

The background of the cover is a monochromatic blue-toned landscape. In the foreground, there are dark, silhouetted hills or a forest. In the middle ground, several mountain peaks are visible, with the most prominent ones having a soft glow. The sky above is a deep blue, filled with numerous small white stars of varying sizes. The overall mood is serene and mysterious.

THE
CALL
OF
AUBERONE

An Account from a Parallel Existence

JOLENE KEARNEY
JASON TIERNEY

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So much love and gratitude to you all.

Jolene

I would like to dedicate this book to Jolene, Mum, Dad, Jonathan, Justin, Aislynn and everyone who has helped in any way in the process of its production.

Jason

INTRODUCTION

Welcome to another world! Over the course of the fifteen months spanning from October 2014 to December 2015, the contents of this book have been revealed to us, the authors, Jolene Kearney and Jason Tierney.

Before we begin, we feel it would be important to outline the methods involved in accessing this material. Jolene's gift of being able to see and channel spirit has been instrumental in gaining such a vividly accurate picture for us to relay. Her talents have combined beautifully with Jason's experience as a Past Life Regression therapist to bring through events from another land, another world, another dimension.

Anyone familiar with meditation may already understand how it is possible to enter other levels of consciousness. A typical session would begin with Jolene reclining comfortably on the lounge, being led by Jason through a light relaxation exercise. This naturally flowed into Dolores Cannon's past life regression script "Quantum Healing Hypnosis Technique" and the journey had begun. After a few regressions and becoming familiar with the routine, Jolene was tapping into this realm before the relaxation exercise was even complete! Each subsequent regression continued on from where we left off previously and became a chapter of its own.

The consciousness telling the story had the capacity to share it in a way that allowed Jolene to experience it in first person, as if she were actually there living it herself.

The question and answer style of a past life regression has been retained and emotions have been expressed in brackets.

We have thoroughly enjoyed the journey and the insights presented into life itself, and hope you do too!

Jason, Jolene

Chapter 1

DRAGONLAND

Malémene: I see my mother, the Empress of our land and leader of the council. She's a very stately leader and even though she's quite disciplined with me, she loves me dearly.

Jason: What's your mother's name?

M: Embra.

J: And what's your name?

M: Malémene.

J: Would you like to describe yourselves?

M: There's an elemental quality to the way we look, our skin is very fair and we have pointed ears. Mum is quite beautiful, tall and slender. She's wearing a robe and her headdress is similar to a tiara in size. It has a beautiful jewel in the centre of it.

J: The discipline is obviously intended for a specific purpose.

M: Yes absolutely, she's a leader so she has to be. It's part of her personality, an expression of her leadership. She's also grooming me in my upbringing. She sees potential in me and therefore has great expectations of me.

J: Would she like you to take over her role eventually?

M: Absolutely.

J: Is that the normal custom?

M: Yes.

J: And how old are you now?

M: Twelve years old.

J: What have you learnt so far?

M: I'm getting quite proficient in fighting, swordsmanship, archery and horsemanship, but obviously we're not riding horses we're riding our dragons. (*She smiles*) We love our dragons like girls love their horses. So when girls dream of owning a pony we have the same desires, the same love for our dragons. We love our dragons!

J: When was your dragon assigned to you?

M: He was assigned to me when I was eight. He wasn't a baby but he was young so I got to watch him grow and from that age I learnt to take care of him. It's my responsibility to make sure he's fed, well groomed and to spend time with him developing a relationship.

J: Where does your dragon live?

M: Nearby, there's a space of land designated to the dragons where they can reside freely. They're honoured for their freedom to exist in a space where they feel comfortable. We have a bond with them, they're trusted. There isn't any housing situation as such, as it's important that they're not confined. I visit him morning and night, taking him his favourite foods. I'm just so in love with my dragon!

J: He'd look forward to your visits as well...

M: (*Smiles*) Definitely! It's like we chose each other. There was a connection before we'd even seen each other. I can remember first experiencing that when I was about five, I could already hear him from afar and got a sense of us communicating telepathically. The link was already there, so when we finally came to meet on my eighth birthday we already knew that we were designated each other. Even though it's my task to look after him, it's something that I dearly want to do. I've even been able to coax my mother into allowing me to stay with him overnight which was something I wasn't allowed to do when I was younger, that's only recently developed. I feel so safe with him.

J: What's your dragon's name?

M: Auberone, but I like to call him Draggy. (*Smiles*)

J: Are you allowed to go travelling with him?

M: Yes I am. I'm learning to travel with him but we can't go far, we're restricted at

this stage as to the kind of ways he can fly and the altitude. My mother is very protective.

J: But regardless of that, you must have an adventure or two to share?

M: Especially at night, but that's our little secret. (*Giggles*)

J: So these adventures are secret?

M: It's a secret.

J: Okay. Might your mother find out?

M: Well, she is telepathic...

J: How does she not know already then?

M: Hmm... That's an interesting question. (*Laughs*)

J: This could be all part of the training.

M: It is part of the training! Because we're telepathic it can be very easy for people to hear the conversation just like in any conversation. It's really important that with telepathy we connect through the third eye chakra*, and that connection needs to be very focused. It's similar to connecting cords to communicate through, like an energetic telephone wire if I were to describe it as anything. I must make sure my focus is well developed because it's crucial that the wrong kind of energies don't get hooked in. We need to learn how to protect ourselves in that way because we can be quite susceptible and vulnerable if we don't. This has been part of my schooling from the beginning.

**Chakras described further in Chapter Two.*

J: Who teaches you? Your mother or are there other people trained to do so?

M: Though the schooling is something that's designated to others, my mother likes to spend time teaching me and pays particular attention to helping me fine-tune my abilities. She's very disciplined herself and is exceptional in her abilities; she's quite an amazing lady.

J: Would you like to explain one of these techniques of how to develop your

third eye connection?

M: My earliest memories are of my mother eye gazing with me when I was a baby, developing that connection. Her eyes, being so expressive, shined and sparkled brightly with the love she poured down on me. I could see all her hopes and dreams for me.

J: Do her hopes and dreams for you align with your own?

M: She wishes me health, beauty and success and has a particular view of what that should look like. At that moment though, as I was a baby in her arms, she was in sheer wonder of my existence and how much love my little being caused within her. That bonding allows for the connection to happen. A cord of communication comes out from her third eye chakra and telepathically connects with mine, making me aware of my own. From the infant state she helped me grow into this awareness. Her being able to do that for me makes me aware of the fact that over time I can do that too. I'm learning how to draw it out so that I know how to make a connection with others around me.

It's not just the third eye actually, she also taught me how to be in alignment so that all the chakras are connected to each other, and this helps me decide whom I'd like to give out my energy to and whom I don't. We can be drawn to somebody but if we don't feel into the other chakras we don't know if it's coming from a healthy space or a needy space. Therefore, she allows me to look into her third eye connection with her heart, solar plexus and the other chakras too. This connection helps me understand that by looking within the whole alignment of the chakras I can interpret someone's intention and it also shows me if they're in alignment within themselves. Our civilization is very conscious of how much time and energy can be wasted if we're confused or clouded around our awareness in relation to the connection with our chakras. It's essential for our health and wellbeing otherwise things quickly start falling apart.

J: How would you correct that if you notice it starting to happen?

M: By grounding. It's important to sit and ground because the connection comes with the land, the energy of the planet. As far as the planet goes, it's known that it's a life force entity of its own and because it's so large, it resonates a powerful energy that can rebalance very well. It's like a vibration that comes out from the ground, pulsating like a beating heart.

J: Is that what you focus on?

M: Yes, when focusing on the vibrational heartbeat of the planet your body subtly moves with it, and through telepathy we actually hear this as a sound wave. There are special places that we go to on the meridian grid that have certain frequencies of sound. We're drawn on a pilgrimage per se, to whichever sound our bodies need to resonate with.

J: The places this pilgrimage leads to would obviously vary for each person then.

M: Yes, it's individual.

J: How does this relate to where you live? The site itself would have to be carefully selected too wouldn't it?

M: The way we select locations to build our towns and cities is by using the planet's meridian grid to work out the best spots so that we don't interrupt the ecosystem. Part of the ecosystem is for our planet to be able to send out her heartbeat, to have her voice, as we don't want to lose that connection. It was also specifically selected for safety reasons. We make sure certain measures are provided, but it's not like we need to guard ourselves from extreme warfare.

J: Is there an element of conflict where you are?

M: Yes. We could say that there are people who don't have our best interests at heart.

J: Those in conflict with you may not have had the type of training you had. That sort of discipline wouldn't really allow for them to act that way towards anyone would it?

M: You wouldn't think so, but anything is possible. Even people with knowledge may not be operating from their heart space and not be in alignment with love. They are vulnerable to pursuing what they perceive to be power, forgetting that the greatest power is achieved by the strictest adherence to universal law, but that's just the way it is.

J: Have these structures been built to guard from these people?

M: Yes, but I don't have any recollection of ever being bothered. Mainly it comes from within, someone wanting to infiltrate from the inside, but because of my mother's abilities they don't get very far. She's very highly evolved in utilizing her

skills, which she's made sure she's passing on to me. I'm really grateful for that. She wants me to be safe and this is the best way to be safe, to be aware and connected. The more aware and connected and highly evolved your skills are, the safer and more powerful you are.

J: It's good that you can see the benefits of learning, and at such a young age.

M: Absolutely, but not only that, I see her intention and it feels so beautiful to be loved in that way, that she cares for me so deeply. It makes me want to refine those skills and engage in a lot more learning.

J: Maybe she's overlooked your adventures with Draggy because it benefits your learning, putting it into practice.

M: (*Giggling*) Yes, she must know.

J: Do you think you'd like to share one of those adventures now?

M: We've done tricks like flying upside down and playing pretend crashing games. Draggy pretends his wings are broken and starts plummeting down, he loves hearing me screaming! It's not like terrified screams; it's filled with laughter because I know he's just playing games. We go so fast when we're plummeting and get so close to the mountains! Mum would get so angry if she knew how close we get. He's the best!

J: How do you hang on?

M: He's got scales that I can hold onto and there's a way I can hook my legs around his wings. I can also hold tightly around his neck. There's no seat or harness. If I ever fell, he would catch me, I just know. It's quite naughty when we're plummeting though.

J: It would be a little difficult for him to catch you!

M: I trust him so much; I wouldn't want to upset him by not holding on tightly enough that I got hurt. He'd be devastated if anything ever happened to me. I take my responsibility very seriously, to hold on tight and to have complete trust in him.

J: That's good, thanks for sharing that! Let's move on then. Can you tell me more about where you live?

M: It's mountainous where we are, with beautiful meadows in the valleys. Our dwelling looks like a castle but feels like being in a temple. It's built at the top of a cliff, on the face of a mountain; along with other dwellings working in harmony with the way the mountain is shaped. We don't like to interfere too much with its natural structure. There's ingenious engineering involved, quite advanced technology. We utilize materials that are naturally found and don't deplete the planet of its resources in order to create what we need. There's a lot of glass so that we remain in connection with the outside, we can see the sky and be in connection with it. I like watching the dragons fly around. We learn the constellations and we want to be able to see our visitors as well.

J: That's interesting! I'd like to talk about these visitors when we've finished discussing what your towns and cities look like.

M: We're on the outskirts of the city. There are also many homes and buildings in a cluster on the plateau at the base of the mountain and more clusters situated further away. We have the ability, from where the temple is positioned, to see far out over all of them.

J: Are they connected by roads or anything of the equivalent?

M: It's funny because I don't see any roads as such. I see pathways and clearways but our means of transport are dragons and massive birds and the like.

J: Well that's convenient! How do you communicate with these birds that transport you about?

M: I've never really gone on the birds that often because I have Draggy.

J: I suppose it would be the same technique though wouldn't it?

M: Yes.

J: So if anyone wants to go anywhere, would they just hail down a bird?

M: No, not really. With the animal kingdom there's definitely a deep connection, not just anyone can fly any bird. You have to have a telepathic connection. Just like Draggy and I naturally have, it's similar for everyone else. We would never think to use the animals in that way.

J: How would someone get around who isn't designated a bird or a dragon?

M: We also have mechanical flying vehicles, like hover vehicles.

J: Ok, let's have a look at the houses. What do they look like and what are they made of?

M: They have a beautiful combination of natural materials, metal and glass. It's amazing how we've built these towns and cities that nestle into the natural landscape.

J: Is each family provided with a house? Do you have to work for one or have money to buy one?

M: Oh, I would have to ask my Mum! From what I can gather, everyone has a role, a purpose and their dwelling is designed to facilitate them in all their needs. That determines where you live and pretty much guarantees that everyone will be happy.

J: Everyone would have a role that they're naturally inclined to wouldn't they?

M: Yes, we're all encouraged to come into our purpose. Not everyone is aware of their purpose though.

J: I assume they're given the time that they require.

M: Yes.

J: How do people go about getting everyday items? Are they traded?

M: I'm not sure, I don't go shopping. There must be somewhere that they go because I see other people in the household going out and returning with the goods that we need. I've never had to concern myself with that sort of thing before.

J: We'll wander into town one day and have a look then.

M: Yes, I'm sure that I'll need to know these things. I don't know... Will I have my own dwelling or will I stay in the temple along with everyone else? I don't know yet.

J: That's alright, we'll see what the future brings soon enough. Earlier you mentioned learning about constellations and being able to see your visitors from

your home at the top of the mountain. What type of visitors were you talking about?

M: We have galactic visitors.

J: Do they come to see you?

M: No, they come to see my mother. She belongs to and has a place on the galactic council. They're our neighbours so they're not that far away. These beings, the ones that I've seen are very tall.

J: What else can you tell me about their appearance?

M: They have a frog like appearance, their jaw is really wide and their hands are wide with thin fingers.

J: Do they have a bit of a puffy type appearance to their faces?

M: Yes, but they aren't reptilian or green. They seem to be silvery. They wear garments but don't have hair.

J: Do they have eyes and a nose?

M: Yes but not like we do, their eyes are bigger and rounder. They have eyelids but I can't see eyebrows. *(Chuckles)* When their eyelids are blinking they almost have this sleepy look about them. They're super-chilled looking. *(Smiles)*

J: They must be nice neighbours then?

M: Yes, they are. They're totally at peace.

J: So they call around for a chat do they?

M: Yes. We share technology and information on universal laws.

J: Are there any other participants, any beings from other planets that come to these meetings?

M: Yes.

J: From how many different planets do you think these others come from?

M: I think there is another one as well, our closest neighbours. I feel a sense of being unified and looking out for each other. It's not all work either, it's a very friendly environment so naturally the work gets done. That's all I can really say at this point. I'll be able to share a lot more when I'm older and have more experience and understanding of these visits.

J: Thank you, I'll keep that in mind.

Chapter 2

REFLECTIONS OF LIFE

M: Draggy's with me, we're just hanging out.

J: How are you both today?

M: Good thanks, I'm reclining on Draggy while he's resting. He listens to my girly chatter while I'm picking flowers and making daisy chains. (*Smiles*) I'm making him a daisy chain, he just lets me do all of that and he likes it. I get a sense that he feels privileged to be allowed this window of seeing into who I really am. It's not just me fascinated by him, in awe of what a magnificent creature he is, the feeling is mutual. He's in awe of all the unusual things that I do, that seem peculiar to him and enjoys them thoroughly. There's a real sense of restful playfulness. He likes me adoring him in that way, telling him of all my inner thoughts and feelings and wandering into deep philosophy with questions of the universe and spiritual enquiry.

J: Do you have any questions in particular?

M: The first thing I notice is how I'm enjoying the flowers, how they feel, how they look and how they smell. The question comes to mind, how does this exist? How does it exist like this, how do I exist like I do and how does Draggy exist like he does? How do we get to exist and be all these variations and yet feel such inspiration in another's form? This flower inspires awe and beauty in me yet it's so different in composition to Draggy in his form and being. It makes me enquire into how everything can be so different yet full of life force. What's the meaning? What's the life force of this flower, of the earth, the life force in me, the life force in the sky, in creation? What dictates which form we're created in? The word consciousness comes to mind.

Draggy is telling me that there are so many different variables of consciousness, that the flower I'm holding has its own level of consciousness, I have my level of consciousness, Draggy has his, the earth, even down to matter. Now that just blows my mind because I'm only twelve years old, I'm thinking "Wow, so there's not just life force in everything but there's consciousness in everything too!" It's not just light, it's not just love but consciousness as well, and consciousness stays with you no matter which form you take. Next time round the form you take will be dictated

by your level of consciousness. Then I start to realize that I was a flower and that in some ways I still am the flower. There's consciousness in the breath, the air that I breathe and that in some way I still am the air that I breathe. I used to be the sky that I'm looking at and I still am.

This allows me to go into deep meditation, a state of being of love and gratitude for having this awareness. I'm grateful that I get to share this thought and feeling of our reality with Draggy, there's a tremendous peace and centredness. I feel like I could lie here with him, connected with consciousness for all time and eternity like nothing could ever move me. No thoughts, no words, just knowing and deep centredness. It's interesting because the longer it goes for, the more our heart chakras expand and the deeper our heart connection becomes. It feels so right and so natural, this is the core essence that gives us strength. And I feel as if my body is molded into the earth, into the sky, and even molded into Draggy as if I were pure consciousness.

Now Mum's calling, she broke the spell. That's okay because I run to her and tell her as an excited twelve year old would, jumping at her and talking at one hundred miles an hour. She puts her hands on my shoulders and with a big smile on her face says, "Take a deep breath and tell me so I can understand you." We have a beautiful conversation and she shares with me her memory of being around the same age. *(Starts crying)* I've just shared that sense of consciousness with my Mum for the first time and I could feel how much she had been waiting for that moment. I tune into her feelings of immense love and gratitude for me growing into a fine young woman. It's so beautiful feeling her embracing me, not just physically but telepathically and emotionally. There are so many ways to embrace each other.

J: Can we have a look at that?

M: It's a combination of several things that all come together. Firstly, we feel it in the chakras, the body's energy centres. The chakras are in alignment through the spinal column and are linked by two cords that interweave through each, like coiling snakes. One cord represents the feminine aspect of being and the other cord, the masculine. This provides the channel for the flow of the kundalini* when it's awakened. Each individual chakra also extends out horizontally, allowing an energetic connection to be formed between people. For example, the third eye chakra, located in the centre of the forehead just above the brow, allows us to connect our psychic vision and telepathic communication. The combinations and sequences of chakras that actually connect vary.

**Kundalini- Energy stored at the base of the spine. Certain practices allow for its*

activation to further spiritual awakening. Great caution should be taken if endeavoring to work with these procedures. Traditionally, a spiritual master has given instruction and guidance, overseeing its safe and successful application. Awakening too much energy through incorrect practice can be harmful.

I'm tapping into Mum and Dad's relationship because I'm allowed to see that. The way they merge energetically is beautiful to witness and experience. It gives me an understanding of what it should feel like when I come into having that unique bond with another. In the same way the kundalini snake spirals, so does the energy during the embrace. Flowing in both directions clockwise and anti-clockwise through the double pathways of the feminine and masculine, this energy extends beyond the physical bodies of them both, connecting to the celestial and to the earth. Their connection is pulsating and full of light in every aspect.

J: Is that how it looks to be complete and whole?

M: For them in their experience, yes. It's amazing how they are entities unto themselves and also an entity together. It's like seeing them as two spheres overlapping, Vesica Pisces*. Each sphere is the energy field (aura) that encapsulates a person. The spheres of two individuals coming together, forming a symbol of sacred geometry, creates a combined entity between them. This is different to the Kundalini connection, yet contributes beautifully to it. The merging of these two systems is instrumental in forming our reality of interacting. One doesn't really happen without the other. These are examples of the beautiful, energetic, spiritual ways that we interrelate and interconnect on an expanded level.

**Vesica Pisces- The commonly used Latin term describing circles/ disks intersecting each other.*

When they come together I see all these patterns of the universe and I wonder if that could happen to me. It's very intimate. Even though I only see it on an energetic level, I feel like I need to shy away a little bit and give them privacy. I'm not troubled by it though; I'm just not old enough to fully understand it yet. Knowing that they share a bond like that makes me feel secure. I think Draggy and I are a bit like that, just a bit because our bond is already well developed in the third eye chakra and it awakened in the heart space just now in the meadow.

J: Yes, the moment you were excitedly telling your mother about.

M: She's very happy for me. It inspires Draggy and I to spend even more time together. Not only am I seeing him morning and night, I'm seeing him at lunchtime

too. We want to practice this and explore more. I talk with my friends about Draggy, about how he's the best. I say, "No, my dragon is better than your dragon!"

J: Do they all have their own dragons?

M: Not all because we all have our different talents. It's sort of like the pony club. I get very passionate and heated about how good Draggy is, I'm adamant that he's the best! We can still get carried away in petty immature bickering.

J: Well that's what children do sometimes.

M: Yes. I stopped talking to my best friend for a little while because I was cranky at her for saying that my dragon was ugly. She came and said sorry to me and I showed her what Draggy looked like with his daisy chain on and said, "See he's beautiful." We just laughed. Draggy, he looked so funny, he let me put a daisy chain on him. Now I'm just eye gazing with him.

Chapter 3

CONNECTION

M: We've jumped a few years ahead in time. Draggy is merging into his adulthood, large, solid and fully-grown. I'm 15 years old and feeling stronger and more mature, like I'm really coming into my own. We're looking down on our city from the mountains. It's nighttime and I feel a brisk autumn wind on my face and running through my hair, like angels running their fingers through it. I love the wind; I love how it makes my skin feel alive, it's like being physically touched by spirit. I often wonder why people get so upset about it because I'm thinking, "Doesn't it make you feel alive and aware, doesn't it make you feel the air that you can not see?" That feeling of it touching you, that sensation of it moving through you is how it feels when spirit moves through you. It awakens all the senses and actually feels like it's awakened every cell in your body!

And I just love Draggy fully grown, he looks so spectacular! Such mighty strength! What a noble, beautiful creature he is. I'm so impressed with the way that he's turned out and so proud that we've been designated each other, his abilities are amazing! He's able to tune into me in this space where I'm feeling the wind igniting me and the familiar sensation of spirit transcending through me. We're looking over the city at all the people busy with their evening. Who knows what they're doing but we're here observing them and having this experience together. We're wondering if they feel connected to each other, even though they're in close proximity of each other? Do they feel that connection in the same way we do?

J: Do you feel that connection with anyone like you feel with each other?

M: Some. Some are my friends; one is a boy that I like. I wonder if he thinks of me in the same way I think of him. Now that's distracted me and I do not like it, I do not like that feeling at all.

J: It's distracted you?

M: Yes, that worry and concern of whether someone feels the same way about me. I'm very shy. I don't know what to do with these feelings. I've had similar feelings with Draggy, but not like this. I've always known that he adores, loves and trusts me, but this is new. I don't know if we belong to each other. It's not even a case of belonging to each other really. He's on my mind a lot and makes my heart flutter

and I feel this shyness that I've never experienced before. It makes me feel unsure about elements of myself and yet so many sensations are arising that have never been there before. Like dreaming of your first kiss. Finding so much meaning in our hands just brushing each other's and picturing myself quite dreamy, lying in bed that evening thinking about that sensation and the impact it had. I wonder if he felt the same but I don't have the ability to ask him, I don't have the means. How do you go about that without completely embarrassing yourself and having everyone laugh at you? It's best to keep it to yourself until you can work out what to do with it.

J: You're working on it though aren't you?

M: Yes, and Draggy is looking into my eyes, reassuring me that everything's going to be okay and that it's part of growing up, part of the journey towards adulthood. Being a teenager is so intense, especially because I'm turning into a woman now. There's a lot of awkwardness in my body. I don't have to hide anything from him. I can say anything that I want and never feel any shame or awkwardness. He gives me really good practice to speak about how I feel. Naturally it's through telepathy, through our eyes and thoughts, but I don't ever have to hide anything from him. I'm accepted for all that I am and all that I'm going through.

J: That must be reassuring.

M: Yes it is. It makes me want to hide up in the mountains with him at night so I can just be myself in the dark, in the solitude with my companion. I ask him if he has the same awareness in his body? He says in some regards he does because he's made for mating too, that's our nature.

J: Does he sense his partner somewhere?

M: Hmm, that's a good question. But Draggy belongs to me!

J: Well you sense your partner; it would only be natural that he may sense his.

M: I just assumed he would be there forever.

J: He probably will be.

M: Oh Draggy I'm so sorry. It didn't even occur to me. Of course you want a family, I'm so sorry. But I'll miss you. *(She begins crying)* Teenage hearts are so sensitive, you just want to hang on to everything that you hold dear.

J: You'll still have each other.

M: Yes but that's difficult to understand at the moment. Now I don't even want a boyfriend at all if I'm going to lose Draggy, I'll just stick with him. *(Laughs)* "Now we'll have to stick together Draggy." He says that's fine for now. Good. Well that boy obviously didn't mean much at all! It must've just been the sensations that I'm experiencing in my body. It's amazing how your body can make you feel so awkward, so intense and yet so blissful all in the one space.

M: I'm at training. We're learning the art of fighting but it's not training us for warfare, it's actually strength building and discipline. The focus really comes to the fore through the third eye and an awareness of our aura, feeling into our own field from every aspect. We're encouraged to embrace this part of the experience, which is then naturally encompassed in the element of artistic flow in the fighting. It's playful but there's a competitive spirit that comes with it. I feel, and I know that the others do as well, that we want to be good, we want to be great, we want to be the best. It fires up my competitive edge and it gives us an awareness of ego in that state too.

There are a lot of lessons in the ego that we learn through fighting. Afterwards we're encouraged to sit in the ego state and we're taught about it in order for us to not be controlled by it. The ego is a healthy expression of our individuality, it's nothing that's frowned upon. If it has healthy outlets it can't reside in the subconscious as a shadow aspect so easily. We can talk more expressively about it to each other, and ourselves, so that we don't get trapped by it. You can feel how it draws you in. That sense of "I'm better than you, look at my skills, look at my abilities, I'm so good, and I'm so wonderful". You really feel that, I feel that. It's similar to when I was a little girl and I'd say, "My dragon is better than everyone else's dragon".

Now, as I come into adulthood I feel that about my abilities, I'm really coming into the identity of "I". Me, myself and I, which is an important aspect of coming into centredness. We need to be aware of ourselves as separate entities in order to really ground into the centredness and have connection that way. That's why this fighting is really good because we come into our centredness through "This is me, these are my abilities, and these are my skills". Then we also get to feel out into our auras for what's coming next, which helps to draw out from the centredness, from the self and connect out to what's around us. It's very interesting how it does that. It's not

really the fighting that's crucial it's the lessons that we gain afterwards. The deep meditation that we're encouraged to go into and the wisdom we're taught.

There are other exercises besides fighting where we connect to ourselves first, allowing ourselves to acknowledge our ego of being the self and we also have exercises where we connect with others. For example, after the meditation we keep our eyes closed and we reach out and connect with each other, almost holding each other's hands but leaving space in between.

J: Feeling the energy between the hands?

M: Yes.

J: Reading each other's energy would help you understand where you're both at, wouldn't it?

M: It does, and this is part of our schooling, a regular practice that we do three times a week and goes for most of the day. It's amazing what we learn. Something new comes up each time, and sometimes we go over things from a different angle. It's very beneficial for all of us.

J: Is this wisdom that they share with you spontaneous depending on each persons level of understanding?

M: Absolutely, which is very interesting! Even though there's a structure to the teaching, it's also wide open to the flow of progress being made by each individual. The wisdom is always there, accessible at any point in time. I see the teachers being able to telepathically access any knowledge that they need through portals. Information is stored energetically in the ether*, so they send out the thought, a portal is opened and the information is brought through.

**Ether- Not to be confused with its chemical definition, ether is a term used to describe the unseen substance underlying matter, the spiritual backdrop of the universe.*

J: Will this type of ability be common for everyone once they're trained?

M: Yes, it's amazing how when we're in that telepathic state we can have a thought and the knowledge is opened up to us as we need it. There are laws surrounding that obviously, but to be able to see that energetically is amazing.

J: Let's have a closer look at that.

M: It's like a universal library, but instead of being books they're portal arms that extend out to connect with the third eye. Using the portal arm, relevant knowledge is chosen. The teacher's intention is calling out for the greater good of the group from the heart and the message is sent through telepathically. What's relevant at that time connects in and is sent down from Source, the universal wisdom. There's a great connection to the universal order and Source through our schooling.

J: What are the laws governing access to these records?

M: There are laws around intention. What is the intent? Intention has a lot to do with whether you can access universal knowledge or not. If it's in the best interests of the greater good, coming from the heart space and from the higher self, and you're able to let go of the ego within that wants to dictate what you think you know, then the knowledge comes through. There's also the law of universal lessons. Sometimes knowledge is brought through in order to be a lesson in love based on where that person is at the time. There are also the laws of expansion and contraction. Based on your intention of what you're going to use that knowledge for, it can allow you to expand or contract. The more you contract, the more you disconnect until you go into atrophy. Expansion is never ending, you never cease to expand. That is the law of the universe.

J: What can be done if someone finds themselves contracting?

M: No one is meant to contract forever. That's why it's always important that the lesson is sent as a lesson of love because love transforms and transmutes and can bring people back into expansion. It's all guiding you back to your centredness in the flow of love, to know that you are loved, and that you are love.

J: In our time now there are a lot of people missing that point and struggling with it.

M: Absolutely, because they've been filled with belief systems and programs from others who don't have their best interests at heart. These people who teach things that aren't about love or lessons in love, are in their ego. They're not in their heart space, which is the true power centre. They think their ego is the power centre. The heart, which emits love in its pure essence, is the energy that transmutes everything back into expansion.

J: The solution would be to return to the heart space.

M: That's right. Whenever you do anything you don't necessarily have to love that person but you can send whatever it is to them in a lesson of love so that they have a chance of returning back to love. Nobody is meant to be left out; it's only the individual that has disconnected. Connectedness is always there ready to be accessed. Love is always there ready to be accessed but it's the programming and belief systems being retained by the individual or programmed into the individual that disconnects them, that allows them to be disconnected from all love, from Source. Everyone goes there, everyone needs to go through that journey of having the sensation and the experience of being fully disconnected in order to come into full connection. It's not necessarily a bad thing or a wrong thing to go into contraction or disconnection, it's an experience.

J: Those who have experienced that can help others through it.

M: Absolutely, each in their own time. It facilitates us coming into our own unique gifts. When we separate from Source too much, we rely on the ego, which doesn't have enough insight. I can't really explain it. It's a bit too big for me at the moment.

J: That's alright.

Chapter 4

WHO AM I?

M: I'm standing before Draggy, we're being trained in developing our skills together by the warrioress Nemesoul. She's fierce, strong and embraces the Goddess energy fully. She's teaching me how to do that too. It's the eve of my sixteenth birthday and I feel I'm developing into a young woman, which fills me with confidence!

J: Would your mother have passed through this type of training?

M: Yes. The warrioress training me, trained along side my mother, there's a mutual love and respect between them. She feels very honoured to take me on as her student and because of that, she's quite strict. Luckily I have teenage arrogance, which only eggs her on more. *(Laughs)*

J: She'll probably have a remedy for that. *(Laughs)*

M: Most definitely!

J: What are you learning?

M: All levels of combat and also how to connect more fully with Draggy so that we can utilize our skills in union. She's very encouraged by the strong telepathic connection we have already.

J: Are there any techniques that can help you enhance that?

M: There's a grounding exercise. First we must feel connected, we must feel really sure on our feet. It's a sensation of going into deep meditation, connecting with the earth and feeling the energy rising up through it, allowing us to center. This is a crucial step in developing the ability to connect with others telepathically. If I can tap into the energy of that subtle connection, I can expand that out to others, but the connection must happen within myself first. If it doesn't I can never be clear of someone's intention.

Another element she's teaching me in the connection is to draw upon the Goddess energy because this is where the warrioress energy resides. Through eye gazing

with her I'm encouraged to feel into her energy. She's fiercely powerful but not aggressive or violent towards me. I can see that she has the potential to be fully in her power. Whatever action is warranted, she's prepared, ready and able. I'm learning that the Goddess energy is in all of us, and she'd like me to realise that connection so that I can come into my own power fully. I find it peculiar because that power comes from the heart space and I feel the Goddess energy anchored in the love of the self. When you have self-love you can't be shaken, you won't stand for others showing you anything less than that and you're prepared to protect yourself and stand up for the truth within yourself. She's teaching me these skills.

J: That it comes from the heart space?

M: Yes, because if you do it from anywhere else, the ego steps in. If you learn these skills from the ego, possibilities arise of becoming aggressive, unfair and desiring power over others. However if it's centered in the heart space, in the pure essence of the self-love energy then you don't feel the need to use your strength and power to manipulate and overshadow others. You can be content in knowing you have that power within you.

J: It sounds like she's mastered that very well.

M: Oh yes, she's stunning. She's a pillar of strength in feminine form and I'm deeply in awe of her, but I don't want to show that too much because I'm here to learn how to come into my own strength and abilities.

J: Would you like to explain some of these exercises about getting more in touch with your heart space?

M: There are affirmations I must do morning and night. I stand before a mirror and say twenty things that I really like about myself. At first it's a bit superficial, things like "I like my hair", "I like my smile", but as I go I have to look deeper. It encourages me to find out more, I have to know myself in order to like aspects of myself. It's very important that I don't speak ill of myself.

J: Does she teach you how to look deeper within as well?

M: Yes, which has this amazing effect on my body because the more I get to know myself the more solid I feel. It's that sense of being anchored so that you're less likely to be disturbed by what others say to you who don't have your best interests at heart.

J: How does she have you look within?

M: The morning and evening affirmations serve that purpose. By recognizing aspects of myself that I'd never normally pay attention to I can focus on myself within, which brings me closer to answering the question "Who am I?"

J: That's a big question, isn't it?!

M: It is a big question!

J: How are you doing with that?

M: Really well! I've been doing this exercise for a few months now so not only am I looking for things that I like about myself morning and night; it's become something that I instinctively do throughout the day. Instead of finding myself behaving in ways just to please others, I'm more inclined to ask myself "Yeah, but what about me?", "What do I really want to do?", "What do I really want to say?", "How do I really feel?"

J: Have you found any answers to those questions?

M: Yes, so when people are doing or saying hurtful things to others, I'm less inclined to join in, in order to fit in. I find myself wanting to step back and not be a part of it. That allows me to feel good about myself because if I joined in, how could I lie to myself to justify doing that? Or even to speak up when someone says something careless to me? I can see how it serves me very well in my life now that I am observing. At first I thought it was just dumb. I thought, "Why do I have to stand here and say dumb stuff? This is so stupid! I want to do fun stuff like learn how to fight or play with Draggy but she's got me doing this!" I'm thinking "What an idiot! She thinks she's so good!" but now I realize she is good. (*Giggles*) There are deeper wisdoms in learning these skills that I don't fully comprehend at my young age, in my tiny little almost sixteen year- old wisdom.

J: It's good that you see the potential of what she's teaching and are making progress.

M: Yes, it makes me feel a bit grown up having these insights. For her to be teaching me how to care for myself I know that she has my best interests at heart. It serves me not her; she's actually of service to me. I want to learn more from her now and surrender to the process. It's all in the mind and I don't want my mind to hold me back. I'm starting to realize that I don't know it all like I think I do. (*Laughs*)

J: You can always aspire to know it all!

M: (*Laughs*) Yes. If you think you know it all, then well... then you don't learn anything. (*Chuckles*) I'm really grateful for my Mum choosing people that are trustworthy in order for me to be able to learn.

Chapter 5

THE FLOW OF LOVE

M: It's winter and I'm flying with Draggy. I'm wearing a white fur cloak with a beautiful big hood. The initiation for my sixteenth birthday is finished and now we're out to celebrate! He's taking me far and wide over the mountains. I'm all dressed up and flying with Draggy! (*Smiles*)

J: What can you see from up there?

M: We're flying over snowy mountain caps at a very high altitude. I feel so alive, like I've conquered the world. I'm so happy right now that I've reached this point in my journey, this doorway to adulthood, and that it has been celebrated through this ceremony acknowledging my achievements so far. Everyone is really proud of me and I have to admit that I'm pretty proud of myself! I'm really grateful for Draggy because I don't think I would have come so far without him. He shares my joy by taking me high up into the mountain peaks, the air is freezing cold against my face but it doesn't matter because I'm already blushing with joy. (*Giggles*) It's exhilarating flying with Draggy! He has an amazing wingspan! I'm so in love with him. Right now, I have this feeling that nothing else matters as we're descending down the mountain slope, oh what a ride! (*Laughs*) I can feel my heart beating really fast, he likes to cause that feeling in me and I like it too!

J: Does he feel that too?

M: Yes, it gives him that sense of feeling as well. It's amazing how he's an animal and yet I feel such a connection with him, there's so much that we share with the living beings that are around us. Once again I'm reminded of the levels of consciousness interweaving everything. I like that, and flying with Draggy becomes a beautiful spiritual experience. Maybe it's just the fact that we're alone and there's nothing else to worry about. The joy of flying allows me to go into the depths of inner centeredness and bliss. Now we're landing at the base of the mountain and going into a cave to set up a fire. There's a lot of snow so I clear the way a bit for Draggy because he's too big to get into the cave. I've brought some treats along for us too. I love setting up a fire and watching the flames dance. It's so magical looking into each other's eyes and seeing the reflection of the fire. Feeling the warmth of the moment we laugh, it's funny how I can hear Draggy laugh telepathically. (*Chuckles*) He thinks I'm funny. I use the smoke that's emanating from

the fire to smudge* myself.

**Smudge- A way of using smoke to cleanse unwanted energies that may have accumulated.*

J: Is that necessary, is it?

M: It just feels good to do so. I'm dancing around the fire and stomping my feet, creating a beat, chanting and allowing sound to express the joy that I feel for the day. I start playing with the smoke, dancing through the veil it makes and feeling my body moving. Because my body is changing so much it's like I'm connecting with my new body, and I love the fact that I smell smoky.

J: You're growing up now.

M: Yes, I'm changing shape and have developed breasts and a waist, my hips have developed and I look a lot shapelier than I used to. I like my nice curvaceous shape reflecting on the walls of the cave as I dance around the fire, accentuating the flow of movement. (*Sighs and giggles*) I actually really like the way that I look! I feel really sensual and beautiful right now, like I'm as beautiful as the dancers that I saw when I was little. I think, "Wow, I could be one of them. I am one of them!" It's funny the dreams you have as a little girl.

J: So you dreamt of being one of them one day?

M: To be a woman, to be all grown up and pretty, have beautiful clothes and be able to have your hair done (*laughs*), but then I also remember watching the fighters and thinking, "I want to fight too!" Isn't it interesting that we have masculine and feminine characteristics within us, which we can express in any way we choose. Nothing is set as gender oriented. I'd also seen the men dancing when I was little and thought that they were spectacular too.

My teacher is an accomplished warrioress and my mother, a great leader. We honour the masculine and the feminine characteristics within us all and it's encouraged for them to be expressed in healthy ways. If they're suppressed, they become shadow aspects within the being. You can see that even in the animal kingdom, whether they're male or female, the adult animals have their roles to nurture, care and provide for their young ones irrespective of gender.

The fire is dying down to the embers now and I'm snuggling up in Draggy's wing. I send a telepathic message to my mother that I'm okay and a picture of where I'm

located so she knows where I am. She sends me love and says that she'll see me in the morning. I receive that love into my being and go to sleep.

M: Morning arrives and the day is beautiful! Looking down the valley from the cave I'm appreciating these adventures that I get to have. I love the earth so much! She's so beautiful! You never see the same thing twice. A new day, a new horizon, a new texture to the landscape, the seasons changing, the position of the sun reflecting light and shadows over the countryside. I couldn't even imagine anything more beautiful than the scenery that I'm looking at, but I'm hungry. I didn't bring enough treats and I have such an appetite! Draggy's going to take me home now and I tell him to fly really, really fast because I'm so hungry! (*Laughs*) It doesn't matter that I came home with my beautiful white cloak all scruffy and sooty, that's easily fixed. It's good of my mother to allow me such freedom. Of course she has the normal motherly concerns about my safety and wellbeing just like any other parent, but she grants me these liberties so that I can enjoy myself. She knows I understand that with freedom comes responsibility for myself.

J: Which is very important.

M: It is. Just in the same way I'm responsible when flying with Draggy, I feel that same responsibility for my mother's sake. I really love my Mum, it's so nice to have such love for the people I have around me. As I'm developing self-love through my training I have even more love for them and am able to receive their love more readily as well.

J: Therefore understanding yourself gives you the appreciation of what others are going through and of their capabilities.

M: It's beautiful how that happens. You can't love yourself without appreciating those that you hold dearly in your heart more and more. It's amazing how it has an accumulating effect, the more love that you have and give, the more you accumulate. All you need to do is just step into the flow of love. We disconnect ourselves from the source of love through belief systems and falsehoods, guilt and judgment. These are blocks that we've placed upon ourselves, stopping us from being in the flow of universal love. It's flowing towards us, always, irrespective of who we are and where we're at.

J: Well it's nice to know that we're always in the flow because then it's only our own individual blocks that we need to remove. Therefore admitting, or even just

recognising that there are blocks in the way, would be an important step, otherwise it would just continue.

M: Absolutely. Really, who doesn't want to be loved? Even people, who think they don't, when they look into the truth of it, want to be loved and accepted just as they are. Everyone has the chance to be loved and appreciated for everything that they are right now. No matter what they look like, what they do or what they have done, everyone has the chance to love and be loved.

J: This type of realisation may set them on the path they'd like to be on. It's just that sometimes people may not realise how simple it can be and are scared to leave behind what they know so well.

M: It's hard to let go of belief systems when they've been implanted within for so long. Some people have belief systems that run through many lifetimes, but once again, they are merely belief systems. They are not the truth of who we are, the truth of who we are is that we are an expression of universal love.

J: Looking for the truth will certainly set them on the path of finding it.

M: Most definitely, that's why it's essential that people carrying belief systems are supported and guided back to love. Lead by example, show people through your actions how they can love themselves also.

J: Are these the conclusions you've come to from practicing Nemesoul's teachings?

M: Yes! It's funny because it's within us instinctively. Once we're reminded of some of the facts we realise that we knew that already somehow. It all depends on whether you're prepared to listen at the time. Now I can be sure of who I am and what I deserve in that space of loving myself. It's like I'm so solid, sure and deeply rooted into the earth, that I know I'm taking up my rightful space at this time. It makes me happy; I'm doing a lot better than I thought!

Chapter 6

DANGER

M: I'm running through the woods with my father and I'm overtaken by fear. (*Becoming upset*) We're in some kind of danger. (*Begins to cry*) Dad's going to get hurt. (*Crying*) No! DAD!! "Draggy get help!" I'm calling on him telepathically. Unfortunately he's not here with us. (*Breathing heavily*)

J: What's happening?

M: I'm laying my hands on my dad. (*Continues breathing heavily and crying*) My father's friends are here now, Draggy brought them. (*Still breathing quite heavily*) I think there were bad people in the forest.

J: What were you doing?

M: We were exploring and spending time together before I get too old. He thinks I'll be too busy to spend time with him in the future.

J: Is he alright?

M: (*Upset*) He will be, I don't understand what happened. All of a sudden we had to run.

J: Did you sense the danger?

M: Yes, we stood there for a moment tuning into our senses and then he grabbed my hand and said, "RUN!" I'm trying to make sense of it because it happened so fast. Some kind of creature ran after us and attacked my dad, but I managed to fight off the beast with my knife.

J: Was it a large creature?

M: Yes, it was at least a foot bigger than my father. His friends are telling me that my skills have served me well. As he was lying on the ground I was working on him energetically. I found myself instinctively placing my hands on his wounds, sending pulsating energy of healing light. He was losing a lot of blood and this stopped it. My Dad means the world to me. That was so scary!

J: He'll recover alright though, won't he?

M: He'll be fine. It's nice watching my mother pouring her love and comfort down on him. She's deeply concerned. I'm so glad he's safe, (*sigh*) and I'm so glad I had my knife. Nemesoul has recently been teaching me blade skills through dance.

J: Did it run away after you fought it off?

M: No. Sadly, I killed it protecting my father but I didn't mean to.

J: Are these creatures naturally aggressive or did they feel you were trespassing?

M: I think we went pretty far into their territory. It crept up on us quickly, so I still have a lot to learn in heightening my sensory perception.

J: In order to have sensed it a bit earlier?

M: Yes, it was a lesson. My mum is thanking me. We're sitting with my dad and we're just glad to be together.

J: What will be done to help him heal?

M: There are beautiful herbs that help with this kind of wounding. When preparing them it's important to understand the networking of the plant in order to appreciate the whole leaf or the whole stem or the whole flower, because the components work in symmetry together. Yes, there are isolated components in the plant, which have active properties within, but they can't work to their full potential without their other components combined. They've just made a paste and are packing it on his wound, and it's then bandaged with large leaves. These leaves have pain killing properties in them that work on the part of the body they're applied to. Now he can rest. He's relieved that the pain has subsided and I kiss him on the forehead. He thanks me. There's a bit of a commotion that he's injured because he, like my mother, is a person of importance. Everyone's relieved that he's going to be okay. I'm feeling a bit overwhelmed because my efforts are being applauded, however my teacher isn't pleased with me. (*Grimace*)

J: Why is that?

M: Because I didn't sense it sooner. Her opinion matters to me far more than anyone else's. I want to be really good and make her proud.

J: You will.

M: I'm so glad that's over. Now I just want to find some solitude, so Draggy takes me to a meadow at the base of the mountains. I'm recalling the events and allowing the feelings to just pass through my body. I'm in such need of grounding at the moment that I'm laying my whole body on the earth with my palms touching the ground. The shock of those events has really taken me out of my centredness.

Chapter 7

THE FESTIVAL

M: There's a celebration! We're decorating our temple home and preparing for the annual festival. It's quite exciting! I'm in the kitchen with mum and dad and all the other people of the household, laughing and having lots of fun. My dad had a reconstruction on his right arm after the attack, but everything is joyous. I'm helping him with the decorating while the others are cooking and preparing the feast. (*Giggles*) I love the deserts, they're my favourite! Mum is involved in both aspects, she wants to join in with my father and I and she also likes to be in the heart of the kitchen where all the food preparation is done. She likes everything to be perfect. (*Smiles*) It's something we look forward to, not just as a family but also as a community. The food, festivities, dances and sharing of joy brings us closer together as a whole. I get to celebrate it with Draggy too. During the festivities we'll be demonstrating our flying skills, and there will also be an aerial performance with others.

J: That would have required a lot of practice.

M: Oh absolutely, there's quite a bit of skill involved. We like to make the crowds "Ooh!" and "Ahh!" at what we do. (*Laughs*)

J: (*Jokingly*) You don't want some boring, mundane dragons just flying around now, do you?

M: (*Laughing*) No, and you don't want us colliding either!

J: Hence the rehearsals.

M: Yes and obviously there's been a bit of competition. (*Smiles*)

J: Is there a lead role?

M: Fairness plays that part. Myself and two others will be doing two performances together and a solo each. I've been training with Nemesoul so I can perform at my best in both categories.

J: As the others will have done with their trainers.

M: Oh, definitely! Everyone will be performing at their best. The element of competition is always there, in a healthy kind of way. Of course you want to show yourself off as the best! I'm looking forward to watching as much as everyone else, to enjoy the abilities and hard work of the others.

J: What other sort of events will be at the show?

M: There will be people working with fire and beautiful dancers as well. There's something really special about watching people dancing together, especially when they're in a relationship with each other. It's a glimpse into their combined personality.

J: Well it's sounding very interesting. Let's go and have a look shall we?

M: Okay! We're almost about to begin and I'm feeling really nervous. (*Chuckles*) It's such a big crowd and so exciting! Everyone is cheering in anticipation. The other participants are nervous too, so we link arms together and form a little circle, giving each other support. Draggy and I go first. We walk out together side by side. Draggy is so big! He does a beautiful dance then spreads his wings and we dance together. I do some acrobatics, jump onto his back and then we fly out and circle around the stadium. (*Laughter*) We get so close to the people! All our practice in the mountains is paying off. We continue the dance in the sky, and it's truly amazing how beautifully Draggy moves. I can't really describe everything in words yet there's something so magnificent about the way he flows through the air. He twirls like a whirlpool and moves like a gush of wind. (*Smiles*) His wings move as if he is the most graceful ballerina. I mean it really has nothing to do with me at all! (*Laughter*)

J: You're just sitting up there.

M: Enjoying being led by him and enjoying the festival. I love sharing Draggy's beauty and magnificence with everyone, and I'm sure the other two feel the same way about their animals. (*Tearfully*) But right now I don't think anyone else could love theirs as much as I love mine. (*Chuckles*) That would be impossible! Our little performance is over and the crowd cheers. We are so excited that it is done. Then we all perform together before the boy has a solo performance with his bird. After the second joint performance, the other girl beautifully concludes proceedings with her dragon.

J: Sounds quite spectacular!

M: It's all very fun and it really is about sharing. It's such a nice feeling to experience, bringing joy to others. These things really bond a community and it's a privilege that we get to be a highlight in the festivities.

J: Now the performances are complete, how does the evening progress from here?

M: There are bonfires, feasting and dancing. I like to watch my mum and dad dance when everyone else is invited to join in at the end. The dancing continues well into the night and I get to dance with them too. I love dancing!

J: Is there anyone else you dance with?

M: (*Snorts*) No! I don't let him dance with me.

J: Him? Is there someone who would like to dance with you?

M: (*Snorts again*) I don't care if he wants to dance with me! (*Laughter*) Well, you know it's just easier to show everyone that you don't care. (*Shyly*) But it does feel kind of nice, and also terribly awkward.

J: Why is that?

M: I just feel awkward and shy all of a sudden. I hate it when my cheeks go red so it's easier just to walk off. Why does everyone have to make a spectacle out of it?

J: Out of what?

M: Out of some boy asking you to dance? (*Giggles*) Well he is kind of cute but I don't know. It's just too awkward.

J: Would you prefer to leave it for another day?

M: I'd prefer to leave it alone for now as I don't really know what to make of it all yet. Adults make it look so easy and I just feel so awkward!

J: I'm sure they've all experienced what you're going through.

M: I feel terribly shy with things like that. I'm so confident in all other areas of my

life but as soon as I get any attention from a boy my confidence disappears and I don't know why.

J: Could your mother help you with that at all?

M: I never even thought to ask her.

J: Do you think you'd like to?

M: Yeah... (*Sighs*) I'd like to ask her later. It never occurred to me that anyone else may have felt like this, I thought it was just me feeling too inadequate. I wonder if he's feeling the same. That would be awful of me always walking away from him if he feels a bit like I do.

J: I don't suppose it's anything you can talk to him about?

M: (*Bursts out laughing*) No way! Although I guess I could say something before I walk away again. (*Laughing*)

J: You never know, you might be surprised by his response.

M: Maybe. Why is it so difficult? I don't understand.

J: You must care for him a little bit if you're finding it difficult, otherwise you'd walk away and it wouldn't bother you.

M: Nup! (*Giggles*)

J: So you do like him a little bit then?

M: (*Giggles shyly*) Yeah, I'm starting to accept that I do have feelings for him but I don't fully understand what those feelings are. It's having such a huge effect on me that I find myself detaching from the situation. It feels a bit like I'm walking away from myself, away from my truth. I'm lacking in confidence in this area, lacking confidence about being pretty enough.

J: You're confident in many areas of your life but you've had to work hard to achieve that. You may just need a little guidance that's all.

M: Mum can help, but she's so beautiful.

J: If you don't compare yourself to how she looks...

M: How can I not?

J: Regardless of how pretty anyone is, everyone is valuable in their own way and that's what someone else will find in you.

M: (*Becomes teary*)

J: Your mother has set a very high standard but she'll be able to help you. She wants the best for you. You know that, don't you?

M: Yes.

J: You'll get an opportunity to speak with her about it later. It may seem like a daunting prospect at the moment but it's nothing to worry about. Let's go back and enjoy the party. Is there anything else you'd like to see or do?

M: Okay. (*Sniffles*) I've gone back to the party and mum asked if everything's alright. I just answered "Yeah" and I join in on the fun. People are gathered around the bonfire. Some are dancing, some are sitting in circles singing and playing instruments. I love watching people's faces, how the flames and the reflection of the fire changes the way people look. We're singing folk songs, folk songs that I've heard all my life. Everyone knows the words. As I'm sitting there singing with the group, this boy comes up behind me and wants to sit next to me. I let him, give him a smile, and keep singing.

J: Is this the same boy from earlier?

M: Yes.

J: I'm glad he hasn't been discouraged.

M: (*Giggles*) Yeah. We get to share some laughs too and I'm satisfied with that. (*Bursts out laughing*) I can feel my heart beating faster. Ah ha. I'm feeling myself going shy again but I'm singing so that's okay, I can hide my shyness. The sun is beginning to come up and I turn to him and say, "I've got to go now but that was fun. Thanks". He waves goodbye to me as I walk away. I can't believe my mum and dad are still up!

J: Why is that?

M: Because they really partied! (*Laughter*) And so we go home arm in arm singing songs. While we're walking along I ask, "Mum, dad, how did you fall in love?" They promise to tell me after they've had some sleep. Then I enjoy watching them looking at each other, remembering. It makes me want it so much for myself.

Chapter 8

PSYCHIC TRAINING

M: I'd like to mention that I have a little sister.

J: That's nice, what's her name?

M: Isobel.

J: Very nice!

M: But she's annoying me!

J: What's she doing?

M: Following me everywhere.

J: She just wants to play with her big sister. How old are you now?

M: I'm still sixteen.

J: How old is she?

M: Two, maybe a little bit younger but she's really running around now.

J: She must love and adore you!

M: Yes, she does.

J: And look up to you.

M: I find it annoying!

J: Have you spoken to your mother about it?

M: (*Snorts*) I wouldn't say I've been speaking about it, more like blurting out my protest occasionally. Part of me feels bad about that.

J: How does your mother react?

M: Lovingly. She's been trying to reassure me.

J: There may even be lessons in it for you.

M: I'd say so, hence my rebellion against it all. Isobel keeps running up to me with her arms held out until she latches onto my leg. Ha!

J: Sounds fun!

M: (*Chuckles*) Draggy looks at her with intrigue. He feels that she resembles me in some way and I'm a bit insulted by that!

J: I'm sure he didn't mean it that way. Can he put your mind at ease somehow?

M: He meets my gaze and lets me know that he understands. Where can you hide when someone sees you in that way?

J: That's a lesson in itself, isn't it? That your behaviour is always on display?

M: Yes.

J: How do you feel about Draggy being able to make you aware of that and express it in a way that's easy to understand and without judgement?

M: It's nice to know that he's there for me and that he understands but it's a bit revealing. It makes me feel embarrassed and ashamed of myself, but because of my stubbornness, I persevere. (*Sighs*) I try and ignore it still.

J: Okay, give it time. What have you and Draggy got planned for today?

M: I jump on him and say, "Let's fly away."

J: Do you let him decide where he would like to go?

M: We're actually going training with Nemesoul. There are a few others with their dragons too.

J: What are you learning today?

M: She has a whip... Gosh! (*Deep exhalation*) This is really testing our skills now, she's asking us to dodge the whip! "Phew!" (*Chuckles*) Okay! (*Another deep exhalation*)

J: Do you do this alone while Draggy sits back and watches?

M: Yes.

J: I'm sure he'll love not having to take part in this one.

M: (*Laughter*) He's working with me energetically, as this is a lesson in cord attachment and psychic attack. Nemesoul assures us she's going to be easy on us, that there's no intention of hurting us but to teach us a specific skill. The analogy of the whip is the same as a cord coming towards us in psychic attack, trying to latch on or inflict us with certain energy. The warfare that we've experienced in our past has been on an energetic level. Its effects are devastating to the wellbeing of our civilization, as with any type of warfare. She's giving us a history lesson in regards to this.

J: What's happened in the past?

M: Other beings, or what you would consider entities, have wanted to latch themselves onto people. It's something very foreign to me so I'm trying to understand it myself and create a picture for you at the same time.

J: That's all right. Take your time.

M: It seems that these beings exist energetically, they haven't actually taken on a physical form but yet we see them. We also have the ability to see their intention, it's in the colour of their energy.

J: That would be a great advantage, being able to see their intention as well.

M: Absolutely but nonetheless, they're as terrifying as if you had a soldier coming at you with full weaponry. These energetic beings are very powerful in their intention to do harm.

J: Are you learning how to combat them?

M: Yes, the practice is maintaining the psychic connection with Draggy while learning to protect myself. I have to fight off any cords that want to attach

themselves to me. I ask Nemesoul "Why is it important to learn how to ward off psychic attack and negative cord attachment in relation to the connection we have with our dragons?" She replies, "When we forget our connection with that around us, when we are not aware of our connection to Source, it's much easier for us to be affected. The reason why you're connecting with your dragons is because you already have a strong bond with them. There's a strong, authentic connection that comes from the heart. This practice will help you develop that same connection with Source, which is the basis for keeping yourself safe."

J: Can you explain your experience of Source so far?

M: I'm taken back again to that space we've spoken of already, of when I was an infant. Through my mother's eyes the deep gazing allowed me to see her third eye project out and connect with mine. Instantly it was as if mine could automatically project out into a portal. There was a strange awareness of knowing that I was able to look deep within her because she invited me in, I could see down into her other chakras and I could also see up. It was like looking so deep in and yet being able to see so far out that I could see the whole entire universe! It wasn't just visual either; the visual was able to feel. I could see through feeling, I could feel her intentions and I could see and feel connectedness. She was making me aware of Source through her connection with it. Now I feel incredibly grounded. I can feel the chakras in my feet so anchored, so solidly stable that everything is illuminated. Through this vision and connection she made me aware of how all the chakras work in unison. They can't work in isolation from each other. If there's a blockage or imbalance that occurs in one of the chakras, it will affect the others. That's why it's vital that you check into them all.

J: How did she instruct you to do that?

M: In infancy she was only teaching me to be aware of them by showing them to me. "See, here they are, see what you have, what we can share and how we're connected within and with All." I think I was about six when I started learning about blockages, imbalances and dis-ease within the chakras. I'm looking through my timeline...

There was a boy that I knew and he would do some strange things. All of a sudden, he would do something mean to me. I remember asking Mum "What is this strange way this boy is being?" She explained to me that if I looked within myself I would see a disturbance of some sort, that I would get a picture. That was the first time I was made aware of the fact that chakras could be unhealthy.

J: So his behaviour affected your chakras and when you looked within you could see the imbalance. How did she have you readjust that?

M: She just sat with me, held my hands and helped me return back to Source. Oh! I remember getting little energetic splinters poked into my light column. I had to imagine that I was pulling them out and was given whatever length of time I needed until I felt clear again.

J: Did this affect any chakra in particular?

M: I felt it in the heart and the solar plexus, but looking into his sacral chakra I could see it was quite dark. I also felt it in the throat chakra because of the way he spoke to me.

J: Once you removed the splinters and returned back to normal, did your mother give you any techniques to help you block such attacks in the future, to save you pulling out splinters every time this happens?

M: Yes. She showed me how to put a protective layer around my aura in such a way that I can receive anything that would benefit me and deflect anything that doesn't. It's like a mist, moving and creating a space to bring through all that beautiful energy. I can do whatever I want with this mist, I can make it out of any material I desire and change it according to whatever is before me. It allows me to still be in the flow. This is a wonderful reminder, because now I'm brought back to Nemesoul's class and I'm able to use this skill in conjunction with what she's teaching us about psychic attack. I'll really have to refine it though; these energetic beings can be very strong!

J: When you've finished your training there won't be anything to worry about.

M: (*Chuckles*) No, it amazes me that there are beings like that out there who function in that way.

J: When Nemesoul defeats these entities what becomes of them?

M: It's more like deflecting rather than defeating.

J: Okay, so are they free to go on their merry way afterwards?

M: (*Chuckles*) If you want to use the term "merry".

J: (*Laughs*) They may enjoy what they do!

M: I hadn't thought of it in that way. I thought, "How could you enjoy that?" But I guess they might! They seem very hungry.

J: Is that a type of survival mechanism? Are they trying to feed?

M: It's an energetic food source for them.

J: They're trying to feed off you basically.

M: Yes.

J: Then, by Nemesoul not showing any fear, there isn't any food source is there?

M: No.

J: Is that how she's able to deflect them?

M: Yes. It's very important that we're taught how to do this, I'm so grateful. Otherwise we could get trapped.

J: Would a non-physical entity be able to trap someone energetically?

M: Yes.

J: Would this restrict that person physically?

M: Yes.

J: If this happens, which must have at some point in time, how is it resolved?

M: In some cases it wasn't, the result would just feel like being stuck. There's no sense of being connected, no ability to be expansive and no free will.

J: What does a person without free will do? Are they directed by the entity in some way?

M: It's almost like being in an energetic coma. The person is a host for the entity.

J: Do they lead their lives without a sense of purpose?

M: They're not really living their lives, only merely functioning.

J: How would an entity be removed?

M: It takes several people. I don't really understand that, it's a bit overwhelming. From what Nemesoul is saying it appears there's a collective support to help that person out of it. It requires a lot of energy but it can be done.

J: Okay. How's your training going?

M: I got whipped a few times but that's okay. It helps me remember to focus on the connection and that keeps me on guard. It would feel a lot worse if it was a real entity attacking! Draggy is such a pillar of strength and wisdom; we take our training very seriously.

Chapter 9

THE LENS

J: Where are we at the moment?

M: I seem to be within a vortex, it looks like a big tube of light and energy. I'm standing in it and I can see pulsating rings of energy moving up and down.

J: Do these rings go from above your head to below your feet and back up again? How does it work?

M: Yes, they consist of multiple layers that are scanning and charging me at the same time. It's as if I didn't step into this, it came to me, I called it to myself. The process leaves me feeling completely at peace and I'm amazed that I can literally see it. It's not only something that I'm energetically calling in, I can actually see it with my own eyes. There are others doing it as well. We're in our classroom, in deep meditation with our teacher, the High Priestess Libriana. She's guiding us with the intention of calling on a particular connection of universal light and energy, a lens that allows us to see into other dimensions. It gives us vision without using our physical eyes.

J: That sounds very interesting! Can we talk about these dimensions you're looking into?

M: We all have this lens that allows us to see the energetic, ethereal qualities of Source. We see Source not only as colour but also with a metallic or liquid essence within these colours. They're actually alive! Through its unlimited variations, the texture communicates the vibration of the colour, which also has its corresponding frequency of sound. This is the way in which we can communicate with Source directly. There's no need for mediation.

J: When you communicate with Source what do you talk about?

M: At the moment all I want to experience is that profound, loving peace and feel the bliss of being immersed in it. This is the highest form of connection. Sometimes I think "Oh, that's just connection to Source" but then I remember that everything is connected to Source and others are too, and all of a sudden I'm aware of my connection to everything else! My focus was initially quite narrow but through that

realisation, my connection expanded and continues to do so. There's no limit to how much it can expand.

J: What sort of limitations does the physical body present in the way of experiencing the connection of consciousness and Source?

M: Firstly, we are spiritual beings that have taken on physical bodies, if we focus only through the body we are limited in how we can experience our spiritual connection. Body and spirit together, inclusive of both, reveal so many layers in our connection to Source. The body is not about limitation at all, it's only when we're disconnected from our experience as spiritual beings that it becomes limited. The body as a spiritual being allows for a greater expansion, otherwise why would you bother? Why are there so many souls so eager to experience the physical form if it wasn't a form of expansion? It's our belief systems that disconnect us from the reality of that expansion in connection. This is where the vortex of rings becomes important. I'm fully immersed in this beautiful experience.

J: Do the rings naturally know what to do or do they depend on you guiding them?

M: It is known what we need so then we just set the intention. The ability to receive is required as well. We can't receive without giving permission, as receiving is a mutual process. Nothing is imposed on us. This process is not only for healing, it's also for nourishing the soul.

J: What sort of nourishment does the soul need?

M: The Source. It's the most profound pleasure and everything is still. I feel such a blissful state of peace that I can barely hear what our teacher is saying.

J: How often is this type of nourishment required?

M: Regularly, it's important to look after the soul in the same way that we look after the body. We know when we need to eat, drink or sleep; we don't wait until we reach starvation. If we allow ourselves to get weak, we are susceptible to illness. That is a fact! We are not only susceptible to outside forces but from within as well. Disconnection transmutes into dis-ease and then all sorts of ailments manifest from there. We're learning that our health includes spiritual health, first and foremost. It doesn't matter how well we're living or looking after ourselves in daily life, if our souls aren't nourished it means very little to our overall wellness. This is an important aspect of self-loving, to love yourself is to nourish the soul.

J: What else would you like to share with us about Libriana?

M: I'm impressed with her use of magic.

J: Right, lets look into that!

M: Manifestation is a beautiful form of magic.

J: Has she mastered that?

M: Oh yes! Wow! (*Chuckles*) She manifests all of her needs.

J: Into the physical form?

M: Yes.

J: Can you give us an example?

M: She has manifested the most magnificent crystal.

J: What do you mean by manifesting?

M: We're talking about energetics; we're talking about the ethereal.

J: Is that drawing something from the ethereal plane into the physical?

M: Yes.

J: Could she hold out her hand and materialize something?

M: Yes, I see her doing it with balls of energy.

J: Which materialize into physical objects?

M: Yes.

J: Does she do this often?

M: No, it's not a trick, but it's useful to materialize things that we require. At the moment we're working closely with crystals of all different types and vibrations.

Each has a different purpose and its placement is important too. Wearing them as bracelets, necklaces and headbands etc. is very beneficial.

J: What type of crystal would you have in a headdress?

M: My friend has one with rose quartz. Crystals work with our subtle energies, different shapes having different qualities. Hers is double terminated, i.e. pointed at both ends, and brings self-acceptance to the mind. Obviously there's a lot more involved, it works deeper than that and on many more levels but that serves well as an example.

J: Do you have any crystals?

M: Yes, I do.

J: What type are they?

M: I have clear quartz in my wristband. It's what would be referred to as a "twin soul", both being double terminated. One side is slightly larger than the other and thicker as well. It has to do with action, direction of action, and using the force within through my intention. My focus is returning to the training. Bringing forth the lens that allows me to see with my eyes closed, to see the multi dimensions, is a very precise technique. It takes great practice.

J: How would you do that?

M: Connecting to Source is like dialing up the connection. We have to be open to communicating without projecting any thought about what we want or how it should be, but being open to what is. Any imposition blocks you from seeing accurately.

J: Once you have that awareness can you freely see whatever there is to be seen?

M: Yes, it's basically training the brain to take a back seat.

J: It must be quite amazing out there.

M: Yeah, it's overwhelming! She's teaching us how to manage that, otherwise we'd be less inclined to do it.

J: What have you seen on your travels?

M: So far what I've seen is my connection to Source and how it extends outward in my connection to everything else, the planet inclusive. I mean, that's pretty awesome, don't you think?

J: Most Definitely!

M: We have homework to continue nourishing our souls in this way and to make it an essential part of our daily routine. I like practicing with Draggy.

J: Is he there with you now at training?

M: He's not, but when I see him I share what I've learnt that day, of experiencing my connection with Source and feeling my column of light and energy. I sit with him and we do it together.

J: These are concepts that he's probably naturally aware of, are they?

M: Yes. He tries to show me how he sees the world, the colours are much more intense. Dragons have a more acute sensory ability and perception than us beings.

J: Is he able to see through into other dimensions more than would be humanly possible?

M: Yes, he can see the auras of everything. He sees the textures within the colours as well as within the energetic fields of the planet, the people and everything else. Wow! It looks like patchworks of colour. Draggy is so lovely to share his vision with me! *(Chuckles and then sighs)* He has some senses that are dulled down a bit, like his sense of touch. As his skin is made up of scales, it's not as sensitive to touch. He doesn't feel the elements in the same way that we do. That's made up for in vision, hearing and smell. He can smell your intention. *(Laughs)* Isn't that funny that our actions and intentions can have a smell?!

J: It is. *(Smiles)* What about his emotions?

M: Those are also dulled down to a degree. He doesn't feel the impulse of jealousy and laughter and all that in the way that I do, but then again I'm a teenage girl! *(Chuckles)*

J: It must be interesting for him watching you going through all that. *(Laughter)* He must think you're crazy!

M: (*More laughter*) He doesn't think I'm crazy but he does find me a bit strange sometimes. It intrigues him, he wonders what this is all about.

Chapter 10

THE TOURNAMENT

M: I'm lying in a field of flowers in the meadow with Baine. (*Giggles*) We're talking and I find myself wanting to really impress him without looking like I'm trying to impress him. I'm relaxed, casual and really enjoying myself. (*Smiles*) I'm seventeen now.

J: What are you talking about?

M: I don't know but we're giggling a lot. We're talking about things like school and teachers and sharing what we've learned.

J: Is his training similar to yours?

M: Not exactly. (*Laughs*) It's bad because I'm only half listening to him!

J: Right. What else are you doing then?

M: (*Bursts into fits of laughter*) Mostly checking him out!

J: So you're not even paying attention to him?!

M: No! Isn't that terrible! (*Sighs*) I'm really enjoying the moment, just taking it in. Draggy is hanging out too, with an animal friend. It's a bird.

J: Is it a large bird?

M: Yes, it's almost as big as Draggy. The birds are big where we live.

J: Can he communicate with the bird like you communicate with him?

M: Yes, telepathically. We've had flying adventures together too and we've definitely had one of those plummeting to the ground competitions! (*Laughs*) It never ceases to excite and terrify me, and I love it! It's exhilarating! Baine and I have been hanging out a little bit, he's even been up to the Temple. (*Laughs*)

J: Why do you find that funny?

M: Only because you know, everyone gives me a wink or one of those kind of looks. I know what they're thinking, but I just say "No! We're just hanging out." I do imagine kissing him though, that's why I'm only half listening to him. (*Giggles*)

J: Has he noticed?

M: I don't know.

J: (*Jokingly*) He could be rambling on about anything and you wouldn't even know.

M: (*Laughter*) Yeah, maybe. It's a really nice feeling, getting to know each other on deeper levels now. The way it affects me in my heart space and my energy has a feeling of sublime sweetness, which is quite intoxicating. I definitely haven't felt like this around someone before, I feel like I could just be carried away, drifting in the most delightful daydream. That's why it's a bit hard for me to hear every word he says. (*Sighs*) It's also the location that we're in, being surrounded by all the budding flowers. Even the earth is conspiring to send me into this sublime state, the fragrant, beautiful and soft petals... (*Sigh*)

I feel myself having to pull back because by the look on his face, I think I've just revealed myself! (*Nervous laughter*) Oh! Ok, now I've got to get up and do something. "Let's go. Let's go." He asks me if there's something wrong and I say "No" but he looks at me with concern in his eyes and asks me if I'm sure. Oh! I'm feeling so incredibly shy right now! (*Deep groan*) I'm even too shy to say it. (*Cries*) (*Teary*) I'm having my first kiss! (*Giggles*) It's really yummy! (*Laughs*) Yeah, wow! It's really yummy and really awkward too! We accidentally bang each other's teeth and start laughing. Then we stand there for a little while, not saying anything but just smiling at each other. I'm so glad that he looks as happy as I feel, that it's a mutual feeling. Twilight is approaching and he says "Oh, we shall get you home then." As I lay in bed that night, all I can do is think about that kiss. (*Giggles*) It feels so intimate kissing someone. I feel a sense of wanting to keep that very private but I really want to share it with my Mum. Baine is calling out "Good Night" to me from a distance telepathically. It feels like his voice carried through the sky and I drift off to sleep with him on my mind.

I wake in the morning and am quick to eat and get ready so I can rush off and be with Draggy. I'm letting him know that I'm on my way and that I can't wait to share

my news with him. (*Giggles*) He reminds me that he was there! Ha! I've got it bad, ha, ha. Gosh, this distraction! I hope it doesn't affect my abilities; I'll have to be wary of that. Phew! That feeling really allowed me to get carried away. That's a good reminder, I could feel myself off centre from being in that daydream state. Mum must have gone through this so I'll talk to her about it.

J: She'll be able to help you with that. What have you and Draggy got planned for the day?

M: We're flying afield to a tournament. There's a lot of activity below and people camping out. It's a very big gathering full of excitement. We aren't participating in these events, but we're very much looking forward to spectating. These people are doing similar things to what we do in training. There's so much energy here! Others have their animals too. There are animals everywhere!

J: Is the venue a natural one incorporated into the mountains or is it man made?

M: This has been engineered and is very impressive! It's set up like a coliseum with a big hill all around that everyone sits on. It's packed!

J: Can Draggy be there and sit with you?

M: Well, I'm actually sitting on Draggy and the view is amazing! There are a lot of people doing the same thing. We don't have the issue of needing to control our animals; they're here enjoying the event too.

J: Let's have a look at the other animals. What else is there?

M: There are other dragons, different breeds and there are some that are just like Draggy. There are birds like I've never seen before, they're not feathered but almost dinosaur like. I see some of those big, tall, hairy creatures similar to the one that attacked my Dad and I have to say that I feel a bit wary. That experience has caused my view towards them to be tainted; I'm associating these creatures with that one. There's a tightening in my chest and a rush of alertness through my body, but fortunately they're over in the distance. Draggy is already aware of my change in disposition.

J: Is he helping you stay calm?

M: Yes, he is. What he's actually doing right now is energetically locking himself into my third eye chakra and sending me a vibration to absorb. He's present with

me and asking me to be present, reminding me that there's nothing to fear in this moment. Just acknowledge the event and recognize that it had an impact. It's okay to experience fear and worry and then let it pass, don't allow it to override you. *(Inhales deeply)* Now I feel like I can join in on the festivities again, but I'm doing it with my eyes wider open. I give Draggy a big hug! He's the best, and so wise. It's as if the dragons inherit this ancient wisdom and he reminds me that I have as well. We carry our wisdom, our ancestry, within our cellular memory. I'd really like to access that!

J: Draggy may be able to help you. Would you like to do that now?

M: There's too much activity going on at the moment that we want to be involved in, but it's definitely something I want to explore in the future. It's a nice realisation that our wisdom and knowledge are not only something that we can access through the universal library, but are something that we can also unlock from deep within. It never occurred to me before that this is carried through the lineage. That amazes me and raises the question of why have it inside of us if we can just tap into the universal library of knowledge? It would be interesting to ask Nemesoul or Libriana. The participants are very accomplished in their disciplines! It's inspiring to see them in that energy and space while I'm still learning and growing. I wonder what sort of skills I will have when I reach that stage.

J: How old are they?

M: In their thirties and forties, even in their fifties. Some have been practicing for several decades. Wow! They have amazing skills, it looks like they are doing the impossible! I've met other people around my age who are enjoying the different events in the same way that I am. We ask each other "Where are you from? What are you learning? What are your skills?" Socializing generally. Myantra is the girl and the boy is called Dillec. We're all from different towns nearby. We get along so well, like we've always known each other. Ha! We're hanging out and going here and there "Let's go see this" and "Let's go see that", etc. At the end of the day we promise to keep in contact and make a pledge to see each other again.

Chapter 11

INTRUSION

M: The guardian Ibuccu has come to visit for a council meeting. He's noticed how the activity around the Temple has captivated my interest and feels that I am now of an intellect that he can communicate with more seriously, in the past there was always a polite "Hello" but I guess as I'm growing up he feels that he can include me on some level now. He's starting to see me as an individual and noticing the abilities I'm developing. The topic that we're discussing is of particular importance at this time. There's been some kind of disturbance.

J: Is the disturbance in regards to your planet?

M: Yes, and it's causing some concern.

J: Does he feel that there will need to be an intervention of some type?

M: Oh yes! He's just explaining the basics of what's going on. He's also aware of the training that I've been undertaking with Nemesoul in regards to energetic attacks.

J: Does he think an intelligent force has purposely caused the disturbance?

M: Yes, there's been an attempt to intrude into one of the outer fields. He assures me that even though attempts happen often they haven't been successful. The council has been discussing strategies of reinforcing the outer field. He explained that when the council comes together it's not just mere discussion; they're also doing energy work together. More meetings will be required for further reinforcement because this disturbance seems to be troubling them. He's not really saying that as such, I just feel it.

J: Will you be taking a more active roll in the council?

M: I'm not aware of anyone's intentions of including me in proceedings just yet but it seems that they're thinking about it, which takes me by surprise! All I know is that I'm being recognized and treated as a young adult, which is very novel to me right now. I'll be turning eighteen soon, which is a landmark of reaching a certain level of maturity. You're no longer considered a child anymore.

J: How old was your mother when she first became part of the council?

M: She was in her early thirties.

J: Did she have access to the council leading up to that as training?

M: I would have to ask her. I can ask Ibuccu! He said that just as myself, my mother had developed skills that were considered very impressive. She displayed wisdom and knowledge beyond her age and her integrity shone very brightly. Several of the council members had taken an interest in her and when she was qualified enough, she was voted in. There are many qualities and attributes that a person has to have in order to even be considered as a council member. My mother had to undergo an extensive interviewing process and go through initiations in order to be in the position that she holds today. I feel that Ibuccu has this process in mind for me but he has not expressed this yet.

J: Do you discuss council matters with your mother?

M: She shares things with my Dad and I and the other people in the household who sit at our table, we all share our daily experiences over dinner. It's understood though, that my mother won't talk about certain things that will unnecessarily alarm people.

J: Is there any thing else that Ibuccu would like to share with you?

M: I'm congratulated on my achievements. He heard of how I saved my father and was impressed by that. "Farewell" he says, they have to leave now.

Chapter 12

HAPPY 18TH!

M: Baine is standing before me and we're connecting telepathically. I've just turned eighteen and we've been celebrating today. (*Smiles*)

J: Happy birthday!

M: Thank you! I'm wearing a tiara, and am dressed up for the occasion. (*Smiles*) He's looking pretty handsome. The festivities are dying down now and we find ourselves in a quiet moment, in a quiet spot. I'm feeling our connection coming forward and joining together, like a joining of bridges. If this is happening, I must be feeling safer and more secure around him. I'm having a glimpse into his heart and mind and am impressed with the purity of his feelings and thought for me. He's happy to watch me unfold before him without any expectations. That allows me to be whoever I am, to be myself, which I'm finding quite arousing. (*Giggles*) Wow, the sensations in my body! I've never felt desire in this way before. It makes me want to reveal deeper aspects within myself that I hadn't noticed before. (*Giggles*) I don't know how to act, I don't know how he would respond if I showed that aspect of myself. I'm still getting to know it myself. It's so intoxicating!

And it's amazing how it has this follow on effect in the senses. I feel a heightened sense of touch, taste, smell and hearing all of a sudden and my vision has become very focused and direct. It's almost as if nothing else exists. I find myself wanting to kiss him again but this time, I want to taste that kiss, I want to smell it and I want to feel him pressed up against me. And that's what happens! It's most deliciously exquisite, (*sigh*) better than any of the finest desserts! We're meeting each other in the energy and intention of the moment, our connection intertwining through some of our chakras. It's not as complete as that I saw of my mother and father, but it's definitely a beginning and that feels very sweet. It feels right and I know he's having a similar experience. Then he holds my hands, meets my gaze and stands in that space of being met and meeting with me. It's a lovely moment that I'll be happy to indulge myself in again later because now we've been interrupted by my mother coming over! (*Laughs*)

It's time to start saying goodbye to everyone and Baine too. (*Teary*) Mum looks at me with such joy in her eyes and embraces me, she's happy that I've found a nice boy and tells me it's a joy for her watching me grow up. "Happy birthday" she says

again and remarks that it only felt like yesterday that she was celebrating my arrival, and look at me now! She's hugging me on our recliner in exactly the same way as when I was a little girl and asks me "So how was it?" (*Giggles*)

J: Very inquisitive...

M: I enjoy sharing that with her. These things are encouraged and celebrated, not shied away from. For my mother and father to show and express affection is perfectly natural, it's not considered a public exhibition to show affection around others. There's no shame around that at all, these are things that add to a healthy vibration and to our connection. It wouldn't even occur to someone that you would suppress yourself in showing affection around others. Why wouldn't you want to hold hands, embrace and kiss those you love? I tell Mum that I'd like go down to the meadow and stay the night with Draggy.

J: Is that where you're heading now?

M: Yeah. (*Laughs*) Then I get intercepted by a few friends, Myantra, Dillec and Baine along the way, but I'm so tired! (*Laughter*) "Let's go for a short adventure, come on!" they say. "We've got to celebrate!"

J: That's a good point.

M: It's a lovely way to finish off the day.

J: Is Draggy going along?

M: Yeah, it was funny because I was just walking along making my way to the fields and I was set upon, but it's just them.

J: So everyone piles onto Draggy, do they?

M: They have their own animals. We all go to the cave, the same one as before, and have a bonfire. It's so nice to chill out. I'm lying down against Draggy and one of my friends is singing. I feel myself drifting off to sleep. As I woke up in the morning I heard my mother and father calling me telepathically. I've agreed to spend the day with my sister, I'm definitely of a more positive mindset towards her now. She can still be annoying but she's good, she likes to chat. (*Smiles*)

J: How old is she now?

M: Around four, she loves Draggy! I'm teaching her how to make daisy chains and she tells Draggy how beautiful he looks wearing his daisies. It's nice because now when I look into her eyes I see something really special, there's a sparkle that makes me very fond of her. She likes me carrying her around and I don't mind at all. We're having a fun day out in the meadow.

J: Has she been for a ride on Draggy yet?

M: She has but only little rides with me holding onto her. We take it nice and easy.

J: She must enjoy that!

M: Yes, she does! She loves it, I'm sure she'll be getting a dragon of her own.

J: You don't want her to be borrowing yours all the time.

M: (*Chuckles*) No, he's mine! But I guess I don't mind sharing him with her. I mean, he is the best! It seems a bit selfish of me hogging him all to myself. We can share, just a little bit. Not too much though. (*Smirks*) Draggy is part of our family. That's the second time I've seen that in the sky.

J: Seen what?

M: It looks like some kind of penetration.

J: Is anyone else aware of it?

M: I don't know, but Draggy notices it too and agrees that it doesn't look right. It's the slightest hole on an energetic level. It's not a physical hole in the sky, but in another dimension out in the far reaches. I don't feel unsafe but it causes me concern. Draggy and I keep an eye on it while we continue playing with my sister. Maybe this is what Ibuccu and the rest of the council have been concerned about, I'll report this when I take my sister home.

Chapter 13

THE HEALING

M: I'm up close with Draggy, we have our third eye chakras connected energetically and physically. He's trying to ease a concern I have.

J: What are you concerned about?

M: My mother, she isn't well. *(Begins to cry)* She's been stricken with a really bad fever for a few days now. There's nothing that anyone seems to be able to do for her at this stage. *(Crying)* Draggy is trying to help me channel my energy for her healing. *(Composing herself with deep breathing)*

J: Are you with her now?

M: I have been with her extensively but not right at this very moment. I'm out with Draggy and we're pouring all of our intention into cooling her down.

J: Do you have any idea how she got this fever?

M: I'm just hoping it doesn't have anything to do with the recent disturbance.

J: Did you have a chance to talk with your mother about that before she got sick?

M: No.

J: Is there a possibility that both of these events are connected?

M: In my mind I'm coming to this realisation but I'm hoping that this is not the case. *(Sighs)* I have never seen her unwell, ever.

J: Does your father have any idea what it may be?

M: Oh, I have never seen him look and feel so helpless! We're doing everything we can to give her the greatest comfort we possibly can. I'm trying to reach her but it's really hard because she seems to be caught up in an internal struggle. Draggy is wonderful because he shows me how I can step back and detach a little so that I can be my most productive in this situation.

J: Does that mean being more proficient in the healing energy you're sending her?

M: Yes. As I have been so distraught witnessing her in that state, my emotions have overridden me. I haven't been able to be definitive with the way that I'm focusing my own energy. Now that I realise this, I can see my energy has been static instead of pure and focused. It's almost like you step in too far when you are overly attached. If you pull yourself back a little, you can find the right frequency.

J: Having achieved that, can you see any difference in how that's helping your mother?

M: Yes, I can feel her settling a little bit. There's most definitely a struggle happening within her against a foreign body. Again, I have to restrain myself because my instant reaction is to go with my strong protective instinct, to go into fight mode with anger, but being in that state would not protect my mother at all. When I talk about restraining myself it means that I shouldn't suppress my emotions but acknowledge them, those sensations arising within me then have the opportunity to subside. Suppression guarantees they will rise again in a much more aggressive form. Dissipating these reactions within myself allows me to come to a state where I can access healing energy that I can pass on to my mother. And now I find myself at her bedside energetically, kneeling by her head, sending her some energy from within me. I meditate in this state for quite a while, for a few hours. It's interesting because it's not just coming from me, it's transcending through me. I don't feel myself depleted at all.

J: Where are you channeling this energy from?

M: From the column. Then I'm instructed to merge my energetic body into hers. I see a black ball within her. When I observe it, the only way I can describe it is like a storm of barbed wire. (*Chuckles*) Then I find myself energetically putting safety gloves on so I can handle it, which I find very amusing!

J: What do you do with it then?

M: I'm just holding it because I'm not quite sure what to do with it! I ask for help. "What does this thing need?" "What does my mother need for me to do next?" I can see where it has left a great wounding within her, so the next step is to heal that. It has occurred in three of her bodies, the physical, the ethereal body and the subtle body. This process takes about an hour.

J: That's quick!

M: It's now safe enough for me to remove it. Draggy has been supporting me throughout and now we both have a good look at this thing. It's fascinating; it looks amazing, but weird! We're enquiring, "Where did this come from? What is its purpose, what is its intention?" Then I'm instructed to channel the Divine Light of All Love into it and allow Divine Source to finish the process in any way it needs to be dealt with. Now something very interesting happens as I do that. I feel a direct link from my heart chakra with Divine Source and it spreads and fills up my whole body with the most beautiful warmth and shimmering sparkle, I can feel my heart chakra wide open; so wide open that it fills up my whole chest.

J: What effect is that having on the black ball?

M: Funnily enough, it is still allowed to exist but it has no power and therefore begins slowly disintegrating.

J: Did you gain any understanding of what its intention was or where it came from?

M: Its intention was to destroy.

J: How did it come to attach itself to your mother?

M: I'm not sure yet. Now the beautiful thing about being filled with such amazing love energy is that my mother is automatically filled with it as well. I energetically step out of her body now and pour energy through my hands down onto her to help with the recovery process. My hands are so illuminated and the energy is so bright that the light emanates right up to my armpits, I continue this for a few hours and everything has become so illuminated that the room is as bright as the brightest day! This is my first experience of being able to transmit the energy that strongly. I feel the sensation through my whole body and am minutely aware of every cell illuminated from within and radiating out. Draggy is with me all the way.

J: It won't be long until she makes a full recovery.

M: No, it won't be long. She'll need time though, like with any injury. The body requires rest in order to mend itself. Isn't it amazing how necessity can bring out an ability within you that you didn't realise you had. If it weren't for the training with my great teachers Nemesoul and Libriana, I wouldn't have had the ability to stand

in the Light so solidly and brightly. I've been taught so well and feel so blessed! Now I'm back in the meadow eye gazing with Draggy and thinking, "Wow... Wow!" (*Giggles*) That was all energetic! I didn't physically leave Draggy, I left my body and transported over to my mother energetically.

J: Are you aware of the process of how that works? Can you do that anytime you want?

M: That's a good question, I did it instinctively. (*Chuckles*) I guess that's what you have to do, do it without thinking! It's the intention.

J: If you were to set the intention, you could probably do it again right now and go somewhere else?

M: Yes, I could. I could go into that mountainside and peer deep into it. Gosh! You could go anywhere!

J: That would be even quicker than flying around with Draggy!

M: Yes, though you would be missing the physical experience of it. I noticed that I didn't have my sense of smell or taste in that state, maybe it's just practice though because I did have feeling. It's funny too because even my body benefitted from being illuminated in that way. It's hard to make sense of it right now. I wonder what Nemesoul and Libriana will make of all this? I'm eager to get home and check on my mother. She's resting and her eyes are closed, her fever has definitely subsided. She lets me know that she was aware of everything that happened. Holding her hands I give her a kiss on the forehead and tell her to rest well. This time it's me nursing her. (*Smiles*) Dad is happy and relieved. Ibuccu is standing at the doorway observing, he came when he heard the news. He's greatly concerned. Not only are they on the council together, they have a strong friendship too. Satisfied with her condition he bows to me and closes the door, we'll speak afterwards. My mother, father, sister and I are alone together. (*Smiles*) Isobel is being very cute by giving mother her favourite doll to cuddle up with.

Chapter 14

THE DISTURBANCE

M: Tamiara is a representative of the council from a sister planet within our solar system. Her features are snail like. She's tall and has a large body with a tail but doesn't seem to have legs. She moves a bit like a snail but the main part of her body is upright. Her head has an upside-down triangular shape, her nose is small and she doesn't appear to have lips. There are nobules on her head that she uses to feel into her environment. These nobules also make it look like she has hair. She's wearing a long cape, which stands up at the neck. I find her quite fascinating; I think I'm going to have to have more appreciation for snails! (*Giggles*) She's aware of the work that I did treating my mother's illness and says that my ability to heal her in that state was quite unique.

J: How does she know about the healing work that you did?

M: She tells me that she was able to tune into it. Energetically she can see through the nobules on her head. I'm getting a picture of her being able to see the unique colour that was radiating from the Temple and knew what it was.

J: Would she like more information about how you did that?

M: Yes but that's only a small enquiry. I'm also being informed of the extent of the situation at present. Members of the council didn't want to cause alarm, which was appropriate at the time, but the disturbance that we are experiencing is no longer to be ignored.

J: What has she seen that she is so concerned about?

M: She's seen the aura of the source of the disturbance and how far it has been able to permeate into our fields. She knew before everyone else that the situation was escalating.

J: Is she aware of who or what is doing this?

M: No, she had heard about these particular energetic beings but hasn't experienced them before.

J: What would be the ultimate goal of the disruption?

M: To suppress and then feed from the energy that comes from suppressing.

J: Now that she's aware of what is going on, does she have a solution to present to the council?

M: That's why she's arranged to speak with me because she's hoping that I can provide more insight into what it was that I found while treating my mother. I tell her that I'm having difficulty in recalling because everything happened so intuitively and went for so long! I'll meditate on it so that I can recount the events and record any insights. We'll arrange to meet again in the very near future.

J: While she's here, has she spoken to your mother as well?

M: Yes, while helping nurse her to health. Mum's recovering very well indeed, I'm so happy about that!

J: Have you had a chance to talk with your mother about the disturbance?

M: Not in great detail, I've been assuring her that she's safe and that I'm here to take good care of her, she's very grateful. I love my Mum so much that I would do anything for her so there's no need for a "Thank you", but I understand her desire to thank me for that. I allow myself to take it in, it's like our telepathic link has become even stronger. This makes me absolutely determined to do whatever it takes to eradicate this disturbance. I can feel the warrior aspect of myself coming out and manifesting a great desire to protect everything that I hold so dear to my heart.

J: What is the opinion of the council as a whole?

M: I know that Ibuccu is quite concerned, I see him moving around with a slight edge of anxiety because this actually affected my mother. He never thought that would be possible. And because this is a new phenomenon, there's the uncertainty of what the future may bring if we can't find a solution. I make a point to extend my hand out to him to help him feel a bit more settled.

J: Was the council meeting called formally? What was the outcome?

M: It was an emergency meeting not a scheduled one. Nearly all of the members were able to be present and are determined to find out exactly what happened. Everyone looks very busy so I'm not sure what other measures the council has

taken or is organizing, all I know is the extent of my involvement at this point.

J: Okay. We'll see how it all unfolds.

M: There have been disturbances within the other planets; this is not an isolated case.

J: So it's happening on other planets as well!

M: Yes, to find a solution more information is needed. That's why I've been asked to recall the experience of healing my mother. The information will be presented at a council meeting in the near future. This whole event is weighing on my mind so much that I feel kind of lost right now. I'm going to do some grounding and get some healing from the planet. I decide to go for a walk and Draggy comes along too.

J: Where are you going?

M: I'm following a path that takes me beyond the meadow and I've come to a small, shallow creek. Now I realise what happened to that creature! As I approach the woods where my father and I ventured, it occurs to me that it may have been affected by the energetic interference.

J: Are you saying the interference influenced the creature to attack?

M: I wonder!

J: So they're not normally inclined to attack then?

M: Remember when I went to that tournament? Those types of creatures were there. They were quite intelligent and conscious. In comparison to that, it was out of character!

J: If they're capable of mingling in a tournament and even taking part in it, it does seem a bit strange that they would want to attack you all of a sudden.

M: Yeah (*Sighs*), so I keep following the shallow creek through the woods, feeling into where I need to stop, rest and connect. Draggy is flying around watching me from above. This trek is relaxing, hearing all the animals around me, and listening to the water flowing in the creek, smelling the different plants. I'm feeling myself walk that heavy energy out of my body. With each step I'm becoming more and

more connected. This encourages me to really feel into every step, feel into my body, feel into how it brings me closer and closer to full awareness of everything around me. I can see a flicker of light beginning to surround me, everything is beginning to illuminate. It's as if I can see the Divine Light in everything and feel it energizing me.

I've come to a rock pool and the idea to strip bare and jump into the water invites me in. It's pretty cold! (*Laughs*) I can see goose bumps all over my body as I look through the water. The sensations are amazing as I'm floating and staring at the sun. Our sun looks a bit different to the one near earth, it's a lot bigger and a bit further away. I don't feel its heat strongly on my skin but I observe it and appreciate it. I'm really enjoying feeling connected to everything and feeling the peace around me. Draggie is napping nearby. You know, a beautiful aspect of water is that it's crystalline as well, it's liquid crystalline. The harmonics of it is that it's not only absorbent for us but it absorbs as well. It's a beautiful element.

J: The water absorbs other energies does it?

M: Yes, and it has the ability to transmute them.

J: What purpose does that serve?

M: Hmm, that's a good question.

J: Why does water transmute? Let's say for example, it takes in some not so good energy. That would be transmuted into good energy wouldn't it? '

M: Yes.

J: What would it do with good energy? It wouldn't require transmuting.

M: The word 'transference' comes to mind. When you put beneficial energy into water there are frequencies and harmonics in the water that have the ability and potential to change the frequencies of energies. That information is stored. It's a bit complicated.

J: Okay, so it helps return things that come in contact with it to their original purity, and stores information as well.

M: Yes, and isn't it unique how water is its own body. (*Chuckles*) I love its playful nature; it really encourages you to enjoy yourself! Wow, water is amazing in that

way, such beautiful characteristics, quite sensual even! (*Deep sigh*) The way it feels really nice all over my body, it's like we're caressing each other. I guess that's how water transmutes the energy; through what it's characteristics induce in you.

Chapter 15

SACRED GEOMETRY

M: Libriana is counseling me in reference to the experience I had with my mother.

J: The one where you were helping her heal?

M: Yes.

J: What does she have to say about that?

M: First of all she's just checking whether any energetic interference has attached itself to me. She's doing a ritual healing, scanning all of my bodies for any residue energies.

J: Has she found anything so far?

M: Only little bits and pieces which she's been able to clear. She's talking me through it, so it's not just a healing; it's also a practical lesson. I understand that in future, I must always protect myself before I venture in so deeply. She congratulates me and empathizes with the fact that, of course I would have instinctively dived straight in. If you like I can take you through the process step by step.

J: Okay.

M: To start with, she brings the light column down through herself and expands it out until it's encasing her completely, and then seals it with sacred geometry.

J: How does she use sacred geometry?

M: All she has to do is envision the symbol or the shape and visualize herself encapsulated within it. Her higher vision conveys whichever best suits her at the time. These symbols can be very complex, each having its own specific purpose. As I'm not aware of all of the shapes and symbols, I can't really share them with you right now; I don't know what they're called.

J: That's alright.

M: I'm getting a vision of the one she's using though. It's multidimensional, angular, there's no curvature at all.

J: Has she explained the difference between these symbols or why an angular one is chosen?

M: The reason for this one is the masculine property of the angular shape. In the context of the masculine and feminine aspects of all living life force energy, this one resonates with the energy that she's working on, the energy that she's clearing from my system. It's like it needs to match the invading energy with a conscious energy, an authentic power.

J: Allowing it to be released and removed from you.

M: Yes, and to keep it away as well, to protect against it returning. The points of the geometric shape make it less penetrable and when I see it in a multidimensional way, it's prisms upon prisms. There are so many layers to the shape she's using that it would be very difficult for it to find a way back through.

J: How far along in this process is she now? Is she almost finished?

M: I would say she's about half way there, she has to be thorough because it was an attack on the energetic bodies as well as the physical body. All of my energetic field needs to be scanned and checked so that she knows without a shadow of a doubt that there's no hidden residue or foreign energy left anywhere in my system. The treatment is a beautiful experience in itself. I'm really feeling her care and consideration for me, it's beyond a task or a duty. Imagine if I had have been left to deal with it by myself.

J: Do you think those remnants would have taken hold?

M: They have the potential to grow. It would be a bit like cellular mutation overriding the body's defenses. You'd become less yourself, and because it creeps up on you so slowly, the harm is done before you even know it.

J: Clearly this is the entity's intention. Would it be suitable for others showing these symptoms to be scanned?

M: Yes, I think that is scheduled. Libriana would like me to help so that the experience will give me a deeper understanding of exactly what's going on. This information will help the members of the council combat the interference. Ever

since Draggy and I undertook that experimental healing of my mother our bond has strengthened beyond all expectation, the link between us has become fortified even further. We have the experience of being together, even though we are not and the telepathic communication is done with such ease it's as if we're just talking naturally. Before there was a bit of concentration required on the thought, whereas now it just happens.

We're almost finished and Libriana is showing me how to tie it all up neatly and safely. She gives me one final thorough scanning and seals it with the sacred geometrical symbol before doing the same for herself once more. Then it is done. I'll be learning a lot more about symbols and sacred geometry in the future. It makes me want to go home and share them with my sister, things that she can learn to draw.

J: I'm sure she'll enjoy that.

M: (*Chuckles*) She loves to draw, especially Draggy. Every time we go to visit him together she always shows him. It's so cute! He always looks so funny in the drawings. (*Laughs*) Oh, no! Nemesoul is coming towards us now! You just don't know what her reaction is going to be like!

J: Her reaction to what?

M: To the recent events.

J: Oh, okay. Well, I suppose you're going to find out aren't you!

M: (*Laughs*) I am! She's pleased to see Libriana and I together because she'd like to discuss what's been happening recently. She too is concerned and asks me first to clarify what had actually happened. I explain the events and Libriana assures her that all the residue has been removed. She's pleased to hear this and says it's very important that we continue to train; it will be organized so that both Libriana and Nemesoul combine their different aspects together. Nemesoul says she's aware of records that have been stored away of a past event very similar to that occurring now. She asks Libriana to join her on a visit to my mother.

J: What would you like to do now then?

M: I haven't seen Baine for a little while so we've decided to catch up. We go into the village and have a look around at the beautiful homes, shops and market stalls.

I'm enjoying looking at people's wares, the care in the craftsmanship and all the different things on offer. It's busy but cheery, there are so many colours and so many pleasant faces. It's nice to walk through and blend in with the crowd and relax. Very pleasant indeed and so much yummy food! This is where the people of the household must come to get supplies for the temple.

J: We touched on that once before about trading and you weren't sure how it worked. Do you have a clearer idea of that now?

M: (*Giggles*) Not really!

J: If you needed something from any of these market stalls how would you go about acquiring it?

M: I have a piece of paper, which allows me to have access to the things I need. It's not bartering and it's not credit, it's almost like sharing, documenting. There's a record of being allotted from services but it's not like you owe services. Your services already have value, even if you aren't particularly trading many goods. Say you're a farmer and you have an allotment of apples, you can't control how many apples grow that season but those apples will be shared by those who want apples. It's not like someone is going to come up and say "I want all of those apples", it just doesn't happen. There's room for us to get things that we desire through making a request. Say I walk into a shop and find a beautiful dress. Instead of saying, "I will buy this dress", I ask for a request for the dress and receive an indication of when it will be available. That's what is listed on this document, although I don't know how it gets added up in the end.

J: Thanks for trying to help me understand that. What are you doing now?

M: At the end of the markets and shops there's a fair with musicians and people dancing. We go and join in the fun. (*Chuckles*) We dance, and dance a little bit silly too. I'm enjoying the afternoon, laughing and relaxing with Baine. (*Smiles*)

Chapter 16

THE SEARCH

M: I'm with my mother, she's recovering well and starting to get a bit of colour back in her face.

J: How long has it been since the attack?

M: A few weeks. It's been difficult for her to stay still and rest because she's normally very busy.

J: Has any progress been made investigating the incident?

M: Information has been gathered from different perspectives, including my mother's experience. She's recalled events as they happened from the beginning, which started with headaches. This fits in with Nemesoul's information about past events. After piecing together everything we have we're now in the process of locating the information regarding the disturbance. Everything is kept in records so we need to find out how it is stored and where. Libriana, Nemesoul and Ibuccu have asked me to be involved as well. We're meditating together and tapping into the universal records that will give us an indication of where this information is stored. The four of us linked together allows us to process a lot more than we could do individually.

J: Do you think you are getting close to finding them?

M: Yes, these records seem to be around two hundred years old.

J: Are you using the information portals on your search?

M: That's what we're doing now, bringing forth the portals of information to see if we can access precisely what we need.

J: Is there a reason it hasn't been found yet?

M: Well, maybe we are looking in the wrong place. The information is very specifically related to us, to our experience and to our realm. Therefore it must be stored in a way that can be accessed within our realm. I'll discuss this with Ibuccu,

Libriana, Nemesoul and my mother because we don't seem to be getting enough clarity.

J: So basically, where you're at is sort of like walking into a big library but not really knowing where to look.

M: That's right! We get information on the laws of energy, but now we need specifics of the energetic warfare experienced in the past. The question is, "How did we store our information?" There are a few ways that come to mind. It could have been stored in stone, mineral or in trees. This is very encouraging! It's time to finish up now so we'll meditate on that again soon.

M: My sister Isobel and I are down in the meadow with my mother getting her some sunshine and connection with the elements. I'm sharing what I do when I hang out with Draggy. This is how I've been supporting her during the healing process, to get her back to her cheery, colourful self. She seems a bit different too, a lot more relaxed and playful, a bit softer even.

J: She's had time to think since that experience.

M: It must have shaken her up a bit, she's expressed wanting to spend more time with us girls and she's so grateful of Draggy as well. (*Chuckles*) She understands why I love him so much.

J: Did she have her own dragon when she was growing up?

M: She had a very large bird but when her responsibilities increased it had to move on, mum could no longer spend the quality time with it that animals require. I don't want that to happen to Draggy and I.

J: Did the bird find another suitable companion?

M: Oh, definitely! My mother knew someone worthy of such a magnificent bird and approached her about taking over the role. It was regarded as an honour.

J: Isobel would be excited by all of this, wouldn't she?

M: Yes, definitely.

J: Looking forward to having adventures like these herself, and getting her own bird or dragon!

M: (*Excitedly*) Oh, yes! In a few years she'll be designated one of her own, and she may be forming that link telepathically already. It's been so nice to hear of mum's adventures as a girl and enjoying time together in the meadow. She looks so beautiful when she's relaxed. That's it! It's like seeing the difference between her "official" persona and her natural self. I see the official side of my mother so often that to see her on this personal level, just being herself, simply being Embra, is so lovely.

M: We've discussed our previous meditation regarding how the records could be stored, this kind of information can't simply be kept in paper form because circumstances change over time. It would need to be stored in something that can be recovered. Also, it can't be guaranteed that the language will stay the same. How would we store it so that it can be accessed through the ages? Sound coding is a good way to do it because sound frequency always remains the same, even though we may not understand it in a way we can verbalize. Our cellular structure and our DNA resonates with it, there's an encoding within us that takes in the information on a subconscious level. We don't necessarily have to be conscious of it. Sound frequency is a great way of storing these kinds of records.

J: How would you store sound?

M: This is where mineral, more specifically, crystal becomes a very good way of storing information like that.

J: Is that where you may find what you're looking for?

M: It occurs to us that it will be in a crystal but where and which one?

J: I suppose there would be quite a few crystals lying around.

M: (*Laughs*) Yes, fortunately this is also something that we can tune into. The great thing about crystal is that the form, shape and molecular structure of it can determine the encoding. We're on track to finding the records we require through our meditations. I gather that it will be kept somewhere very safe, so when you keep something very safe, it can be a little hard to find! (*Chuckles*)

J: Yes, funny that!

M: But as you say, it's always where you left it! (*Laughter*)

J: That's right. If you want to find something, just look where it is!

M: (*Giggles*) I like that one. (*Smiles*)

J: That's the hard part though, isn't it?!

M: It is! We're talking about tapping into very subtle frequencies, so we'll need to refine our skills in order to find it.

Chapter 17

THE ORB OF DESTRUCTION

M: I see my mum in spirit form while I'm recalling events for the council. What a weird sensation, being in a regression, in a regression!

J: Wow! A regression in a regression!

M: Yes, that's what is happening. My mother isn't physically here but my focus is on her and I can see her energetically. Members of the council are asking me questions in the same way that you ask me questions.

J: Will you repeat their questions for me and answer them? How would you like to do this?

M: They're enquiring how I was able to see inside my mother's body. I recounted that I energetically entered her body and was in it as if it were my own, and then scanned her body internally.

J: Do they understand your explanation?

M: They want more detail.

J: Let's continue with their line of questioning.

M: I told them that I wasn't fully conscious of the mechanism of actually doing it, but it's similar to performing astral travel*. They're aware of the fact that I wasn't physically present with my mother, that I wasn't anywhere near her.

** Astral travel- The process of the soul leaving the body, but still attached/ connected to it, to travel wherever it requires on the astral plane. (A plane of existence of lesser density than the physical, commonly experienced in the dream state). Astral traveling can be consciously practiced in the waking state through meditation and similar techniques. (See also near death experiences and out of body experiences. NDE's and OBE's).*

J: Okay, astral traveling would explain it for them then.

M: Yes. I also had Draggy's assistance, which made a big difference in my ability to do what was necessary. We've developed an amazing connection that allows me to focus intently on any task I undertake. He helps me amplify my greater vision so I can see it as if it's in real time.

J: To be with her?

M: As if she were physically here!

J: Would you have been able to do that if Draggy didn't help you?

M: Yes, but I wouldn't be able to hold my focus for such a long time or with the same intensity. There would definitely be moments of fuzziness where I would drop out.

J: So he's holding that space for you while you do what is required.

M: That's right, they see how Draggy has been of incredible assistance to me in this way. We're gaining a better understanding of the potential of interacting with intelligent animals. Obviously, Draggy has a different quality of seeing, hearing and feeling, of all the senses basically, than we experience in our bodies. Take sight for example. Using this connection of ours I'm able to see things as he does and I can combine that with my own vision, I have access to both of our individual abilities. This is what happens! It's like my attributes interlock with his and we become almost whole.

J: Wow, that's amazing! What other questions does the council have?

M: They want to know what this entity looked like and where it was located. I explain to them the nature of its makeup, that because it was purely energetic it existed in mum's different energetic bodies. The way these bodies interlink, a disturbance within one affects the others, which ultimately had an obvious physical effect. Its appearance was like a storm cloud of barbed wire. The members of the council also found it amusing, just as I had, that I simply put on safety gloves in order to be able to handle it. (*Laughter*)

J: That was a great idea!

M: It was! "How simple!" they said. (*Chuckles*) It was so obvious that you almost wouldn't think of it! The element of calmness was essential and enabled me to detach myself from any outcome that I wanted to impose on it. This allowed the

answer to come through. My inner emotional turmoil interferes with that as well. I remember getting angry before I even realised what was happening, it was a natural response. So how would I define detachment? It's not like saying "I don't care about the outcome" because the truth is that I deeply care about my mother. How do I detach from the situation when I am so deeply concerned for her health and safety?

J: Allowing the answers to come intuitively rather than mentally.

M: That's correct! That component was a vital aspect of finding a solution. All this information is being recorded by the council and will be shared throughout the galactic community.

J: Do they have any other questions?

M: They asked what happened next, what did I do about it, what was the next step of handling this enigma? I observed it for a while because it intrigued me how this orb of destruction could come into existence and be within my mother causing so much harm. It's obvious when you see a storm cloud of barbed wire that it would be destructive but how does this exist? What do I do with it? That's when I got the idea to pour Divine Light upon it and hand it over to Source. Really, I just handed it over to Source.

J: What did Source do with it?

M: All I know is that I sent it off with the energy and intention of All Love.

J: When we look at it, that orb would have a level of consciousness of its own.

M: Yes exactly! Just like I was once the air that I breathed and the flower that I examined. I've come to realise that I must have been of that level of consciousness at some stage in my existence too. That perturbs me. (*Sadness*)

J: Well, if it's leading to a journey like you're experiencing now, then who's to say that it won't be the same for that consciousness in the future?

M: Oh, that's a good thing! (*Tearful*) But I feel sad that I quite possibly, well most definitely, was once at that level of consciousness too.

J: That shows you just how much you've achieved.

M: Yes, I can truly be grateful for that. (*Cries*) I'm really glad that I sent it off to Divine Source in the energy of love because that's what all things deserve. They deserve an opportunity to grow in consciousness and return back to love. I would also like to mention that we have the right to protect ourselves from entities of a lower consciousness that intend to do harm. This is acting through the intention and vibration of All Love, for ourselves and for those around us. It's an essential component of being able to help ourselves, which inevitably helps everyone and everything else, even the things that want to harm us and interfere with our free will. Now see, understanding that automatically takes away any overpowering intention directed against you. Living in the space of All Love is of a higher vibration and that's when you realise that things of a lower consciousness don't have much power at all. It's the fear and the unknowing, the lack of understanding that confuses the matter.

M: Nemesoul proceeds to update the council on the records documenting previous wars of this type.

J: How is the research progressing?

M: All that's known so far is that they are kept within a crystal. We're not sure of its type or location but it's of the uttermost importance that we find it. Tamiara states that she would like to help locate the crystal by using her ability to see the different colours of energy vibration. We all think that it's a marvelous idea! She'll definitely be sitting in on the next meditation that we do to try and bring forth some more information. The meeting is adjourned with this being the agenda.

Chapter 18

THE PRESENCE OF LOVE

M: My mother has made a full recovery and is performing her duties for the council again. She gives me a warm smile as she goes about her business around the temple. It's as if she's better than ever! The down time was really good for her to be able to connect with herself and just be herself, to simply be Embra.

J: While she was recovering did she find any answers of how that entity could have entered into her being?

M: Yes, she has come to learn that she needs to centre more often and take better care of herself. There was something troubling her, she felt that something wasn't quite right but kept pressing on in spite of this awareness. It has served as a reminder for her to keep connecting back with herself and Source.

J: What was the intention of the entity?

M: To disrupt the harmony of our relationship within the galactic family.

J: Was she targeted because of her position on the council?

M: Yes, they know that bringing her under their influence would serve their purpose well indeed. But they didn't realize how strong my mother was because all it did was make her sick. It didn't actually influence her to be harmful or destructive in her roll at all, it only made her go within.

J: I'm glad she's recovered from that now but wary of what may still confront her. It sounds like she's enjoying herself again.

M: Definitely! Her role suits her greatly but she's reminded that it is a roll, that it's not her identity as a whole. She's been working in a selfless manner, which will now continue on more appropriate terms, including her needs as well. Her relationships with those that she loves are a reminder of why she needs to take care of herself.

J: Okay, so where to now then?

M: We're having breakfast and organising ourselves. My mother is preparing her day and I'm meeting up with Baine. He's coming over and we're going to spend some time together, which will be lovely. With the intensity of everything that has passed, it will be nice to have a light, carefree day. Baine arrives and my little sister greets him first by jumping all over him. (*Laughter*) Once she's finished, I get to have my turn! (*Giggles*) I haven't seen much of him as there have been more pressing matters.

J: Well, that's understandable.

M: (*Gulps, becoming emotional*)

J: Is something wrong?

M: The story I am about to unfold is quite intimate but I will tell it as it is. (*Becomes teary*) I just feel so overwhelmed!

J: That's okay. Take your time.

M: We realise how much we've missed each other and feel like some time alone. I take him to my room and we lay down on my bed cuddling and eye gazing while he's caressing my face. Oh, I'm feeling the joy of him looking into my eyes and adoring me so deeply. I adore him just as much; I'm appreciating his features, his presence with me and the way he feels lying so closely next to me. A beautiful warmth is spreading throughout my whole body and I press myself up against him. We have a deep, beautiful kiss. (*Deep sigh*) I just know, without a shadow of doubt that I am ready, that I deeply want to be in union with him.

It starts out a little shyly at first. I reach out to him, allowing my hand to lightly trace his body. (*Giggles*) We look into each other's eyes and I'm having difficulty finding the words to ask him for what I want. And it's so sweet because I can see him feeling a bit shy and awkward too. We both start giggling. I reach for his hand and place it in the centre of my chest. (*Breathes deeply a few times*) Then we kiss again. I whisper something about wanting his hand to explore, if he would like. (*Sighs*) He begins stroking the center of my chest, a little shakily, yet so delicately. I feel the energy of his hand wanting to be ever so gentle with me as he starts to caress lightly outward, circling around my breast. The wave of electricity that shudders through my body, oh! The sensation is like the light that dances all over the water as the sun shines upon it.

He quietly asks me if that's okay and I tell him that I'm enjoying it very much. I

press his hand against my breast. Ah, I like that sensation a lot! Oh! (*Inhales deeply*) The heat! The heat surging through my body is incredible! (*Giggles*) We continue moving our hands over each others bodies and pressing ourselves against each other, enjoying our lips expressing the desire within us. (*Sigh*) Tasting him is so delicious! It's such music to my ears to hear his little whimpers, to hear his ever so soft moans vocalizing exactly how I'm feeling right now. I slide my hand up underneath his top to feel his skin and the outlines of his body. (*Giggles*) I'm also a bit shaky and even a little bit clumsy but neither of us cares. It doesn't matter because it feels so divine!

Nothing else exists but this moment, I'm immersed in what's happening right now. Being in the flow of our exploration of each other, of our affection, deepens the link that connects us. We savour in the moment as we slowly undress each other, admiring each other's bodies and enjoying the arousal that it brings. I taste his body and allow him to taste mine. (*Deep breaths and giggles*) I'm loving feeling into where it tickles me in some places! (*Laughter*) Shyness overcomes me but oh! I don't want it to stop! (*More giggling*) I am filled with so much joy! (*Begins to cry*) I'm filled with so much bliss that I am overwhelmed with emotion. He asks me if I'm alright. (*Joyful tears*) I tell him everything is so wonderful right now! I throw my arms tightly around him and kiss him passionately. We find ourselves at one, joined together. Oh! There are so many sensations I am experiencing that I don't even know where to begin. I feel as if it all happened in a flash of lightning! (*Laughs*) Oh! (*Sigh*) It was as if I went to God and there was nothing else but Baine, myself and pure love and peace.

(*Deep sigh*) We lay there embracing, caressing and eye gazing with each other for the longest time, actually so long that our bellies start rumbling for lunchtime. (*Chuckles*) Oh dear, how am I going to get past my mother without her noticing! (*Laughs*) I am not feeling ready to share this with her yet, being so fresh in the experience and wanting to savour in the glow of the energy of what Baine and I have just shared. We decide it is probably best to go straight into town and get lunch, so we tidy ourselves and get dressed. (*Giggles*) This will give us some time to compose ourselves, as we are both very giggly at the moment! When we arrive, everything feels so different. The food tastes more delicious, the town looks so much more delightful and there's so much cheer and sunshine in everything! I am so honoured by my Love, for his presence, care and his deep feeling for me! How grateful I am! We stay in each other's company till the moon is high, high in the sky.

Chapter 19

THE CEREMONY

M: I just want to mention that I am nineteen now. I'm with Libriana and am sharing my experience of sacred joining with Baine. She congratulates me and says a ceremony is essential now that I've passed through this beautiful gateway. I'm asked to kneel down so that she can begin. It's like an anointing using vibrations of sound and chanting. Her energy connects with my crown chakra through a vortex shaped like a gigantic bowl.

J: Can you see that?

M: On an energetic level, yes. Now this energy passes right through me, through my chakras and out. She kisses me on my forehead and says "Always remember that your pleasure, bliss and your sexuality allows you to connect with Source, with the greater consciousness. Utilize it." This is part of our evolution and it's part of our coming into being with the Divine. It's something practical that allows us access to the gateway and to pass through so that there is no separation.

J: Therefore even though you have your physical body, you're still able to access the One consciousness through this gateway.

M: Absolutely, meditation is another way of achieving that but it doesn't have the power of creation amplifying it. Sexuality is an immensely powerful force. I can't find the words... it's like the energy is so profound; it can build to levels that literally propel you out and beyond.

J: I'd like to make a note here that in our world today, the vast majority aren't aware of the link between spirituality and sexuality. This topic isn't very well understood at all and has created all sorts of misinterpretations, problems and divisions. The genuine seekers are finding answers in consciously relating and are starting to make a difference, successfully helping others find this path too. In these times of ignorance, meditation has provided the means for many to progress spiritually. Making this connection, or in remembering our connection to Source we have different methods available.

M: Absolutely! This is the purpose. There isn't just one way to go about it because what if you live a life where you don't have the opportunity to enjoy sacred joining

with someone? That's why there are other means of connecting with the Divine to fully immerse in the higher consciousness.

J: It seems to me that we're never really disconnected; it's just that our connection isn't our conscious point of focus. This presents the illusion of disconnection. It's been so long since we last connected with Source consciously that we just can't remember how to experience that for ourselves now. Let's have a look at other methods of reconnecting.

M: Doing anything that involves your heart and your passion, that gives you the sensation of inner peace and pure bliss, can remind you of your connection to Source. Grounding with the earth is a very physical way we can feel into the subtle energies in the body.

J: We've also spoken of the portals that Nemesoul accessed during training. Can you access Source like that, by opening up a portal?

M: Yes, the light column is essentially a portal that you're opening up. When I encase myself in the column I'm shrouded with love and experience a profound inner peace. It's like being so still yet incredibly moved at the same time. There are many different levels of experience and intensity.

J: Some techniques will be more appealing than others.

M: That's very true, and the way Source intended it to be! Divine Source wants everyone to find inner peace in their own unique way, in a way that resonates with them. There is no limitation to that in any form. It's like when a musician writes a piece of music that gives them such inner bliss and awe, for example. Our sexuality is another way that we can access this.

J: It's good to know that we have so many different options.

M: Yes, there really is no limit. Libriana would like to give me some more lessons on how to utilize the energy created in future sacred joinings for healing and other purposes. This is part of the celebration of my awakening to this experience.

M: Now I'm dressed in my warriorress gear and heading to see Nemesoul. The armour garments are made out of a special metal that has energetic reflective

properties that protect our vital organs.

J: Ah yes, the element of energetic warfare as well as the physical.

M: That's what we're dealing with. We've begun training and it's as if she's locking into my mind and trying to interfere with my thought processes! Wow, I didn't even know that was possible! The purpose of this is to teach me to strengthen my thoughts and practice my resistance so that they can't be interfered with. This exercise will take up a good part of the day.

It's funny because it also has an effect on my emotions, I feel myself being jabbed by a thought followed by the resulting effect it has on me emotionally. This leads into the next part. She's asking me to feel into the foreign nature of the thought. "Where did that thought come from?", "How did it pop into my head?" and recognise any emotional reaction that came with it, such as anger, bitterness, resentment or frustration etc. Being careful to distinguish between my own thoughts and those that are completely foreign. It's very important that I'm aware of the full impact that it has because these are indications of an outside entity or energy trying to influence me. I must take note of the effects that this interference has on me on all levels.

She then has me practicing returning back to my centre. That takes incredible focus, it's like myself going back into the deeper mind of who I really am, what my true intentions are and what my reality is. Remembering all of the essential characteristics of myself being loving, loyal, connected, intelligent and strong etc. A thought is just a thought. Getting trapped in that thought can feel overwhelming for a moment but it does not have to dictate what you do or who you are at all. You are not your thoughts and they need not have power over you. When you drop into the deeper mind and remember the truth of your being, then that thought is just a little blimp, something that passes as quickly as it comes.

J: It seems like this has been a very beneficial lesson for you.

M: Yes, Nemesoul is a great teacher! Until our next lesson, she'll be sending me thoughts to help me practice determining which are my own and which are hers.

J: I'm sure she'll keep you on your toes!

M: (*Giggles*) Yes! I expect nothing less. As much as it's hard work training with her, I love it! I love the challenge! Her teachings will serve me well in finding this information so that all of us can return back to peace and safety once more.

Chapter 20

THE MISSION

M: Things are getting really exciting now! (*Smiles*) Tamiara and I are discussing her work of locating the crystal. She's been travelling energetically and scanning the planets in order to find the right colour that's emanating from the ground. I'm being shown a vision of how she does this, it's like looking for a geyser of colour coming out from the earth. Where she has found it is actually on my planet but very far away amongst the ice glaciers.

J: She has done well finding it.

M: She's been working tirelessly and would like to share some key elements on how she was drawn towards that particular colour vibration. We're going into a meditation (*begins breathing deeply*) and she's showing me how to utilize that technique I used in dealing with the entity inside my mother. Letting go of any expectation, I detach a little and allow myself to drop into connection with the earth. She's showing me a picture of what the area looks like, it'll require a lot of preparation to go there! The high altitudes will be similar to those I fly with Draggy already but the climate conditions are a lot harsher. I'm going to need a bit more practice flying long distances at that kind of exposure.

J: You have time for that, don't you?

M: I do have some time. We're discussing where the crystal is and how I can communicate with the earth in order to find the best route. This will be a long journey through many different forms of terrain and there will be moments where Draggy and I will need to rest. The planet is very big you know. (*Smiles*) Once we arrive at our destination we'll need all of our strength and focus to be able to reach the point where it's hidden. I'm already receiving a vision of its location deep within a glacier. Actually, somewhere inside the earth's crust. This is marvelous because now I can fully prepare myself with all the tools and skills I need so that I may obtain this crystal. Tamiara has given me a wonderful gift of insight to become familiar with the colour vibration that I need to tune into. As you can imagine, a planet has a lot of different minerals encased within its layers so I have to know exactly what I'm looking for. I'm so excited about undertaking this mission! She informs me that the council will need to be notified of this new development and that she will suggest that I'm the most suitable candidate. I feel very honoured!

(Smiles)

J: Are there any other candidates?

M: It's possible but I don't know of any. The next meeting is scheduled for the day after tomorrow and I've been invited me to attend.

J: Do you have any other preparations in the meantime?

M: Yes, she's asked me to continue to telepathically communicate in deep meditation with the earth so that I'll become more and more in tune. Lots of grounding to be done then! I think it would be a good idea to hang out in the meadows with Draggy, and I'll ask Baine if he would like to join in. It'll be fun to do that together. *(Smiles)* We decide to leave it there for now; we'll catch up again at the council meeting. I go to the Temple kitchen where my family is and we share a meal.

J: Will you leave the news for the council meeting?

M: No, I inform them that Tamiara approached me with some new information and they're very excited to hear about what was said! I share the vision with them that she shared with me and explain how she was able to locate the crystal by tuning into the colour vibration that emanates from it. Mum is very keen to have this information brought forward at the next meeting and I assure her that this is Tamiara's intention. She is also going to suggest that I be the one to undertake this mission, my mother agrees whole-heartedly. *(Smiles)* I share with her what the terrain will look like and she decides to get the preparation of clothing and utilities underway tomorrow. She feels that the council will be in full agreement that I'm the right candidate. I really do hope so but I tell her that I feel like I need more training.

J: That will be organized in the meantime wont it?

M: Yes it will. She see's that the location is far away, somewhere that she isn't familiar with either. I must take as long as I need in order to be ready. My parents feel as excited about this news as I do. Now this is strange! When I retire to my room after our meal, I feel an energetic presence, an interruption.

J: Is it limited to you or do you think it may be affecting others as well?

M: No, it's just me. I'm trying to work out if it's someone attempting to communicate but then I get confirmation that it's an interfering presence. I sit on

my bed observing it.

J: Is there any information you can gain from this?

M: I feel that this is happening because I'm now a person of interest.

J: They must be aware of everything that you and the council are doing!

M: That occurred to me too. After gathering all of my focus and fine-tuning it, I see this entity right before me.

J: What does it look like?

M: It has a similar shape to me; I think it presents itself in that way to create a sense of familiarity in order to disarm. This one even has a pleasant looking face, but it's no friend of mine!

J: There's a definite purpose about the tactics it's using to gain entry.

M: Yes, and because it feels familiar I feel myself letting my guard down and wanting to give it permission to be in my sphere.

J: Right, so that's its intention! Seeing that their previous tactics didn't work with your mother they're trying something else. If this entity can convince you to give it permission, it can infiltrate, be present and influence you from within.

M: That's exactly its intention!

J: Being aware of that, you can calmly observe, like you said you were doing, and resist just as comfortably.

M: Ooh... it doesn't feel comfortable though. It's quite an effort resisting, it's almost as if there's a level of seduction involved. Because it feels so familiar it sparks a curiosity of wanting to explore a bit further. Oh, that's quite manipulative!

J: While all this is happening, would you like to call upon others to help you?

M: I've already called upon the Divine Source and brought the light column down to support me in my resistance. I remember my sovereignty, that I have a say in everything that happens to me energetically. It's empowering just observing it and becoming aware of the tactics in play. If they're taking an interest in me I must be

getting pretty close. Now I've had enough, I've had enough of this game and I'm commanding it to leave! I'm calling in everybody, Draggy and all of my guides. The entity puts up a fight and makes me feel incredibly uncomfortable and unnerved. It doesn't leave easily but I continue to be absolutely clear that it must go! I won't continue to entertain it in any way, shape or form. When I'm perfectly clear about that, it dissolves and leaves altogether. (*Exhales deeply*) Immediately I feel a sense of absolute relief and brightness around me. I get up and make my way to Draggy in the meadow, we need to share this experience and study it together because it will be of great benefit to the mission. I thank him and go over what happened. Now is as good a time as ever to practice so we begin by analysing their tactics. Also, I explain to him that we are going on a mission!

J: That's exciting!

M: We're both excited; this is going to be awesome! It will be an amazing experience and an opportunity to utilize the skills that we have developed together. What a unique way of relating Draggy and I have. We practice connecting and communicating with each other and with the earth. There will be vast open waters that Draggy will need to fly over.

J: Are you getting a glimpse of that?

M: Yes, I think there are two oceans that we have to cross where there won't be a place to rest. We'll need to take that into consideration. We're also getting a glimpse of the terrain that we'll have to negotiate when we get to our destination. It will be vital that we're not fatigued in any way, mentally, physically, energetically or emotionally. Well, what an amazing trip it will be!

Chapter 21

THE ATTACK

M: (*Tearfully*) Something has happened to my sister. She has been attacked and is lying motionless.

J: Do you have any idea what happened?

M: (*Crying*) It seems that a guard did this. He was restrained before he could kill her.

J: How old is your sister?

M: Seven. (*Distraught*) They did that because the grief would have been too much to bear! She's been hurt pretty badly.

J: Has this just happened?

M: Yes, just now in the Temple. The guard was hysterical; I've never seen someone in a rage like that before. I'm trying really hard to simply observe but I'm in shock and disbelief of the scene I just witnessed. I didn't see the actual attack but rushed in as the guard was being restrained. Isobel was lying helpless on the floor and my mother fell to her side grief stricken. (*Sigh*) The guard was consumed by rage and needed several other guards to restrain him. It's like he's possessed, I can see it in his eyes.

J: It seems the energetic beings have found the weakest point to infiltrate.

M: Possession, like they tried with me. We were aware of their tactics but how do you protect everyone against that? Seeing my mother, her reaction, I can't explain it. All I can see is the chaos that has manifested from this act. There have been reports of things like this happening throughout our three planets. My mother and sister are given some plant medicine to keep them both calm and my sister still. They're taken away to the healing room. Isobel has sustained a head injury. At this point it's hard to tell if she's unconscious or if she's being rendered into a coma.

J: Were any weapons used?

M: (*Tearfully*) He had a spear and was just about to use it.

J: Did he hit her first?

M: (*Sniffles*) Yes. I just feel a tremendous sadness. (*Sighs*) It permeates my whole being and I'm overcome with helplessness, but then I realise what's happening. That's exactly what these entities want me to feel. I remember that I'm not helpless at all and Draggy comes into my vision. Oh, my noble dragon! He's always there when I need him. We stay connected for a while, bringing me back into my inner knowing and centredness to regain my strength. I go to the healing room where my mother and sister are. My father, Nemesoul and Ibuccu are there too. There's not much that I can do here so I tell them that I need to leave. It is pressing that the crystal is found, this has gone too far. There's no more training that I need to do and there's no time to waste. On my way through I check on where the guard is kept and make sure he's detained securely. He is bound and seated up against the wall. I approach him until I'm close enough to look him in the eyes, and then kneel so that we're looking at each other on the same level. I want to see what they've done to him so that I don't meet the same fate.

J: Is there anything that can be done for him, do you think?

M: I'm not sure at this stage.

J: Okay. What do you see then?

M: As I look into his eyes I see a strange mixture of him having lost himself and yet there he is trapped by an element of himself.

J: Would that explain why they chose him?

M: Hmm... Very likely. I can see a phantom within him. It's like he has become a shell of himself. As I'm looking deep within him to work out what is going on, he tries to connect with me telepathically. (*Sniggers*) He does not have my permission! I stand up and walk out. He will need time to reflect on himself. If he continues to be a threat to public safety he'll remain restrained.

J: Which will be a good thing because if the entity realises that the body is useless it may leave him.

M: Yes, it will be an interesting process. There doesn't seem to be much we can do at the moment. The phantom has overtaken him and until it leaves the authentic

person can't resurface.

J: What if the entity leaves and chooses someone else to work through?

M: Well, this is the dilemma. I'm not sure what the future holds for the individual, nor the phantom. We're hoping that the crystal and the information within it can enlighten us in some regard to these new problems that we're faced with.

J: Right then, time to go on a journey! Are you preparing to go as soon as possible?

M: I am. (*Chuckles*) I can see Draggy through the ceiling, waiting. I'm in the kitchen gathering supplies and Nemesoul has brought my armour for me. She says I'll need to adjust it to suit along the way as the climate and terrain changes. She helps me dress and then eye gazes with me. (*Teary*) I feel her offering me strength and assurance. She shows me her absolute trust in my ability to do what needs to be done. What an honour! Then she looks at Draggy and gives him a smile. I love our glass ceilings! (*Smiles*)

Outside I mount Draggy. I ask Nemesoul to give my mother and sister a kiss for me, and my father too. Then we fly off to Draggy's cave in the distant mountains. Nighttime will be approaching soon and we need to prepare for our journey, to work out our direction. We meditate for a while by the fire and practice synchronizing our inner vision until we're satisfied with the initial stages of the course we must take. Now it's time to get some sleep because we'll be on our way at the break of dawn.

Chapter 22

DEPARTURE

M: Ibuccu visits me in my dream. He and the people of his planet offer a safe and protected journey, bestowing on me all the strength and support that I need to accomplish this mission. I see an image of him sending it to me with a pure heart, it's such a beautiful picture! The break of dawn on the horizon wakes me. It's such a touching experience and reminds me of how much I'm loved. I can see and feel everyone around me energetically, offering their hands out to me. They're surrounding me and making sure that my back is covered. I experience the earth's energy extending her support and guidance as well. While I'm snuggling up to Draggy, having something for breakfast, I feel myself becoming mentally and energetically ready, thanking this food and this drink for giving me the sustenance that I need. I also give thanks for all that has been orchestrated so I could arrive at this space right now, given the sorrowful circumstances. I grieve for my family, especially for my sister and am so grateful for the abilities I have to lead me along my path.

With all the gratitude I feel, I infuse that energy with intention and the result is very interesting indeed. I see a beautiful web being created, a tapestry of links. All the support around me, that I give and receive, magnifies and generates with the energy of my intention through the energy of gratitude. This is a great space to start from! It's like extending out a prayer or making a wish and seeing all of the power and energy behind it. I focus that into my success and ask Draggy "Are you ready?!" and he replies, "Yes!"

J: Great, let's go!

M: And so I mount Draggy and we take off. (*Becomes teary*) So many mixed emotions! Such exhilaration and anticipation for all that we'll experience and discover, yet with so much underlying sadness. (*Cries*)

J: Is your sister okay?

M: She will be. It'll take her a while though, much longer than my mother took to heal. Wrapping my arms around Draggy I squeeze him tightly, communicating how I'm feeling. And then, searching even deeper than that I find the real reason for the journey, that of love and peace. This extends out to everyone, those whom I

hold dear to my heart and also those who dwell on the sister planets in our galactic neighbourhood. Oh, how much I love to fly with Draggy! (*Giggles*) The simple pleasure of being able to soar high in the sky takes me back to the same space that captivated me as a little girl and the flying adventures we used to have.

J: It's all uncharted territory now though, isn't it?

M: Yes.

J: What's the scenery like that you're flying over?

M: We've reached an area of land that has little rivers running through the hills. It's not mountainous, there are some patches of trees. I haven't seen trees like that before, the branches grow straight out horizontally, in layers. They're very colourful. The greens move all the way through the spectrum to deep purple. The colour of the rivers look so much different too.

J: What colour do they look from up there?

M: You know how on the inside of sea shells the colours shimmer and merge into each other? It's sort of like that, and goes for miles and miles. From teal to orange and red rustics, extending out into purple hues as well. Maybe it's algae forming that kind of effect on the water, giving its surface a bright shimmer. Nature is full of colour. (*Smiles*) We're gliding closer to the ground now and I see some elk like animals too, but the horns are more intricate and have a crystalline look about them. (*Chuckles*) There's a creature that looks like a beautiful white rabbit and kind of moves a bit like a rabbit but is as big as a wombat!

J: That's funny. Seems like a nice day up there.

M: Yes, and the sun is shining. (*Smiles*) We have no issue looking directly into it, in fact it's actually beneficial.

J: Can you explain that?

M: Well, apart from it being so meditative, it's as if the sun feeds us. We can draw on its energy through gazing at it. We don't experience the burning heat that is experienced on earth.

J: The energy of our sun is very important too and is assimilated in different ways, vitamin D being essential to the human body. It's not well known but

people can sun gaze here on earth too, at certain times of the day. I won't go into that though. You must have covered quite a few miles by now.

M: Yes, we've met with the main body of water that these rivers flow into. *(Laughter)* Wow! Whoa! I just asked the question "I wonder how deep it is?" and I got an immediate sense of it being so deep that it... *(Deep exhalation)* makes me feel a bit overwhelmed and cautious. I ask Draggy, "Have you ever been out this far?" and he says "Of course." *(Giggles)*

J: So he's not worried at all.

M: No, and actually they are deep swimmers, the dragons.

J: Really! So if he wants to go for a swim, he just...

M: Yeah but don't go for a swim now! *(Laughter)*

J: *(Jokingly)* Don't you want to go for a quick dip?

M: No!

J: Oh, okay. But what if Draggy wants to?

M: He can do that without me! *(Chuckles)* Well that's something about Draggy that I didn't know before. *(Sighs)* He tells me that he has met another dragon out in these parts. I would love to meet her some time. *(Giggles)* It's nice that this moment has come. I remember how when I was a girl I got really upset with Draggy being paired with another, but now I'm feeling joyful, curious and happy for him. It's nice to know that he's been spending time with his lady dragon while I've been spending time with Baine. As we fly I'm observing a multi dimensional, hexagonal airway that we're flying within. This sacred geometrical shape occurs naturally in the atmosphere and has something to do with the pillars of light that radiate from the sun. I'm trying to get a better understanding of it.

J: Does it create those shapes?

M: Yes, it naturally forms those shapes when it merges with our atmosphere. Basically, it's just how the air currents look if you're able to see them. Flying with the assistance of the natural aerodynamics that all airborne animals are aware of, obviously makes for a smoother journey. We aren't affected by turbulence. It also has something to do with the oxygenation as Draggy ascends higher. The higher

the altitude, the more obvious the hexagonal shaping of the atmosphere becomes.

J: By now you must be quite far out over that span of water.

M: Yes, we've been flying for a good while now, about half a day. We seem to be approaching land in the distance.

J: Almost time for a rest?

M: Just a little bit further.

Chapter 23

THE TREE

M: We've arrived on the portion of land that we saw from off in the distance. The vegetation is very dense and the shrubs have broad, thick green leaves. There's a different kind of shimmer to them and they almost come up to eye level on me. The ground is unstable under foot, sandy and swamp like. We try to walk through it but I don't feel safe. Draggy offers to carry me on his back while he walks. Looking ahead, we're trying to find a space to rest but there doesn't seem to be anything suitable. This sort of terrain continues for miles so we decide to fly a little further, taking it nice and steady. After about an hour of gliding and taking in the wonder of the landscape we find a lovely large area of grass with some scattered trees. The land is relatively flat, undulating slightly. How different it is to where we reside.

J: I'm glad you've found a suitable place to rest.

M: Yes, we feel a lot more comfortable here. I'm standing and stretching because sitting on Draggy for such a long time made my legs a bit wobbly! (*Laughing*) My body needs to re-adjust as well. There's a tree nearby that I find very interesting, not just because it looks different but also because I'm intrigued by its wisdom. I'm getting a sense of being drawn to communicate with it. (*Smiles*) I introduce myself as Malémene from the land of the valleys. Telepathically, I show the tree a picture of my homeland. He tells me that he's seen several others from my region in the distant past. I'm very excited about this news because it assures me that we are on track.

J: What would your ancestors have been doing in these parts? Were they simply passing through exploring?

M: They were on journeys similar to mine, carrying information. This tree is hundreds of years old.

J: He would have seen a lot in his lifetime.

M: Yes, he's seen many events over the centuries.

J: Is there anything particularly special to him?

M: The tree is sharing with me the way of the nomad, the way of the people that commit their lives to gathering and sharing knowledge. I am in awe of this existence. It's funny how our experience really does influence our perception of living. I enjoy the privilege of having a relationship with our galactic family and sharing with different species of existence and yet it hadn't even occurred to me to share and experience life with the wider circles of people around me. That's okay, I'm still young and still discovering new ways of expansion. It's exciting to think of all the different opportunities the rest of my life will bring... *(Starts laughing)*

J: What is it?

M: Oh, the tree is just smiling at me, at the blessings of being youthful. *(Laughter)*
He was youthful once too. *(Smiles)*

J: And now he is wise.

M: Yes, now he is wise. It's nice because Draggy and I get to relax and unwind as he tells stories. He shows us pictures of this area, of the landscape as it has changed over time and shares the beautiful way in which he embraces change. He looks forward to change, life would be so boring if everything stayed the same. It would be so incredibly dull and bland. There's no comfort for the tree in everything staying the same. He finds comfort in change; he can rely on it and flourish. I'm so grateful for this perspective, of appreciating the grace that comes with change. How nature's beautiful artistic brush fills life with colour and new experiences through the majestic dance of the seasons. Lying down on the grass, connecting with the trees root system, I find myself drifting off into a peaceful slumber as he shares these beautiful images with us. I enjoy a wonderfully powerful grounding as I rest and recharge.

After our nap we spend the rest of the day here. The sun feels a bit different, slightly sharper. It feels like I'm being bathed by the sun. Later on, we build a fire after finding some food in the ground. It's very tasty when it's cooked. *(Giggles)* My belly is so full! We'll be camping with the tree tonight. Ah... nighttime falls and the stars are different too. I'm having fun drawing the constellations so unfamiliar to me. Amazing, being the same sky but different. It's spectacular seeing it from this angle, especially while being accompanied by the unusual sounds of the night. We enjoy more conversations with the tree and he asked why I'm searching for knowledge. A long time ago he heard a similar story about this kind of warfare.

J: What can he tell you about that?

M: He assures me that I'll be able to find the knowledge that I need. Do not distress, there is a solution and I'm on the right path. Draggy and I get a good night's sleep and in the morning we pack and begin to prepare for the next part of our journey.

Chapter 24

THE TRIBE

M: It's time to leave so we bid the tree farewell, thanking him for his company, shelter and the knowledge he's shared. We take off in flight, locking into the hexagonal vortex as we rise. Tapping into pure guidance with the intention of seeking out our next destination, the airway directs our journey.

J: Can you communicate where you need to go?

M: Yes, the vortex can lead the way, shining the light ahead in the direction we need to go. It's quite lovely to see the atmosphere in this way, radiating the colours of the rainbow. We think of the atmosphere as being particles and molecules that are forming and swirling around, yet there's an order within it working on the principles of sacred geometry. There's great structure, purity and a beautiful symmetry. Rather than my direction of vision being drawn towards the land that we're flying over, it's drawn out into the sky, interacting with it. I ask Draggy if he has always seen this and he informs me that all flight animals have the ability to see the atmosphere in this way.

J: Well, we do see them floating on the air currents, using them to their advantage but it's very interesting that they're able to see them.

M: Yes, and they also have their own inner vision that we don't understand. It's so lovely being able to see the sky in this way, understanding it as a structure. It has a form, an embodiment of its own, with characteristics, identity and purpose. Quite amazing! Being able to incarnate as we do, I guess it's the same process for the sky. Just as the earth is her own entity, a living organism in her own right with a purpose of her own just as we have. It reminds me that when we're truly following our purpose we automatically fulfill our duties and are naturally in the flow, we honour and facilitate each other. This realisation helps me expand my consciousness, feeling myself at one so that I'm able to connect into the consciousness of everything around me. What a joyous way to live and exist! I express my gratitude to the sky for allowing us safe passage and I thank Draggy as well for giving me the opportunity to have this experience. I love being able to see everything with such beauty and such magic. And even though there's an underlying duty to this journey, I still get to be in the moment and really enjoy this for myself.

J: Are you able to explain the feeling of oneness that you mentioned?

M: It feels like I'm expanding, travelling out in an awareness and connection of everything around me at light speed. And in that light speed, I realise that I am light and see the light in everything. It's hard to find words to describe it.

J: That's okay. Where are you now?

M: The landscape is changing, it's becoming quite mountainous with vast rock faces, snow covered peaks and low lying clouds in the valleys. We fly a bit slower so we can have a closer look and hopefully find somewhere to rest.

J: How long have you been flying?

M: Several hours, we see some people below and they're motioning for us to land. Draggy and I are discussing whether that would be a good idea. We decide to land and they greet us very kindly. They're familiar with dragons.

J: Do they have any of their own?

M: No, they don't live with them like we do but they have a connection with them, a relationship. A little further down from here is a great river, it's like a gush of water coming through a separation in the rock formation. This must give them a great source of food. The rushing water has so much energy that I can see it! They invite us to their fire. This place is colder than what I experience at home. They see that I'm cold and offer me extra clothing to wear.

J: That's nice of them.

M: It's lovely of them! I've been given boots and a cloak and am very grateful for these gifts. (*Smiles*) The embroidery and craftsmanship are beautiful!

J: They must be quite excited that you've stopped by to spend a little time with them.

M: Definitely! They know of my people through ancestors and folklore and have occasionally seen people from other regions too. They're asking about what the land and dwellings look like where we live. This is a big event, (*laughs*) a good excuse for a feast! We've been invited to stay for the evening.

J: Can you describe their appearance?

M: Their eyes are narrower than mine and their complexion a shade darker, they're shorter in stature and slightly wider. This seems to have something to do with the insulation they need in order to live in this environment. Even though they receive galactic visitors as well, they've chosen to live a lot more connected to the elements and the earth; this is what resonates with them. It's nice to see a different way of living and a different form of intelligence. I've disclosed the reason for our distant journey, that Auberone and I are in search of a crystal. We discuss the events that we're experiencing.

J: Would they have encountered any circumstances like that?

M: Yes, they say that there have been others passing through in search of various things in the past. Every now and then they've also had similar experiences of negative energy coming through an individual. Their way of dealing with it is to outcast the person and send them on a solo journey of discovery, they call them "The Wanderers". They say that this is their signature of existence. These certain individuals need a life of wandering, of experience, to learn and discover and come into their own enlightenment. I find this very interesting.

J: Are the wanderers occasionally sighted?

M: Sometimes they come back and speak of their tales. They come back better, more whole, with a greater appreciation for all that is.

J: Are they taken in again?

M: When they're ready.

J: Very interesting.

M: It is very interesting. We don't have a system like that back in our civilization, but I can understand how it works. Experiencing separation and being solely on your own path would bring opportunities and experiences that would move you towards enlightenment, of course there would be individuals who require that unique journey in their lives. This is something that had not occurred to me before.

J: Are there any of these wanderers amongst them now?

M: There is one but he hasn't spoken yet. I'm really enjoying listening to all that they have to share and they're very much looking forward to my tales of another

land. This will be a big celebration with a big campfire! And the children are looking up to me with their big, wide-open eyes and fingers in their mouths! Their little faces, they're shy. *(Chuckles)* They smile at me and run away! Then they come back wanting to have another look. That is so cute! Children are so innocent in the way that they look at you full of curiosity. Some of them want to touch my hair because it's different to theirs, some want to jump on Draggy! *(Laughing)* He doesn't mind, just like he didn't mind when my sister did the same thing when she was little. *(Chuckles)* Some of them are hugging him, they're so little that they only get to hug a very small part of him! *(Giggles)* It's beautiful watching them extending their arms out and touching Draggy in that way, their warm, soft little hands radiating so much love. He's loving it too! Oh, there are so many all over him! *(Laughs)*

J: They may not have ever been so close to a dragon.

M: Yeah, that's right. He's lying down and surrendering like a cat does with its kittens, letting them climb all over him. *(Smiles)* They're inflicting him with their love! *(Laughter)* This is a good time to join the others. Cheekily I tell Draggy to call out to me if he needs any help! He assures me he is fine.

Chapter 25

ANCESTORS

M: I'm conversing with the leader of the tribe and a few others while Draggy entertains the little ones. (*Smiles*)

J: (*Laughter*) I remember how much he was enjoying their company when we finished up last time.

M: Yes. (*Smiles*) They're telling stories of people wandering through in previous generations.

J: What were these other travelers doing, where were they going, what were they looking for?

M: Their task was to safeguard information.

J: Could that be the information you're looking for now?

M: Very likely. The tribe knows the terrain and wants to help me prepare. They foresaw my visitation through visions using a technique similar to the one the council at home uses, by sitting in meditation. They could see that I was on my way.

J: Are they in touch with your council?

M: No, but they know of us.

J: Interesting.

M: And so they continue sharing their tales.

J: Is there any one in particular that stands out?

M: The wisdom keeper, he tells me that this tale has been handed down through generations. It's about a man and his animal passing through with very precious cargo.

J: What was that cargo?

M: It was a crystal, which emanated a tune. This man shared with them how he had encoded the crystal with information to safeguard future generations.

J: Do you think this information was a result of something that had happened back then?

M: Yes and an inner knowing that it would return.

J: Right, they were able to deal with the problem but they also knew there was a possibility that it could return in the future. Is this how they've tried to safeguard against it?

M: Yes and there's more, there is beautiful detail of what the crystal looks like.

J: Can you describe it?

M: It's a raw piece and is shaped a bit like a pinecone. It's tall and has many terminations of different height, coming to a peak in the centre.

J: What colour is the crystal?

M: It seems to be clear quartz but there's something else in the middle. There's another one inside and it glows.

J: Do you think it's a crystal within a crystal or is there something else in there?

M: It's definitely another crystal and there's a light being living in it!

J: The custodian of the information?

M: Yes.

J: What else can the wisdom keeper tell you about this crystal?

M: He said that it spoke another language.

J: A language he wasn't familiar with then?

M: It was familiar to him but it was as if it spoke another dialect. He'll help me tune into its frequency so I can understand what it's communicating, I mean there's not

much point finding it if I don't understand what it's saying! (*Chuckles*) An image of a tuning fork comes to mind.

J: Is this part of the preparation he was mentioning?

M: Yes, and so it looks like I'll be spending a little extra time here.

J: I'm sure the kids will enjoy Draggy's company while you're doing your homework. (*Laughter*)

M: He has to participate as well.

J: It's not all fun and games for Draggy then! (*More laughter*) He's got to do some homework too!

M: Yes! (*Laughing*) Oh Draggy, he's so good! He is definitely having fun with them, putting a little bit of fright in them. (*Chuckles*) Only gently though.

J: So he hasn't eaten any yet?

M: (*Bursts of laughter*) No!

J: Okay. When will your preparation begin?

M: In the morning, then I'll have the rest of the day to practice. He also shares the traveler's tales of my homeland that have been passed down through the generations.

J: That must be interesting!

M: Yes it is, because of the accuracy of the description, simply passing on tales.

J: Could this traveler have been a relation of yours?

M: I wonder. It occurs to me that I could call on him to travel with me in spirit, to be my guide and help me along the path. That role would be quite fitting since it's his work that I'm continuing.

J: When would be the best time to call on him?

M: I'm doing it now; I call on him to guide me in helping my civilization return to peace. He's with me, I can see him standing to my right.

J: What form has he taken?

M: He stands as a warrior to guard, direct and protect me on my journey; he'll be communicating with me along the way. I thank him for being here and assisting.

J: How would you like to refer to him? Does he have a name?

M: His name is Emracon. He's showing me that we mirror each other in our skill and ability. This makes me feel very proud and honoured. I'm also shown what the terrain looks like and how I will be required to literally enter the earth to retrieve the crystal.

J: You were right when you said it would be stored in a safe place.

M: (*Chuckles*) Yes, it was very clever to hide it in that way. There's another insight too, he says that I'll need to rely on my inner vision at one particular stage because it will be the only way that I'll be able to see. This makes my heart skip a beat!

J: You have trained proficiently in that area but I suppose you've never really had to test it out like this before.

M: No! (*Giggles*) I can imagine Nemesoul having a private chuckle.

J: Yes, but I'm sure she'll be with you helping you succeed as well.

M: Most definitely!

J: What else will you need for the journey?

M: I'll need to be fitted with the most appropriate winter gear. Now I understand why I was led to this tribe, they have the means to equip me well indeed.

J: Is there anything else that Emracon would like to share with you?

M: That he will be helping me, along with Draggy. The land is helping and the ice will too. Maybe I'll need to do something like eat the ice. I'm not sure but the ice will be able to help me change my frequency. Already I feel excited about learning a new skill and the prospect of experiencing myself shifting into a different vibrational frequency. There will be more revealed tomorrow. It's time to retire to a quiet place and I inform everyone that I need to connect with my family back home

and let them know I am safe and well. I sit in quiet meditation, telepathically calling out to my mother, father and sister. The first thing I tell them is that I'm well and am being looked after by this friendly tribe of people. I'm approximately two thirds of the way into my journey. My sister is ill with fever, just like my mother was after the attack. Mum is taking good care of her. I assure them that I'll soon be back and everything will be well again. I miss them. (*Teary*) I send them little visions, like telepathic postcards of where I've been and what I've seen. They're glad that I've had a safe journey and wish that it continues to be so.

J: Has there been any further disturbance at home?

M: That I do not ask. I need my focus on the mission, on the task before me. I can't afford to ponder such things at the moment. It's time for me to go now so I energetically embrace them all, sending them as much love and comfort as I can and blow them a kiss goodbye.

Chapter 26

VISIONS

M: Draggy and I are in discussion with the wisdom keeper, he wants to understand our relationship. We explain the nature of how we interact and our journey through life together so far. He's impressed by our connection.

J: That's good.

M: Yes, and Draggy is impressive! The purpose of this meeting is to inform us of the terrain that we'll be facing and ways that we can support each other. He's relieved that we're already communicating beautifully with the earth because there will need to be careful consideration of where to land.

J: Is there limited access?

M: Yes, but he assures us that there will be an ideal spot where the crystal is located.

J: Can he show you this landing place somehow?

M: He does, and also the opening into the earth.

J: Wow!

M: I'll need my blades to secure myself so that I don't slide on the ice as I go through the tunnels.

J: What other information is relevant?

M: He tells me that the tunnel will be extremely dark; I will need to be very centred and present in my body so that I can tap into my other senses for guidance.

J: Is there any type of artificial light you can take with you?

M: I could do that but it would hinder my ability to resonate with the frequency of the crystal. This transfer of information with the wisdom keeper is like a mindful meditation. I feel myself returning to my training of becoming very centred within

and then feeling out into everything around me. With my eyes closed, feeling within and then feeling out. Draggy and I have developed our telepathy so well that we're very confident in this area. And now I feel the presence of my guide, Emracon.

J: What would he like to say?

M: First of all he assures me that he'll be with me, there are different turns that I'll need to take when I enter the tunnel that he can help guide me through. I will not be alone.

J: Is the wisdom keeper aware of Emracon's presence?

M: Yes.

J: Are they working together as well?

M: I'm not sure if they're working together but the wisdom keeper recognizes him through the tales that have been passed down and understands what his purpose is here. Their focus is to remind me that I'll need to hold myself in the space of awareness through my inner vision to be able to see. My grounding and connection to the earth through my feet is essential. It's like I'm actually seeing through my feet, seeing through my hands and through my body using the senses of feeling and touch. Feeling the environment around me and the atmosphere touch me. And it's peculiar because this way of seeing, through feeling into everything, allows me to see more accurately.

J: Well that's interesting, isn't it?

M: It is, I even get a sense of colour. This pleases the wisdom keeper. He advises that I proceed slowly, it's vital that I measure my movements so that I don't lose connection with my inner vision. This is very important because the terror of being confined in a small space and finding myself in complete and utter darkness could leave me susceptible to energetic attack, they are watching me!

J: Right, so they're watching!

M: They're waiting for an opportune moment.

J: Did you know that or did he tell you?

M: He told me, and now he's made me aware of that, I can see them. From previous experience I know that they're around but I've been so focused on the mission that I hadn't noticed just how often.

J: Can you describe their appearance?

M: They are large and bulky in frame, not fat though, and present themselves with armour. Naturally they have menacing looks on their faces and look frowned when they haven't accomplished their goal.

J: Can you feel their intent just from their presence?

M: Yes, their intent is to invade. It's like they're waiting for an opportunity to penetrate you with such aggression and force so that they can take over. There's a definite agenda though, they only want to annihilate you spiritually, not physically.

J: What purpose would that serve?

M: To keep you merely functioning, enslaved as an energetic food source.

J: The wisdom keeper has done well to remind you of that. Is there anything else you need to know to defend yourself?

M: (*Giggles*) My guide Emracon steps in again and reiterates that it's not just me against them. He shows me the support that I have around me, it's an energetic army!

J: You're very well protected!

M: That's what we have to remember. As much as there may be a force surrounding you, wanting to take over, there's equally as much of a force there protecting you. It is simply choosing which one you wish to see, which one do you remember to focus on. Your knowledge, experience and resolve can turn things around in an instant. You can change your mind and choose to see the force that supports and protects you.

J: Thanks for reminding me of that. Sometimes we forget.

M: All of that negative energy surrounding me right now just seems insignificant in comparison. Their force looks so pitiful that it almost makes me feel a bit sorry for them. (*Sigh*)

J: I'm glad you have such great support for your mission. What else is involved in your preparations?

M: It's time to equip me with the appropriate clothing and gear that I'll need. More garments for the cold and shoes too, shoes that will help me move through the ice more efficiently. They are awesome boots! *(Laughs)*

J: Girls like their shoes, don't they!

M: *(Laughing)* I definitely love these ones!

J: What about the clothes?

M: They are thick skins. I give great thanks to the animals that have bestowed their fur on me.

J: Is there any other equipment you require?

M: Yes. I also have some kind of pouch for the crystal.

J: Do you think it's going to be a large crystal?

M: It is quite big, probably about 30cm high and about 8cm wide at the base. In the middle it would be roughly 15cm wide as it begins to start flowering. The terminations are layered and tier up to a central peak at the top, each one seems to be about 1.5cm wide.

J: I'm glad you know what you're looking for.

M: It's nice to have an image. We've packed some small, light very nutritious foods like berries, nuts and legumes and some extra berries for Draggy. *(Whispers)* He loves those berries and he likes to eat many of them. *(Giggles)*

J: Are they one of his favourites?

M: *(Laughter)* Yes! He loves them. *(Chuckles)* Now that we're organised and ready to go we can relax for the evening and enjoy the festivities. The men and women dance around a large fire blazing into the night sky. It's like they're telling a tale, stamping their own cultural imprint on dance and music. The children are sitting around with us watching as well; sweet little children who remind me of my sister.

(Becomes emotional) I can't wait to see her again and for her to be well.

J: She's in good hands.

M: Yes, she is in beautiful hands. And so we call it a night because in the morning we are on our way once more.

Chapter 27

THE GUIDING LIGHT

M: I awake to face the final stretch of our adventure and immediately go into meditation, connecting myself to the earth and her vibration. I call upon my guide Emracon and open the pathway of communication between us, inviting him to journey with me. He appears just off to my right. I call in all of my helpers in the spirit realm to travel with me, to keep my path sure and clear, to support and protect me. I connect with Draggy, he's already awake and excited about what lays ahead. It's so wonderful that he's as determined as I am.

J: That must make a huge difference.

M: (*Teary*) Oh, it makes the world of difference. To share it with him is such a beautiful gift. Then I call out to my family and tell them that today is the day that we'll reach our destination.

J: Wow, they must be pleased.

M: Yes they are, mum is so proud! I introduce Emracon to let her know that I'm being supported by him on the spiritual realm. She's really grateful and also reassures me that the family, the household, the galactic council and community are all with me. Such a responsibility, wow! I really feel adult now! (*Chuckles*)

J: Yes, it reminds me of the saying about the deep end. (*Smiles*)

M: (*Laughs*) The magnitude of it!

J: But look at all the support you have too.

M: That's correct, there's greater support for my success than an army of energetic disturbance. It's so brilliant to be able to see and know that. Mum says that Isobel is getting better. She has been asking for her favourite foods lately, which is a good indication! (*Giggles*) She's starting to take advantage of the situation! (*Laughter*) Good to see her little spirit coming back. (*Sighs*)

J: That must set your mind at ease.

M: What a relief! (*Teary*) Because really, this is for her, this is for the ones that I love. To be surrounded by so much love and to be able to radiate that back, what a privilege it is to love! To love with all of your being! This is one thing that evades these energetic beings that cause such disturbance.

J: They've forgotten how to experience love.

M: It's sad but the moment they want to reconnect they can.

J: So they have the choice but they choose not to at this stage.

M: I'm not really sure how they work but they've definitely turned away and channeled their loving potential into being menacing and destructive. Isn't it interesting how love doesn't actually disappear completely?

J: You mean however menacing they appear, there's still love in them?

M: Well, their love for that, destruction. So I bid my family farewell and finish up my meditation. Everything is packed and Draggy is ready to go so I thank the tribes people for their hospitality and generosity and assure them that we'll pass through on our way back. I mount Draggy and we take off, waving to everyone until we're pretty much out of sight.

J: It must feel nice to be on your way again.

M: Yes, and I embrace Draggy so tightly, indulging myself in our connection. Such a depth and clarity of radiating love. I position myself so I can look straight into his right eye and eye-gaze with him. I just want to look deep into his soul and let him know that he radiates like a beautiful jewel to me.

J: I'm sure the feeling is mutual, isn't it?

M: It is. I give him a kiss and a big hug and then sit upright to observe the scenery. The air is misty and has quite a chill to it.

J: Good thing you're well prepared then.

M: Yes, and Draggy can do this really interesting thing, he can turn up the fire within himself to feel comfortable.

J: To keep warm, you mean?

M: Yes.

J: Wow! So that's how he regulates his own temperature in varying climates, he does it consciously.

M: That's very clever of him.

J: You'll have to get him to teach you how to do that.

M: (*Laughs*) I can't breathe fire!

J: That's a shame! Hmm, he'll need to teach you how to do that too.

M: (*Laughter*) I don't think my airways are equipped for such a thing, I might do myself some damage! That's a talent he can have all to himself! (*Chuckles*) The terrain has become quite mountainous, Draggy ascends nice and easily so that we can clear the peak in front of us. He takes a breath and elevates himself a little, then takes another breath and elevates a bit further still. Whoa! This is high altitude! Against this mountain even Draggy seems small and insignificant. It's bigger than anything I've ever seen, very steep and angular without any flat surfaces on the tops at all. The rock is very dark and partially covered in snow. We reach the top of the mountain and we're so high! Then we start to descend to get to a more comfortable altitude but there are still a lot of mountains we have to maneuver our way around, it's not a straight path. This goes on for a while and is quite strenuous, I can understand why they wanted us to be well prepared and well rested. The terrain is amazing though. Feeling the atmosphere so cold on my face I notice that it looks different too.

J: In which way?

M: There's something about the temperature that changes the form of the atmosphere.

J: Is it finer or denser?

M: It feels a bit denser which means the pathway isn't as clear, a lot more mental and physical effort is required. The flow feels restricted, which must be quite exhausting after a while. I remind Draggy that he must tell me the moment he starts to feel fatigued and we'll find a resting space along the way. We can't afford

to be physically exhausted. It has started snowing and is really hard to make out where we are, I can feel the strain in my third eye. Draggy will be relying on his connection with the earth to guide him now. He turns up his inner temperature even more.

J: Is he doing okay?

M: He's doing very well and after passing through the snowstorm we've been able to find a place to rest. Wow!

J: What's that?

M: I'm looking out over the landscape and it is impressive! It's very different to anything I've ever seen before. There's a frozen lake adjoining a slightly elevated plateau of flat rock and some large boulders, beyond that the mountains ascend high in the sky.

J: It must be nice taking in such views while you're resting.

M: Very nice indeed! We have something to eat and then meditate to ease the mental strain and fatigue. After taking the time to recuperate, Draggy and I discuss which direction we should go next. It seems that we're going to be traveling over this vast body of ice and rock, which will be most helpful because we'll be able to glide just above it. I mount Draggy and off we go.

J: Are you far off the ice?

M: Probably a couple of meters. It's a nice sensation; we're really enjoying that! (*Chuckles*) I can see something a little bit further ahead but I can't make it out at this stage.

M and J simultaneously: We'll get there soon enough. (*Smiles*)

J: Is there anything else that catches your eye along the way?

M: No, I'm only focused on what's ahead. (*Inhales deeply*) Now this is getting exciting! I can see a glow of colour coming out from the ground just like Tamiara had said. I see it off in the distance and Draggy can see it too! But we still need to pace ourselves. It's as if the anticipation of arriving has a particular taste and smell, I'm experiencing these sensations acutely. As we approach it becomes clearer and more vibrant. The colour is a shimmering, metallic indigo blue hue.

J: Your guiding light. (Smiles)

M: Yes! It doesn't take us long to reach it. We circle a few times in wonder and amazement that we've made it, that we're actually here.

J: Congratulations, that's a big achievement in itself!

M: It is!

J: The opening in the earth that you spoke of, is it a cave?

M: It's a crevasse. After observing it for a little while from the sky, we land. It's amazing because I can already hear a sound, as if it were a tuning fork. There's a kind of humming.

J: Do you think this sound is the vibration of the crystal?

M: Maybe, I'm intuitively aware that I need to attune myself to it. This will continue as I proceed with the rest of the journey on my own, Draggy is too big to enter. Once I tune in to the frequency of the crystal I'll be able to communicate with it and understand the information stored within. First of all, it's as if I give it permission to penetrate me with sound, I feel a pulsation of waves entering into my body. Now this is interesting! It's helping my molecules attune to their frequency, their movement to this particular sound.

J: That's an interesting process.

M: Very much so! I guess we all do it some way or other, based on the interacting energies that we have around us. This makes a good example because it's so obvious, but we also need to remember that words are sound too. The tone of the voice conveys a lot of meaning in an interaction. We do things subconsciously that allow us to either take those sounds in or block them out, adjusting our frequency accordingly. Attuning like this is the only way for me to be able to clearly hear what's contained within it, the information that I want it to communicate to me. It's time to go so I gather my equipment. Draggy and I spend a few moments eye gazing. He'll be accompanying me energetically along with Emracon. I make my way to the opening, look down into it, then back at Draggy one last time.

Chapter 28

EMERALD

M: I'm standing at the entrance of the ice crevasse, it's a large enough opening for me to step into but it's snug. As I look down into it, I can see that it becomes darker and darker. I'm told immediately to see this in a different light, to see it in a way that's reminiscent of being born. This readjustment process helps me stop fear creeping in. I reach out and touch the walls either side of me with my hands and I'm reminded of how comfortable, protected and nurtured I was going through the developmental birthing stage of coming into being, into this physical form. This way I don't feel overwhelmed by the darkness, like the walls are closing in on me.

J: How does that feel?

M: It feels like I can trust the other senses of my body so much more and become more at one with my surroundings, like I'm surrendering my sense of self! From this point onwards I need to keep my eyes closed and trust my inner vision to get me to where I need to go. I begin taking very steady, deliberate steps.

J: Does your inner vision give you some sort of indication of the ground that you're walking on?

M: Not entirely yet, my spiked boots crunch into the ice and I'm using my hands to follow the walls until I get to a point where I can see with my inner vision. This is going to take a few moments, I have to use all of my focus to feel into every minute detail of what my body is sensing and how my body can project outwards.

J: It must be quite a different sensation to always relying on your eyesight.

M: Yes it is, and I'm encouraged to keep my hands by my side because they're distracting me from my feet and feeling into my body of where I am. This could be a long journey. I feel Draggy with me energetically. In a way, he's gifting me his eyes and assisting me with his inner vision too. As I continue doing this, I see my feet and the surroundings around them begin to illuminate as if it were day. This is a wonderful sensation that allows me to trust more in every step that I take. The funny thing is, the more I trust, the more illuminated everything becomes, and the more illumination there is, the more I trust. It gets to a point after several minutes where the crevice is half illuminated, up to eye level. It's as if I can see with my own

eyes but they're closed!

J: That must be an amazing experience!

M: Yes, and walking more confidently in the beautiful energy of trust concerning my abilities and the connection with my surroundings, I feel myself illuminated from within, which illuminates everything around me. It's as if it were the brightest day! Seeing this magnificent ice structure in this way, in its own consciousness, is incredibly beautiful!

J: It must also sense you then.

M: Funnily enough it does!

J: It would enjoy having a visitor.

M: And to be seen in this light. The ice is able to appreciate itself through my eyes, sensing itself as a beautiful structure. I can see and feel the rainbow colour spectrum reflecting within it, similar to how a crystal glimmers, shines and mirrors the light through countless facets. It goes so deep! This massive body is a living, breathing organism, which disintegrates, decomposes and rises up just like any other living organism. There is a soul within it.

J: And so one day that soul will move on as well.

M: Yes, one day it too will change its form. Wow, this unique being inspires a humbling respect through sharing with me its beauty and grace. Such stillness and magnificent perfection. I feel the cold on my face and yet I feel very warm and welcomed. (*Talking to the ice*) "What an honour to meet you." Now that I've recognized her, she shows me the way. There's a decline in front of me, it's not too steep but will require me to use some of my tools.

J: What do you need?

M: I use my picks to brace against the walls and make my way down. It's still quite a narrow little way. My concentration remains firmly intact because I know that the moment I open my eyes the connection to all that around me will be lost, I would be in total darkness even if I were to feel just the tiniest bit of fear. Fortunately I find myself in the deepest awe of my surroundings.

J: It seems you're doing very well, are you making good progress?

M: Yes. I've come to a big opening, a very spacious area where the ice and the mountain meet. I thank the ice being for allowing me a safe journey and for her assistance to this entry point. There's a level of adjustment required so I allow myself to stay here for as long as I need. I put my hand up against the rock wall to tune in. A pathway has revealed itself to the right of me, it curves around a bit to the left as I make my way through. This section seems to require all of my concentration, all of it. Fatigue is starting to set in so it's time for a rest. After sitting down and having something to eat I'm almost ready to undertake the next part of the journey, everyone is here showing their love and support. It's a beautiful sensation that I'm feeling throughout my body, which has the effect of amplifying my connection with the mountain. I begin my descent into the deeper recesses of the earth.

J: Are you being guided as before, with your eyes closed?

M: Yes, definitely. I have not, at any stage, opened my eyes since closing them at the entrance of the crevasse. It's like I'm drawn towards... There's a being here!

J: A being?

M: Yes, an emerald being.

J: What does it look like?

M: Very skinny, almost like a stick. It's a light being, energetic in form with very simple features and no mouth, well not a functioning one anyway. It does not need to speak words.

J: Is it friendly?

M: Yes, the emerald being is part of the mountain, it resides within the rock. I have entered its territory and it introduces itself simply as "Emerald". It functions mostly from the heart chakra, radiating emerald beams of light. This is the essence of its form, hence why it has a skinny, stick like appearance. Ah! (*Becomes teary*) It's the spirit from within the crystal! (*Joyously*) I am so humbled by my fortune to be able to communicate with it already, even before I have fully arrived at my destination. It would like to ease my concern around not being able to unlock the messages within or communicate with it. I am assured that I already have the ability to do so, "So remain calm and still. Remain focused and sure of every step that you take in

the trust that you are embodying right now. The closer you get, the surer you will be. Don't allow yourself to waver in any way. Already, you are successful.”

J: Now you have the ultimate guide!

M: (*Chuckles*) Wow! Emerald illuminates the way for me even more, giving me the opportunity to really enjoy this experience for myself. (*Teary*) I am so touched by the grace of being in this deep state of connection with complete knowing and trust! I guess I could be anywhere, at any time, in any situation, but it has all led me to this moment! I'd say that everyone gets an opportunity to be in a moment like this, if they allow themselves to be guided to it. This beautiful light being is simply mirroring back to me my own heart consciousness, my own emerald jewel within.

J: And all the while, are you still moving towards the crystal?

M: With the same measured, deliberate steps. (*Overcome with tearful joy*) And I arrive! I arrive at the opening of this beautiful cave! It's so bright with the energy of the crystal. As I move closer towards the entrance I stop to take in the awe of this amazingly stunning jewel before me. (*Laughing and crying with glee*) I burst out crying in such utter joy that I've made it! I made it because of the love and support of all those around me. And even though I physically walked this path on my own, I was never ever alone! I was fully held, embraced and nurtured to this time and this place! All that allowed me to be here right now. (*Laughing*) I can see my own heart chakra illuminating as well, linking with the crystal as I embody these feelings. It has the most beautiful emerald green centre and crystalline light glowing around it. This is what we are; we are all a beautiful jewel shining the most brilliant light. That's the power within us all. It inspires me to take a moment for myself and indulge in it, I share this vision with Draggy and he smiles. There's nothing we need to say, the vision and the emotions say it all. I can spend as much time here as I need, as I want.

J: Enjoy the moment.

M: I share it with my mum and she's brimming with joy. (*Teary*) I share it with Isobel too. Then I remind myself that I can share it with everyone soon enough. I need to bring myself back, back into this moment. What a beautiful place to be!

Chapter 29

THE CRYSTAL

M: I'm feeling such overwhelming sensations in my body. (*Tearfully*) Draggy is right here with me feeling it too. We found the crystal!

J: Overwhelmed by happiness?

M: Yes! There's a myriad of emotions impacting us all at once. (*Giggles*) I'm not really sure what to do now so I stand before the crystal and give these emotions time to work their way through my body. They pass through like waves, I don't try to resist them or hurry them up because switching myself off in that way would reduce my capacity to enter into deep communication with the crystal being. It's important that I honour myself in this moment and process these emotions.

J: Take all the time that you need.

M: Thank you, thank you so much. (*Smiles*) Emracon is here supporting us too. It's funny, because Draggy has always been such a solid rock for me, I've never really fully comprehended just how much everything may have impacted on him. What a magnificent being he is! I can't thank him enough for being here with me.

J: I'm sure he really enjoys being there with you.

M: Yes, he does. (*Sigh*) And we take in this moment for ourselves. The joy, the excitement, the relief, and emotions I can't even describe, emotions I have never felt before. I am instructed to pick up the crystal. It's heavy! No wonder they gave me such a large pouch! It's more like a harness.

J: Well, they knew it was going to be big.

M: I had some idea too but it's different seeing it before me.

J: Can you feel the energy of it?

M: Yes, I can really feel it resonating into my body. Taking it from its resting place changes the way the cave feels now, I thank the cave for providing the crystal such a safe and beautiful place to be stored. Now it's time to start making my way out.

Walking back is not so difficult because the crystal provides some illumination from the immense energy that radiates from within it.

J: Are you able to open your eyes to walk out?

M: Yes, but I choose not to. It's much better the way that I did it before. And now that I have the crystal, I seem to be able to do it with a lot more ease, dropping into it almost naturally. I've come to the ice portion again and it's radiating happiness. I can sense it joining me in my elation.

J: It would have enjoyed playing its role, I'd say.

M: Most definitely, how amazing that I got this opportunity to share in its level of consciousness. In comparison, I think of the energetic entities that are trying to take that away from us and I won't have it. I won't have it. The entrance of the crevasse isn't far away. Soon I can begin to unlock the information that we need. Oh! (*Begins to laugh*) It is so good to see Draggy again! Oh, and he lifts me up. (*Joyfully*) I show him the crystal, wow! I feel like I need to have a big stretch! The fresh air and the light of the sun are so welcoming; the journey into the ice mountain and back took most of the day. Fatigue is setting in so we decide to camp nearby, there's a cave on the side of the mountain that looks suitable for us both. Draggy can carry the crystal, as it is very light for him. (*Smiles*) I'll spend some time alone with it tomorrow before making the journey back. We make a fire at the opening of the cave, thankfully we brought a supply of wood because material for a fire is pretty sparse around here. We have just enough to get these special stones hot enough to heat through the night. They're a really great source of fuel because they glow like embers.

J: Did the tribe give you those?

M: Yes, they use these stones, they're really amazing. I watch them glowing and fall asleep.

J: Goodnight. (*Smiles*)

Chapter 30

THE CHANGE OF SEASONS

M: I am just waking up, we're in the cave together and Draggy is still curled up asleep. Everything feels so peaceful, crisp and still. Remembering the crystal I reach out and pick it up. I want to sit with it and attune my frequency, so I hold it in my lap and stare into it with my inner vision.

J: What do you see?

M: An intense emerald glow. The cluster of clear quartz terminations encasing the emerald jewel is very reminiscent of the mountainous landscape. This is an absolutely stunning crystal and a very impressive size. I'm allowing myself to open up in communication with Emerald, the spirit being inhabiting it.

J: How does the crystal make you feel when you're tuning into it?

M: It's like tapping into the passing of ages, the records of time immemorial. Through the cycles and the changing of seasons everything essentially remains the same. Even though I may experience turbulence around me, storms and fierce winds, I will also experience beautiful sunshine and clear skies. There's an inner knowing that I can remain solid in the core of who I am, in my truth. I feel an immense sense of security and comfort in that realisation and it's a beautiful reminder of who I am essentially. With this knowledge it doesn't matter what happens around me, the storm will eventually move on. As will this energetic interference because it isn't going to get what it wants. I communicate this to my mother so that it can be shared with everyone, the perfect image of the mountain and the essence within every living thing. We must remain unwavering in our knowledge that we're living the truth of who we are and this disturbance will pass. There's more to come but now I feel the need to press on.

J: To begin the journey home?

M: Yes. (*Giggles*) Draggy just woke up, it was very exhausting for him too. I'm smiling at him and saying just how amazing he was in assisting me. (*Chuckles*) I share with him what I have already learned while we eat some of these amazing berries.

J: Are they the berries that the tribe gave you?

M: Yes, they have this intense flavour. Mmm, like a metallic, gritty flavour and you don't need many as they are so nourishing. It's like eating super sweet soil.

(Laughter)

J: And very tasty, you say?

M: They are full of flavour! We'll take these stones with us too because they're reusable, they last and last.

J: Will you need them again?

M: Maybe, and if not, we'll give them back to the tribes people.

J: It'll be nice stopping by to show them the crystal on your way home.

M: I do feel very protective of it though, no one else should hold it. The less interference, the better I'll be able to communicate with it. They'll understand.

J: So you'll be on your way soon, will you?

M: I'm mounting Draggy now. "Let's go!" I look back at the mountains and the ice glacier and I thank them for their kindness and assistance. What an amazing experience it was to communicate with the ice in that way! It paints such a beautiful picture when you understand that everything, not just the living elements that are moving and growing, like plants and trees, but all those that seem still and immovable, has the ability to communicate and has a level of consciousness as soul beings.

J: I'm sure they really enjoyed your visit.

M: Yes, I don't think they get many visits. *(Smiles)* But I think their sense of time is a lot different to ours, it would have to be! *(Chuckles)* It would have to be.

J: What's the weather like for the journey ahead? Is it a clear day?

M: No, there always seems to be a kind of mist to the atmosphere here. Though I have not been here for long, maybe it's just this particular season. But it's still misty and quite cold.

J: Well Draggy knows where he's going, doesn't he?

M: He sure does!

J: It must be nice knowing that you have what you came for.

M: Oh that's exactly how I'm feeling! At this point I don't even have my eyes open, I'm just resting against Draggy while he's flying. We're in that element of pure guidance using our combined telepathy to lead us home.

Chapter 31

COMMUNICATION

M: As we are flying, the decision is made to journey straight home. We won't be stopping in at the village to see the tribes people.

J: Why is that, do you think?

M: We need to get home quickly, they will understand.

J: Has the situation become more urgent?

M: Yes, we fly over though. Some of them have seen us and are waving as we pass by, I send out an energetic flower of thanks. We've locked into the hexagonal portal and can't wait to get home. I feel Libriana here with us so strongly, she's already tuning into the crystal to assist me in understanding its language.

J: I'm glad you won't have to translate it by yourself. Is there anything else of note as you travel home?

M: As we're flying I can see her making preparations for some kind of ritual and I feel everyone calling me home. It's very intense and the pull to rush is very strong. I remind myself to be centred and steady, it's affecting Draggy as well. *(Long pause)*
Jolene: I'm dropping out.

J: What's happening?

(Pause. Malémene returns.)

M: After all these sessions we've spent together communicating without using telepathy, I'm starting to understand what it must be like for you Jason. I feel a sense of sadness because you've lost the beautifully strong connection and intimacy of relating that telepathy provides. I found myself receding from our communication in frustration.

J: Unfortunately at this point in time we aren't accustomed to communicating that way, and therefore are not even aware of what we are missing. I'm sure it's only temporary.

M: Yes, that is true, it's only temporary and very temporary for you.

J: So there you go! In the future the two of us may even be communicating telepathically! (Smiles)

M: There's no doubt that your ability will come back to you.

J: That's very encouraging! And so, where were we up to?

M: Feeling the call of home so strongly.

J: Okay, and you've decided to take the time required.

M: Well, we must because otherwise our energy becomes uncentred and our vibration erratic, then we are useless as far as the crystal is concerned. We are so focused on this portal leading us home that our surroundings are a bit blurred, it's time to stop for a rest. We find a place that's deserted, there are trees in the distance and it's quite rocky. I gather scraps of wood so that I can tune into Libriana through the element of fire. I want to apologize for leaving before.

J: That's all right.

M: It was very insensitive of me.

J: That's okay, it must be strange for you communicating what you need to say solely through spoken word.

M: Yes, it is strange but still, I live in a reality that operates from the heart-space so I should have compassion and love for the reality that you live in. This has been a good lesson for me.

J: And so you lit a fire and you're communicating with Libriana.

M: Yes, it's like I can see her through the flames. Using sacred geometrical resonance, she places different geometrical shapes of multidimensional structure in my chakra centres, aligning them with a certain calibration. Mathematics is a sacred art, the language of universal law. Alignment is mathematics and every alignment has an equation. Some are quite powerful.

J: Would understanding the crystal could come down to a mathematical formula?

M: Absolutely, through the keys of sacred geometry. Hmm, now I can see the crystalline being formulating within the smoke.

J: What sort of form has it taken?

M: Oh wow! He's a hybrid of a humanoid and a dragon. He has the head, torso and arms of a humanoid and the wings and the lower half of a dragon, the tail and legs. This is how he can meet the frequency of Auberone and myself; he's meeting us both in order to relate to the crystals frequency. Our means of communicating is now very similar to how Jolene channels, each party adjusts their frequency to meet in the middle. *(Chuckles)* It did not occur to me even though this is the natural progression of relating on all levels, that we meet each other by forming a bridge mutually. Libriana is very pleased! It's so nice to be able to share this moment with her and Draggy. *(Smiles)*

J: Are you able to ask any questions?

M: This is just an introduction for now. He would like to be called Emerald, signifying the light being that he is. I am in awe of his ability to change his form and frequency in order to meet Draggy and I. Isn't that amazing?

J: Very much so!

M: There won't be any thorough questioning till we get home and I'm being shown that it's not just a matter of asking questions. He will be downloading certain images and frequencies, these are some of the ways in which the information will be imparted. It's not just a matter of asking, "So what do we do now?" That's not how the process works. This is a lot more finely tuned. Even though we can ask questions, telepathy works through relaying images, flashes of thought and other methods I can't describe, they're beyond words. This is how I will communicate with Emerald and the crystal. I would like to explain it further because it would help you have a better understanding.

J: Okay.

M: It's a meeting of minds. Our alignment allows his experiences, information and knowing to become mine as if I had actually experienced everything myself. I'm open to the sensations and imagery of what he wants to relay to me, of what I am seeking.

J: Using that as an example, are you sharing your experiences with him on the same level?

M: Yes I am, there's a mutual benefit for all involved. We have come to these crossroads of knowledge sharing because he has what I need to be able to move forward along my path and vice versa.

J: What are you sharing with him that he requires? Are your experiences able to help him somehow?

M: I don't know, I'm a little stumped by that.

J: That's alright, the answer may present itself along the way.

M: Yes, we'll be spending a lot more time communicating so it will definitely become clearer as I go.

J: This will benefit us as well, to understand how we can improve our levels of consciously communicating.

M: I am very happy to share what I can with you. Otherwise, how are you going to develop your sense of telepathy?

J: Well, it will just take a bit longer.

M: But you'll need the knowledge.

J: That's right.

M: It's a privilege to help you move towards that sense of reality, towards re-obtaining your gifts. *(Smiles)* I'm glad we had this conversation so I can understand your position better. I have to say, I was getting a bit frustrated because I don't fully understand your limitations.

J: Well, fortunately you don't have to live with those types of limitations where you are. It's nice that we've been able to further understand where we're at. Thanks for taking the time to do that.

M: My pleasure, one day it will be nice for our minds to meet.

J: That will be nice! *(Smiles)* I'll let you get off to sleep now, you've got another

big day ahead of you.

M: Oh, we do. I'm giving Draggy the biggest hug. He really does give all that he has, I am so grateful!

J: I hope you've been giving him lots of berries. (*Smiles*)

M: (*Laughter*) His favourites! It's nice finding joy in the simple things. And now Libriana bids us farewell, Emerald retreats back into the crystal and Draggy and I get ourselves settled so that we can get sufficient rest to continue our journey home.

Chapter 32

TWIN SOULS

M: Hello! (*Smiles*) I'm still dreaming! Libriana is working with me in my sleep, as you know she has been aligning my chakras with the frequency of the crystal's energy. This is another adjustment. (*Pauses*) I can feel that Jolene isn't well.

J: Is there anything we can do about that?

M: Simply acknowledge it.

J: How have you sensed that she is unwell?

M: Our minds are connected, I can feel it.

J: What sort of symptoms is she showing?

M: Like nausea in the solar plexus and also a headache.

J: What might have caused that?

Jolene: (*Becomes emotional*) It's me crying, I'm trying my best in the light of everything.

J: That's all that you can expect of yourself, you're doing very well.

M: I'd just like to mention that Jolene is a bit slower today. She'll need more time than usual.

J: That's alright.

M: (*Smiles*) Okay. The work that Libriana is performing is reminiscent of an energetic adjustment; she's realigning the multidimensional geometrical structures that have been placed within the chakra centres. It's amazing really, and so wonderfully efficient that it can be done in my sleep!

J: Yes, that's very practical.

M: On a personal note now, Jolene and I have found it interesting how there have been some parallels happening throughout our communication. Here I am experiencing myself coming into a more specific frequency in order to complete my work and Jolene is experiencing the same. Where I live there aren't many disturbances in the environment so it's not that difficult for me, but in the density of your world it must be hard for your bodies to adjust on so many levels. There are a lot of people operating on very low frequencies of consciousness. It can't be easy for Jolene to open up to higher levels of frequency without completely understanding how to keep herself stabilised throughout these adjustments.

J: Yes, it's an ongoing challenge.

M: It's a challenge for all those going through the experience of their conscious awakening and expansion. Jolene doesn't have the support network as amplified as I do, there are a lot of people that can give me the energetic and physical support that I need. She's been so impressed with my courage and strength but she embodies those characteristics on the same level.

J: I think she may be starting to realise that now, that it's all there within her. Your story has been very encouraging to both of us.

M: I can sense how you're evolving through my journey. What an amazing opportunity to be able to reach out to each other through the dimensions!

J: It is amazing! Is there any way we can gain some insight into the dimension that you are in, in relation to ours? Is this a past life of Jolene's? How does this all fit in?

M: It's a parallel universe.

J: Okay, and how is this communication taking place?

M: We're on a similar wavelength. In essence, we are what you describe as twin souls. I am a part of her and she is a part of me.

J: Though leading separate existences and separate lives, in separate worlds?

M: Yes.

J: Very interesting, especially that we've reached a parallel dimension using the past life regression technique. What an intriguing development!

M: Well, it is simply the truth. (*Laughter*)

J: That's what we're looking for. (*Smiles*)

M: And we all, here right now are seekers of truth. We don't want to waste our time with anything else, the truth keeps us safe and allows us to be free. That is why it's so essential I adhere to the truth because that is what will liberate us from the energetic warfare we're experiencing.

J: As it will free us here in our dimension.

M: Exactly.

J: Will you be heading home when you wake up?

M: Yes.

J: Is there anything else of importance in the attunement that could be beneficial to mention?

M: Hmm, I understand that you would like to flow into the next part of the story but it feels very fitting to talk about this energetic interference further.

J: Okay. Well, here on earth we've seen how it can extend into the physical realm once it takes hold. War has been commonplace for a long time now.

M: This interference is another parallel of our experiences across different dimensions. Mine is the experience of its onset and yours is of its outset, of it drawing slowly to a close. I feel the need to let you know this is real, that you really are on the journey out. This is an important message to disclose within the book.

J: Conditions will be improving then.

M: Yes, more and more people are working towards the truth now, it's just a matter of time. The reason why this communication has been orchestrated is because this message of my existence is actually the existence that you will be coming into, of remembering who you are, how you are meant to be, how you once were.

J: Humankind is beginning to emerge from quite a precarious situation. We're moving from a lower energetic existence to a more expanded one.

M: Exactly. It's about breaking the chains that bind you, releasing the illusion that binds you and becoming aware of how everything on earth is full of consciousness. Everything, no matter how little the consciousness, is vibrating. Remember the fact that you are consciousness itself, the "I Am" consciousness. This is what the energetic interference is trying to take away from us, the remembrance of our consciousness, of our "I Am" consciousness. The outset of your experience here is about remembering. Ours is about never forgetting, it's about holding on to our reality of "I Am" consciousness and how we are all connected.

J: How interesting! You can see where your consciousness will be heading if you forget because you can see where ours has ended up.

M: That's right.

J: And you can see where we're heading by looking at what you have.

M: Oh my goodness! I have this amazing surge of energy going through my body! Jolene has the same.

J: Wow, what's that about?

M: Exactly what you just said!

J: The realisation of what's happening?

M: Yes.

J: Well then, have a good look around here on earth, you don't want to go through this.

M: No, I already had a sense of the sadness and the destruction that comes with the loss of the innate knowing, the loss of the connection. I can feel in Jolene's body just how much the soul and the body struggles to come back into that realisation when it has been lost, even for a brief moment.

J: Like you pointed out in the last session, our levels of communication cause difficulty for you sometimes because you don't understand how we could have forgotten. It's very hard for us to return.

M: Using the word 'hard' could be discouraging.

J: Okay, we're only just realising that there is something to return to at all.

M: That's it! This provides the opportunity of remembering that spark within, that niggling little itch, the feeling that there has to be more to life than this. Well, that's absolutely correct, there is a lot more to life than this!

J: I think most people sense or know that on some level.

M: For sure! There's no doubt. The question "Who am I?" is so prevalent in your realm because people are coming into their conscious awakening, it's just that there hasn't been any sense of direction in dealing with it. I was fortunate that when the question arose in me I had everything around me to support and guide me towards the knowledge.

J: And the answers.

M: Yes, to find the answers that I required. The training with Nemesoul and Libriana over the years seemed like such a beautiful adventure but it was actually the passing of knowledge. I've been very fortunate but it's never too late. It really doesn't matter when it happens but that it happens. Imagine not having it at all, still being lost from whom you really are.

J: Your insights into our world situation were very interesting.

M: It's amazing where this journey has taken us. It feels like the meeting of minds and a meeting of souls, like we've really been able to fine-tune that over the year.

J: Yes, it has been a journey!

M: I will depart now and return to that deep sleep state so that Libriana can finish her work.

Chapter 33

EARTH

M: I don't really want to go into too much detail about our journey home because it was simply us flying straight back. *(Tearfully)* The experience has really taken an emotional toll, especially on Draggy. On the way I showered him with healing energy to calm him and bring him back into his centre. That took all of my focus. *(Crying)* My immense love for, and attachment to him, is how he feels for all of us, our animals really do love us dearly. Towards the end, it was almost as if he was frantic to get home and help Isobel and all of our loved ones. He has invested as much in this work as anyone else. Now he just needs some rest. I've put the crystal next to him so that he can bathe in its light, in the bright, beautiful ray coming out of it. I hold and nurture him as I discuss with Libriana, Nemesoul, Ibuccu and my mother the vision that I had.

J: Oh yes, and what did they make of it?

M: There's so much to tell them that I feel like I'm just downloading. They're asking questions and taking it all in. *(Chuckles)* Isobel is well again. She comes in and hugs Draggy, and myself too. That's beautiful because it gives him some of his strength back. *(Cries)* And Baine, I have missed him so much! I'm telling everyone about this dream of astral traveling to another planet and feeling the thick, heavy fog surrounding it.

J: That was our planet you visited, wasn't it?

M: Yes, it was. It is literally overthrown by an energetic interference similar to that imposing itself on us, yet it's speckled with so many people that are consciously working and trying so hard. I can see the little sparkles of light, of their souls flickering, it's as if the earth is covered with fairy lights. *(Smiles)* And even though these lights seem small, they emanate so much light that they're actually taking away the darkness. But because of the heaviness of the fog that surrounds them, they don't realise how brightly they're shining. They can't see how their light is a beacon for others, hope for those that are walking in their sleep.

J: That would be quite a disturbing vision for them to see.

M: *(Tearfully)* Yet it is humbling to see these beautiful glimmers of light sparkling

through the fog, to be walking in amongst them must be an ordeal full of despair. What a sad way to be, shrouded with an illusion that your light doesn't shine bright enough, that you aren't making an impact, that you are not the light. This vision is such a lesson for us.

J: Of what can happen when the connection is forgotten.

M: Absolutely! But this is all that the energetic interference has the power to do. It does not have the power to destroy love and light; it can only give the illusion of doing so.

J: People are waking up to that now.

M: Yes, they are. I can see more and more lights switching back on, attracting others to them so that they can shine their light also. But what a lot of work and struggle, of weaving in and out of trust and hopelessness. That you weave back into trust and hope is magical in itself. *(Smiles)* What a beautiful paradise you have, it's just hard for you to see through the smog.

J: Those occasions that give us a glimpse provide the motivation to keep going.

M: Yes, and I understand now that the crystal is like a book, a record keeper of all the information within the entire multiverse. It gave us the piece that we needed to see so that we could reflect back on the truth of our existence. We have so much to lose but fortunately the record of your struggles will help us deflect that from our future pathway and avert immanent danger.

J: So you're formulating some ideas of how to do that.

M: Exactly. Over the course of time, we will be able to reinforce this in our teachings. This also has the potential to facilitate you all in everything you have to gain. The essence of who we are and how we exist, I'm sure, is how you used to exist; it's about returning back to the truth of your existence. A spark has been ignited, beginning a search for something more, something deeper.

J: And that void can't be filled with what is being presented as a solution.

M: Not in the material or the ego plane.

J: No, so the search continues and some are starting to find what they are looking for.

M: Know that this is happening on an individual and a collective level, you are finding each other and you are finding the truth. Despite all of their efforts, they can't stop it, they don't have the capacity or the power to do it with each individual life journey that is experienced on earth. The awakening is the realisation that you are love, light, connected and divine.

J: In your civilization, you know this already.

M: It is taught to us from the moment we are born. As well as education though, it takes a constant reminder of our connection to each other. It requires the same amount of effort as any other conscious relationship, there's the fundamental groundwork that keeps it strong. We cannot be complacent in thinking that because we have this existence, this beautiful reality that it can't happen to us... well it absolutely can! So as long as we pass on that knowledge to each other and make it a daily vigil to return to our centre and our higher selves, our higher consciousness, we can keep ourselves strong and safe in the vibration of love.

J: Knowing what's needed to be done then, how does that help you from this day forward?

M: It will be part of our strategy, part of a mass broadcast through the galactic council and family of planets. We will be informing everyone about these current events, the insights we've been shown and what could potentially happen if we sit on our laurels and hope everything is going to be okay. Our collective force must match the energetic disturbance.

J: If it doesn't, the interference has an opportunity to infiltrate.

M: That's absolutely correct, there cannot be any passivity or inaction.

J: It seems to be the only line of defense, doesn't it?

M: Yes it is actually, it's also the most beautiful line of defense. It is the exact thing that everyone wants, to belong, to have a sense of connectedness, safety and love. To be accepted for who they are and be secure in that.

J: Do you have any idea when this broadcast may be scheduled?

M: No, I'm not sure of the intricate details but it does make me reflect on how this has all unfolded. I simply sit in quiet reflection of how it has led me to this point of

really coming into my knowing. I now know that I am love, I know my truth, I know who I am.

J: Finding your truth allows for greater appreciation of it, otherwise this meddling may not seem like such a significant thing.

M: And that is the underlying current that slowly etches away at everything held dearly and before you know it.

J: Things end up like they are here on earth.

M: Yes.

J: It's nice picturing the lights being switched back on.

M: Oh, they have been flickering through the ages, believe me. More and more are switching on all the time, emanating through the negativity. You can't be ignorant of the awful things that are happening in your realm but the main focus needs to be love.

J: In order to change something you have to be aware of what is going on in the first place. The question is how do we react?

M: It needs to be through your connectedness, through your innate truth. (*Sigh*) So many people have been giving their power away to all sorts of forces in the belief that they are not of the light simply because they are human. That is the illusion which must be removed from the collective consciousness of humanity.

J: This would present living in the light as a practical process rather than something that's just talked about, a philosophical exercise.

M: Yes, as we've mentioned before, when you're doing something you love, you're already immersed in that vibration of love. If you all could see through your inner vision you would recognize each other in the collective force that you already are.

J: That inner vision is being rediscovered so it's only a matter of time until it returns to the majority.

M: There's such a force behind you energetically. If you could see the multiversal reinforcements that are constantly being sent to you, your world would be turned

around in an instant. It would be like the crumbling of the Berlin wall on a global scale.

J: That analogy will serve as great encouragement! (*Smiles*)

M: In the meantime we have this method of communication. What an amazing tool that you've been able to use so that we can contact each other, it's a beautiful gift! (*Smiles*)

Chapter 34

TEACHER OF SACRED KNOWLEDGE

M: I am being honoured and adorned by the council. There has been a meeting to discuss the journey and what I have discovered, I feel so privileged to have had this opportunity.

J: It has been quite a journey. (Smiles)

M: It's been awe inspiring really. So now I am being allocated a title. Just as Nemesoul is an esteemed warrior, Libriana is a high priestess and my mother is the empress, I am honoured as a teacher of sacred knowledge. I will be involved in the formulation of the teaching of this new information, the principles behind it and the application of it within our galactic family. (*Tearily*) This has literally been a right of passage for me so that I could come into my purpose. It's been a joy to watch the nature of divine flow guiding me down the path I needed to take and providing the support to get me there. All that magic has brought me to this space, how glorious really!

J: What you've achieved has been remarkable. Congratulations! (Smiles)

M: (*Cheerily*) Thank you! And thank you for your insight into the problems we're faced with. Now we understand how privileged we are to live in such a beautiful and free world and why it's important to protect it. We have everything to lose, everything! Realising that you on the earth plane are on the outset explains why we are experiencing the onset, they're losing grasp of your realm and are seeking to overpower another. We will remain vigilant!

J: It's nice that you're being honoured for your contribution.

M: Yes, I feel very humbled by it as well. I remind them that I would never have achieved all of that without the love and support of everyone involved, from the earliest teachings right through to this very moment. (*Becoming emotional*) I wish I could show you the telepathic vision that I have right now of the links connecting us all. It's like a collective embrace from the heart centre, reaching out and connecting, and we don't have to say a word. It glows as we stand present in that feeling of connectedness, and we too are glowing. (*Taking in the moment*) We stand in this collective embrace for quite a while, absorbing it into our cellular memory

and our DNA so that we will always remember. I send it out to you too; we send that out to your planet so that you can remember.

J: Thank you, because we really do need to remember and we are.

M: Yes, and we want you to know that you're not alone and that you are not forgotten. We're so grateful for your generosity and for supporting us even though you're going through such hardship, what a beautiful gift to give when you feel like you have almost nothing left.

J: Well, we have a lot to gain; there are a lot of people actively seeking the truth now.

M: Yes, what a beautiful thing, what a joyous thing. The ceremony is finished and I embrace my mother and father, and my sister too. I embrace Baine and then everyone on the council in turn. Ibuccu, Libriana, Nemesoul and Tamiara. I thank Emerald, Emracon and everyone else, then, most of all, Auberone. *(Tearfully)* Rest assured, we will continue to journey together. How can I be a teacher of sacred knowledge without him?

J: It seems to me like you have a lifelong journey together.

M: I think so too. I know so; I desire so! He has a family too you know.

J: I didn't know that!

M: Well, he had someone.

J: Yes, I remember.

M: And now he has a little one.

J: Oh wow! A little Draggy!

M: I just wanted to share that.

J: Thank you, that's nice.

M: I think we are drawing to a close. *(Teary)*

J: I'm glad everything has worked out so well.

M: I just want to say thank you so much for this beautiful exchange that we've had, it was so unique and special.

J: And I'd like to thank you as well for sharing your story with us, Jolene definitely feels the same.

M: What a blessing to have touched you both so deeply in the same way that you have touched Auberone and myself. Know that we are with you as spirit guides, it is not "Goodbye".

J: No, not at all.

M: Your souls are deep and beautiful!

J: You can see that, can you?

M: Yes, I can.

J: It must be nice being able to see on a soul level.

M: Yes, it's beautiful! So we will close now by letting you know of our wonderful celebration.

J: Very fitting.

M: And we celebrate in the best way we know how, with fire, music, food and everyone welcome far and wide! Telepathically, I see the celebrations of everyone on our sister planets, reinforcing our connection and love as a community. With our intention set, we laugh, sing and dance, sending it down to our planet's heartbeat; sending it all the way out to our galactic brothers and sisters and to their planets as well. It will become an annual celebration of remembrance. We send you our love.

J: Thank you, we send our love too.

M: And I think we can leave it there. Goodbye from Auberone and myself.

J: Goodbye Auberone, goodbye Malémene.

M: Goodbye.

About the Authors

Jolene Kearney is a Reiki master, Sekhem master and Psychic Channeler. Her vast experience as a therapist has provided the platform for delivering a unique insight into how the supernatural dimensions interweave our own. She is passionately dedicated to sharing information that allows us to remember the truth of who we are.

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Jason Tierney has extensively studied the spiritual aspects of life, beginning in 1999. This has proven immensely beneficial in understanding the intricacies of delving into past lives, future lives and other dimensions. He is qualified in various hypnosis techniques but favours Dolores Cannon's method because of the access to Source that it provides. He has completed over 150 sessions since learning the technique from Dolores herself. Thirty four of those are contained within this book.

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