking for you to solve their problem, that person is just looking for a space, precious space to express themselves. So don't feel that you have to fix everyone. It's one of the **greatest gifts to be a listener**. Because in truth you can always say, *(even if you don't know the person's solution)* you can **always** say "I understand", because **you do**. You **do** understand the pain, you **do** understand how **easy** it is to have a difficult day, you **do** understand intrinsically,

How many embodiments do you have to have in limitation dear hearts? This is one thing you **do** understand and that's what you can say to people that are looking. They're not looking to you for an answer for you to fix, they just need somebody that they can express and you just say "I understand".

We have encouraged people to go into the "**garden of your consciousness**" and Jayde, Messenger # 2, will excel in teaching this in 2010.

Your consciousness is your mind and your feelings; it is your imagination. Don't try to build anything out there until it is first built inside my consciousness

2010 is your year of **TRIUMPH** of seeing everything you create in your consciousness, unfold in your reality. Realities dramatically changing and for this in January 2005 Akasha began a series of discourses, seeking to identify **nothing can show up in my personal experience without first becoming part of my consciousness**. Whether I put that in there, or whether through the power of suggestion I accepted it, or whether the mass consciousness passed it into my consciousness as a child *(in adolescent years when my consciousness was still developing)*, the truth is, it makes no difference how something gets into my consciousness.

The truth is, **once** something gets itself into my consciousness and it's growing there, **all it requires is enough of my attention upon that and it will automatically show up in my physical reality. That's the truth.....**