

Peace II

March 11, 2020

Where you stand today is at a moment of potential, and how you attend to the world you live in, how you attend to your brother, to your wellbeing, is now issuance of thought and agreement. What you have agreed to thus far as a planet, as a collective, operating in a dense field, is showing itself to you in yet another mirror of how you agree to life, how you agree to a consort with a vibrational field known through fear. Each one of you here, by nature of being, is in alignment to the collective, but you've pretended you were not. You have denied your brother's wellbeing. You have not fed his sister, nor cared for his child. The opportunity now is for care, and relational care, which comes from a comprehension that there is no human being who is not worthy of love. We will say this again. There is no human being, regardless of what he or she has done, believed to have done, been claimed in, or disparaged for, who is not worthy of love.

Now, the denial of God takes many forms, and the bodies you sit in, instruments for expression, are in some ways having to acclimate to a new awareness, not only of fragility, but of the consequence of past creations. The bodies you live in have inherited ideas of what they should be, and you've believed them. You've made agreements about what it means to know the self as well or as infirm. And the trials that face some of you now are, in some ways, opportunity to re-know, not only the body, but everything else as of one Source. If you remember this simple teaching — what you put in darkness calls you to the darkness, what you damn damns you back — you will find out how many of you are relating to this thing they call a virus. All a virus is,

ultimately we would say, is an idea taken in form that has a trajectory. There is nothing known on this plane that was not first idea, and an idea itself can be re-known.

Now, Paul is upset. “That’s not an idea. I know many things that are not ideas.” Of course it is an idea, in terms of a relational reality. How you comprehend anything is through a spectrum of understanding, and most of your understanding has been codified by an awareness of what things should mean. We are not saying it isn’t real. We are saying how it is known, how it is understood, expresses in the realm of ideas. There is nothing in manifestation, nothing under the sun, that was not first known in comprehension, an idea, and then made form.

Now, each of you who comes to us comes as an emissary in great potential. The world that you live in, that you have known yourself through, as we have said for some time, is in great change. *Humanity at a Crossroads* is the title we use to describe much of what happens now. And at a crossroads there are choices to be made. Humanity is not going to be extinct. You must operate with your awareness of humanity’s potential to utilize any opportunity, even what you would call something terrible, to its benefit. Some of you come to show the way to others. Some of you come to run from the light that is before you. Those of you who run from the light, find a cave in darkness to seal yourself in, will have your learning there.

But humanity itself has great choices to make. The fabric of reality itself, the informational reality that you perceive through the senses, is actually in radical change. And by that we mean what you have known as one thing may, Tuesday or Friday, be known in another way. And, when the template of reality is turned upside down, many of the false beliefs that have accrued evidence for you will be released. When you turn something upside down, many things will fall.

Now, in many cases, this can be utilized in highly *proper* ways, and we use that word intentionally. When you see something on the floor, something that has fallen from the sky, you investigate. You decide what it is, or, better still, invite it to tell you what it wishes to be seen as. Your comprehension of most things, even the idea of health and wellbeing, is born through a collective template. The energetic bodies that you are operating in exist beyond your idea of form. You are an aspect of God, inclusive of body, but the body is not the only vehicle that you are expressed through. For some now, what will be understood is the limitation of form and the attachment to form. “The world should be as I say it should be.” And, when the world does not comply, one runs for the shadows when the other option might be to suggest what may be other, beyond my expectations, beyond the rigidity of the ways I have known the world. When things are turned upside down, opportunity is present to re-see reality. We have said for many years that you will not restore what you have known. You do not go back to an idle time when you were ignorant of the refuse of your actions, how you appeal to the lowest to benefit, how you hoard your wealth or deny your brother food. It is time for humanity to reclaim its identity in a higher octave. And any expression, any experience, perhaps, that can be utilized now in fact will be. Anything may be known in a different way, and if you begin to perceive these times as opportunity for growth, opportunity for healing, opportunity for re-seeing a world in consort with truth, you will go there and claim a new world.

If you choose fear first and foremost, which is in fact what you are invited to do by most parties present, you will abnegate the authority you have been given as a sovereign being, move into compliance, hide under a rock or under a closet, wherever you prefer to be, and pretend that the world will be what you want. When a world is in change, in many cases what happens is that

the rock is lifted from the mud it has been stuck in, and what you see below you, the vermin, the worms, those things that the rock covered, must then be attended to, and these are such times.

Now, we are not refuting what you read, nor are we telling you how to behave. You may take any precaution you wish, and we recommend you do, but prudence has always been a key to this teaching, and responding in fear will get you more fear. There is no question.

“Well, what is the difference,” he asks, “between prudence and fear?” As we have said many times, if it is raining, use an umbrella. Be tactful in your approach to what you see. When you’re invited to react, to run from something, to call a name, to shout in fear and spread the fear you have to others, you are claiming illness that way too. We invite you now to remember the title of this teaching. Indeed, it is *Peace*. And peace, first and foremost, must be known within.

Now, as we said prior, who you deny love to you put in darkness, and the opportunity present now is to lift each one that you encounter to a realization of their own wellbeing. Now, we use that phrase intentionally, *wellbeing*. We will invite you now to understand one thing. The Divine within you, within anyone, is complete, is effectively whole, is not diminished by anything of this world. The form that you have taken, an expression of Source, may also be re-known in a higher octave. But the practice of realizing form in union with Source is something we are only beginning to teach. We will continue with that in our next series if we are allowed to teach as we wish. The claim “I know what I am in truth,” a reclamation of form in a higher vibrational field, supports where we wish to take you. But the amplification of form, octavely, in an octave of higher expression, must now be understood as the refuge of the one who knows who he is. Understand this, friends. The Upper Room in a vibrational way, where we have been inviting you to learn, is also a place of expression, and a place that expresses beyond fear. In the

Upper Room, you are not afraid. And, as we have said prior, anything and everything can indeed be lifted to what we call the Upper Room to be known in a higher way.

Now, Paul interrupts. “You can’t lift a virus to the Upper Room. It’s a low-vibrational thing. Isn’t that correct?” Well, we would like to disagree with you. If something is outside of God, or something that you would place in darkness, you align to it at that level. To even lift the idea of the virus to what we call the Upper Room reclaims your relationship to it beyond fear. In some ways what you are doing is reclaiming what has been called something and inviting it to be known in a higher way. He interrupts the teaching. “We take precautions as needed, correct?” We will say this this way. If there is a scorpion in your bed, it would like to bite you. You understand the scorpion as expressing itself and its nature. But the scorpion is of God, and to re-know the scorpion as of God reclaims you in a different relationship, and, in fact, the scorpion itself is re-known in vibration as well. We don’t invite you to poke it. We don’t invite you to swim with alligators. But the alligators are of God, and the moment they are re-known as such you may be prudent in your reaction to them, but unafraid.

Now, understand, friends. The great invitation now that you are all invoking collectively on this plane is “How frightened can we be?” We would like to alter that idea and say it this way: “How prudent might we be?” And then take it a step farther: “How may we re-know this situation in the Upper Room in a higher octave?” It’s a very simple act. If you go to the Upper Room — “I am in the Upper Room” — and know yourself there, which simply means to realize the self in the higher comprehension of the presence of the Divine that must always be there, you can then lift what you encounter. You cannot lift what you are frightened of. You will not lift what you damn. It cannot be done. The sovereignty we suggest you have is the sovereignty to know things, realize things, as of Source. And to know something as of Source is reclamation,

the alchemical way of re-seeing, to lift to the Upper Room what has been placed in lower strata.

You may fear all you wish. You will learn the lessons of fear. But please understand, friends, that the world that you live in, in deep change, is turning upside down, and the pebbles that have been held in the pockets of all are being released, the stones of fear, the stones of greed, the sharpened stone that makes an arrow that would pierce the heart of your neighbor. Everything is being re-known.

Now, we would suggest that this is cause for celebration — not how you know it, or the things you may experience that may have been fearful, or known through fear, but the opportunity they present to reclaim a world as it truly is. “What does that mean?” he asks. The action of fear has always been separation. To know another in fear is to be separate from him or her. To know a thing in fear is to be separate from the Divine that must also express as that thing. We have said too many times that the only real challenge that humanity faces is the denial of the Divine, and, if you believe that a virus is more powerful than God, you have created an idol.

Now, we would say this. You are not praying the thing away. You are not moving into a magical state of thinking. But you are holding in reverence the Source of all things that must express as all things. We have said this so often. You say the pretty things are holy. All things are holy, or nothing can be. And reclamation of what has been low, what can now be lifted to a new light, is the act of the one who perceives the Divine in all of his encounters.

He interrupts the teaching. “I would like some practical advice in seeing myself through these times. I would like some awareness of how to maintain balance with the information I hear, which don’t seem to coincide with the teachings I receive.” We would like to address these things, and we will do our best to answer your questions. Each of you has choices. How you choose is predicated upon one thing or another. To act in prudence — “I will put my foot in the

bath water to feel the temperature before I step fully in” — is not an act of fear. It’s an aware act, because you know that every choice you make has a ramification. “I will never bathe again, the water may be too hot or too cold” is great fear proclaiming action. There is no need now to act in that regard. To become aware of the suffering of others, in whatever way it presents itself, is great opportunity for a culture who has diminished suffering. “If the poor are the ones that die, if the old are the ones that die, we will still have our wealth, our possessions. We need care not.” When something presents itself that disregards wealth, disregards class, knows all men as equal, all humans as equal, you have a great leveler and a great opportunity to celebrate your humanity as a collective. When you understand who you are, who another is, when you love your brother even when he is ill, even if he does things you don’t like, if you love the one before you regardless of what you would call him, you will know true healing.

“What does that mean?” he says. When you are whole, when you know yourself as whole, you claim a life in agreement to wholeness. But the aspects of self that you have denied, that you would seek to hide or refute in another, damn in another, will call you to the darkness so that they may be re-seen. This is such an opportunity to re-know, to re-see, and to claim anew. “Practical.” Paul says, “practical, please.” Here is the most practical thing we will ever tell you. You have choice. You have choice how you attend to what is before you. Do not be swayed by fear. Know the Divine within you is stronger than anything you encounter. And, if something is stronger than God, forget about God, because you have none. That does not mean you don’t take prudent action. Don’t swim with the crocodile, don’t pet the scorpion, but don’t fear them either.

Finally, we will say, balance is attained from the understanding that all things unfold, all things change. Your attachment to what was, holding onto a lamppost when the street is flooding, may be much harder than allowing yourself to be carried by the current that presents.

Where the current takes you may be to higher ground, but many of you would prefer to drown, by holding on to the old, than swim to the new, be carried to the new.

Paul interrupts. “Can you work on us energetically tonight to support us in this time?” Of course, we would like to, but we would like to finish our teaching.

The last thing we will say is that each you says yes, individually and collectively, to the reality you see. What you agree to, you shake hands with. What you shake hands with, you hold. When you are lifted to the Upper Room, you do not shake hands with fear. Period. Period. Period.

Now you may say this if you wish:

“I know who I am in truth. I know what I am in truth. I know how I serve in truth. I am free. I am free. I am free. I am in the Upper Room. I Have Come. I Have Come. I Have Come. Behold, I make all things new.”

Now, imagine, if you wish, that you are a million feet tall, and you stand on this plane, this orb you know as a reality, hovering above it, so tall that the energy you hold can easily encompass everyone and everything that inhabits this plane. And we invite you now to say these words in the face of the fear that humanity has claimed, in the illness humanity has known, in the separation that humanity has used to deny himself his true inheritance. And the tall being you are may now say these words — to all that is born, all that is seen, all that may be known:

“Behold, I make all things new.”

And let the world be received by you and the field you hold, as it envelops the world and lifts it to the Upper Room. Yes, you may say this if you wish:

“I lift all I see to the Upper Room. I lift every human being to the Upper Room, every sentient being to the Upper Room, all that has known itself, in form and field, to the Upper Room.”

And, again, say this:

“Behold, I make all things new.”

Blessings to each of you. We will return in a moment with your questions. Period. Period. Period.

Q: My question tonight is about dissolving boulders. In *The Book of Mastery* the Guides tell us that we can, through intention, leave our low-vibration boulders or trauma on the altar at the base of the mountain. In other places, in other books, the Guides seem to be saying that we should go back to the trauma or the incident to dissolve the boulder. Can the Guides give me some clarification on this?

A: I mean, I'll try with this one because I know the example you're using, and it was a teaching that I found very challenging, which is what they said is there's something that you can't handle on your own, that you've tried and it's not worked, they said leave it on the altar, pretty much,

and they will support it. And I actually had a mild fit during the dictation because it sounded impossible to me. And I forget what the response was. I'm a little out of it from the channeling, but anyway it's in *The Book of Mastery* because they did respond to my question. What I understand about this, in general, is that nothing really can be transformed until it is seen for what it is. And the example that they've been using since *The Book of Truth* is that everything is being dug up, everything that's been denied. All of this denial of the Divine, whatever you want to call it, is being brought to the surface so that it can be seen. I think they used an example about that tonight, with the rock and the worms underneath it. So we don't get to heal, if I understand this, what we're denying. We have to become party to the seeing of it. But I don't think that means that we're going at it with a hacksaw, do you understand this? So I don't experience a contradiction, and I just wish I could remember what they said in *The Book of Mastery* about leaving things on the altar. They're saying we will say it again, perhaps in a different way. What you put on the altar you are releasing to a higher way of being. In some ways, indeed, that is an acceptance, a seeing of what is needed, that you cannot transform through force of will. The act of surrender — "This is too great for me" — is a way of saying, "Yes, I see my limitation as a small self, and I offer this thing to be re-known." Period.

Q: So, actually my question is, I think it's kind of similar. So I'm just curious about working with my own Guides, and how do I access that or what's blocking me?

A: Well, you know, I don't teach people how to channel. I don't even know how I do it, to be honest with you, but I'm going to tune in to you and see if I get anything that's specific from you

or for you. So you come through and you say “because I want it all now.” There’s a little bit of “give me, give me” here, and then you look upwards like “come on, already, where is it?” And I understand that, so let me see what might help you. They’re saying she needs to understand that she’s in service with it. It’s not something one acquires like a new ability or a new house. It’s something you gift the world with. If you wish to serve in this way, to learn how to listen and to be directed for others, indeed you may ask. If you simply wish support for the life you are living, go to the True Self. She will lead you well. Now, the True Self knows, the small self thinks, and the support you receive from other beings may, in fact, be directive, or may simply lead you to your own intuitive being. Tell the young lady if she wishes to know who works with her to invite them to tell her. Don’t demand the answer, but know that you are worthy of receiving it. You will not claim what you disavow, and you will not say yes to what you think you can’t have. Period. So I always say ask. That’s what I did. But I have to say this, and I always say this. What the Guides are teaching, in a lot of ways, is claircognizance, which is knowing. And I think knowing is the most valuable. The challenge with hearing your Guides and even with channeling is you’re moving into a relationship with something other, as opposed to honoring this, which I don’t think will ever steer you wrong.

Q: I have a question. It’s kind of a strange one, I think. What I’m going to do is I’m going to take three things and string them together and then ask a question. The first is the Guides talked about, and I believe it was in *The Book of Truth*. I don’t have the page for it, but they talked about the ocean coming in and it washes some of the shore away, sort of like the impurities away, because what is left is truth. So that’s one.

A: Okay, I'm going to ask you though to do this briefly because we have a lot of people on tonight. Okay?

Q: Okay. And so then they say, in that same maybe page that we're sort of like a chalice for truth. Then the second thing was you came back from a workshop, and you had said that everybody was told to cover themselves in mud and then walk out to the ocean and wash. And then, right after that, maybe number four or five of the last channeling that you did, Kingdom, they had us walk into the ocean and we were washed. So my question is, being the chalice of where we hold the truth, we're like a cup, we hold the truth, are we the Holy Grail that we were seeking centuries ago? And I think maybe the Guides need to ask this.

A: Well, I understand what you're talking about. And they're saying yes and no, not as you would have it be, but of course it's true. The Divine Self as you is indeed the Word. Now, you understand, in some ways, symbology as it's been handed to you through the comic books and the films you've seen. The true meaning of the chalice is what holds the Christ, and the Christ itself, born as you, in an incarnation, is in fact this teaching. *I Am the Word* was the beginning of a teaching of the resurrected self. To attach to the meaning of the teaching through symbols is helpful in one way. They can become ways to understand. But, finally, the real meaning of the teaching is your expression, and, in your knowing, you will act upon it. Period. Period. Period. So that's what I'm hearing in response to this, but I agree there's been a lot of metaphor in the last year around — well, I guess there always has been — but what I knew, through the whole dictation of *The Book of Alchemy*, was the metaphor that they were giving during the livestreams, which was very much, it was a passage of going from one shore to another. And the

passage across the sea was, in some ways, quite challenging. And what they have moved to in recent workshops is this metaphor of standing on the shore and being received, and that's been quite powerful energetically. I don't know if they'll continue to do it, but they're clearly preparing for whatever the next book is.

Q: I have a question around the nature of form and how it comes into play when we're reclaiming the old into the new. The Guides this evening used the example of an alligator, and the small self may view it and say, "The alligator may hurt me," and may be fearful. And when we reclaim it and view it as the thing of its nature of the Divine, how does preference play into that, when you have a preference to not get, if its nature is to potentially bite you or whatever its nature may be, aren't you still putting form into something that you've theoretically brought to the Upper Room?

A: That's a really interesting question, so let me ask. They're saying yes and no. It's really dependent on your level of realization. Now, if you understand that all things are of God and all things are of one Source, the realization you hold about the innate being is rather different than the distorted ways you have been taught. But if we were to put before you a glass of poison and a glass of pure water, we would anticipate you would choose the water. He interrupts. "So if we lift the poison to the Upper Room, is it still poison?" Indeed, it is, on a very practical level. Now, there have been teachings, you may pick up the serpent, it will not bite. We encourage you not to pick up a serpent. However, we would say if you come to a level of regard where all things are indeed new, the imprinting from the old will not be informing what you see in categorical ways.

Now, there are easier examples. You understand a human being, perhaps a man who lives in the gutter. He smells poorly, he seems quite mad. You understand him through how he appears, and you regard him in agreement to what you see and smell. To re-know the man is to know him in wholeness. It doesn't disregard how he appears, but you are realizing him beyond it. It's not about giving him a haircut and a bath, although you may choose to do that. The realization of the man as of God, an active aspect of the Creator, just as he is, reclaims you in a higher accord and lifts him as well. The challenge is that most of you think he should be other than he is. The scorpion shouldn't sting. Why shouldn't it? It's you who make that wrong. You perceive he's dangerous. He's only dangerous when he is encroached upon. If somebody stepped on you, you would likely want to sting them as well. It's really very simple. You can't make anything holy, but you can't deny the Divine in anything, and that will be your reward. Period. Period. Period.

Q: I have a very simple question. When I had a session a while ago with Anthony Mrocka, he said my Guides came through and wanted me to know that I was a healer. So I've been embracing that and trying to welcome it and taking a little Reiki classes. But I was wondering if you or the Guides had any insight, either for me, or from them, or from you.

A: Sorry. I don't comment on other readers' readings. That's just me. But I know him and I respect him highly. So let me just go to you and the question about you and healing. I'm going to see what I get. The first thing you say is "Okay, well, it's supposed to look like something I know." And, in doing that, you kind of look around and you reduce it. "Okay, so that's that." And I don't get that that's what this is about for you. I think the real question for you might be, in this case, "Now, what?" Which is the expectation of more to come. So it's a little bit like, you

know, it's like you live in New York, so you know how sometimes the restaurants put the menus under your door? Imagine that you thought, "Well, I'm hungry and here are the three menus. I can have the Chinese, the pizza, or the Indian." Do you understand? Because that's what you know and that's what's been left for you to look at. Whereas there may be something really very, very different that's available. I actually just asked about modalities and I hear well that's the challenge. There's a name for everything and an encoded system for doing it the right way. If you wish to heal, open to healing. If you wish to serve in healing, allow that to be so, and then be prepared to be led. Period. Period. Period.

Q: I popped in a little late and I was just making sure I heard the Guides correctly. I just want to make sure the Guides are saying that this trial of virus is part of humanity's awakening, of reckoning, and it's our opportunity to see each other past greed, come together as a collective in love. That's correct, right?

A: I get accurate. It's of that. I hear there is more, but of that. That's what I'm hearing, yes.

Q: So tonight they said a couple of times there is no human being that is not worthy of love, no human being that's not equal. And a couple of times, I think it was in *Love and Truth*, and maybe in *I Am the Word*, that they had mentioned this work being for the benefit of all. And so what I'm wondering is, is that at the exclusion of nonhuman beings?

A: I don't get that, no. I mean, the idea is that everything is of Source. That's what they teach. I mean I think they're focusing on humanity, you know, we're doing some of the work here, but, no, I don't get that at all.

Q: I'm currently looking at buying my first home, and I wanted to ask how do you buy property in the Upper Room?

A: What an interesting question. I just rented an apartment in the Upper Room. It was quite an experience. Let me see what we get here for you. I'm going to do this for you. First thing I hear is understand that you are where you need to be, and that you do have choice, and that you may align to right will, and claim right will, true will, as directing your decisions. When you operate at this level, you move to a level of alignment. You are not operating in fear, nor are you being bullied or swayed to a decision that somebody would have you take. The True Self as you supports the high choice. So I'm just going to tune in to you and see if I get anything specific. You just come through saying, "Well, am I going to do it right?" I hear you won't know until you do it. I hear trust yourself here. "I'm allowed to live in a perfect place."

Q: Thank you. Can I ask a question as well? So I was working empathically, and when I finish working with a client sometimes, it's like I still feel the residue of the energy in me. How does one work with that? Because I was working with a client and she was going through like a breakup, and after we finished working I still felt the breakup energy in my heart. Even though I know it's not mine, it's still there.

A: Yeah, I understand. I mean, people do different things. I have one friend that just cuts all the cords. I have somebody else who just washes herself down in white light. I just ask to be cleared as much as I can. There are people that take Epsom salt or salt water baths. You can smudge yourself. There's lots of ways of clearing the energy, but it doesn't help them for you to carry their stuff, you know. So I tune in to the stuff in order to feel it, but I really don't try to take it on.

Q: I have a question about what the Guides feel about astrology and the energy of the planets.

A: I mean they've talked about this, and other people have talked about this. I don't think what the Guides have said is terribly original to them. I'm going to go to them now. They're saying it's what you make of it in many ways. If you wish to make that your God, you may. You may be influenced by it. If it's a windy day, you are influenced by the wind. If Mars is in Taurus, you are influenced by that, but you don't make your life about it any more than you would make your life about the wind. Now, you must understand that, while astrology is present, you make it a God or not, but you can use it to your benefit in simple ways. You may support choice to benefit aspects if you know them, but if you make your chart or the planets your God, you have a very limited understanding of what potential there really is. Period. Period. Period.

Q: I am organizing a retreat to go to San Miguel. You're the one who connected me with San Miguel, thank you very much, and I'm now running retreats down there. It's at the beginning of April. I have three people who still want to come, and so I'm just kind of finding my way about how to proceed with this, given so many events are canceling. And I heard what the Guides said

about just kind of dipping your toe in and monitoring the temperature, so that's what I'm doing. And just want to know, is that the right way to proceed with this, or what would they suggest?

A: I don't know what to tell you here. You know, I just had my first event canceled at the Kripalu Center. And I understand why they're doing it. It's a big center and it holds a lot of people. But other events are running, and I think people are claiming a wait and see attitude, and I don't really have any comment on this at this time, nor can I instruct you. I can go and see what I can hear from you about this. Let me do it that way. You come through a little pissed off about this, and you're saying, "It's not what I want." Well, I don't think it's what anybody would want. I also hear you're bowing to the pressure of the time. But there's reason for it now until you know more. That's the attitude right now, better safe than sorry. And you may conform to that if you wish, or you may choose something other. We do not recommend that people start living in their cars, lest they walk away from others without understanding that isolation itself is as lethal as anything else. You may have community in different forms, in different ways than you have known them. You may learn lessons for that. But do not operate in fear. It doesn't serve you. Period.

Q: I've been following you for several months with your livestreams, and I feel lifted, and I feel like I've released a lot, but I always come back to something heavy, and I don't know what it is or what I need to release.

A: Let me see if I can tune in to you and see. When I tune in to you, you look before you and you look sad, and it's almost a feeling of "There's nothing there for me." Some of this almost feels

lonely to me, I want to say. I mean I feel like I'm sitting, it's a little bit, I hate to use this metaphor, I haven't used this for years, since I taught college, but it's like you're sitting at a table for two with a candle, and you've dressed up and you're waiting for the person to take their seat, and they don't, and the candle burns down. That's how it feels. Let me ask what you need. Some of this is your feeling about how you're seen by others and your own sense of worthiness. And I've been hearing this for days now in almost every reading I've done, this question of "Am I allowed to have what I want? Will it be taken from me? Will I be ignored? Is it even good for me? How do I know?" I mean, these are the questions I hear when I tune in to people. They're not even speaking them. So let me see what it is for you that would help you. Here's what I hear. "I'm allowed to be myself no matter what people think." When I say that, you kind of look surprised. I also want to say, "I'm allowed to disobey. I'm allowed to make choices that others hate." All of these things seem to get you back up on your feet, and smile, which I like for you. What I hear in your voice is "I get to be myself again. I'm allowed to be myself. I don't have to be what anybody wants me to be." I hear those are the gifts of the time. Please take them.

Q: So basically what I wanted to know about is, as you start to live in a space where you're not creating from the past and history, and you really start to feel and grasp the infinite truth kind of possibilities, and I keep kind of returning to this idea of what the mind would say, like "Oh, that's unreasonable" or "that's unrealistic." And so how do we navigate what creations and things that we can believe are true? Like I'll get intuitive hits about something, and then I'm like "No, that's unreasonable" or something. Is that clear?

A: Well, I'm only following it sort of, you know, but I'm going to just tell you, from my own experience, things need to be proven out. One of the things I like about the way the Guides work with me is that they come with an energy that for most people is palpable. And when I do readings they're generally accurate, or, you know, I'm doing psychic work, and then they'll come in and support, because they're not doing the reading but they'll come in and support as needed, and that's been proven out enough. So I have a level of trust that's built up, but I'm also confounded by a great deal of what I hear. I don't know how many times tonight they said Paul is interrupting, but probably a lot because I'm challenged by our reality as probably many of us have in the last few days. So I hear prove it out, learn through being, ask for proof of what you see, of what you hear. Let it be shown to you in a high way. You're not really being disobedient, I think, by that, or ungrateful. Let me get it from them. I hear that wasn't good advice. So let me see what they want to say. We would like to say it differently. You may ask for the proof you require. If you get a prediction, you will look at the outcome. You will learn through that. The choice is yours. Don't decide what things should be. Then you can be working with a canvas that will show you what is without expectations. Period. Period. Period. So I was talking with a friend of mine a couple of weeks ago who's a very good psychic, and she explained that — maybe this was in the *Forbes* article about her, it was an article about her — and she said that she won't read on the presidential election because there's so much information coming at us all that it's hard to sort of move that away to get the pure hit. And that's, in some ways, what happens when there's a lot of stuff going on. It's part of the reason I don't read other people's work, because then I go "Well, that's what it must be because they must be doing it right." It just doesn't work that way. They're saying she needs to open up to what can be, and be taught by that, and don't overcomplicate it.

Q: I was just wondering if you would potentially be willing to tune in to me, and see if there's any information there that would be beneficial for my evolution.

A: Let me see if I can get you. In some ways, I kind of hear that you have to decide that people don't suck. In a way, when I go to you, I look on either side like I'm just deciding what's going on, who's doing what, this is what I think it is, so that's what it is. And it's a way of sort of maintaining a kind of control over your world, but I want to suggest that it's somewhat ineffective. The challenge here, the block would be, deciding for people at the beginning. It's like you decide too quickly who people are, that's all, and they've been reduced by that. It's a way to reduce, and we reduce people in order to be in charge. It's a tactic, I think. So let me see what might help you beyond that. Well, forgiving people for not being who you want them to be — that's the solution there. And then everybody gets to be who they are, which is quite wonderful.

Q: I really appreciate how the Guides recently have talked about that this work will go beyond an intellectual understanding once we really experience it, and this is where I'm kind of getting confused. Is the New Earth and the Upper Room the same place, and are these places that could be physically experienced or are they more about states of consciousness?

A: The Guides have never used the term New Earth, so I don't know. If other people are using it, I wouldn't know it, because that's how ignorant I remain. So I can't answer it at that level. Let me see if there's anything that they want to say. We would like to say one thing, Everything is as

it needs to be. The Upper Room is a level of vibration, a level of agreement to a reality that can indeed be claimed at that level. You are lifting what you see to its true nature because you are not denying the Divine. The denial of the Divine is what maintains low vibration. In the Upper Room, you are in high vibration. You haven't aligned there yet. To align at that level is indeed to know who you are, what you are, and how you serve beyond the structure of identity that you have used to navigate this template of the world you see. It does not deny the world you see. In fact, it re-knows it in a higher way. Period.

Q: Mine is about my career and it's been sort of the same for a while. I felt very stagnant. And lately I've been given a vision, back in music, and there has been a sense of resignation because I always came to a certain level and never went above that. So what I would like to know is what is it that I need, to have a breakthrough in this area, to bring the joy of music back into my life?

A: I actually hear that you need to give it permission to take over your life. It looks like it's always sort of there, but relegated to a side of the room. It's like "There is my music," you know, like it's over there, as opposed to "It's everything." So I'm going to just ask what happens then. You smile. "But I can't stop it. It's just everything. It's what it is. I am of it." So it's sort of imagining yourself, it's aligning yourself to be the vehicle for it, and that's what you do. That's it.