

What You Can Expect to Be Cleared From Your Akashic Records During Your Sacred Sessions 1 Through 8 Basic Clearing Sacred Session 1

The Basic Clearing Provides a Means of Clearing the Negative Forces in the Akashic Records as far Back As The Time of The Lucifer Rebellion. The Akashic Records also Reveal Many Positive Aspects About a Person. There are so many Aspects, however, Each Person is Very Different Therefore it Would Be Impossible To Put Them In a Book Format. Consequently I have Focused only on Providing a Means For You to Release the Negativity in Your Own Records. One of the Greatest Blessings You Receive From the Positive Aspects which are Included in this Book is That You Receive Shields of Protection. These Shields of Protection are Given to You by Spirit Beginning with the First Basic Clearing.

Some of the Negative Influences that are Cleared (If You Have Them) are: Negative Spirit Guides, Tears and Scars in your Golden Web (Aura), the Percent of Mental Life Occupied by Other's, Spells, Pacts and Binding Contracts or Curses, Dark Entities Attached or Stalking, Portalways open to the Dark Forces, Negative Vows to God, Addictions and Obsessive Behavior and Imprint and Implant Removal, to mention a few.

Implant and Imprint Mechanisms Sacred Session 2

Hundred of Implants and Imprint Mechanisms were Brought to My Attention, Along with the Ability and Wisdom to Clear and Heal Them, I Knew we were Being Controlled by Negative Forces but I Never Dreamed We Were Being Influenced and Manipulated To Such A Degree. The Implants and Imprints of Discord are Encoded within Us in a Braided Fashion That Overlap Between the Emotional, Physical, Mental and Spiritual Levels, Making It Very Difficult to Identify and Remove Them.

Some were Placed so we could have the Opportunity and Experience to Transcend Limitation but other Implants and Devices were Placed to Ensure We Did Not Succeed by Never Awakening To Our Power. There is Everything From Astral Toxic Residue on our Etheric Blueprints to Implants of Cosmic Evil. Even Positive Virtues have been Programmed to Our Detriment, Not to Mention the Cosmic "Ooze" Contaminating our Akashic Record, to Mention just a few.

Fractured and Splintered Emotional Parts

Sacred Session 3

It was explained how the Fractured and Splintered Behavior and Emotional Parts of our Bodies could be Combined and Healed and Brought into Wholeness. Here again each Fractured and Splintered part Needs To Be Identified and Healed Not Only on the Physical, Mental, Emotional and Spiritual Levels, But For Past and Present Life As Well. Many of us have Portalways open to Biological Memories which can Influence All Aspects of our Lives from the Need to Dominate and Control Outcomes to Sexual Perversion, Not to Mention Negative Emotional Memories from Our Mother's Womb. We also have Karmic Ties to Negative Mass Consciousness, plus a Long List of Influences such as Inferiority, Superiority, Self-Pity, Suffering, Sorrow, Doubt, Shame, Blame, Pain, etc. I think You get the Picture. **It Obviously Requires Personal Intent and to Know What To Ask To Be Released in Order to Properly and Completely Clear Them from One's Akashic Record.**

Core Karmic Encoded Traits and Patterning

Sacred Session 4

I was given the Keys to Clearing the Core Karmic Encoded Traits and Patterning that Became a Part of Every Human Being Prior to The Lucifer Rebellion. In many ways these Traits and Patterning are Still Controlling and Influencing Mankind to This Day. Most of These Encoded Traits are from the Pre-Lemurian Period and are From what are called the "Electrical Ones."

The Core Karmic Encoding goes Back to the Explosion on Planet Maldek. Many of Us Lived on Maldek and Contributed to the Explosion of The Planet. This is when We Were Imprinted with Lower Vibrational Patterns of the Maldek's Collective Consciousness. We Were Encoded with Patterns of Violence, Victimhood, Addiction, Shame, Low Self-Worth and General Distrust on a Sub-Conscious Level.

Most of Our Negative Beliefs are Karmic Encoded Beliefs that We Received During This Time Period. The Negative Behaviors and Traits will be Identified and Cleared In This Session. This Clearing Provides a Means To Balance Your Male and Female Energy that was Brought Into **Imbalance** During the Fall From Grace.

Parallel Lives

Sacred Session 5

I was Shown How to Identify and Heal Parallel Lives. This Includes Re-Connecting with Our Original 12 DNA Strands. Identifying, Healing, Releasing Parallel Lives that are Influencing our Health, Happiness and Prosperity in Our Present Lives. I knew a Little About Parallel Lives and How They Could Influence One's Current Life by "Bleeding Through" different Negative Behaviors from other Planes and Dimensions. But I was Really Surprised to Find Out that I had Seven Parallel Lives Living on Earth and that I Knew Five of Them. Trust Me, if You Have Parallel Lives That You Know Currently, You Will Have an Opportunity to

Experience “I AM THAT! I AM THAT! Over and Over Again, Because they Will Really Reflect What You Need to Clear or Enhance in Your Life and Usually You Will Be SURE You Are Not At All Like Them.

Knowing who Your Parallel Lives are will Accelerate Your Ability to Heal Yourself Through Their Reflection. It is a Good Thing! When you Can Identify Their Value from a Different Point of View, It Becomes Easier to Forgive that Part in **You** that Needs Healing. Just Think How Much They Love You, To Play The Role They Are Playing, So You Can Get It! Of Course, both of You are Veiled and Neither of You Remember Saying You Would Do That for Each Other. The Most Important is to Clear and Heal Whatever it is Now.

Information Regarding Parallel Lives Master Rhyon of Planet Artis Through Zim

So now, My Friend, let us Consider the Concept of Parallel Lives as Your Spouse Conceives of this Wondrous Arrangement. You see, the Mother/Father God of All There Is, Created Through the Elohim, the Beings of Earth, when They Created the Planet Itself. The Beings of Earth, and now I'm Speaking Primarily of the Human Ones, were Endowed with Powers and Wisdoms and Energies Far, Far Above What Man Knows and Experiences in His Daily Living Today. Little by Little Many, Indeed, Most, of Those Powers and Wisdoms Have Been Shelved, so to Speak, for they Have Not Been in Common Use by the Vast Numbers of Humans that Have Been Incarnate on Earth. That is Not to Say they Have Been Lost but Shelved Until a Later Time when They Will Be of More Frequent Use and Benefit for Mankind.

Nevertheless, there are Some Few that have Retained a Small Measure of These Wisdoms and Powers and Energies. Your Spouse Is One of Them. To Her Has Been Given Understanding of Many Things and One of Them Is the Gift of Parallel Lives. You see, the Creation of Mankind Encased Many, Many Lives or Parts of Lives. Here We Speak, Not of Incarnations but of Lives that Occur Simultaneously with Incarnation and With Existence On Any and All Other Realms. As Long As the Individual Human Exists, and it Doesn't Matter Where or in What Form, that Individual has a Multitude of Lives Existing with Him or Her. In your Language there are 144,000 of Them for Each Individual. That Does Not Mean a Mathematical 144,000 but Simply a Multitude of Lives, so Many That No Individual Need Ever Fear or Doubt there are Not Enough for Help and Assistance in Any Lifetime, Any Incarnation, any Existence in Any Dimension.

These Parallel Lives exist Constantly and in Their Own Rightfulness and Beingness yet They are Intricately Interwoven with that One Individual. The Role of Parallel Lives is Simply that They are there to Assist Each Individual to Learn, to Experience and to Benefit From All That Occurs in His or Her Life. This is Done in a Variety of Ways.

Parallel Lives will Connect with Other Beings, Both Human and Non-Human, Animate and Inanimate, That Are in Close Association with that One Individual of Whom They Are a Part. Thus a Friend, a Relative, a Pet, a Tree, Birds, Animals, Rocks, Soil, Anything Found on Earth Can and Often Is Imbued with, Connected with or Supportive of a Parallel Life of Another Individual.

Parallel Lives Interact with Their Host Individual or Being, in Such a Way that the Host Isn't Even Aware of Their Existence. There is No Weight, No Pressure, No Thought, No Awareness Whatsoever. They are Merely the Conveyance, the Means of Bringing the Parallel Life into Association with its Own Individual.

Parallel Lives are Present in the Existence and Living of Every Individual. They Cannot be Escaped Nor Would Any Right-Thinking Individual want to Escape Them for the Purpose, Work and Goal of All Parallel Lives is ALWAYS of a Positive Nature. What They Do, Show, Reveal and Share is Always for that Individual's Best and Highest Good, as You Say. Parallel Lives then are Nothing to Fear, Nothing to Worry About, Nothing to Shield Out of One's Thoughts, Words or Living. Indeed, They are to be Welcomed for They Assist in a Multitude of Ways, so that the Pathway is Smoother and Traversed More Quickly than Would be Possible Without Them.

Let Me Hasten to Add That Not All Parallel Lives are Active At the Same Time and Place For an Individual. Only a few, Perhaps Three, Seven or 10 at a time. As one Completes the Assistance it is Designed to Provide, it Reenters Into the Beingness of the Individual from Whence It Came Until Such Time as it May Be Needed Again. Should that Time Not Ever Arrive, that Parallel Life will Continue with Oneness and Wholeness as an Integral Part of the Individual. Thus the Parallel Lives Separate from their Individual, Do Their Work of Assistance and Enlightening and Then Reemerge with their Individual When Their Work Has Been Successful. This is a Constant Process with Every Human. For some Parallel Lives the Separate Association with Their Own Individual is Very Brief but for Others it Can Go On For a Number Lifetimes.

Now what is it that Parallel Lives Do To Assist, to Support, to Teach and Help Their Own Individual? Their Major Work is to Reflect, to Mirror Back to Their Own Individual what He or She Does, Thinks, Says, Acts Like, Responds To, Likes and Dislikes. In other Words the Role of Parallel Lives is Not to Praise Nor to Condemn But Simply to Reflect what is Already Present and Shown by Their Own Individual. They are as Your Mirrors that Reflect Back to You Exactly what You Look Like. They Are Not as Your Tricky Mirrors that Distort and Disfigure What is Reflected but Clear and Plain and in Exactness what is Shown Out by the Individual. Nothing is Left Out, Nothing is Added. There is No Judgment in doing this. There is No Attempt to Sort Out, Weed Out, Shame or Judge Anything that is Thereby Reflected. As little as the Mirrors of Your Homes carry Judgment or Shame or Praise, so little do the Parallel Lives of Each Individual Carry Them. They Merely Reflect, Nothing More!

When Parallel Lives Do Their Work, Reflecting Whatever is There to Reflect, a Choice Appears Before the Individual. Each One Chooses To See that Reflection as Truth or Non-Truth. If it is Something of Negativity, the Temptation is to Reject It as Non-Truth and Do Nothing About It. If it Is Something of Pleasure and Positivity, the Tendency is to Accept and Nurture and Increase it as much as Possible. Although there has Arisen Among Humankind Many that Find it Very Difficult to Accept Even the Positive and Pleasurable Things Reflected to Them from Their Parallel Lives. Nevertheless, there is Always a Choice to Accept or to Reject. Acceptance Means More Than Just Acknowledging the Reflection, it Also Means Doing Something About It. Should the Parallel Life Reflect Constant Anger, Hatred, Bigotry, Avarice, Greed, Jealousy or Any Other such Negativity, the Sincere Child of Light will Recognize Them in Himself or Herself, and Work to Eliminate Them. Should Positive Virtues

Be Reflected, the Sincere Light Seeker will Endeavor to Enhance and Increase Them in His or Her Daily Living. Thus the Parallel Lives of Each One will Ever be There to Assist, Not by Commanding, Demanding or Ordering but Simply by Reflecting What is Already There. It is the Choice of the Individual, using His or Her Own Free Will, to Decide What To Do About those Reflections.

When an Individual Sees the Things Reflected by His or Her Parallel Lives and Works Until the Negative Ones are Erased and the Positive Ones Enhanced, the Work of the Parallel Life has Come To an End, at Least for the Time Being. There is No More Need for that Parallel Life to be in Separateness from its Own Individual. At that Point They Lose Their Separateness from Their Own Individual and become Reconnected or Remerged with Them. They are Still There, Still in Existence, Still Ready to Become Separated Again When and If Needed. However, as Long as the Individual in Sincerely and Truth has Learned to See Himself or Herself as He or She Truly Is and Works to Bring Light Into All Things Said, Done, Thought and Felt, There Is No Need for Such Separating.

Parallel Lives are Among the Greatest of Gifts from the Father/Mother God to Mankind. Without Them, the Pathway Back to the Heart of God Would be Much Longer and More Tedious For Most. With Them, the Way is Greatly Smoothed and Quickened,

I am Master Rhyon of Artis.

Thank You Dear Master.

Earth-Bound and Multi-Dimensional Parallel Lives Master Rhyon of The Planet Artis Though Zim

My Friend, I AM Master Rhyon from Planet Artis. I have given You Much Information in the Past about Parallel Lives but will Add a little more that can be Shared.

Earth-Bound Parallel Lives, as You Call Them, were Developed and Arranged For by The God of All as a Major Assistance to Mankind in His Struggle to Find and Remain and Proceed on the Pathway Back to The Heart of God. Parallel Lives are, in Reality, Simply Mirrors, One Might Say, of an Individual's Own Lives, both Present and Past. A Parallel Life may be Thought of As an Aspect of an Individual's Life. That is, it Reveals Certain Things About That Individual's Life that Might Not be Seen Understood or Recognized, if it Weren't for the Parallel Life that Reveals it. You see, the Whole Purpose and Intent of Establishing the Concept of Parallel Lives is to Assist the Individual to Recognize Himself More and More Clearly. It is Only in this Way That the Individual can Really Learn to Cope with Third Dimensional Reality, or what Passes for Reality on the Third Dimension. It is One of the Assistant Mechanisms that Enable Mankind to Open Himself to Spiritual Reality, Not Only Spiritual Reality Outside Himself but Most Importantly Spiritual Reality Within Himself. It Isn't the Only Way an Individual can See and Recognize and Learn about These Things but it is One of the Easiest Ways.

I would share with You some Examples of how a Parallel Life may Assist an Individual. When a Person Sees in Another Person, Conduct that is Displeasing or that is Improper or Illegal or Harmful to Self or Another, that Person is Seeing Parts of Himself.

Your Spouse has a saying She uses that Illustrates this Quite Nicely. It is, "I AM That." When the Individual Person Sees These Things AND Applies Them to Himself or Herself, the Purpose of the Parallel Life is Being Fulfilled. The Parallel Life is Acting as a Mirror. It is in Reality an Aspect of what has Already Occurred in That Individual's Lives, Present or Past. As the Individual Takes These Lessons, Pictures, Reminders or Whatever You Wish to Call Them, to Heart and Applies Them, He or She Grows More Aware and Thus Proceeds Along the Pathway to The God of All.

There is Another Way of Looking at Parallel Lives and what They do that Might Make Them More Understandable to the Individual. It is as Sir Archangel Raphael Taught You Many Times Before and that is to "See God In Everything." If You See God in the Actions, Words and Doings of Your Parallel Lives, You Will Soon Put Away Judgment, Not Only of Them But of Self as Well. Thus the Pictures Presented by the Parallel Life are to Assist the Individual in Proceeding and Growing and Coming Closer to the True Reality of the God of All.

Parallel Lives Come Into and Leave an Individual's Life. They Rarely Stay Very Long. The Reason for this is Simple. If the Parallel Life has Completed its Task and Shown the Individual Something He or She Needed to Know, the Task Is Over and the Parallel Life Fades Away. It is Only When Lessons are Difficult for the Individual to Learn and Accept and Apply, That an Individual Parallel Life May Remain Close and Persistent for a Longer Period of Time. Oftentimes These more Persistent Parallel Lives are in the form of Dear Friends, Family Members or Others that are Intricately Connected with the Individual. Thus Each Person has Many, Many Parallel Lives that Come and Go in His or Her Life as They Are Needed, some for Only a Short Time and Others for Longer Periods of Time.

Another Aspect of Parallel Lives that is Important to Understand, is that They Form What You Might Think of as Network. It Works in this Manner. One Person becomes a Parallel to Another and Another and Another and Perhaps to Many Different People At the Same Time. Some of Those Other Persons may be Parallel Lives of the Original Person who Became a Parallel Life. Thus There is a Vast Network of Connections and Ties of Parallel Lives to Individuals and Individuals to Parallel Lives. In Essence, All the People on Earth Mother At Any One Time Can Be Parallel Lives of Every Other Person on Earth Mother At that Time. Obviously Not Every Person is Aware of Every Possible Parallel Life. The Ones They are Aware of Are Those that are Most Needed at Any One Time and Those that Spirit Deems More Important For the Individual's Progress on the Pathway of Spiritual Awareness and Growth.

This Network-Type of Arrangement is Why and How a Planet and the Inhabitants of the Planet Gradually Grow As a Body Into Lightness. The Planet Artis Grew Through This Network into the Light Planet it is Now. You See, when One Looks Upon Every Other Person As an Aspect of Himself or Herself, That is, as a Parallel Life, Then Learns from what He or She Sees and Applies it to Self, there is Growth in Lightness. Since There is this Network of Connection Between All Beings on a Planet, the Entire Population and the Planet Itself, Gradually Grow in Spiritual Understanding and Acceptance. That's the Essence of Becoming a Light Person or Light Planet.

I have Spoken only about Earthly Parallel Lives to This Point. There Are Also Non-Earthly or Multi-Dimensional Parallel Lives. These are Simply Light Beings Who Are Not Bound in the Third Dimension. They include the Angels, Elohim, Cherubim, Teachers, Messengers, Guides and All Manner of Ascended Masters. I Am Such a Multi-Dimensional Being. I Am One of Your Parallel Lives. I Am also a Parallel Life of Many Others on Earth and on Other Planets. The Same is True of Your Other Teachers and Guides. The Same is True for Each Individual On Earth. Everyone Has Not Only Earthly Parallel Lives but Heavenly or Multi-Dimensional or Other-Dimensional Parallel Lives As Well.

The Chief Difference Between Earthly and Heavenly Parallel Lives is that Earth-Bound People Cannot See the Heavenly Parallel Lives. Thus the Lessons, Pictures and Assistance of Heavenly Parallel Lives come Not Through Visualization but Through Hearing and Receiving Their Messages in Meditations, Channelings and Knowings. These May Come to the Individual Directly as I AM Communicating with You or Through Another Intermediary Such as Your Friend Malachi Comes Through Ms. Torres or Even Through Written and Spoken Words in Books and Tapes and Such Means of Communication. In Reality it Makes No Difference Whether one Sees the Parallel Life, Hears the Parallel Life or Receives the Lessons of the Parallel Life through others Means of Communication. When an Individual Sees a Lesson or Picture in a Parallel Life and Applies it to Himself The Purpose Remains the Same, to Assist the Individual to Become More Aware of Outside and Inside Spiritualism and Thus to Grow in Spirit and Proceed Along the Pathway Back to The Heart of The God of All.

You also Asked About Healing and Merging of Parallel Lives. These are Words That Do Not Provide a Full Picture or Comprehension of What Takes Place. In Actuality It Is Very Simple. When an Individual Sees a Lesson or Picture in a Parallel Life and Applies it to Himself or Herself, that Particular Aspect of Self and that Particular Aspect of the Parallel Life is Healed. It is gone! The Connection Between the Two Has Been Completed. There is No Difference Between Them Any Longer. No Difference in Concept or in Reality. Thus Each Time a Parallel Life Shows an Individual Something and That Individual See it, Accepts it and Applies it, a Healing takes Place. This Can and is Most Often Done Automatically, however, Third Dimensional Obtuseness often Wants Something More Concrete, More Visible to cling to, so a Process or Ceremony of Healing is Most Appropriate, Not to Create the Healing, for That is Done and Completed of Itself, But To Confirm What Has Taken Place and to Reassure Skeptical Mankind that it Really Has Happened.

Merging of Parallel Lives Also Is Not the Whole Story. Merging occurs again when an Individual Sees, Accepts and Applies a Lesson Presented by a Parallel Life. In Essence, that Expectance of the Individual and of the Parallel Life Merge. They Become One for They are then Exactly the Same. This is Not a Physical, Mental, Emotional or Spiritual Merging but a Merging of Sameness. It is Like Two People Doing Exactly the Same Thing. It can be Said, They Have Merged, that is Their Actions Are As One. Again this Occurs Without Outside Doing. Yet Mankind Again Can Often Use the Added Confirmation of Ceremony and Process to Overcome His Earthly Skepticism. What that Ceremony and Process Should Be Is Certainly Open to the Wisdoms and Abilities Granted to Such Ones As Your Spouse.

Permit Me to Add Just One More Example of How the Healing and Merging of Parallel Lives Affects the Individual and Planet. ON EARTH AT THIS TIME, ONE OF THE

BIGGEST AND MOST COMMON LESSONS PRESENTED TO INDIVIDUALS BY PARALLEL LIVES IS THE MATTER OF BIAS, BIGOTRY, RACIAL DISTRUST AND UNREST. Until and Unless the Individuals on Earth can See, Accept and Apply the Lessons in this Matter that Come From Their Parallel Lives, Progress on the Pathway Toward Lightness will be Greatly Retarded and Slowed. A Planet Becomes a Light Planet as ALL The Inhabitants of the Planet Grow in Spiritual Awareness of Things Outside and Inside Each Person. I AM Master Rhyon of Planet Artis.

Thank You Dear Master Rhyon.

Keys to Forgiving Self and Others Sacred Session 6

The Keys to Forgiving Yourself and Others were Received. How to Heal Feelings of Unworthiness and Release Karma was Another Gift. These Processes Will Be Assisted Through Use of the CD included in the back of this Book. The CD Provides the Essence of Moses Through Toning. This Toning will Provide the Vibrational Re-Patterning that is Needed to Complete These Processes and the Trauma Drama you Have Experienced. **You Do Not Need to Experience Any of It To Release It!**

Most of the Information in the Sacred Session 6 was Already In Use in the “I AM” Classes. It has Resulted in the Release of Most, If Not All, the Karma of Those Who Had the Intent and Made the Effort. I was Not Aware At That Time that Spirit Wanted Me To Use this Gift of Toning to Assist in Clearing the Akashic Record. The CD included in the back of this Book will Provide a Means to Assist You In Clearing the Negative Emotional Traumas at the Soul Cellular Level for Those who Feel They Need Such Assistance to Avoid Re-Experiencing the Trauma and Drama. It Has Proven To Be Very Effective for Physical, Mental, Emotional and Sexual Abuse. The Bottom Line is There Is Only Love and Fear. This process will Provide a Means to Release the Fear by Loving it Free! There is No Need to Hold on to the Traumas and Dramas, Spirit Will Carry It All Away. Just Let It All Go with Ease and Grace!

The Focus of This Step Is To Release the Trauma from This Incarnation. It Will Be Easier To Do This Since So Much of the Encoded and Implanted Memories Will Already Have Been Removed. This Is Where It Is Possible to Clear Any Remaining Karma.

Laugh at Feelings of Unworthiness Lord Jesus, Master Sananda Through Zim

As You have noticed in Classes and Meetings, Many People on the Earth Plane Have Strong and Severe Feelings of Unworthiness. This is One of the Most Insidious and Powerful of the Densities and Darkneses that Burden Mankind on the Earth Plane. It is Universal in Everyone to Some Degree. It is One of the Most Difficult of Beliefs to Break. Yet Until It Has Been Broken and Destroyed, There Is No Real Freedom Nor Desire to Follow Spirit.

Now some of these Feelings are Taught and Trained into Humans When They are Little Children. Sadly, Many Adults seek to Bolster Their Own Egos and Image by Putting Down

Others. Since Children are Not Sophisticated Enough Nor Knowledgeable Enough to Defend Themselves Very Well, They are Prime Targets for such Adults. Many, Many Children Grow Up in an Atmosphere That Says in Dozens of Ways, You Are Worthless, You Are Less Important, You Are Unworthy!

These Teachings Come in Different Ways. They may come through such Innocent Sounding Words As, "You are too Small to Understand." "You are Dumb." "You are Lazy." "You Don't Deserve Good Things." "If You Don't Love Me, I Won't Love You." "If You Don't Obey, You Don't Love Me and if You Don't Love Me You Are Ungrateful." "You Don't Study Hard Enough and That's Why You Are Failing in School." "Your Friends are Riffraff and Aren't Fit to Associate With." "You Don't Take Care of Your Clothes or Your Grooming." "Boys who take Advantage of Girls are Without Character and Never to be Trusted." So it goes, On and On and On.

The Incidents and Words and Ways of Putting Down Children Are so Very Numerous and, Sad to Say, Used Very, Very Frequently by Adults, Even at Times by Parent with Their Own Children. In All Such Statements and Ways the Message is Very Clear. "You are Worthless. You are Not Worthy To Be Loved Nor to Be Accepted."

Put-Downs and Expressions of Worthlessness Do Not End as Children Grow Older and Become Adults. It has Become a Common Practice in so called Sporting Games, to Put Down the Opponents in an Attempt to Undermine Their Confidence. In Politics Far More is Said Against the Opponents than for Oneself. In Many Work Places the Lower Level Workers are Considered Less Worthy, Less Important. This attitude is Expressed in Dozens of Ways Every Day. The Newspapers and Televisions are Filled with Incidents, Stories, News Items that Belittle, Put-Down, Denigrate and Generally Express How Unworthy, How Worthless, This or That Person or Persons Are.

The Result of All this Barrage of Negative Comment and Accusatory Statements is Always the Same, a Lowering of Self Esteem, a Feeling of Being Less Worthy, Less Valuable, Less Liked and Less Loved. Everyone has Felt it and Will Continue to Feel it on the Earth Plane. It is Part of the Illusion That Goes with Incarnation on Earth, to Feel Unloved, Unwanted, Unneeded.....Unworthy. It is One of the Most Difficult Lessons To Learn in This World of Limitation and Negativity.

I Would Have You Know, My Beloved Ones, There Is Not One Single Person In All The World, Not One Single Person That Has Ever Lived In The World, Not One Single Being That Now Lives Or Ever Has Lived On All the Planets, All The Worlds And All the Universes That Exist, That is Unworthy! No Not One! The Creator God of All Sees No Unworthiness In Any Person Or Beings..... Ever! All He Sees In Any Person Is Another Being of Uncountable Value. He Sees Another Person Worthy of Total Love, Unconditional Love.

When Others Poke Fun, When You Are Put Down or Made to Feel Like Dirt, When Feelings of Unworthiness and Not Being Good Enough Steal Into Your Minds and Hearts and Beings, I Say Unto You, "Laugh!" Laugh for There Is No Greater Absurdity, No Greater Joke Than This. Imagine, Some Man, Some Woman, Some Human Person Considers You Unworthy But the Creator God of All Considers You Invaluable, Worthy of Total and Unconditional Love!

Laugh Then In The Faces of Those Who Think And Act As Though You are Less Than They, Less Important, Less Valuable. Laugh in Your Own Face When You Begin To Feel Unworthy because You Can Not Seem to Do Things Right or Remember Things or For Any Other of the Hundred Thousand Reasons Man has Conjured up to Convince Himself He Is Unworthy. Laugh Long and Hard at Such Foolishness and let Yourself Bask in the Total Love of the Creator and of All Fellow Beings of Light, for They Know You Are Totally Precious, Totally Valuable, Totally Worthy.

I AM Sananda.

Thank You Lord Jesus Sananda.

Relationships Between Men and Women Lord Jesus, Master Sananda Through Zim

I AM Sananda and I would Speak with You about Relationships Between Men and Women on the Earth Plane. It Was And Still is the Intent of the Source of All Things that Man and Woman Should Live Together, Be Together and Develop a Close and Harmonious Relationship.

The Source of All Knew and Still Knows how Difficult it is to Live on the Earth Plane. He is Well Aware of the Serious and Deep Lessons that Must be Learned Along the Pathway of Earth Living. He Knows that Humans Find Limitation, Duality and the Boundaries of Time, Place and He Knows the Human Senses to be Very Difficult to Master, Difficult to Learn and Difficult to Give Up. For this Reason He has Created Two Kinds of Human, the Male and the Female. They are to Assist Each Other to Learn the Lessons of Earth Living and Once Learned, to Give Them Up as of No Importance.

To One He has given More Strength, More Logic, More Competitiveness and to the Other More Intuition, More Gentleness, More Feelings and More of the Finer Sensibilities. To One is Given the Seeds of Life and to the Other the Ability to Fertilize Those Seeds. To One is given the Ability to Carry and Produce Children and to the Other the Responsibility for Caring for Mother and Children.

So You See the Male and Female are Complementary, One to the Other. They Fit Together in Body, in Abilities, in Emotions and in Responsibilities. Though Each One can indeed Live and Journey through Life on Earth Without the Other, taking on the Responsibilities and Ways of the Other, it is Much More Difficult, Much Less Satisfying and Does Not Result in Giving Other Souls the Opportunity to be Incarnate.

It is also Important to Understand that in Each Person, Male and Female, there is the Other as Well. Each Male also Has a Female Side of His Being. Each Female has a Male Side of Her Being. Thus the Male can Know and Understand the Female, if He will but Recognize and Accept His own Femaleness and the Female can Know and Understand the Male, if She will but Recognize and Accept Her own Maleness.

Although These Things have been Established and Continue Through The Will of the Source of All Things, There Has Ever Been Difficulties and Burdens Attached to Male and

Female Relationships on the Earth. None have Survived Without some Hardness and Difficulty and Disagreement Along the Way. Few have Survived More Than a Few Years, Especially in these Latter Years.

The Reason for this Difficulty and Hardness is that the Human Being in each Person Is Not Balanced. Human Beings Have Not Learned What It Is To Be a Male and What It Is To Be a Female. They have Learned to see Themselves and Others as Only Male or Only Female. They have Looked Upon Each Other as Rivals and Not Co-Workers, Companions or the Balancing Ends of the Scale of Humanity. Too often the Male has Shut Out His Femaleness and So He Cannot Understand and Refuses to Accept the Female for What She Was Intended To Be By the Source of All and So He Is Not in Balance, Not Fully Aware of What He Really Is. Too often the Female Has Done the Same Thing Toward Her Maleness and Thus is Out of Balance with Herself and Therefore with the Males in Her Life As Well.

It is Vitally Important that Male and Female Learn to look Upon Themselves As Both Male and Female and to Look Upon Each Other As Part of Themselves. It is Vitally Important that the Male Recognize His Femaleness and Listen To It and the Female Her Maleness and Listen To It. It is Not Very Difficult To Do This. All that is Required is to Look Upon the Other As Though a Reflection, a Mirror of One's Self. See Yourself In The Other and Most, If Not All, Difficulties and Hardnesses and Angers, Jealousies, Envy and All the Rest of The Negative Feelings that Arise Between Male and Female, will Disappear.

I Would Then That Each One Learn to See His or Her Own Maleness and Femaleness. I would that Each One Look Upon the Other As Himself or Herself.

My Children, it Cannot Be Any Different, For Are We Not All One? All Things, All Beings, All People Are a Part of The Oneness of All. Remembering This Will Assist You To See Yourself in Wholeness and to See Each Other for What You and They Really Are, a Part of The God of All Things, a Part of You Yourself! Seeing This in Each Other Will Assist a Great Deal in Easing the Difficulties and Hardnesses of Human Relationships Between Men and Women. This is My Promise to You.

I Am Sananda.

Thank You Dear Sananda.

The Personality and Its Opposites

Lord El Morya Through Zim

My Beloved Chela and Partner, I would Speak a little this day about Personality. Personality, as You know, is What an Individual Shows of Himself to the World. The Kind of Personality that One Sees in Another is often an Excellent Picture of What is Inside that Person. However, what is Inside is Not Always the Same as What is Projected out Side. Very Often it is just the Opposite.

Those who Project Confidence on the Outside, often are Very Unsure Inside. Those who Present Themselves as Humble and Unworthy, often Feel Exactly the Opposite Inside. Those who are Bold and Courageous Outside, often are Timid and Fearful Inside.

Now what Does This Have to Do with Spirit, You ask? It has a Great Deal to Do With Spirit. The God of All Seeks to Instill Confidence, Courage and Truth in All Humans. It is His Will that Each Person Be the Same Outside As He or She Is on the Inside. Furthermore, it is His Will that All Negative Feelings and Emotions be Eliminated through the Lessons Learned on the Earth Plane. The Will of God for Man and Woman is that They Be Strong and Bold and Upright Inside, so that They can Then Project the Same Outside.

It is Not Being Truthful When One Holds Ones Feelings Inside and the Opposite Outside. Such Opposites Serve Only to Tear Apart the Feelings, Emotions and Minds of Humans. They cause Mountains of Heartache, Pain and Suffering. It is, therefore, of Great Importance that Each Person Learn to Examine in Truth What Is Inside and See if it is Positive and According to The Will of God for Man. If There are Negative Thoughts, Feelings and Emotions Inside about Anything but Especially About Self, They Must be Eliminated and Replaced with the Positive Aspects and Attributes of Spirit. This is the First Step to Wholeness.

It is No Easy Task for Humans To Look Within so Clearly and Accurately That They see What is Really There. It is No Easy Task to Eliminate the Negative Things that are Found There and Replace Them with Positive. It is No Easy Task to then Project the Positive Out Into the World Regardless of Time, Place or Circumstance. Yet this is Exactly What The God of All is Looking for in Those Who Will Be Appointed to Positions of Leadership and Sharing on The Earth Plane and on Higher Planes.

I Speak these Things in Love and for Your Learning and for the Learning of All who will Read and Receive them.

I Am El Morya.

Thank You Dear Lord El Morya.

Balancing The Four Lower Bodies Sacred Session 7

The Knowledge of how to Clear and Balance the Four Lower Bodies was still another gift. The Spiritual, Emotional, Mental and Physical Bodies have to be Balanced prior to achieving Total Enlightenment. It takes Time to Bring Your Four Lower Bodies Into Balance but When This Process is Complete You Can Claim Your True Wholeness.

The Four Lower Bodies are Essential to Spiritual Growth Lord El Morya Through Zim

The Four Lower Bodies of Mankind are Essential to the Spiritual Growth and Beingness of the Individual. Without them, The Lessons of the Third Dimension Cannot be Grasped and Learned and Benefited from. For Example, Without a Body One Cannot Fully Grasp the Concept of Limitation. The Body is the Prime Example of Limits for the

Individual. It shows the Limit of Size, Shape, Ability, etc. Thus the Four Lower Bodies can Only be Truly Communicated With As One Understands Their Connection with Spirit and Spirituality.

As One becomes Aware of the Spiritual Connection Between Each of the Four Lower Bodies and Spirit, One also becomes Aware of the Needs of Each of the Four Lower Bodies. Spirit Never Leaves Man In Darkness When it Comes to the Things Needed to Grow Spiritually. The Question then to Ask Oneself in Regard to Each of the Four Lower Bodies is simply this. "Is My Physical Body Doing its Best to Support and Assist My Spiritual Growth?" Is My Emotional Body Doing its Best to do the Same and so with All Four Bodies? If the answer is, Yes, There is Balance and All is Well. If it is, No, which, by the way, Would Be the Answer for the Vast Majority of Humankind at this Time on Earth, then an Additional Question Needs to be Asked. That is, "What Must I do to Assist My Physical, Emotional, etc. Body so it Can Do its Best to Support and Assist My Spiritual Growth?" Here the Answers will come Flooding in, Especially in Regard to the Physical Body. Food, Diet, Exercise, Rest and All the Other Things that are Needed for a Physical Body to Live and Work and Act in the Best Way Possible.

With the Emotional Body it is the same. Good Experiences, Happy Times, Self Satisfaction, Balanced Ego, Relationships that Support and Enhance Self Esteem and many, many more. When the Emotional Body is Happy, Content and on an Even Pathway, No Great Ups or Downs No Matter What Happens, Then it is Balanced and Best Able to See Accept and Receive the Blessings of Spirit and Growth in Spirit and Progress on the Pathway.

As to Communicating With Each Body, It Is As Simple as Looking at Each Body. Here is where Judgment Is in Place. Look at your Physical, Mental and Emotional Bodies and Make a Judgment as to How They are Functioning. If it Isn't with Balance, Ease, Grace and Smoothness, there is a Problem that can Easily be Pinpointed, as you say, and Then Corrected.

One last Comment, Many of Your Scientists have Developed and Used what they call Bio-Feed-Back to Learn how Their Physical Bodies are Doing. The same can be applied to All the Lower Bodies. Just Ask and the Answers Will Come with Amazing Speed and Volume.

I AM El Morya.

Thank You Dear Lord El Morya.

How to Balance The Four Lower Bodies, Piece by Piece Lord El Morya Through Zim

Without Balancing the Four Lower Bodies, Those of the Earth Plane Cannot Hope to Make Progress on the Pathway. At Best Progress will be Very Slow and Painful and Agonizingly Deliberate. There may be Moments of Joy and Moments of Awakening but They Will Be Few and Far Between, as You Say.

On the other hand, Balancing the Four Lower Bodies will Speed up the Progress and Process. It Will Enable Far More Joy and Peace and Excitement and Pleasure to Emerge for Each Individual Along the Pathway. The More In Balance the Faster Progress is Made and the More Pleasurable That Progress Will Be.

Now There are Some who Advocate Close Attention to One of the Four Bodies at a Time, in Order to Bring It Into Balance. I say this is Not The Most Advantageous way to Proceed. It is Far More Difficult to Balance, say the Physical All By Itself than to work on Each of the Bodies At The Same Time. It may Appear to some to be More Difficult to Work on All Four at the Same Time but in Reality it is the Easier Way for What Is Good and Successful in One Area Will Often Be of Assistance In A Similar Area in Another of the Bodies. Thus Learning to Listen to the Body Helps to Balance the Physical. At the Same Time, Learning to Listen to the Mind and to the Emotions and Even to the Etheric or Spiritual body will Also be a Major Assist in Balancing Them as Well.

Balancing the Bodies of Man Begins with Looking at Each of Them and Recognizing What They Are and How They Function. In other Words it is Necessary to Get to Know and to Understand the Lower Bodies Before any Meaningful Balancing can be Obtained. This Getting to Know is a Long Process for Humans because, Humans are Prone to See What They Want to See and Hear What They Want to Hear. Four Witnesses to an Event will Each have a Very Different Account of what Happened. This is Not because they Deliberately Falsify What They Say but Because of Their Backgrounds, Upbringing, Life Experiences and Character. It is Necessary to Push Aside, Somehow, these Earthly Veils so that One can See Accurately and Listen Accurately To What Each of the Bodies Says and Does and Wants and Needs. The Only Way This Can Be Done is Through Practice, Practice, Practice.

For example, when One Sees Something in His Body, it is Necessary to Look Again and Again, at Different Times, Circumstance and Places to Make Sure One is Seeing Correctly and Accurately. It is Good to Check what One Sees from Different Angles. It is Good to Verify what One Sees By Checking with a Trusted Friend. It is Even Good to Take to Heart What Enemies Say They See in Us, for They Will Not Be Swayed by Love or Friendship or Feelings of Caring. In Other Words, when One Sees Something in One of the Four Lower Bodies, it is Extremely Important To Check it in Everyway Possible. The Same for Hearing Things, Listening, Feeling and Every Other Way the Human Senses can Grasp and Understand a Matter.

Once a Small Item has been Seen and Verified in Every Possible Way, it is then Time to Take Action to Correct It, if it is of Negative Content. Again, Correcting Something in One of the Four Lower Bodies is Not a One-Time Project. It isn't like Washing a Smudge Off The Cheek. Correcting Those Things which Are Negative in the Four Lower Bodies, Requires Patience, Strong Will and Intent and Persistence. The Most Successful Way is by Breaking the Matter into Small Miniscule Pieces and Working on Each Tiny Part and Piece at a Time. For example, if One Finds that Untruth is a Part of One's Thinking, Mental Body, it Won't Work Very Well to Simply Say to Oneself, Stop Allowing Untruth to Color Your Thinking. Rather it is More Successful and Necessary to Say to Oneself, You Think Untruth when You Think About Money, Rather than Try to Wipe Out All Untruthful Thinking about Money in One Swoop, it Works Better to Work at it a Small Piece at a Time. Untruth in Thinking about the Value of Money. Untruth in Thinking about what Money Can Do. Untruth in Thinking

about What is Paid for an item. Untruth in thinking about What change is Received and so on and on. One Little, Tiny Step At a Time, until finally, after much Effort and Persistence, Thinking About Money is Totally Honest and Truthful, Even, and Especially, to Oneself.

There are Any Number of Areas in All Four Lower Bodies that could be Used as Similar Examples. The Important Thing is to Break Up the Big Things Into Tiny, Tiny Things and Work on One Tiny Thing at a Time. In this way, Piece by Piece, the Whole Will Eventually Return to Health and Balance. Then and Only Then Can One Go on to the Next Piece, the Next Area of Negativity Found in One of the Four Lower Bodies.

When I was Incarnate, I Found it Very Helpful to Mentally List the General Area and the Tiny Piece of That Area that I wanted to Work On. I Did This for Each of the Four Lower Bodies, so that I Always had Four Items, Four Tiny Pieces to Work On, One for Each Body. Each Night Before Resting, I Would Review the Four areas I was Working On. I Reviewed the Day in Respect to Each of Them, to See if I Remembered, Corrected, Changed My Pattern, even in the Slightest Degree. Only when a Space of Time, Such as a Week, went by in which I had No Relapses, did I Dare to Go on to Another Small Area, Another Small Piece. To be Sure, there were Times when I Did Relapse. Sometimes Weeks Later I Discovered that I Haven't Really Corrected All the Slips and Negativities, so I'd Go Back and Work On Them Again for a Period of Time.

So it is that Balancing the Four Lower Bodies is a Life-Long Task. A Large Share of Human Thought, Energy and Strength is Needed, Every Day, to this Matter. Obviously the More Time, Energy and Strength that is Devoted to It, the More Progress is Made. Nevertheless, Good Intent with a Fair Exchange of Energy and Time in this Matter will Always Provide Progress. With Progress Comes the Elated Feeling of Getting Closer, Getting Ahead, Proceeding Farther Along the Pathway. With Progress comes Encouragement and Congratulations from Those Who Know Both on the Earth Plane and on Other Places. With Progress Comes the Bestowal of Honor Upon that Individual by All the Beings of Light Who have Gone Before. And, Finally, with Progress, Life upon Earth Becomes Easier, Happier and more Filled with Joy and Pleasure. Not only is that Person who Works Diligently and Intently in Balancing His or Her Lower Bodies Approaching Closer to The Heart of God But the Pathway Becomes Easier and Easier, More and More Filled with Roses and Not Thorns.

I AM El Morya.

Thank You El Morya

Balancing The Four Lower Bodies is Not Easy Nor Quick Lord El Morya Through Zim

My Beloved Chela, I AM El Morya and I would Speak a little more with You this Day about Balancing the Four Lower Bodies. As We Communicated already, the Balancing of the Four Lower Bodies is Not an Easy Nor a Quick Thing. It goes on Continuously Throughout the Time-Space on Earth for Those Who Are of The Light. Those Who Would Progress as Quickly

and Steadily as Possible on the Pathway, Would Do Well to Begin with Devoting Their Efforts to Balancing Their Four Lower Bodies. We also Reminded You that it is Best To Attack the Problem of Balancing by Looking at Small, Tiny Pieces of the Overall Issues that May be Found in One of the Lower Bodies.

So now let Us Look at One Small Piece of the Issue of Balancing the Physical Body. Many People Believe that They are Born with Either a Healthy Body or an Unhealthy Body. That if They are Subject to Many Illnesses, They Believe It Is Because of Inherited Traits, Tendencies and Genes. This is True to a Small Extent, a Very Small Extent. Of far Greater Effect is What the Individual Does Himself or Herself. Let Us Look at Just One Thing the Individual May or May Not Do in this Respect.

Some Individuals have Learned during Their Early Times on Earth to See Themselves as Strong and Healthy, while Others have Learned To See Themselves as Weak and Sickly. When this Happens, More Often than Not, Those Individuals that See Themselves as Strong and Healthy Will Be Strong and Healthy, while Those who See Themselves as Weak and Sickly, Will Be Weak and Sickly. The Power of One's Own Thinking and Believing and Speaking is Enormous on the Earth Plane. It Cannot Be Overestimated, How Much and How Many People Bring Either Good or Bad, Health or Sickness, Upon Themselves Simply Because of What They Think and Believe. It Tears at the Hearts of Beings of Light Who See This, for It Is Not Necessary.

The Key then for This One Small Item is to Learn to See Self in the Most Positive Manner and Aspect as Possible. If You See Yourself as Weak, So It Will Be, More Often Than Not. If you See Yourself As Strong, So It will Be, More Often Than Not. If Parents and Others of Influence in Early Lifetimes Speak to One in a Manner that Makes Him or Her Think They Are Weak and Sick, Frequently That Will Be the Mode of Thinking for That Individual for the Rest of His or Her Lifetime. It is Not Easy to Break Such Perceptions Because They are Reinforced Over and Over Again, as long as Parents Live, Also by Your Medical People who Speak of Inherited Weaknesses and Tendencies by Your Medical Literature and in Many Other Subtle and Not so Subtle Ways.

How Then Can the Individual who Has perhaps Grown Up, as You say, with this Attitude and Perception, change? First by Identifying the Issue. Do You See Yourself as Weak or Strong? Healthy or Sickly? What is Your First Reaction when "Symptoms" occur in Your Life or Body that Most Other Humans consider Symptoms of Colds, Flue or Other Illnesses? Is it, "Oh No, I'm going to get a Cold?" or is It, "Oh, I have some Congestion, I'll Drink More Pure Water and Simply Get on With Living Without Giving It Another Thought." Often if One on the Earth Plane Does Not Believe He or She Has An Illness, They Don't. It Doesn't Occur, Even Though the "Symptoms" were There.

When Illness Does Come, as it Does for All Sometimes, are You Convinced You Will Be ill for a Week as the Medical People Say or Do You Simply Acknowledge the Symptoms and Go on With Your Living?

You see, There is Tremendous Power in Seeing Things in the Most Positive Sense and Aspect Possible. There is Tremendous Power in Believing One Is Healthy or Getting Better or Will Not Get Sick or Won't Get Very Sick or Whatever. Spirit has Given to Mankind This

Power to Assist in Getting Through a Lifetime on Earth. It is a Gift to Assist in Preserving the Bodily Habitation of Man for as Long as Necessary for Each Individual to Learn His or Her Lessons and to Finish the Service He or She came to Provide on the Earth Plane. It is a Gift that Teaches Man How He Creates Just By His Work, His Thought, His Desire.

Each Day then, My Friend, Share This With Others, Practice, Practice, Practice Seeing Everything That Happens to Your Body, Within Your Body and Around Your Body in the Most Positive Aspect and Picture as Possible. You Will Be Amazed at the Difference it Makes in Caring For Your Body and Consequently in Your Daily Living.

I would Caution You, however, if You Have Been Prone to Seeing the Negative and Believing the Negative About the Sickness and Health Of Your Body, This Will Not Be Easy. Also, Past Thinking and Beliefs Will Have Already Had a Tremendous Effect Upon Your Body. It Won't become Healthy Over Night, as You say. It Will, however, Begin the Process of Becoming More and More Strong and Healthy, the more You Practice Seeing It In That Light.

One Final Encouragement. In this, as in All Other Practices of Spiritual Matters, For This Is Indeed a Spiritual Matter and Not Just a Physical or Earthly Matter, Ask For Assistance. You have a Myriad of Beings of Light, All Anxious to Help and Assist. Call on Them. Each One on His or Her Own Personal Guides, Teachers and Helpers but Also on the Great, Great Ones, such as the Archangels, the Elohim and, of Course, Myself and All the Lords of the Rays. All of Us Will Assist so that Your Practicing Will Bear Fruit and You Will Find that it Becomes Easier and Easier to See the Positive and Ignore the Negative.

I AM El Morya.

Thank You Dear Lord El Morya.

Balancing The Mental Body of Man Lord El Morya Through Zim

My Beloved Chela and Friend. I AM El Morya and I come to Continue Our Lessons and Teachings in Respect to the Balancing of the Four Lower Bodies of Man. It is Such a Vast Subject and so Filled with Misinterpretation and Misunderstanding that We Will Be Discussing and Speaking on it For Quite Some Time. If, however, the Subject Becomes too Tedious for Your Humanity, then I will shift to Another Related Subject in Our Session of Teacher and Chela.

This Evening Let Us take a Small Look at the Mental Body of Man. It is a Most Powerful Body. It can Totally Rule the Comings and Goings of an Individual. It can Overwhelm Any Clear Knowing and Discernment. It Can Flood the Senses with Ideas, Thoughts, Materials, All of which MAY OR MAY NOT be of the Truth. The Mind of Man Does Not Easily Discern Truth from Untruth. It is Not the Mind that Comes Close to the Being of God. It is Not the Mind That Leads the Way Into the Vastness of Spiritual Wisdom and Understanding Leadership in These Things Comes Through the SPIRITUAL BODY and to Some Extent, the EMOTIONAL BODY as Well.

*Where then Does the Mental Body of Man Fit Into God's Scheme of Things for Humanity? It is the Part of Many that makes it Possible to Live and Learn on the Third Dimension. Without a Mind, Man couldn't Exist on Earth as it is now Constituted. The Mind is What Sorts Out the Things of Earth and Makes What Seems to be Sense of Them. The Mind Explains, as Best It Can, what Happens on Earth. The Mind Largely Rules, What You call, the Sciences of Man. The Mind Tries Ever So Hard To Make Everything on Earth Fit Into Small Holes and Understandings. It isn't Satisfied Until it Can "Explain" Away the Mysteries that are Constantly Confronting Man. Thus the Mind Keeps Man on an **Even Keel** as You Say. It is the Rudder, and to Some Extent the Sails of the Ship of Life on Earth. It Directs Man in All Earthly Endeavors and Projects.*

*When Then Does the Mind Fit Into God's Scheme of Things for Spiritual Growth and Upliftment? It is the Mind That Most Often Takes in the Words and Thoughts and Concepts of Spirit from Books, Writings and Speaking. The Mind Takes Them in and Analyzes Them and Seeks to Sort Them Out Into Neat Little Piles of Understandings. It Seeks to Make Sense of Them in Terms of What It Has Known and Experienced in the Past. **Thus the Mind is the Opening Through Which Much of Spirit comes Into the Being of Man.***

*Now, How Does One Balance This Mental Body? To be Balanced Means to Take the Middle Ground, Not Too High or Too Low, Not Too Far to One Side or the Other. Keep to the Center of Man's Wisdom, Knowledge and Thinking and Mind will Be Balanced. This is the Concept of Man. **When an Individual Controls His Mind from Wandering Too Far Off the Accepted Beliefs, Thoughts and Understandings of Humanity, Then It Is Considered to be Balanced.***

IN THE EYES OF SPIRIT, HOWEVER, THERE IS A DIFFERENT CRITERIA FOR A BALANCED MIND. The Criteria that Determines It and By Which the Individual Needs to Measure Himself or Herself, Is The Truth That Has Been Revealed By Spirit to That Individual. If the Mind Rejects that Truth, it is Not in Balance. It has Become Obsessed, Perhaps with Ego or Other Earthly Considerations. As long as the Mind is Not in Opposition to Truth, it is Considered in Balance. Even when Truth Seems, as You Say, Weird, or Crazy, if the Mind Will Remain Open To It and Not Judge It or Condemn It, it Remains in Balance in the Eyes of Spirit.

There is Another Aspect of a Balanced Mental Body that Needs to be Considered. That is the Part it Plays in Respect to the Other Lower Bodies. In Many People the Mind Rules the Body, the Emotions, the Heart and Their Spiritual Selves. This is Not in Balance. There are Many Things That Cannot Be Understood or Grasped By the Mind that the Spiritual Body or Even the Emotional Body or the Heart can Easily Grasp and Accept. In such instances, the Mental Body Must Learn To Remain Open to the Other Bodies in Order to be in Balance. This is Not Easy, for Many on Earth To Do, for the Mind Does, Indeed, Take the Forefront in Living On the Third Dimension. It Becomes Used To This Role of Leadership and, Therefore, Finds It Difficult to Set Itself Aside, so to Speak, in Favor of Emotion or Spiritual Bodily Knowing.

With This, as With All other Bodies of Man, it is Important To Practice the Balancing Diligently. As with the Others, it is Not a Matter of Simply saying, "My Mind Will Be Balanced Within Itself and In Respect to Every Other Body." The Only Way Humanity Can Make

Progress in Balancing the Mind is Through Careful Analyses of What is Not in Balance and Then, as We've Said Before, Determining Which Small and Tiny Aspect Will Be Worked on For Correction at a Time Until It Is Indeed Corrected and Balanced and Then the Next Small Piece and Part and So On and Until All Has Been Corrected, Balanced and Put in It's Rightful Place in the Total Plan of The God of All.

I AM El Morya.

Thank You Dear Lord El Morya.

Balancing The Emotional Body of Man Lord El Morya Through Zim

My Beloved Chela, I AM El Morya and I come to Speak a little more about Balancing the Four Lower Bodies. Let us Speak for a little about Emotions. This is One of the Lower Bodies that Many on the Earth Plane Think Little About Until They are Faced with Emotional Difficulties. It Isn't Until Depression, Severe Anger, Hatred and Other such Massive and Awesome Emotions Begin To Take Hold of a Person's Emotional Body that Many are Forced to Look at This Body and to Begin Taking Care of It. Nevertheless, I Assure You the Emotional Body is Every Bit as Important, In It's Own Way, as the Physical, Mental or Etheric Bodies are.

You See, Each of the Four Lower Bodies Have Been Given by Spirit to Fulfill a Special Important and Vital Function for Man. Without One or the Other it Would Be Impossible to Learn Much and Thus to Progress Much Along the Pathway Set Before Each Person. The Emotional Body has been Established and Given to Man so that He or She Might Feel! Without Feeling, Life on Earth would be Little More Than What You Call Robot-Life. It would be Going Through the Motions of Living. There Would be No Joy, No Happiness, No Sadness, No Feelings of Any Kind. If You Will Consider Such Living for a Moment, I'm Sure You Will Agree it Wouldn't Be Much of a Life. Certainly it Would Rise Little Above the Level of Constant Docility, Drudgery and Duty. Life would be Little Above the Level of What You See and Experience as Animal Existence.

*It is Difficult for Man to Think Much About the Emotional Body for It Isn't Something that Can Be Seen or Sensed, Such as Physical Things Can. Man Knows it is There when He Thinks About It. He Knows it is There when He Experiences the Feelings Generated by the Emotional Body. He Knows it is There when He Listens to Spirit Describe the Four Lower Bodies but Still It Is Invisible, Cannot Be Physically Felt and Cannot be Heard, Tasted or Smelled Either. **The Best Advice I can Give You in Regard to Considering the Emotional body is to Concentrate for a Little Upon What You are Feeling. Not What You See, Hear, Smell, Taste or Feel Physically but What You Feel Inside.***

At Each Moment of Every Day in a Lifetime, Feelings Occur Within a Human. Sad to Say Many Have So Long Ignored Their Feelings that They No Longer Even Know They Exist. Others have So Patterned Themselves Into Noting Only Certain Feelings that All the Others are Virtually Lost, for They are No Longer Felt. When This Happens It Can Be Very Sad indeed. Those, for Example, that have Patterned Themselves to Feel Only Seemingly Sadness, Disappointment, Negative Aspects of Events and Occurrences, Find It Very, Very Difficult to See

Any of the Multitude of Other Feelings and Emotions that Occur Constantly but Are No Longer Felt. Such Ones Often Sink Into What You Call Depression. It is Very Difficult For One To Extricate Self from Serious Depression.

On the Other Hand, Focusing Only on the Seemingly Pleasant Emotions Brings the Same Difficulties, Only in Reverse. Such Ones See, Feel and Sense Only the So Called Pleasant Things of Life on Earth and Ignore the So Called Unpleasant Things. The Difficulty with This Arrangement is That Many, Many of the Lessons Man Becomes Incarnate for Are Lost, for They Are Based on What Seems Like Negative and Unpleasant Aspects of Life on Earth.

To Balance the Emotional Body Means to Accept All the Feelings as Something Positive, to Accept Them as Equally Valid, Valuable and Precious. To Accept Them All as Wonderful, Generous and Effective Teachers of the Multitude of Lessons Man Has Come to Earth to Learn and Profit By. When One is Able to See, as You Say, Both the Half-Full and the Half-Empty Glass as Equally Wonderful and Valuable and Valid, Then There is Balance.

It is Not Easy to Balance the Emotional Body. It is, in Many Aspects, Just As Difficult to Balance this Lower Body As It Is To Balance the Others. The Way to Approach the Task of Balancing is the Same as for the Others. Consider One Aspect of the Emotional Body That You Are Not Happy With, that You Feel is Too Weighty, Too Out of Balance. Break that Aspect into Tiny Fragments and Work on Each Fragment, One At a Time, Until Success is Reached. Then Go On To The Next.

For Example, Consider the Powerful and Very Common Emotion of Anger. Anger Can Teach Us a Great Deal But it is Very, Very Difficult to Control for Some People. It will Not Do To Try To Balance All One's Anger, in Every Circumstance and Aspect at One and the Same Time. Rather Consider Small Pieces of Ones' Anger. Certain Circumstances, Behaviors, Times when Anger Gets Out of Hand and Work on Those Small and Individual Aspects and Pieces of Anger, One at a Time. When Success in Handling Anger in that One Piece is Complete, Go On To The Next. If One Backslides, so to Speak, Go Back and Work on that Aspect Some More.

Eventually Anger Will Not Only Be Controlled but When It Comes, as it Always Does to All Humans, Both Balanced and Unbalanced, It Will Be Seen and Looked Upon and Used as a Valuable Teacher of the Lessons of Earth Time. When That Happens, the Aspect of the Emotional Body You Call Anger Will Be in Balance. Then One Can Go on to Another Emotion and Make That One, Piece By Piece, the Focus of Attention and Concentration to Bring It Into Balance.

In this, as in all Other Endeavors, it is Foolhardy to Attempt To Do It All On One's Own. When All the Host of Heaven, All the Ascended Beings and Master, All the Angels of all Ranks and Levels are Available for Help and Assistance, it Would be Worse than Foolhardy to Try to Bring All Parts and Pieces of the Four Lower Bodies into Balance by Oneself. Lay One Piece of One Emotion At a Time Into the Hands of the Lord Jesus Master Sananda in the Evening. Take it Up Again in the Morning, if He Wills It, but Ask That He Go With You, Side by Side During the Day to Remind You, Strengthen You and Support Your Every Effort Toward Balancing That One Piece. Do This Religiously, As You Say, Every Day, Many Times a Day. Of Course, One Calls on Personal Guides and Teachers As Well. All the Beings of Light of Higher Dimensions are Eager and Willing to Help, If Called Upon. With Their Help and With

True Intent, Every Human can Eventually Balance All Parts and Pieces of His or Her Lower Bodies.

I AM El Morya.

Thank You Dear Lord El Morya.

Balancing The Physical Body of Man Lord El Morya Through Zim

My Beloved Chela, I AM El Morya. I come to continue with You are Discussion and Learning Regarding the Balancing of The Lower Bodies of Man. Let us Consider for this Small Moment, the Physical Body of Man.

*Man Knows His Physical Body Better than the Other Lower Bodies and Yet there is much About It that is Unknown. Most Fumble Through Their Space of Time on Earth Hoping Not to Get Sick, Not to Get Hurt, Not to Suffer Maladies, Illness, Lameness or Other, as You call Them, Handicaps. This My Friend and Chela is the Opposite Way to Success. **Thinking, Hoping, Wishing What You Do Not Want To Happen Is Actually Asking For It To Happen. What is Thought is Created. What is Brought To Mind the Most Often, Occurs. Thus, Many Actually Bring Upon Themselves the Weakness and Handicaps that Afflict Their Human Bodies.***

The Physical Body is a Marvelous Creation of God for the Benefit of Man, Yet It too Is Subject to Man's Free Will in Many Respects. It Cannot Resist the Will of Man When that Will Comes in the Form of Constant Fear of Accident or Illness Coming Upon the Body. It Cannot Resist the Will of Man when All One Talks About is This or That Impairment, Problem, Pain or Soreness. It Cannot Resist the Will of Man When He Constantly Puts His Body in a Position or Circumstance that Literally Begg for Difficulties and Problems to Arise and Inflict the Body.

*The Balancing then of the Body Begins with One's Attitude Toward that Body. If One Looks Upon His Body As a Right, a Right That Comes With Being Born a Human On Earth in the Third Dimension, Then that Person's Body is Kept in Very Low Esteem and Consideration it Will then Act Like it Is Considered. **If, However, Another One Looks Upon the Body as it Truly Is, a Precious, Precious Gift From the God of All, then the Body is Upheld on High, Put Upon a Pedestal, as You Say, and Honored as It Should be Honored, it Will Then React in the Self Same Manner and Function in a Much Higher Manner and Plane Than for the Former Person. When One Sees the Body as the Precious Gift It Is, Then It Functions Like a Precious and Perfect Gift as Well.***

Let it Suffice to Say that Without Exercise, the Body Soon is No Longer a Body but a Decaying Shell, Waiting For the Soul and Spirit to Leave, so It Can Return To the Earth from Whence it Came. Balancing the Body Goes Further than How One Looks Upon and Respects the Body. It Includes Giving the Body the Nourishment, Exercise and Rest That It Needs to Function in Perfection. Nourishment Comes Quickly to the Mind of Man when He Thinks of a Healthy and Perfectly Functioning Body. It is of Great Importance. In Your Present Time Upon Earth and in Your Enlightened Station and State of Living, There is an Abundance of Information Available to Everyone and Anyone, As To What is Best for the Body. Though

there is Some Disagreement Among those Called Dietitians, Doctors and the Like, the Basic Understanding and Truth are There. The More You Eat the Larger Your Body Will Become. Eating or Drinking Too Much of One Kind of Food Will Cause Dysfunction. Eating too Little Food or Food with too Little Nourishment Results in a Weakened Body. Balance then Includes the Knowing and the Doing of What to Eat and How Much to Eat.

The Body Also Requires Appropriate Exercise to Remain Healthy and Functioning in Perfection Again There is Such a Thing as too Much and too Little. A Happy Medium, so to Speak, is the Key. In Your Wisdom of Sciences, there are Tables and Charts and Averages Concerning what the Human Body at Various Ages Can Do. These Can Assist in Determining Whether Exercise is Too Much or Too Little, Needed or Not Needed. Let it Suffice to Say that Without Exercise, the Body Soon is No Longer a Body but a Decaying Shell, Waiting For the Soul and Spirit to Leave, so It Can Return To the Earth from Whence it Came.

Rest is Required by the Body. Again There is a Happy Medium. Too Much is Just as Bad as too Little. Those that would Drive Themselves Past the Point of Exhaustion and then Cannot Understand why Their Bodies Cease to Function Very Well Are To Be Pitied. The Same Is True of Those who Cannot Find the Will To Be Up and Doing and Moving and Exercising and Living.

In All These Aspects of Care of the Body, the Major Issue is Not Listening to the Body Speak. The Body Will Tell You When It Is Tired and When It has Sufficient Rest. It Will Tell You When It is Hungry and What Kinds of Food it Needs. It Will Tell You When it Needs More or Less Exercise. Listen to it and Act upon What it Says and You will Be in Balance.

This is Not Easy On the Third Dimension Because for so Long and in Some Many Individual Lives, the Body Has Been Abused, Misused, Neglected, Overly Pampered and Cared for, Over-Fed and Every Other Negative That Can Be Imagined by Man. In Most Instances the Balancing of the Body Becomes a Very Long Process. I, therefore, Urge as I have in the Past, that with Each Area of Bodily Care that they be Broken Up Into Small, Tiny Pieces and to then Attack One, Small, Tiny Piece At a Time Until That One is Conquered and Then to Go On to Another Very Small, Tiny Piece until All Aspects of the Body Have Been brought Into Balance.

For example, if too Much of a Certain Food is Causing Disharmony in the Body, Determine to Eat Less of that Food, perhaps on Every Other Day. Then on Two of Every Three Days, Three of Every Four and So On Until The Dysfunction of that One Kind of Food is Conquered. Then Go On to Another Food, Another Aspect of Eating or Drinking. Then Go On to Exercise and to Rest as Well, in the Same Manner. As You Select an Aspect to Work On, See It Working to Perfection. See it, Not in the Negative, as Something To Be Feared that You Will Fail but Something Most Positive, Most Certain, Most Sure.

Remember, Spirit gives Wisdom In Small, Very Small Doses to Mankind. The Reason is Simple. He Knows that Man Cannot Adjust and Change His Thinking, Believing, Feeling and Doing Very Quickly. Do Not Then Expect Yourself to Change Very Quickly. Take Your Lesson from Spirit and Expect Little At a Time but, of course, Do Expect It, for if You Do Not, there Won't Be Balance for You in Any Body.

Do Not Despair My Chela, Balancing Is Possible on the Third Dimension. It Only Requires Patience and Intent and Practice. The Lord God of All Does Not Expect Perfection in the First Hour or First Day or First Year, Even in the First Incarnation. He Expects Nothing and is Delighted with Whatever Positive that Occurs. Be that Huge or Miniscule. Know that in This As in All Other Endeavors of Spirit, the Heavenly Host and All Teachers, Guides and Assistants of Light are There are at All Times and Circumstances. Call On Them. They Will Help.

I AM El Morya.

Thank You Dear El Morya.

Balancing The Spiritual Body of Man Lord El Morya Through Zim

My Beloved Chela, I AM Pleased to Come and Sit with You and Speak about the Spiritual Body of Man. I have Deliberately Kept This Body for the Last Because There is So Much Misunderstanding Among Humanity on Earth about the Spiritual Body. This Misunderstanding is Evident in the Multitude of Religions, Sects, Cults, Branches, Slivers and Off-Shoots of Spiritual Understanding. It Sometimes Appears as Though Man is Determined to Make as Many Misunderstandings in Spiritual Matters as Possible.

In Your Great Religions, Christianity, Muslims, Shintoist and the Like, there are Innumerable Parts and Pieces, Splinter Groups of Every Kind and Description. Many on the Upper Realms Wonder How This Can Be as There Is But One God of All. It Would Seem Man Could Put Aside His Own Self Interests and Egos Long Enough to Agree in Spiritual Matters but, Alas, It Is Not So, Nor Has It Been So Through All The Eons Since Humanity First Was Seeded Upon Earth.

Those First Seeds Knew But One Spirit, One God of All. They Sought To Know Him/Her to the Best of Their Ability. At that Time it Was Very Clear to Each One What Creator Truth Was and Was Not. Yet over the Course of Years, Centuries and Epochs, that Clarity Seemed to Just Slip Away Little by Little Until Now You Have an Unbelievable Multitude of Views, Ideas, Teachings, Doctrines and What Else I Don't Know.

Because of All the Different Views, Each Individual is Pulled in Many Different Directions Regarding Spirit and Things Spiritual. Most End Up Not Really Believing or Relying Upon Anyone of Them but Try to Develop His or Her Own Knowledge, Understanding and Wisdom Regarding the God of All. Sadly Those Individual Understandings Often Are so Muted, Confused and Intermixed with What Has Been Heard Throughout Life, that They are Scarcely More Accurate and Dependable than Any One of the Public Religions and Beliefs among Mankind.

The Way to Balancing this Body Which Has Been Pulled To and Fro in Every Which Way and in All Times and Incarnations, is Indeed to Go Within. It is, however, Not Sufficient To Stop With Going Within. It is Absolutely Necessary To Go Directly To The Source of All, The God of All. Only Spirit and His Hosts, The Ascended Ones, The Angels, The Lords,

Elohim and All the Rest of Those Who Rest in The Pure Light of Creator Truth, can Provide that Truth to Individuals. Rarely Does It Come to a Large Grouping at One Time. Rarely Does It Come In a Great New Body of Learning and Teaching. Most Often it Comes to Each Individual as He or She Quietly, Steadfastly and With Great Intent, Sits Before The God of All, Calls in His Messengers and Teachers, and Humbly Receives Whatever is Given.

You Call This Meditation. It is Quieting the Lower Bodies, All of Them, to the Degree that Spirit and His Host Can Enter In, Be Heard and Understand, That Is True Meditation. Much of the Fanciful, Loud and Entertaining Meditation Which Humans call Voice Channeling Is Just That, Fanciful, Loud and Entertaining but Very Often of Little or No Truth at All. Some such Channels, To Be Sure, are Pure and Clear and Receive and Transmit Exactly What Spirit Intends but Sadly Most Do Not. Their Speaking is a Mixture of Spiritual Messages and Human Ideas and Egos.

The Same Must Be Said of the Writings that Abound Regarding Spiritual Matters. Most Contain Some Elements of Truth but with Much of Humanity Intermixed With It. The Same Must Be said about the Great Speakers, You Call Them Preachers or Evangelists or Priests. They Proliferate Upon the Airwaves and Can Be Seen by Millions At a Time Through Your Wondrous Machines of Communication. Millions Listen and Accept what is Said. Yet Much Has But a Small Amount of Truth Intermixed with a Large Amount of Human Wisdom.

This, My Chela, is Not as Spirit Would Have It. This Is Not Sorting the Chaff from the Wheat, the Clean from the Soiled, the Truth from the Untruth. Spirit would have Each Individual Learn to Discern Truth for Himself or Herself. To Discern Truth Means to Measure What Is Read, Heard or Listened to Against the Truth that is Received Directly from Spirit and His Host of Light Beings. When an Individual Finds that What He Receives in His Own Quiet Meditation Agrees with what He Reads or Hears, Then He KNOWS It Is Truth and He Can Accept It and Rejoice In It. When They Do Not Agree, the Individual of Light Will Always Cling to That which Spirit has given to Him Directly and Will Set the Other Aside and Not Be Taken In by Appearance, Popularity or Influence. He Will Not Be Led Astray by Wording that Merely Tickles the Senses and Appetites of the Humanness that Dwells with Himself.

There is Another Measure That People of Light Will Practice in Order to Help Balance Their Spiritual Bodies. That is Learning To Be Open to All Teachings. You see, Spirit Doesn't Always Immediately Give Each Individual an Answer to Questions of Spiritual Matters in Meditation. He Only Gives What He Knows Is For the Highest Good of that Individual At That Precise Time and Place. Thus it Frequently Happens that What One Reads or Hears of Spiritual Things Cannot Be Measured Against what is Received in Meditation Because Nothing has Been Received to Answer the Question at Hand. What Then is the Child of Light To Do? Simply Remain Open! Do Not Accept and Do Not Reject. Set the Matter Aside, in the Back of the Mind, as You Say. Inevitably, in Days, Weeks or Times to Come, the Matter Will Be Addressed in Meditation and the Answer Will Be Received. Then You Will Know Truth From Untruth and Can Accept what You Will.

As with the Other Lower Bodies, the Spiritual Body is Not Easy to Balance on Earth. It is Part of the Lessons and Learning that Earth Living is Designed for. It is Part of the Pathway Created by The Creator Himself to Lead All Beings Back to Himself. If You Will

Follow This Advice, to Seek Truth in Your Meditations, Asking the Questions that Arise in Your Mind and Heart and Remain Open Until Spirit has Given You the Answers Directly, Then You Will Find You Have Indeed, Balanced Your Lower Body of Spirit.

Be of Good Cheer My Chela, and All Those Who Receive, Spirit Will Not Abandon You. You Might Abandon Him, But He Never Abandons Anyone. He Will Allow You the Free Choice which He Gifted to You at Your Incarnation. He Never Interferes With That. At the Same Time He Will Provide to You Protection, Knowledge, Understanding and Wisdom in the Measure that You can Best Receive and Benefit From It AND He Will Continue to Shower Upon You His Unconditional Light of Love. With Such Assistance from Spirit and with Your Divine Intent and Determination, You Shall Not Fail.

Meditate My Friend. Ask for the Answers. Sooner or Later They Will Come. Until Then Remain Open To All.

I AM El Morya.

Thank You Dear Lord El Morya.

Rest for The Four Lower Bodies

Lord El Morya Through Zim

Know this that Without Appropriate and Proper Resting, None of the Four Lower Bodies of Man are Held in Mastery or in Balance. It is Absolutely Necessary that Each of the Lower Bodies of Man be given Adequate and Appropriate Rest. Without it They Lose Their Strength and Abilities and Become Confused, Weakened and Eventually of Little Use.

Rest can be Provided Them in Different Ways. Meditation is an Excellent Way to Rest the Body. In Meditation, All the Functions of the Body Slow Down, thus Providing Rest. The Body Relaxes in Meditation and This Too Provides a Form of Rest. As We Shall See below, Meditation is an Excellent Source of Rest for All Four Lower Bodies, Physical, Mental, Emotional and Spiritual.

Sleeping is Another Excellent Source of Rest for the Body and All Its Part and Senses. However, while the Body Receives Rest in Sleep, the Mental, Emotional and Spiritual Bodies of Man are Not Always Rested in Sleep. It is in Sleep that Many Wild and Strong Emotions are Aroused through Pictures, Visions, Dreams and the like. The Mental Body often Does Not Rest in Sleep but continues to Churn and Move and Wrestle with Problems and Concerns that Occupy it During the Day. The Spiritual Body also is Very Active at times in Sleep, for that is one of the Best Times for Us to Work with the Spiritual Levels of Man to Provide Insight, Upliftment and Growth of Various Kinds and Degrees. Although the Body usually Receives the Resting it Requires in Sleep, the other Bodies of Man Require Other Kinds of Resting to be Most Healthy and Effective For Man.

Let us Consider Each of Them. The Mind is Best Rested in Meditation. In Meditation the Mind is Wiped Clean of Thought or is Focused on one Small Point, such as a Light, Picture, Thought, Sound, etc. It is Rested from the Constant Churning and Moving and

Passage of Thought, after Thought, after Thought. Other ways of Resting the Mind or at Least Giving it More Restful Matters to Consider, Are the More Peaceful Endeavors on Earth, a Quiet Moment in the Sun or a Slow Walk in the Bosom of the Mother Earth. Contemplation of Those Things That Are Not Controversial, Conflicting or Difficult for Man to Understand or Accept. Sometimes the Writing or Recording of Discordant Thoughts Will Serve to Put Them To Rest, at Least For a Time. The Object Is, of course, to Bring a Measure of Peace and Quiet to the Mind for a Little Time Here and There in Your Day and Night. Without it the Mind Eventually Burns Itself Out and Shuts Down, so that it is of Little or No Use to the Individual.

The Emotions Require Rest Just as Much as the Physical Body and Mind of Man Require it. Emotions are Rested when there is Peace and Quiet and Pleasant Things in the Life of an Individual. Attention to Those Things that Bring a Gentle Smile to the Face, Those Things that Cause Man to Breathe Deeply and Slowly and to Relax, Those Things that are Associated with the Quiet and Unemotional Times of the Day and Night and of Life. Again one of the Best Ways is through Meditation Which is Focused on One Point or on Nothing Which is Used by Spirit to Bring Thoughts and Feelings and Visions and Words that Bring Peace and Feelings of Love to the Individual. Meditation is like God Wrapping His Arms Around the Individual who is Cold, Wet, Tired, Hungry and Sick and Providing Warmth, Rest, Food and Health in an Instant. Resting the Emotions is also done with Pursuing the Peaceful, Quiet and Gentle things of Earth Life. Poetry, Music, Art of All Kinds, Scenery of Nature, Shade of Tree, A Sunny Garden, All These and Many, Many More Situations and Places are Conducive to Resting the Emotions. Let Me also Add, It Is Very Important that Man Not give In to the Temptation to Titillate the Emotions with Wild and Violent and Hateful Talk, Pictures or Writings. To do so Makes it Difficult to Rest the Emotions, for Long After the Emotional Force of the Picture or Story Seems Past, the Emotions Are Still in a Turmoil Underneath. It is also of Utmost Importance that Relationships be Maintained that are Conducive to Peace and Gentleness and Not Uproar and Violence of Any Kind, Physical or Emotional or Mental. There is Little Rest of the Mind or Emotions when Ongoing Relationships Are Not Peaceful and Harmonious.

Finally, It Is Important to Rest the Spiritual Side and Body of Man In Order to Bring Mastery and Balance to It. The Spiritual Side of Man is often Thought of as Being Out Of Man's Control, and, Indeed, some Aspects of Spirit Are Beyond Man's Control, Nevertheless, There Is Much that Man Can and Does Control. Man Controls What He Reads, Listens to or Accepts from Books, Writings, Pictures, Tapes, Speeches, Classes and even Meditations. If what Man Reads and Accepts is Upsetting to Mind, Body or Emotions, it is Upsetting to His Spirit as Well. If what Man Reads and Accepts is Not of Truth, it Will Fester and Cause All Manner of Upset and Irritation in the Lower Bodies of Man and His Spiritual Body Will Not Be Strong and Healthy. If an Individual Relies Solely or Mostly Upon Another Person or Being for His Spiritual Food and Growth, He Will Not Prosper Spiritually for He Will Be Constricted to Only What He Receives from that Other Person or Being.

The Healthy, Strong and Powerful Person of Spirit is One that Sifts through All He Hears and Receives, No Matter What The Source, and Takes In and Absorbs and Adds to His Spiritual Body Only that Which Resonates With His Own Inner Knowing. The Individual on Earth Grows Slowly, Like the Mind, Body and Emotions of Man. The Spiritual Self of Man

Does Not Spring Forth, Full Formed in an Instant of Awakening but Comes Forth Like the Bud of a Flower, Small, Insignificant, Weak and Colorless but Slowly and Gradually Growing and Expanding and Taking on Form and Color and Beauty Until It Is In full Bloom, Fully Expanded and Beautiful in Every Detail.

Because the Individual often Sees the End Result and Longs to Attain that Result as Quickly as Possible, it is a Great Temptation To Such Ones to Push Themselves Far Too Quickly Along the Path of Spiritual Growth. They Devour Every Book, Writing, Tape and Lecture they can Reach. They Meditate Daily, Sometimes many Times a Day. They Cannot Rest in their Search for More and More and More. Yet the More they Drive themselves, the Less Real Progress they Make, for the Spiritual Body, like the Other Bodies of Man, Rebels and Cannot Handle too Much Activity, too Much Growth, too Much Pushing for More and More and More. Likewise those Who are so Inclined and Dedicated, Drive Themselves to Share what They Have With the World in an Instant, if that Were Possible. They Give Themselves No Quarter in Serving the Needs of Others. They Are Ever Looking for Ways to Grow Spiritually Themselves and to Share with Others What They have been Given So they Can Grow Spiritually As Well. Sharing with Others is Vital and Necessary and to Be Encouraged but Overdoing it is Just as Negative as Not Sharing at all.

This is Not the Way of Spirit and Is Not the Best Pathway For Wholesome Spiritual Growth. The Spiritual Body of Man Cannot Continue on Such a Desperate, Driving and Unremitting Course for Long. It, Along With Mind, Emotions and Body, Will Burn Itself Out to the Point Where it Will Cease to Function. The Antidote is Rest. Just as it is Vitally Important to Rest the Body, Mind and Emotions, so it is Important to Rest the Spiritual Body of Man As Well. This is done By Putting Aside the Things of Spirit from Time to Time, Focusing the Attention on the Mundane Things of Life in Balance with the Spiritual Things of Life and by Training the Self to Go at the Pace that Spirit Sets for Growth, Upliftment, Understanding and Progress on the Pathway. Spirit Knows How Much To Feed The Spiritual Body of Each Individual and How Quickly to Increase, or Decrease, It for the Highest Good of that Person. Spirit Will Not Allow the Individual to Burn Himself or Herself Out, If They Will But Listen to Him and Follow His Guidance and Not Drive Themselves Contrary to the Knowing He Has Given Them.

In Resting the Spiritual Body, Meditation is Again One of the Best Ways of Maintaining Peace and Quiet and Making that Progress which Spirit Knows is Best. He Will Not Give what the Individual Is Not Ready for. He Will, in His Unconditional Love and Divine Wisdom Determine What Is the Best Amount and Kind of Information to Share and Will Do So in a Gentle, Quiet Manner that Promotes Acceptance and Understanding without Violence or Upset of Any Kind. In Resting the Spiritual Body it is Necessary To Lay Aside the Tools and Trappings of Spirituality From Time to Time. Just as it is Not Good that Man Should Drive His Physical Body Constantly or His Mind or His emotions, so it is Not Good to Drive the Spiritual Aspects and Body of Man. All the Lower Bodies of Man Require and Respond to Invitation, Leading and Gentleness Far Better than Pushing, Driving or Demanding.

Rest for the Four Lower Bodies of Man is Essential. Without it There is No Mastery and No Balance but Eventually Destruction. It is Within the Power of Man to Master His Bodies and to Bring Them Into Balance with Each Other and with All the Other Aspects,

Demands, Responsibilities and Lessons of Life in the Third Dimension. Resting Each of His Bodies is Possible, However, it Requires Intention, Attention and Abstention. That is, the Individual Must Intend to Master and Balance His Bodies. He Must Pay Attention to What is Needed To Master and Balance His Bodies and He Must Abstain From Those Situations and Conditions Which Work Against Appropriate and Regular Rest for Them. With Our Help There Will be No Failure in This.

I AM El Morya.

Thank You Dear El Morya.

The Causal Body is Built Through Controlling The Four Lower Bodies Lord El Morya Through Zim

I AM El Morya and I Come to You, My Chela and Partner, to continue sharing Those Things which are Necessary and Blessed for You and the People of Earth at This Time. This Morning I would Share a little about Building a Causal Body.

The Causal Body is Nothing Less Than the Sum Total Of All The Good That Is Done in an Individual's Many Incarnations. During Each Incarnation a Lifestream Does Good, Provides Service, Seek Truth, Follows Spirit, All to a Greater or Lesser Degree. When such Activities and Thoughts and Feelings are Committed by a Lifestream, There is a Likeness of that Service, that Good Deed, that Honesty and Uprightness, Stored in the Vaults of Heaven, so to Speak. It is as Though a Second Copy of Those Things Were Made and Kept in Storage. That is the Causal Body.

Others have Likened the Causal Body to Treasure. With Each Appropriate and Goodly Deed, Thought, Word and Action, it is as Though A Gem, a Little Jewel has been Placed in the Vaults of Heaven Under the Name of that Lifestream. In the Course of Many Incarnations, Great Numbers and Weights of Jewels are Stored Away Under that Lifestream's Name. Still Others Picture the Causal Body as being a Huge Book, in which All the Good that is Said and Done in All Lifetimes are Written Down in Great Detail and Exactness. There are Those who Liken the Causal Body to a Huge, Magnificent Rainbow with All the Colors that Exist in it. With Each Good Deed, Word or Thought, the Individual Lifestream Adds to that Rainbow Another Bit of Color, Another Hue, Another Band.

I would, finally, Add One More Picture to Describe the Causal Body. It is like a Closet, a Giant Closet that can Hold Clothes Without Number. Each Good thing Done, Thought or Felt by a Lifestream, Causes Another Article of Clothing to be Hung in That Closet. The Causal Body is More than Just a Figment of Wishful Thinking or a Human, Manmade, Method of Explaining a Spiritual Truth. It is Indeed Designed So That Man Can Better Understand the Great Spiritual Truth that Whatsoever Man Does in His or Her Incarnations Becomes a Part of Life and Experience at a Later Date. The Concept of Karma is Part of the Concept and Teaching of the Causal Body. The Causal Body, However, is Composed Only of Those Replicas of GOOD that Are Done By An Individual Lifestream. There is No Such

Thing As a Negative Causal Body, Only and Totally Positive. Karma, of Course, Includes both the Negative and the Positive Returns to What Man Says, Thinks and Feels.

The Causal Body Is Not Just Stored Away in Upper Realms for Eternity. It Is Not Just an Exhibit Such as those You Find in Your Galleries and Museums. It Has A Definite and Blessed Purpose. Whenever the Time Comes to an Individual that He or She is in a Situation Where Good is Needed, for Self or Others, that Good May Be Drawn from that Person's Causal Body. It is as though the Individual Can Draw Out From His or Her Causal Body Whatever Good is Needed at that Particular Time. Depending Upon One's Concept, it is Life Drawing out a Likeness of a good Deed, Selecting a Jewel of Great Beauty and Value, of Finding the Right Word or Sentence in the Book of Heaven, of Bringing Forth the Perfect Color from the Rainbow of Life, of Selecting the Perfect Dress for the Situation, and then Using that For the Benefit of Self or Others in Whatever Situation One finds Himself or Herself.

The Causal Body is a Bank Account From Which Each May Draw Whatever Good is Needed Whenever It Is Needed. The Causal Body is Invisible to the Human Eye But Not to the Eyes of Spirit Nor to the Inner Seeing of Those Who Follow Spirit. It is Totally Visible On the Upper Dimensions. All Beings of Light, All Ascended Masters, All Angels and All the Host of God and, Of Course, The God of All, Himself, Can See and Appreciate the Causal Body of Each Person At All Times. To Human Thinking this Seems Impossible but Be Assured It Is Not. As You and Others Upon Earth Continue Your Walking the Pathway Back to the Heart of God, You Too Will be Able To See More and More Clearly Your Own Causal Body. When You Have Reached The Initiation of No More Judgment, You will Be Able to See Other's Causal Bodies as Well.

You see, My Dear Chela, the Teaching of the Causal Body Goes Hand in Hand with the Teaching That The God of All is Love; That He Does Not Consider Any Person or Being or Thing To Be Evil, Sinful or Unworthy in Any Way; that in the Eyes of The God of All, There Is Only Good! All He Ever Sees and Considers is the Good That People Think, Speak, Do and Feel. That Good is What We Call the Causal Body. It is the Good that Each Person of Light Seeks in Each Person, Being, Thing or Event. Each Person Carries That Good With Him, Just as Humans Carry Their Bank Books or Fill Their Closets.

It is a Long Way for Humans To Go To Reach The Point Where There is No Negative Judgment of Self or Others. But It Is Real. It Does Exist and Everyone Will Reach It Sooner or Later, in Some Incarnation. It is a Matter of Will, of Intent and of Constant Practice. It is What Has Been Called, Control Of The Four Lower Bodies. As Man Brings Into Control His Body, Mind, Emotions and Spirit, He is Able to See Things Differently. He Sees the Good and Not That which Seems To Be Bad. He Sees the Positive and Not the Negative. His Actions, Words, Thoughts and Feelings Reflect More and More Clearly and Completely The Godness That Dwells Within Him. His Light Shines More and More Clearly, Brightly and Powerfully.

Through this All He is Building His Bank Account. He is Storing Up Jewels. He is Filling the Book of Heaven with Accounts of Good. He is Laying Away the Most Beautiful and Exquisite Clothing and the Rainbow of His Good Becomes Greater and Greater and More and More Colorful and Beautiful. As Man Controls His Four Lower Bodies, He Is Building His Causal Body!

Daily Remember Your Causal Body and Daily Use it to Assist Yourself and Others Along the Pathway.

I AM El Morya.

Thank You Dear El Morya.

Mind Inter-Connection and Alignment Sacred Session 8

The next Gift is the Mind Inter-Connection and Alignment with Higher Dimensional Consciousness. This Gift Provides a Clearing of All Implants and Imprints that Prevent Connection with the Solar, Planetary and Cosmic Councils. This Step Cannot Be Taken Until All Other Karma Has Been Released and the Four Lower Bodies are Brought Into Balance. Through this Final Step, All Blocks and Limiting Devices that Effect and Control Individuals from Accessing the Higher Dimensional Consciousness and Expressing that Knowledge and Wisdom in the Third Dimension are Removed.

Some Examples would be, Blocks in Evolutionary Synergies and Grids Effecting Clear Focus and Alignment. Blocks in Accessing New Brain Functioning and Non-Third Dimensional Perceptivity and Skills. Blocks in Accessing and Manifesting Your Piece of the Divine Plan with Clarity, Focus and Joy. Toxic Anxiety and Fear in the Integration of Multi-Species, Multi-Universal Encodements in DNA. These are Just A Few but will Give You an Idea of what You will be Requesting To Be Cleared in this Step.

**“Whatsoever Ye Shall Ask in Prayer,
Believing, Ye Shall Receive.”**

Matthew 21:22