

That is all on this topic this evening.

*Thank you.*

\* \* \*

February 6, 1989, evening, Denver

Good evening, we are Andomus. We will provide additional information regarding how individuals shape their own lives.

Each entity truly elects his or her life circumstances. We have discussed how an order is placed with the Heavenly Computer for potential parents. If conception has already occurred, but a soul has not yet been selected, a proposal is laid before both the entity and the prospective parents. If all parties agree, the only thing left is to await the birth, then integration of the soul into the child's physical body.

Almost as many souls are anxious for placement within a handicapped body as for a healthy body. This is because souls recognize that to endure an existence within a handicapped body in the physical plane will allow for a much greater progression of the soul than will one within a healthy body. This, of course, presumes the entity accepts and rises above the handicapped condition.

Take for example, the entity known among the earth population as Helen Keller, who was both blind and deaf. She certainly rose far beyond the physical limitations into which she was born. Another is your performer known as Stevie Wonder, who is blind, but has done far more than many sighted individuals either have or will do in their lifetimes.

The rolls are filled with names of entities who have overcome great physical disabilities to make significant

contributions with their lives. The same contributions could easily be made by non-handicapped entities, were they not engrossed in watching television or other such personal activities which tend to hinder a contribution. Also needed is the desire to achieve.

Of the millions who arrive upon the earth in a small vessel (infant), many live what might be considered a mediocre existence, with no notable achievements that could be considered a contribution to mankind. This may simply be the entity's encodement for the given life frame. Therefore, they should not castigate themselves because they have not become President of the United States or Pope, or governor of a state, or achieved some other noteworthy or seemingly lofty position. It simply may not have been in the hand they dealt themselves prior to incarnation. And, it should be remembered, THAT IS ALRIGHT. Nothing is bad or good, it simply IS. Always remember that fact.

For those who gain notoriety through misdeeds, they, too, have decided upon that encodement. In many cases they may be repaying karma to others who have agreed to the retribution within this lifetime. This frequently occurs with no negative karma being incurred on the part of the person inflicting the misdeeds, unless the entity goes too far. For example, let us say an entity has been killed in several prior lifetimes by a variety of entities. Each of the "players" has incarnated at the same time, and agreements have been made that the person who has suffered in prior lifetimes, will, in this one, inflict death upon his former murderers. He therefore has a contract, let us say, to kill four perpetrators from prior lifetimes, to expunge their karmic debts. Let us say he fulfills this encoded task, but the thrill of the kill gets a grip upon the entity. Let us say also he goes beyond the contractual arrangements and begins killing others who were not a part of the encodement. At this point, the entity begins incurring negative karma, for which it will be necessary to burn

encounters. This is as it should be, and enables the individual to truly be that...individual, without the responsibility of living up to, or down from, past experiences.

Excursions to the astral or etheric plane still occur throughout one's existence on the physical plane. Each entity attends school in both planes throughout their lives. The etheric or astral schooling allows the entity the opportunity to identify the potential paths which will present themselves, as well as probable outcomes. This is to afford the individual the advance opportunity to peek into the future, so to speak, with the hope when the moment for selection arrives, the pathway which will provide the greatest number of encoded lessons will be followed.

It should be remembered no pathway is wrong. Some are simply more right than others. Some will provide the individual a much broader framework of encoded experiences than others. But each pathway provides opportunity for growth or experience. Whether it was the lesson preselected or not is a different story. But it should always be remembered whichever path you choose, you are closing the door on one or more pathways (the ones you elected not to walk upon during this moment in time) and opening another...the one you did elect to walk upon. So, there is always experience, and experience almost always leads to some growth. And growth, no matter how small, is beneficial to the entity.

These elections to travel the various pathways may cause one to become so embroiled in the physical the individual fails to seek any spiritual growth. When this occurs, the individual usually experiences a setback in the overall existence. This is the reason some entities elect never to incarnate, for fear of losing, rather than gaining, ground. Many fear they would lose their present status rather than progress. Even in the spiritual plane, growth is desired intensely. By the same token, those who elect to walk through the physical plane experience vast explosions of growth if they are able to maintain a spiritual attitude during the existence. It should be said, perhaps, spirituality is acquired

during their existence, for after the age of three, information of the Source is obliterated from the human mind. It is a task one must pursue individually, to reacquire that spiritual knowledge and experience positive growth.

As more and more people awaken to their true nature, there will be fewer animosities expressed and fewer wars fought. The overtones of the entire world will take on a more pleasing quality. This is an integral part of the progression into the next dimension. The time is fast approaching when a shift in the consciousness of many will occur. Those who awaken in time will be among those who cross over into this new dimension.

The remainder will be left behind. It will be like a new beginning for each. The difference will be that those who cross over will be of a lighter, more loving quality, aware of their Eternal Source and their true nature. The others will be much like early man. There will be hardship and strife to endure. It will be another beginning. They will be required to learn the lessons from the beginning. All will be wiped clean. Their pyramidal structure will be totally dismantled and require the placing of a corner stone for a new foundation.

That is all for this evening.

*OK, thank you very much.*

You're welcome, and good evening.

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March 30, 1989, evening, Dallas

Good evening. We are Andomus. This evening we wish to discuss the nature of spirituality.

Spirituality may be incorporated into everyday activities to aid in an individual's awakening. We wish to make it clear the

If it is a job, it may take a period of time for a vacancy to occur. The catalyst for these things to begin to happen, however, is desire. The saying, "Need is the mother of invention," could be supplemented by, "Desire is the mother of manifestation."

To manifest that which you truly want, you must have the desire for it. The stronger the desire, the more rapidly it will manifest. If your desire is ho hum, the object may never materialize for you. However, if you yearn for the object, concept, or reality, deep within, and reflect on the item or event frequently, you are sending your thoughts out into the Universe where they will be enhanced by the Creative Source which is all around you. They are then returned to the earth plane with their increased power, and have the ability to begin to materialize for you.

The subconscious desires are for lessons you encoded for yourself to learn in this lifetime. When your job seems not to be going smoothly, despite all you have done to make it a pleasant environment, then encoded experience is probably the underlying cause. You are, most likely, being presented with a series of pre-incarnation encoded lessons which are the desire of the soul to experience in this lifetime. The goal of these lessons is to achieve personal growth at the soul level. This requires you to learn to negotiate the tribulations your soul presents to you in a gentle and loving manner. When you are able to do so, the particular lesson will no longer present itself to you. Your life will smooth out, and you will feel the pleasure of having achieved a milestone of personal growth.

It is a marvelous thing when a human learns to deal with others in a loving manner, and moves on from that level to other encoded lessons. If the individual is able to bring a loving nature to the new lessons, they will be met and conquered with little stress or discomfort on the individual's part.

Each of the two realities (the conscious and subconscious) are interwoven. The conscious desires which you manifest create

ribbons which bind the two may be of a less serious nature, and it may simply entail developing the ability for the two to live or work in an environment which is not antagonistic toward each other.

Therefore, it is entirely possible for karmic debt to be discharged through a loving attitude. This would require forgiveness of all past infractions, no matter how small or how large they are. However, this approach does necessitate the two entities know each other well enough to be able to adopt the loving attitude.

The actions which were encoded prior to birth must be carried out if the two are strangers since the ability to adopt the loving approach and the forgiveness of one to the other would not then be available.

That is all for this evening.

Thank you.

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May 3, 1989, morning, Dallas

Good Morning. We are Andomus. It is good to see you up at this early hour once again. This morning we will discuss the aspects of truth.

Truth is not a reality, it is a <sup>INDIVIDUAL</sup> perception. What is a truth for one individual may not be so for another. At least, the other may not perceive it as a truth.

Individuals acquire their own beliefs about various things: politics, religion, which employer is the best, which product is the best, etc. But, because one individual was raised in and has a well-established belief in a given faith does not mean all the

May 9, 1989, evening, Denver

Good evening, we are Andomus. We will continue the discussion of creating your own reality.

Reality, as has been discussed before, is of your own doing. You are the gardener of your own landscape, the painter of your own canvas, the tiller and sower of the seeds of your own karma. You are the author of the book of your life, beginning before your creation, and following into your next incarnation and the next and the next. This is because actions you take in this lifetime, today--now--may indeed require a payment by you in a subsequent lifetime. Indeed, you should ask, "How would the Christ or Buddha handle this situation," then act accordingly.

If you do great mental, emotional, or physical harm to another, rest assured you will reap this same treatment as your repayment, if not in this lifetime, then in a subsequent one. The mental, emotional, or physical harm you sow today are the bitter fruits you will reap later. Therefore, dispense your words and actions with care, lest ye be faced with them tomorrow, or in some future lifetime when you stare at them in wonderment and ask, why me, Lord?

If you receive ill treatment from another, receive it with understanding and consider that it may well be a repayment for like action occurring in a prior life, or earlier in this lifetime. Think back in this life, review prior events, and determine if you dished out similar action to some other soul. If so, this is likely your payment in kind. Meet each tribulation with a loving attitude. Do not engender into it any anger or hatred. It will only serve to increase the negative emotion already built into the vignette. If you deal with it in a frame of mind absent negative emotion, you will free yourself from the karmic grindstone.

Strive to live your life in a balanced, loving fashion. This will decrease the negativity around you, as well as reduce the likelihood of setting the stage for future lives. Learn from your

past experiences. You can break the negative cycle. You can paint a harmonious landscape for yourself. It is all a mind set, but is one which you, and only you are able to control. Do not allow others to contribute to your downfall. Overcome the arguments and negative attitudes by replacing them with a loving nature, or at the very least, one absent any emotion.

Picture, mentally, the life you desire. Make written notes of these desires, then instill the desire for them to come about within yourself. The intensity of the desire will directly relate to their manifestation. When the desire is intense, the results will appear rapidly. Think on these things and they shall be yours.

That is all on this topic for today.

*OK, Thank you very much.*

You're welcome.

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March 27, 1989, evening, Dallas

Good evening, we are Andomus. Tonight we would like to continue our discussion of the transition into the next dimension.

In order for the maximum number of entities who will make the conversion to the new dimension to be totally prepared for this great event, it will require the raising, even higher, of their level of awareness. This awareness is something which they already have within themselves. It is only a matter of awakening it.

Each human who walks the earth plane has this kernel, this seed, which needs only a centering within oneself to provide the germination and ultimate sprouting to full growth. This seed is a recognition of the Source, the Eternal Source which is contained within each of the mortals who walk the earthly plane. It is the I AM which resides within each being, their individual connection to God. Recognition of that kernel of light, the Source, can lead you to the awareness of your total self.

→ Each individual is indeed a self-contained Universe. Self-contained, in that the total energy of the God Source is available to each one, if they only awaken to that fact. The seed which is awaiting recognition, germination, so to speak, is that Universal Source, the energy which allows the physical entity to exist within the earth plane. It contains the very energy of All that Is, and although the kernel is very likely small at the moment, one can learn to expand it to fill the entire physical vessel with its power. It only requires recognition, recognition of the love of All that Is.

To awaken your awareness, it is suggested you center yourself, in a quiet moment, and allow your consciousness to sink into the solar plexus area of your body. Concentrate upon this area, and visualize the chakra<sup>21</sup> at this level to be open.

<sup>21</sup>See Glossary

Visualize the light which is in the very center of this chakra. Become aware of it. It IS the seed of which we speak.

Now, visualize yourself allowing it to expand. Feel the warmth generated by this light. Feel the love which emanates forth from it. Ride this wave of warmth and love. And, see it growing larger, larger, LARGER. Allow it to expand until it encompasses your entire body. Feel the love. And, recognize the connection you have with the Universal All that Is. Realize that this light, which you have allowed to permeate every cell within your body, is the All that Is. It is the I AM That I AM. Feel the power welling up within you. Allow it to ignite and watch the eternal flame of God burning brightly within your own soul.

This exercise can be repeated at any time you have a quiet moment available. As you practice it you will find you are able to recognize the kernel of light, burning brightly, at any point in time you feel a need for energy, for comfort, or when you are faced with a decision you must make. Tune into this light source within you, and reflect momentarily upon the problem. You will find you will instinctively make the best choice for yourself. It may aid you to remember no choice is wrong. All is experience, growth.

Thank the Eternal Source for the ability to experience each new adventure, no matter how trying it may seem. That is why you elected to incarnate...for the growth, the soul growth...the EXPERIENCE. Savor it, and attempt to meet all new challenges in an expression of love. This will aid in allowing the kernel of light to grow ever larger. For love is all this light is. The Universal Source is nothing more than eternal, undeniable love. It knows no boundaries.

For those who are able to establish this recognition of the I AM, and to cause it to expand, there will be a ready transition into the new dimension. The change will be, for all intents and purposes, unseen. It will simply be a swift merging into a greater

may have much assistance from your guides, whispering thoughts and ideas into your very being, your inner ear, you still are the one who must awaken to the question and then begin to seek the answer.

The answer lies within you. It lies within the tiny kernel of light that is the gift from the Universal Source, the God Source. If you can encounter your daily tasks with this inner light both ignited and very much present in your mind, you will find the meaning of all things begin to change for you. You will find the acquisition of physical things no longer holds the importance it once did for you. You will begin to feel that the only true acquisition worth pursuing is the awakening of your inner self.

This awakening, you will learn, makes you a much softer person, one who is able to see things for what they really are, merely a role you are encountering for the growth experience. And, this enables you to handle the situation with ease, making the correct decisions for you at this point in your life. As you grow, you may discern another pathway will be more appropriate for you tomorrow. If this is the case, it is simply to allow you to savor this new approach or avenue.

Recognition of the I AM within yourself can only be done by you. Others may assist you, but ultimately you are the only one who can perform the gentle shaking of the kernel within and supply the catalyst to cause the light to begin burning ever brighter. As it does, the light will expand throughout your body. It will permeate your every action, it will become the new you.

People will recognize the changes within you.

For others who are on their own pathway, you will be their beacon of light, so to speak, through your actions. Those who are ready and at a level capable of understanding, will be pulled along. Those who are not on their pathway at present, will fall away from you naturally. They will eventually migrate away

from your circle of friends or acquaintances, to begin building what is for them, their truth.

On the other hand, you will find more people coming into your life who will add new information, new wisdom. And for each one who does, you should extract that which seems right, at this new level, and build upon it to make it your newer truth.

Life, accomplished in the manner you encoded prior to incarnation, is an ever upward spiralling action. This is a spiritual awakening, so long as the spiral is circling in a wider and wider pathway upward. For those who are not on a spiritual expedition at present, their pathway will generally be spiralling downward. Rarely, if ever, does one stand still. There is always movement, whether it be considered forward or backward, or upward or downward. Only death or a debilitating illness, such as a coma, causes a cessation of the spiral within the physical plane.

Once again we remind you no action is incorrect or wrong. It simply is. Whether your spiral happens to be going upward or downward at the moment, is what is right for you at that given moment in time. While the desired action is for the spiral to move upward, you may indeed have incarnated within this existence to experience a downward spiral. It may well be a part of what you incarnated for. If you are ultimately able to cause that spiral to begin moving upward, however, it means you have begun to awaken the kernel of light within yourself, and you are once again moving toward the ultimate goal...that of being reunited with the God Source.

Again, we stress one must listen carefully to each new piece of information heard, read, or discovered in whatever manner. Accept that which rings true to you, and operate on that concept. Discard the rest as not being correct for you within the present time frame of your existence.

That is all for this evening.

those thoughts, they will, eventually, manifest that reality. There are no tricks, no hocus-pocus. It is merely desire. This, of course, must be preceded by the realization of what is desired. Once the desired reality makes its way into the consciousness of the individual, then it may be blueprinted. When that happens, the builder may begin setting the stones in place to allow creation to occur. This entails thinking about the desired thing or possession, and taking the necessary actions to allow it to come to the individual.

Allow no one to tell you there is no work involved, for that is not true. You must work at your reality very hard. It requires you to take the actions which will enable the desire to manifest. These actions will come naturally if the desire is deeply instilled within the individual, however. And, if the desire is strong enough, then the work will seem relatively effortless, even though an observer might shudder at the load the individual has chosen to take upon himself.

Just as beauty is in the eye of the beholder, the perception of what is difficult for one may be easy for another. If the desire for a given reality is centered within the individual, and the intensity is of sufficient strength, then there is nothing which will prevent the manifestation for the individual. So, as more people begin to realize their own Godhood, more will begin to practice the art of manifestation for themselves.

Harmony is a sister to desire. When one lives in harmony with his or her surroundings, in his or her home, work, and relationships, the time required to manifest the desired object will be reduced. This is because strong negative emotions divert the individual's strength, thereby precluding the ability to concentrate upon the desired object. Without harmony, the individual will be concentrating upon hatred and anger. Therefore, do not allow yourselves to be encumbered with antagonism and hatred. Search for methods of dealing with others in harmony and love. It will benefit all parties concerned.

That is all on this topic for this evening.

*Thank you.*

Good night.

*What beautiful words they use to assist people in becoming aware of their own strength, their own power. This transmission seemed very special, for it truly makes one reach deep into their inner being and dip from the reservoir of their life to create their very tomorrow.*

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May 20, 1989, morning, Denver

Good morning, we are Andomus. This morning we will discuss the absence of hatred as a vehicle for growth.

Hatred is a negative emotion which has the reaction of creating a core of blackness within oneself. This core of blackness, unless eliminated from the individual, will cause the entity to concentrate on the object of anger with such intensity that goodness begins to be lost. As this transition occurs, the individual begins to lose contact with his or her source of energy which maintains balance and health. This is because of the concentration of energy on the object of hatred. Weaknesses within the body will begin to manifest. This is a reaction at the soul level, attempting to get the attention of the ego by saying, "All is not well here, you must change what you are doing and thinking."

If the soul within the individual is unsuccessful in this endeavor, it will continue to cause the weakness to expand, manifesting a given illness. Intense hatred will frequently manifest as ulcers, either within the stomach or as open sores which will not heal on the skin. Other forms of illness may be

someone). Let your consciousness center itself there, and simply try to make a connection with this part of you which is your Greater Self, which contains knowledge of all your prior lives.

Practice this as you read the book and attempt to experience life as Andomus suggests, in a loving, peaceful manner. Don't be disappointed if you don't immediately receive the insight you desire. Just continue to work at it and one day you'll begin to see an inkling of that greater something. When this occurs, you'll know you have at last achieved a breakthrough.

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*Following is a transmission which dealt directly with techniques on centering. I have included it here to reinforce the effect centering can have on an individual.*

May 6, 1989, morning, Denver

Good morning. We are Andomus. This morning we will discuss the centering process. This is a process you have learned to do very well, and it would be of benefit to others.

Centering of an individual within themselves is a vehicle which may be used to reach an inner knowing, an inner awareness of not only one's deepest desires, but of all knowledge available within the Universe. As has been said previously, each individual is a self-contained Universe. The very power of God is contained within each human being. It is, for the most part, an untapped source within, one which is all powerful.

People who make the effort to look within themselves, to examine their thoughts, their desires, may learn the answers to every question they have. It is a matter of focusing upon the solar plexus area, and establishing a relationship with that chakra

various types of cancer or any dis-ease which manifests as an eating away of the body, since this, in effect, is what the hatred is doing. It is virtually the soul calling out, imploring you to stop what you are thinking about and concentrate on something else. That something else is YOU. Think about yourself and what this core of blackness is doing to you, how it is harming you. Illness then, is a distraction the soul causes within the ego in an attempt to deflect the individual from the current pathway.

Absence of hatred will enable the individual to experience a centered feeling. This need not be recognized on the conscious level as spirituality, although that is how the soul level will perceive it. When a centered individual moves through his or her daily routine, it will reflect as a state of Grace within the individual. It will reflect as love, as fairness, as light energy. A centered individual will glide with ease through their daily routine because they are able to concentrate on each thing as it presents itself, as opposed to being wrapped up in destructive energy focused at one negative point. The centered individual is in tune with their own energy source, regardless of whether or not they recognize this at a conscious level.

When the emotion of love, for the object the energy is being expended on, can be projected into the picture, the individual will begin to experience a conscious awakening of their own spirituality. We have discussed in the past the difference between true spirituality and that professed by organized religion. True spirituality is the holding within one's daily life the warmth and gentleness of expressing love for all things.

Therefore, we urge each individual to recognize hatred in any form, for what it truly is: (an erosion of energy) and a source of illness for the person projecting it. We also urge individuals to replace that core of darkness within with the warmth of love. This may be done with ease if the individual will only ALLOW it.