

PLANETARY KARMA

by ASHTAR

As the great planet Saturn at of the Solar and Hierarchical Council focuses the tremendous surges of energy through the vibrations of the great Being enrolling the constellation Scorpio is affording the additional source of energy with which the many changes can be effected with in this system and particularly on earth at this time.

The Lords of Karma who operate through this vibrational pattern of Saturn are able to utilize this increased energy flow in order to help release much of the collective planetary karma, as well as individual karma which has accumulated during the last great 50,000 years cycle.

Scorpio, the present sign of Saturn vibration, is a major transitional point of consciousness here confrontation occurs - the battlefield - if you will, between and the Higher Self (Soul) struggling against the pull of matter to express divinity. Here the battle between darkness and light, illusion and Truth, matter and Spirit takes place.

As the individual and eventual of the collective consciousness of the planet is expanding with the increase of the Light rays, the spiritual consciousness of humanity is rapidly awakening.

The overcoming of the darkness and the conscious commitment to the Divine Plan..this is the separation of the ways which is the symbolic meaning of Scorpio energies. Thus overcoming the lower self (the Scorpion whose sting brings pain and death) humanity will learn to overcome its karma of the past. The clearing of karma brings wisdom and the raising of the Divine Mother within the kundalini) which bring the status of Sons and Daughters of God. This inheritance, the Divine birthright of all humanity, brings the freedom of the soul to transcend matter and realize the God consciousness.

As Saturn moves into Sagittarius the karmic residue of spiritual misunderstanding will be cleared and mankind guided to higher Truth upon which will be built a new system of world government. But first the path must be cleared.

The combined effects of intense retrograde planetary activity in early April will create a "window" through which we activate the earth's grid system to a higher frequency. The instantaneous activation will cause a rapid shift of consciousness for many, in a traumatic way. Increased energy flow through Light Workers will open spiritual powers which will even surprise themselves. These powers are to be used only in alignment with divine will.



? My Question



By Donna Sparks

QUESTION: "What is the meaning for us today of the Crucifixion and Good Friday?"

ANSWER: "You crucify yourself in the world of matter. But this is a glad sacrifice, joyfully given, because it enables the soul to grow in wisdom and strength. Until one tastes of the sorrows of duality, one cannot know the joys of Oneness. That is why Good Friday is called 'good.' You say, 'How can a death be good?' But death always brings with it as a gift, a rebirth into a higher state. Man has been conditioned by his society to think of death as a terrible thing—as an ending, as the sacrifice of life—not knowing that death is the doorway to a greater life.

"So come to your crucifixion gladly, knowing that it is the purifying fire that cleanses your soul, and the tempering fire that makes you strong. All the sorrows and sickness and pains of your life are the nails that bind you to the world of matter. But you have nailed yourself upon the cross, and only you can resurrect yourself from the death of matter into the life of God.

"The resurrection does lie before you, but not until you can accept the crucifixion—the pain, the lack, the sorrow, the sickness—not until you can totally accept these as your freely chosen refining fires and surrender totally to them in acceptance, can you eventually rise above them. Whatever your trials and tribulations, your soul has chosen them, to force you to grow into your Godhood. Through them you are purified and strengthened, and through them also you develop a determination to end the crucifixion, to seek the Light. And only when they have bound you so tightly to the cross of matter that your escape seems impossible, will you finally realize the world can never free you. It only binds you tighter and tighter. And then you will turn to Me, the only Power in the universe, to set you free, and send your soul—now grown strong and beautiful—soaring into the heavens of the Blissful One Life. Then out of the grave of illusion you will rise and a Christ will again walk the earth.

"So bear your crucifixion bravely, knowing its death opens the door to your new life as the Risen Christ, the God-Man, made in the image of the One, who, having gained the strength and wisdom of the descent into the grave of the world of matter, has now chosen to use that wisdom and that strength to express the glory of the Light for all to see. Then blessed will the world be for your presence in it, for being of the earth, you are also of the Light, and can thus bring Light into the world."

QUESTION: "What is the meaning of the Resurrection?"

ANSWER: "To resurrect is to bring back that which was. It is to give new birth. The phoenix is resurrected out of the ashes of his old form, and in the resurrection is he transformed back into that which he was, and yet something more than he was also. For resurrection always implies a growth, a transcendence, a greater fullness.

"Christ was resurrected from the grave, but His new body was more than what His mortal body had been, because it carried with it not only what it had been, but also, what it had experienced in its sojourn on this earth. And the descent into physical matter is always a purifying, strengthening process, even to one such as Jesus, who was already aware of His divinity.

"No being can touch the earth plane without growing. And so, the resurrected body contained the old and the new. But it contained something else, too. It contained the spirit of a new birth, created out of the joining of the old and the new. This was the transcended part, which was the result of unity. The Christ of God, being perfect in Itself, came down to this earth, and in Its mingling with the peoples of the earth, It took on the earth and became one with the earth. And out of this union was born the Christ of Man, a different being than the Christ of God—and yet the same.

"And so you, too, each time you join with another in love, whether it be a casual meeting or a sustained relationship, you give what you are to the other, and you take on the other as a part of yourself, and out of this union is resurrected a new being in both of you, a being the same and yet greater than either of you, a transcendent being that touches God in a way you could never have touched God before. And you can never be the same again, and neither can your brother, for each has been resurrected into a greater being.

"So rejoice in the celebration of Easter, and allow each day to be your Easter. For every day you can join with others in love, and every day you can be resurrected."

(From the book, SEEK YE FIRST, by Donna Sparks, 2975 E. College, #18, Boulder, CO 80302)



LEARNING TO RELEASE

by David Franklin Swinford



If I want to cut the strings in my life, I have to go to their source, and that's me. What I do for myself and to myself is what I can and will do for others and to others. Alter my demands on myself, and I alter my demands on others. When I make a demand on myself or another, the end result determines how I feel. If my demands were satisfied, I should be pleased. If my demands weren't met, I'll feel disappointed and unhappy.

I've discovered that most of the time when I feel down and depressed, there has been some expectation or demand that hasn't been fulfilled. If I release my expectations and demands, I can release my negative feelings. Monitoring my feelings enables me to monitor my demands.

Once I've uncovered some demand I've placed on myself or someone else, I can set about freeing myself from the limitations it places on me. One way to alter a demand is to change it to a preference. Rather than expect or demand your approval, I can simply prefer that you approve of me. If you do approve of me, I can enjoy your approval. But if you don't approve of me, I can avoid the deep emotion evoked by a demand. I'll be mildly disappointed, but not deeply hurt.

I find that preferences work well for those things I've chosen to adopt as my own. I prefer to be around happy, healthy, positive people. When I'm not, I can deal with it easily because there's no pressure from a strong demand. I have my dietary preferences, my color and clothes preferences, and some are more fixed than others, but I experience less disappointment when those preferences aren't met.

Turning demands into preferences works. It's especially beneficial as a release from the negative emotions that accompany unfulfilled demands. A preference is still a kind of expectation or demand--milder in form, but a demand nonetheless. To have absolutely no expectations or demands would require I always exist in the now. I would have to trust my inner knowing and my higher self and not anticipate. I would simply flow with the present moment. I might be able to exist only in the now if I were to release my past and my future.

As a thinking, analyzing, judging human being, I seldom stay in the now. I anticipate the moment, I experience the moment, and I analyze and judge the moment. At the very best, only a third of my moments are spent in the present.

As an energy being, everything I do involves energy. Creating demands and projecting them is an expression of energy. My feelings and responses to my fulfilled and unfulfilled demands are energy. To hold a feeling, a thought, or a judgment requires energy.

Every time I react to something, my reaction is expressed as energy. If I hang onto my reaction in the form of resentment, anger, or disappointment, I use energy to freeze the energy of my feelings. It takes energy to restrain energy. Releasing demands--and especially releasing my reactions to the results of my demands--frees my energies. Think of the energy it takes to hold onto old hurts, injuries, hatreds, resentments, judgments, or prejudices. Releasing those things frees the energy I was using to restrain them.



There is a story of two monks who were walking to their monastery. As they walked down the road, they came to a stream. Standing by the stream was a beautiful young woman. She obviously wanted to cross the stream, but did not wish to get wet doing so. Without saying a word, the eldest monk picked the woman up, carried her to the other side of the stream, and set her down. She thanked him and hurried on her way.

The two monks continued to their destination, and just as they arrived at the monastery, the younger monk spoke up. "Brother," he said, "you know it is forbidden for us to touch women, and yet you carried that woman across the stream."

The older monk looked at his companion and smiled lovingly. "My brother," he replied, "are you still carrying that young woman? I left her by the stream."

When I think of all the hurts and unfulfilled demands I've carried with me, I realize what a burden I've assumed. I've weighted myself down with hurts and resentments. I picked them up, and I can choose to lay them aside. I can cut the strings I've connected to others through my demands. I can free myself from my resentments. I can unburden myself and free my energies or I can become bent and twisted by my burdensome demands. The choice is mine to make.

Obviously, I would prefer to be free. I would prefer to function from love and to be a supportive being rather than a manipulative one. I would rather love responsibly and be consciously involved in the reality I create.

I've discovered that there are some tools and techniques that aid one to release and let go. Perhaps the most powerful is acceptance, true and unconditional ac-

ceptance. First, there's the acceptance of self. I am an expression and extension of my source, God. At this moment I'm exactly as I am, and I must accept myself as being whole and perfect. I am the perfect me. You are also an expression and extension of your source, God. If I'm to successfully free my energies, I must begin with acceptance of myself and acceptance of you just as you are. If I allow you to be both all you are and all you are not, I've cut my strings, and dropped my demands. Letting someone be free of strings, or demands, is tough. You have to act from unconditional love and support. But letting my God-self take charge of my life is tougher.

I have an ego and personality that want to get in the way. The ego personality feels it must be in charge, and it constantly throws up obstacles. To let go and let God express through me require I put the God-self ahead of my ego-personality-self. I must accept myself and love myself unconditionally. Unconditional acceptance and love do not flinch or look away from anything. I must see myself as I am, but withhold judgment.

We're all trying to attain such a state of unconditional being so that we may express the Christ. It's an ideal state of existence, but I for one know I'm not there yet, although I can move closer to it. One of the best tools for releasing the blocks to unconditional love is forgiveness. To forgive is to release both yourself and the offender. To work effectively, forgiveness must begin with the self.

I find that when I uncover a sin or resentment or an old hurt, I must first forgive myself for hanging on to it so long and for making it so important. Then, I can forgive the person or persons I had deemed to be the cause of my pain. I may forgive the offender symbolically or physically, whichever feels right to me or whichever works for me. Forgiveness of others is essentially a process of transferring responsibility. I release them from the responsibility of my pain, and I accept responsibility for it.

I begin by forgiving myself for having hung onto the hurt. I forgive the offender. Finally I forgive myself again for having attracted the hurt, for creating and accepting the pain. I begin with me and I end with me.

One of the techniques for dealing with resentments and old hurts is to identify the people I thought were responsible for the pain and list them. I found I began with the big hurts, but I discovered there were a great many small hurts that I was harboring. Large or small, they all require energy to be held as resentments.

Once I have a list, I begin forgiving myself and each other person on my list. I do this until

LEARNING TO RELEASE, contd.)

I've eliminated everyone on the list. Some of them require more effort than others and may even require that I actually ask for forgiveness by physical communication.

For most of my hurts and resentments, I find ^{that} at a meditative level I can forgive the person I equated with the pain. I can image the person, ask his forgiveness, ^{and}, then, I can accept responsibility and forgive myself, in the same process. If I really put (feeling) into it, I find that imaging works very well.

I've also symbolically released the parties on my list by burning the list and affirming as I burn the list, "I forgive and release all those on this list." I find I can get the message across to my subconscious and my ego by dramatizing my intent. If it works, use it. Similar techniques work for strings. I know that resentments are strings. As long as I hold a resentment for something, it connects me with the person I feel is responsible for the pain. Forgiveness cuts strings.

Acceptance also cuts strings. Accepting myself as being what and who I truly am is a first step. Accepting others as they truly are is a second step. Doing both steps together eliminates a lot of strings. But the best way to eliminate strings is to learn to love yourself. If I accept myself as I am and I love myself as I am, I don't need to attach strings to others. With acceptance and love, I am whole and don't require approval from others.

Jesus urged us to love our neighbors as ourselves. This means we begin by loving ourselves. We cannot give out something we don't possess. What my life is about is me, and that's not selfish. To be selfish is to put myself first out of ignorance of the universal law. Jesus knew the law, and He urged we love ourselves, so that we would be filled with love, to be given to our neighbors. What we give out is what we get back.

I'm constantly in the process of freeing my energies by releasing my expectations and demands, by eliminating resentments and hurts through acceptance and forgiveness, and by cutting strings through acceptance and love. It's a process which frees and unburdens and, in a real sense, enlightens.

Because releasing, forgiving, accepting, and loving are not traditional aspects of my culture, I've had to learn these things, and I've had to consciously work with the tools and the techniques. It requires effort and persistence. When it comes to releasing, forgiving, accepting, and loving, I not only would rather do it myself, I have to do it myself because I'm doing it for me.

From, IF I'D KNOWN WHERE I WAS GOING, I'D HAVE TAKEN A SHORTCUT, by D. F. Swinford. Order from him at P. O. Box 421, Alamogordo, NM 88310 \$9.95 plus \$1.25 postage and handling.



by Michael El Legion

Look-in of Transmission—"Greetings in the Light of Our Radiant One. This is Lord Orion and Lady Eros-Angelica of the Jerusalem Command, transmitting from our Command Ship, 'The Constellation,' in parking orbit over the Hawaiian Islands.

"We wish to speak to the many Soul-Mates and Twin-Flames who are now together or will be shortly brought together. It is our Radiant One, God's Will, that all Twin-Flames or Twin-Soul-Mates are soon to be physically reunited and never to be separated again.

"It is important to understand the basic difference between Soul-Mates and that of Divine Complements or Twin-Flames and of the intensity of the great love between such couples. Briefly, Soul-Mates are 'Help-Mates', as they are also termed, and most souls have a number of these from having developed such relationships from previous incarnations on Terra and other planets. Soul Mates/Help Mates are similar to one's vibrations; thus, they can help each other's evolutions and attain a higher level of awareness and perfection in their personal spiritual evolution, depending how many of the 7 main rays of vibrations they meet on.

"Twin-Flames/Divine Complements are the true half of each other, having first been created as true halves of each other, or opposite polarities of each other—Masculine and Feminine—at the time known as 'Creation,' but have split up, off and on, throughout the many eons and ages of time and now are being totally reunited. Because of the love-intensity of such relationships in order for the Twin-Soul-Mates not to become too 'dependent' on each other, they have not usually been together many times in past earth lives, but are usually always together up here on the Higher Levels of Ascension or the Christed Level on the Higher Worlds of the Confederation.

"Twin-Flames can more quickly help each attain their Spiritual Ascension and become total Christed Beings and 'Masters of Matter' as all Light Workers or Star People on Terra are striving to become.

"At this time of Terra's cleansing period, we must also warn the Twin-Flames that the dark forces are ever trying to separate these Divine couples in a number of ways, to try to bring great disharmony and disagreement between these couples. Methods such as a constant barrage of psychotronic attacks from the physical level by specific military-government agen-

cies and forces of the Illuminati-International Bankers, and also from the negative astral forces surrounding Terra. For the dark forces know how powerful such couples can be in grounding the Christed Energies. When both Light Workers are consciously aware of their mission, the dark forces will try to cause psychological and physical pain and suffering. As long as they are 'attached' in any way to the Maya-Illusion level of existence on Terra or have any psychological-emotional levels that are not totally balanced or perfected, this can make them vulnerable.



"We and all Commands of the Federation and Universal Alliance of Planets and all Higher Christed Forces of the Spiritual Hierarchy of Terra send all Twin-Souls and Soul-Mates our Love, Light, support, and protection to help buffer them from the torture of these dark forces. Build up stronger forcefields of lighted protection. Also use meditation to balance and harmonize your total beings.

"Be ever watchful and diligent as Guardians of the Light. Stand tall and lift your heads up as the noble beings that you all are, and invoke God's Will with the Blue Ray to help those of you without your other half to bring both of you together.

"Many of the Light Workers from the Higher Worlds who are in earth embodiment are separated from their Twin-Flames at this time. When the waves of evacuation begin, the couples presently separated will be reunited, never to be separated again.

"Many blessings, in the Light of Our Radiant One, Father/Mother God, I Am That I Am. This has been Lord Orion and Lady Eros. **END OF TRANSMISSION.**"

MICHAEL & AURORA EL LEGION

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