

## Claiming Our Power and Unified Identity

If we are fighting only ourselves, then any outside group we draw to our planet that would still war over us is still created by us?

They exist outside of you. They are independent of you, but you have attracted them to you because of what you need to resolve within yourself.

In other words, they're mirroring what we're still working out. So the idea of a continual war over Earth — the taking of and colonizing — is still very much in existence until we finish this?

Until you claim your power and have a unified planetary identity. The reason you are still seen as something to be claimed is because you haven't claimed yourself.

Why haven't they come down enmasse and just taken over?

Because their tactic, their philosophy, has been to divide and conquer. If they come down enmasse you will unify because it's a common enemy, and you would be able to oppose them.

What you are describing sounds like they are more powerful but we are more spiritual.

Interesting way you worded it. They are more powerful in the physical sense, in that maybe they have more technology than you. But you have a power that no one else has. It's a power that's born from the integrative process you've gone through, not just from your inception on this planet, but you as them and their past. Right now you possess your Earth history of integration as well as the history of the forefathers. They possess only their history.

Let's say that you've chosen to create chronic pain in your leg. Now, you recognize this was an agreement to get you to the point right now that there's something you wish to realize. First would be to recognize and own that you've made that agreement. The next step would be to understand why you've made that agreement. Sometimes that's difficult for many people; it can be painful because it might be something you don't really want to see. What were you trying to teach yourself? Why did you choose to have the pain in your leg?

Then the third step would be to discover a way in your head that you can give yourself the same lesson in a more comfortable way. As you go through this process consciously, it's going to renegotiate your agreements. You get to the point of number three, where you say, "I can give myself the same message by doing this instead of this." When you get that realization, you are going to break the hold you have on the negative pattern, the pattern you don't prefer. Step four is to begin to actively engage the new preference or behavior. Take one step at a time. There's no rush to go through any of the steps. Do you follow?

Yes. Is it possible that my oversoul made two conflicting agreements? Or a walk-in situation?

(Your oversoul will never create something that can't be resolved.) Now, rarely, an oversoul might create something that couldn't be resolved because you needed to experience unresolution. That's not the case here. Your oversoul will not create something that cannot be resolved.

The walk-in experience is a lot less frequent than people think. Often the new energy that comes in is a part of you that blends with you rather than replaces you. Do you follow?

the center point creating the triad. I think most of us have heard this time and again and understand it theoretically. The question usually comes up, "What does that mean?" What do we do to integrate negativity and positivity? Doing it isn't just obviously knowing about the structure. My understanding of it is simply that it is no more and no less than allowing negativity to be equally valid to positivity.

Thank you! It is validation. In what you've termed the New Age, there are many that say, "I must be positive, I must always be positive. Negative emotions have no place in my reality." Understand that is, well, taking a past Pleiadian point of view! But it is veering off to one end of the spectrum and not encompassing the all. The template of the reality we share with you is one of polarization — one polarity, the other polarity, and the integrative point. We all have the potential of becoming fully balanced and realized beings. It will not come through saying, "I must only be positive." It will come through allowing each and every emotional experience and expression that you have, to be valid and equal to the ones that are preferred. If you experience something that is not preferred, it is still as valid. It is still as equal, and it is still as vital to your growth as anything else.

Okay, at the same time, I have experienced, expressed and manifested as much negativity as I choose to — (not that I am rejecting negativity, but now my choices are predominantly positive.) I still recognize the validity of negativity, but I choose the positive because I really like it more. That is still integrated, though.

Yes. Every once in a while you will choose a random negative event to remind you that that negativity is still valid. Because you know that you prefer the positive, you will primarily create the positive.

That's why I knocked the beans off the counter!

A random negative event!

Are they aware of reincarnation and that some of us are getting more knowledge from past lives?

Some are, some are not. They are still dealing with Earth mass consciousness.

At this time we will depart and allow Sasha to speak with you. We thank you all this evening for being the reflections of All That Is, the fully empowered selves that you know yourselves to be and we remind you that through this empowerment, through this willingness to no longer play the role of victim, you no longer create perpetrators in your reality. Remember this: As you grow and change, there are no victims and no perpetrators. There is only your own self as empowered or as unempowered as you wish to be. That is the bottom line. We thank you and bid you a good evening.

LYSSA ROYAL:

"ZETA RETICULI REVELATIONS"

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*I read somewhere that there's nothing that can't be healed with something from the Earth. It has everything that can help you.*

We agree. But sometimes you have to actually detox yourself to be able to take in that herb. Many of the foods that you eat will toxify you so much that you will not be able to benefit from the herb.

Taking it back to the topic, even if you discover a vaccine, it's not going to work unless you want to heal yourself. You all know that, at least in theory. So AIDS is a very major challenge for your planet (not that you haven't had enough challenges already).

### The Purpose of Not Healing

*Is there some purpose being served by not wanting to heal oneself, by wanting to suffer rather than take a more joyous route to learning?*

There are always purposes, and the purpose may be on an individual level. For instance, the person themselves may feel they need to benefit from that experience. Maybe they did something in another lifetime and this is their way of learning about it. And then there's a purpose in terms of how the person interacts with other humans, and that purpose can be multifold. Watching someone die in pain triggers great healing emotion, and great healing emotion has been one thing your society has avoided for a long time. So it's very purging. There is always a purpose. In fact, nothing ever happens that does not have a purpose.

*The question is then, how much do you communicate to a person who is really suffering that they could take another way out? Or should we just leave them alone?*

You can communicate to them new ideas, but there is a fine line between their actively taking it and your pushing it on them. If you see someone is willing to look in other directions, then you may feel you can be of help to the person. If they are resistant, you may every once in awhile put a thought out to them. If they don't take the bait, it is not your responsibility.

*Isn't it a level of evolution to take another way out, or are both ways equally useful?*

They are both equally useful. Your society is learning to emerge out of the martyr or victim complex. It's not so much that you are exchanging one way for a more evolved way; it's that you are exchanging a less pleasurable way for a more fulfilling way.

*When you say "your society," what do you refer to?*

We refer most directly to your American society and indirectly to your planetary society because we understand there are exceptions when we target your society.

*Why do you refer to the American society?*

Because we are speaking to Americans and most of the individuals listening to the tapes will be Americans. Also, many individuals on your planet recognize the American as being a wayshower. We are not isolating the American public as being different from the rest of the world, but what we say is often targeted toward your belief systems here because we are talking directly to you. It might be slightly different if we were talking to a Japanese or Australian or French audience. In general, what needs to be communicated is communicated.

### Belief Systems Can Neutralize Toxins

*About belief systems: I know individuals who continue to toxify their body — you know, Coca Cola and coffee and white flour and sugar — and actually believe that the more they consume the more immune they will be. Can one neutralize that belief system about being toxic and continue to toxify themselves without its affecting them?*

Absolutely, yes. Again, it's all belief system. If you took a human body without a soul and nourished it, you would find that it responds to substances such as algae, things lower on the food chain, wheat grass, vegetables, fruits, etc. But as soon as you throw the soul in, you've got a belief system and you've got the choices that soul has made. For instance, Bob there may never have been sick a day in his life; he eats butter on everything and always feels wonderful, but his diet is atrocious. One day Bob dies of a heart attack at a young age, even though he has never been sick. Bob didn't really have a belief system about food; he ate the way he needed to eat so that he could fulfill what he wanted to do, which is die at an early age.

In that sense, everyone is doing what they need to do at any given moment. As you relinquish the judgment about this, you will all relinquish your judgment about yourself and your belief systems. Then you will come more into alignment with some of the more natural forms of food. If you're not there now, that's quite all right, because it's not going to affect you. Do you see what we mean by that? It's all your belief system.

*Can there be a person who has certain tasks to accomplish and who gets interrupted by an opposing program that sabotages or interferes with this person's accomplishment because it would go against those that are trying to oppress?*

This can only happen if this is part of the person's blueprint and they've chosen to be interfered with by a seemingly external source. There can never be someone else who influences you who is not part of your agreed-upon process.

*So the first-born Egyptians who died chose to have that experience?*

Yes, absolutely. That was their experience, their choice. A lot of it was based on belief systems as well, but

fear and integrate it within your being. That will be better than any antidote you could possible take.

### AIDS' Origin

*In a more earthly question, who's responsible for introducing AIDS into the physical?*

Well, back then it was some of the extraterrestrial groups involved in the warring. But in the present we would say it was the researchers.

*On purpose or accidentally?*

They discovered it on purpose, all right, because researchers will play — meaning they were looking for something. To be somewhat vague about it, certain forces got hold of the information from the researchers and used it for their own purposes.

*Is it true that the Navy Department or Army has used it by injection? There is a theory that it has been injected in mass inoculations.*

We would say it is not so identifiable as the military. We are talking about very covert shadow groups.

*Was it used as a hepatitis vaccine and then introduced in that form?*

Prior to that it was introduced in another way as well.

*Would you suggest a college-age student should engage in sexual activities without concern?*

### Personal Belief System the Critical Factor

There's a difference between discretion and fear. In a sense, fear will draw to you that which you fear. Discretion is common sense, and common sense says that whatever you want to engage in in your life you take full responsibility for. You take all options and all precautions, if there are any. We would certainly not say to someone, "Oh, go have activities with anyone you want because it's only a belief system." If you don't really know what your belief system is, then you are going down a dark hole with the lights off. There's nothing wrong with discretion and precaution. But if you take action out of fear, you would serve yourself more by first addressing the fear rather than the thing you fear, and transforming it. Then everything else will transform with it. Do you follow what we mean?

*So you are saying that if an individual, through acceptance of their own vulnerability and spiritual makeup, is convinced that they are not vulnerable and have no fear of the AIDS virus, then they are really invulnerable to it?*

Yes.

*They just wouldn't draw those people to them, right?*

Exactly.

*It's not that they're invulnerable; it's that they wouldn't draw those people to them.*

Exactly, yes.

*It changes the idea that AIDS is only transferred through sexual intercourse; babies are getting it.*

The thing is, if you are going to get it, you're going to get it even from a toilet seat (if you get the drift of what we are saying). Protecting yourself by wearing a mask every time you go outside is not going to do it. Wearing a condom is not going to do it.

*Are you talking about general fear (because you can have fears in many directions)?*

It's the fear of your own vulnerability, the fear that someone or something can get you. If that fear rules your life, you are a prime target.

*Aren't you also a prime target if you are sure you are invulnerable? Might you not attract something like that just to show you that "no, you are not"?*

If your feeling of invulnerability is grandiose and covers up a feeling of insecurity, yes. If you're feeling invulnerable, but it's a misaligned invulnerability, then you're only covering something else up.

What it comes down to (so that you don't have to figure out "Well, do I really feel invulnerable?") is taking each experience as it comes. Be aware of why and when you draw things into your life. And make decisions with discretion, which is all you really can do in your life — the middle ground, the ground that will bring you joy and excitement and growth.

### Holistic Healing of AIDS

*My ex-nutritionists got their first AIDS patient, who was dying and wanted to try their particular diet, which is all raw foods. But he's had lots of past illnesses and was full of medication. The diet constructed for him, strangely enough, was a lot of raw meat, fertile eggs, honey and oranges. He said it was delicious, but getting rid of toxins was so hard on him that after a bowel movement he couldn't drag himself out of the bathroom. He said everything came out green. So it was working, it was taking care of it. But he was so far gone and so weak that he just decided to give it all up and check himself into a hospital. He knew the minute he did that he was a dead person. The nutritionists learned that kind of a process would work to cleanse and rebuild, although there was no way the patient could really follow it through to its final conclusion.*

There have been many cases, not isolated, of holistic healing of AIDS, but you're not hearing about them. The reason you're not hearing about this is obvious if you think about it; chaos would occur in the restructuring of your medical associations.

*That would kick over a lot of pedestals.*

Medical pedestals. Thank you.

energy. This represents your past, your future, your present all wrapped up into one idea. It's encoded by light frequencies. This is what dictates or what attracts you to a certain type of body. When you want to come into a lifetime, there will be various connections with the different bodies on Earth. If you want to incarnate as a black person, maybe there have been lifetimes as other black people and you want to resolve them. That's one idea. That's on the Earth level.

There are other levels that represent your identity with your Source on an etheric genetic level. That will dictate your experiences and your genetic evolution, not against your will but as a reflection of your will, and not only your genetic evolution on Earth, but your metagenetic evolution, the genetic evolution of you as a light being.

*Originally was this etheric DNA created by someone, some energy form?*

No, not outside of you. We've described the whole idea of the dimensional infusion, which was your emergence into this reality that you all share. You came from a point of integration into a reality of separation. When you fragmented it was like the shattering of a mirror. You brought with you the original stuff that you were part of, and that is part of your identity. Your experiences here alter your identity; they change it, expand it.

So it's not that someone else created you but that who you are inherently created the codes that we speak of. It's a reflection of you rather than a blueprint about you.

### How Miracles Originate

*People worship a god, or pray to a god, whether it's the image of a god or it's a Buddha or even back then...they tap in and get results. The god is just something that they made. So are those gods just like connectors to an energy that one was able to tap into?*

When one prays to a god and — let's say the prayer is answered. The person needs that figure because at that time in their lives they do not realize that what they are praying to is a mirror. They are only looking at themselves. So it serves a function for them to do that. But the evolutionary process is such that eventually there will be a recognition that you're only looking in the mirror and seeing yourself.

Here's an interesting thought: Let's say that someone makes up a god and they call it Bob, the god of Bob. And enough people begin believing in Bob. Because of the belief in Bob, Bob is created. Bob has the choice of becoming self-aware, but he doesn't have to. He can exist only as a projection of the people who believe in him, in which case it is like a two-dimensional image. To the people who believe in him, Bob is very real, and you could prove the existence of Bob.

Evolution always has wild cards. This is a case where you may actually be able to watch the birth of a new entity, because through the natural evolution of Bob's existence Bob may become self-aware. If that is the case, he becomes a true being and not just a projection of those who believe in him. So for all intents and purposes those who believe in Bob will know that Bob exists, because Bob will be very real for them. And there really is no difference that he is a projection. Do you follow?

*Well, actually, we're all projections of some sort of another aren't we?*

We were talking about the dimensional infusion. Sometimes people ask, "What happened before that?" Before the dimensional infusion you can liken that to your being one big Bob. Bob became self-aware, and the self-awareness was so exciting and so igniting that in his excitement he burst and fragmented. That's one way of looking at it. But that is how the creation of an entity can occur.

*But then you can go one step further and ask, where did Bob come from?*

Right.

He came from itself.



*Well, it's like the devil then, too.*

The devil has a lot of power because he's been given it. That's the only reason why.

So your church is being very real when they say the devil exists. But does the devil have an existence outside of it?

*Well, I would say that he has power over those that believe in his power. They give it to him.*

*They put their power in his hands. How does that relate to miracles such as the waters of Lourdes, St. Therese, St. Francis of Assisi and Bernadette?*

Miracles are self-generating. Miracles occur because the seeker believes they need something and can't allow themselves to give them what they need. Therefore the miracle will come in the form that is most comfortable.

For the individuals of a certain religion, miracles come in the form they're comfortable with. For some of the more fundamentalist Christians, it comes in the form of faith healing. It's what you believe in. Miracles do not happen outside of you. You are the generator of them. It's up to you whether you want to create it so it look like you have nothing to do with it.

*Let's say that Bernadette or St. Francis had nothing to do with working any of these miracles outside of the fact they are the mirror...*

They're the mirror. They are also the channel through which the energy may flow. Those whom you have deified may actually be the channel for energy to flow through for other people rather than themselves. But if you're just a sick person and you have a miracle, it's for you rather

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than your channeling for others. Do you see what we mean?

Well, I healed myself in a very interesting situation and when I asked about it, I was told that it was my soul energy that healed me.

Yes.

Evidently your soul energy heals you when your ego is looking in the other direction, because the ego doesn't believe in that sort of thing.

Yes, exactly. You've just said it all. Nothing happens outside of yourself. Absolutely not.

So if we take full responsibility for, let's say, fragments of Bob and we want to be the catalyst to do this thing, then the process is for us to get rid of our egos so that we can then put out the fires in Kuwait and help the people of Bangladesh and stop crack babies from being born addicted — all of that. There's some sort of process about getting the ego out of the way and allowing ourselves to be the channel for healing on this level.

Exactly.

To sort of somehow focus all these people who do have serious beliefs in miracles so that their energy can flow and join ours and create some kind of...

Exactly. There's nothing wrong in believe in miracles. You can coexist totally harmoniously with fundamentalist Christians who believe in miracles if you both allow the ego to step out of the way. They will create the miracles seemingly outside of them and you will create the miracles for yourself. And you both accept each other. It's not a matter of belief; it's a matter of allowing. That's the whole key.

There is enough space for a coexistence to take place for all energies, all races.

Oh, yes.

### The Origin of Conflict

Even from the very beginning why did the struggle for domination occur? Was it territorial?

It was territorial. We'll explain a little bit about the dynamics of it. You are asking why there is conflict if the realization is that there's enough to go around.

The nature of polarity in your "universe" is such that it takes the form of service to others or service to self, or positive and negative. Negative can be equated with service to self; this is because of the energy dynamic. Service to self is contractive, contracting in on itself. Service to others is expansive, expanding outward but at the ee you're going to be scratching your head wondering what one thing has to do with another. We will clarify.

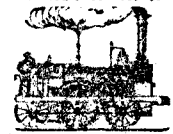
It is all a reflection of the whole. Nothing is outside of you. It is all a part of you. It is yourself invading yourself. Coming to terms with this and changing the perception from invasion to communion will be profound indeed. For it is not an invasion of one to another, but a joining and a communing and an integration. We know that together we will make this species leap, as we hold hands and take the steps together.

should you allow yourself to transmute the fear, you will thus aid us in discovering more about ourselves. We do not know how this will come about, but we do know that we wish to ask you to work on this fear. You are not victims. You never have been.

I had a visit from some Zetas last week who were probing my stomach. I became very upset because it hurt. What was going on?

What area of your stomach?

Around my belly button.



That is a common place. We are being told to be delicate in this matter. The clinical term would be an extrac-tion of ovum. We would repeat, this is not meant to frighten you. You have agreed to this. You can transmute the fear when you are in the experience by placing a very solid blue light around your body, which will lighten or make your field less dense. This will allow us to work with you easier which will cause less discomfort.

I would like to know if I have had this type of contact. I feel sometimes that the contact goes back a long time. Is this actual, or is it my imagination?

It is actual. Your imagination would not create such an experience. Imagination is not the myth it is believed to be. It is a realm of reality. It is a realm that you allow communication through that you do not allow in many other ways. This is a reality.

What fear is it in us that needs to be released to allow the evolutionary process to continue?

The fear of what you will become if you follow through. The fear of losing yourself. The fear of evolution.

We are told that humans fear the unknown. Yet the unknown is what drives you to face your fears. In this particular case, there is nothing but evolution. Nothing we say can make you understand this. You will need to come to terms with this yourself. It is the unknown that you fear. But yet, it is the unknown that drives you on.

### Renegotiating Your Future an Easier Way

I've come to realize that a lot of things that have happened in my life are because I agreed to them at some level of consciousness. So if I'm having an experience and I disagree with it, how can I negotiate?

Excellent question. You are never bound by your agreement, like a marriage contract. Let's give you an analogy. When you come into a lifetime, your oversoul chooses that you go down a certain hallway. Go down that hallway you will. No matter what else you do, you're going to go down that hallway. As far as how you go down that hallway, that is entirely your doing. You can run; you can go backward; you can cartwheel. That's the difference between your oversoul choice and your free-will choice. Your oversoul creates the hallway, but you are the one who chooses how to go down it.