



Chaotic Prose

*Art Word Sight Sound
Imagination and Enlightenment*

Audrey Higbee MSN &
Chiboola Malaambo MD

audrey & chiboola

Chaotic Prose



© Lovingly placed in the Public Domain.

Art / Editing & Graphics by Audrey Higbee MSN

Keyboards | Margriet Arlo Rose Madsen

Based in Oahu Hawaii

With special thanks to young Jedi, Lieth Charles



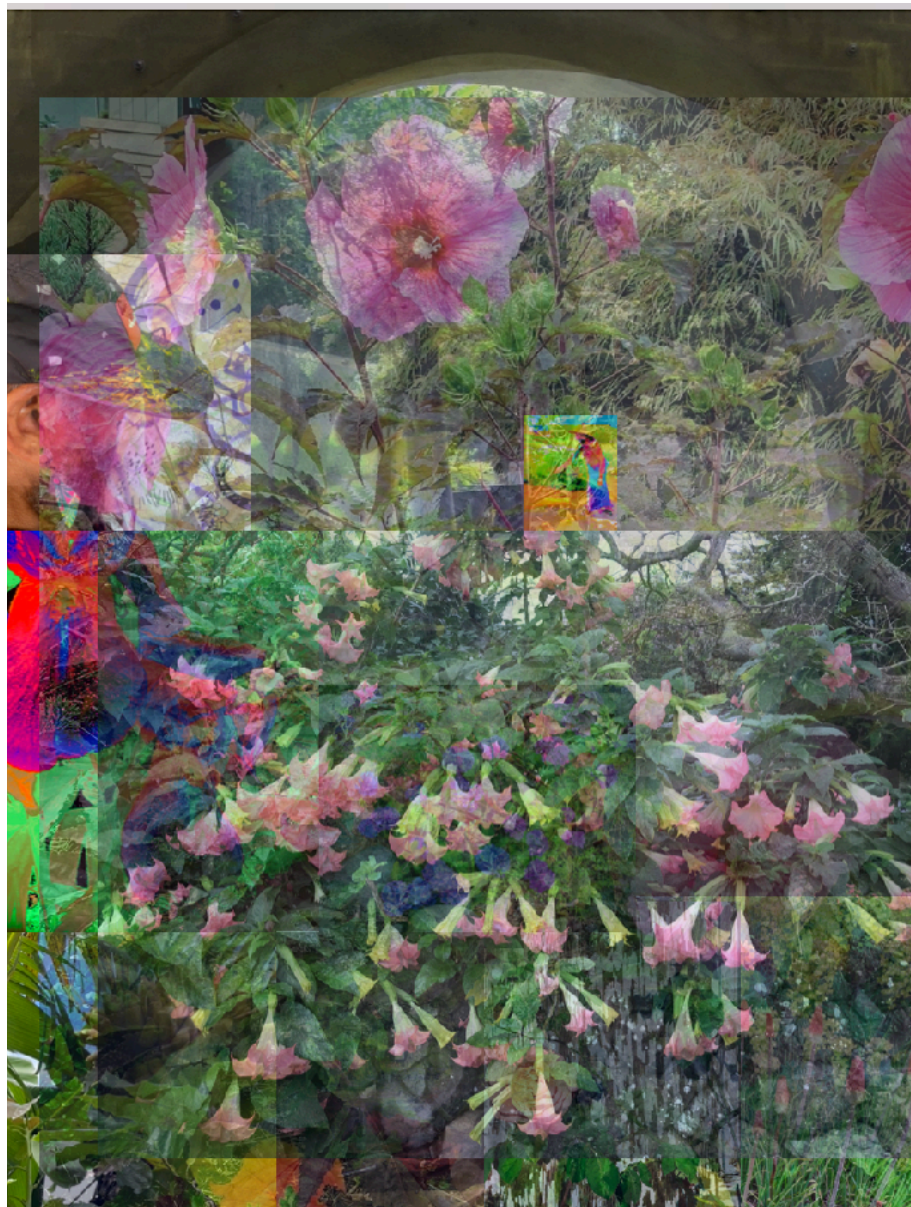
**Knoll Madsen, whose bravery in life, inspired us
to produce this work, in Love for future
generations to come.**

Prologue

You are already wonderful. You do not have to change a thing in order to be wonderful ~ You, are a Wonderful Process. Perhaps there is one thing about life that is certain. We are continuously given opportunities to “show up.” In a sense, to create and re-create ourselves over and over again. And, what we create is our own unique special design.

This ‘book’ is a collection of “Images.” Art / Word / Sight / Sound & Imagination. They reflect real-life experiences that young masters have lived on their way to creating their own access to enlightenment. Yes, there is that word again ... Nothing what so ever for you to be afraid of ... It is just your understanding of how life works ... all of life; the parts we can see and the parts we cannot see. And, that includes understanding how you work ~ mind, body, emotions and more. The Images herein, (we are fully and lovingly aware of this), will never, ever compare to Images that you live. In sharing our Images with you, we are Loving you ~ We are connecting with you and presenting another opportunity for you to create and re-create yourself in the magnificent way that you choose to do so.

Audrey Higbee MSN / Chiboola Malaambo MD



FEELINGS AND MASTERY OF LOVE

Mastery is not about NOT having feelings.

It is about having MORE feelings, not fewer

FEELING MORE INTENSELY

Why?

Because Masters are in the NOW, paying attention

GARDENING AND MASTERY OF LOVE

Each word is a seed in the garden of our mind

We live in this garden of the mind

That is why every word is important



MASTERY OF LOVE IS NOT THAT BAD

You Are No Longer An Ordinary Human Being ...

That Thinks Suffering Is Normal And Healthy ...

It's Not That Bad Does Not Apply ...

To Transcended Beings ...

That Is The Meaning Of Transcended ...

What We Are Transcending Is Suffering, Need, Pain,

Addiction, Fear

And Whatever Else We Used To Think Was Not That

Bad

When It Was Really Very Fucked Up /

GIVE LOVE TO FEEL LOVE

Service Through Love:

Something which cannot be performed from obligation
only love

Love always SERVES through Joy, Freedom & Ease

The result of Service Through Love is always More
Love

Service Through Obligation:

Something which is used to control others and abuse
their resources

Obligation always carries Fear, Need, Resentment &
Struggle

The result of Service Through Obligation is always
more Fear, Need, Resentment & Struggle

KILLING THE MASTER

Along the Road of Life

A Young Master finds herself in addiction, need and
fear ...

These parasites run through her veins

To free herself, she must Kill the Buddha

And pull a feather from an Eagle's Wing /

Without hesitation she enters The Black Pyramid



And finds the Eagle Pit ..hidden deep within its
recesses ..

Inside this Blackness, Buddha is asleep on the Eagle ..

To do what She must, She becomes a Goddess of
Death ...

She turns her hair to Cobras

And Surrenders her life blood as a toxin to The
Buddha

The Elders watch from beyond

They see what has occurred ...

They see their Great Eagle Totem lying hypnotized /

They see The Young Master's Addiction, Need & Fear

Suffocate to smoke

In honor of what She has done,

The Elders seek her out ...

And convene for a great Ceremony

They will give the Young Master the Feather she has earned ...

The Elders have especially adorned themselves for this Sacred Meeting ...

Their bodies are covered with Eagle Dress

And Shimmering Japanese Bells

Ring Out the Song of an Ascended Buddha

As an Elder walks toward her ...

We recognize you he says ...



We know who you are

We can see your creative powers in the colors of your chakras...

The Elder holds the Eagle Feathers out to her ...

The Young Master smiles deeply ...

and whispers these words:

"No thank you Great Elders ... You carry the Eagle Feathers,

My power is Inside Me" ...

AIR 九



on/Design/Music & Health

-0537



KARISSA'S WINNING WORK FROM 2011



A STORY OF TOUCH

Early morning conversation between Chiboola and Jerianne.

Our matrices are powerful. The story I told about massaging my sister (2 days ago) and feeling her baby hands that I held when she was young sent him, at that time, into an amazing description of the depth of what is happening, reaching across the dimensions of space and time. He described the beauty of and necessity for touch.

He also held his son, Adisa, as a child; touched him – his hands and head. Touched him 30 years ago for the first time. Yesterday at the hospital, he touched Adisa's head and hands as he spoke to him. C says I had to prepare him by teaching him the power of the human hand as we touch others. He thanks me for preparing him with this understanding about the unending exchange of information; saying so much in so many different ways. He says everything he needs I am delivering; he is appreciating this. He can see Adisa's hands and eyes as a young boy.

C also touched my father's hand through time and space on March 28 at the surplus store. This is the magic of the Master. We are more human than ever; there is much more to this than we know.



As I was lying on the floor 12 years ago at the Kryon conference, C was impelled to touch me; and I felt it to be the hands of an angel. We can wake up; sit and feel; we are all carrying messages for each other.

Several months ago, C also said he was studying how to touch me. He also recently sent me a dance video he created with the shadows of his hands and his hands painting – color and shadow.

I said earlier in the conversation, “I just want to put my hands around you.”



This conversation, with the thread of touch running through it, made C remember another story. He regressed to a past life in Japan. He and Adisa were both samurai. They used bows and arrows and long blades. The battle was over and their enemy was gone. Adisa had been shot with an arrow. C went back for him. Adisa said "Leave me. Go." C said, "I will never leave you." C picked him up and put him on the back of his horse and carried him off.

This story left us both in tears.
He cannot leave Adisa at this moment in intensive care.



THE POWER OF HELL

Don't Waste Your Pain; it is a precious commodity

Hell is integral to Mastery of Love. Hell is the ladder
of evolution.



Dragon carries fire; why we go to hell, we have to have fire.

Fire of enlightenment – must have the fire to burn the dross, toxic waste.

Hell is the purpose of life to the extent that hell is integral to evolution. Fire, discomfort are integral to growth. If we try to escape hell, we miss the point. We go there to get something, not to escape. Don't go to a store/warehouse to escape, go there to get what we need. Going to the main servers for information; they are hot in there. Those computers are running full time on over load; broad band ain't seen nothing honey.

Adisa's pain in the hospital is his saving grace; it is up to him to capture it or just escape. It is not about healing but about evolving.

That's why Masters like Hell. We are not trying to get to Heaven.

The pre-limb of understanding/context.

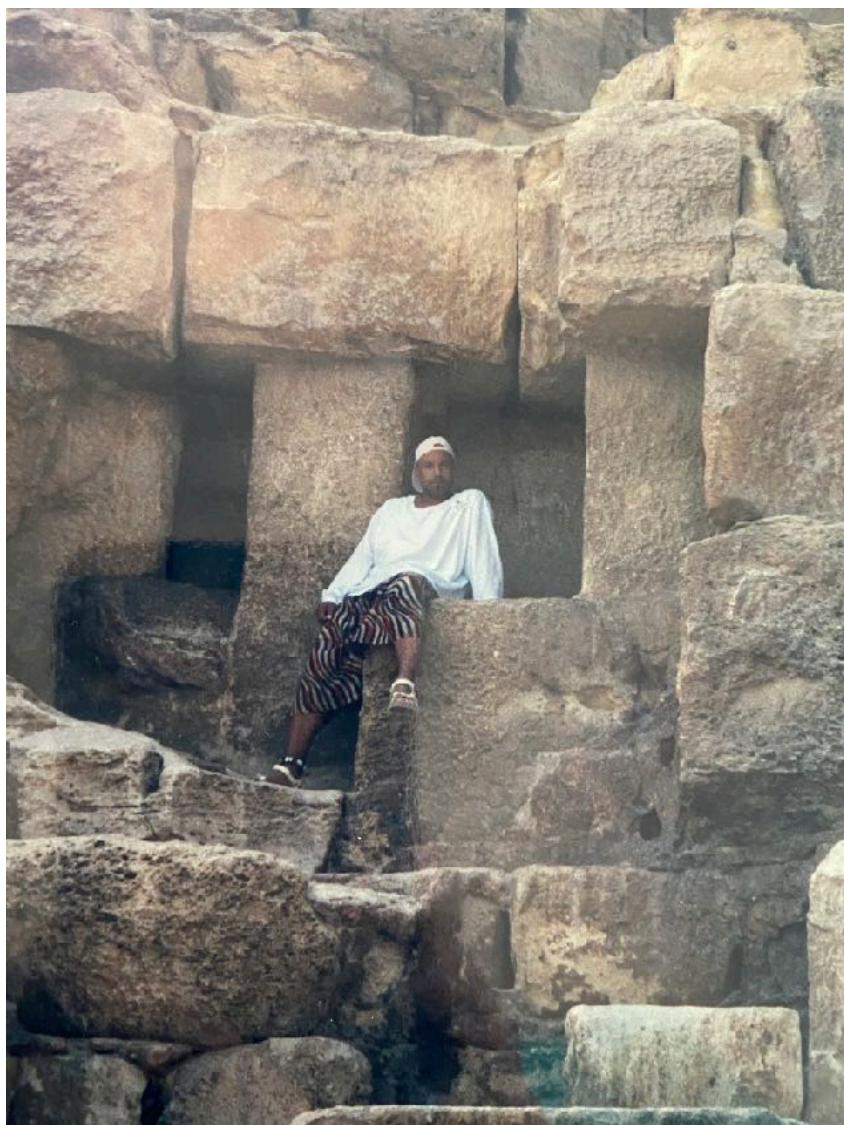
The Hell Sutra: So we welcome whatever takes us to hell and ask to receive its gift. In order for me to be whole, I must change my relationship to Hell. (I actually now have a frequent flyer pass.) Masters are happy when they go to Hell (not there yet). The energy of fire feels good. It releases me to relieve doubt about Mastery, love, and the power of the human – I don't have to stay out of Hell to prove I am a Master; on the contrary I welcome going to Hell. It is how we handle being there that is the sign of Mastery. I have reached the coordinates of a Master; there is nothing to doubt. Take the dark thought and transmute it into something beautiful. When Hell calls, I go demonstrate who I really am.

RATTLESNAKE

C/~ You're so ridiculous I can see you in that bathroom now like a rattlesnake hiding in a corner.

Well I hope you enjoyed the lukewarm water this morning...

That must have been nice and relaxing; especially after struggling with the giant boulders that you scattered along your own path to Enlightenment. (I remember how you built Giza with those same boulders!)



You know ... you really have quite a life, especially considering that "IT," (i.e., Hell on Earth), had swallowed you "whole" as you were walking along the path of self delusion rather than the path of "wholeness."

It is, in actuality, very IT-CHING to think about it. These religious pathways and the IT-CHING pathways both rely on weakness, inability and the playing small program.

You know, your Power of Hell commentary, points out that one of the keys to enlightenment is the ability to enjoy not feeling good - To many, this may seem paradoxical, even though it is not.

In enlightenment, the most important thing in life is to be in the process of enlightenment.

When "feeling good all the time" becomes the most important thing in our lives, that simply is another need outside ourselves, which takes us right back to IT, ~ Hell on Earth



IT-CHING

C/~ Have "IT" Will Travel.

You can put your phone on vibrate and get messages anywhere ~ BUT you don't have to answer.

J/~ What do you mean dear master?

C/~ Do you have IT like a disease?

To escape, Where will you travel?

J/~ Right on brother ...

After a few of these eggs for breakfast ... I will be right on!!

C/~ Ha ha ha ha ha ha ha ha ha ...



C/~ I wrote that “Have IT Will Travel” thing, because I think it’s a great title for a chapter on carrying Hell with us. Like when a person falls into Hell, and they think they need a vacation to feel better, they just take Hell with them. HAVE HELL WILL TRAVEL

There was an old television program about a gunslinger who would travel around and kill people for money: "Have gun Will travel"

You know the matrix can do a lot of things ... like ahhhh ... I have to thank the matrix for fixing my carburetor.

One can think about working with your matrix like working with DNA ...you send it and everything and its automatic after that.

Come to think of it I have several matrix projects going on right at this moment - several "matrix projects."

It's like having your own miracle staff; A very motivated talented self directed staff.

And all you have to do is direct them on what the question is.

It makes no difference whether it's a child who doesn't behave or a car that isn't running right.

J/~ This is a wonderful discourse & Breakfast View.

C/~ Yes, the situation is very much like the lizard in
THE MOVIE Rango.



C/~ The Lizard had to cross the desert and there was nothing out there it /... looked just like desert.

And the armadillo was lying down (just like I am with you), explaining to the lizard that out there in the desert was the lizard's enlightenment.

J/~ Very good!

C/~ See the matrix loves to work through cartoons.

And I bet you're feeling good eating those eggs just like a gecko.

See geckos like eating the eggs more than they like scrounging around the desert looking for them.

Masters are different than Geckos; they enjoy scrounging around the desert and eating the eggs.

Now the reason masters enjoy scrounging around the desert is because they know how good the eggs are going to taste and they're thinking about that.



J/~ Premeditated pleasure?

C/~ EXACTLY

J/~



Doesn't that create
expectations?

C/~ Masters are also different than Geckos because
Masters enjoy bacon toast and coffee with their
eggs.



J/~ Sounds quite delicious!

Doesn't that create expectations?



C/~ Here's how it works: we feel
bad ...



As soon as we feel bad we say to ourselves, oh something good is coming.

At the same time we are saying this, we are also hearing this.

Just thinking that something good is on the way, we almost immediately start feeling good.

That particular something good is that we're going to grow and learn and expand!

J/~ IF I KEEP HAVING DIFFICULTY IN MASTERY,
HOW CAN I LEAD SOMEONE ELSE TO
MASTERY?

QUESTION REPHRASED: HOW CAN I LEAD
ANYONE TO MASTERY WITHOUT HAVING
DIFFICULTIES?

C/~ "THE PATHWAY TO MASTERY IS THROUGH
HELL."

Master teachers have experienced:

- Addiction
- Need
- Fear
- Playing small



If we don't personally experience all of this, we teach what is in the public domain; often full of confusion.

C/~ MASTERY IS A PROCESS AND IS IN THE MOMENT.

There is no place to SIT in Mastery.

I never AM a Master.

I am always BECOMING a Master – evolving.

Mastery is not dependent on feeling any particular way – good or bad.

Mastery is about how you deal with the feelings.

What I am doing all the time is BECOMING A MASTER. In all situations, I choose Mastery.

Pay attention to the little words. Rumi: “Every day a new arrival.”

“Invite them in laughing.” Each day there is a gift.

Rumi is describing PLAY; open the door and laugh; it is all a game.

Masters love difficulty and thrive on emergency!

Emergencies create a focus on the NOW.

J/~ HOW DO YOU CHOOSE “mastery” WHEN YOU ARE FEELING ROTTEN?

C/~

- Make yourself the most important thing in your life
- Do whatever it takes

These choices create a shift; a laser focus on attaining the desired outcome, even if you are fearful. The two choices create a focus.

... in spite of fear, “I am going to do it!”

(NOTE: This differs from choosing when you are in Mastery... you go inside, feel what you desire, and create from your passion.)

My dilemma today:

J/~ I THINK I DON'T WANT THE BAD FEELINGS.

C/~ When YOU put this step into the process, it creates suffering and work. It creates the work of trying to eliminate pain.



When a Master feels sad, she rejoices at the sadness, opens and receives the gift.

The minor adjustment: you cannot feel badly about having the emotion.

The Quanta: I WANT THESE BAD FEELINGS BECAUSE THEY BRING GIFTS.

The gifts are expansion, evolution, self-reliance, independence, understanding. These gifts bring me to my creativity and into joy.

Physically: When we step on a rock, we feel pain. Pain draws our attention; we then evolve and heal.

Emotionally: When we play small, feel pain, shame, guilt; it draws our attention; we evolve and heal.

THERE IS NO WORK LIVING IN MASTERY. YOU PLAY, YOU GO AND GET THE GIFTS! IT ACTUALLY BUILDS ENERGY!

There certainly is work in assembling or creating
Mastery (or the path to Mastery) but not in LIVING
mastery ...

WHY THE SHOOTING STAR IN THE NIGHT WAS SO IMPORTANT FOR ME:

I was talking to people about what they were teaching others; about moving energy and feeling it in the chakras. The REAL MOTHER (THE MYSTERY) sent me a message via a shooting star:

“Young Master, you already know all you need to know. Your life is a shooting star that runs through me. You will run your course- that is what time is. You are a shooting star; this is the time for play. You may want to choose NOW. You shoot through life so quickly.”

I am a light Master. I have the ability. I have acted as a MOTHERING FORCE for the planet already. I am

finished with that kind of work. I can be a Master as soon as I choose to be.

In collective consciousness, we have been taught that something happens and we feel bad; that's just the way it is. People don't think this can be changed.

C likes himself in all his states. When Adisa needed emergency care, C initially felt badly. Then he turned the situation into a reservoir of creativity. He took the gifts of caring for self, life is short, etc. and applied them to himself; to his family and sacred friends. I can see him teaching tonight at a family gathering. He will be magnificent, passionate, eloquent.

As Masters, we LIKE OURSELVES and ENCOURAGE BAD FEELINGS. It is a beautiful place to live.

PROBLEM: I THINK I DESIRE TO BE IN A STATE OF JOY MOST OF THE TIME.

This is my focus instead of Mastery – seems more fun than Mastery, though maybe not as rich. This is a DISTRACTION from Mastery. It is a JUDGMENT, A MISUNDERSTANDING, AND MOVES IN OPPOSITION TO LOVE. I first judge myself for not being in joy, then I don't like myself, this creates more negative feelings; then I judge myself as not good enough because I can't achieve this mastery (or can't swim, or know supplements.) This then blocks me from becoming greater, self-reliant, independent, etc.

THIS UNDERSTANDING IS AN IMPORTANT BREAK-THROUGH FOR ME!!!!

I am abundant in bad feelings. They are precious. I unwrap them and see all the gifts they contain. I can use the dragon to playfully burn the wrapping off. Once I invoke this, it is an immediate hyperlink – bad feeling to mastery, creativity, and joy.

We understand the mystery. We eliminate need and fear; we are entertained by the dragon; we get the gifts of the emotions; we take something fucked up

and make it beautiful; we see ourselves as magnificent.
This leads to higher levels of creativity and joy!!

THE DOER

There once was a girl who was known as the Great Doer.

She was very busy do-ing all the time; there was no time for anything else.

Doing is all-consuming.

Doing means to accomplish a task.

The task can be done, with or without joy, for the purpose of checking it off the list of things that must be done.

This “doing” will grow like the kudzu vine, since the ‘to dos’ are never done. It will cover everything and choke out life.

Worst of all, it will take over the play program, since play must wait for the “to do” list to be completed.

This doer had finally tied herself into nots and knots, until she could not move.

Her hands were tied behind her back, her legs were knotted.

She came to a standstill (er-sit-still) and asked herself what she must do about all this doing.



The only solution was to “UN-DO.” She began immediately to untie herself, un-knotted herself, became enough. She embraced process and gave up doing anything to reach a specific outcome. She is now known as the great UN-kNOTTED, UN-DOER, PROCESSOR. She stands behind the short wall and does not care about products or outcomes. She finds her passion and follows the process with great joy. She is vigilant about spotting the Doer Virus whenever its tentacles try to reach into her processor. She devours and metabolizes them. They empower her processor.

A CREATIVE FIT OF PASSION; THE SECRET BED- BUG INITIATIVE

Once upon a time and place, there was a powerful Master who lived joyously in his Temple of Transformation. Oh, this Temple was something to behold. It had magic doorways with important names. Rooms were multicolored with paint names like Aura. There was a kitchen of creation that included all types of instruments, so you could cook up a musical

composition with any meal. Everything in the Temple invited creativity and supported guests in creating what they wanted in their lives.



One day, the Master, in a creative fit of passion, began to move furniture around, with no particular motivation or plan in mind. He brought a black rolling chair down to the main Temple entrance at the intersection of two doors. He placed the chair between the bougainvillea/bamboo door entitled "enter at your own risk" and the door of "pain creating wisdom." In the intersection of those energies, he was inspired to begin to play his guitar and sing.

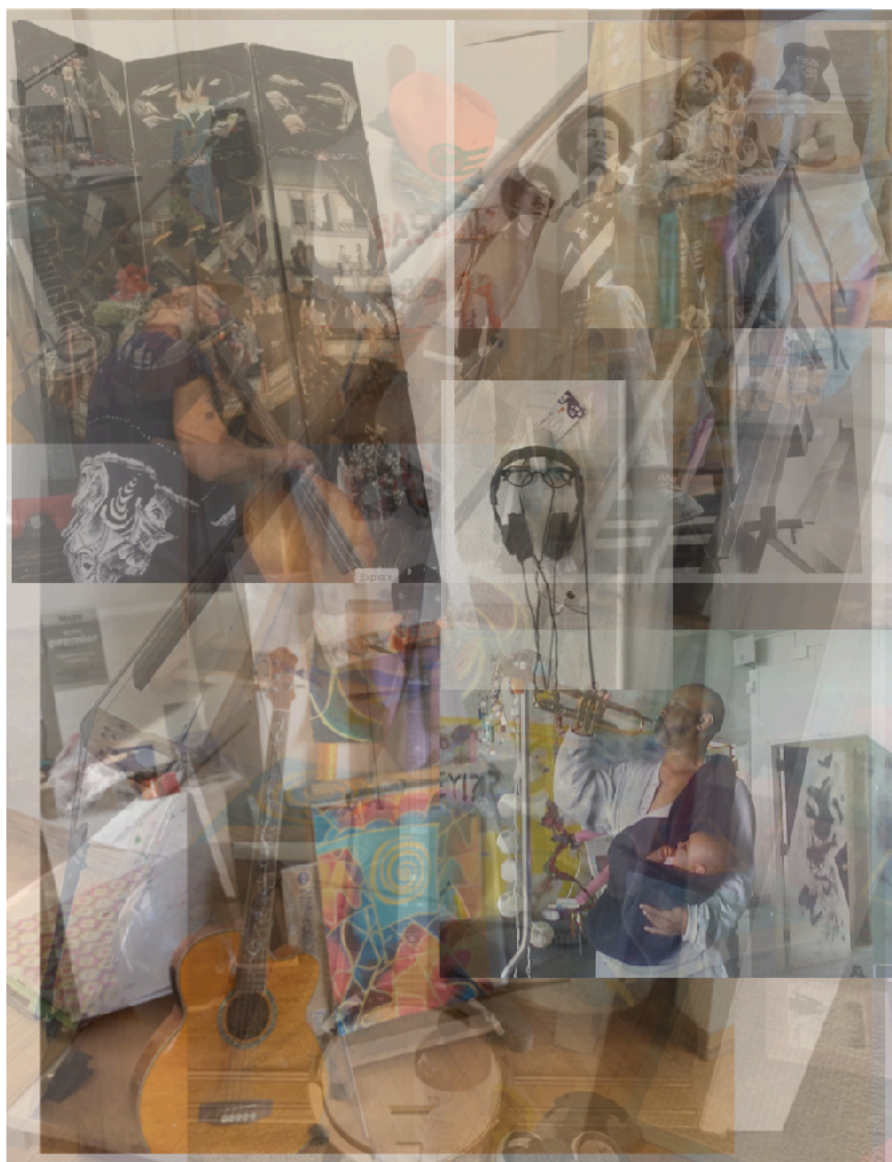
The music was so sweet and enlightening that all the bed bugs, who had moved in recently to bug the master, decided they should not interfere with the Master's Music. They had done so the past two nights by biting him in tender places, so he wanted to scratch and could not play his guitar at the same time. They began a mass exodus right out the front door, waving goodbye with their little antennae and sweeping the floor behind them.



The Master thanked the bed bugs for biting his behind and getting him moving. Something in the fire of their bite awakened new levels of creativity.

With his passion propelling him, the Master began to move large pieces of furniture; some he gave to neighbors, some he moved upstairs. He was like a tornado, demolishing all old patterns in his path. There ensued a chaos that began to resolve itself into new configurations of color and form. All the spiders and other bugs moved quickly out of the Master's way. They knew it was either "move or die!" They took a hint from the bed bugs.

\The creative tornado, which the Master generated and expressed through his Temple-restructuring, moved him to give away the bottom half of his temple. The recipients do not yet realize how much the restructuring energy in the bottom half of the temple may affect the re-arrangement of their own cells. They have stepped deeper into the Mystery.



In the meantime, the restructuring energy in the top half of the Temple has been amplified. In fact, the

Master no longer needs amplifiers for his music.

The vibrations of his songs travel for 10 miles out from the vicinity of his Temple, affecting everyone, whether they know it or not. The bed bugs have tried to visit everyone to give them advance notice and to kick their asses into motion, but that is a great distance for small bugs to travel with their own little feet. So they have devised an ingenious transport system. They hitch rides with creatures who have longer legs, like humans, dogs, cats, rats, and spiders.

Everyone in the neighborhood is now talking about the Master's fit of passion. They are still puzzled about his down-sizing and what created this flurry of activity. They have no idea about the secret "bed-bug initiative."

Some are curious enough to come and learn what the master has to teach. However, the pre-requisites are stiff and not everyone is so courageous. Students



must be ready, willing and able to step through the front door marked “enter at your own risk,” and let go of their lives as they know them.

Most people are content to listen to the Master's sweet songs, not realizing that even these songs are transforming their lives. To them, it is all still just a great Mystery.

No one, except the Master, even thinks to thank the bed bugs.

THE CLASS OF WHY

The class of why is a special class for young children designed to answer

the unending question "WHY?"

The value of human life cannot be found in "what we do,"

It cannot be found in the "outcome of an act,"

It is not dependent on whether or not "others like what we do"

The value of human life is found in "why we do what we do"

It is found in the "direction of the act"

It is dependent on whether or not "we love ourselves"

And It is for these reasons that when a child endlessly asks "why?,"

That endless question creates repeated opportunities

To empower our children with self-love

KRISHNA ~ THE LITTLE CELL IN THE BODY OF
GOD

Once upon a time there was a little cell in the body of god. The cell's name was Krishna. Now Krishna was not just any cell. Oh, no, he was a particularly wonderful cell and he carried a unique consciousness.



And further, he was literally filled to the brim with the gift of Understanding.

One day Krishna asked God:

“So God, what are we doing today?”

“Creating miracles of course,” God said.

The conversation ran on as it usually did between them:

“You mean for the earth again?”

“Yes.”

“What miracles shall we make?”

“Well, I have been thinking about that and I had to consult the Head Goddess. I really wanted to get her opinion on the matter.”

“So what did she think?”

“Light and Sound.”

“What?”

“Light and Sound.”

“That's what I thought you said. Well, those certainly must be miracles.”

“What do you mean Krishna?” God asked.

“I don't even know what those words mean, so they must be miracles!”

“Yes,” God laughed, “you are so special Krishna. Rays of Sunlight, you see, sustain life for the earth. Everything animate, in one way or another, is nourished by Sunlight. The two-legged, the crawlers, the swimmers and the winged all depend on light for life. Light is the very foundation for all experience. And that is what all human beings on earth will be doing, Krishna, they will be experiencing what we call the mystery of life. Without the sun and its golden

rays, human experience cannot take place on earth at all.”

“Wow, that's amazing God. Tell me more, please.”

“Like the rays of Light, Sound moves in waves of music. Sound is the music of life. In the beginning there was the word. But the word only existed in the human's mind. In the beginning of communication there was Sound. Sound enabled one human being's mind to connect with another's, and another's and so on, forever. Communication became infinite with Sound. This music of life, Krishna, has the power to connect All That Is. Every Sound uttered radiates out into the universe. That is how the universe constantly expands. As you know Krishna, even God has a Sound. And that Sound also penetrates into what is infinitely small.”

“Oh - My - God! Ah, ah, excuse me God. Sorry, you know what I mean, like, that is incredible!”

“Yes Krishna, that's what miracles are; incredible. And by the way, actually, I kind of like it, when you say that OMG thing.”

“Boy, this is exciting! So who's going to create these amazing miracles, Light and Sound?”

“You.”

“What?!”

“You heard me, you.”

“Me? How in heaven am I going to do that?”

“You must find something very special to help you.”

“And what might that be?”

“I cannot tell you that. You must answer some questions for yourself, you know.”

“Well, can you at least give me a little hint? Just a little one?”

“Yes, my dear Krishna, for you, yes. Here is your little hint: You must find a special star. She must be the smallest star in the universe.”

“She?”

“Yes.”

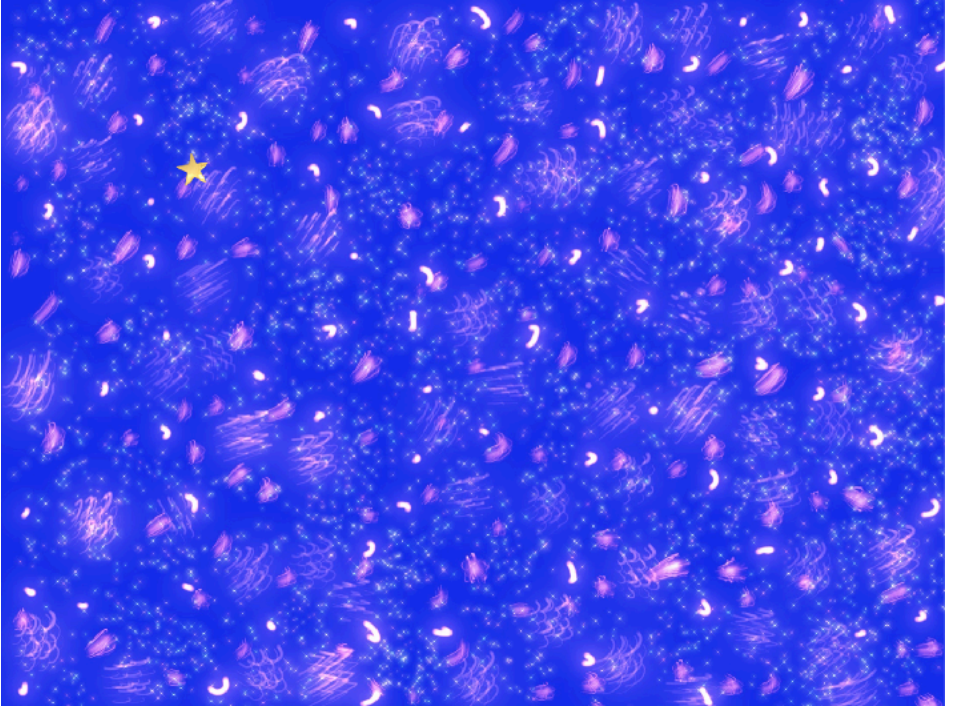
“The smallest in the universe?”

“Yes.”

“Why?”

“Because the smallest star has the highest concentration of creative potential in All That Is. And she is just what you will need to create Light and Sound.”

“But how will I find her?”



“You must meditate and speak her name over and over until she appears to you.”

“But I don't know her name. I don't even know the constellations, and you didn't tell me her name.”

“Do you want to know her name?”

“Yes, yes of course I do, of course. Thank you, please tell me!”

“Because she is the smallest star, her constellation named her *Miní*.”

“*Miní* ~ That is a beautiful name.”

“Yes it is, *Krishna*. It is a very beautiful name. It carries the power of infinite smallness. And inside her star-body there are minute crystals; crystals of powerful creation that are held together by invisible energies. Those crystals are powerful enough to create Light and Sound.

“Now go find her. Close your eyes, go to your meditations and go to your dreams. Call her name over and over again. I promise she will appear. And when she does, give her your message. Tell her it is time to create Light and Sound. She will hear your message and her crystals will awaken.”

“But may I ask just one more question, please?”

“Of course Krishna.”

“Since you are God, why don't you just make Light and Sound?”

“Oh my, Krishna, you are wonderful. Because you have asked such a wonderful question, I will tell you one of the most important secrets of All That Is.”

“And what secret is that?”

“Even God cannot create Light and Sound without the help of woman. That is why you must find Mīnī.”

“Now that is a miracle--a real miracle. You know something, I love You God, thank you.”

“Yes my son, and I love you too, and I thank you.”

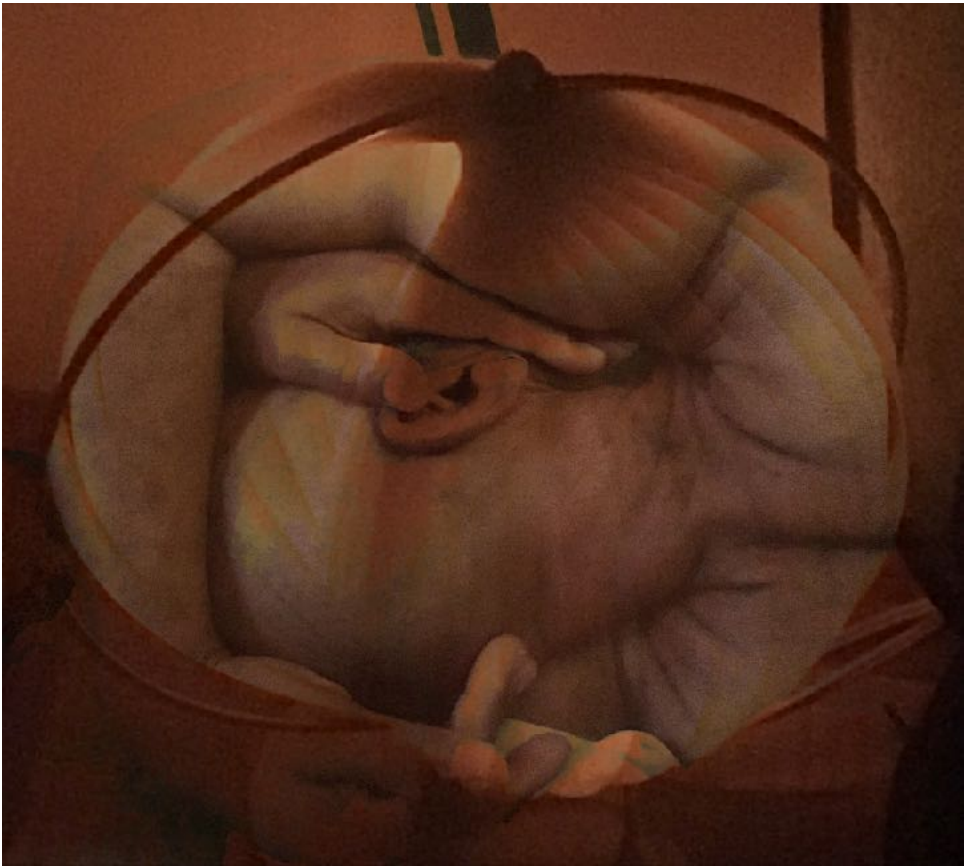
“I will go do my work now.”

“That is good. That is Very Good.”

DREAM CHANNEL

~ SUPPOSEDLY ON THIS DAY 61 YEARS AGO, I
WAS BORN A WATER DRAGON~

NO MATTER WHEN I WAS BORN, I DO KNOW
SOMETHING FOR CERTAIN, LAST NIGHT I FELL
ASLEEP IN THE BATHTUB AND AWOKE AT 4:33 IN
THE MORNING. I FORCED MYSELF OUT OF THE
FREEZING COLD WATER AND FELL INTO BED.



FOR THE PAST FEW DAYS I HAVE BEEN THINKING, CLEANING, ARRANGING AND RE-ARRANGING THE TEMPLE AND FOR THE LAST THREE NIGHTS MY DREAMS HAVE BEEN SOMEWHAT UNIQUELY COMMUNICATIVE. THAT IS, MY DREAMING HAS TURNED INTO A TYPE OF MEDITATION OCCURRING INSIDE OF A DREAM.

IT IS AS IF I AM SITTING IN MEDITATION WITH A SINGLE THOUGHT. LIKE A MANTRA. BUT THE MESSAGE IS NOT IN VERBAL FORMAT; IT IS IN A TYPE OF NON-VERBAL CONNECTION WITH INFORMATION. IT FEELS AS IF INFORMATION IS SOMEHOW BEING CIRCULATED THROUGHOUT MY BODY BY A TYPE OF DATA CIRCULATORY SYSTEM.

IN ESSENCE, THE DREAM IS A THOUGHT. I AM DREAMING A THOUGHT ABOUT HOW WE MAY CONSCIOUSLY CHANGE OUR BODIES. THE

DREAM PROCESS TAKES THE FORM OF SOME TYPE OF INSTRUCTION.

DURING THE DREAM, I AM BEING INSTRUCTED THAT ...

“THIS PROCESS IS VERY EASY. IT REQUIRES NO EFFORT, NO WORK, NO STRUGGLE. PREPARING TO CHANGE THE BODY INVOLVES BREATHING IN INFORMATION.”

THE INFORMATION IS THOUGHT BUT SEEMS TO ACTUALLY BE MORE FEELING THAN THOUGHT. FEELING INFORMATION. THE INFORMATION SEEMS TO BE DELIVERED WITH INHALATION. THE INFORMATION SPREADS THROUGHOUT THE BODY WITH BREATHING IN AND OUT. THE FEELING IS EXTREMELY COMFORTABLE. PEACEFUL AND EMPOWERING.

TO THAT EXTENT THIS PROCESS SEEMS TO BE RELATED TO THE CREATION OF A STATE OF FEARLESSNESS. FEAR IS UNUSUALLY ABSENT.

MY THOUGHT IS THAT WHAT I AM LEARNING
THEN IS HOW TO CREATE FEARLESSNESS IN
ALIGNMENT WITH LOVE. THE INFORMATION
FEELS LIKE A TRANSMISSION OF
METHODOLOGY OR AT LEAST ONE
METHODOLOGY FOR CREATING SUCH A STATE.

I SEEM TO BE INSTRUCTED...

“EASY, NO EFFORT. THIS IS EASY. NO NEED TO
PUSH ... NO PRESSURE ... ALLOW ... ENJOY ...
YOU DO NOT HAVE TO TRY TO ...

DO ANYTHING /

JUST FEEL THIS MOVE THROUGH YOU ... EASY
... IT IS SO EASY”

THE INSTRUCTION IS SHORT. I AM NOT CERTAIN
WHO IS SPEAKING. WHILE I AM DREAMING, I
THINK ABOUT RIA (aka JERIANNE), MY SACRED
FRIEND WHO LIVES IN COLORADO. SHE IS
CHANGING HERSELF. I AM CONSCIOUS OF THE
IMPORTANCE OF WHAT SHE IS DOING AT THIS

POINT IN HER LIFE ~ TEACHING
TRANSFORMATION OF THE SELF.
I THINK OF THE IMPORTANCE OF MY CHANGING
MYSELF. I THINK OF ALL OF US. AND THE
CIRCUMSTANCES OF MENTAL AND PHYSICAL
HEALTH AS THEY RELATE TO THE QUESTION
OF HUMAN TRANSFORMATION. THERE IS
ALWAYS MORE. I THINK OF ROBERT, OF JOANN,
OF CURTIS OF KIGAN. ASCENDED MASTERS ~
ALL OF THEM

I AM FURTHER INSTRUCTED BY CHANEL AFTER
MY DREAM ...

DISTRACTION:

OUR ATTENTION ENHANCES OUR CONNECTION
WITH THE SOURCE OF INFORMATION.
FOCUSING OUR ATTENTION EXPANDS OUR
ABILITY TO RECEIVE DATA IN ANY FORMAT. IF
OUR ATTENTION SHIFTS TO THE DRAMA OF
OTHERS WE PULL OURSELVES AWAY FROM THE
PROCESS ... WE CANNOT ABSORB THE

INFORMATION WITH THE SAME DEGREE OF CLARITY.

DOUBT:

DOUBT DISRUPTS THE TRANSMISSION OF DATA. LIKE ANOTHER PERSON, DOUBT PULLS OUR FOCUS AWAY FROM THE INTERNAL PROCESS OF RECEIVING INFORMATION.

LOCATION:

THE PROCESS IS NOT DEPENDENT ON LOCATION. SUCH TRANSMISSIONS MAY OCCUR ANY PLACE AT ANY TIME.

PHYSICALITY:

THE PROCESS OF RECEIVING SUCH INFORMATION CAN EFFECT BOTH MENTAL AND PHYSICAL TRANSFORMATION. BOTH THE CELLULAR PROCESSES AND MENTAL PROCESSES RESPOND TO THE CIRCULATING DATA THAT IS RECEIVED.

FOCUS:

WHEN WE FOCUS OUR ATTENTION ON RECEIVING THE INFORMATION A TYPE OF CONNECTION IS MADE BETWEEN RECEIVER AND DELIVERING SOURCE. FOCUS ENHANCES THE CONNECTION; LIKE PAYING ATTENTION TO A CONVERSATION VERSUS IGNORING WHAT ANOTHER IS SPEAKING ABOUT.

FEELING:

THE BODY IS IN TOUCH WITH A TYPE OF PULSATION ~ THE AWARENESS OF THE HEART AND PERHAPS A TYPE OF ADRENAL PUMP AT THE SOLAR PLEXUS AREA JUST BENEATH THE HEART. A PHYSICAL SENSATION OF EXPANSION AND CONTRACTION IS OCCURRING AND SPREADING THROUGHOUT THE BODY. THE FEELING OF FEARLESSNESS IS SOMEHOW CONNECTED PHYSICALLY TO THIS SENSATION.

THOUGHT AND FEELING:

“YOU KNOW YOU HAVE ARRIVED WHEN YOU FEEL PEACE IN COMMUNICATION. LOOKING INTO THOSE HUMAN BEINGS WHO COME TO YOU. YOUR PERSPECTIVE SHIFTS, IT CHANGES

INTO A TYPE OF UNDERSTANDING OF ALL THINGS AND THE COMFORT THAT COMES WHEN WE UNDERSTAND WHAT IS BEFORE US. WE ARE RELAXED AND CLEARER IN OUR VISION OF OTHERS. AND WE ARE ABLE TO SEE THE HUMOR EVEN IN AN OTHER'S MISUNDERSTANDING.

COMPASSION:

WITH UNDERSTANDING WE ARE ABLE TO CHOOSE COMPASSION. UNDERSTANDING ALLOWS US THE VISION TO PERCEIVE WHAT ANOTHER PERSON'S QUESTIONS ARE AND WHAT THAT PERSON IS FACING. BOTH WHAT THAT OTHER PERSON THINKS THEY ARE FACING AND WHAT WE SEE THAT THEY ARE FACING. FROM THIS PLACE WE MAY CHOOSE TO INTERACT WITH THEM IN A WAY THAT IS ALIGNED WITH LOVE.

EXPRESSION:

FROM THE CLARITY OF FEARLESSNESS FLOWS TRUTH. THE EXPRESSION OF WHAT YOU SEE BEFORE YOU. IN FEARLESSNESS YOU

BECOME A MIRROR. YOU NOW REFLECT IMAGES THAT ARE PRESENTED TO YOU WITHOUT DISTORTION. YOU ARE FREE TO CHOSE WHAT YOU DESIRE THROUGH THE CREATION OF YOUR THOUGHTS, YOUR WORDS AND YOUR ACTIONS.

IN THIS WAY, THE DOORWAY TO BEING FEARLESS OPENS FOR US. ENTERING IT WE FREE OURSELVES TO CREATE THE LIVES WE TRULY DESIRE TO LIVE ...

I REMEMBER THAT SOMEONE ASKED GOD WHAT SHE WOULD GIVE TO EVERY HUMAN BEINGS IF HE COULD ONLY GIVE ONE GIFT. GOD LAUGHED AND REPLIED:
“FEARLESSNESS YOUNG MASTER, YES FEARLESSNESS”

EARTH GIRL

Once upon a time there was an earth girl.

She lived many lifetimes on the green planet.

During one of her very busy lifetimes
her body decided to pretend it was sick.



And, it did this to get her attention:
Hoping that this would enhance her evolution
As a divine master of love.

Now this girl was a great singer.
And she would sing to the Cosmos every day.
She would even invite her friends to sing along in
unison.

As the universe listened to all this singing
It decided one day to send her a package.
A really amazing package in fact.
And it was wrapped so beautifully.

The package contained three things;
A manual, love and joy.
The manual outlined how to navigate the great mystery
of life.
Love was included to enhance her experience of self
realization.
And joy was included for the sheer fun of it.

Now when the package arrived it actually announced itself.

"I am here earth girl, I am here, I am here for you!

Come on open me up!"

... the package announced, proudly.

Hearing this announcement the earth girl replied:

"Oh yes package, I see that you are here;

you're a rather hot package too, aren't you?

I can't wait to open you up, I am really excited

to see what's inside of you!"

And every day since the package arrived
it has been telling the earth girl

"get over here, open me, meet me some place,

take me anywhere, just open me up,

what the heck are you doing anyway,

Don't you know that I have been sent special delivery

From the center of the universe?

Don't you realize that I have been sent by UPS, the

Universal Packaging Service?

You keep running around singing to the cosmos

meeting with this person and that person,

You're buzzing around having your human fluids
exchanged
Every other day and you're never going to open me
up.
And not to mention you're so busy levitating that you
are
going to forget that I'm even here at all."

The package sat there so long that it
decided to start reading the manual.
The package found the manual so interesting that
it decided to look up earth girl behavior.

And KABOOM there it was in black and white;
The manual explained everything ... absolutely
everything.

It explained that this was absolutely
"normal" earth girl behavior ~

The earth girl was doing just what she
wanted to do and that was perfect.

The universe had love for her and that was perfect too.

And when it read these things the beautiful package began to laugh and laugh until it laughed itself to sleep.

And that's where he is right now laughing in his dreams.



BRADDAH POEM

We have shared beds for four decades.

I am sitting on your bed in California right now

I am looking out the window / there's a beautiful
Rainbow Tree dancing in the distance

The sunlight kisses its bark ...



The tree tells me that nothing matters

Cars don't matter

Houses don't matter

Possessions don't matter

Our children's decisions don't matter

Those decisions belong to them

What matters is that we teach them how to make
decisions

Once empowered they are on their own

And we cannot control the outcome

What matters to me is you

And that you know how to make the decisions to
create joy in your life

Irrespective of any outcome

This is what I selfishly want for you

This is how I love you

This is how I know that I am your sacred friend

I support what liberates you

... what empowers you

... what enlightens you

Whatever you see that to be /

I am with you master, I always will be ...

MESSAGES FROM BIG SUR RIVER

Sitting on the side of the stream ... Explains all of essential life.

Interference patterns, reason for holding on to pain.

Which way is the river flowing?

Is the sun shining on some of the rocks?

Which ones?

Are all the trees growing up towards the light?

MOON

The people of the rainforest knew the sun and the moon to be sisters. During an eclipse, the two were so close they could hear each other breathe.

"Why do you take my light every time a mountain shows up sister?"

"I do not take your light, my love, I only follow my path. That is what love does. And when you understand this, you will be as the earth; crystal clear, fertile and green."

"What do you mean, 'be as the earth?'"

"The earth loves you no matter what my love; even if she cannot see you ...because you are playing with a mountain."



... about Audrey



<https://www.readytochange.life/general-8-1>

