

THE RETURN OF LIGHT

Revelations from The Creator God Horus

With Elora Gabriel and Karen Kirschbaum



The Eye of Horus

The Complete Text and Updates

First Published 2005 by Green Willow Publications of Candler, NC 28715,
USA

AUTHOR'S INTRODUCTION

by **Elora Gabriel**

Please read this Introduction.

In many books, introductions are breezed through or skipped entirely. We hope, however, that you will take the time to read these few pages. Otherwise you will find yourself with many unanswered questions as you proceed to read the text itself. In addition, please note that there is a Glossary at the end of the book, which will be of help if you encounter unfamiliar terms.

Who are we and who is Heru?

This Book was compiled by four people: Elora Gabriel, Karen Kirschbaum, Shakura Rei, and Marjorie Bair. Karen is the crystal clear channel who channeled all the information recorded in these pages. It is her superlative ability as a channel which made this work possible. I am generally (though not always) the voice who asks the questions. I have also written a short narrative which introduces each Chapter; and in places my comments are inserted within the body of a Chapter. Shakura submitted many questions and helped with publishing the book. Marjorie served as consulting editor for the Book, often asked her own insightful questions, and generously shared her expertise in the publishing field.

Heru is best known to our world as **Horus, the Egyptian God of Light, Wisdom, Spiritual Vision, and Protection.** **Heru** (pronounced HAY-ru) is the Ancient Egyptian form of his name and is preferred by him to the Latinized Horus. Like Jesus of Nazareth, Heru was called the Redeemer and embodied himself in a physical incarnation in the distant past. Like Jesus, he conquered death and Ascended, thus holding the title and powers of an Ascended Master in addition to his older and higher status as one of the original Creator Gods. In Egyptian mythology Heru was known as the Son of Isis and Osiris; and defeated Set, the God of Darkness and chaos, in a great battle. In that same mythology Heru was a Solar and Sky God and was associated with the falcon. He was known for his great wisdom and for the quality of spiritual sight. The **Eye of Horus** is a powerful esoteric symbol which was used for protection in Ancient Egypt and is still commonly seen today. Heru was said to have been the first Pharaoh of Egypt and was considered the Protector of all the Pharaohs. The Ancient Egyptians called Heru "Lord of Light", and this title strongly resonates with my experience of who he is.

Heru and his Twin Flame, the mighty Creator Goddess Sekhmet, have long been active in assisting Humanity and the evolution of this Planet. Sekhmet

was known as the Lion Goddess in Egypt. She has also appeared as the Goddess Durga in India, and as the White Jaguar Lady in Central America, and as the Lion-headed Dakini Senge Dong-Ma in Tibet. She has asked that we refer to her as Durga/Sekhmet, to honor both of the major traditions in which she has appeared. Heru was known in Greece as **Apollo** and in India as **Satyanarayana**, Lord of Truth. Each of these aspects reveals a different facet of the Being in question.

First and foremost Heru is a **Creator God**, one of those Beings who, in his words, "is capable of taking the stuff of Creation, the Plasma from Prime Creator, and manifesting it into form. These forms may be as large as universes and may be as small as microcosms." Heru is one of the greatest of all Creator Gods in that he is capable, in working with other Creator Gods, of creating both Human Souls and vast Universes. These mighty Beings are even older than our current Creation, as they derive from an earlier Creation cycle, and were earlier created by Prime Creator Himself/Herself.

Because of his stature as one of the greatest of the Creator Gods, Heru's perspective is truly vast. There is very little that he does not know, although he will readily admit ignorance if the occasion arises. In addition, he has the capacity to organize and synthesize his knowledge into a form that is clear and meaningful.

How did this Book come about?

In the Winter of 2003-2004, Karen and I discovered that she could channel with amazing clarity and precision. We spoke to a number of Beings, but ended up working with Heru because of his all-encompassing knowledge and because he is part of my own Cosmic Lineage. As our conversations proceeded, we began to delve into the mysteries of life, of our Universe, and beyond. Heru also answered a great many personal questions for us and never scorned to help us with the problems and perplexities of our lives. As time went on and as we were able to verify the accuracy and consistency of

his information in many ways, our trust in him increased. We also came to love this magnificent Being for his gentle courtesy, his love, his wisdom, and the greatness of his heart. Perhaps above all, we found Heru to be unremittingly truthful, knowledgeable, and consistent. In the cases where we could test the accuracy of his statements, we found them to be correct.

During the Summer of 2004, Heru stated to us that he had "been too long away" from Earth and wished to offer his teachings and his knowledge to Humanity once again. He laid out a series of subjects that he wished to speak on, and in addition gave us three powerful meditations which have been life-changing for those who have used them. Thus this Book was born. Heru also told us that there is an urgency to offer this material to Humanity at this time, given the intensity and power of the great Cosmic Changes at the end of a long and major Evolutionary Cycle which are already occurring in our Universe and are soon to occur on our Planet.

You will encounter not only Heru, but from time to time will meet other Beings in these pages.

Karen has the capacity to channel almost any Being. We have spoken with Sananda (also known as the Master Jesus) a number of times, as well as Durga/Sekhmet and others. Unless otherwise noted, it is Heru who has answered most of our questions.

HERU'S INTRODUCTION

Heru: Greetings, Dear Reader. It is my wish that you would take deeply into your heart the messages put forth in this Book.

We are now at the tipping point of the history of this Planet, and also the tipping point of so many larger cycles and systems. I would have you know it is no accident that you are here on this Planet at this time and it is no accident that you are reading these words.

This is the time of miracles. This is the time that has been foretold by many prophets. And yet, we have a little way still to go where it would appear that the Forces of Dark have the upper hand. I say "appear", for there is a revolution afoot the likes of which is beyond comprehension, because the foundation of this revolution starts outside this Creation - it starts with Prime Creator Itself, and it is the reclamation and restoration of this entire Creation.

Elora: Can you say something about who you are as a *Being*?

I, Heru, am one of the Creator Gods. We are a group of Beings that Prime Creator created prior to this Creation, and so we are older than this Universe. When Prime Creator said, "*Let there be Light,*" we were the instruments through which that was manifested. We are the weavers of this magical substance that Prime Creator pours forth endlessly. And we weave and we shape that sacred substance into Forms, into Elements, into Worlds, into Universes, into Souls. We are the Beings who create the soul inside the Sun, and we create the Sun. All substance that we create with is of Prime Creator. I personally, along with others, was involved in the creation of this Universe, the creation of this Planet, and the creation of many of the Souls who inhabit this Planet. So I am Father, Uncle, and Great Uncle to many of you. And I would like to reclaim my own - to lift up, embrace, and heal my Children.

Elora: Why have you chosen to give these Teachings at this time?

First, I would like to say that, as one of the Creator Gods who was involved in the creation of this World and this Universe, I am a responsible party in its reclamation. Even though I have not been very active on this Planet for several thousand years, it is my intent to bring forward a perspective on this Creation that does not currently exist on this Planet; and in so doing, become reactivated in all aspects of the reclamation. As I do so, even all of the sweet *Eye of Horus* charms that exist throughout this world are being activated by my presence. So I am truly returning to this Planet, not just in dry text, but in actual presence.

Elora: What would you like this Book to accomplish?

Hope, joy, self healing, and the beginning of the accolades that will be heaped upon all of those that held to the Light. I want the unvarnished truth to be revealed so that full true healing can take place. This is not about putting band-aids on a tumor, but it is about restoration of true health.

It is my wish to draw people to this material, and have it to be available as a teaching for many.

Elora: Is there an urgency to get this material out quickly?

Yes, there is. For with the advent of the Light Warriors and the turning of the tide, there will be people still laboring under beliefs that were fostered by the Dark - religious beliefs, philosophical beliefs, and self-image beliefs. As these are ripped away, they will need to have a foundation for understanding what is left. Therefore both the Teachings contained within this Book, as well as the Meditation Techniques I offer, will give people a way to not despair, to not shatter, to not cling to falsehoods that would drag them down.

***Elora:** You have spoken often of *the corrupting nature of the Forces of Darkness*. How do we and the Readers of this book know that you are uncorrupted? How can we know that what you are speaking is the truth and that you are fully trustworthy?*

That is a most important question. And perhaps there is truly no way to know, outside of what resonates within your heart. It is my hope, my intent, and my dedication, to make this as pure a teaching as possible. Perhaps it is not possible in this world to have any teaching that is a hundred-percent pure. But I know that I have done the best that I could. And those working with me - Elora, Karen, Marjorie and Shakura, have all made great efforts to ensure that their integrity is intact at all times. Can I guarantee this? I cannot. Can I hope? Yes. Do I think that this will resonate in the depths of the purest part of the Souls of the people who read it? I believe it will.

***Elora:** In this Book, you speak of *the Invasion of the Dark, and the Great Rescue that is upon us*. Why has none of this information been available in any form until now?*

Until the recent advent of the Omniversal Energy, the Forces of the Dark were able to block access to the cellular memory within each individual. In doing so, access to the entire story was successfully suppressed.

***Elora:** Heru, what would you wish to convey to Humanity at this time?*

Beloved Humans, I would have you know that many of you have come into this Universe with missions of Light and Healing and Hope. Because of the degraded nature of where this Planet and this whole Sector of Creation are, most of these plans have not been fulfilled. Therefore there is a deep frustration, anguish, pent up creativity, and so on, that is very heart wrenching to witness on my part. I know that for each of you to have had your highest dreams of giving Service subverted and perverted and stopped

has to be painful beyond words. And first, I want to say that the most important thing that all of you have done collectively and individually is to hold enough of the Light, enough of the Truth, and enough Integrity so that this World and this Universe are salvageable and will be restored. That is a service above and beyond any of your individual dreams of Service, and this is the most important thing that you have done.

Though some of you may at this point be heartsick, weary, soul fatigued, and damaged, you have been successful. *You are the Great Heroes*. There is no medal or commendation that could honor you enough. Please take this deep within your heart: that each and every one of you who has held onto even a speck of the Light, even a particle of integrity, have been victorious. The promise of restoration and restitution is at hand, and the time that you will actually be able to see this is very near.

Some of what you will read in this Book is a frank and unveiled look at the past of Human-kind on this Planet. It may be somewhat disturbing for you to read this, but I want you to know that the only reason this stark truth is being allowed to come forward at this time is because of the certainty and the nearness of the dissolving of all that is of the Dark. It is truly very close to us now, and even upon us. And as part of the healing, it is necessary for us to take a good strong look at where we have come from, and how close we have come to annihilation. Much of this was withheld until now, for the purpose of not driving people into despair by the extent to which the Dark energy had corrupted this Creation. But now that we are at the turning of the tide, we can express to you simultaneously both the harsh danger we have all been in, and the rescue that is at hand.

For you, Dear Reader, as you take into your heart the entirety of this picture, it will trigger very deep emotions for many, as it has for the people involved in bringing this Book forward. For there has been much damage and hardship and loss for so many of you. This will touch upon the very deepest buried memories that you carry within you - in your personal records, in your cellular DNA, in your bones. And it is stored in the very stones of this Earth. As you walk upon her battered soil, you cannot help but pick up the

anguish that is everywhere around you, including the many battlegrounds - some of them physical, some etheric - that were never healed.

As these emotions surface, what I would recommend to you first and foremost is not to despair. For the Great Light has returned. And it will help you to feel that Light within you, to feel it supporting you. Secondly, to practice *self-forgiveness*, for many have done acts that would never be in their true nature to do. Self-forgiveness is one of the first steps in healing.

I would have you understand that in order for the healing to take place, it is necessary to some degree for each of you to look directly at how the Dark has impacted your life, how it has distorted who you are. This is not to jump into a quagmire and spend twenty-five years in therapy working through these realizations. What is being asked is for you to take a brief, concise, self-evaluating look at who you are in the moment and who you would be in an unfallen Creation. You have that blueprint within you, within every cell and every atom of your body. And you have the capacity to call that up and see it.

It is important to look at the past because in order to release what is there, it is necessary for it to first come into conscious awareness. I would add that it is not necessary to relive every single cut and scrape and broken arm throughout the millennia. What is needed for each of you is to look at your current lives and the imbalances in them - the big stories, the big heartaches, the big frustrations - and to understand that they fit into the overall pattern that you have carried with you for many thousands or millions of years.

Again, hold up your current imbalanced state, and compare it with who you would be in an unfallen world - that original blueprint that is so perfect, that is so beautiful, that is such an elegant and eloquent expression of Prime Creator. Your heritage, your lineage, and your destination all pertain to that perfection. That is who you are. Embrace it. And as you embrace it, what you need to process and to look at the imbalances will naturally well up from within you as you are ready to heal them. Imagine if you would that there are two blueprints we are looking at, the perfected one and the

distorted one. And as you pull your distorted blueprint into alignment with the perfected one, piece by piece, issue by issue, and atom by atom, you will naturally process, in an ordered pattern, what needs to be done. Let me add to this that much help is here for you, and that you may call upon it freely.

Elora: Why is it necessary for us to know that we had come close to annihilation?

First, because it is the truth, and secondly, because it will give you a true understanding of the whole picture. Embedded in many beliefs and philosophies on this World is the concept that the Darkness is an illusion - that this is all *Maya* and a play of the Gods, that this is the Creator Gods having sport. And that illusion will persist unless a person truly understands the magnitude of this horrific invasion. As a result of living in a Fallen World, each one of you will have, to some extent, compromised pieces of truth, pieces of the Light, and pieces of yourself. Therefore, to hold onto that false belief is to still leave room for the Dark to act within you. And this is part of the necessary identification of the Dark, in order for it to be eradicated.

Elora: Can you speak about the relevance of *your Three Meditations to the rest of this material, and why they might be especially useful throughout this time?*

These Meditations are tools. They are not a path or a dogma or a religion to follow. They are merely offered to you as an assist at this time, to draw to you sufficient energy to proceed through the coming *Earth Changes*, and to give you many creative opportunities to process and manifest what will bring you back into alignment. The Third Meditation Technique is the heart of these Meditations, and it may be used in an infinite variety of ways as needed. It can be simply a place of refuge and peace, nurturing and healing, or it can be used to manifest deep and powerful healings and

transformations. It can also serve as a room within which to dialogue with many of the Helpers who are here at this time.

Elora: Heru, would you like to conclude this Introduction with anything further for our Readers?

Beloved Reader, I call you forth to stand in front of myself and in front of Prime Creator; to hold forth your genuine heart and receive within it my blessing, my Love, my acknowledgement of your tribulations and your ultimate triumph. I add that the same is extended from Prime Creator. I fill your heart with a Golden Transforming Love that is the promise of full Redemption, and I ask that you receive this and let it grow.

[Elora:] We will conclude this Introduction with a few words from Durga/Sekhmet.

Elora: Sekhmet, is there anything that you wish to convey to Humanity at this time?

Yes. I would like to convey the absolute and complete joy in my heart for the advent and the Return of the Light, and the reclamation of all Beings large and small in this Universe. And I would also extend my hand to any who read this, that I make myself available for help and protection. For this next little while may be somewhat trying, and sometimes a comforting hand in a dark corridor can make all the difference. I extend my hand to all.

I also bring to you the message of hope beyond hope. It is certainty; it is really beyond words to convey to you the incredible magnitude of the Change that is at hand and very near. For those of you who are reading this: ask for help in any time of doubt and despair, to be given a vision of how

close indeed we are to the point at which Humans on this Earth will be able to perceive that in reality the Great Change is happening. *And this Great Change is the blessed return of all Light.*

Chapter ONE: PARADISE REMEMBERED

This Chapter, like most, begins with an introduction by Elora.

Elora: throughout my lifetime, I have continually worked to push back the veils obscuring my memory of other worlds and other existences. Once I had conquered the barriers to past life memory on this Earth, I found that I could go further back in time and could remember lives in other Star Systems and Galaxies. It was not until the Spring of 2002, however, that I began to recall what life was like outside this Universe.

At that time I was contacted in spirit by a beautiful young man who seemed deeply familiar to me. He told me he was my Brother, from an existence in a Universe called Virqie and a Planet known as Atia; and that he and my other two Brothers had arrived in this Universe to take me home. Despite the fact that many scientists now recognize not only the possibility but the inevitability of multiple universes, I had a hard time believing all of this. Still, he was adamant that this was the truth of the matter. With the help of my Brothers, I began to remember what it had been like in Virqie. I have also been able to compare my memories with those of other friends who know that they come from Light Universes. While the details of their remembrances differ, their overall stories are very similar to mine.

As I explored my memories of Virgie, I was stunned to realize that none of them contained pain or disharmony, even in the slightest way. Most of my past-life Earth memories are traumatic, partly because Earth life tends to be that way and partly because it is the unresolved traumas that we remember most. However, in accessing my memories of Virgie, I simply could not uncover any remembrances of sorrow, suffering, fear, illness, aging, or even of discontent. I realize how incredible this sounds, yet it is the truth of my recollection. I am not speaking of some remote Heavenly Realm here, or some between-life Paradise, but day to day life on a planet, a world just as concrete as Earth. A common reaction may be that this sounds boring. It was not. I have experienced a great deal of tedium in my lives on Earth, but I remember none in Virgie. Another reaction may be that it requires some amount of pain to appreciate joy. I also found this to be entirely untrue .

In the Virgie Universe, all is beauty, harmony, and love. Evolution occurs through joy, not through suffering and struggle. The presence of God flows through that Universe like a great golden tide that is always at the full. While there is the *free will* to choose among many possibilities in life, the thought of doing anything negative, hurtful, or in any way outside of the flow of God's Will is simply not conceived of. Nor is there any fear of being harmed, either by other Humans or by Nature. Perfection reigns - and yet not a static, lifeless, and tedious perfection, but one which contains vibrancy, joy, and great creative challenges.

On the Planet of Atia where I lived, Human relationships are considered a high art. Intimacy and love exist in exquisite delicacy and profound depth. Male/female relationships are practiced within a free-flowing yet committed structure which ensures that love and partnership are always available to all, as are times of aloneness and communion with Nature and God. Loneliness, abusive or unfulfilling relationships, and emotional pain of all types are unknown. The decision to bring forth a child is considered a sacred act, and each child is seen as a precious manifestation of the Divine.

From my memories of Atia, I know that nature thrives there in resplendent beauty. Trees, flowers, grass, birds, sea creatures, and land animals live there

just as they do here, yet in complete harmony and glorious vibrancy. All forms of life, from the tiniest to the greatest, are honored, and all are part of the great tapestry of life. The whole Universe evolves together. None are left behind, not the tiniest insect or flower. All beings are conscious, and all matter is filled with awareness; even the grains of sand shimmer with life as they lie on the shores of the jade-green ocean. It is as if the whole Universe is one great symphony. There is no illness, and death is simply a conscious releasing of one form to move on to a higher one.

Fear, pain, anger, and grief do not exist in the normal course of evolution- although my family did grieve, and did fear for my safety, when I left to travel to this Universe and did not return as expected.

As I accessed these memories, I knew that I had come to this Universe along with many others in an attempt to set things aright in this part of Creation. I also knew that life in Virqie was life as the Creator designed it to be. This book contains a great deal of information on what is commonly called the Fall, which will be discussed in detail in the next Chapter. Therefore, we have chosen to begin by taking a good look at the original design of Creation and the nature and purpose of our Creator.

The Nature and Structure of our Creation

Elora: Heru, let us begin this discussion by defining several terms. Please define the term "Creation".

Heru: Creation is the manifested Will of Prime Creator. It is a vast system of Universes and is structured, as you have seen, in the form of a flower. Prime Creator, or the Godverse, is the Central Source around which the petals of Creation bloom.

Elora: Please define "Godverse".

Heru: The Godverse is the dwelling place of Prime Creator, although Prime Creator is not limited or encapsulated by the Godverse. It is the place from which all energy originates, and all of the Cosmic plasma that we Creator Gods use to create form originates in the Godverse. It is at the center of all Creation.

Elora: Please define "Universe".

Heru: A Universe is a structure contained within a membrane. It is created out of the Omniversal matter which is a free flowing, unformed, plasmic Cosmic material that Prime Creator has made. The Creator Gods take that plasma, create a membrane around it, and structure it. *[Elora: Are all the Universes set up as vast collections of Galaxies?]* Most are, but some are quite tiny, as the one I told you about that Durga/Sekhmet and I created. There are microcosmic Universes as well. All of them have a certain similarity in structure in terms of the way matter and the elements are structured. There are considerable variations in size and theme, but the larger Universes you would recognize. *[Elora: Do they each have a Great Central Sun?]* Yes. That is integral to holding them together, and actually is integral in holding the outer membrane together.

Elora: Please define "Prime Creator."

Heru: God is that which creates, sustains, and permeates all.

Elora: Please tell us about the nature of Prime Creator; about who and what Creator is, from your own knowledge and experience.

Heru: My eyes may see what yours do not, and that is the direct vision of the wondrous nature of our beloved Creator. This is a Being without beginning or end, formless and yet formed at the same time, wondrous to look upon, brighter than all of the Suns put together. And not only the brightness but the purity of that Light is incredible to behold. Out of Creator streams limitless Light, streams infinite energy, streams the very space upon which matter hangs. That Space is the thought projection of Prime Creator; and so Creator, being infinite, has created Infinite Space.

Within that Infinite Space, Prime Creator has made many Creations, of which this System of Universes is but one. And within the Space of this Creation are hung, like the petals of a jeweled lotus, Universe after Universe after Universe, suspended in this Infinite Space and hung with sustaining lines of energy. Then within each Universe, as you know, many are the Worlds and Galaxies.

So varied is this Creation that I would compare it to one of your deliciously beautiful floribunda roses, where the bushes cascade blossom after blossom after blossom, each one so exquisite in its patterning and its fragrance and its individuality.

Creator has imbued, within every atom and every Universe, its own consciousness, its own connectedness to itself. It is almost a holographic mirror that you could look into. You could look into any part of this Creation and know that Creator is there-present, seeing you look, looking through your eyes, looking at Creation, and mirroring back and forth-and offering you this kaleidoscopic experience that is never ending.

Elora: Please say more about the structure of this Creation.

Heru: The basic structure of Creation, from the tiniest particle to the alignment of the Universes, is all built upon the Sacred Geometric Principles that are taught in some of your esoteric circles. Much has been written on Sacred Geometry, and it would benefit the Reader to at least take a look at some of what has been written - to understand the Divine nature of the Human body in its proportions, and how that is a reflection of Prime Creator's infinite loving wisdom.

The older Universes, closer to the Center of Creation, are more basic and simple in their expression of the Sacred Geometric Principles. As one travels outward into the newer Universes, each arm of the spiral, so to speak, would show Universes more and more complex and diverse in nature. The Universe you are now living in is towards the outer edge and has a greater degree of complexity. This process is designed to be a never-ending spiral, to continue forever with an increasing complexity and increasing beauty. And there is designed to be communication between the Universes - Ambassadors, educational exchanges, all of that - so that there might be pleasure taken in the experience of each new facet as it is created, each new color that is discovered, each new form that can be created, "*fractalling-out*" from the original forms into infinite variation. And in this there is no end to what can be created and discovered.

Elora: I have noticed that forms repeat themselves within this Creation, in the microcosm and the macrocosm. For example, the Great Central Sun of this Universe has the form of a lotus, and the whole Creation itself looks like a flower.

Heru: That is based on the Sacred Geometries which were set in motion with the first burst of Creation. The plasma that the Creator Gods use to create with has, imbedded within it, certain structures and formats with which to work. [*Elora: So the entire Creation, in fact, is in the form of a*

lotus?] Yes. *[The Vedanta scriptures describe this; they describe the manifest Creation as a Lotus floating in the Void.]* Yes, and oftentimes they would often show Gods, which would be Creator Gods, sitting on a lotus as well.

Elora: *Why did Creator desire to make this Creation?*

Heru: To have a worthy “dance partner”; one that could receive fully the boundless love that Creator has, and one that was - as much as is possible - able to reflect all of the facets and gifts that Prime Creator has.

Elora: *What is the overriding theme or intention of this Creation?*

Heru: Beauty, harmony, rhythm, creativity, expansiveness, joy. When you look in this world at the great beauty and diversity of Nature, and you look at the nature of a *fractal*, and how incredibly gorgeous it is as it expands in its complexity, you will get a small taste of what Creator is trying to express.

Elora: *What was the Creator's intention for all Beings, large and small, who would live within this Creation?*

Heru: The highest wish of Prime Creator is that each individual life form or aspect of Creation would blossom fully outward in its expression to the pinnacle of its individual essence. And simultaneously, that it would have the awareness to look back at Source to know who it is and where it came from. The intention is to have a simultaneous full expression of Individuation, and full encompassing of Union with the Creator at the same time. Creation is designed so that anyone from a tiny insect to a Galaxy would have that ability.

Elora: Please discuss the communication and oneness between all Beings in an Unfallen Creation. For example, if I want to communicate with someone in another Universe, can I do that easily?

Heru: Yes. It is a matter of thinking and it is done. [***Elora:*** So there is no sense of separation.] There is not. [***Elora:*** The whole Creation is a living organism, and all the cells can communicate with each other?] Yes, and also there is the ability to be in more than one place at one time. This is described in quantum physics. It is basically a matter of focusing on where you would desire to be, and you would be there.

Elora: Please discuss the connection and communion with God that is present for all Beings in the Light Universes.

Heru: There is no concept of there not being communication, of there not being constant contact. It is in the air that everyone breathes. It is everywhere. It is the medium that everyone and everything lives in.

Elora: Is there pain in the Light Universes?

Heru: There is very little, and what there is would be the result of a connection between one of the Light Universes and one of the Fallen Universes.

Elora: What is Nature like in the Unfallen Universes?

Heru: If any of our Readers have visited areas of pristine wilderness and observed the beauty and the magnificence there, it would be a magnitude of perhaps a hundred times more perfect. Imagine, if you would, one of those great breaking waves upon the Hawaiian shore, those that the surfers ride; and you see the beauty of the dynamic that creates such perfection of water falling upon itself. Then imagine that wave a hundred times more perfect. I can't put words to it; I can only tell you that even with the forms here that are beautiful, it is better than that by so much.

Elora: *Are there certain archetypal animals and plants that we would find in most of the Universes? Would we recognize cats and horses, roses and oak trees?*

Heru: Yes. You would recognize many similar forms and also many variations. For example, there are variations in color between different worlds. There are places where the photosynthesis happens almost like a red and green simultaneously. On this Planet you see some plants with red leaves, but there are other places where that color predominates. If you look at the red Japanese maples, you would see forests on those worlds where there are varieties of trees with different variations of that deep red - with some green, but the primary color being red. This occurs primarily on Planets that would have a hotter blue Star, and a different spectrum of light.

Elora: *Please talk about the relationship between Humans and Nature in the Light Universes.*

In terms of the relationship with Nature, there is no concept of exploitation, ownership, or stewardship, as is taught in some of your scriptures. For to walk upon the earth is to walk upon the body of God. To swim in the water is to swim through the body of God. And to breathe, and to eat, and to drink, are to ingest the Creator within the vehicle of the created, and there is no separation. Again there is that complete individuation of the Human

combined with a total connectedness to God and Nature. They are not seen as separate.

***Elora:** Is there technology and mechanization in the Light Universes?*

***Heru:** You would not be able to separate Nature from technology. They are seamlessly wedded in harmony.*

***Elora:** Is there predation among animals in the Light Universes?*

Heru:** It is somewhat difficult to describe. It is a harmony and a play which is acted out between predator and prey, where permission is asked and permission is given. Once the permission is given, it is a service of the prey to be consumed by the predator. It would be much more akin to the river merging with the ocean, where the prey would consider its life form to flow into that of the predator. And it is a harmonious act. It is not gross the way it is on this Planet. [Elora:** Is there pain?*] No. I would also say that the Human type life forms on those Planets are all vegetarian. The animals which on this Planet are omnivores, such as those in the canine family, would be vegetarian in an Unfallen Universe. It would be only the felines, and a few of the fish, and a few of the birds, who would be predators. In the Light Universes predators are in a very small minority, but they serve a function. There are also some carrion animals and birds as well, but less so than here. [***Elora:** In our world, when a cat catches a mouse, she plays with it in a very' cruel way. Is this a distorted reflection of the harmonious playfulness that would occur between predator and prey in a Light Universe?*] Yes.*

***Elora:** Why are Humans called the Crown of Creation?*

Heru: They have the greatest autonomy and individuation inherent in their character, and the greatest ability to reflect Prime Creator to each other and back to Prime Creator.

More than just about any other creature, Humans really get to enjoy the fullness of the beauty of Creation. Having a high metabolism and mobility gives Humans the ability to explore, learn, enjoy, absorb, and reflect, to the fullest extent.

Chapter TWO: THE FALL

Part 1 - The Reality of The Darkness

Elora: According to Heru, and according to the memories of those of us who can remember back to the times before we entered this Universe, the original Creation was without stain, without suffering, without even disharmony. If all this is true, then why are we, in this part of Creation, experiencing life in a way which bears only a small resemblance to that original state of perfection? And what is the condition of this Universe as a whole? Are the problems which plague our Planet the exception or the rule?

I personally found that a part of my spiritual maturation was a series of shocks and disillusionments about the nature of things in our world and even beyond our Planet. These have not been pleasant, but the willingness to come face to face with reality has been an essential aspect of growing up for

me. Humans who are able to acknowledge the truth of existence on our Planet have had to acknowledge the fact that all of our major institutions (government, medicine, finance, religion, etc.) are riddled with corruption, and exist more for the purposes of power and control than for the service of Humanity.

As I expanded the horizons of my knowledge and experience, I found that Earth was not the only place where evil existed. I spent a number of years reading every available book on the extraterrestrial abduction phenomenon, and accessed my own memory of a frightening encounter with the Greys early in life. (The Greys are a group of extraterrestrials who are reported to be responsible for the majority of the ET abductions.) Some years later, I teamed with a psychic friend to do extensive work in an attempt to reclaim some of the dark fourth dimensional Reptilian races. In the course of this work-both through my own experiences and through further study and cross-referencing with others who had authentically experienced these realms - I was forced to realize that our galaxy is filled with war and strife. Peaceful planets exist, but only because they are protected in one way or another. Past life memories also surfaced of personal experiences with warring and destruction in other star systems and galaxies.

An even greater shock occurred when I discovered that negativity is not confined to the lower dimensions. As I continued to explore and expand my horizons, I found that Dark Beings and energies exist even in higher dimensions. I remembered being attacked and almost destroyed as a Being at a time when I lived on the Sixth Dimension. Heru and Sananda told us that pretty much all of the ruling Councils in our Universe - whether they be planetary, galactic, or even broader in spectrum - were compromised to some degree. We also discovered Dark grids on the Fourth, Sixth, and Eleventh Dimensions, which were covering large areas of our Universe. When we asked Heru if darkness (negativity) was more prevalent in the lower dimensions he replied, "No. It is as above, so below."

It is comforting to think that Earth is a primitive schoolhouse or a brutal but effective boot camp, a tiny and troubled speck floating in the cosmic oceans

of love and light. Heru states that this is not the case. If our Universe were a place of peace, truth, and joy, he asked us rhetorically, would the situation on Earth have been allowed to persist - the injustice, the enslavement of so much of Humanity, the prevalence of suffering? The truth, according to Heru and the other masters we have spoken with, is that we live in a Fallen World which exists within a Fallen Universe.

Part 2 - The Fallen state

What does it mean to exist in a Fallen state? In this section, I will briefly touch on some of the ways that this reality has impacted the existence of Humans and all beings in our world and beyond. I do not mean in any way to say that our Planet is entirely negative or that life here is only misery, for that is certainly not the case. Earth is renowned throughout our Universe for its exceptional beauty and diversity, and even under great duress the Human spirit can be indomitable. Every person who holds to some degree of Truth, of Love and of Light, creates a small bit of Heaven - and it is all of these together which make our world a place of great hope and unexpected miracles.

With that preface, I will proceed. For Humanity, the Fallen state means that life is short and, in most cases, fraught with difficulty. The struggle for survival dominates the Human experience, and a high proportion of Humanity lives in grinding poverty, barely maintaining the necessities of life. Rather than spending our lives in the delight of creativity, in the joy of spiritual growth and unfoldment, most of our time and energy goes into obtaining food and shelter. Relationships bring love and connection but also deep disappointment and heartache, and many people are alone, abused, or emotionally adrift and lost. True fulfillment is rare and usually fleeting. The hearts of Humanity are filled with sorrow, even those of us who are the most fortunate. We exist in a state of separation from God and from Life itself. The Fallen state of Humanity means that our DNA has been decimated, to use Heru's word, and that we experience illness, aging, suffering, and death.

The Fallen state of our Planet means that all of our institutions are corrupt, and that no matter how hard we try to change or replace them, corruption again ensues. The Fallen state of our world means that we live behind massive, though unseen frequency fences or energetic barriers which keep the light of the Creator from us. It means that countries are unable to live in peace with one another and that despite all the efforts of all the peacekeepers throughout history, we still fight and kill one another - and always the innocent suffer. It means that with each advance, there has been an equal or greater decline. For example, as technology has developed it has freed us from the plow on the one hand and chained us to the computer on the other, and has also caused the poisoning and devastation of our beautiful planet.

The Fallen state of Nature means that even in this least contaminated part of our reality, predation, parasitism, and competition are the rule. The strong devour the weak. Even in the plant kingdom, vines strangle trees and roses grow thorns for protection.

The Fallen state of our Universe means that the very atomic structures, the building blocks of matter, have been so distorted that matter itself is corrupted. As Heru says, "The very stones of Earth cry out." Matter, instead of existing in a pure and perfect state, continually falls into entropy. We can still perceive something of the original Divine order of things as we study the Cosmos. Yet we see chaos even there, as galaxies collide and stars consume one another.

Before we plunge into the details of the fall, I would like to offer some of Heru's words and ask you to hold them in your consciousness as you read the next section.

Elora: I am so glad that I have even a few memories of life before the Fall.

Heru: It is very helpful, even for those who do not have direct memory, to call upon their Soul or their Monad [Higher Self] to hold up for them that image of themselves in an Unfallen state. When each of you sees your original template, and understands that you did not cause your Fall, that you *are* not to blame for this Fall, you will have taken a huge first step in reclaiming your Divine nature. And when each one of you begins that path - the path of separating what is not you, what is the Fallen, from who you truly are - it is a path of glory that I cannot put into words for you. There is so much wondrous joy that awaits you in this discovery. For each one of you, each and every individual on this Planet, has descended from the very highest lineage. You were created by Creator Gods of the highest order, and as such Royalty, the likes of which you cannot imagine, flows in your blood, in your bones, in your DNA. It is your heritage, it is your destiny, and it is time to reclaim this.

Part 3 - The History of the Fall

Elora: *Heru, if Prime Creator made and designed this Creation to be one of joy, harmony, and perfection, what happened?*

Heru: Approximately 1.3 billion years ago in your time, there was an invasion which occurred in a universe near this one - an invasion of *darkness*. What we will call *darkness*, for the purpose of these discussions, is a non-souled, non-living substance, antithetical in structure to the basic life inherent in every atom of Creation. It is not known where it comes from, or who or what designed it. It has the tendency to permeate anything that it touches, though some Beings have been able to resist it, at least in maintaining the purity of their spirit.

The Universes had never experienced conflict prior to this event, and therefore the membranes around them were only designed as containment of

form and not as a protective barrier. I would liken this invasion to the effect of the bite of a poisonous spider or snake on the Human body. The original Universe which was affected then sickened, and essentially died in a very short period of time, almost immediately. Of the Beings living in it, those who could do so fled into the neighboring Universes, unknowingly bringing contamination with them. It was at that time that a small assemblage of Beings was sent to help. This group was not the one to which the Light Workers on Earth belong; this was prior to that time. The structure of the one dead Universe was collapsed and melted back into the All, with great sadness and solemn ceremony.

Those who had escaped seemed at that point largely unscathed. But from that time forward, the surrounding Universes began to experience some disharmony. And this began to grow and magnify, and spread rapidly, as there is much commerce between universes. This spread continued and did not seem overly alarming, just concerning. When this reached some several thousand universes, it was decided that a concerted effort would be made to deal with the situation. Therefore a large group of Beings assembled, and that is most generally the group that the Readers here belong to - the group which we call the Light Workers. They arrived, each of them with their specialty and their mission, and began to do their work.

If you were to examine the state of those affected Universes at that time, as compared to the present, they would look far more light and harmonious than your current Universe does. It was as though everything was perhaps one degree off where it should be. It was small, it was subtle, it was not dramatic. There was not a great deal of suffering, there were no wars, there was just a level of disharmony, a small amount of disease, and a sense that everything was slightly off. Things were no longer perfect. Meanwhile the insidious nature of this poison, or this Darkness, was that it penetrated deeper into the infected Beings and deeper into the systems in these Universes. The worst part about this poison is that, unbeknownst to the host, it would usurp its *free will* in a very subtle way and begin to redirect its life.

At this time there was a concentration of many of the great and mighty Beings who were contaminated and infected by darkness, such as the Creator Gods, Angels, Archangels, and Elohim. It is the fall of these elevated Beings which, in your mythology, later came to be known as the Lucifer Rebellion. Again, unbeknownst to these Beings, their *free will* had been usurped and they were being guided into paths that would not normally have been their choice. The reason that there were many Great and Mighty who fell was two-fold. One was that the infected Creator Gods and the Angelic Beings who were in that original Universe were the ones who managed to escape. They were more mobile than a cat or a bird, for example, in terms of traversing great space and time. They then met with their equals to work on the problem, and their equals and counterparts then too became infected. Therefore, because of the nature of those who escaped the original Universe and who dealt with the melting down of that Universe, they unknowingly ended up contaminating a large number of very High-level Beings.

Each of these Beings would have a job, so to speak. Wherever they were working, and whatever they were assigned to when they returned, would then also be corrupted. Therefore Fallen Creator Gods would create Fallen Universes. These were much darker than your Universe is currently and are not salvageable; they are not structured on the basic Sacred Geometric Principles that your Universe is structured on. There was also a point in time, just prior to the erection of the *Frequency Fence*, when these Creator Gods decided that they would create in their own way and in their own manner. In their delusion, they declared this a superior Creation to that of Prime Creator.

Elora: *Did the contamination then spread from the highest Dimensions down?*

Heru: Yes. As I stated earlier, when the original invaded Universe died and was melted down, those highest Beings out of that Universe are the ones who escaped. Therefore this contamination happened from the highest

Orders, and actually spread downward through the Dimensions. In the Fallen Universes, *darkness* exists downwards from the Eleventh Dimension.

Part 4 - The Fall of our own Universe

Heru states that about six percent of the Universes in this Creation are Dark. About two percent are wholly Dark, for they were created by the Fallen Creator Gods. The other four percent were created Light and were subsequently invaded. Our own Universe, which was originally a place of "*symphonic loveliness*", in Heru's words, is one of these.

Elora: Heru, we would like to discuss the Fall of the Universe that we live in. First, how many Universes are there, and what percent are Dark or compromised?

Heru: The Universes in this Creation number in the tens of thousands. Darkness is only in the last outer layers of the Universes. Perhaps less than two percent are wholly Dark, and maybe an additional four percent are embattled.

Elora: Then let us look for a moment at the creation of this Universe. We know that universes are made by Creator Gods such as yourself; and that in order to create the large universes they work in groups. Who created our Universe? Several years ago we were told, by a source outside this Universe, that its creator was called Godin. Who is Godin?

Heru: The spelling of this name is G-O-D-I-N-J, and the "j" is almost silent. Godinj is actually not one person. It is the collective signature of the dozen or so Creator Gods who came together to do this. That signature, Godinj, is

written in the atomic structure of all matter in the Universe, and that is why it carries power.

***Elora:** We notice the similarity between this name and our word "God".*

***Heru:** Yes, and I believe if there were scholars who could get this name into the Hebrew alphabet, they would find some good information and make theories around it.*

***Elora:** Please explain exactly what Godinj is.*

Heru:** Godinj is a group of Creator Gods who wove the membrane, creating the perimeters of this Universe around the great plasma given to them by Prime Creator. They themselves form, in essence, the nucleus of that great cell [i.e. the Universe]. And spinning out from them are all of the forms of this Universe, large to small. [Elora:** Were you and Durga/Sekhmet part of the original collective of Godinj?*] No, we were more in the role of advisors, and we chose the beings that make up Godinj.*

***Elora:** Please describe the Fall of our Universe.*

***Heru:** Your mythologies have many descriptions of the Fall, the most famous in the West of course being Adam and Eve, and the Apple and the Snake. If we use this as a framework, we would say that the Apple is the body of contamination and contaminated knowledge, the knowledge of duality. We would say that the Snake was the carrier, the contaminated Creator Gods and Angels and Archangels. And Adam and Eve would represent the original blueprint of Humanity as well as that of this Creation and this Universe. When this poisoned fruit was consumed, not only did the*

blueprint of Humanity fall and become corrupted, but the life forms and worlds also fell. So both the Adamic and Edenic blueprints for this entire Universe fell.

There was, of course, resistance. The Creator Gods Godinj - those who are instrumental in creating and holding this Universe in form - were divided. Some fell, and some were then imprisoned by the ones that fell, giving the Fallen essentially free rein. There were some very, very destructive battles in this Universe. An uneasy truce was then struck, with the Dark dominating the Light, but the Light holding enough mass and power to prevent the entire Universe from falling. Many compromises were made, not for the better, but for the purposes of stalling the Dark until rescue could be effected. And that is pretty much where things have stood up until now.

***Elora:** Did the Fall of our Universe occur fairly early on in terms of the invasion, or relatively late in the game, so to speak?*

***Heru:** Early on. It occurred about 900 million years ago, in your time.
[**Elora:** What percent Dark is our Universe at this time?] It is about 75% Dark.*

***Elora:** Going back to the information we originally received, we were told that Godinj made a terrible error in the creation of this Universe, and that in the process he himself became split into two parts, one Light and one Dark. Is there any truth to this?*

***Heru:** This is an interpretation of what happened. What occurred was that this Universe was created close to perfect. It had some slightly flawed blueprints, which have occurred in the outer or newer Universes, but everything was functioning relatively well here. When this attack happened, the Dark Forces used those flaws to create a tremendous fall and rending.*

When that occurred, it split the overlighting Council of Creator Gods who created this Universe, so there was a rending within that group. Two of these Creator Gods fell, and this again relates to what you call the Lucifer myth. And those who fell are the ones who have created the completely Dark Universes.

Elora: Please explain the slight flaws in the replication of blueprints in the Universes, and how the Dark used this.

Heru: The basic structures of all life, including DNA and atomic structures, were created essentially the same throughout this Creation. In the process of creating more and more universes, the outer petals on the flower of Creation contained a few minute distortions in DNA and also in atomic structure. This happened as the replications of these basic structures and blueprints were repeated countless times. However, these minuscule flaws were not seen until the Dark invaded. The Dark then used this as an opening and magnified and further distorted these imperfections. In the Unfallen outer Universes, this has not been much of a problem and is being corrected with ease.

Elora: Did this damage to the DNA only affect life forms on the lower Dimensions?

Heru: No. DNA is a multi-dimensional structure which has its roots in the Twelfth Dimension and passes through all of the Dimensions into the Third; and the structures of life are then built upon it. Therefore truly each cell of your body is a gateway to the higher Dimensions. When the Creator Gods and other High Beings fell, the DNA became damaged and distorted. The Godinj Collective, for example, is the support for every cell of life in this particular Universe. When it fell, every cell within this Universe was affected. Therefore the corruption begins at the top and descends down into each cell of Creation, distorting all throughout the entire process. And not only the cells are affected, but the same applies to the atomic structure. From the very top, the atomic structure was distorted. An effect of this distortion is

the fact that in a Fallen Universe all matter is subject to entropy [*changes through its infection*]. This is one of the Laws of Physics in your world. In an Unfallen Universe, this is not the case.

Part 5 - The Fallen Experience

Elora: As we continue with information about the Fall, I would like to remind our Readers that this information is only being given out now because of the fact that rescue is at hand. As Heru stated in the Introduction to this book: *"I want you to know that the only reason this stark truth is being allowed to come forward at this time is because of the certainty and the nearness of the dissolving of all that is Dark. It is truly very close to us now, and even upon us."* Later Chapters will focus on the coming Restoration and Reclamation of Earth and our Universe.

Elora: *I would like to understand the many ways the Forces of Darkness have distorted life here and made certain things impossible, and other things of a destructive or unhappy nature the norm. Like children raised in highly dysfunctional or abusive families who have no idea that their experience is wrong and "abnormal", even perhaps criminal, I think we on this Planet have no idea of the extent of abnormality in our own life experience. How does all of this relate to the fall?*

Heru: This is really a vast question, but let me first state that none of these conditions exist in an Unfallen Universe or world. There are as many pathways of disease and disharmony as there are illnesses of body, mind, and society. There are countless factors, and I could list them all. Let us start, however, with the fundamental premise that what society has defined as Human nature - the aggressive desire for conquest, the desire for dominance, greed, selfishness, cruelty - all of these things are not normal and are the result of the Fall. Then when you look at how this so-called Human nature has expressed itself in culture, in society, and in the institutions that govern this world, you have an idea of the complexity of

what needs to be reformed in every system and on every level. Be assured that all of this will change, and very rapidly, as the Restoration of your Planet and your Universe proceed. And as Humans are restored to their original nature, their hearts and minds will again express the divine blueprint and perfect harmony that was intended by Creator.

***Elora:** Are there some sectors of the population, such as political Leaders, Darker than others?*

***Heru:** Yes. Those who are the most aggressive in acquiring and maintaining power and control over others are in general quite a bit Darker, and are also oftentimes used as vehicles for some of the Fallen Beings to carry out their agendas.*

***Elora:** What percentage of the Human race at this time is not corrupted by some degree of Darkness?*

Heru:** All Humans are affected by Darkness to some degree. Because it exists on the atomic level, there is really no way to escape it. However, we have noted that the souls of some Beings have been able to resist this influence. More than half of the people on this Planet, perhaps as high as 60% of the Humans on this Earth, are in a state where their soul, their spirit, their intention in life, is to manifest Light. And that is truly a miracle. Things look so bad, and the negative structures are so strongly in place; yet the weakness in the Plan of the Dark is that they have not been able to corrupt the Human spirit in so many. [Elora:** I often think of the humble people of Earth, many of them very poor, many living in underprivileged countries, yet who maintain their purity of spirit and dedication to God.*] Yes, and many of them are much happier than the privileged.*

***Elora:** What percent Dark is Earth at this time?*

Despite the fact that over half of Humanity still holds to the Light, the Darkness tends to be in control here because of all the systems that are in place. Therefore I would have to say that Earth is, at this time, about 75 to 80% Dark.

Elora: What, if any, is the difference in the personal experience of life between those infiltrated by Darkness and those not?

Heru: Imagine, if you would, two tuning forks. One of them might be covered with whatever junk that would prevent it from sounding, but the tuning fork itself is still in perfect pitch. At any time that it is unwrapped and struck, it will resonate. Because of that it holds at its core that true resonance, even though it is not sounding. Then imagine a second tuning fork, where the tines have been twisted and distorted. Whether it is wrapped or not wrapped, whether it is struck or unstruck, it always carries that distortion at its core. And that is not to say that this is uncorrectable.

Elora: Is life easier for those Humans who are Fallen, who are not resisting the Dark?

Heru: That is perhaps too broad a question. In some cases yes, in that they would receive a great deal of support in acting the nefarious schemes of the Dark. You could say the wheels are greased and their ambitions are oftentimes not thwarted, because they are in essence Sons of the Ruling Body, whether that is literally or in spirit. But ease does not equate to happiness or harmony. [*Elora: Is there a tremendous pain deep in the soul of all the Fallen?*] How could there not be?

Part 6 - A Creation without Defences

***Elora:** If this Creation was made without any form of negativity, then was it unable to defend itself against Darkness? Why did not the Creator act to drive Darkness out of the Creation?*

Heru: This Creation is a creation of Love and Light, of beauty, of vast amounts of diversity. And as I said earlier, it is an expression of something beyond words, that indescribable place which the Creator expressed from. In this expression there was no thought of destructive or negative forces. These were not even conceived of as being a possibility. Therefore this Creation was created without weapons, without defenses. You will see in the Universes which are not Fallen, for example, that the whole concept of predation is much different.

When this Creation was attacked, although the Prime Creator was aware of it instantly, the Creator was not able to comprehend the danger and was not able immediately to come up with a good solution. Therefore it spread. Really, the amount of time that Darkness has been here is a very short one in terms of the time of the Creator. To use an analogy, it is as if this Creation were a Human who was bitten by a brown recluse spider. The initial bite did not seem that bad, and nothing was done immediately. But as with a brown recluse spider, the toxins spread from cell to cell, bringing death, rot, and decay with it, until the flesh around the original bite began to die. It is at that point that the body would begin to marshal its defenses. However, as with the brown recluse spider, the natural defenses would perhaps not be enough. And in fact, as stated before, this Creation had no defenses whatsoever.

Therefore it has taken some planning and engineering in order to create weapons that were never before conceived of, to create defenses that were never before conceived of. For you see, the Angels and Creator Gods, and all of the Beings who are on the front line of this fight, have had to cobble together defenses and weapons out of whatever they can pick up. They have been picking up their shovels and broomsticks and trying to fight a highly sophisticated invader when they had no prior knowledge of defensive

strategy. And that is why in many cases it appears that the Dark side wins the battles. But the shift is happening. The Creator has come up with a strategy. The weapons are in place; the Armies of Light have been created; and the tide has turned. And in a short swift time, the War will be won.

Elora: Still, why did help not come earlier? Were talking about an enormous stretch of time here. Is it not true that all the original beings in this Universe have been crying out to the Creator for help, with their uncounted trillions of voices, and for eons?

Heru: Yes, and it is being answered. I know it seems to Humans and to many life-forms that this has taken such a long time to accomplish. And there is regret that there has been so much suffering and that this has taken such a long time. I have outlined the reasons, but there is definitely regret that there has been this amount of suffering.

Chapter THREE: THE LIGHT WORKERS

Some time after our Creation had been invaded by the Dark Beings, plans were made to heal and counteract the damage. The first plan was put into place about 500 million years ago. At this time the true intent of the Dark Forces had not been revealed, and it was thought that they were innocently harming the Universes into which they had spread. Therefore, the first major attempt to help the Fallen Universes involved the sending of a substantial force of Light Beings into each of the Universes that had been affected. These Light Beings were mostly from the Inner Universes, the older ones

which are located nearest the Godverse and which are closest to the pristine purity and power of the original Creation. The Beings who were sent were healers, restorers, and educators, for it was then believed that the invading Beings could be helped and restored to the Divine flow of life in this Creation. Most of the Light Workers on Earth belong to this group, and therefore most of us have been in this particular Universe for about 500 million years. The Light Workers are generally characterized by a high degree of awareness, along with a profound longing for home.

There were many aspects to this initial plan. The one I am most familiar with involved the bringing of pure, uncorrupted genetic or blueprint material from the Godverse to a selected number of critical planets in those Universes which had damaged genetics. As you read this section, you may come to a remembrance of your intended part in this great plan.

The Mission of the Light Workers

Elora: Please give some additional information on the group of Light Workers which was sent about 500 million years ago to help the Dark Universes. We'd like to know what prompted this group of Beings to come, who made the decisions, how they were chosen or how they volunteered, and so on.

Heru: The Creator Gods in the Fallen Universes convened a Council. They met and put forth a call for help. This call went out and a Great Council was convened amongst the Creator Gods of the Light Universes. An extensive recruitment then took place to assemble a large entourage of multi-skilled, multi-faceted, multi-dimensional Beings to come and do what they thought would be reclamation work. It was hoped that the size and skills of this force would be sufficient.

This force arrived into the Universes which had been affected by darkness, and at first things seemed to be going well. They set up their schools, their healing missions, and so on - all of the work that they felt would be needed. Some thousands of years into this project, the Dark achieved a critical mass, declared itself, and sealed off this Quadrant of Universes behind the Frequency Fence. And essentially at that point the battles began.

Elora: What kind of numbers were sent into a Universe such as this one?

Heru: Hundreds of thousands of Beings were sent into each Universe. This venture was considered very important, and the recruiting effort was large. It went across pretty much the entire spectrum of talents and Beings. At that time it was still believed that the Dark Beings could be helped, and so the Light Workers that were sent were chosen as healers, restorers, teachers, and so on.

Elora: Would you speak on some of the other major facets of the plans and purposes of these Light Forces? I feel this is important because Light Workers reading this material may remember the reasons for which they came here.

Heru: Yes. I would suggest to each of the Light Workers who come to read this to look at their passion and their talents. For instance if someone has a passion for Akashic record work or healing work, to look at that, and see it as the seed of the Mission they came here to accomplish. It will also be helpful to realize that great numbers of people with similar talents and similar Missions were sent into each Universe. For example, perhaps several thousand people with the great ability of Akashic Record Reclamation would go into each Dark Universe and be stationed throughout. Then there would have been the intention to link up with a Being in the Healing Arts, or a Being doing genetic work, or whatever. And these different groups would have worked hand in hand, and put together a comprehensive program for healing not only individuals, but worlds and systems. Since your personal

work involved bio-systems, for instance, you would have worked with geneticists, and would have also worked with Beings who specialized in cleaning up various types and levels of pollution. Then there would have been the teachers, the educators, those who specialized in emotional and spiritual work, and so on.

These Beings then began to set up something almost along the lines of a great university on each planet, so you would have a whole university type structure of classes on healing and other subjects, which would be coordinated from a centralized location. Since there are many inhabited planets in each of the Fallen Universes, a teacher or healer would be assigned to many, not just one. Remember that *wormhole travel* at that time was very possible, though it has largely broken down since then. Parts of this great system were actually set up within the Universes before everything was totally disrupted.

***Elora:** Are the remains of this original force of Light Workers now concentrated on the Twelve Critical Planets? [Please see the Glossary for a definition of the Twelve Critical Planets, of which Earth is one.]*

***Heru:** There are remains on each of those Planets. However, these areas have been targeted by the Dark Forces, so many have fled to some safer areas. There are some of these Beings in that area where your relatives are, near the edge of this Universe. Those who could flee to safety did so, however many were entrapped in the karmic cycle of this Planet or wherever they were at the time.*

***Elora:** Please discuss briefly what it was like for us when the Fall happened, knowing nothing of darkness or even of defending ourselves.*

Heru: It was horrible beyond words. If you were to look at some of the sections of Michelangelo's fresco of the Last Judgment and you look at the Fallen Souls, it would look something like that, only magnified many hundreds of thousands of times. The Light Workers and other Beings in these Universes were trapped, and ripped asunder from their connectedness with Prime Creator, and also their connectedness with all their companions. There was the rending apart of Twin Souls; and many other connections were also torn apart. For example, those who don't have Twin Souls would have their connection to Nature severed, or their connection to the Creator Gods, or to Prime Creator, severed or twisted. It was like a descent into Hell.

Elora: *Have many of us attempted to return home, and have we been unable to do so?*

Heru: I would say just about everybody who has any consciousness left has desired to go home, but most have had no way to do so.

Elora: *Did a high percentage of the Light Workers “fall”?*

Heru: Even one Being falling is a high percentage. But I would say in the range of 30% fell. And I believe that most or all of these Beings will be reclaimed. [**Elora:** *How did you, yourself, resist the temptation to fall?*] In my own case, I never felt the temptation or the lure of whatever it is that the Darkness has offered, and so for me resistance has not been difficult in that way. It is the only thing I know, to be of Light and to be of Service.

Elora: *Is it correct that the vast majority of Light Workers on this Planet are from the original group who came into the Fallen Universes to help?*

Heru: That is correct. And it is the Light Workers, collectively, who have taken the greatest brunt of this destruction. For you simultaneously fell victim to the controlling nature of the darkness and yet could see that this was not the true nature of Humanity, for you had your memories intact. So this has been, for all of you, the roughest ride.

Elora: *Is there anything you would like to convey to the Light Workers?*

I would like to say that the remnants of the families or the groups that people came in with are here. The time is right for people to seek each other out, through whatever means is available, in terms of like-minded groups and conversations with people who have similar passions. They may wish to form discussion groups, either in person or through the Internet. There can be a sharing of experiences with no agenda, simply trying to jog each other's memories and come up with common experiences.

The other thing I would like to say is that the Beings who came into this project were considered the best and the brightest within the Creation, representing a cross section of all of the kinds of talents of all the Creator Gods, across all the Universes. They were not Creator Gods specifically, but they were representatives of their particular brands of creation, in a sense. *[Elora: It must have been a loss to the rest of Creation, then, to have their best and brightest lost for so long.]* Yes, and I would also like to say that I believe all will be reclaimed. It is my hope that even those who were lost or melted down can be restored, and there are relatively few of those.

Elora: *Why are these Beings from the Older Universes the finest and brightest souls? Are we just older?*

Heru: Well, that's perhaps a qualitative judgment on my part, a preference on my part. It's maybe not fair of me to say finer and brighter, but they are

among my favorites. [*Elora: What would be the difference between one of these Beings and one from an outer Universe?*] It would be like the difference between an ancient wise tree and a young sapling.

Elora: Please give some further information about the particular aspect of this work that has made Earth so important - that of selecting twelve critical planets and seeding perfect genetic material into them.

Heru: That was seen as part of the Rescue Mission, as it was seen that the genetics of the Fallen Universes had been corrupted and damaged. At that time, it was not known that the Forces of Darkness were so adamantly bent on destruction and control. It was thought that they were wayward and were innocently damaging the Creation, not through evil intent but just through being in an inharmonious state. It was not seen to be a consciously driven attempt at destruction, more a byproduct of their flawed nature. Therefore it was felt that if perfect genetic material could be re-introduced into the Fallen Universes, then their genetics and their blueprints could be corrected.

The further that you get from the Godverse, the Center of the Universes, the more and more flaws and divergence you get from the original, perfected blueprint of life. Therefore the Universes that are furthest from the Godverse are the ones where these flaws have multiplied and magnified. It's similar to the way that DNA will form new cells, but as it multiplies hundreds and thousands of times, flaws develop and then perpetuate themselves and increase. What you and your group did was to take original material from the divine blueprint, material taken from very near the center of things, and bring it way out to the edge of Creation, to this critical point which is Earth. These critical planets were carefully chosen as they form a grid within the Universe. In each of the outer Universes, in fact some of the closer in ones as well, there has been this embedding of key points. In the Fallen Universes they have been fought over greatly and have been the source of many of the wars, because control of these key points means control of the Light coming in.

However the original flaws in the outer Universes would have been easily corrected, had not the Dark Forces taken advantage of them to damage, corrupt, and destroy the genetics and blueprints in the Fallen Universes.

One of the most damaging results of the Invasion was the fall or taking down of some of the Creator Gods. For each universe is created by a Being or Beings. Therefore as the Creator Gods were corrupted, what they brought forth was faulty DNA and faulty structures and so on. For what is not created in Light is an abomination. The fallen Creator Gods created Universes which are almost entirely Dark and devoid of Light.

***Elora:** Was the perfect genetic material in the Twelve key Planets being held for the future?*

***Heru:** There are two aspects here. There were Beings who brought in genetic material to restore that which was damaged. Your Mission was somewhat different in that it came somewhat later, as a last gasp effort to retain the integrity of things before it was lost. [**Elora:** And do you still believe that this perfect genetic material from the Twelve Critical Planets will be able to restore the damaged genetics in this Universe?] It is quite likely, yes. It looks to be still doable.*

***Elora:** For those of us who have been here in the Fallen Universes, has there been any benefit?*

***Heru:** The benefit is of endeavoring to save that portion of Creation from being overtaken by the Darkness; there is a great benefit there. The great heroics of the Beings who have come here have not gone unsung, and the service that has been rendered is very appreciated. These Beings become great teachers, and in doing so serve the Light *mightily*.*

Chapter FOUR: THE ROLE OF PRIME CREATOR

*This section mentions two very important components of the restoration of Creation: the **Omniversal Energy** and the **Light Warriors**. Details are included in later chapters; please consult the **Glossary** for short definitions.*

Part 1: The Loss of Faith in the Creator

***Elora:** Heru, our topic for today is not a pleasant one. After the channeling we did a few days ago, as I was mulling it over, my emotions began to boil. First I felt intense grief as I considered all the suffering that has occurred due to the invasion of darkness, particularly because it was useless and purposeless, not part of some greater plan. Then, deep anger and rage at the Creator came up, underlain by a profound sense of betrayal and abandonment. I'm sure these feelings have an irrational component. Nevertheless I'm going to share the track of my emotions with you, because I'm convinced that almost all Humans on Earth and in all of the Fallen Universes have similar emotions, consciously or not.*

***Heru:** They do.*

***Elora:** First of all, the amount of time that we're dealing with here is staggering. You said that the original invasion happened about 1.3 billion years ago, and that our Universe was invaded about 900 million years ago.*

Heru: That is correct.

Elora: *Then I started thinking about the number of universes that must have fallen. If the universes number in the tens of thousands, let's say just for example that there are 40,000 of them. If six percent are fallen or embattled, as you have said, then we have 2400 Dark Universes! And I feel that a billion years and 2400 Dark Universes is just way, way too much, and way, way, way too long.*

Heru: I agree.

Elora: *This is not like a spider bite on a person's arm. It's like losing a whole hand to infection and death. In fact, it feels almost to me as if this Creation is like a beautiful woman who has been raped. Maybe the rape only took place in her vagina, in six percent of her body, but it affects the whole, and it's not a small thing.*

Heru: That is a good analogy.

Elora: *When I began to think of the amount of suffering and devastation that has occurred because darkness was allowed to spread, and wasn't dealt with for such an incredibly long time, a tremendous feeling welled up in me that said, "Regret isn't enough." For those on the highest level to say they're sorry they didn't act sooner is just not enough to balance the weight of the countless numbers of Beings who went through not just many lifetimes of suffering, but millions of such lifetimes. It's also not enough for those Beings who have actually been destroyed, who have ceased to exist. For them, the rescue has come too late. They are gone forever.*

Heru: That is true.

Elora: *I feel that hardwired into all life in this universe is the belief that Creator is loving, Creator is just, Creator is merciful. But in fact, those Beings in the Fallen Universes found that when darkness invaded, God did not act. God did not protect the innocent. God did not stop the rape, the devastation, of worlds and galaxies and universes. Like a husband who is cowardly or paralyzed, God stood by and allowed His Creation to be raped, stood by and watched and did nothing, when we were fighting not only for our own existence but sacrificing ourselves to help the whole. God is finally acting and we are all grateful, but it feels like too little, too late. Yes, we need help, but we needed it about a billion years ago!*

Heru: Yes.

Elora: *At this point Heru, I feel a need to ask: Do you trust God, the Prime Creator?*

Heru: I trust the intentions. I do not always feel that the Prime Creator can totally reach into the Creation and effect the change that is needed. Just as I recently tried to manifest in your third dimensional world and was unable to, Prime Creator has attempted to deal with this but has been, up until now, unable to deal with it. [**Elora:** *But you do absolutely and totally trust the intentions of Creator?)* **Yes.**

Elora: *I realized that there's a large part of me that no longer has that trust. I feel like a child in a household where an invader broke in and raped, tortured, and killed the children, while the parents stayed on the top floor of the house and didn't do anything. How could I ever trust my parents again?*

Then a feeling came that is perhaps even worse than the anger. And that is the sense of being betrayed and abandoned by God. I know that I was part of the group of Light Workers which were sent here 500 million years ago to help the Fallen Universes. To use yet another analogy, I feel like a member of a special task force that is sent by my government to a dark and dangerous place. We are sent by our Country, and we are sent with the mandate and the promise, "Establish a base - reinforcements will follow, very soon." Heru, am I wrong? I feel in my bones that this was said to those of us who volunteered to work in the Dark Universes.

Heru: It was, and the help was not able to come through.

Elora: *So we went out. We suffered, we died, we have been ringed about with enemies all around. But no help arrived. We sent telegrams, we sent messages, we cried out for help. But no help came. Not until now. But by now, as a force we are in rags and tatters and a lot of us didn't even make it to this point.*

Heru: This is true.

Elora: *The sense of abandonment that I feel around this is so profound that it feels as if every cell in my body could weep for a thousand years.*

In any case , to conclude this tirade of emotion, I return to the metaphor of the woman who gets raped. The Husband finally acts, the perpetrator is carried off to jail, and the woman is healed of her physical wounds. But what about her emotional scars? She still carries, imbedded in her soul substance, not one trauma but two. First, the trauma of the rape, and

secondly, the trauma of the fact that her Husband allowed it to happen, for a long stretch of time that, for her, was an eternity of horror.

Heru: Yes.

Elora: So now the Creator is finally acting to expel the dark invaders. This is a time of great joy. But, as we who have suffered the effects of this event begin to raise our heads and to see the Light again, mixed with our gratitude are the painful emotions that I've just described. So I feel that the healing which will take place must also occur within the family of this Creation itself, between Creator and creatures. We have uncountable numbers of Beings now who have ceased, on some level and to some degree, to trust God. How will this trust be restored?

Heru: I don't know that I have the answers to this. These are profound and deeply sorrowful questions. And I am sort of in the middle, where I have participated in the creation of the universes. I have watched them fall, and have been to some degree powerless to prevent or correct that. I don't even know how to begin to address the sorrow and the loss.

Elora: I know that when I feel anger at someone, that anger immediately evaporates when I can stand in that person's shoes. Perhaps if we, the creatures in this Creation, could truly grasp what the Creator went through when the invasion occurred, then we could forgive this great lapse of time and the unspeakable horrors that have happened.

Heru: Yes. I would suggest attempting a direct communication, having Karen channel the Creator. And express what you have expressed to me, directly.

Elora: Can you add anything else?

Heru: I would tell you that all of the Ascended Masters have felt similar emotions to what you have expressed. If you would look at the life of Jeshua [Jesus], he would be a pretty good manifestation of the attempt of all of us to effect change, and how that was ruined and distorted. [*Elora: Are you speaking of his life, or what happened to his teachings?*] Both his teachings and what happened to him, in the Crucifixion. As this world fell further into darkness, any attempt at a public ministry by an Ascended Master would meet with the same fate.

Part 2: The Prime Creator responds

Karen and I took Heru's advice, and we set out in an attempt to access some aspect of the consciousness of that being whom we call Creator. I must confess here that I have always felt extremely skeptical of those who profess to channel "God". In fact, in a lifetime of travels on the inner planes, I had never encountered any being or consciousness whom I could call God. However, when Karen and I called in the Prime Creator of this Creation at Heru's suggestion, there was indeed a response from a Consciousness which was both awesomely powerful and tenderly loving. I still do not know if our Prime Creator is the ultimate God beyond which there is no other. I do feel that we communicated with an aspect of the Consciousness of the Creator, however. The energy was so intense that the words coming through were sometimes, of necessity, extremely simple. I wish that these words could convey the profound power and love which filled the room during those moments.

Elora: Greetings to you, Creator. We have called on you in hopes that we can understand you better, and to heal our relationships with you. We understand that you are the One who created this Creation that we live in. Is this correct?

Prime Creator: Yes. [**Elora:** Are you a singular Being, or are you an expression of group mind, an expression of a group or Council which created this Creation?] I am One. [**Elora:** Do you have gender?] No.

Elora: Are there Creations created by Gods other than yourself?

Prime Creator: It appears to me that there are but I do not interface with them.

Elora: Would you please describe to us something of the vision that you held when you created this particular Creation?

Prime Creator: I have created many Creations, and this was to be my most beautiful Creation yet to date. In large part it is successful. I am aware of your pain and concern in this part of the Fallen Universes. I would like to discuss that today.

Elora: Thank you, we would as well. How did you feel or perceive the initial attack of darkness?

Prime Creator: It was actually fairly small initially, like stepping on a nail; or a pinprick or a bee sting, something of that nature. The initial pain was not that severe. However there was a venom that was inserted through that opening, which began to spread fairly subtly and rapidly - subtly enough that I did not perceive its spread immediately. This foreign invader began to lay eggs and set up colonies. And that did not appear extremely harmful at first.

It seemed benign and it seemed that these Universes would not be harmed by it, for I felt there was room for all.

Elora: At that point, were you getting calls for help?

Prime Creator: No, for these beings were not manifesting their true intent for quite a long period of time. They were well established before they revealed their criminal intent. Regarding when that intent was revealed, let us see if we can set some timelines. Your time is difficult for me to relate to, so perhaps you can help by giving a framework.

Elora: Heru states that the initial invasion occurred about 1.3 billion years ago. To continue, at some point you realized there was a threat, and these invaders were not innocent?

Prime Creator: Yes. It seems that this occurred hundreds of millions of years ago, but not billions. And so there would have been that long amount of time for the corruption to spread and to spread, amongst the Creator Gods, the Angelic Hierarchies, the Elohim, and the other hierarchies, almost all of which have been contaminated. During that time the Dark Beings were keeping within themselves, and very closely guarded, the secret of their criminal intent. The fullness of this criminal intent did not become clear until the Dark Universes began being born out of the darkness. Again, that time was perhaps several hundred million years ago, but not as much as a billion.

Elora: It appears that the Light Workers were first sent into the contaminated Universes about 500 million years ago. So perhaps it was shortly before that.

Prime Creator: Yes, that is most likely correct. At that time it was not known whether these Light Forces would prevail or how effective they could be, for we had and I had never encountered anything like this. There was hope that this would be enough. And all along the way, those of my Creation who had succumbed attempted to hide their contamination. Therefore throughout this whole process was obfuscation and delay. These delays made it take longer than it should have for it to become apparent that the efforts of the Light Forces were not enough.

Elora: *Were the dark and contaminated Universes sealed off at this points so they could not infect others?*

Prime Creator: I had no mechanism with which to do so. This invading force was able to penetrate anything and everything in this Creation. There was really no material at that time in this Creation built in such a way that could deflect or seal or contain this contamination. It was at that point that I saw the need to create something outside of this Creation, and began to create a new Creation. And that is where the Warriors of Light have come from.

Elora: *Why did this take so long?*

Prime Creator: The declaration of the Dark and the erection of the Frequency Fence happened about 500 million years ago in your time. In the age of this particular Creation this is a relatively short time period, though it would seem incredibly vast to you. That being said, the greatest difficulty in bringing forth the Light Warriors was in creating an entirely new substance with which to create. Creating the forms, the personalities, the talents - all of that - basically followed the patterns that had already been established. But to create something wholly new, a new substance, takes a lot of time.

Elora: Why did you not send help to the Light Beings who went into the Dark Universes, as promised?

Prime Creator: Help was sent, and it was defeated. [*This statement seemed to be followed by a deafening silence, as the tragedy of it sank in.*] In fact, instead of my sealing off the invaders, the invaders sealed me off from this part of the Creation. And many have been lost.

Elora: Is all the infection more or less located within a certain area of the Creation?

Prime Creator: Yes. [***Elora:*** *Is it still spreading?*] At this point, no, but only because of the Light Warriors.

Elora: I know how we felt, we who were in the Dark and Fallen Universes. We felt abandoned and betrayed by you. We didn't understand that you had sent help. How did you feel at that time?

Prime Creator: The whole of the Creation wept. There are no words to describe the grief at the loss of part of my beloved, for this whole Creation functions as one entity. And it was as if she were dying and amputated - that this part of her was amputated, and that the whole of her was going to die. For the whole Creation has been threatened by this invasion.

Elora: It has been a terrible thing. But then the new Creation was created, and you made the Light Warriors.

Prime Creator: Yes. [*Elora: How do you see things now?*] (Strongly) **I have created something that no darkness can resist.** I have cordoned the darkness off from the rest of this Creation, and have begun the Great Battle. I myself know nothing of war; it is not a part of what I am. But amongst these Warriors of Light are great Captains who are in the process of uncloaking themselves as we speak. And in a twinkling of an eye, things in this Creation will look much different. Then the healing will begin. Those Universes that were created by the Fallen will be destroyed, for they are not reclaimable; they were not built upon my founding principles of Light. [*Elora: And the Invaders will be destroyed?*] Yes.

Elora: Will the Light Warriors destroy all the darkness in this Creation?

Prime Creator: These Light Warriors will not stop at the perimeters of my Creation. They will reach out into the heart of what sent the Darkness here, and will destroy it. [*Elora: Once this Creation is cleared, will you protect it from further attacks?*] Yes, I will ring all of Creation with the Warriors of Light.

Elora: Have other Creations been threatened?

Prime Creator: Yes, indeed. There was a second attack, on another of my Creations. However it was much smaller and much later, and I was able to fend it off. [*Elora: And how about those made by others?*] I cannot say. [*Elora: Those are too far distant for you?*] Yes.

Elora: Do you know where the Dark Beings came from?

Prime Creator: Yes, but it is somewhat of an indescribable place. There are no words. It is outside of this Creation.

Elora: *How can the sense of abandonment and betrayal, that so many of us feel, be healed?*

Prime Creator: I would say that the proof is in the pudding. When I have eliminated the darkness, then the healing will begin. Then faith can be restored, and not until that time.

Elora: *I realize my own anger at you was unfounded, and ask you to forgive me for that.*

Prime Creator: My darling one, it is I who needs to ask your forgiveness, for it is I who am responsible for what occurred. There are no words to express the depth of my sorrow about this. [**Elora:** *It is hard for us Humans to realize and understand that even a Being so powerful as yourself is not completely omniscient and omnipotent, to realize that even for you this is a learning process.*] Yes.

Elora: *The hardest thing for me is the Beings who were lost. Will there ever be a way to reclaim them?*

Prime Creator: Their blueprints are intact, their records are intact. [**Elora:** *But their essence? Is it gone forever?*] Once the darkness has been removed, we will see. It is not known yet.

The communication ended at this point, because I was crying, as was Karen, and it seemed that Creator was weeping as well. The energy was also too strong for her to handle, so we released the connection.

[Elora:] To explain the last part of the communication: certain Beings within the Fallen Universes have been attacked in such a destructive way that the only recourse was for them to be "melted down" and returned to Source. An analogy would be a golden cup which is thrown into a vat of molten gold. The pure metal remains, but all individuation is lost. This has been the ultimate tragedy resulting from the Invasion of Darkness, for many great and beautiful Beings have been lost. It is hoped, however, that ultimately even they can be reclaimed.

A week later, we spoke to the Creator again. The communication flowed more easily this time.

Part 3 -The Dance of Creation

***Elora:** Creator, thank you for coming to speak with us again today. We would like to know, first, can you affect change in this world, in people's lives here?*

***Prime Creator:** Yes. It is an interesting paradox. I know you have been receiving information about the fact that when they become enlightened, people have a sort of bubble around themselves where all they see is love and light. To some degree, faith and belief play a big part in that. [**Elora:** When people have faith you can work more easily?] Yes.*

***Elora:** I am puzzled by something that Heru told me. He said that since we are a Free Will Universe, the release of the Omniversal Energy and the Light Warriors had to be petitioned for, and it was voted down many times, therefore delaying the release greatly. Is it true that you were waiting on this petition to come to you - and if so why, since surely you are aware that Free Will in the Fallen Universes is a mockery?*

***Prime Creator:** That is perhaps not quite the way I would describe it. I don't want to say that Heru was incorrect, but from my perspective it was somewhat different. It is one of those synchronies that is the magic of this Creation. For the cry for intervention did not develop until the Light Warriors were ready to be released. Therefore as fragmented - as fallen, dense, separate, and dark as this sector of the Creation is - it still resonates with my blood, with my life, and with my light. And this is proof of it. And that, my dear, should make you very happy. For what that says is that you still belong to me, you are still my beloved, and I still dance with you.*

***Elora:** There was not a unified cry for intervention before then?*

***Prime Creator:** It was as if the Beings in this sector could feel the help that was coming, they could smell it being ready. So as the readiness came, the cry also came. That is why I say it is a synchronous happening.*

***Elora:** Even on Earth, we have prophecies which have looked forward to this time. And I've wondered, how did we know?*

***Prime Creator:** Exactly. You knew. And you still have that connection with me, in spite of everything that has been done to each of you.*

***Elora:** I have seen that a mighty pulse of energy is going to come out of the Godverse some time in the future. Could you explain exactly what this is?*

***Prime Creator:** It is the Breath of God. My breath has great restorative powers, as you can imagine - for healing, for restoration, and for cleansing. [Elora: Will you breathe once in that way, or many times until healing is complete?] Three times. [Elora: Somehow I want to cry when I hear that.] Because you know this, and because you know that these three breaths will bring you complete wholeness.*

***Elora:** You said that the Fallen part of Creation was cut off from you. How did this occur? Have there been Frequency Fences placed all around the Fallen part of Creation so that we were disconnected from you and from the rest of Creation?*

***Prime Creator:** Yes. This occurred in the reverse order from what you may imagine. The invasion came. It appeared benign, and spread through a number of universes. Once the invaders had an area sufficient to give them a platform upon which to launch the takeover of this entire Creation, they then built the Frequency Fences, cut everything off, and caused the Universes to fall. All of the Fallen Universes are grouped together inside this Frequency Fence.*

***Elora:** So the Fallen part of Creation became like a cancerous tumor, walled off from the rest of the body.*

***Prime Creator:** Yes, but once it reached a certain mass or density or intensity, it would have exploded into the rest of Creation, just as a cancer would metastasize.*

Elora: I remember from being in Virqie, which is of course a Light Universe, that there was a continual experience of being connected to God. It was more than being connected, it was that all life was One and all life flowed together. This is part of what was cut off, this Oneness with the Whole?

Yes.

Elora: It seems that there is a characteristic of this Creation, that the highest and most powerful Beings, paradoxically, cannot seem to affect the manifest part of Creation itself. Is that how this Creation is, or is it solely due to the separation and sealing off that has been done by the Dark Forces?

Prime Creator: The latter. In an Unfallen Universe there is no separation.

Elora: Some say that you, the Creator, are too far above or too distant to take an active part in Creation, and that the role of active participation in Creation must be undertaken by other Beings and Forces. Can you speak to this?

Prime Creator: In the Unfallen part of my Creation I am very present within every action, every cycle, every part of what happens. I am the stuff from which the Creator Gods form the Universes, and so there is a process of co-creation with both of us together. It is a beautiful dance. How it has been distorted in the Fallen Universes, I do not really need to explain. But that dance is a very interesting, multi-layered, fluid give and take. There is the dance between me and the Creator Gods to create form, and then there is the dance between me and the form, almost as lovers. The beauty, the intricacy, the intensity of all of this is a magical song. And yes, it has been very distorted.

Karen went to a lecture last night where the speaker was talking about the incredible fire of all-consuming longing for the Beloved. He described that fire as torturous, and how it entails going through the dark night of the soul. And that is part of the distortion. It is not created to be painful in that way. Yes, there is ecstasy within that pain, but pain is not native to the process. Yet that fire does live in every soul. And that is where, as a soul, you will find me.

Elora: You state that you are the "stuff" out of which Creation is made. This reminds me of Krishna's statement in the Bhagavad Gita: "Permeating the Creation with a fragment of Myself, I remain." In other words, God permeates the entire Creation, yet is also beyond it in an unmanifest state.

Yes.

Elora: Are you the Guardian and Protector of this Creation?

Prime Creator: Prior to the invasion of the Dark, I am ashamed to say that I did not see the need for protection or guardianship. It was just a lovely dance. I have created the Creation of the Light Warriors to ensure that this Creation will be restored to that dance, and will remain that dance, For as you have seen I could have armed this Universe and this Creation; but I would no longer want to dance that dance with this Creation. And in the end I would have had to destroy it.

Elora: Have you not done so now? Have you not armed this Creation?

Prime Creator: Yes, but with something outside of the Creation - and that is the difference. Had I armed it with something from *within* this Creation it would have destroyed it. [**Elora:** *Because war is so antithetical to the nature of this Creation?*] Yes. I would have had to arm everything from the greatest Universal structures to the tiniest subatomic particles, and so the entire Creation would have been weaponized. And I have no desire to dance the intimate dance with a warrior.

Elora: *Many Humans see God the Creator as a parent, as a Father or Mother figure. I have personally always been more drawn to the concept of God as the Beloved. Which is more correct, from your perspective, or are both of them correct?*

Prime Creator: Being everything and all that is, yes, both are correct.

Elora: *It is very hard for us to understand what motivates Dark Beings. Why do they wish to harm, to destroy, to enslave, to take over other Beings?*

Prime Creator: The reason that it is so hard for you to understand is because it is one hundred percent antithetical to your nature, as it is to mine as well. I do not understand what motivates the Dark. I sent and sacrificed many of my parts in an effort to educate, salvage, heal, transform, and reform these Dark Beings; to make them compatible with this Creation. All I can say is that now they must be removed forever.

Chapter FIVE: THE OMNIVERSAL ENERGY

The text that follows is my own story of what I noticed during the first six months of the Omniversal Energy's presence on Earth. It was written in February 2004, before I made contact with Heru. I would like to note that my husband John and I live near Asheville, NC, an area which is very energetically active with many ley lines, portals, and power points. Parts of the country which are energetically calmer have not experienced as much upheaval or release of negative energies as we have here.

Part 1: Elora's Essay on the OMNIVERSAL ENERGY

I came into this life filled with a tremendous drive to evolve, as well as a visceral expectation of Planetary Ascension and of my own involvement in that process. I studied Vedanta as a teenager, read the Findhorn channelings in the 70's and many others in the 80's and 90's, and was convinced that the rapid transformation of our Planet was imminent.

Somewhere in the mid to late 90's I began to somewhat lose my faith. It was very clear that, at least on the outer level, Earth was *not* transforming. In fact, because of the increasing environmental devastation, overall things appeared to be getting worse. I tried and tried to understand what was really happening. Had there been a Plan, and had it gone awry; derailed (as so many have been) by the unexpectedly recalcitrant behavior of Humanity and the density of 3D life here? Had interference from the Dark side simply been too great? Or had the whole thing been a grand illusion, and were most Channelers simply recycling mass thought forms which bore no resemblance to reality? A number of my Light Worker friends felt the same way. There was a sense of weariness, of deep disappointment. So many of us had worked so very hard, and it appeared that the transformation of our planet - if it happened at all - was probably thousands of years down the line.

That's how things stood with me until September of 2003. Despite feeling discouraged about outcomes on Earth, I never ceased to explore inner

realms. It was about mid-September that John and I both noticed a great increase of psychic attacks and various types of attachments in people we knew: *Everybody* was picking up dark forces, negative entities, and even discarnates. Even John and I were getting attachments, for the first time in many years! I own a small business, and had to continually clear my Staff. At times the "infestations" were so bad that one sensitive employee couldn't get to work until she was cleared.

John and I separately went to guidance and asked what was going on. To our surprise, we were told that the upsurge in attacks and attachments was due to something positive - an increase of Light on the planet. The cockroaches were being flushed out of the cracks, so to speak. This information interested me greatly, so we did our best to get more details. Some of my contacts on the Inner Realms said they didn't know where this Light was coming from - it was a source so high that even they couldn't comprehend it, but they could certainly perceive it. I tuned in to the Omniversal Energy, as I call it, and found that it felt like an intense beam of Light Energy which was experienced as descending directly through the Crown Chakra.

John is quite a good channel and has recently been channeling a Being who identifies himself as Maitreya (not the current Maitreya, but the first one on Earth to hold that office). Maitreya had a lot to say about the Omniversal Energy. He said that it is the highest and most powerful energy we have ever known on this Planet. He told us that this energy is what we have been waiting for - and while its arrival was expected to occur quite a bit earlier, it is indeed here now. As it intensifies, Maitreya told us, the Omniversal Energy would change everything on our world beyond recognition. It will clean up our planet to the very last corner, and as the Omniversal Energy increases in power, absolutely nothing will be able to withstand it. The Omniversal Energy will gradually raise the frequency of Earth as well, so that all matter here will become less and less dense.

Maitreya said that the Omniversal Energy is affecting not only Earth but our entire Universe. It's my understanding that what we call the Star Seed helpers on Earth not only came here from other planets, but originally came

from other universes, in an attempt to help this one. In any case, Maitreya stated that the Omniversal Energy will ultimately cleanse and transform our entire Universe. He said there would be dark corners for a time, and many highly negative Beings would choose to leave Earth as the Light increases, to hide out in such places. Even they, eventually, would have to face the music. Earth, however, was in line to receive a high dose of this energy and is therefore a good place to be right now. As closely as I could get, the Omniversal Energy had arrived on September 5, 2003, and we started noticing the effects very shortly after that.

We also began to observe that many people around us were experiencing dramatic and intense life changes. For example, Karen had followed a certain Eastern Master for all of her adult life as well as for six lives prior to this one. On September 6, she decided that he was not a being of integrity and renounced him. Shortly after that her Father died, her apartment was flooded, and she had to deal with ongoing psychic attacks from the Astral minions of her former Guru. Of the four Staff members who worked in my business at the time, three of them had deaths in their families in the months directly after the entry of the Omniversal Energy. I myself broke a karmic contract of over 3000 years standing and went through other intense changes and realizations.

I was personally told that this Energy or Light comes from a central power source within the Omniverse (the Central Universe within this Universal System, often called the "Godverse"). It was for this reason that I coined the name "Omniversal Energy".

Initially, the Omniversal Energy was not well absorbed onto our Planet. Due to the Frequency Barriers and the like, much of it was seen to be "sheeting off". That has changed to some extent, and I also see people becoming more acclimatized to this Energy as well. A balancing of the Omniversal Energy seemed to occur at the time of the "Harmonic Concordance" of 1987, but I emphasize that it had arrived to some extent on our Planet before that time.

As of February 2004, things have continued to be quite intense in our area. John, Karen, and I all noticed that areas located on or near Ley Lines became too highly energized for comfort. In fact all of us moved from such areas to places which were more energetically quiet.

With the arrival of the Omniversal Energy, I feel once again that our world is on track for a rapid transformation. Just how rapid I do not know for sure, but I believe the rate of change is going to be speeding up exponentially. I do hope that those of us who have been doing our work for so long will ultimately be able to ride the waves of change in a joyful way, as well as being able to help others who may be struggling.

I have found that the Omniversal Energy is highly intelligent, responsive, and seems to know everything. I often communicate with it. I don't know what percent of its full intensity we are currently receiving, probably no more than a tenth. Any person who is sensitive to energies can tune into the Omniversal Energy simply by requesting the connection. The connection will be felt directly through the Crown Chakra and will feel like a very pure and powerful white light. One may also request other colors of this Light, such as rose, emerald, gold, or silver; and these may be used for protection and healing.

Part 2: The Nature and Arrival of the OMNIVERSAL ENERGY

Elora: Heru, would you please speak on the Omniversal Energy - what it is, how it got here, and so on.

Heru: The Omniversal Energy is a beam or ray of light, projected directly by Prime Creator as a beam of focused intent designed to penetrate all levels of Creation. It has, to a greater or lesser degree, penetrated and touched every atom of Creation, with the intent of restoring the true Light of the

Creator to all Creation. Embedded in this beam or ray of light are encoded many programs and many Beings, including the Light Warriors. These programs and Beings are designed to activated sequentially in order to perform the restoration of the Fallen Universes and all Beings and substances contained within them.

***Elora:** Will the Omniversal Energy continue to increase in strength?*

***Heru:** Yes. I would describe it almost like the rotating beam from a lighthouse, and it is rotating through all of the Fallen Sector. It's not so much that the beam will become stronger as that every time it comes through, it will affect more, and will penetrate more deeply. The rate of rotation is so rapid that the effect is very constant, not as fast as a strobe light, but it's as much on as off.*

***Elora:** But it will continue to increase, in our experience?*

***Heru:** Yes, it will. As the Frequency Barriers fall, more and more of that Light will penetrate. And as time goes by, more of the programs will be activated as well. [**Elora:** *It will increase until the Breath of God reaches us?*] I know of no time that it will not continue. It may increase indefinitely, and may just be a new standard level of existence.*

***Elora:** I'm surprised that so few people are aware of the Omniversal Energy and the timing that it came in.*

***Heru:** Well, remember the Frequency Fences at that time were still very much intact. Many are feeling changes in energy and are attributing them to*

astrological events or the coming of the New Age and so on. Much of what has happened in the past year has been attributed to other events and causes.

***Elora:** Is Omniversal Energy the best name for this energy or light?*

***Heru:** It is a very good name. [**Elora:** I experience it as being like a living presence, very intelligent.] Oh yes. [And it seems to know everything.] Yes, it is like the finger of God in your life.*

***Elora:** How did the Omniversal Energy reach the Fallen Sectors? Is it being stepped down through the Great Central Suns?*

***Heru:** No. Prior to the advent of the Omniversal Energy, the conduit path of energy from Prime Creator would pass through the Central Sun of a Universe to the Central Sun of a Galaxy, to the Sun of a Solar System, and so on. However, corruption and Fallen energy had taken over so many of these systems that this was not working. So the Omniversal Energy was designed to come directly to every atom, bypassing that whole structure. In your traditions and mythology in many places there are statements that one cannot look directly at God - if you look directly at God you will perish, you will be blinded, etc. And the Omniversal Energy bypasses all of that. For the first time and for all of Creation, there is a more direct energetic conscious flow both ways: from Prime Creator to all aspects of Creation, and from each aspect of Creation back to Prime Creator.*

***Elora:** So the Omniversal Energy is not traveling on a path?*

***Heru:** No, it is being broadcast universally throughout all of Creation, both the Fallen and Unfallen Universes. It has a somewhat different effect on the*

Unfallen Creation, for in those regions it gives every atom a more direct communication with Creator, and just sparks up everything a little. I don't know if it's considered a huge change there. Everyone likes it; it feels very good. In this Sector, it is of course having the effect of disrupting and discomforting the Dark, and bringing hope to all Light Beings. And this will also assist in the reclamation of the fallen nature of matter in this Sector, for the very stones of this Earth and much of the other solid space in this Fallen Sector have been defiled. The atomic structure itself has been distorted.

***Elora:** When I work with the Omniversal Energy, I feel it through my Crown Chakra. I call on it, and I ask it to do things, and I ask for information. Can you give other suggestions to readers to work with it?*

***Heru:** Many people will pray blindly to a God that they have never seen, have only vaguely experienced, and never receive direct feedback of that God's existence. If people will address not only Prime Creator in their prayers, but also call upon the Omniversal Energy with Prime Creator, they will find their connection to become a direct face to face communication. And this changes everything.*

***Elora:** Is the Omniversal Energy why so many in the West are now waking up?*

***Heru:** People in the West have been experiencing awakenings for several decades. And it is actually still a fairly small minority of people that are having these awakenings. This is not so much tied to the advent of the Omniversal Energy as much as it is tied to the Changing of the Ages, and the larger cyclical wheels of time that are lining up for the 2012 portal. Given all the delays in launching the Omniversal Energy, it was felt that once it had finally been released, it would be advantageous for its full impact to correspond to the 2012 timing when this was all happening.*

***Elora:** Without the arrival of the Omniversal Energy, apparently things would have been very bleak in our Universe.*

***Heru:** It would look to be at some point a great conflict on the horizon, where the Forces of Dark would seek to wage a final battle of subjugation of the Light Forces, and would have almost certainly have succeeded in that. So yes, things would not have looked good without outside help.*

***Elora:** How did you feel about the coming of the Omniversal Energy?*

***Heru:** Well, we knew. We were petitioning for it for some time, and it was in my mind overdue. And there had been delaying tactics by the Dark in an attempt to stop it. [**Elora:** *Doesn't the Omniversal Energy come from the Godverse?*] Yes. [**So how could the Dark delay this?**] It's a similar scenario to this planet receiving help from the outside. This is a Free Will Universe, and so there need to be petitions made for something like the Omniversal Energy. And so great discussions were had - do we call for it, do we not, and again and again things were voted down. [**Elora:** *So it was not going to come until called for?*] Yes. [**And does agreement have to be reached for this sort of thing, not just within the Forces of Light?**] Well, that is in an interesting question. The Light Beings cloaked themselves and held a meeting and did this petition without the rest of the Council knowing about it. And that is how this was accomplished. However, even once the Omniversal Energy had been released, there was a last-ditch effort by the Dark to stop it from reaching Earth. The timeline on Earth was distorted, bringing this time lag about, so that you are in fact not in linear time where you were supposed to have been. Earth's timeline has been rifted, somehow taken out of its proper place and distorted. These Beings are very clever.*

***Elora:** If the timeline hadn't been moved, when would the Omniversal Energy have reached Earth?*

Heru: It looks like around 1976. [**Elora:** *That's a long delay.*] Yes, and much damage has been generated due to that delay.

[Elora:] Light Workers who were awakened during the 70's will remember the tremendous sense of anticipation that was felt during that decade, and the feeling that the great shift on Earth was imminent. We know now that these intimations were based on the fact that the Omniversal Energy should have arrived on our Planet around 1976. It is tragic that the Dark was able to move Earth out of its timeline and therefore delay the coming of this great event. From this point, however, we can look forward in the knowledge that no more delays can or will occur.

Chapter SIX: THE LIGHT WARRIORS and THE BREATH OF GOD

Part 1: The Light Warriors

We have seen how our Creation was invaded by an alien darkness against which it had no defenses. Heru has explained that Angels, Ascended Masters, Creator Gods, and other Beings who were created in Light have had to stand against the Darkness in order to prevent the Fallen Universes from collapsing entirely. None of the Beings in this Creation were made to be warriors. When it was finally seen that the Dark Invaders were both soulless and unredeemable, our Creator formed an entirely new Creation. From this Creation were born the Beings whom we call Light Warriors. Light Warriors are created for one purpose only - to eradicate the Darkness in all its manifestations. They traveled to our Universe hidden and cloaked in the Omniversal Energy. On August 12, 2004, Heru told us that the uncloaking had begun.

Heru stated that the Light Warriors were beginning to uncloak themselves all over our Universe and throughout the Fallen quadrant of our Creation. "They are beyond count," he said, "and they are more than sufficient to do the job." He stated that it would take about two years (from the summer of 2004) to win the battle for Earth. This time frame corresponds with statements made by other channels, although none that I know of have spoken of the existence of the Light Warriors. When we asked why it would take that long, he replied that it takes time for Humans to change.

In first looking at the Light Warriors, they appeared to me almost as if they were made of a pale golden metal, with an indestructible diamond at their core. Even if their bodies were destroyed, which is unlikely, the diamond containing their soul essence would remain. I also felt that they were all expressions of a group soul. Again, even in the inconceivable event that such a being could be destroyed, its soul would simply rejoin the rest of the group soul and nothing would be lost. In the great battle which must occur, our Creator has striven to ensure that no further souls will be lost.

Elora: Heru, perhaps hindsight is wise now that the Light Warriors have arrived. But it seems clear that only a response by force would be effective. I still don't see why this was not understood sooner.

Heru: There have been many debates on this. There were many Beings who wanted to use only Light and Love, for that is the ingrained prime directive in this Universe and all of this Creation as well. And in order to deal with this situation, it has been necessary for Prime Creator to create another Creation from which to draw these Warriors of Light. Within the existing Creation, there was not the material necessary to create Warriors of Light. It's hard to describe it, but this Creation just does not contain the proper elements to produce this type of Being. This is a great reason for the time delay in the Creator coming to the aid of the Fallen part of Creation. This was something completely different than had ever been conceived of by Prime Creator.

***Elora:** There are times when I feel the stain of darkness, and the trauma of what I've experienced, has gone so deep in my being that I wonder if I can ever be completely healed. Do you feel we will ever be healed?*

***Heru:** I do. You can work with the Light Warriors, calling them to work on you at the deepest cellular and atomic level, to root out everything that is not of the highest Light. Ask them to come within you and work on your systems. Consider everything from pathogenic bacteria to the state of unconsciousness that Humans have fallen into. There is quite a bit of work on all fronts. The Light Warriors are able to go into both the microcosm and the macrocosm. That is necessary for the elimination of the Darkness, for it extends to the subatomic level as well as the universal level.*

***Elora:** Given that we have uncounted numbers of these Beings, why will it still take two years to free Earth from the Darkness?*

***Heru:** Perhaps because of the need for personal work, and because Humans can only change just so fast.*

***Elora:** The material you have given us on the prevalence of the Darkness in this Universe has been difficult to absorb, but I wish to extend to you my heartfelt thanks for your willingness to tell us the truth. I appreciate the fact that you do not simply give sugar-coated euphemisms, for these would never satisfy my desire for truth.*

***Heru:** And I would say also that it is good to find an ear which is willing to hear. Up until now there have been many veils, and many people have only been able to handle the sugar-coated aspects of truth. For it is a very painful, and in a sense a hopeless message, without the introduction of the Warriors*

of Light. Until now it has been a hopeless, thankless task that the Light Workers have engaged in.

***Elora:** Then there is also a reason for the timing of this information coming forth.*

***Heru:** Yes. The other part is that it has been said for some Beings, it's been enough just for them to hold to the Light. And that has been true, that has been the message that has been sent down from the Higher Planes - to just hold on a little longer, until help can come. It grieved us so deeply when some Beings were unable to continue holding on, and would fall or be destroyed. And it took far longer than we had anticipated. [**Elora:** Did it take longer to make this new Creation than was thought?] Yes. [So Creator, too, is learning] Yes. [Do you have a tremendous love for Creator?] Yes. [And does Creator grieve for this?] Oh yes. Deeply. Prime Creator has never known grief before this.*

***Elora:** So for you, the coming of the Light Warriors must be a great celebration.*

***Heru:** Well, I'm not ready to celebrate yet. It is a beginning of the restoration. And when it is complete, I will celebrate.*

***Elora:** Do you have any doubts that the Light Warriors will be successful?*

***Heru:** No. You have seen accurately the nature of these Beings, that they are made of a diamond-hard matter. There is nothing in this Creation that is as hard and as sharp as that. They are indestructible and invincible, with an*

unquenchable thirst to find and destroy every last speck of the Darkness. That is their nature, it is what they are made for, and they are relentless.

Elora: On August 17th, 2004, we spoke with Sananda about some other matters. At that time, we also asked him for an update on the work of the Light Warriors. Sananda replied:

Sananda: There are a great many of them working against the Frequency Wall that you were told about yesterday, the Wall that encompasses the Fallen Universes and separates them from the rest of Creation. They are massed there and are pushing forward to break apart that great frequency barrier so that the Light may stream in. They have basically formed a solid wall there. That is the major part of the Force which has been opened up at this time.

However there are also representatives who are mainly, at this point, scouting everywhere. Those are the ones that you have been seeing. They are running a reconnaissance and information gathering mission that is three quarters complete, and from that their strategy will be built. More and more of them will uncloak as the strategies are formed. More will be unveiled and uncloaked, and they will begin their mission in this part of the Universe. Therefore not a lot of action has taken place at this time. However if you are in need at any time, any of the Scouts are available for help. But you should be seeing many more in the weeks and months to come.

Have you called them in to sit with you and protect you? Do so. They are very effective in preventing any of the psychic attacks. All of the Light Workers have been under attack in that way, and the Dark has used these attacks as an avenue to invite in the physical. So you would have an Etheric virus and then have the Physical virus, and have an Etheric parasite and then the Physical parasite. But now you can protect yourself with these Light Warriors. They come in pairs and you can have as many pairs as you feel you need. That sense of safety will allow you to truly relax. As you relax,

you will release many of the deep traumas you are holding from many lifetimes.

Elora: Sananda, what feelings do you have when you see the arrival of these Forces?

Sananda: Relief. And joy. And the comfort of knowing that this long awaited process is beginning. For us it has been somewhat touch and go until they were unleashed. There was great danger to all of us, that any of us might be killed or might succumb to the Darkness. We were surrounded.

[Elora:] We strongly suggest that all Light Workers call upon the Light Warriors for protection. Those who are "high profile" or experience a good deal of interference for any reason may want several as personal guardians. The first group of Light Warriors tended to "drift" and therefore requests for protection had to be reinforced on a continual basis. The second wave of Light Warriors, which arrived in October 2004 and are described in Chapter 8, do not have this tendency, and they are also more powerful. Also note that the first wave of Light Warriors came in pairs, whereas the second wave did not. You may call on other Light Warriors to protect your home as well. Chapter 17 gives more information on working with the Light Warriors.

Part 2 - Appearance and Attributes of the Light Workers

As it became clear to us just how important the Light Warriors are, we decided to make contact with one of this great force. Between August 20 and September 14, 2004 we had several communications with **Rashona**, one of the Light Warriors. For ease of reading, I have divided these into two subject headings.

Elora: Rashona, would you please begin by describing your appearance.

Rashona: In your world I would appear to be roughly fourteen feet in height, slightly more male than androgynous. We are similar to an Angelic form in that we have a Human-like form with wings; however they are both in the front and the back so that we have four wings. Our skin appears somewhat plated. It has a similar appearance to the iridescent small feathers on the neck of certain birds, only as if they were almost in the form of a scale, and they are extremely hard. We are white and gold with a faint iridescence. Our eyes are gold. Our wings are largely white with little flecks of gold.

Elora: Please describe some of your other attributes, such as the type of matter you are made from, and the "indestructible diamond" at your core.

Rashona: There are no words or concepts in your Universe for the hardness of our matter. It is as if the atomic and molecular structure of our beings is tenfold stronger than yours is, so that we may penetrate any form of matter. The diamond at our core would be the same, and it is the original matter that our Creation was founded upon. And then our beings were grown out from there.

Elora: This reminds me of the matter of a neutron star, which is so dense that even a tiny piece placed on the Earth's surface would immediately plunge through to the core.

Rashona: We are not heavy in that way, it is just that the bonds of the atoms are stronger. We do not require that kind of density, but we can penetrate that kind of density with ease. Were a Human to go to a neutron star, of course they would be crushed, whereas we would not be.

***Elora:** What sort of weapons or energies do you use in battling the Dark Forces?*

***Rashona:** We use a flight that is different than the flight you would use in this Universe. We use these four wings to create a spin, an upright spin. We almost become like a drill bit, enabling us to create wormholes at will and go anywhere at will with this spin. So speed in flight is one weapon. The second weapon that we have is a laser-like beam which is emitted from our eyes, that we turn on and off at will. It will incinerate whatever it is aimed at. The third weapon we have is that we are impenetrable and that nothing can touch us.*

***Elora:** It is my understanding that all of you are manifestations of one group soul. Is this correct?*

Yes.

Some of us have the sense that if you were not needed for a time to actively work against the Darkness, you could go into a dormant state from which you could awaken at need. Is this correct?

***Rashona:** Yes, and I would also say that in a sense we sleep with one eye open, so that we may remain vigilant. [**Elora:** Therefore if you were guarding Creation, and there were no active threats, you could sleep and guard at the same time.] Yes.*

Part 3 - The Work of The Light Workers

When the Light Warriors arrived in our Universe, they set about developing a strategy. More can be learned about the progress of their work in Chapter 8. However, in general, they have chosen first to go after the great military strongholds of the Dark, and to free the Great Central Sun of our Universe. While we would like them to go after the worst offenders on our Planet, they stated that "a part of our strategy is to separate the Dark Beings from the Fallen Humans, so if there is a chance of reclamation that may be done." Cleaning up the Darkness on Earth is not at the very top of the list for the Light Warriors, for good reason; but I believe we will begin to see the effects of their work early in 2005.

Elora: Can you briefly describe your strategy?

Rashona: Our strategy is highly complex because it is both multi-dimensional and multi-sized, going from the sub-atomic to the universal macrocosmic level. Let me just state that we have Light Warriors positioned on every level and every Dimension, and it is a magnificent push through all of these Dimensions in an orchestrated manner. And let me also state that we are unstoppable.

Elora: Do the Light Warriors have the power to affect the physical, and is that power limited?

Rashona: Yes, we have that power. I know of no limitation.

Elora: Can you, and will you, clean up pollution on this Planet?

Rashona: That appears not to be our primary objective. There are those that will come after us who will be working on that. We will, however, take out the sources of these pollutants, for instance the nuclear power plants.

Elora: *Can you, and will you, clean up blocked or contaminated energy portals?*

Rashona: Yes. We are highly effective at that. We are already aware of the major portals that need to be worked on and are building a strategy for clearing them.

Elora: *Will you break down, deactivate, and/or destroy the nuclear weapons on this Planet?*

Rashona: That will be one of our primary objectives, yes.

Elora: *Humans have been promised help and relief so many times that many of us find it hard to believe that help is finally here. We've all been told that we would be rescued by Mass Landings, Photon Belts, various types of Divine Intervention, and what-not; yet on our Planet things are still getting worse. If you have the ability to affect the physical, is there any way that you could manifest your presence in a way which would be perceivable to Third Dimensional Humans?*

Rashona: Not yet but soon. In the next few years.

Elora: On August 20, 2004, we asked Rashona: *We are told that large numbers of you are massing against the Frequency Wall that cuts us off from the rest of Creation. Is this correct?*

Rashona: Yes, it is. We are working to break it down. In one or two places it has been breached, although the opposition is attempting to shore it up. But we have made inroads.

Elora: *Are most of the Light Warriors working on this Wall, or is this only one Division?*

Rashona: Oh no, it is only one of a multitude of Divisions. It is not anywhere near the majority. About 15-20% of our total Force is arrayed there.

[Elora:] On August 26, 2004, Heru told us that part of the "Wall" or Frequency Fence around the Dark Universes had been breached by the Light Warriors. This wall, incidentally, appears to me something like the gigantic chunks of the Alien ships which crashed to Earth and lay in the desert in the movie *Independence Day*. It is extremely thick and made of some dense and highly unpleasant material. Heru said that a "good sized chunk" had been broken out of the Wall, and that Light Beings were starting to come in from the other side of the Wall in order to assist our Universe, though not yet in large numbers. He commented that "It is sooner than we thought, and more has happened than we thought. It does look like nothing can stop the Light Warriors." Heru also stated that people who were sensitive will begin to make energetic connections to their Home Universes for the first time, though they may not understand where this sense of "home" comes from.

On August 31, 2004, Rashona stated:

Rashona: As you know the Frequency Fence has been breached sooner than was anticipated. And the uncloaking of the first wave of Light Warriors that are seeded throughout this whole quadrant of the Dark Universes is going very rapidly and well. We are making great progress on this.

Elora: *Are you able to work on the Twin-Soul rift in this Universe?*

Rashona: That is very complicated. The rift itself, though causing evil, is more of a tear in space. I believe that the first wave of Beings that are coming in will address it, and they will be coming through shortly, within three months. This rift is one of the first issues to be addressed, for it affects not only Human minds but the Universes as well.

Elora: *Heru stated that you would be working on some of the Beings who ensoul the Stars, such as our own Solar Logos, who is 65% Dark. What do you do when you work on such a Being?*

Rashona: Generally, a Being like that would have attached to it a soulless vampire of some kind, and we would remove that. And that would remove most of the Dark. However at that point an ensouled Being is given a choice - the choice point to choose Light or Dark. Any time Beings are faced with that decision, if they choose to renounce the Dark they will then be put into the care of caregivers for healing. If they do not choose to renounce the Dark, they will be put in a holding pen until such time as they can be dealt with. [**Elora:** *And given further chances for reclamation?*] Yes, and at that point it is out of our hands - unless they once again are able to attach themselves to the Dark, which is unlikely once they are confined.

Elora: *Is it true that the Light Warriors sing as they go into battle?*

Rashona: Yes. That is in fact one of our great weapons or tools. It disrupts the stability of the Dark.

[Elora:] I have heard the Song of the Light Warriors as they battle the Dark. They all sing together in a grand, stirring harmony. Their song is somewhat reminiscent of parts of Handel's Messiah.

Part 4 - The Children of Promise

Once the Fallen Universes are cleansed of all the Darkness, a great deal of healing will still need to be accomplished. Many Beings have fallen, and even those who held to the Light have been damaged in one way or another. As Heru stated in the last section, the Omniversal Energy contains, encoded within it, a number of Beings and "programs" which will enable the damaged parts of Creation to heal. He has also said that "a great deal of work must be done to restore not only the Third Dimension but all of the other Dimensions." Even the atomic structure has been distorted in the Dark Universes. The healing of the Fallen Universes is a monumental task, but the help that is almost on our doorsteps is fully equal to that task.

Elora: Heru, when the Light Workers first came to the Fallen Universes, we could say that they came with Plan A. Plan A was an attempt to mend and heal things, but without destroying the Dark Forces. However it wasn't enough, and we weren't equipped to deal with the virulence of the Darkness. Therefore Plan B was created, which would be the coming of the Light Warriors. Did Plan B change things?

Heru: Yes. Plan B would supersede all of that even if Plan A doesn't entirely work. At this time, representatives from all over the Creation are

lining up at the parameters of this Frequency Fence. Once the Fence has come down that is cordoning off this part of Creation, you will see a great influx of new, wonderful, fresh, unsullied, and uncorrupted Beings. In fact they are lined up anxiously waiting to come. As soon as it is deemed safe, they will begin their work. And there are legions of legions, countless numbers of Beings wanting to help. [*Elora: All of us here are pretty tired.*] Justifiably so. Also, you have called on the same Angels and Masters for generations and generations, and it is not only you who are tired.

Once the Frequency Fence comes down, some areas may receive help sooner than others. It may be individual planet by planet that would be safe enough for these Beings to come to. In other words, some planets might be safe for them to travel to, but others might not be so for a time. These Beings will not be asked to risk themselves.

What I would like to say to you and the other Light Workers is this: that the burden of the restoration and repair will not be yours, nor will the burden of the battle that is coming be yours. Your work has been essentially to hold onto as much Light as you could, hold the space. And now that help has come, you may consider your job well done.

The Ascended Masters and other Beings who are helping this Planet want everyone to know that even though there has been failure in intended missions, the fact that the Light was held long enough until aid could come has been vitally important. This Universe did not collapse, and that otherwise would have happened. But there are Beings here who are uncorrupted; who have, through the greatest of traumas, held the Light, held the original desire to still implement the Plan even though it was being thwarted at every stage. And how incredibly important that has been in the process of bringing help to this Planet.

That is one of the great miracles. That any of the Beings on this Planet have been able to hold the Light and hold integrity is truly a marvel. Of course

many have succumbed and many have become corrupt. But enough - and each one is very precious - enough have held onto their integrity and have been willing to sacrifice their lives for truth again and again.

Elora: You have mentioned some Beings called the Children of Promise. Please tell us about them.

Heru: They are a family from one of the older Universes in this Creation.

They have held with them many of the unsullied blueprints of many different kinds of systems, systems for the Animal and Plant Kingdoms and Mineral Kingdoms, in somewhat of a different way than how you brought them to this Universe. Their promise is the promise of restoration. It is not exactly known how this restoration will happen, for we have never attempted it before, but they do appear to have the material and the talent to do a great deal of positive work.

Elora: How and when will they be coming to universes such as ours?

Heru: I would think by the beginning of next year [i.e. January 2005] you will begin to see them. They are, in some manner, actually incarnating into the children that are being born on the Planet at this time. They are incarnating not as the whole Being that they are, but as a fraction of themselves. A large influx of that energy will be happening as soon as early next year. Once the Frequency Barrier to this cordoned-off part of the Creation is broken through, much change will happen quickly. And as the Light Warriors are unveiled and begin to assemble in each locality, much change will happen rapidly.

***Elora:** Going back to the Children of Promise, I saw them as looking like a very large Angel, and it almost appeared as if they had a sun in their heart area. Also they seemed to carry many colors within them for healing, including some that we don't know of. Is this correct?*

***Heru:** They take many forms, but yes, that would be accurate. And yes, there are thousands upon thousands of colors. Many of them have not been seen on Earth or have not been seen for a long time.*

***Elora:** I had the impression that they would be borne in on the pulse from Godverse.*

***Heru:** As I said, they are fractionally being born into children now. There will be manifestations of them in the next year. Fully aware Beings, and Beings who can complete the magnitude of the work that is required, would be coming on that pulse. But I believe that you will see and hear about them before then. For the present, it will be fractions of what they are. [**Elora:** And they will be able to heal on all levels, from the microcosm to the macrocosm? Even the atomic structure, which is distorted in this Universe?] All of that is correct.*

Part 5 - The BREATH of GOD

In the last paragraph above, Heru mentions the "pulse from the Godverse". This was touched upon in Chapter Four, Part 3, and is also referred to as "The Breath of God". Some time after the arrival of the Omniversal Energy, I began to see this coming. It looks to me like a great tidal wave which will sweep through the Universes with magnificent power. The Breath of God will probably arrive in our Universe in about 300 years, although timing is very difficult to predict now; As Heru says, that is only a fraction of a second in Cosmic time. Heru and Sananda have both stated that (in this

Universe, at least) there will be a period of chaos both before and after this event. As to whether this event will completely set everything to rights, Heru does not know. He said that given how long the Darkness has existed in some universes, and a million other unfathomable complexities, no one knows what the results of this event will be. This Universe, unlike those which were created by the Dark, "is very repairable" but certain parts of it may not be reclaimable, some Stars may collapse, and a few Beings may not make it either. However, everything and everyone that can be saved will be saved.

We do not have a great deal of information on the Breath of God, but we asked Heru a few questions.

***Elora:** Heru, is the energy pulse from the Godverse in response to the Invasion of Darkness and the Fall of the Universes, or is it part of a vast Cycle that was going to happen anyway? It is said that many Cosmic Cycles are coming to a close at this time.*

***Heru:** It is actually both. There was a periodic pulse scheduled to come, and the Creator has used that energy to propel and to bring forth the cleaning and the solution to the invasion. So in a sense the pulse from the Godverse is the vehicle through which all of this is being transmitted. And the Omniversal Energy could be seen as the first wave of that pulse, almost as if the aura of the pulse from the Godverse precedes itself in this way.*

***Elora:** Had we not done the work that we did in this Universe, what would have happened? Would it have been unprepared for the Omniversal Energy and the pulse from the Godverse?*

***Heru:** Yes, it would have been unprepared, and most likely this Universe would have collapsed. But much help has been given, and much energy has*

been set in place for that not to happen. If you look at your own efforts and you multiply it many times, there have been similar efforts in many different arenas.

Chapter SEVEN: PLANETARY TRANSITION

Moving from the grand scope of the Creation and the Fallen Universes, let us now take a look at the impact of some of these events on Earth. Many of the Light Workers today were nurtured by a flood of prophecy and channeling which began in the early 1970's. During those years the expectations were high for a rapid shift on our Planet. Despite continued predictions, the expected transition to a higher frequency paradisiacal world has not happened. What caused the delays? Will the shift still occur as predicted? Heru speaks clearly and succinctly on these topics.

Part 1 - How the Great Shift was Delayed

Elora: In a conversation with Sananda, he stated that the Great Shift on Earth was supposed to take place during the 70's and 80's. Do you agree with this, Heru?

Heru: Actually, it was supposed to occur during the 1930's and 40's. Then when that did not occur, it was set again to happen during the 1970's and 80's. [Elora: And now it has been delayed yet again to the period we are currently in?] Yes.

***Elora:** There was a great wave of prophecy and channelings that began in the early 70's. Basically two things were predicted. First was that the Great Shift or Ascension of Earth was imminent, and the other was that massive Earth Changes would occur. You have explained that the Shift didn't happen then due to delaying tactics from the Dark Forces. Why did the Earth Changes not occur as predicted?*

***Heru:** I believe it was the prayers of the Light Workers and many other Light Beings that held it back. For to have had the destruction without the influx of the Light would have increased the likelihood of the fall of this Planet. Since the influx was not happening, this would have been a very dangerous situation.*

***Elora:** We asked Sananda: Sananda, many people say that the Shift has been delayed in order to give as many people as possible the chance to "make it".*

***Heru:** That has been the reason given, but I would say that the corruption goes into many levels, and this has been a technique of delaying and obfuscation. And it is time for this to stop. On some of the Councils there have been people preaching such delays, whose interest has not really been for the good of Earth or Humanity, but who have been seeking to maintain their own secret interest.*

***Elora:** What kinds of Councils?*

***Heru:** Planetary Councils, the Council of the Solar System, the Hierarchies that sustain this Planet and sustain its place in space, the Councils which sustain this Universe. This is really far more than just a planetary issue.*

***Elora:** The continued delays regarding the Shift on Earth have had some good effects, but the result has also been that the biosphere has suffered terribly. I feel that the situation with the biosphere and the ecology is absolutely critical.*

***Heru:** You are quite correct. I agree that the situation has become very critical.*

Part 2 - Environment, Mass Extinctions, Chemtrails, etc.

***Elora:** Heru, we are experiencing a period of mass extinction on our Planet. But each creature that has ever existed must be stored in the Akashic Records, with its DNA and so on. Would it be possible, when Earth has reached a higher vibration, to bring some of these extinct Beings back?*

***Heru:** Yes, it can be done.*

***Elora:** As you know, I have a profound love for this Earth. I would like to know if you see Her reaching perfection, reaching the full potential that She was designed and created for?*

***Heru:** Yes, and you have been a very important part of that. [**Elora:** You feel absolutely certain? There is no doubt in your mind?] I am certain.*

***Elora:** Do you feel things will begin to shift politically, economically, and ecologically on our Planet in the near future?*

Heru: I see in some respects the tide has already turned politically on the global scale. There have been unforeseen events where the Dark Forces have been held back, knocked out of power.

The ecology is far more complex, and it will definitely take the concerted effort of a great many Beings on this Planet calling for intervention, and the opening up and downloading of technologies that are not readily available to bring balance back into the ecology. There will be assistance from the positive extraterrestrials. And also there is much technology that has already been downloaded but has been hidden or suppressed. What is going to begin to happen is that it will begin to be believed. Currently such technology is ridiculed as conspiracy theory, marginalized, fantastic, and so on. Instead, people will begin to believe it, to see that these technologies are possibly a solution. That perception just in and of itself would go a long ways to changing just about everything. For right now the whole economy and energy of the world is on this one ditch, the oil ditch, for energy. And there is a great disconnect between most Humans and the Planet, between Humans and Gaia or Nature. But this will begin to turn. People will begin to look at alternatives, broaden their minds, and not just keep feeding at the same trough. And that in itself will bring about fundamental changes that are really big and far reaching.

Elora: *Will there be a reduction in population to reduce the load on Gaia?*

Heru: Some. I wouldn't say the dramatic numbers that some have predicted, but there will be somewhat of a reduction. And in some places it won't be anything more than a decline in birth rate. It is actually happening already in some places, where people are choosing not to procreate the way they have been programmed to do. Part of the burden of the great population on this planet has been the fact that everybody that's ever been on this Earth wanted to be here now. In a sense everybody needed to be here to witness this special time. And everybody has come; the party has been fully attended. But it is not needed for everyone to stay, so that part has been fulfilled.

***Elora:** Heru, we discussed with Sananda whether it is possible to do anything about the extreme abuses of the environment that are happening now, such as requesting an instant return of karma for the worst abusers. He didn't see any productive avenue to follow.*

***Heru:** It will be time for *instant karma* to begin its return within one to two years. So the time basically is at hand. The reason it has been delayed to this point is that it has been necessary for the true extent of evil to be revealed. Now it is like a snowball, and the beginnings of the *instant karma* are there. It seems slight, it seems small, but believe me it is rolling down a rapid slope.*

***Elora:** From where we are at, we can't see it at all.*

***Heru:** No, but it is happening. And will it change anything to ask for it? It's almost like this. When a pendulum swings on a long arc, there is that moment where it reaches the top of the arc. And with this situation, it appears to be about there. The evil being committed has swung as far as it can go on its arc. It is at that "pause point" where it is still and poised and ready to come back. There's nothing that anyone can do to change that arc or to prevent it from coming back. Therefore I believe that Sananda's statement was basically his way of expressing the fact that it's going to happen and it's about to happen. And whether you pray for it to happen or not, it's still going to happen. It's almost a mechanical numeric trajectory.*

***Elora:** A channel in Florida predicted some time ago that there would be a hurricane which would look like an eye, and that this would signal a series of major Earth changes. Hurricane Charley looked like an eye at one point in its development. Can you comment on this?*

Heru: The channel you mention did foresee this hurricane, and I do believe a series of events will begin to transpire which will make it apparent that we have reached a tipping point in the ecological systems on this Planet. And it will begin to be apparent to more of the mainstream people that it is not just coincidences or random events.

Elora: *Do you think these changes will be mostly weather related, or also earthquakes, volcanoes, etc.?*

Heru: I see some increase in earthquake activity, not so much volcanic. But I do see some major polar ice cap events, such as melting and large blocks of ice breaking free and so on. [**Elora:** *Enough to raise sea level? It takes a lot to do that to any significant degree.*] It may begin to, yes. [**How about Yellowstone? Some people say there will be a big volcanic eruption there.**] I do not see it happening. I know there has been much talk about it.

Elora: *We are very distressed about the chemtrails. What is their purpose?*

Heru: The purpose is control of the Ionosphere via some undisclosed weapon, not HAARP. There is an element of mind control. It is already being used as a net of control of consciousness.

Elora: *What do you mean by control of the Ionosphere?*

Heru: The chemtrails are composed of both lighter and heavier elements. The lighter elements drift up to the Ionosphere, and the heavier ones sink down to earth. Each layer of the atmosphere holds a consciousness. If you think of the atmosphere as being somewhat analogous to the auric field of the Earth, then the surface would be the skin and each of the layers would

hold a certain vibration. With the chemtrails, the part that flows down to the earth has toxins for Humans and mind control elements. The part that goes up creates a distortion in the Ionosphere that makes the Planet impenetrable, to some extent, to beneficial influences and higher energies outside. These upper layers then form what is essentially a frequency barrier, or a physical manifestation of the Etheric Frequency Barriers that shroud this Planet.

***Elora:** In other words, the upper layers are to hold back the evolution of the Planet and Humanity, and the lower layers are to sicken, weaken, and control people.*

***Heru:** Correct. Another aspect of this is that, as we've come into the more highly charged area of space that some have called the Photon Belt, there is a Cosmic Wind which has greatly increased. The chemtrail "shroud" is a defense against that. Of course it keeps getting torn away and so needs to be replenished daily ... and ultimately it will fail.*

***Elora:** Are the chemtrails then being mandated from very high levels of the Secret Government?*

***Heru:** Yes. Earth, being one of the Twelve Critical Planets, is what you would call a very coveted world. It has a central importance. It has been seeded with an unusual amount of diversity and an incredible depth of knowledge, which has been brought here from many planets, and indeed from many universes. Much hinges on whether this Planet shifts into Light, both for this Universe and perhaps some surrounding universes. There are twelve such planets in this Universe and they are all being fought over.*

***Elora:** In that case, Earth must be the most important planet within our entire Galaxy.*

Heru: Yes, Earth is by far the most important planet in this Galaxy. The other planets in this Galaxy are pretty simple - they may have more evolved life forms on them, but their fate is in a sense already established. The path they are walking down has been long established, Light or Dark. Earth is very pivotal, and because it's so complicated it's been impossible to completely control it from the Dark side.

Elora: *Is it correct that the chemtrail formula now contains more heavy metals?*

Heru: Yes, and other toxins. Viruses, fungus, and small amounts of radiation. The toxicity of the chemtrails is greater now than it has been in the past. Those responsible are also intensifying efforts with the chemtrails as the Cosmic Winds become stronger. But it will end in tatters, it will end soon - most probably within about one to two years.

Part 3 - Cosmic Cycles and Times of Transition

Elora: *What is the significance the year 2012?*

Heru: There are two factors here. The first is what I would call the Millennium factor. It is similar to what happened in the year 2000. A great deal of energy was projected upon that point in time from the Collective Consciousness of Humanity, and a good thing happened. If you recall that New Year's Eve, a very deep peace and silence occurred, as there were many prayers for peace at that time. So you have that factor, because many people are focused on 2012.

Beyond that, 2012 is a significant astrological event where a lot of factors are lining up. If you would, imagine a clock-but instead of there being a dial, there are wheels within wheels within wheels. Every few years, some of them line up to their beginning point with each other. For example, this year the innermost and the next would line up to zero. And then maybe ten years later the second and third might line up to zero. 2012 is a rare point in history where all of the wheels will line up to zero. We are at a place where the Light from the Central Sun of the Universe will be shining without obstruction upon this Planet for the first time in many hundreds of thousands of years. Therefore it is a gateway of great opportunity, and it is a significant time.

Elora: What do you feel will happen at that time?

Heru: It is not known; it will depend on how much growth can take place. Those of us who are working on this have high hopes. How much can take place in that time will depend upon the reclamation of the Sun in this Solar System, which we believe will be done by then. We also believe that the Central Sun of this Galaxy will be reclaimed in large part, for the Central Sun of this Galaxy is not as Dark as the Sun of this Solar System, but it is not all Light either. We believe there will be a very incredible influx of Light onto this Planet through this succession of gateways.

Elora: Are we Humans safe on the Planet during this transition?

Heru: It appears that most everyone will be. There will be an intervention to prevent an all out nuclear war. Humans can withstand some amount of radiation, but the full onslaught of a nuclear blast, such as occurred in Japan, does cause irreparable harm to souls, and that will not be allowed.

***Elora:** You are confident that all this is so, and that the intervention will hold?*

***Heru:** Yes. However I do want to say that it is important to be conscious, conscientious, careful, and to protect yourselves at all times. For there is a great degree of random debris flying around, and it would be very easy for some of that to strike you. However, as long as you maintain your focus on serving the highest orders of Llight, a great degree of protection does surround you and there is less chance of your being hit by random debris than a denser person.*

***Elora:** You have mentioned a Cosmic Wind which is increasing at this time. What is the Cosmic Wind?*

***Heru:** It is a combination of several factors. There is the Galactic Photon Belt, which occurs on a 26,000 year cycle. But there is a greater cycle happening too, which has aligned this Galaxy with the Central Sun of the Universe; and the Central Sun is also in alignment with the Central Universe of all universes, the Godverse. It is a long, majestic Cycle that is coming into play with many more facets than I can describe.*

***Elora:** Essentially, the Cosmic Wind is a flow of very high energy?*

***Heru:** Yes. And I see it literally blowing people off the Planet. Not physically, but people will be leaving their body because the intensity is too great for them to stay here.*

***Elora:** A number of channels are giving very dire predictions for the coming years. Do you agree?*

Heru: I do believe things will be somewhat rougher than they are now. I do not see them being quite as universally dire as some are saying. [**Elora:** *So maybe 10-20% worse than they are now?*] Yes, approximately.

Elora: *If things aren't going to be that bad, why is it that you have several times counseled us on the importance of staying safe?*

Heru: Have you not just gone through a series of very difficult psychic attacks in recent months? That is what I'm speaking of. If you look at how disruptive and draining that has been for you, I would counsel you to position yourself where you do not need to go through any more of that. It is not so much that I see things getting significantly worse other than the continued pressure from above, of the entities and the negative life forms being pushed down into the Third Dimension. But in a sense there are still entities and negative life forms all around you, that given an opportunity would love to have you for dinner. And that will continue for roughly another year [i.e. until or through the fall of 2005]. [**Elora:** *So the psychic negativity is what you are more concerned about?*] Yes.

Elora: *Many sources have spoken of a separation of the old and new Earths. Do you see this happening?*

Heru: It has been believed that there would be a literal separation of the worlds. However this is not to be. What has happened is that those who have entered into a more Fourth or Fifth Dimensional state, such as yourself and Karen, are living in the New World; and those that are operating more from their first and second chakras are living in the Old World. There is currently a separation, and this has been allowed for the purposes of growth and comfort. But in the end, all will be reunited as one world. And all will actually still exist on the Third Dimension. However, with the Frequency Fences gone, just as Humans are capable of traversing all twelve

Dimensions from the Third - which includes the First and Second Dimension and going into the states of consciousness of the Plant and Animal Kingdoms - this Planet then will be free to express itself and communicate on all those Dimensions as well.

***Elora:** So it's as if we have different states of consciousness and density currently co-existing side by side?*

***Heru:** Different vibratory rates. This is a natural occurrence on this Planet, however it has been suppressed, fragmented, and so on. The Nature Spirits would be a good example of Fourth Dimensional life on this Planet.*

***Elora:** The expectation that there would be a separation of worlds has now changed, due to the coming of the Light Warrior?*

***Heru:** Yes. [**Elora:** This is then a recent change, for when we spoke about this earlier, perhaps in the late Spring, you felt the separation was going to happen.] Yes, it is a recent change. [And you feel this is a more positive solution.] Yes, I do.*

***Elora:** You have mentioned that there will be an amnesty of karma for Beings who are willing to turn to the Light. Please elaborate on this a bit.*

***Heru:** This information is not brand new, as it has made it into some writings on the Planet. Several years ago the Lords of Karma announced that all karma could be cleared within this lifespan, if a person so desired and worked diligently to do so. With the advent of the Omniversal Energy, this is further enhanced. If a person were to call forth their original blueprint, call forth their Monad [Higher Self], and ask that the way be made clear for the*

releasing of all karma, and that the path of reunion and liberation be made known, it will be so. At this point in time nothing is impossible, and the advent of the Omniversal Energy makes this so. Listen to those words, for there is the hugest blessing embedded in them. Tell yourself in your heart that nothing is impossible. Imagine, if you would, one of those paintings of the Annunciation, where the Holy Spirit is entering Mary, and Gabriel is announcing that she is now pregnant with God's child. This is an allegory; I am not commenting now on whether that image is historical or not. I am using that as an allegory for the fact that each soul on this Planet has now been impregnated with this Omniversal Energy in a very similar way to that image of the Annunciation. Take to heart the grandness of this event.

Chapter EIGHT: THE RESTORATION BEGINS

On June 1, 2004, Karen heard the words, "The Great Work is Complete." We asked Heru what these words meant. Heru responded: "It means that all of the Armies of the Light are in position. For everyone is now in their place. Everything is in place for the great transition to happen." And indeed, from that time on, we began to see massive changes on the Higher Dimensions. We wish as much as anyone else to see these changes filter down to Earth. Unfortunately the Lower Dimensions seem to be last to feel the effects of what is happening in our Universe. We do believe, however, that some positive changes will be noticed on Earth within one to two years, and that after a couple years time the rate of improvement will increase rapidly.

This Chapter summarizes the changes and victories on the Inner Realms which we have observed during the Summer and Fall of 2004. Dates are included in this section so that the progression of events may be seen. We invite those of our readers who are clairvoyant to confirm this material for

themselves. While some of these details may not be of interest to all, the events recorded in this chapter are most inspiring.

Part 1 - The DARK GRIDS

Starting in June of 2004, Heru began showing us the Dark Grids which have been a major part of the controlling energy structures of this Fallen Universe. The first one to come to our attention was the Sixth Dimensional Grid. Heru explained that it was like a net covering a large portion of our Universe, and that it worked like a Frequency Barrier. Just as Earth has a Frequency Barrier around it which prevents the Light and higher energies from entering, similar structures have been set up for our Universe. We were then made aware of a similar grid on the Eleventh Dimension. As Heru has said, the Darkness in this Universe exists up through to the Eleventh Dimension. Finally, a third Grid existing on the Fourth Dimension encompassed Earth itself. Up until the Summer of 2004, it had not been possible for the Light Forces to affect or take down any of these controlling structures.

Tentative plans were laid for the Dark Grids to be burned with Cosmic fire. However, this would have resulted in the incineration of many Beings who were closely tied to the Grid. Instead, the Omniversal Energy was run through the Sixth Dimensional Grid, which almost seemed to be made of a hollow piping. This was followed by an assault by the Light Forces on the Eleventh Dimensional Grid, as well as on the Grid surrounding Earth. Over the Summer of 2004, large portions of all three Dark Grids were dismantled. The remaining portions will be taken down by the Light Warriors.

The Sixth Dimensional Grid looked like a huge net. Until recently it was covering 40% of our Universe, and growing. Heru said that the Hartmann Lines were a manifestation of this Grid, and that it affected "not only all the Dimensions below it, but all aspects of matter down to the sub-atomic particles, When someone says the stones cry out at the abuse of Earth, it is a

literal thing. And that is also how the imprint of horrors, like the Holocaust in Germany, can be imprinted so deeply into the Earth, and be very hard to remove."

The breaking down of the Dark Grids is only one battle in a very large war which is being fought for the control of our Universe. It is unfortunate that, here on Earth, we cannot yet see for ourselves the great impact of all that is occurring. As of the Summer of 2004, every clear source that I read gives a time frame of about two years for the Great Shift to become apparent on Earth.

On June 11, 2004, we asked: Heru, we would like to check on the status of the Dark Grid on the Sixth Dimension. What is the timing for bringing it down?

Heru: It seems to be changing because it appears that this Grid is no longer Dark, and instead of being destroyed it has been transformed from within. The Omniversal Energy has infused it with great Light. Many of you have perceived unusual amounts of Dark Beings in unusual circumstances. This is due to the fact that Beings who have been wrapped around or hanging onto this Grid are fleeing like cockroaches. They are scurrying around madly trying to find new homes, and by and large they are unsuccessful. There is a great sweep-up happening, where armies of Light Beings are finding them and incarcerating them.

Many Beings in this Universe have cried out for freedom. It was this call from so many voices, including yours, that initiated the process of dismantling the Sixth Dimensional Grid. And it may not be in the words that you're putting it, but it is the heartfelt desire for true freedom. The dismantling of the Grid would have happened anyway, but it occurred much sooner and in a much gentler manner than would otherwise have been. Of course the experience was not gentle for the Beings who were hanging onto it - for them Armageddon is here. For Beings of Light, liberation is here.

[Elora:] When the Eleventh Dimensional Grid began to come down, starting on July 31, 2004, we could see great celebrations happening all over the Universe. It almost seemed as though the sun had come out for the first time in millions of years. From Higher Dimensional Planets, it was possible to perceive the Great Central Sun of our Galaxy for the first time in eons. Heru stated on August 1st that "It is a very joyous time; there are many celebrations happening today. Interestingly, with this Grid in place it was impossible to communicate between many different places in the Universe, and actually for this Universe to effectively communicate with the other Universes. So you would say the phone lines are very busy today with hellos and reunions, and catching up and celebrations."

***Elora:** From a conversation with Sananda in August, 2004: We've been told by Heru that the Eleventh Dimensional Dark Grid has essentially come down, as has the Sixth Dimensional Dark Grid. It also appears that the Dark Grid surrounding Planet Earth is in the process of crumbling. Is this correct?*

***Heru:** The Grids appear to be about 60% gone on the Eleventh Dimension, 57% on the Sixth, and about 45% on the Third.*

***Elora:** If so, why don't we notice anything different on Earth? It seems just as dark and dense as ever here.*

***Heru:** You must remember that it is Human consciousness that holds the vibrational frequency of this Earth. And Humans carried the effect of this gridwork for many millions of years on the DNA level, on the cellular level. The Grids will be dismantled completely before there is a change in Human consciousness. There will be some lag of perhaps a year or two, and in some cases three. It is not going to be an instant change in Human consciousness but there are several changes to look for. The first will be with the babies*

that are born from now on; there will be virtually no Dark Beings coming in. Secondly, the LightWorkers will have much greater access to non-contaminated sources of knowledge. And then I would say over the next year or two or three, to look for some general lightening of the load for everyone.

The madman in the White House, although he may remain in the White House, will be increasingly powerless, more of a caricature than anything else. People's focus will begin to turn away from the fear-mongers. And that in itself will be a turning of the tide.

Part 2 - The Liberation of The GODINJ Collective of Creator Gods

Heru has explained elsewhere that our Universe was created by a group of Creator Gods. This composite of Creator Gods was called *The Godinj Collective*. Some of these Beings fell, whereas others were chained by the Darkness. Of the composite, four remained, up until the first of September 2004.

Elora on the 2nd of September, 2004: Heru, I felt that something major happened last night, and that it had to do with Godinj Collective. Is this correct?

Heru: Yes. It is as if Godinj Collective has re-energized Itself and is sending out a renewed pulse of Creator God Energy for the restoration of this Universe. [*Elora: How many Beings are still part of Godinj?*] Four of the original Creator Gods, and they have added one new Being that was never there before. [*Are the four original Beings two pairs of Twin Flames?*] Yes.

***Elora:** It appeared to me that The Godinj Collective had been veiled or in chains; and had freed Itself and was sending out huge amounts of Light.*

***Heru:** Yes, and part of that Light has been the incorporation of a fifth Creator God who was instrumental in freeing The Godinj Collective. There was somewhat of a rescue mission sent with the help of the Light Warriors, and one of the Beings involved in the Mission was this fifth Being. [**Elora:** Godinj was, in fact, trapped by the darkness?] Yes.*

***Elora:** It looked to me as if a huge light was shining over the whole Universe on the Higher Dimensions. It appeared to light up Dimensions Five and above. And the Universe looked shabby, dirty, and bleak - like an old attic full of junk and cobwebs, where someone suddenly turns on a brilliant light. But this Light did also show up who was of the Dark and who wasn't and left few places to hide, except for the very lowest Dimensions. Is all of this basically correct?*

***Heru:** Yes, it is. The Dark Beings will be attempting to hide wherever they can, but mostly below the Fifth Dimension. There is tremendous chaos on the Fourth Dimension right now, and this will continue for some time.*

***Elora:** I also saw a huge battle raging over the entire Universe, and I heard the words, "Battle is joined." It looked like Armageddon. Is this correct, and if so can you give details?*

***Heru:** Yes - this is it. The Light Warriors are unstoppable, and it is going faster than we had anticipated. It's good to see that for a change instead of all the endless delays.*

***Elora on the 6th October, 2004:** In a conversation with **Farwaren** [one of the Members of the Godinj Collective] last night, she stated that she and her Twin Flame were going to conceive a child. This had not occurred yet, but would in the near future. With great emotion, Farwaren said that this child would be something like a Cosmic Avatar for this entire Universe. Is this correct so far?*

***Heru:** We believe it to be so, yes.*

***Elora:** She said that the child would be a singular soul, containing both male and female, and that it would be almost as if it would contain all the Light which has been drained from our Universe through these eons of darkness. Did I hear this correctly?*

***Heru:** Yes, that is the intent and we feel confident that that will come to fruition. [**Elora:** Are you helping them?] Not directly, but I have lent some assistance.*

*Later that same day, we asked **Prime Creator:** We understand that **Farwaren** and her Twin are going to give birth to a Cosmic Avatar. Is this sort of thing going to occur in the other Universes?*

***Prime Creator:** Something of an equivalent magnitude is left up to each group of Creator Gods that created each Universe - in what way they would express their newfound freedom and liberation. I believe this will not be the only expression in this Universe. There are a great many beautiful things to come about.*

Part 3 - The Restoration of the Great Central Sun and the Battle for Our Universe

***Elora on the 9th September 2004:** Heru, are the Light Warriors now working to free the Great Central Sun of this Universe?*

***Heru:** Yes. When this happens, the Light Warriors will begin to go after the individual Suns, and the Sun of this Solar System [the Solar Logos] will be then worked upon.*

***Elora:** I have also seen something which is near the center of this Universe, but is not the Great Central Sun. There are twelve stars, in a perfect ellipse. Does this exist, and what is it?*

***Heru:** Yes, it does exist. It is a fulcrum point or a portal. In a way it is both. It is something like a gyroscopic energy vortex that allows in energy from Prime Creator and also maintains the balance of the entire Universe. [**Elora:** And this is also being freed?] Yes.*

***Elora on the 13th September 2004:** I have been observing the battle that has been going on in the Inner Regions and Higher Dimensions of our Universe. I would like you to confirm and/or comment on what I saw, please.*

For much of the week, I observed that the Great Central Sun was in the strangle-hold of a gargantuan monster that looked something like an octopus, and it must have been the size of a galaxy. I assumed that this creature had been entrapping or attacking the Great Central Sun for a very long time. The Light Warriors were attacking it.

Heru: Yes, that is true.

Elora: *On Friday night, it appeared that this creature had been broken up and destroyed. In fact, it seemed to have exploded; and a huge wave of dust, soot, ash, and debris was passing outward through the Universe. Is this correct?*

Heru: Yes. [**Elora:** *Did this explosion harm the regions around the Great Central Sun?*] I don't really see anything of the Light that was harmed. There may have been Fallen Beings around it that were harmed, but I don't see any Light Beings having been harmed.

Elora: *On Saturday, I strongly felt the effects of this Etheric wave of soot and dust. It felt to me as though the Inner Planes were choking with ash and smoke and grit.*

Heru: Yes.

Elora: *On Sunday some debris was still present, but things seemed calmer. In fact, by Sunday evening, I felt a strong sensation of peace. In looking at the Great Central Sun of the Universe, I could see it more clearly, though there was still a lot of dust in the air. It also seemed that I could see three huge Light Beings hovering around the Great Central Sun. Did I see correctly?*

Heru: Yes.

Elora: Who are these beings? Are they the Seraphim?

Heru: That would be the equivalent word in your language. These three Beings are basically the collective parent of the Being which ensouls the Central Sun of this Universe.

Elora: Is the Central Sun partially of the Dark?

Heru: It had been trapped for so long. It had resisted mightily, but was damaged. I can't say that it was corrupt, but much healing needs to happen, and will happen now.

Elora: Is the Great Central Sun the presence of God in each Universe?

Heru: You could call it that. Within each person there is that connection, and through that connection the Divine Spark of the Creator. That format follows on the macrocosm as well as the microcosm. On the microcosm, within each cell or atom of a Human there is also that Spark and connection; and within each Galaxy and Universe there is that Spark and connection. On the macrocosm, the Great Central Sun plays that role. Now that the Central Sun is free, that alone will change a lot in this Universe.

Elora: It now appears that the Light Warriors are regrouping to set up their next strategy.

Heru: They have already set it up, but they are staging their positions. One of the next positions they will be taking will be to work on your own Sun.

***Elora:** My impression is that they are targeting key strongholds of the Darkness. I saw that there are great military strongholds of the Darkness which appear much like the Death Star in the movie "Star Wars". There seem to be between 700 and 800 of them in our Universe, and I felt the Light Warriors would be going after them next. In fact, it looks like they've already started.*

***Heru:** Yes, you are seeing accurately.*

[Elora:] The destruction of the Death Stars was a tremendous battle which raged for several weeks. Great squadrons of Light Warriors attacked these gargantuan military strongholds, appearing in wedge-shaped phalanxes and literally cutting the artificial planetoids to pieces. After they had destroyed all the Death Stars, the Light Warriors began to target the next level of the military power held by the Darkness, which were great intergalactic battleships. These were much smaller than the Death Stars but there were many more of them.

***Elora:** I felt that the Twelve Critical Planets, including Earth, are somewhere on this list, but not at the top of the list.*

***Heru:** Yes, and there is a strategic reason for that. It is not felt that they will be targeted for destruction by the Dark, but if they were surrounded by Light Beings and liberated, then that would invite an attack. Therefore the Light Warriors would rather leave the Twelve Critical Planets alone for the present and go after what would essentially attack them later - as you said, the military strongholds.*

Elora: How about the masses of Dark Beings in the Fourth Dimension? They are not being targeted yet?

Heru: Not yet, but they will be soon. Actually, there will be some kind of a comb or a sieve to capture the Fallen ensouled Beings for reformation, and to separate them from the Dark Beings. That will come down the line a little later. So you can see what is going to happen; there will be a parting of the ways there.

Elora: Overall, are things still moving faster than expected?

Heru: Yes, they are.

[**Elora:**] As the days passed, I continued to watch the Great Central Sun of our Universe. As the clouds of dust and debris cleared away, I was able to see that it had the form of a huge white lotus. The bud appeared to be closed, but very gradually began to open. In the early stages of this process, only a faint beam of pure white light was emitted from the nearly closed petals. Many Celestial Beings could be seen working with this Sun, which is definitely an ensouled Being. First I saw the Seraphim singing to this Being, using pure tones of sound to heal and awaken it. After a few days they were replaced by the five members of the Godinj Collective, who also used what we might call "sound therapy". At all times thousands of other Higher Dimensional Beings were gathered around, encircling this dramatic scene of restoration. Many appeared to be praying, and all watched with reverence and often with tears of joy. On September 14, 2004, we had occasion to speak to **Kuthumi**, one of Earth's Ascended Masters. I asked Kuthumi for his perspective on the events occurring with the Great Central Sun of the Universe, remarking that it appeared to me like a lotus unfolding. He replied:

Kuthumi: This Sun has been in chains for many million and millions of years, and as such was never fully able to express its light and its glory. And yes, it is much like a flower unfolding, endlessly unfolding. What you are witnessing is the beginning of a beautiful process of infinite petals unfolding; and each petal that unfolds emits waves of Love and Light that stretch to the ends of the Universe. The lack of this Light has had a deleterious effect on every aspect of life in this Universe. And so this will be truly a dawning of a Golden Age. [***Elora:*** *The Being which ensouls the Central Sun - it is expressing itself through the form of the lotus? It's as though the lotus is its body?*] Yes. It is a most magnificent Being; and there is an actual mechanism of creative energy that is expressed as this unfoldment takes place. It is lovely to behold.

[***Elora:***] About another week passed before the Great Central Sun became fully open. It appeared as a magnificent, radiantly white lotus with a multitude of petals. And then suddenly the Lotus appeared to become activated. Great, effulgent rays of golden-white Light poured from every petal, and filled the Universe with its glory. I could see Angels standing near the Sun in ecstasy, bathing themselves in the Light. I wish I could say that this Light penetrated everywhere. Alas, from what I could observe, not much of it reached the Lower Dimensions or Planets like ours which are imprisoned behind very dense Frequency Fences. Still, much of our Universe is now filled with the Light where darkness reigned, and the Light of the Creator is seen here once more.

Elora on the 6th October 2004: *Heru, we would like to start by asking you to confirm several things that were told to me by **Farwaren**, who is a Member of the Godinj Collective, on Sunday night. First, Farwaren said that a large group of Helpers and Healers had come through the breach in the Great Wall and are in one of the safe areas, waiting for the time when they can be deployed to other areas. Is this correct?*

Heru: Yes, indeed it is correct. The numbers would look large to you, but I would tell you that this is only the forerunner of what is to come. There are so many more waiting to come.

***Elora:** Next, she showed me that a vast wave of Light Warriors was about to move through the breaches in the Wall. They were still on the other side of the Wall, but shortly to pass through. The numbers that I could see were vast, uncountable. So many in fact, that it seemed that the Light Warriors currently in our Universe were only a small advance guard. Would you comment on this?*

***Heru:** Yes, that is correct. As they come through in the next weeks and months, you will begin to see a great acceleration in the turning of the tide. I guess you could say it's at that tipping point right now, and when things first start to move it's slow but then it accelerates and accelerates more rapidly. And that is at hand.*

***Elora:** It seemed to be that maybe a tenth of a percent of the total Force is here already.*

***Heru:** Yes. And they will be coming in waves as well, so this second wave is not the full complement. It will be like the tide coming in, in the ocean. So the first wave was small, the next will be bigger, the next after that bigger still.*

***Elora:** I was told that when the Light Warriors fill our Universe in vast numbers, they will set up a multi-dimensional and very fine grid or net, which will allow them to seek out and destroy all darkness. This will be done so that nothing slips through the cracks.*

***Heru:** Yes, that is correct.*

Elora: I see this Universe as being shaped something like a huge, oval, flattened disk - not unlike the shape of a galaxy. Is this more or less correct?

Heru: Somewhat. However if I were to describe it in a shape that you could relate to, I would say it is more the shape of a red blood cell: a flattened disk, slightly thicker at the outside edges, and having a very distinct membrane to it.

Elora: Then is it also correct that the area where the chinks in the Great Wall have been created is on the other side of the Universe from where we are, so that when the Light Warriors and other Beings come in from the Light Universes, they have to cross most of this Universe to get here?

Heru: That is correct.

Part 4 - Interview with a Second Wave Light Warrior

On October 22, 2004, Karen and I spoke to **Vikhona**, a member of the Second Wave of Light Warriors. This new group of Light Warriors feels very strong, and considerably more substantial than the first. They also seem to have more of an emotional nature, and one can sense the heart feelings in speaking with them. There is a great deal of Light around them, and they are very beautiful.

Elora: Greetings. May I begin by clarifying that you are one of the Second group of Light Warriors which has entered our Universe?

Vikhona: Yes, I am. [**Elora:** *Would it be correct to call you "Second Wave Light Warriors"?*] That is a good description.

Elora: *I saw six huge Second Wave Light Warriors guarding our Planet, one in each direction. They are each nearly as tall as the diameter of Earth. Is this correct?*

Vikhona: That is correct. [**Elora:** *Are they just guarding our Planet at this time?*] Their primary purpose at this point is to guard, but they are also working with the magnetic energy fields of the planet. You might perceive, if you looked, a beam of energy coming out of each one's solar plexus to the Earth. It is penetrating to the core of the Earth and supporting and energizing this planet.

Elora: *It appears that you are more powerful than the First Wave Light Warriors, and have some enhanced abilities. Would you comment on this please?*

Vikhona: Yes, we are a magnitude of perhaps twelve times stronger. We typically appear larger in size, and as such all of our abilities are that much greater. [**Elora:** *Do you believe that each "batch" that comes through will be stronger and more capable?*] Yes.

Elora: *Did a new group of micro Light Warriors also come in with you?*

Vikhona: No, but there will be a new group with the next, in about three months time [i.e. January 2004]. There are seven groups of us in all.

***Elora:** I noticed something in the area of your heads that almost looked like a rotating eye, or the revolving lens of a lighthouse. Can you tell me what I was seeing?*

***Vikhona:** It would be almost as if we had a helmet with a rotating beam of light, which can illuminate all of the hidden cloaked Beings and cloaked substances, weapons, all of that. [**Elora:** Does this mean that the Second Wave Light Warriors will have better vision than the first group?] Considerably, yes.*

***Elora:** Do you also come in pairs?*

***Vikhona:** No, although we can travel in pairs and often do.*

***Elora:** We have all noticed that you and your companions "drift" less than those in the first wave. Is this true?*

***Vikhona:** Yes. It is almost as if we are more solid and more dense. If you were to put an elemental quality on us, we would be *earth* and they would be *air*. [**Elora:** The first group was lighter, and would almost seem to float around?] Yes. We are much more solid and will tend to stay in one place to do our work, though we are also very mobile.*

***Elora:** Will you begin your work on Earth and the other eleven critical Planets soon?*

Vikhona: Yes. [**Elora:** Can you give us a time frame for Earth?] I believe it will be approximately four to five weeks before this begins [i.e. about the first of December, 2004].

Elora: Can you give us any details of how this work will begin?

Vikhona: I am not on that particular Task Force, and so I do not know. We do not have quite as much of a group mind as the initial Light Warriors had, and so I am not able to see what everyone is doing. [**Elora:** You are more individuated?] Yes.

Elora: It appears to me that the second wave of Light Warriors have been progressing through the Universe with their net, scooping up huge numbers of Fallen and Dark Beings. We have seen these Beings fleeing through our airspace in the last two weeks, so to speak. It hasn't been a pretty picture, as the Dimensions near ours looked like something out of "Night on Bald Mountain". Things seem much more peaceful since the new group of Light Warriors arrived - would you agree?

Vikhona: Yes, I would.

Elora: I also felt that the Light Warriors would be driving the Dark and Fallen Beings to a place which is somewhat "off to the side" of our Universe, much as cowboys would round up several herds of cattle into one huge massed group. This place appears to be a large area between galaxy clusters, where there are few or no life forms. Am I correct so far?

Vikhona: Yes, that is correct; and they will be held there pending whoever is to process them. We are not to do any processing.

***Elora:** There will be an enclosure created there?*

***Vikhona:** Yes. Each universe will have a similar enclosure. [**Elora:** The number of Beings that will be gathered there must be countless.] Yes. We do not know how many there are, but there are many, many. All sizes and shapes. [**Elora:** Will they have to be sorted?] Yes. There are both the Fallen and the Dark among them.*

***Elora:** I felt this would start in about one week's time from now, or near the end of October 2004.*

***Vikhona:** That sounds about right.*

***Elora:** When Heru first told us about the Light Warriors, he said that they were contained within the Omniversal Energy and they were “uncloaking”. However, I saw your group appear on the other side of the Great Wall or frequency fence. Do the Light Warriors “uncloak” from within the Omniversal Energy, or do they come in from the other side of the Wall?*

***Vikhona:** Both. You may perceive the Omniversal Energy as a directed beam, but it is not limited to that beam that you perceive. [**Elora:** In other words, some Beings “uncloaked” from within this Universe, and some “uncloaked” from outside the Universe.] Yes. And some “uncloaked” outside the Frequency Fence.*

***Elora:** Is there anything else you would like to add?*

Vikhona: Just that we are brand new Beings, and are not infallible in the results of our efforts. We are unwavering in our desire to serve the Light, and I ask for patience and forgiveness in the fact that this is taking some time. I know many conditions here are at a critical state, and I know most or all will be salvaged. I regret any moment that goes by that the pain is not relieved immediately for so many. But we are doing what we can as quickly as we can, and more help is on the way. We serve only the will of Prime Creator, as I know you do as well. My deepest heartfelt desire is to stand with you after the Restoration is complete, and drink with you a toast of a celebratory glass of light wine - pun intended!

After this conversation, we asked Heru: Given all these hopeful developments, do you still feel that it will require about two years to "win the battle for Earth", so to speak? About two years before we will be able to experience some real positive changes here that we can see with our own eyes?

Heru: Things do seem to be proceeding somewhat more quickly than originally forecasted, and I would revise that estimate to be between one and a half to two years [i.e. somewhere between the Spring and Fall of 2006]. However, there will be people earlier on for whom their personal lives will change dramatically for the better. My hope is that this text can get out rather quickly and spread somewhat widely. If it is known that people can call upon the Light Warriors and use the techniques I have given then many individuals will benefit by having a much better quality of life, even though the world itself still may look to be in shambles. [**Elora:** *Do you think that the Light Workers in particular will find their lives improving quickly?*] That is what this text is targeted at, yes.

Elora: *When we began these conversations in the early Summer of 2004, you stated that our Universe was about 75% Dark. What is the percentage of Darkness in our Universe now?*

Heru: It is down to about 60%, so there has been much good work, but there is still much to be done.

[Elora:] I would like to add several notes to this Chapter as this goes to press. First, as of early November of 2004, work began on the Solar Logos of our Sun. Our sunlight should become energetically cleaner and clearer as time goes on. We are also told that some large sections of our Universe are substantially cleaned up. The best news of all is that, on the first of December 2004, the Light Warriors arrived in large numbers to begin their work on Earth. They are, at the time of this writing, beginning to dismantle the Frequency Fences behind which we have been imprisoned. We would caution our readers not to expect immediate miracles, as Heru has stated that things may actually appear somewhat worse during the next year or two. However, we believe that the greater influx of Higher Energies into our Planet will be a tremendous aid and support for all Beings who hold to the Light.

Chapter NINE: THE CREATOR GODS

The Creator Gods are an essential part of the cosmology which Heru teaches - and Heru himself, as we have noted, is one of the greatest of these Gods. According to Heru: "A Creator God is a Being who is capable of taking the stuff of Creation, the plasma from Prime Creator, and manifesting it into form. These forms may be as large as universes and may be as small as microcosms."

We asked Prime Creator who created the Creator Gods. He/She replied: "I did. It was one of the first acts of creation. They were created prior to this Creation, so they are actually older than this Creation."

Heru: The Creator Gods create from the Void. Your scriptures speak of this, describing it with great eloquence. Into the Void - the formless, wonderful Void, where nothing is formed and everything is potential - the Creator Gods will go. They go singly, as couples, or at times in groups, depending on their intent. They will drop out of Creation and into the Void, much as you will do in the third technique. In that space they will form, with their Divine Mind and their Divine Heart, their intent for creation. They will put it forth, and it will be done.

Interestingly enough, there are many kinds of creations. Some of them just require that initial spark. In these cases, the Gods create something independent, with its own life, which itself is tapped into the Void so that it generates its own self-perpetuating creative impulse. A soul, or what becomes a Human Being in all of its multi dimensional layers, would be one of those aspects. At that point it is an individual Being. Whether it is conscious of it or not, it has the power to perpetuate its own existence indefinitely. On the Third Dimensional level where you live this would be largely an unconscious process, but in the Higher Dimensions it would be more of a conscious co-creative process.

Then there are systems which are different in that they are not self-perpetuating. This applies more in the Mineral Realms, and somewhat in the Planet Realms. In these cases, Councils will form to create structure. The Gods in these Councils will place themselves, or a part of themselves, into a Creation Chamber.

A Creation Chamber is essentially the heart of the Creator God or Gods. It is the power of their *love to create*. If a Creator God is singular, he would go into his Heart in much the same way you go into yours to go into the Void, and with love and passion will create. When there are more they will join hearts, and between them will be the vessel in which they create. They create with Divine Thought, and Divine Thought is very different from the machinations of the Human mind.

To return to my discussion of creating something in the Mineral Realm: That part of the Gods which is placed in the Creation Chamber must remain there for as long as the particular substance is desired to continue to exist. For instance, if I wanted to participate in the creation of a ruby, I would join with others and we would take a part of ourselves into the Creation Chamber. As long as we wanted the molecular structure of rubies to exist throughout this entire Universe, we would remain in that Chamber, actively generating it. That is how we create Matter.

Plant forms are created in much the same way. However, with plants it is more that we would hold the seed form of that particular vegetation - not an actual seed like an acorn, but the archetype of the tree or of that plant form through its entire life cycle. We would hold that archetype there. The Animal Kingdom is much like the Human Kingdom, where animals have independent lives, although they are created more as a species or type. What happens when an extinction occurs on a planetary scale is that this Group, Council, or Person is no longer in the Chamber. With an animal species, they will have left the Chamber. The species will not disappear immediately, but the impulse for it to recreate and stay in form disappears, and so they will die out. However, these Creator Gods can be invited to reconvene and recreate those Beings that have disappeared.

Throughout Creation there are a multitude of what you would call *Devic Energies*. Devas are actually those fragments of the Creator Gods which are in the Creation Chambers. Therefore when you call upon them, that wonderful magic can happen. Working with the Devic Energies would feed them too, in a sense. It is like the phenomenon which has been described with what you call Gods on this Planet, that they seem to die out when people stop believing in them. Therefore if a planet such as yours has inhospitable regions for this particular life form, the Creator God fragments will leave the Creation Chamber and allow it to die out - unless Humans in their great power will call them forth again, and in essence feed them with their love and their desire for the continued existence of what they are creating.

Different Creator Gods are focused on different things. There are Creator Gods who are basically creating substance, material to work with: sort of like yarn, or raw material, or clay to be sculpted. These Creator Gods would be in place to create the *stuff* of Creation, raw undifferentiated material. And there are various types of specialists, Beings who like to create within their field of specialization over and over again. There are those who are specialists in the Plant Kingdom, and the Animal Kingdom, and in Star creation.

Then there are Beings who are not specifically Creator Gods, but who are more the Weavers of Creation. They take material that has been created and weave it into new and beautiful form, giving it order, giving it luster, giving it stories. Stories are very important to this process - themes, orchestrations. These Beings who are the Weavers would write a story, make an outline, and begin to weave material around that outline. Thus they would create worlds and people them. They would be the architects of jewels in space. They would in many cases appear to be the creators - and yes they are the creators, but you see how many levels there are to this.

Elora: You say that Life Forms can be called into existence again if Humans will do the work from our side. Will that help to restore some of the Life Forms on our Planet?

Heru: Oh yes, there is great possibility of that happening.

Elora: Please explain why the Creator Gods work.

Heru: Ah yes, why they work. It is the expression of love, of creativity; it is the reason for our existence. We live to create, as an artist would. And creating is an expression of something that language cannot name. The place

that this desire to create comes from is so vast that there is nothing which could describe the *motivation* of creation. And it is never ending.

Elora: *Do the Creator Gods have their own Realm?*

Heru: Their home is in the Void, beyond this Creation. Although they may come and manifest forms, even into the Third Dimension, they will identify most with and return to their home which is the Void beyond the Creation. When you enter Heru's world in the *Third Technique* which I have given elsewhere in this text, you are coming to that place. [***Elora:*** *That's where you live.*] Yes.

Elora: *In the process of creation, how do Twin Flame Creator Gods, such as you and Durga/Sekhmet, work together?*

Heru: Perhaps the closest analogy would be making love. Our focus in general is on the focus of the creation of new souls. Other Creator Gods would focus on creating animal species, entire blocks of vegetable life, and so on. Yet others would create minerals, planets, and the like.

Elora: *I would assume that your work in creating souls is done with Durga/Sekhmet in your role as Cosmic Progenitors. Is that correct?* [See Chapter 11 for more information on Cosmic Progenitors and the creation of souls.]

Heru: Yes. [**Elora:** Are the two of you parents to all the souls that you created?] We are parents to a few and the grandparents of many. [**Elora:** How many direct children do you have in this Universe?] A few hundred.

Elora: Are there other Creator Gods who create Human Souls?

Heru: There are others. And some Human Souls are created in groups, by groups. You will see them on this Planet. They are not quite as differentiated, and would perhaps identify more with nationality, religion, etc. That is not to say they do not have the potential for evolution into highly differentiated Beings. But they do begin as a group. And interestingly, in those groups there will emerge Leaders that will raise the entire group up. Therefore when that entire group rises up, great changes happen in Humanity.

Then there are Souls that are created as Twins, as you know, and Souls that are created as individuals. Each of them would be an expression of the variety of life that exists in Creation.

Elora: Is there something along the lines of a Divine Plan that you create within?

Heru: There are Divine Principles, which would be the structures - the lines on the road or the walls of the canyon, so to speak. Principles of structure, the way Light forms, and the basic geometries - these things are there within all of these universal structures. The molecular, atomic, and DNA structures follow the same pattern within all the Universes of this Creation.

But as far as a theme or a message, that will in many ways vary from Universe to Universe. Nevertheless, you would still recognize the basic forms of life. You won't go from this Universe to another Universe and find all the Humans and Higher Beings to be made of geometric shapes, a triangle for a head and a trapezoid for a body and so on. Life throughout this Creation follows certain forms, and you would recognize those forms from universe to universe. You will recognize life, you will recognize kinds of matter. There are other Creations where life forms are geometric, but that is not part of this structure of Universes. And there are certain archetypal forms which are found throughout the Universes.

***Elora:** How many Creator Gods are there, and how many are able to do the work of creating Universes?*

***Heru:** The Creator Gods do not exist in huge numbers. There are maybe a thousand or a few thousand in all the Universes, in all of our Creation. I never sat and counted them. And among the Creator Gods there are not many who can create Universes and for whom that is their profession, where it is not just a one time interaction or activity. [**Elora:** You and Durga/Sekhmet can create Universes?] And have. [**Elora:** Was this as part of a group effort, or just the two of you alone?] As part of a group effort. By and large for a Universe of this size it would take more than two Beings, even Creator Gods, to do so. However she and I have created, alone, a small Universe for just the two of us. She and I occasionally retire there for some rest and recreation. It is like a little jewel.*

***Elora:** As a Creator God, do you have Higher Aspects, or is it just you and the Monad?*

***Heru:** It's a little difficult to describe because it's sort of yes to both. I have presences and lives on each of the levels, but in a way it's just me and the Monad because all of those levels are enlightened.*

Elora: Would it be correct to say that many of the Gods and Goddesses of ancient mythology were, in fact, Ascended Masters?

Heru: You could put it that way, or you could say that they were visitors from the Higher Realms, the God Realms, or the Creator Gods. I hesitate to use labels because they seem so bound by concepts. [Elora: Would the appearances and disappearances of the Gods, as recorded in legends, be the Gods and Ascended Masters moving in and out of physical manifestation?] Yes. Also the veils at that time were thinner, so it would be easier for Humans to see those manifestations.

Chapter TEN: LIGHT and DARK Aspects

[Elora:] Until the time when I began working intensively with Heru, I had a vague idea that there were higher levels to every Human Being, yet could never determine exactly what they were. Like most people in metaphysical circles, I had heard terms such as Higher Self, Soul Self, Oversoul, and I AM Presence. I had also seen drawings and paintings of the Third Dimensional Self surmounted by a number of higher and progressively more radiant Selves. Still, I had no real sense of what all these levels or Selves actually were.

As Karen and I proceeded in our explorations, my clairvoyance continued to develop. I perceived the higher aspects in a whole new way, and was able to check my perceptions with Heru. Like most of what I have learned in the past year, the discoveries I made in the area of higher aspects were fascinating, illuminating, and sometimes shocking.

What we learned is as follows. Third Dimensional Humans are aspects on a chain of connection which reaches all the way up to the Monad. The Monad (which is the original Soul created by the Creator Gods) is a great, magnificent being, existing on what we would call the Twelfth Dimension. It is, for each of us, that from which we spring. We are expressions, or aspects, of the Monad. Beyond the Monad is only Source, God, or Prime Creator - whatever term one wishes to use. Heru often likens the Monad to a mighty oak tree. To follow the metaphor, this tree then extends a branch of itself into this Universe, or any universe in which it chooses to create aspects. At several junctures along that branch there exist the higher Aspects, with the Third Dimensional Aspect being at the end of the branch.

Karen coined the term "ladder" for this progression of Aspects. A typical "ladder" may contain an Aspect on the Third Dimension, which we would experience as a physical Human Being. Then there might be Aspects on the Fourth, Sixth, Eighth, Ninth, and Eleventh Dimensions, for example. And what are these Aspects? They are people! They are ensouled Beings, similar to Earth Humans in many ways, but living on different dimensional levels. They have names. They have lives, including occupations, friends, clothing and activities that they prefer, dwelling places, and distinct personalities. Among the higher aspects we have met there are healers, teachers, musicians, and counselors. Most of the higher Aspects we encountered are living on higher dimensional planets in such locations as Arcturus, Sirius, or the Pleiades. Occasionally we found an Aspect living on a higher dimensional Starship. Higher dimensions have matter just as we do, and to them it is solid, just as physical matter is solid to us. However the higher one goes the more fluid matter becomes, and the easier to change and influence. Higher dimensional bodies in the Fallen Universes age, as physical bodies do, though much more slowly. A strong infusion of energy can rejuvenate a

higher dimensional body, whereas rejuvenating a physical body is very difficult.

Time moves differently in the higher dimensions. We found that a month would pass for us when only a week had gone by for a Sixth Dimensional Being. Because of the greater density in the lower dimensions, and because time is so slowed down here, the lower Aspects in the "ladder" tend to be somewhat wearied. This would not be the case in a Light Universe.

Higher dimensional Beings require nourishment, as we do, although they need less of it. The highest aspects seem to subsist mostly on pure water and light. Those in the middle ranges, such as the Sixth to Eighth Dimensions, could be sustained by a few pieces of perfect fruit per day. These Beings need sleep and periods of rest as well, though again less than we do.

All of the aspects on one "ladder", or one branch of the Monad, have a strong commonality. The personalities will be different, yet similar, as they are all expressions of the same Monad. Certain core qualities will show forth in all the Aspects, and there will be a recognizable soul essence about all of them as well.

The Monad and its Aspects are connected to one another by fine, glowing strands which are called Light filaments. Light Filaments look like fiber optic cables, and they carry *prana* [Higher dimensional energy]. By working with the Light Filaments, skilled healers can affect the state of Aspects on various dimensions.

Aspects in other dimensions, depending on their state of evolution, may be more or less aware of their own higher and lower Aspects. A very evolved Fourth or Fifth dimensional Aspect may give much guidance and help to his Third dimensional Aspect. In other cases there may be a lack of guidance

and help, or even a negative influence. The most difficult fact to accept about the higher Aspects is that they are not always the pure, radiant Beings that we have been led to expect with terms like "Higher Self". The Monad, according to Heru, is incorruptible. However, Higher Aspects who dwell within one of the Fallen Universes are just as susceptible to the corrupting influence of the Darkness as are Third dimensional Humans. And, as Heru has repeatedly said, the Darkness exists in this Universe up through to the Eleventh Dimension. We were shocked to find that even many LightWorkers have Dark Aspects. In fact, since it is common to have about four Aspects on the "ladder" between the Third dimensional Self and the Monad, and due to the great difficulty in resisting the Dark influences, most Human Beings have one or more Dark Aspects. The worst I have seen was a person with four Dark Aspects. Therefore even among Light Workers it is a rarity to find a person who has only Light Aspects. Fortunately, because all Aspects are ensouled Beings, reclamation is hoped for in the vast majority of cases. The reclamation of Lost Souls, as Heru terms it, is discussed in more detail in the last section of this Chapter.

The best and most hopeful example that we have of the restoration of a Fallen Higher Aspect is Majaron, to whom Heru refers several times in this section. Majaron is the Sixth dimensional Aspect of Karen's Twin Flame. When we first encountered him, Majaron was heavily veiled. We were unable to see him, and even Heru had a difficult time penetrating his disguise. Eventually we learned that he was about 90% Dark. Imagine the Sixth dimensional equivalent to a gangster and drug dealer - that was Majaron. He was heavily attached by a Dark Being and had come to the point where he completely identified with the Dark side. Using techniques taught to us by Heru, and with the help of Durga/Sekhmet, we worked on Majaron. We were able to assist his transformation back to a loving and positive Being of Light, albeit one who had missed a great deal of growth and spiritual maturity due to his eons of existence as a Fallen Being.

Much as we might prefer not to think of the possibility of Dark Aspects, knowledge about them can be important and helpful. Having Dark Aspects directly above the Third dimensional Self can have a deleterious, even crippling effect on the Third dimensional Human. We observed that in most

cases of this nature the person in question found life a continual struggle, despite the best of intentions and despite tremendous efforts to heal. Also, Heru tells us that it will not be possible for Light Workers who came here from the Unfallen Universes to return home until all of their Aspects are of the Light. Dark Aspects also impede the Ascension process. Therefore, clearing the Aspects and Light filaments is a tremendous aid to growth and evolution.

Part 1 - Communication between the different Dimensional Levels

Elora: Heru, when we are working down from an Eighth Dimensional Aspect, for example, to transform an Aspect on the Sixth Dimension, we notice that the Eighth Dimensional Aspect does not engage in this work unless we ask it. Why is that?

Heru: You Third Dimensional Humans do not understand the greatness of your power - that you can request what nobody else can request. A Sixth Dimensional Being could request something but it would only apply to that Dimension, or an Eighth Dimensional Being for the Eighth Dimension, or whatever. But there is a specialness in the Humans on the Third Dimensional level. For built into them is a mechanism for Ascension, and it does not happen until a Being fully incarnates on the Third Dimensional level. And when this happens, they can call for action on all the Dimensions.

Elora: It also appears that the individually ensouled Aspects on the various Dimensions are not always that aware of one another.

Heru: That stratification [i.e. that most Beings are essentially confined to the Dimensional levels where they reside] is one of the fundamental structures in this Universe. Were it not there, there would be a level of chaos that is undesirable. And yet that stratification has become so embedded as to be

hampering the influx of the greater Light. This applies to the question you asked about the releasing of normal rules and boundaries at the time. This is correct, and specifically for this Planet in that it is one of those key points at which everything is aimed: the greatest Darkness and the greatest Light, the greatest chaos, and the greatest growth. When you visit the Pleiades it looks stagnant to you, but those living there do not feel that. For them it is the ordered progression of growth that they are familiar with. If they were to plunge into this Planet, it would be very hard for them. But Earth is almost like a rocket that, when the thrusters are fired, will break through those stratifications and allow the upward movement of all into the higher dimensional levels. This is a truly revolutionary process. So once again, we point out the key position that this Planet assumes at this time.

For what is happening here is not occurring elsewhere. It can only happen here, and what is happening here has implications that are far reaching. Imagine these so called lowliest little Humans, the little ants or whatever you call them, that are demeaned throughout the Universe as stupid, as Dark, as unevolved - yet they are making something happen that has never happened before. And that is this Rocket Ship of Ascension. [*Elora: Planetary ascension?*] Yes. [*And thus contributing to the Ascension of the Universe?*] Yes. And by the way, speaking of the Ascension of the Universe, don't think that because this Universe is far, far away from the Central Universe, the Godverse, that it must always remain so. It is as much a matter of vibration as it is of age. Just as there are wormholes and wrinkles in time and collapsing space within this Universe, so there are such things between the Universes. And don't think that the Being who Ensouls this Universe doesn't want to be close to home.

Elora: To return to our earlier question, is it because of this stratification, then, that a higher level Light Aspect would not necessarily fix the Dark Aspect below it?

Heru: That is correct. The best way I can explain it is that there's not a great deal of permeability between the Dimensions and not a great deal of traffic in energies between the Dimensions. It is very stratified. What would be air

in this Dimension would be solid as brick in a lower one; and it is the same above you. So were your Eighth dimensional Self to attempt to reach into the Seventh Dimension, it would be met by a wall of density that it would not be able to penetrate. What would be air in the Seventh Dimension would be solid in the Sixth. The higher Aspects may be dimly aware of unpleasantness happening below, but they pretty much have an independent life and no real way of correcting the problems which might exist in the lower aspects.

Again, this is the greatness of the Third dimensional form, and soon even the Second and First dimensional forms, if you can imagine that. It is from these lower Dimensions that the real movement takes place. It is the ability of the lower Dimensions to go into the higher Dimensions which enables this crossing of the barriers to happen. And once that opening is made, then the upper Dimensions may come through that opening to assist the lower Dimensions. [*Elora: There are actually First and Second dimensional forms?*] Yes, and I don't believe there are words in your language to describe them. It would be like a universe inside a dot and a universe inside a line. It seems there is a book called *Flatlanders* that would give a description of it.

Elora: Would a Being such as an Ascended Master have more power, vision, and ability, than a higher dimensional Aspect?

Heru: Correct. Greatly more, because they have created within their template that opening or shaft between all of the Dimensions and they are free to travel up and down that shaft, as if they had an elevator and had control of the buttons.

Part 2 - Working with the Individualized Aspects

***Elora:** How does an individualized Aspect go to the Dark, if its Higher Aspect [or Monad] is of the Light? In other words, how would a Light Aspect spawn a Dark one?*

***Heru:** It is not a matter of spawning. It is more a matter of the fact that everything in this Universe is quite susceptible to corruption. It's as if the immune system were in a weakened state. There are "viruses" rampant throughout the Universe [i.e. various forms of Darkness] and it is very easy for a Being to catch a virus, with that virus being of a lower vibration. [Elora: So a Light Aspect becomes Dark?] That's what happens. It is commonly called the Fall.*

***Elora:** People with Dark Aspects seem to have major twists in their Light Filaments, enough to choke off the flow of the Prana energy coming from the Higher Planes. But I noticed that even with people who have all Light aspects, often the Light Filaments will appear slightly kinky or wavy. This will start in an almost imperceptible fashion from an Eleventh Dimensional Aspect, but increase with each level as it goes down. What is the meaning of kinks in the Light Filaments?*

***Heru:** That is the inherent weakness of this Universe in manifested form. The blueprint has been replicated so many times that there are weaknesses in it, and so a mutation on the highest level will become greater and greater as each level descends, bringing forth on the Third Dimension problems, disease, and discomfort. [Elora: These kinks reflect a distortion of some type?] Yes.*

***Elora:** Regarding Ascension, can a person only Ascend when all Aspects are Light, and when they are all completed?*

Heru: There are instances when Ascension has taken place before that is complete. However, there is a great deal of burning and pain associated with it. It has been done; it can be done; it is not recommended. [*Elora: So it's recommended to wait till all Aspects are clear and complete?*] Or close to it.

Elora: Please speak more about the strands which connect the higher and lower Aspects.

Heru: They look like fiber optics and they are called Filaments of Light. They are the encoding which would create the DNA on the physical level, but they exist on many Dimensions. And they are, in a sense, how form is created in any Dimension. It is from those Filaments that the body is formed, so a distortion in them would create a distortion in the body of that Dimension.

Elora: Why would an Aspect start to become Light just because the Light Filaments were straightened and cleared?

Heru: Let us take the case of Majaron. Due to the straightening of the strands, he was brought into a state of awakening and into a state of *instant karma*. His karma was up against his face and there was no escaping it. [*Elora: Why would straightening the strands have such a powerful effect?*] Because these strands are so powerful. They are the vehicle through which *prana* travels. Without those strands, there is no life. Distortions in the strands will create distortions in the life and the straightening of the strands will bring a restoration of life in its pure sense.

Elora: How does this work given that the strands were straight to begin with, yet some Aspects turned to the Dark? Or would turning to the Dark occur as a result of having crooked strands?

Heru: No, it is more the former. It is more that a Being would be hit by corruption, almost like being slammed with a dirty snowball. The distortion would hit the Being on that Dimension and almost spin them around, if you can imagine that. At least in Majaron's case, it was like being spun around. And that twisted the cords and choked the Life Force. In other cases it could be different, but something of that nature.

I do want to add that when there is a severe blockage it not only affects the Beings below, but those above the blockage. For *prana*, in order to really work, needs to make a complete circuit. It descends down from the upper dimensions to the lower dimensions and makes a loop or a circle. If that circle is blocked it detrimentally affects everyone, all the Aspects.

Elora: *What is the connection between sleep and Light Filaments?*

Heru: When a Human sleeps, this allows the body to repair itself, re-nourish itself, and be re-energized, and much of this happens through the Light Filaments. When the Filaments are damaged, it would almost be as if your airways were constricted and you were struggling for air. That is how your body would feel, having an impeded flow of energy. [**Elora:** *I have observed that it is harder to fall or stay asleep when the Filaments are damaged, and easier when they are repaired, along with having a better quality of sleep. Why is this?*] I do not know, but it appears to be correct.

[**Elora:**] We will conclude this Section with a quote directly from a Monad who was observed to be actively working on all of his individualized Aspects - in this case, Beings on the Tenth, Eighth, Sixth, and Third Dimensions.

Elora: Zandrion, please explain the work you are doing with your various individualized Aspects, and what is the purpose of this work.

Zandrion: It is a fundamental restructuring of the Life Energy of these Beings so that they may handle the influx of the greater Energies that are coming, without it distorting and blowing them up or having a blowout like a tire. [*Elora: This implies that Beings who are not getting worked on in this way could get "blown out"?*] Well, don't assume that anyone is not getting worked on. At this time there is a great concerted effort for everyone to get worked on. Everyone is very busy right now. It's like people who are getting ready for a car race where they are doing the last minute adjustments, tinkering, calibrating, tuning up, and so on. They know in a few minutes the starting bell will ring and it will be a very fast and furious transformation. So there is much going on at this time.

And all this activity is more complex than I can really describe, because it's not just the vertical levels that you see. On each level that there is a Being, there is a horizontal segment of work that is happening as well. It's something akin to what Karen was describing in seeing her twelve Selves in twelve different planets. It is not exactly Parallel Selves, but that would perhaps be the closest description to it: where the energy comes down from the Omniversal Energy, to me, and it goes out in all directions. Then it goes down to the next level, and on that level it again goes out in all directions. Therefore in each area it's not just the Light Filaments between the levels, but there is also quite a bit of work to be done in aligning the patterns that go out horizontally. For example, when you tune into all of your bodies, the physical, emotional, and so on, they go out and out. It would be more like that - what radiates out from each life that is lived. There is a great deal of work to do and everyone is very busy.

Part 3 - The Recovery of Lost Souls

By "Lost Souls", Heru means those Beings from the Creation who were originally Light and pure, and who have become Fallen and corrupted by the Forces of Dark.

[Heru:] As I have stated, the Dark itself is not ensouled. It has made forms in a parasitic fashion, using some energy and genetic material from the Creation and forming it into the hideous demonic entities and shapes that you have all experienced. Therefore when we speak of the recovery of lost souls, we are not addressing the Dark Beings. We are speaking of members of this Creation, ensouled Beings who have succumbed to the Dark, and their possible or probable reclamation. Many of these Beings are high, beautiful, and mighty creations and creators in their own right.

The question has arisen: when Beings “fall”, are they aware that they are falling? I cannot say for sure, but I believe often there is not an awareness of the fall. Therefore why some have fallen and some have not is not known at this time. To reclaim someone who has become full of Darkness, and is not self-aware of being Dark, is a great challenge. Now that the Light Warriors are here, we believe that this work will commence and be possible.

Since the coming of the Omniversal Energy, many of these Beings have been incarcerated and isolated so that they may do no further harm. Especially with the Higher Beings such as the Elohim, the Angels, and the Creator Gods, there has not been a successful reclamation. We are very hopeful, however, that this will change now the Light Warriors are here. We are greatly heartened at events like the reclamation of Majaron. For that has been one success out of only a few. There have been others, but not that many dramatic turn-arounds. And let me state that this was due entirely to the pure and unselfish love that Karen holds for her Twin Flame. Without that unconditional love, this reclamation would never have taken place.

Elora: Heru, did a number of us have Dark lifetimes? I seem to remember some lifetimes where I was involved in Black Magic.

Heru: Very much so, and Karen as well had a couple of very Dark lives.
[Elora: Would we have been considered Fallen Humans during those lives?] It is more that you take the totality of the sum of a person's evolution. If you were to isolate a single life, you could say it was a Fallen life. But if you were to look at the whole life path of the multiple incarnations, you would see that many Beings would have had a Dark life and then in the next life would be busy digging out of it. However far they would get in that life, it might not be very far, but just the attempt is important.

Elora: *How did we bring ourselves back to the Light, and did this require the awareness that we had fallen?*

Heru: It did require the awareness of having fallen, and the way back is arduous - or has been arduous, I want to put that in the past tense - and slow. It involves all of the Laws of Karma and effort.

Elora: *Apparently sometimes Beings are aware that they are falling, and other times they are not.*

Heru: Yes, and I still do not understand the entire mechanism of those Beings who are not aware that they are Fallen. *[Elora: It's as if part of the Fall is sometimes this unconsciousness, and that is the most deadly part of it.]* Yes, very much so, for at that point there is no real ability for that Being to struggle against the Darkness.

Elora: *The Light Workers who have become Dark or who have Dark aspects won't be able to return to their Light Universe, will they?*

Heru: They could, if they were allowed to, but we will not allow that to happen. They will not be allowed to return. [**Elora:** *When they die in this life, where will they go and what will happen to them? They won't have to reincarnate here, will they?*] Not necessarily. They will be given the choice where they want to process, and will be given much help.

Elora: *What about those of us who don't have Dark aspects, yet are carrying all sorts of effects from our exposure to the Darkness? Will we have to get completely cleaned up before we can return to any of the Light Universes?*

Heru: I believe there will be much help given and that it would be easiest for a person to do that, to make that journey without the baggage. However, it can be a fairly quick process with the help that is coming.

Part 4 - The Individualized Aspects and The Monad

Elora: *In esoteric circles, it is said that Monads are the source of all Souls in Creation. The Monad is supposed to be the first individualized expression of consciousness beyond Source. It is believed that the Monad splits repeatedly, or at least forms a multitude of Aspects, and this is how the individual Souls are created. Is there any truth to the concept of the Monad?*

Heru: Yes. Let me give you the example of Karen and her structure. When she was first birthed, the name that she associates with that is Kapharatha, and that would be her Monad. That is the original envelope, the original membrane that contains and brings forth her energy. And from that many things can happen. Kapharatha has a number of descending ladders, starting in the Eleventh Dimension and descending to the Third. She also has parallel Aspects on the twelve key Planets in this Universe. As I have said, she is

widely represented throughout this Creation, for she also has lives in other Universes as well. For the purposes of this conversation we will not go into details of those lives. But you can imagine that there are whole series of incarnational ladders and parallel Selves. The life that Karen has here might then look as the leaf tip on the branch of a mighty tree that has many branches into many universes, and the root would go back to the Monad. *[Elora: Or in this analogy, is the tree itself the Monad?]* You could say that.

Elora: Let's take my own Highest Self, Aleandria. She is the One of whom I am only an Aspect. Is she herself a branch, or is she the Monad?

She is the Monad.

Elora: I always imagined the Monad as being impersonal consciousness. However, I see Aleandria as a fully individuated Being, not exactly Human, but like a Goddess.

Heru: Let me say this about impersonal consciousness. If Creator Gods have personalities, and even Prime Creator Itself has personality, why would a Monad not have personality? It is your supreme person. [Elora: Is it my projection that I see her with a Human form, albeit very great and magnificent?] No more so than when you see fleeting glimpses of me in form. That is not your projection either. It is one way of seeing me, and one way of seeing her.

Elora: Can you define the term "Monad"?

Heru: This is one of the most difficult definitions in our discourses. When a Soul is created, the Creator Gods would petition Prime Creator for

permission to create a new Soul, and that is a very distinct act of creation. When that Soul is created, the seed is born, and that seed would be the Monad. From that Monad would flow all of the Aspects. Like a seed, it would sprout roots and leaves, flowers and stems and fruits. Once that has happened, you no longer see the seed. The seed is somewhat consumed in this process, and yet the original blueprint and intent is present within every cell of that plant's being. Where do you locate the original seed, once this has taken place? In a mighty oak tree, where is that original seed? It is contained within the entire Life Force of that tree. It is there, it is just not localized in anyone place. So that perhaps creates more questions than it answers. [*Elora: If we use the analogy of the oak tree, I envision the Monad as being like the tree, and the Aspects as being parts of a single branch which reaches into the lower dimensions. Is that a good way to think of it?*] Yes, it is.

Elora: Do the Monads always remain on the highest Dimension below Source - i.e. what we would call the Twelfth Dimension - and is it only the Aspects which descend?

Yes.

Elora: We know that the Monads create Aspects. Are the Monads creating Souls by so doing?

Heru: This is an area of semantics where, in this context, we are using the word Monad interchangeably with the word Soul. The Monad does not create the Soul, the Monad is the Soul; and it can be expressed in many different ways simultaneously. Again, to use Karen as an example: her Monad has projected itself into life forms in several different universes, and into Third dimensional bodies in this Universe on the Twelve critical Planets. But these are not separate Souls. These are all part of her Monad, living many lives on many dimensions simultaneously. Therefore what she sees as her “ladder” is only what is reaching from the Twelfth Dimension to

the Third Dimension on this Planet. There are many other “ladders” in many other places. And they are finely filigreed, like a beautiful fir tree.

***Elora:** The Aspects on the different “ladders” which are projected into various universes, as well as the Aspects on multiple ladders within a universe - these are what we call Parallel Selves?*

Yes.

***Elora:** When we Ascend, do all Aspects merge into one?*

***Heru:** In a way. It's one of those things that is very indescribable. You know how a telescoping device will have sections that will telescope out, and then as they go in, one slides into the other. It's not exactly a merging but it is a coming together.*

***Elora:** So is this what happens when the Aspects merge back into the Monad?*

***Heru:** It's sort of like that. Going back to the telescope metaphor, there remains some autonomy still within each layer of the circle. If you were to look at the telescope head on, it would be concentric circles. [**Elora:** Is this why you say that you yourself still have Aspects?] Yes. [**Do all Aspects Ascend together?**] Yes.*

***Elora:** Are the higher Aspects always the same sex as the Third dimensional Aspect? It seems that would not be the case, since we know that people change sexes often from one incarnation to the next. Yet the Aspects we've encountered so far seem to be the same sex as the Aspect on the Third Dimension.*

***Heru:** It would work that way in general. In the Third Dimension there is the choice to switch back and forth between different genders for experience, and to give greater opportunity for the dance to play out in a greater complexity. However that choice is not given to the other Aspects on the ladder. In an Unfallen Universe it happens in a fairly orderly manner. It would be a pattern, so to speak, where for example every sixth or tenth incarnation there would be a gender switch. But for the most part the incarnations would happen in the original gender. However in the Fallen Universes everything is much more chaotic, which leads to a great deal of confusion.*

***Elora:** Why did some of the Monads come into this Universe and others not?*

Heru:** At the time this was taking place, it was not seen that the Frequency Fences would be erected. The boundaries between Universes then were of such a permeable nature, and movement back and forth was so easy, that it really didn't seem to matter. [Elora:** So it was basically an individual choice or preference.*] Yes. However, I don't know that the Monad actually ever travels. You could say they are here and they're not here. It is difficult to describe structures on the Twelfth Dimension. Perhaps the best analogy for it would be the idea of a Parallel Self - that the Monad could project itself into a universe.*

***Elora:** What has been the effect for those whose Monad was on the other side of the Frequency Fence?*

Heru: You would find people who would have trouble accessing their higher Aspects, and would be characterized at times by losing faith in Creator. The advantage of it is that when the Monad is in the same Universe as the Aspects, the higher Aspects are then in no danger of falling. The disadvantage is in the fact that there is less support. Really it's just an awful situation either way you look at it. And it is soon to be ended, soon to be irrelevant. But in sorting out one's journey, I would say that you could look at that one particular quality - the ability to hold faith in the Creator - as an indication. [*Elora: Did the Monad in some cases fall?*] Up through to the Eleventh Dimension there can be Fallen Aspects, but the Monad seems to be impermeable.

Elora: Please define the Seven Rays and their purpose. [The Seven Rays are discussed at length in the Alice Bailey texts and other esoteric writings.]

Heru: The Seven Rays are used in this Creation as follows. Imagine a giant crystal prism through which the Light of Creator is focused, breaking into these Seven Rays. They are used by the Creator Gods, the Angels, and so on, to focus and color projects that they are working on. So for instance when the Creator Gods decide to create a life, they would focus one of these Rays on that life form, giving the new Monad that particular quality to radiate throughout all of its many Aspects. Or if a group of Angels were working on a project that they wanted to give life to, and wished to give it vibrancy and strength and energy, they would in essence take that crystal and imbue the project with one of those Rays. So it is a tool of focused intent.

Elora: Did the Monads stem from the Rays?

Heru: No. They are imbued by the Rays.

Elora: When, in the cosmological tree of Creation, were the Rays created?

Heru: The Rays were actually brought into this Creation from a previous Creation. [**Elora:** *The same one as the one from which the Creator Gods came?*] No. They predate the Creator Gods.

Chapter ELEVEN: SOUL FAMILIES

"No man is an island, entire of itself," wrote John Donne. And none of us is without soul family, profound connections which stem from the deepest level of our creation of our Being. While the subject of Twin Flames is well known (though often misunderstood), to the best of my knowledge the concept of Cosmic Progenitors has not been introduced to Humanity prior to this text. These topics are both fascinating and useful. Connection with one's Twin Flame is a powerful evolutionary event from which, as Heru says, there is no turning back. Given the events which are occurring in our Universe, I believe that most of the Light Workers can look forward to this occurring in the relatively near future. As for the Cosmic Progenitors, I can attest to the fact that working with them is a life-changing process. Being Creator Gods of a high order, the Progenitors are extremely powerful, far beyond the Beings who are normally known as Spirit Guides. Therefore the wisdom, protection, insight, and love which they can bring into a person's life are unsurpassed. For me it has been like having the light come on, as well as a profound re-connection to my Soul Family.

Part 1 - Cosmic Parents and Progenitors

We will introduce this section with a quote from our friend Z, a Sixth Dimensional Being who had recently contacted his own Cosmic Progenitors for the first time.

"As the return of Christ has been prophesied, it will happen in this way. More and more people will become aware of their Soul Parents - and the Godhead will incarnate further into the Earth Plane as these discoveries are made. As the Darkness appears to increase on the Physical Plane, this connection will bring much joy, safety, and protection, and will bring many manifestations of the Christed type of consciousness on this Planet. Instead of one Christed Being on Earth there will be many."

And now we return to our discussions with Heru. We asked: Heru, please define the term "Cosmic Progenitor".

Heru: Cosmic Progenitors are a specialized group of Creator Gods who are capable of creating Souls. [**Elora:** *Is it a rare ability to be able to create Souls? Are there relatively very few Creator Gods who can do this?*] That is correct. I would say in general that in each Universe there would be perhaps two dozen or so of the Creator Gods who would have that ability. And there would be several hundred of the Creator Gods in each Universe. The Creator Gods were created by Prime Creator in another Creation, the most recent one before this one.

Elora: *When you use the term "Soul", what exactly do you mean?*

Heru: It is certain that not all entities are Souls, for many are just thought forms or some other such flotsam and jetsam. A Soul is a very sacred part of Prime Creator. When they are ready to create a Soul, the Creator Gods will go to Prime Creator and in essence request an egg. In this egg are all of the Divine structures and patterns that are contained within Prime Creator, just

as when a mother produces a Human egg, her DNA is within that. The Creator Gods are the only ones who are able to make this request and hold it. It is through their Love, and sometimes then the Love of the Cosmic Parents, that this egg is then fertilized and activated so that it may come forth with a life of its own and become that mighty tree that we have spoken of in our various analogies.

***Elora:** What are these "eggs" like?*

***Heru:** I see these forms actually as not looking so much like eggs, rather as very crystalline in structure. Interestingly, just as a woman would have no control over the genetic makeup of the particular egg that she would release, we in a sense have no control over which of those diamond crystalline forms we draw out from Source. So to us it is a beautiful surprise with each new soul that we create. The crystalline structures have a uniqueness to them that is new and unexpected for us each time. And these crystalline forms, through intent and love and prayer, can be created into individual souls, or you can give birth to entire universes in this way. To do an entire universe, though, would generally take more than two of the Creator Gods. It would take a circle of Beings to pull forth one of these structures forth and create a Universe with it.*

***Elora:** In esoteric writings, it is said that the Monad is the first individuated manifestation beyond Source. When the Cosmic Progenitors create a Soul, then, is it actually the Monad that they create?*

***Heru:** Yes. And they may create Monads as Singular or Twin Monads.*

***Elora:** How can the Monad be only one step from Source, if it's created by the Progenitors?*

Heru: Because before it is requested and drawn out of Creator, it is not separate from Creator. It is the act of drawing it forth into the membrane that causes it to become separated from Source.

Elora: *Are the Monads then created directly from the Void?*

Heru: They are created in the Void but not from the Void. The Creator Gods draw some of the primal Creative Energy of the Creator into the Void and encapsulate it with a membrane. Within that Membrane are all of the signatures, the personal signatures for that Being. And then they bring to it, and impregnate it again with those same signatures, much in the same way that an egg would be fertilized in a Human. This is done in the Void. The energy they draw forth is an Unformed Plasma of Light which is the substance from which all Creation is formed.

Elora: *Let's return to the subject of Cosmic Progenitors. The Cosmic Progenitors create the Monads, and the Monads are the original individuated Beings, the Souls.*

Heru: Yes. [***Elora:*** *Do all Souls have Progenitors?*] Yes, they do. [***Do Progenitors create Souls other than Monads?***] I don't know of any but that does not mean it does not happen.

Elora: *You have also spoken of "Cosmic Parents". Is there a distinction between Cosmic Parents and Progenitors?*

Heru: Yes. Sometimes a Soul has both Cosmic Parents and Progenitors, but other times the Parents and Progenitors are the same Beings. When there are Cosmic Parents as well as Progenitors, the Progenitors would work through the Parents in creating a Soul. In Karen's case, her Cosmic Parents are the Beings who ensoul the Sun in this System and one of the Stars in the Pleiades. Her Parents are in this Universe, but her Progenitors remained in the home Universe. They are wonderful, glorious beings.

Elora: *How about myself?*

Heru: Durga/Sekhmet and I are your Cosmic Parents as well as your Progenitors.

Elora: *Please define the term "Cosmic Parent" and explain exactly what they do, and in what way they are parents.*

Heru: We have made the distinction that for some people the Cosmic Parents and Progenitors are the same, while in some cases they are separated. In the case where they are separated it is because the Cosmic Progenitors themselves are not Twin Flames. And because of that it is necessary to have an intermediary to perform the coupling, as you would say, to generate a Soul. [**Elora:** *So in essence the Parents would make love?*] Yes. [*And interface with the Progenitors in creating the Soul or Souls.*] Yes.

Elora: *In other words, sometimes even Creator Gods who are Twin Flames might unite with different Creator Gods to bring forth Souls.*

Heru: Yes; and we have. Interestingly enough, often there is a desire for what you might call cross-pollination, for a greater variety of material.

[Elora: And Cosmic Parents would also not necessarily be Twin Flames?]
Correct. The desire in this Creation for diversity is unquenchable, and drives a lot of what happens.

Elora: Are Cosmic Parents and Cosmic Progenitors generally related?

Heru: Oftentimes that is the case, but more often one Parent would be from another lineage. Again, the desire for diversity is unquenchable. Therefore, more often than not there is a mixing of lineages.

Elora: When Parents and Progenitors are different, do they both act as guardians, mentors, and teachers?

Heru: They both carry some of those qualities; it is just a greater degree in the Progenitors. While the bonds to both Parents and Progenitors would be very strong, there would be a difference in magnitude between them, in the sense that the Parents would be roughly the same size and power and potency as the offspring, but the Progenitors would be an increased magnitude of greatness.

Elora: Who can become a Cosmic Parent? Is it only the Monads, or can the Aspects become Cosmic Parents?

Heru: It is the Monads who become Cosmic Parents. The Aspects can involve themselves in the process of creating, and that does happen.

Elora: Do all Humans have Progenitors, including Humans who originated in this Universe?

Heru: Yes, all Humans would have Parents and Progenitors, and in some cases those would be the same Beings. More often, however, they are different.

Elora: *You have said that many Humans are really ETs, or in some case Angels. Do these have Parents and Progenitors as well?*

Heru: They would have some kind of Parent, unless they are from outside this Creation. Then it's a somewhat different structure. But provided that they were created within this Creation, there would be Parents. In the Plant Kingdom, and in the Devic Realm which rules the Plant Kingdom, there is the combination of parenting and vegetative propagation. [***Elora:*** *But generally Beings in this Creation have Parents.*] Yes.

Elora: *Does each of us then have a Cosmic lineage which is like a family tree?*

Heru: There is a lineage, yes. However, I would like to add the following. The Cosmic Progenitors create Beings [Monads] who then go on to become Parents. But when these Monads go to procreate, they are then directly interfacing with the Progenitors, rather than the Parents. Therefore the lineage is not stepped down like a family tree. Each time, the Beings who are involved in creating will work directly with Cosmic Progenitors, not necessarily the same ones, but always with Cosmic Progenitors. [***Elora:*** *And Cosmic Progenitors are always Creator Gods?*] Yes, and sometimes there will be more than two involved in creating a Soul.

Elora: *When the Monads procreate, what are they creating?*

Heru: If they desired to create a Soul, they would be able to do so with the assistance of their Cosmic Progenitors. They would call in their own Progenitors, and through their incredible expression of love, a new Soul would be birthed.

Elora: *Can you describe the experience of creating children?*

Heru: What is created is Love. If you could picture Durga/Sekhmet and myself standing together and focusing all of our Love on each other, then what is in the middle begins to materialize and form as a third Being - or as Twins, in the case of the creation of a Twin Soul. Thus your term of *making love* is very apropos.

Elora: *Here on Earth, when a man and woman make love, they create an embryo. A Spirit comes into that body, but the Spirit comes from elsewhere. Can you compare this to the creation of Beings by the Cosmic Progenitors?*

Heru: This is the difference, that when Beings are in such a descended state as those on Earth, there are many bodies created in all sorts of ways - with love, without love, with drunken passion, at any level of creation. Those bodies are then ensouled with existing souls. The work of Cosmic Progenitors is much different than that. It is the actual creation, through Love, of a new Being. Through intent, creators such as Durga/Sekhmet and I can create ensouled Beings such as you, or can choose to create more worlds. And it is always a choice what kind of Being to create.

***Elora:** Heru, earlier you said that the Creator Gods must go to Prime Creator to receive these crystalline structures or "eggs". When some Creator Gods fell, we know that they created Fallen Races like the Dark Reptilian Races in this Universe. Why would Prime Creator give "eggs" containing this sacred soul-matter to Fallen Creator Gods?*

***Heru:** Because they were Creator Gods. Even though they were Fallen, they still had the right to ask for these Eggs. [**Elora:** Did not Prime Creator have the right to refuse?] Evidently not, and that has certainly been a problem - just as Prime Creator did not destroy the Fallen Creator Gods, and certainly Creator had the ability to do so.*

Part 2 - TWIN FLAMES

***Elora:** Please define the term "Twin Flame".*

***Heru:** Twin Flames are born when the Creator Gods and the Cosmic Parents decide to create a Being as twins. In Human bodies, there are sometimes twins who are fraternal and sometimes twins who are identical and who are from the same egg. This would be the case with Twin Souls. They would be created by splitting the original form of an egg. This is done with intent; it is done with great love and reverence; and it is done to magnify the power of Creation. As I revealed to Karen recently, the mechanism of the power generation that happens between Twin Souls is one of the most powerful generators in all of Creation. It is a hard mechanism to describe. She related what she could to you; I don't know that I could give a better description than that.*

[**Elora:**] Karen was shown a picture of two trains which were moving in a sort of figure eight configuration. They would come together at the train station, merge, and then separate again. As they reached the widest part of the figure eight, they would then both begin the return to the train station, where they would merge or pass through one another once more.

Elora: Please discuss the power generating aspect of Twin Flames.

Heru: That back and forth motion, the separation and the return - that is the power. The depths of the Soul's longing to return to its Twin - that is the fuel. When the merging takes place a magnificent burst of energy is created which illuminates and inspires all of Creation. That joy, the beauty of that merging, are shared on a subatomic level with the entire Creation. The specific incidents and experiences are not shared, but there is a qualitative sum of the sharing between the Twin Souls, almost like a sum of that merging. The depth, the breadth, and the power of that synthesis reaches all of Creation.

Elora: Do Twin Flames actually spend more time apart than together?

Heru: Time - well, you know time. Perhaps. And you must understand that the pain of the separation of Twin Flames only exists in the Fallen Universes. In the Unfallen Universes this process is not painful. It is actually very joyful, like a dance where the partners will be close to each other, holding each other, and then swing out, feeling the momentum of that exhilarating swing, and then that momentum swings them back together again. That back and forth swing is an exquisite mechanism.

Elora: Does this coming together and moving apart happen eternally, or is there a point where they are united and don't part any more? Do even you and Durga/Sekhmet part at times?

Heru: Yes, we do. It is an eternal process. The dance goes on. [**Elora:** *In the periods of separation, is there a coming together with other partners?*] Yes. And also you must understand that there is a part of the Twin Flame construct, almost like a *Hara Line* [an energetic line passing vertically through the center of the body which is the energetic axis upon which the body is manifested], a line that is never separated.

Elora: *In this Universe, it is generally considered best for Twin Flames not to reunite until they are both spiritually mature and ready to ascend. Is this also the case in the Light Universes?*

Heru: No, it is not. This is purely a function of being in a Fallen Universe. And how horrible these misaligned joinings can be!

Elora: *You mentioned that Humans can have either fraternal or identical Twins. Is there a correspondence to the Fraternal Twins with Twin Souls?*

Heru: That part of that analogy does not have a correspondence. A Twin Soul is either identical or it does not happen. Unlike Human Beings though, when the Twin Soul is created, the male-female polarity is inserted in there. [**Elora:** *And that remains constant?*] Oftentimes it will reverse, where each Soul will take on the opposite sex for an incarnation, but the fundamental gender will always revert to the original.

Elora: *In what sense are Twin Souls identical? They appear to be similar but different.*

Heru: Yes, and the difference is the different path that each has taken and the different choices that have been made in gathering life experiences. However, each time there is that merging at the train station, so to speak, all of those experiences will become the experiences of both souls. There is a separation where experiences are gathered and a reunion where experiences are shared and merged, again a separation where experiences are gathered, and so on back and forth.

Elora: *Are the original Twin Flames the Monads, in that a Monad can be created as a twin?*

Heru: Yes. [***Elora:*** *Are the Twin Flames always of opposite gender, even at the level of Monads? It's said that at the level of Monads there is no gender.*] It is hard to describe because it is more complex than just a sexual gender. I'm not sure I can describe it.

Elora: *So when we think of Twin Flames, these are really Aspects of Twin Monads, correct?*

Yes.

Elora: *Are these Twin Aspects usually created on the same Dimensions? For example, would Twin Monads generally both choose to create Aspects on the Third, Fifth, Eighth, and Tenth Dimensions, so that each Aspect has its Twin?*

Heru: That is a highly individual choice and it would depend upon the incarnational path that each Twin Monad decides to embark upon. There is a great deal of individual variation in the stories of each path of incarnation. Of course the paths of incarnation in the Fallen Universes are highly distorted, and this results in many disasters and unplanned for events that shake things up and change things. In a Light Universe, the Twin Monads would generally coordinate things so as to have Aspects on the same rungs of the ladders, so that the dance may be played out with their partner. But it is not a rule and at times, for whatever reason, there are exceptions to that in the quest of creative expression.

Elora: *You have stated before that some Beings have Twin Flames and others do not. Please explain how and why this occurs.*

Heru: The how is very simple. Returning to the analogy of Human birth, some Souls are created as Single Souls and some are created as Twins. The percentages are different, however. I would say roughly 60% of Souls are created as Twins. There is a small group, perhaps 6% of Souls, who are actually created as a Group Soul, wherein you would have multiple Souls that would actually be identical twins. [**Elora:** *Like a woman who has sextuplets.*] Yes. It is less common, but it does happen.

As for why, it is simply a choice. The path of the Singular Soul is no less great than the path of the Twin Soul. There are dynamics and mechanisms, paths of awakening and enlightenment, which happen with a Singular Soul and do not happen with the Twin Soul. Perhaps you could say the dynamic of separation and return for the Singular Soul would be played out not with a Twin, but with Prime Creator, or with the Creator Gods or the Cosmic Progenitors. It is an equally beautiful path, just a different path.

Elora: *For those who have Twin Souls, does the union with the Twin Soul replace union with Prime Creator?*

Heru: It is almost as if through that mechanism, that is the union with Prime Creator, that is how it is expressed. God is known through that union.

Elora: *What is the purpose of creating multiple Twins over single or double Twins? Is it again the diversity that drives this Creation?*

Heru: Yes. I don't know that there is any specific linear phrase that you could use to explain it. It's just one of the aspects of the joy of creating.

Elora: *In terms of joining with a Twin when one has many of them available, how is it decided which Twin one joins with, and can one join with more than one Twin at a time?*

Heru: It does not appear possible for more than one Twin to join at a time. Regarding how it is determined which Twin one joins with: let me go back to the analogy of a dance with a partner that I have used before. Instead of a tango with a Twin Soul, those who have multiple Twins will be engaged in something more like a square dance with four sets of partners. You would have the joining and the dancing and the swirling of each couple. And then at a certain time in the music, the partners *allemande* left and go to the next partner, and around and around.

Elora: *So there is a kind of sequence.*

Heru: Yes. There is more variation. And perhaps even inserted in there are a few swings around the room with non Twin Soul partners. You could have a very complex dance there that would include families, cousins, and so on.

Elora: *Is there a greater responsibility towards each other when there are many Twins? For example, with one Twin we only need to concern ourselves with helping that one individual if help is needed. But with multiple Twins, what if several become severely damaged or turn to the Dark - do we feel the effects of that from each Twin that is in trouble?*

Heru: Yes, of course. And remember that the original pattern for this Creation was created in a Light Universe with no thought of encountering these kinds of problems. With what has happened there is perhaps some greater risk, but there are also greater opportunities for rescue.

Elora: *When you use the term "Twin Soul" is that the same thing as "Twin Flame"? Or is there a difference?*

Heru: They are the same. However "Soul Mate" is different. To define that term, let us take an example in your case. Your Soul Mates would be more like your brothers and sisters, those who were created by Durga/Sekhmet and myself at roughly the same time period. Therefore they would be very close Beings to you, and in a sense you would have perhaps spent some incubation time together. [**Elora:** *Then there is also the category that you call "ancient friends". Those are people we have known and loved on many occasions.]* Yes.

Elora: *So we have Twin Flames which are also known as Twin Souls, and we have Soul Mates. Are there other levels of relatedness? I have seen some quite complicated schematics listing various levels.*

Heru: The other level I would add to this would be Soul Family - cousins and siblings who are created at a different time period, and where there is no

sense of that incubation together. [*Elora: Are close relationships often formed with Soul Family and Soul Mates?*] Very much so, yes.

Elora: For a Human who is in Third Dimensional incarnation, what is the importance of knowing and being connected to the Twin Flame?

Heru: It is a life changing occurrence, a very deeply life changing occurrence. Generally Twin Souls will decide prior to a life whether to have contact or not. Once conscious contact is made, either on the Inner or the Third Dimensional Plane, there really is no going back. For there is nothing that will create an amnesia which will allow a person to forget the feeling of contact with their Twin.

Elora: Such contact is an enhancer to one's evolutionary process? It spurs on the individual's evolution?

Heru: Yes, very much so.

Elora: What about the sense of emptiness or loss?

Heru: Prior to that contact, the amnesia will be there, and the feeling of the loss of one's Twin would perhaps only be the vaguest of senses. After contact, there is no forgetting it.

Elora: The longing in a lifetime for a true partner, is that built into the Human wiring or is it a remembering?

Heru: It is both. For those who do not have Twin Souls, there is also a longing for union which gets expressed as desire for a partner. And that is also hardwired, but for them the ultimate reunion will be with Prime Creator.

Elora: *How is the Twin Flame important for the evolution of the Higher Dimensional Aspects of a Human? Is it more or less the same?*

Heru: Yes. On those Dimensions, the separation is not generally as painful even in this Fallen Universe, so usually there are less problems in the Higher Dimensions.

Elora: *Is this Universe based on the principle of polarity, and how does that relate to the existence of Twin Flames?*

Heru: Yes. This Universe was created much in the same manner as Human Souls. It was created as a Twin, and this is the feminine half of the Twin Universe System. Let us take the metaphor of Creation being like a giant flower, with the series of Universes being the flower petals around the Prime Creator. You would find that many of these petals, instead of being created as a single lobe, would be created as a double lobe. Many Universes are created as Twins.

Elora: *Is Creation itself based on the principle of polarity?*

Heru: That is one of the fundamental principles, yes. If you look at the *yin* and *yang* symbol, this *polarity* is a primary building block upon which the Creation becomes dynamic. If you look at the atomic structure and what holds the electrons and binds them to an atom, it's all a mechanism of *polarity*.

***Elora:** There is much talk in metaphysical circles of duality, and how life in these lower Planes, at least, is based on duality. Is duality a distortion of polarity, and a result of the Fallen state of the Universes?*

***Heru:** Yes. There is no *duality* in an Unfallen Universe.*

Chapter TWELVE: THE TWIN FLAME RIFT

***Elora:** Heru, we would like to ask you to look at a situation that occurred in this Universe during what is called the Lucifer Rebellion. It would appear that a large number of Twin Flames were conscripted to work in some aspect of that rebellion, and their creative powers were being put to use, or more accurately were misused in the service of the Darkness. Is this correct?*

***Heru:** That is the most accurate description I have heard from anyone on this Planet. There is a tremendous amount of energy that is created between Twin Souls, the likes of which really don't exist anywhere else in this Universe: a real furnace, a real fulcrum for creative energy. And the misuse of this power has been the source for much of the anguish in this Universe. It has been used not just to the detriment of the Souls who have been separated from their Twins, but for many others who are just experiencing relationship problems. It has sullied the waters for healthy relationships throughout the Universe.*

Elora: It would also appear that something happened to this group of Twin Flames - perhaps what is called a time-space rift.

Heru: Yes, rift is a good term for it. [Elora: It seems that the Twin Flames were torn apart in such a way that it severely damaged them.] Yes. [And this happened to many?] Enough, more than enough. Not a majority by any means but as I said, this has so disrupted and corrupted and put a corrosive tinge to the basic formulation of relationship coupling, that it's almost as if not only were these individuals torn asunder but the archetype itself has been shredded. Therefore many Beings who were not directly involved with the initial rending are contaminated and lose their way, and are unable to form healthy relationships. It is truly the greatest sickness in this Universe.

Elora: We understand that this event caused something known as the Twin Flame Rift. Please state exactly what the Twin Flame Rift is, how it occurred, and what it means to this Universe.

Heru: It is ancient. It occurred after the Frequency Fence was erected around this Sector of Universes, and the Twin Universe to this Universe was separated from it. The agony of that separation was imprinted on every atom in this Universe. And that sorrow, that grief, that trauma, affects everything. Therefore even Beings who do not have a Twin are affected by this rift. With the healing of the Fallen part of Creation, the perfect Divine Twin Soul archetype will once again be returned to all Beings in this Universe. When I say the return of the archetype to all Beings, it does not necessarily imply that all Beings are part of that system of Twin Souls, but that this Universe itself is a Twin and everything in it is based upon that principle. Therefore even Beings who have come here from a different Creation are to some degree subject to the Twin Soul archetype, because that is the format and the structure of this Universe.

Elora: Did the Twin of this Universe fall?

Heru: No. The Twin of this Universe is on the other side of the Great Wall. *[Elora: What will occur when this Universe meets its Twin, and when?]* It is not fully known what will happen when there is the reunification of this Universe with its Twin. For there has never been a reunification after a separation like this, and we can only imagine that it will be joyous beyond words. There will be much healing needed before that can happen, and so it is not foreseen to take place within your lifetimes. It is perhaps some hundreds or a few thousand years away. But much joy, much healing will take place before then.

Elora: *What needs to happen before that?*

Heru: There is so much that needs to be done, I hesitate to even start the list. But if you look at the 60% or so of Human Souls who have Twins, there is damage between each one of them that needs to be healed. Also, many Stars are created as Twins, and it would be the same there. If you multiply this Planet by planet, Galaxy by galaxy, and so on throughout this Universe, you can see the magnitude of this project. If you also look at the microcosm, where even on the atomic or subatomic level there is damage and resulting disease, there is quite a lot of work to do. It is the largest job that is to be done in the healing of this Universe.

Elora: *In terms of our lifetime, how can we contribute to this healing? Is that part of our task?*

Heru: Much of what Humanity has labeled tests and lessons from God or from higher levels, are in fact not something that was created by Prime Creator but are the result of living in a Fallen Universe. Many of the trials and tribulations in each person's history have nothing to do with evolution, and have only to do with being imprisoned in this gloomy place. For even though you yourself do not have shackles around your ankles and you do not

live in a prison with walls, this whole Planet has been imprisoned and this Universe has been imprisoned.

Therefore I would have you redefine your evolution and your self-worth in that manner. I would also have you rejoice in the fact that the one and only test, if you would call it that, has been your commitment and adherence to the principles of Light. It is miraculous in each and every Being that has held to the Light; it is a miracle to rejoice at. As far as jobs go, that really was the only job that mattered. Each of you came to this Universe with a task in mind to do, but could not complete that task due to the nature of the Dark. Therefore, remaining in your soul is that longing to do service. That was what brought you here, and that is what has been frustrated in not being fulfilled. But the greatest work that you did was to hold enough Light so that this Planet could be saved, and to hold enough so that this Universe can be saved.

Now that the Light Warriors have been released, by and large that work is complete. Therefore I would have you protect yourself, remain in a safe place, and await with joy the coming influx of the multitude of Beings from the other Universes who have awaited all these eons to be able to help in healing. They will be here within your lifetime. And they will bring you to the better part of a whole place, so that when you drop your body and your Twin Soul drops his body and you are reunited, it will be a union of Harmony and Light.

Elora: This is true for all the Light Beings on Earth?

Yes.

Elora: Can you say more about the need to redefine ourselves?

Heru: As we have said, there is an assumption of *duality* on this Planet, perhaps epitomized by the concept of original sin and karma. What you must realize is that in an Unfallen Universe *karma* does not exist. If you were to imagine yourself as a Being in the Third Dimension, living your life in an Unfallen Universe, who would you be? Who would you be without the *duality*, without *karma*? And that is, in a word, magnificence. That is who you are. Therefore as the Frequency Fences, all of them - planetary, galactic, and so on-are brought down, many of your connections and memories with an identity that has nothing to do with the Darkness will return to you. If there is any effort to be made, it is in the willingness to accept this falling away and this revelation of Light, and all the joy that that brings.

[**Elora:**] We will close this Chapter with an Update from **Sananda** on the Twin Flame Rift. This statement was made in October of 2004.

Elora: *Sananda, can you please give us an update on the Twin Soul Rift? Has any real progress been accomplished with it?*

Sananda: Overtly not, but everything is lining up around it for things to change. It is almost as if there is a giant zipper and the sides of the zipper have been jammed up, out of alignment in a way that would prevent it from proceeding. This zipper in space and time, this Rift, is open and stuck open, and unable to be zipped closed. Therefore at every tooth of the zipper realignments have to be made for it not to jam. These are being done. It appears nothing is happening, but really a great deal is happening. Once that realignment is completed the zippering will begin and it will proceed rapidly. [**Elora:** *Can you give us a time frame?*] I believe the coming year [2005] will bring evidence of much change.

Chapter THIRTEEN: LIFE FORMS and the HISTORY of EARTH

Part 1 - Why this Planet was Created and who it is Peopled by

[Heru:] What I will say here is not unique to this discourse, for it has been discussed before. This Planet is one of twelve jewels within this Universe, and was created to hold a complete Library of genetic material of all of the races, not only in this Universe but to contain a sampling of all Universes. Therefore a Being from any Universe could conceivably come and incarnate here. There is enough similarity, even though on some planets they breathe ammonia. But with some fine tuning Beings could come from anywhere and be able to live here.

This was done knowing that this Universe was not fully of the Light, knowing that this Universe conceivably could be destroyed without having a strong resistance. With that in mind, this Planet was seeded not only with genetic material but with minerals, plants, animals, and with souls inhabiting Human bodies; not from every Universe but including a representation of every kind of Universe.

Therefore here you have the most sophisticated and highly evolved souls and you have the most unsophisticated and devolved souls, and the entire spectrum in between. You also have representatives in several kingdoms from the Dark Universes. Where did mosquitoes come from, and poison ivy,

and such things? They are represented here at this time; perhaps not forever though.

As for the Humans, you could say every hierarchy of the Universal System is represented in both Human kind and all of the other Realms. For example, there are Humans who are really Angels, and Humans who are Aliens. In this context I am speaking not so much of Beings who come from other Universes - though they are here as well - but of Beings who actually represent the Alien Races within this Universe. There are also Beings who represent specific Universes, and who have come and incarnated into this world.

Thus this planet and the other eleven critical Planets are the most complex of any worlds in this Universe, and among the most complex in this System of Universes as well. There are parallels to this in other Universes, as there are some parallel situations. And there are Universes that are much simpler than this one, as well as worlds that are much simpler than this world.

As these multi-faceted Beings come to play out stories - and each of them comes with a script and intent - there is the initial burst of energy which brings them into this Universe. Then there is an incarnational energy which brings them to this Planet. And as they land on this Planet they begin to adjust. Frequently it's not a soft landing. As Beings remain here for some time, they get to know the highways and byways of life here. In some ways it is easy to spot Souls who are newly arrived on this Planet, for they frequently are disoriented or have trouble functioning, fitting in, and finding their place. They feel like strangers in the world; they feel lost and isolated.

It is also easy to spot those who have seen enough of the Earth and lived here enough to really know the ins and outs of everything: of political structures, of nature, of the way the world works. These Souls play out their incarnational stories - and stories again are very important. Ultimately a person will become introspective enough to ask the question, "What is my

story?" It is when this happens that a person begins to get to the point where they can become the co-creator in their story or myth making. And when a person reaches the point of being a co-creator with the Omniversal Energy in writing and manifesting their story, then the true evolution of a Ssoul begins. The rest is growing up. It's as if the rest is school and this is the graduate program or the career path.

When a Soul reaches the point of graduation, due to the fact that this world has been so toxic, many people get to that point and decide to graduate off of it. That has been somewhat unfortunate, for much of the Light that has been accrued on this Planet is now sort of sitting in a circle around the Planet, not being able to effectively give back, to regenerate and renew. These people have chosen not to be here - but upon choosing that, because of the Frequency Fences around the Earth, they also have chosen to place themselves in an ineffective place where they can no longer be agents of change on this Planet. However as the Frequency Fences disintegrate, as they are rapidly doing, those Beings who are off planet will now be able to effect the changes that they had been prevented in so doing.

For instance let us look at your friend who intends to go through the full Ascension process. If she were to have done this a hundred years ago, there is a great likelihood that after Ascension she would have remained somewhat close to the Earth sphere. From that place, she would have looked back and realized that the greatest work would actually be to stay here and effect change and consciousness on this Planet. This happens to a great many of those who undergo the Ascension process. And yet a little known fact is that once Beings would go through the Ascension process, they would not be able to come back and incarnate. Very few have been able to do that because of the Frequency barriers. Thus the hundreds or the few thousands who have successfully made a complete Ascension have been looking for a way to come back to this Planet for the work of transforming this Earth. They are now able to do so for the first time.

By this I do not mean that the Ascended Masters will necessarily come into physical incarnation again. The Planet's vibration in many ways has shifted,

so they can come here in more of a Light Body or Fourth Dimensional state. But the return of the Masters is upon us; and do not limit them to one body only, or one type of body. [*Elora: What Dimensions do the Masters currently reside on?*] The Eighth, Ninth, and through to the Eleventh.

Elora: Heru, you once stated that Earth has become toxic to many of us, and that's certainly true. Yet I love Her so much. Did the creation of Earth go wrong?

Heru: It is not that creation of Earth has gone wrong, but the fact that this Planet was put into one of the Free Will/Choice Universes. The Free Choice aspect left this Universe vulnerable to invasion by the Dark Forces, and this Planet has been poisoned by an external influence. The blueprint of the Earth itself, if it had been unsullied, would naturally be one of the most magnificent of the entire Creation. And thus your love for it is totally justified. The diversity of the genetics, the wealth and complexity of every single layer from the macrocosm to the most microscopic life - this magnificent wealth of diversity does not exist in very many places. The whole of Gaia is populated on every level with complex, beautiful, interfacing, harmonious structures. And so your intense desire to protect it from the Invasion is justified. Most worlds are very simple, where for example they might have five kinds of trees and twenty kinds of insects, instead of the incredible diversity that is here. [*Elora: Do you think that the original Plan, the original concept of Gaia will be realized?*] Yes. There are so many great Beings coming to her defense. Portions of the Biosphere may begin to collapse, but enough information is there, enough is salvageable to be able to rebuild it. We do not see the death of Gaia. There was a time, perhaps forty years ago, when we saw the possibility, but no longer.

Elora: Given that Earth is a Genetic Library of incredible diversity, and that this is an essential part of her role as one of the Twelve Crucial Planets in this Universe, how do the mass extinctions which are currently going on affect this role?

Heru: It is the primary intent of the Dark Forces to take the Earth out of its role, to make her incapable and unable to act as the Living Library, as the record keeper, as the placeholder. They would love to succeed in turning this incredible jewel into a piece of cement, something no more diverse than that. *However, they will not succeed!*

With the revealing of the Third Meditation Technique which I have given, with the breaking down of the Frequency Fences, and the outside help from the Star Brothers and Sisters, anything that is destroyed can be re-manifested. There is a hidden and safeguarded chamber within this Planet that holds the genetic codes and the molecular blueprints. This is, my dear, what you brought here, and it is secreted away for the restoration not of this Planet only but of this Quadrant of the Universe. This material is safe, for only those who are supposed to have keys have them. *And that does not lessen the crime that is being committed!*. But revealing this will give people hope for the regeneration of Earth - people who are heartsick at the extinctions, at the destruction - it will give them hope.

Do not underestimate the power of this Third Technique to regenerate the Earth. If you wish, go in there, holding the world in your hands with love, and see what happens.

Elora: *You stated that Earth was a genetic “Living Library” of great diversity, and that it contained both very high level genetic material, as well as a sampling from the Fallen Universes. This seems to contradict your statement that her blueprint contained pure, untainted genetic material from the Godverse and brought this to Earth. Can you explain?*

Heru: There have been invasions, and just as many races of Beings have populated your planets, they have brought with them some of the more noxious elements. My intent was to convey a complete collection of elements of Light, not that the original intent was to have the Dark here.

Elora: So Earth was peopled by a great diversity of pure genetic material, then the Dark elements were added, and corruption occurred?

Heru: Yes, it is more like that.

Elora: If we go back in time and look at the History of Earth, how about animals such as the dinosaurs? Were these due to a dark invasion?

Heru: There was a certain amount of the Darkness on this Planet almost from the beginning of life here. What was seen, in periods such as that of the dinosaurs, reflected the balance of Light and the Dark that existed at that time in this world. However there is nothing intrinsically Dark about lizards, however big they are, and most of them were plant eating.

Elora: Many people say there is life on Inner Earth and that it is actually physical, which means the Earth is hollow and has a source of light inside. Others say that life in the Inner Earth is strictly Etheric. Which is true?

Heru: You would see it as Etheric. Those who inhabit the Inner Earth are not Beings of the Third Dimension, but more Fifth Dimensional.

Part 2 - Some of the Suppressed History of this World

[**Heru:**] First of all, let us start with the fundamental religious propaganda that has been piled upon many Humans on this Planet - beliefs such as that the world or the whole Universe was created in six days, and so on. This has

been an attempt at preventing people from accessing their memories, and has been fairly effective. We look at the Darwinian evolutionary philosophy and again, the descent from the apes is an effort at obscuring Human origins. Humans have been on this Earth for three or four million years. Civilizations have arisen and fallen. And there was, up until about 500,000 years ago, much commerce and communication from other Worlds, and even some from other Universes. There are Portals that can access *wormholes* which not only go World to World, but Universe to Universe. There is a Portal in the Middle East that goes Universe to Universe, and another one in Tibet. The Great Pyramids are part of the World to World Portal system.

About five hundred thousand years ago, Earth was invaded by a foreign darkness. Previous to that time, things had begun to deteriorate, and the Darkness did exist here already. However, at that time there was a concerted effort on the part of the Dark Forces to secure this Planet and to secure these Portals. Many battles have been fought over the eons, and the remnants are recorded in a few scriptures. As the Planet became more securely dominated by the Dark Forces, a greater effort was made to destroy evidence and belief structures of these ancient civilizations.

Egypt was the last flowering of an ET based civilization. At that time the Portal around the Pyramids was still open and was not in control of the Dark Forces. Your friend Thoth came and established that great civilization. And that is the last time on this Earth that this happened. There is a concerted effort to show that the entire Egyptian civilization is only 3000 to 5000 years old, and it is far older than that. So knowledge is still continuing to be suppressed under the guise of scientific evidence. Here and there in the scriptures you will find hints of people with extended life spans, of older civilizations, older than recorded history, and ET contact from other worlds. This is all fairly widely known in esoteric circles, so I am not really revealing anything new, but am re-stating it.

There are remains and evidences of these Civilizations, but for the mainstream the knowledge is suppressed. The big battles on this Planet, and the battle for freedom, does center around the Portals that I have mentioned. Once they are opened back up again, knowledge will be flowing freely. Technologies will be available to clean and rebuild the environment. The help that Humanity has so longed for will be available. There will be a disassembling of the Frequency barriers that have kept Humanity in chains, for there is a great deal of mind control on this Planet.

Elora: You stated that Humans didn't evolve from apes. Where, then, did we come from?

Heru: If you want to know the truth, Humans were actually created first, and the Primates later. The blueprint for Humans comes highest Orders of Light and the Creator Gods. And Humans have been in existence far longer than this Planet, in other Galaxies and Star Systems. When this Planet was created it was always intended to be peopled by Humans and by even greater Beings - and greater Beings than Humans have walked on this Earth. But in the creation of all of the life systems and ecological systems, and the animals of all those systems, Primates were viewed as a valuable asset. They are valued because they have a greater intelligence and self awareness than other mammals, other than the dolphins and whales of course. But of the land animals they have the highest intelligence outside of Humans - and yet they retain their Oneness with Nature. They never separate themselves the way Humans do. The fact that Humans have that separation is both a plus and a minus. Therefore the Primates serve to remind us in a sense of whence we come, but they are not our ancestors or your ancestors. After the Fall is done with, there will be much communication between Primates and Humans, and there is much to be gained from that.

Elora: Would you explain the closeness in DNA between Humans and the higher Apes?

Heru: The reason for this closeness was to create a bridge between Humans and Mammalian Life Forms. On an Unfallen Planet there would actually be a continuous bridge of communication between all living species: linguistically, physically, and psychically. It is difficult to explain the mechanism; but if you can speak to a chimp, then the chimp can speak to a cow, and the cow can speak to a bird, and so on and so on through all of the life forms. When that chain is intact, then the collective communication is intact, and on the psychic levels Humans are able to communicate with all of them. [*Elora: I thought that in an Unfallen World, there would be direct telepathic connection on all levels.*] There is, but in the Fallen Realms the major part of the break in communication happened between the Humans and the Primates. Once that was broken and interfered with, the rest of it more or less fell apart.

Elora: *How do you explain the fossil records which appear to be of early, very primitive Humans?*

Heru: Some of those records are being called into question. Also, some Humans a long time ago did look somewhat Primate-like, and some of the Primates did look somewhat Human-like. The dividing line, in your records, is somewhat fuzzy. But you will find fossil remains of Humans that are millions of years old, leaving no doubt. There is a lot of knowledge that has been suppressed.

Elora: *Heru, could you please explain something about Neanderthal Man? The records put Neanderthal Man at about 30,000 to 200,000 BC. Would this be during the Lemurian times, and were these beings Lemurians?*

Heru: Neanderthal Man was actually less primitive than is commonly believed. They did not live on Lemuria. This Planet has been populated by many races from many planets. The Neanderthal Man was much more connected with the Cosmos than current Humans, so to judge them as primitive or uncivilized is a relative term. The Lemurians were much more

Pleiadian in appearance, for that is where their ancestors came from. They were tall, beautiful Beings, and more ethereal.

***Elora:** How similar would Earth Human DNA be to that of a Human from another Star System, like Sirius or the Pleiades?*

***Heru:** Who do you think your parents are? It is that similar. [**Elora:** There are many stories of ET's procreating with Humans. Are some of these stories true, and is this possible because of having very similar DNA?] Yes, this is all true.*

***Elora:** I would like to ask you some questions about the History of Mars and Maldek. Did they once have Third Dimensional life as we know it?*

***Heru:** They did. [**Elora:** What caused Mars to lose its biosphere?] War, attack. Specifically, something akin to your nuclear weapons, which destroyed enough of the life on the Planet that it could no longer maintain its atmosphere. [**Elora:** Are there groupings of pyramids still on Mars, guarded by sphinxes?] Yes, they are there. They, however, are not remains of the civilization. They were placed there at a later time by a group that Thoth travels with, as a Portal to that Planet and also as a reminder to those on Earth of your ET origins. [**Elora:** I remember being on another Planet in this Solar System with sweeping plains and great mountain ranges.] I believe you are remembering Mars. It was a lovely planet at one time.*

***Elora:** How about Maldek? Did it have Third Dimensional life? [Maldek was a large Planet whose orbit was between Mars and Jupiter. The Asteroid Belt is said to be the remains of the destroyed Maldek .]*

Heru: Yes. [**Elora:** Was it closer to the Sun at the time? Since it is so far from the Sun, it would be quite cold there.] Its civilizations were more under water, or under glass. It was not like life on Earth. It was colonized by outsiders, and so it was a small population in a greenhouse type of operation.

Elora: What caused Maldek to break up?

Heru: There was an attack, and the Colony was destroyed. The knowledge that they had was so dangerous to the Forces of Dark that they eradicated any record that they had ever been. [**Elora:** By blowing up the planet?] Yes. And these were some of the Starseeds who later came to this Planet.

Elora: The two lost civilizations of Earth have been called Atlantis and Lemuria. You said that Earth was invaded by the Darkness about 500,000 years ago. Was this during what we call the Lemurian civilization?

Heru: No, it was prior to that. The Lemurian civilization goes back probably a couple hundred thousand years. It was somewhat isolated and maintained its purity, while other parts of the world were much more contaminated and devastated. Because Lemuria was such a low technology civilization, and fairly sparsely populated, it was ignored. There were other more highly developed technological civilizations at that time that were destroyed.

Elora: Was the Lemurian Civilization located in the Pacific basin, and if so, why does there appear to be no geological record of large landmasses in that area?

Heru: It was located in the Indonesian area and there are islands still remaining; however there were higher and greater landmasses at that time. It was not huge, but more of an island civilization. The Lemurian civilization was as close to a paradise realm as this Planet has known in many, many ages.

Elora: *Regarding Atlantis, there seems to be general agreement that the Atlantean civilization flourished after the fall of Lemuria, that it was more technologically oriented, at least in its later days, and that it perished due to a great struggle between the Light and Darkness. Are these basic facts correct?*

Heru: Basically, yes. However there was an overlap between the Atlantean civilization and the Lemurian civilization, and Lemuria did not perish cataclysmically all at once. It was more overrun, and it declined due to low birth and so on.

As for Atlantis - yes, both your description and many of the writings about it are accurate. The Western most parts of it were in the Caribbean. There are remains there which have been explored. It extended east maybe 1500 miles or so. The maps that have been drawn of it are fairly accurate, where it has almost a rounded trapezoidal shape.

Elora: *There are also countless theories as to what exactly caused the Fall of Atlantis, i.e. earthquakes and breaking up of land masses, abuse of technology, and so on. Would you comment on this please?*

Heru: It was abuse of technology and overreaching of power, and a battle royal between the Forces of Light and Dark. One of the major Portals was there. The Beings of Light, rather than letting the Forces of Darkness totally take over that Portal, waged a battle. It is hard for me to say that they

sacrificed Atlantis and all those lives for the sake of removing that Portal from the control of the Dark, but that is essentially what happened. That Portal was a Portal to the heart of Gaia. And had they gotten control of it, it would have meant the destruction of this Planet as you know it. [*Elora: Then what they did was right.*] As horrible as it sounds, yes.

Chapter FOURTEEN: THE GRAND PLAN OF HUMANITY

[**Heru:**] Let me talk about the purpose of a Third Dimensional Human Being. For the blueprint of Third Dimensional Humans was created in the very highest orders, with Prime Creator Itself, in an effort to have a window into his own Creation. (I use the word "his", but Prime Creator is of course beyond gender.) An effort was put forth to design a Being which would have enough complexity, components of perception, cognitive intelligence, and processing abilities, that these Beings could be cameras and windows for Prime Creator to see directly into the Third Dimension of Creation. This blueprint was set up at the beginning of this Creation. It was part of the grand scheme of this entire Creation, to have Third Dimensional perceivers and communicators. That had never been done before in any of the other prior Creations.

Prior Creations had rudimentary Third Dimensions, but they never had self-aware life forms in them. As this was the most complex of all the Creations and in many ways the grandest of all of them, Prime Creator wanted to be able to experience the totality of this Creation. Therefore Humans are the eyes, the ears, the fingertips, the nose, and the sense of taste for Prime Creator. In an Unfallen Universe, the Third Dimensional Humans are hardwired directly to Prime Creator and their experiences are directly fed back to Prime Creator. In the Fallen Universes that is not so.

In the scriptures there are references to Humans being the Crown of Creation, and this is why. Humans are the ultimate complexity, far more complex than Angels. They are the ultimate bio-computer, the ultimate sensing machine. Therefore what we touched on earlier about the insatiable desire to experience is hard-wired into Humans.

The existence of the Third Dimension is not an aberration or an error, distorted though it may be in this Universe. If you look at fractals: as they branch out and out and out, they get smaller and finer and more complex as they spread out. The Physical Plane is like that, like the fingertips of a fractal. Look at the nerve endings in your hand, how many there are, and how they flower out into so many millions of sites to experience. That is similar to the Third Dimension. Then if you look at the center of the body, there aren't those kinds of complexities in nerve endings. And that would be more like the center or the higher dimensions of Creation.

So you on this physical plane, in Human form, are the nerve endings. You are the perception points for the Creator to experience the Creation. And all that you have ever experienced goes directly back to the Creator. There is much purpose in this, and in a balanced Light Universe, there is great joy in this level of Creation. It is felt that life would not be complete without it. For within every atom and every subatomic particle, there is that direct link with the Prime Creator. And this is not something that even a Creator God can create. A Creator God can create a Universe, but he or she will do so out of the stuff that Prime Creator has created.

In the Grand Plan for Humanity, each Human would carry within the self a fully realized part of the whole. This would make them essentially an Incarnation, or what you would call an Avatar. Every Human was designed to hold that kind of energy. And when they would meet, they would mirror that within each other and would be able to see it most deeply and apparently.

The term Avatar could be defined as the awakened God in man. Therefore as Humans form communities and family groupings, they not only are the windows for God to experience the Third Dimension, they also then become mirrors for each other to see what God is perceiving. And that is a wondrous phenomenon. The Plan of Humanity, from the perspective of the Fallen Universes, is to be restored to that state. Even in the Light Universes, this has been a process of awakening. When the Third Dimension was first created and peopled by Humans, this whole process was not fully functional. It has been a growth experience, and a long period of growth. The fullness of this awareness and mirroring process has not entirely manifested, even in the Light Universes, although it is very much apparent. However it is not completely functional as yet.

Of course, in the Fallen Universes, this Plan for Humanity has been totally subverted, perverted, and stopped. When you look at a Human Being on this Planet, the DNA has been damaged, and people are living maybe one tenth of their life span. Much of that is spent in survival mode with nothing left over for the pursuit of higher knowledge, experiences, and so on. Religion has served as an enslaver, as have governments. Humanity on this Earth and these fallen worlds has truly lost its way, as have the Beings on the Fourth, Fifth, and Sixth Dimensions. They, too, have also by and large been suppressed, subverted, and perverted. Therefore a great deal of work must be done to restore not only the Third Dimension but all of the other Dimensions.

Elora: How does Prime Creator experience the other Dimensions, and how is that different?

Heru: The other Dimensions are experienced through the Beings on those levels. What is new here is the complexity. As we have said, this Third Dimension is like a fractal. It is exponentially more complex than the Dimensions above it. I know that you and Karen have talked about the food that is consumed on the Higher Dimensions, and how it becomes more

simple and less substantial as you go up in Dimensions. If you would look at the great variety of foodstuffs in your world, that would give you an idea as to the greatness of the complexity, compared to what a Sixth Dimensional Being would eat.

Elora: Is it also new that Creator experiences this degree of density?

Heru: Yes. However all the Dimensions, including the Third, are less dense in the Unfallen Universes.

Elora: Let's take a Being such as yourself. Back in a Light Universe, do you prefer the Third Dimension or the Higher Dimensions?

Heru: My preference would be more of a traveler, going back and forth. In the Light Universes that is more common than not - coming in and out of form on any given Dimension.

Elora: Then what do you enjoy more about the higher Dimensions, again in a Light Universe?

Heru: The Higher Dimensions are, in a sense, closer to Source. None of them was meant to be an end in and of itself. Nor were any of the Dimensions meant to be a prison, or a place where a Spirit would be entrapped and would only exist on that Dimension. As you go higher in the Dimensions you would go closer to Source, which feels good. As you go lower into the Dimensions you would go more into complexity, which also feels good. It is a fluid motion back and forth, and that is a wonderful thing.

Elora: Were Humans originally designed for a much longer life span?

Heru: Yes. The original blueprint for Humanity is an incredible, magnificent, multi-dimensional palace. It is really one of the supreme works of Creation, yet it has been degraded to the point where really Humanity is living at such a low, low vibration. The shortened lifespan is a reflection of that degradation, and the decimation of the DNA is another reflection of it. What is left for the collective Humanity is a grinding, never ending struggle for survival. That is what really dominates this Planet at this time.

If the Light Workers would get in touch with some of their older incarnations on this Planet, such as the Lemurian incarnations, it would be very helpful. Many of them had incarnations there. They were quite lengthy, and they were closer to the original blueprint in their lifespan and their realization. If the Light Workers would seek to remember those lives, and connect to them as their own identity, this will restore knowledge, power, techniques of manifestation, meditation, healing, longevity, self regeneration - all of these gifts that are considered rare. Remembering the identity of the original blueprint in an actual incarnation of it is a very quick way to begin to restore it and to bring it into being. For once it was and so it shall be again. And when a person remembers the once that was, it's like proof and it activates that cellular memory.

Elora: How does this shortening of our lifespan affect our experience of life and death?

Heru: The Human body is originally designed for a life span of 300-500 years. Because the lives of Humans are so much shorter, there is a fierce clinging to the body due to the feeling that one's life is not complete. Therefore whether a person is facing mortality at 50 or 70 or 100, there is still a built in sense that they haven't completed a full cycle. Since this trauma has been repeated throughout many lifetimes, that fierce clinging to the body is also imbedded on a cellular level. Were Humans having the full

span of years that they were meant to have, it would be easier for them to let go of their bodies at any time. The fact that they're not having a complete life span means that they are furiously trying to cling to the body and make it survive in an effort to complete the full cycle.

Just as the Hebrew tradition talks about the five phases of life, in truth there are really stages that go out to 500 years, which have not even been touched on or explored. These are natural states of evolution that would happen in one single lifetime, culminating in a state of deep mysticism. Therefore Human Beings have been continually robbed of the fullness of their life cycles.

***Elora:** If people are fiercely hanging onto their bodies, then there must be many cases where the Monad tries to release the person's soul from the body, but is unable to do so.*

***Heru:** Yes. It is a very sad thing, and is a source of much suffering on this Planet.*

***Elora:** Can't the Monad just "pull the plug" and take the person out?*

***Heru:** At this time and in this density it is difficult to do. It is difficult for all people, including the more evolved Light Beings, to really have that complete faith in their Higher Beings, and the complete willingness to hear them and to work with them. Also the dynamic that I described about the collective desire to live the full life span is very strong, and the trauma and the repression of that is very strong. And that is one of the great evils on this Planet, that the Life Force has been suppressed to the first two or three chakras, making people subsist on a survival level. Life for so many people is so harsh and hard that they have to fight to survive. This, combined with the fact that their life is going to be so short and they know it, creates a great*

fear of death. And the collective programming is there to support the fear of death, with stories of Hell and damnation and reincarnation as a cockroach, and all these teachings that people are hammered with. It's appalling. I don't know what other word to say. But it sets up the rigid dynamic of "I'm not letting go of this body."

Elora: Can we look forward to a relaxing of that fear that holds people in the body?

Heru: Yes. When the Fourth Dimension is cleared out and significantly lightened in the next month or so, [from October 2004] there will be an exodus of people leaving this Planet rapidly, where that fear for them will drop away. Another dynamic that sets up this fear is that when a person approaches even the thought of death, they approach the wall or the entrance into the Fourth Dimension, which has been filled with many negative energies. That is also a great factor in the fear of death. With that cleaned out many will no longer fear. There is also a great dismantling in process of religious structures, as evidenced by the Catholic Church scandals and such. These fears are being smashed and the restoration will begin.

Elora: Can you give a forecast for Humanity's future?

Heru: I would say that for Humanity the future is bright, and the amazing restoration of the original Plan that will come about in the next few centuries will bring joy to so many. Humanity will be restored to its original Plan, and life spans again will increase significantly. The transition between lives will be more seamless because there will be more memories of past lives, and in a sense memories of future lives. Thus the whole cycle will then become much more integrated.

Chapter FIFTEEN: ASCENSION

The topic of Ascension is an important one. In order to get answers which would be most useful to Humanity at this time, we chose to speak with **Sananda**. Sananda went through the Ascension process more recently than Heru did, and he has also been working closely with Humanity as an Ascended Master. We also spoke with Heru about Ascension and have included that material at the end of this Chapter. Most of the questions posed to Sananda were submitted by **Shakura Rei**, and we thank her for her input on this subject. The term "Light Worker" in this material is used to denote a Being who came from a Light Universe to this Dark Universe, with the purpose of helping transform this Universe to Light.

Part 1 - Definitions and the Different Types of Ascension

Shakura Rei: Before we begin, Sananda, I would like to say that we realize we are currently in a period of rapid change. I know that things will probably be different a few years down the line. We would like your answers regarding the Ascension, as much as possible, as things are today. With that preamble, would you please define the term "Ascension"?

Sananda: I would define Ascension as the reunification of all of the Aspects through all of the Dimensions and through all space and time. For a person in a state of Ascension, it would not matter if they had a form in the Third Dimension or not. It would only matter that all of their Aspects be in harmony, in communication, and united with both the Monad and God. At that point, there is no barrier between the Dimensions or between time and space; and everything that Humans would call miraculous is possible.

Shakura Rei: *The forms of Ascension that we are most familiar with are what Heru has called "Fiery Ascension", which I think is the type that you underwent, and Ascension through union of Twin Flames. As I understand it, in Fiery Ascension the person arrives at a state of spiritual awareness in which they have mastered their emotions and body, experience themselves as God, become active in their bodies which correlate to the Twelve Dimensions, and are no longer restrained within any level or Dimension but can travel within any level or place within this Universe. Please comment on this definition.*

Sananda: This parallels the original definition I gave, except that in a Dark Universe complete freedom does not exist, even for Ascended Beings. That is soon to change.

Shakura Rei: *I have yet to find any information on Ascension via Twin Flame union. Please describe it.*

Sananda: I know Karen wanted to write about the vision that she had, and that might be the best description to give. Perhaps I will let her do that.

[Karen:] Using the Third Meditation technique given by Heru, I went into the Void, the space from which Heru creates. Without having any particular intention for the session, I invited Prime Creator to join me in this space. Prime Creator began speaking to me, and as He/She spoke, I was taken into this experience and became one with it.

Prime Creator spoke of the fact that the Twin Flame dynamic is one of the most powerful creative energy sources in the entire Creation. He/She described how so much of this Creation's movement is based on the

magnetic flow of energy that comes from this dynamic. From the microcosm to the macrocosm, this is the engine that moves so much. Even this Universe has a Twin.

I was taken into this energy. It looked something like a multidimensional, undulating Caduceus [Ancient Herald's Wand, such as carried by Messenger-God Hermes]. Two images came to me to describe this. The first was of two trains that are on the same track. They leave the station, going in opposite directions, traveling some distance from each other. At a given point they reverse direction. When they meet, instead of crashing they begin to merge and pass through each other. As the two trains go through this process, they exchange experience and energy atom by atom - each particle finding its mate, and merging and exchanging energy. The trains complete this process yet their momentum never slows. They reach the point of separation; they continue until the appointed distance is reached; and again they reverse and repeat. It is somewhat similar to the oscillation of a pendulum.

The other image I received was of two dancers doing a *Tango*. Again there is the back and forth motion. But in this metaphor, the dancers always maintain at least a finger of contact. They swing out as far as they can go without losing touch, then the magnetic energy pulls them back in towards each other. As they swing back together into an embrace, they again pass through each other, with each atom and each molecule exchanging energy and experience with its twin.

In this vision Prime Creator became my partner, as my own Twin is not available. I had a direct glimpse into the power of this magnetic pull and saw that this weaving, undulating dance was being played out in all the dimensions of my Being. It is like a giant organic machine that creates much of the movement throughout all the Dimensions.

Shakura Rei: Returning to our discussion with Sananda, we asked: Does Twin Flame Ascension involve personal mastery of this plane?

Sananda: No, that is not required.

Shakura Rei: How is it accomplished? Is it a process of surrender more than of will?

Sananda: What occurs to me to say is: how can it not be accomplished? It is a matter of a magnetism that is so strong it is irresistible, inevitable. [***Elora:*** So basically all Beings with Twin Flames, at least when things are set to rights, will go through this process.] It is inevitable.

Shakura Rei: Are the results the same as Fiery Ascension?

Sananda: Yes. For the magnetic energy is very similar. The pathway that the energy travels is different. The pathway of Twin Soul Ascension leads through a dance with the Twin. The path of Solitary Ascension or Fiery Ascension would have Prime Creator as the partner. It would look somewhat different, but the end result would be essentially the same.

Shakura Rei: Is Fiery Ascension more difficult than Twin Flame Ascension?

Sananda: It is not, if that is truly the path that a person has been made to walk. One is not easier than the other. [***Shakura Rei:*** I somehow envision it as a magnetic pull v.s. an ascent up a mountainside] But is there not in every Soul the longing for Union with God? [***Yes, there is. That is magnetic pull for Fiery Ascension?***] Yes. I'm not sure I like that term however; it

sounds as if one is going to place oneself in a fire and burn up. Let's use the term Solitary Ascension.

Shakura Rei: *Are there other forms of Ascension relevant to those incarnate on Earth? If so please describe them.*

Sananda: Yes, I would name one. Let us call it "Peaceful Ascension". That would be where a solitary individual, rather than having that magnetic energy focused on Prime Creator, is focused on seeing Prime Creator in all of Creation. It is where someone would be in Nature and experience the Unity with all that is.

Shakura Rei: *Is Peaceful Ascension what is usually referred to as enlightenment?*

Sananda: Yes. And I would add that there are different degrees and stages of this. A person can have a momentary but very profound experience of enlightenment and inner union which will change their whole life. The experience then goes away, and seemingly becomes covered up by daily life. Yet even so, the experience will continue to work on that person, and will oftentimes bleed through into daily life in small ways. These are ways that a person would perhaps not notice. They may think that they are not growing or progressing towards their goal, but it is there nevertheless.

Shakura Rei: *Heru describes Enlightenment thus: "Enlightenment would be a dissolving of the barriers, or the removal of the Dark, that keeps one separated from their Highest Self, and the certainty within that the connection with God is eternal." How would you describe it?*

Sananda: I believe Heru's definition is more than sufficient.

Shakura Rei: *How does Ascension differ in the Fallen and Unfallen Universes?*

Sananda: In the Unfallen Universes, Ascension does not exist separate from life itself. For everything is ascended, and there is no disconnect between the higher and the lower Dimensions. It is a seamless flow of constant communication and energy.

To bring it to this current time and space: It is a confusing mess, very much so, because this Fallen Sector is in a state of chaos, disconnect, and disunion. As the Light Workers came to this Sector that was fallen, they experienced the disconnect and separation from God, from their Twin Souls, from their Higher Selves, and from all that was good. But fortunately their self-awareness and memories could not be completely erased. There was a memory of union, a memory of the transcendental experience. Therefore throughout the time since the Fall, there have always been Beings on this Planet and throughout this Sector who have both sought to re-establish the full connection and to teach that to others.

What does it mean, in this Fallen state, to Ascend? And have I indeed even achieved it? For you must understand that even though through the greatest of alchemies I was able to resurrect my body, and make that body of Light - a body that was re-connected with my Highest Self or Monad, I am still imprisoned by several things. I am imprisoned by the Frequency Fences around this Planet, this Galaxy, this Universe, and of course this whole Sector. Therefore my love and I are unable to return home, just as you and many reading this have been.

I am also imprisoned on this Planet by the collective emotional chains set up by the religious beliefs surrounding my time on this Planet. Every person who wears a crucifix around their neck or carries it in their pocket adds another link to that chain, and keeps me tied to that cross. Believe me, I will be very happy when that is dismantled. And it is a burden, for what people do is seek to heap their suffering upon me in exchange for their idea of salvation.

Now back to your questions about Ascension. For many of them come not from the Western traditions; many come from the Yogic traditions of the East which I did study and which gave me the foundation for the Resurrection.

***Shakura Rei:** At this point, we would like to speak of your own Ascension for a moment. First, are you and the One whom we know as Jesus essentially the same Being?*

***Sananda:** We are one and the same. Sananda is my name on the Higher Planes, and how I am addressed by Masters on the Inner Planes. And *Jeshua* was the name that I bore in my last incarnation here. However at his Ascension we essentially merged. Before that time there was some degree of separation. There was a great deal of back and forth communication, but there still was some degree of separation between us.*

***Shakura Rei:** Heru stated that your Crucifixion was a demonstration of what happens when an Ascended Master attempts to introduce Light into this world. Did you not plan to be crucified and did you not agree to such a death?*

***Sananda:** I knew that it was a probability, and yes, I did come willingly, knowing that was a probability. Would I have preferred a different outcome*

- yes, you bet. I could have chosen a more private ministry, but it was asked of me to do a very public ministry in which the teachings and the miracles could not be wholly denied. And for that it was deemed that the risk and the sacrifice were worthwhile because of the benefit of the teaching.

***Shakura Rei:** Was it your plan or your hope to have a much longer ministry, teaching and healing and spreading Light?*

***Sananda:** It was my hope. Plans were laid out for me to have an extended and extensive ministry. However it was not thought that I would get very far.*

***Shakura Rei:** Did you, in fact, die on the cross and resurrect your body? Or did you go into a deep coma from which you recovered, and then Ascend your physical body by transmuting it into a Light Body?*

***Sananda:** I was fully dead. I came back into a somewhat decomposed body, and resurrected it. And then Ascended it.*

***Shakura Rei:** Some say that you lived on for many years and bore a number of children, who founded some of the Royal Houses of Europe. Is there any truth to this?*

***Sananda:** I bore one daughter. And yes, she founded some of the Royal bloodlines of Europe. She was conceived before the Crucifixion and was born after.*

Shakura Rei: Thank you; now we will return to our more general questions. Many people who talk about Ascension really mean getting to a place of spiritual development where they no longer must reincarnate into physicality, and will instead incarnate into a Higher Dimension where they believe things will not be as difficult or dark as it is here. Do you agree?

Sananda: I actually do not, and that is again going back to the difference between this world and a world in the Unfallen Universe. In an Unfallen Universe, it is an absolute joy to descend into the Third Dimension. It is like a plant that puts forth all its energy into the blossom, and the Third Dimensional bodies are that blossom. They contain within them the beauty, the fragrance ... it's like a crescendo, the culmination of a beautiful symphony. It's glorious, and there is no reason to not want to be there. Therefore on this Fallen Planet, I believe that the teaching of Ascension, of graduating from the wheel of karma, of no longer incarnating, is a concept fostered by the Dark in order to further devalue life in the Third Dimension and deepen the disconnect to all of the higher aspects.

Shakura Rei: Are you saying that the teaching of Ascension on this Planet is not a favorable thing? It seems that by making one aware that the Ascended state is a possibility, one begins looking inward to their Source and recognizing their own Divine Self.

Sananda: It is the nature of the Dark on this Fallen Planet to mix the truth with falsehood. Therefore in many of these teachings there is a kernel of truth. If you would take the example of Karen and her relationship with her former Guru and the teaching that he gives, the basic teaching came from a wonderful and very high lineage. But it was stolen and corrupted, and used to enslave people into devotion to falsehood. Yet within all that, there still is enough of the truth of the original teachings that there is some benefit received in practicing them. So it becomes something that is almost like a beautiful apple with a lot of strings attached to it. And the eating of that fruit has many unintended consequences.

Therefore the ideas of Enlightenment, Ascension, graduating from the wheel of karma and so on, are basically sound and good ideas, founded in truth. However I would say that most of the pathways existing now have been tainted, and one must use the greatest degree of discernment in order to separate the truth from the falsehood. And this stretches across all denominations, all cultures, all religions. A person would then ask: how do I know a path is true? How do I know a path is uncorrupted? This is a most difficult question to answer, because I have to tell you that basically all the paths have been corrupted, just as every atom on this world has been tainted. That is a very upsetting piece of news. And yet the acknowledgement and the facing of this truth are perhaps the only avenues to attain the necessary discernment, with which to be able to pick up the mighty Sword of Truth and to cut through this jungle of confusion.

My advice to those of you reading this is to go deep in your heart, to find within you the bedrock of your soul, and to sit there in place very solidly. Then humbly but firmly demand that the Creator give you discernment, and that the Creator give you the desire to act upon that discernment to the extent that you will not succumb to temptation and lies. For you are in a deep and treacherous maze, yet there is forever that golden thread of Truth. It stretches from your heart to the heart of Prime Creator. And whether it goes through the Twin Soul path, through the path of Enlightenment and merging with Nature, or through the Solitary Path, that thread cannot be broken. In spite of the efforts of the Dark, in spite of the treachery of the maze, in spite of the degree to which Humanity has fallen and lives in a state of utter degradation: just as I have said that every atom in this Universe is degraded and dirty, also every atom in this Universe contains that golden thread. And this, my friends, is a miracle, an absolute miracle, how the Light has survived.

***Shakura Rei:** Returning to a previous question, is there a point at which we can choose not to keep reincarnating physically? It seems to me that we are drawn back against our will.*

Sananda: Yes, that is true. In an Unfallen World, that choice is always there. [**Shakura Rei:** *And in our World?*] Because of the disconnect from Source, and the Frequency Fences, generally it is nearly impossible to manifest that choice not to return. [**Shakura Rei:** *You have done it though.*] Yes. [**Elora:** *What does it require to manifest that choice?*] It requires a cleaning up of all karmic threads and actions, making everything right, so that no one has a hold on you. And that is the beginning. The next stage is to have a solid enough connection with all of the Aspects and the Monad that this connection is more real than the connection a Being has to their Third Dimensional life. When that is attained a Being can manifest the choice to return or not, the choice to turn their body into a Light Body, and so on, for then there is the possibility to manifest anything. Many choices open up at that point.

Elora: *About how many Humans have reached that point?*

Sananda: A few thousand. [**Shakura Rei:** *But that is to change very soon.*] Yes, it is. And I would also add to this that there have been, especially from the Eastern traditions, false teachings of Ascension. These teachings create an avenue for a person to believe that the Ascension and liberation process is in place. This Being then becomes trapped in a place, generally between the Fourth and Fifth Dimensions, where they will no longer incarnate, but they are not completely aware of their fullness of their consciousness and Being. And growth does not happen there. It is a somewhat static, pleasant, but stultifying environment.

Shakura Rei: *The common belief is that we don't leave this Dimension until we've experienced all there is or all that our Soul desires to experience. Some would say that we don't leave until we have learned all our "lessons", a concept which I have never been able to agree with. Would you comment on the truth or fallacy of these beliefs, please?*

Sananda: I agree with you 100% on the fallacy of lessons to be learned. As for the first part [i.e. not leaving until we experience everything there is]: As Heru has said, this Creation is built upon an insatiable desire for experience, an insatiable desire for manifesting diversity. Therefore a Soul really never finishes fulfilling that desire. How many more ways can a lover tell her partner about the love? It's an infinite thing, an infinite expression. It is never finished, and it is a very sacred thing.

Shakura Rei: *Sananda, it seems that there are not a great many people right now who are consciously on the path of Ascension.*

Sananda: All Humans desire something. In the Fallen state, generally there is a sublimated desire where people look for peace, satisfaction, and all that they seek for in the external world. Essentially everybody desires to go home; they just have forgotten what their home is, or have been misled and brainwashed that their home is a false home.

Shakura Rei: *When we Ascend, specifically in Solitary Ascension, does our physical body dematerialize or does it remain as if we had simply died?*

Sananda: Most of the time the body is left behind. You will see this with many of the Tibetan monks. They pass out of their body, and their bones will carry the electric charge of that Ascension, and so are held as sacred tools. [**Shakura Rei:** *When the body is left behind, the Soul essentially just leaves the body?*] Yes. [*So what some teachers call "Ascending the body" is not necessary for Solitary Ascension?*] Not at all. [*Is there a choice in this?*] There is somewhat of a choice, but I would say that taking the body along is a far more challenging and demanding process. It is felt that unless there is a compelling reason to do so, it is not worth the effort.

Part 2 - What it takes to Ascend

Shakura Rei: *The common belief is that before we can Ascend we must first master our emotions.*

Sananda: In essence this is correct. Somehow the wording rubs me the wrong way here, for it implies that a person take a "top down" approach to controlling the unruly beast of the emotions. I would see it more as attaining an equilibrium and a harmony emotionally.

Shakura Rei: *It is said that we must master our bodies, i.e. heal them and not be slaves to them.*

Sananda: In some cases yes, but there have been many afflicted people that would still have a great experience of God. Elora's acquaintance y. would be an example of that. She does truly suffer on the physical plane but has attained a very beautiful state of consciousness, so that is not always necessary.

Shakura Rei: *And it is said that we must know ourselves as God.*

Yes.

Shakura Rei: *After accomplishing all that, we are apparently Light enough to experience a full kundalini rising, which activates the brain and brings us into a full God-realized and Ascended state.*

Yes.

Shakura Rei: *On the other hand, I have also read of Masters bringing a person to Ascension just prior or after death. These people had not necessarily mastered themselves nor were in states of enlightenment. Does this happen, and if so what are the circumstances in which a Master would do this?*

Sananda: Let me differentiate here between the Ascended Masters or Earthly Gurus. For the Ascended Masters, the time of leaving the body is a time when the great portals do open, opportunities do present themselves, and unexpected blessings happen at that time. For the Earthly Gurus, I would question the veracity of the experience, cautioning people that oftentimes these lead to the sort of bubbles of false Ascension where a person no longer incarnates, but they are trapped.

Shakura Rei: *There have been many Gurus in recent times who have proven to be lacking in integrity.*

Sananda: Yes. I would say that it is not a good time to be a Spiritual Leader, especially one of wide renown. It is a time for individuals to forge their own paths directly with Prime Creator. And because of that, I do believe a certain amount of grace has been removed from these Leaders and returned to individuals. And so truly the most direct path would be one of solitary exploration.

I would also say that anything these Masters or Gurus or Priests offer can be attained without their help. [***Shakura Rei:*** *By going directly to Creator?*] Yes. [*So someone could ask Creator for an Enlightenment activation?*] Yes. My recommendation would be to use Heru's Third Meditation technique, ask Prime Creator to join you in Heru's world, and ask the Omniversal Energy to also join you there. This is a wonderful platform from which to manifest your Soul's deepest desire. If an individual is unsure of which path they are

destined to take, they may find the answer there as well. Remember that Heru said this direct communication with Prime Creator would change everything.

***Shakura Rei:** Is Enlightenment necessary before Solitary Ascension?*

***Sananda:** I do not see a separation there.*

***Shakura Rei:** Is Enlightenment only bestowed upon someone via brain activation, such as Kalki and Amma [two Spiritual Teachers in India] are doing?*

***Sananda:** No. [**Shakura Rei:** Then how does one become Enlightened?] I would say that there are as many paths to Enlightenment as there are individuals. You will not hear from my lips that there is only one way, although many would take my name and use those words.*

***Shakura Rei:** Please give a couple of examples as to how a person can become Enlightened.*

***Sananda:** There are many kinds of activations. Some are spontaneous, some are generated by Teachers on this Planet, and some are activated by Ascended Masters. Many of them are what you would call Partial Enlightenment, stages of Enlightenment. One example I would give is when Melchizedek came to Karen and gave her an Initiation. He said to her that she had done a good job of seeing God in some things and some people, and now it was time to see God in everyone and everything. And he did an activation with her that was quite deep and profound, and was life changing for her.*

Regarding an example of Enlightenment through a person, it is hard for me to say that a person may receive Enlightenment from this teacher or that, because I would caution people that in general there are strings attached. Each one of these Teachers brings more or less of the integrity of the original teachings to the students, and there is some measure of benefit to that. But I would, at this time, caution people about relying upon a Teacher.

As far as spontaneous awakenings, these are generally orchestrated by the Monad, and have been planned for more than one lifetime to bring together many components to bear upon a single moment. Therefore people might find themselves in the midst of a favorable astrological configuration, in the midst of a favorable environment in nature, and at a time in their life where a feather could push them into it. There is no real way to orchestrate that from the Third Dimension and make it happen at any particular time.

You could petition your Monad for an awakening. However, if you are ill prepared for it, some disruption can occur. Mental hospitals are full of people who have had premature Kundalini risings. Perhaps some of you know of people in this situation, or have experienced yourself the disruptive, out-of-control feeling that this generates. Therefore I would caution that great care be taken in that request. But if you are a person who has done a good deal of work and you feel that you have a good handle on your whole Being, it may be safe to proceed. Look within to see if you feel psychologically sound and stable, if you feel integrated, if you know something of your past, and if you have looked at your shadow enough that if anything surfaces with this awakening it will not be a total shock. If you feel to be in that position, ask your Monad now.

***Shakura Rei:** With Enlightenment, sometimes there is a Kundalini Awakening and sometimes not. Is that true?*

Sananda: That is true. [**Shakura Rei:** *But one should be prepared that it could happen.*] Yes. Those whose journey is that of the Peaceful Enlightenment and merging with Nature would be the ones least likely to have a Kundalini experience. It does happen, but it is more rare.

Shakura Rei: *Is it necessary to have the experience of BEING God flowing through all of Creation, before one can Ascend?*

Sananda: Not necessarily. For the path of the Twin Soul Ascension, a Being would see everything as the Beloved. For the path of the Solitary Ascender, they would see only God. And for the path of Peaceful Enlightenment, they would see God in everything. It is more a matter of flavors and focus.

Shakura Rei: *For those focused on Peaceful Ascension, to what degree must they experience God in all of Nature? Is it a matter of experiencing oneself as God within all of Nature, or is it a state of appreciating and having some sort of connection with God in all of Nature?*

Sananda: I would say it is both. There ceases to be separation. It is an experience of Oneness.

Shakura Rei: *Regarding Twin Flame Ascension, let's say a person feels strongly drawn to this path, but does not know her Twin Flame. What can she do?*

Sananda: The best course of action would be to establish contact with her Monad, and express the desire to have contact with the Monad of her Twin. That would be the first step. [**Shakura Rei:** *Following this request, contact in some way could be established?*] Yes. [**Shakura Rei:** *Can this path be*

followed through if the Twins are on different Dimensions, or if the contact is only on the inner?] Yes.

Shakura Rei: *What if the person knows her Twin but there has been conflict or disharmony?*

Sananda: That person may establish a strong enough connection with the Monad of her Twin, and with certain of the Higher Aspects on the ladder of her Twin, and the work could proceed very far. It would be somewhat difficult to complete in this way, but it could be done.

Shakura Rei: *Is it necessary for Third Dimensional Twin Flames to be intimately involved on the Physical Plane, to follow the path of Twin Flame Ascension?*

It is not.

Shakura Rei: *How can we know that we're on the right track? Once we're on the Ascension track, feeling the magnetic pull, is there then no way that we can be on the wrong track?*

Sananda: One can certainly be diverted from that track and distracted. I would say that any time you feel that you have been distracted from this process, simply go within your heart to the bedrock of your Soul, find that Golden Thread, and just finger that Thread, so to speak. And doing that will re-focus you. I would use the analogy of a big epic movie that sweeps you away so completely that you forget about yourself. You come out into the sun and you are blinking, disoriented, and emotional about something that is

not real. It is just an image, a story. If you find that something in your outer life sweeps you away in the same way, just do the exercise I have outlined.

Shakura Rei: *Are there signs that tell us our Ascension is assured in this lifetime?*

Sananda: *A measure of that would be the intensity of the desire for Ascension. Does it supersede the intensity of desires for things of this world?*

Shakura Rei: *The crux of my questioning is: **How** do we go about Ascending? How do we get there? There are so many techniques and teachings; how do we find our way?*

Sananda: *In a simple sentence: Ask your Mmonad. [***Shakura Rei:*** *The monad will guide the process?]* Yes. The Monad will make it happen. [*So contact with the Monad - direct contact - is extremely important.*] Yes.*

Shakura Rei: *What about people who are not that active in their Ascension? They just seem to think it's just going to happen, while others feel a need to work at it and get beyond the spiritual and emotional restrictions of this world. Are both correct?*

Sananda: *Yes. Again there are as many paths as there are people, and one does not always see the work that another has done in other lifetimes to set this up. [***Shakura Rei:*** *I would guess that as many cycles are closing now many people have set up Ascension for this life.*]* This is true.

Shakura Rei: *To Ascend, must a person first have descended through all the levels within the Universe?*

Sananda: No, because there are well nigh an infinite number of levels and things to experience. No one Being could experience them all, or at least no one has yet. [***Elora:*** *I think Shakura is referring to the belief that you must go all the way down, to then go back up.*] No, it is not necessary.

Shakura Rei: *Can Ascension only occur from the Physical Plane? Or can we die, go to another level, and Ascend from there?*

Sananda: Yes, that is possible.

Shakura Rei: *To Ascend, do we need all our Aspects to be of the Light?*

Sanada: Yes. [***Shakura Rei:*** *If they all need to be of the Light, what can a person do to bring them into Light?*] The techniques that Heru has outlined for working on the Light Filaments and the Aspects are very good. [*See Appendix, "Tools for Returning to Light. "*] I would also add that working with the Masters is helpful; they are great facilitators.

Shakura Rei: *For the Light Workers going back to their "Home" origins, but not Ascending, must they also have all Light Aspects?*

Sananda: Yes, for as the Frequency Fences are dismantled, Light Fences will form that will preclude the Dark Beings or Aspects from crossing one area to another. [***Shakura Rei:*** *Can some of the Light Workers go "home" while their Dark Aspects stay here to be healed and turn to the Light?*]

Much of this is new, for we have never dismantled a Dark Universe and reclaimed it. But I believe that things will be set up such that when one encounters a Frequency Fence that cannot be gone through, there will be plenty of assistance. Beings will be there to help. And so not to worry; I believe it will not be a lengthy process. It is best for all Aspects to return together.

***Shakura Rei:** Sananda, as we embark on our homeward journeys, and as people reclaim their memories, the issue of self forgiveness is going to be a huge one. We have all done things, terrible things. How do we forgive ourselves? I find it far easier to forgive others who have hurt me than to forgive myself for hurting others.*

***Sananda:** That is an excellent question. Understand first that Prime Creator has no concept of non forgiveness. And so using as a platform that Unconditional Love, that total acceptance and forgiveness, that total nurturing of the Cosmic Parent - use that as your platform for self forgiveness, for you are a part of that which created you. I think in essence it's that simple. It is understanding that you are not *separate* from the Creator. Even though you may have lost your awareness of that connection, it is still there.*

Part 3 - Heru speaks on The Ascension

***Elora:** Heru, Ascension seems to refer to the process of "rising up" through the various levels, after one has descended all the way from the Twelfth Dimension.*

***Heru:** On the Descension process, I would like to interject that, in general, it would take eons for the Descension process but that the Ascension process has various short cuts encoded into it so that at any time the whole may be*

opened up. There are no short cuts in the Descension, but the Ascension always has the potential to be instantaneous.

***Elora:** Thank you. Regarding Ascension, are you yourself an Ascended Master?*

***Heru:** As well as being a Creator God, I am an Ascended Master. I am also able to traverse all of the Twelve Dimensions.*

***Elora:** Did you undergo Ascension in some other Universe?*

Heru:** Yes. I came here fully Ascended. In fact it would have been, at the time, very difficult to have Ascended in this Universe. Not many Beings who came to this Universe would have been able to Ascend here, if they were not already Ascended. At that time, Ascending through this Universe was almost impossible. There is, furthermore, a minor Descension process in being born into a Universe. The “Veils” are much thinner for an Ascended Being but they still must go through an Ascension process. However it can happen fairly quickly and easily. [Elora:** Did you go through Ascension in this Universe?*] Yes, and I have manifested a physical body on more than one occasion.*

***Elora:** I do not seem to have the drive to Ascend my body, as you and Sananda have done. Why is this? [Ascending the body refers to the process of transmuting the physical body into a body of Light.]*

***Heru:** For you, this has been a very difficult place to be, and there would be a great deal of effort in going through the Ascension process. And you feel that it is not needed.*

Elora: Why do I feel it's not needed?

Heru: There are many different ways to Source. And it took so much for you to descend, especially since you have no intervening platforms [i.e. no Higher Aspects between the Third Dimensional Self and the Monad] that you have really nothing left to give for the Ascension. You came bearing so many gifts for this level of Creation that you left no fuel for the return trip. [*Elora: Or for Ascending my body, for example?*] That is correct. And your return trip is being taken care of. You really did not come with fuel for the return trip, and for that reason intervention has been necessary. You sacrificed much in coming here, and were in a sense prepared to sacrifice everything to be here.

Elora: Is it correct that Ascending the body gives a mastery of all the levels, one that cannot be achieved otherwise?

Heru: It gives a full Mastery, indeed, of all the Dimensional levels. However, is that the only way to attain such Mastery? No. And, as I said, in some ways what you have done is far less common than the Ascension process. It required far more sacrifice and courage, because you were giving everything up to come here, including even the path home. There was no guarantee that you would succeed, and there was no guarantee of the intervention which would allow you to return. However, your success is now assured. And it seems as if you had to walk a tightrope without a net, that almost no one else could have walked. Without that journey, things would not be as they are now on this Planet. So a Hero's welcome awaits you. This is not something anyone would have asked of you because the risks would have been too great.

Elora: What was it that I achieved?

Heru: You brought with you the uncorrupted DNA blueprint for the Life Forms on this Earth. And in so doing, you held it in place here long enough that when the intervention for the life of this Planet itself began, and the New Earth was to be established, there was the information available so that as the New Earth was to be created, it would not have the same flaws within it. For where there is one tiny flaw in the beginning, it will magnify and magnify a problem. You came with the perfected elemental genetic material. And this has implications far beyond Earth.

Elora: *It seems that people have various drives and desires when it comes to Ascension. Why is this?*

Heru: Each BSing has its own specialty, its own quality. And not every soul burns with the same fire. Just as there are many different colored stars, there are many different paths to union. Some of them are solitary, some of them require Ascending the body, and so on. And some of them are through the Union of Twin Flames. But for many, once a Being has descended into the Third Dimension, the path to Union with God is the path of seeing God within everything. This is the humble, invisible path of being in *non-duality* and enjoying being here. It is my observation that many more Humans would fall into this last category than for the Fiery Ascension or the Twin Soul Ascension. And they are all wonderful. There is no one that is better than another.

Many of these decisions as to what kind of path would be taken are planned at the beginning, meaning at the time of one's birth into each Universe. Prior to that, the planning for the full Cycle would be made. Some Beings come into this Universe and never descend. Some will descend part way, and some will make the full Descension. Whichever level a Being chooses to go is their own choice; there is no right and wrong in it, no better or worse or higher or lower. It is the infinite variety of creative choice, and each is integral to the whole. It is a beautifully woven, intricate, infinitely complex

web. These systems are as intricate as the biological system on this Earth is intricate.

***Elora:** Is it possible in the process of Enlightenment in this Dimension to return to one's original magnificence, prior to the Awakening of the entire Planet and Universe?*

***Heru:** To a great degree, yes. There has always been a fraction of energy coming through from the Godverse and from Prime Creator, and thus there have always been a few Beings on this Planet who have been able to maintain an enlightened and liberated state. They will increase exponentially; they are increasing exponentially because the frequency Fences are in the process of collapse.*

***Elora:** How Enlightened do the Light Workers have to be to go back to their original home?*

***Heru:** As the Frequency Fences continue to deteriorate and fall, a process of Instant Enlightenment is becoming widely available. There will be no particular amount of Enlightenment needed to Ascend. It will be happening for many, and was foretold in the Bible by the Rapture.*

Those Beings that are greatly fallen, the ones that we have had to incarcerate, will take some time to heal and clean and reclaim. But if you look again at Majaron's progress, it can be quite rapid, almost miraculously so. And what I must remind you is that what you call Enlightenment is your natural state. It is hardwired into every cell of your body. It is in the blueprint of your Soul. Everything that is not of the Light is unnatural to you. In the coming days it will become harder and harder to resist Enlightenment.

Chapter SIXTEEN: COMING TO TERMS WITH DARKNESS

Heru has explained that this Creation was never designed to include negativity or evil of any sort. Nor were we created to deal with this phenomenon. Therefore we Humans still have a difficult time understanding the Darkness or even believing that it truly exists, despite massive and continuous evidence to the contrary. Philosophers and religious teachers throughout history have grappled with the problem of evil. In this Chapter Heru discusses the various ways that we have attempted to understand the presence of the Darkness in our world, and in so doing illuminates our true nature.

It is important to understand that while the belief systems and rationalizations described below are generally erroneous, we have truly needed these illusions in order to maintain hope during the dark times we have passed through. Had we seen the reality of the situation at any time prior to the present, most of us would have succumbed to despair. Now that help is at hand we can face the truth and allow these illusions to slip away.

Part 1 - Rationalizing The Darkeness

Elora: Heru, since our discussions of The Darkness and its prevalence in our Universe, I have been wondering about some of the ways that Humans

have tried to come to terms with the presence of negativity or Darkness. I would like your responses on them.

Heru: Yes, this is a very important subject.

Elora: *Some metaphysicians would say that the challenge and purpose of this Creation was to meet the Darkness. Is there any truth to this?*

Heru – *(with passion:)* This Creation is an expression of Love, an expression of Beauty, an expression of Harmony. Its purpose has nothing to do with Darkness.

Elora: *A very common rationalization is that everything is Love and Light. This point of view claims that Darkness is an illusion.*

Heru: It would be nice if that were the case but it is not, clearly. There are Dark Forces at work. If this so-called "illusory" Darkness were built into the fabric of Creation, in any way, shape, or form, what would that mean? It would mean that the Creator or the Gods who created this Universe had done a terrible job. For life on this Planet is full of misery. And if that were the intent of the Creator of this place, I would say that person should be fired.

Elora: *Of course many Humans are very angry at God for just that reason. They feel that God created this world to be full of suffering. I found it illuminating when you stated that the purpose of this Creation had nothing to do with the Darkness.*

Heru: Correct. And in recorded history, your memories have been suppressed to the point that you have no memory of life before the Fall or the Invasion, or whatever words you would like to use.

Elora: *When people say that the Darkness doesn't exist, I think they are saying it is only on the surface, something not really real; and when one penetrates beyond appearances, the Darkness is found to be an illusion.*

Heru: One factor here is that when a Being has even a partial enlightenment - where they will have an experience of the goodness within everything, the Oneness of all Beings, the God within the Self and the God within everything - there is the realization that this is the truth. And yes, it is more real than what people are experiencing on the Third Dimensional level in the day to day world, much more real. Thus it would come to a person that what they are experiencing of disharmony is not real; and so there is truth in that statement. However, making that statement and believing in that philosophy will do nothing to lessen the suffering of the Beings in this Universe or this part of Creation.

Therefore, yes, a person may experience an injury, go into meditation, and be able to transcend that pain and go into an experience of Oneness with God. Then they can say: my pain is not real, my suffering is not real. But has that injury been healed? Unless a Being then goes into a state of rapid healing, which would be called a miracle, the injury will remain until such time as the body heals it or not, through the natural course of things.

Elora: *I think part of what is being said is that what happens on the Third Dimension is not real.*

Heru: That would happen when a Being is identifying more with a Fourth or Fifth Dimensional level of their Self, denying the sacredness of the Third;

and saying, "I identify more with the Fifth Dimension, therefore I don't need the Third Dimension." That has been a schism perpetrated by religion in order to perpetuate suffering on the Third Dimension. *[Elora: It's also true that in the Fallen Universes, the Third Dimension has become terribly dense and not all that pleasant.]* True, and these factors work hand in hand. Denial of the flesh, denial of sexuality, denial of the sacredness of the temple that the Third Dimensional body was created to be - all of this has created justifications for not relieving the suffering on the Third Dimension.

Elora: A corollary to the idea that the Darkness is illusory is that whatever we focus on increases. Therefore we should only focus on the Light and whatever is positive and beautiful.

Heru: I would describe that as a Pollyanna philosophy. It is true that what you focus on increases in your life and you draw that to you. If you were too obsessive about the Darkness you could be swallowed by it, so there is a kernel of truth to that idea. And yes, it is important to focus on the Light. However it is also important to be realistic in sifting out and perceiving what is propaganda and what is truth.

Elora: One more rationalization that people use about the Darkness is to say that this has all been like a huge play, and everyone is playing roles. From this perspective, it is said that the villains have done a good job playing the bad guys, and the heroes have done a good job playing the good guys. When it's all over, everyone will drop their masks, have a good laugh, and go home. Can you comment on this?

Heru: What a subtle rationalization! Would that it were true. And yet, it is good that it is not true. For if this were truly how this Universe and how this Creation were designed to operate, what a miserable Creation it would be. It would be saying that the Creator created a Creation of conflict and that is simply not true. It would justify Hiroshima. It would justify all of the suffering of the Civil War. It would justify the concentration camps, and the

starvation of the millions and millions in Africa. It would justify the plagues of the Middle Ages, the genocide of the American Indians; all of that. No. None of it is justified, and this Creation was not created for that purpose.

It truly is an either/or scenario. Either this Creation was designed to be an expression of Love, Light, Creativity and Harmony; or it was created to be an expression of Conflict and War. There really is no middle ground there. So you have religious thought that believes in the dominion of Man and that the Creation is a resource to be used as Mankind sees fit, an Old Testament kind of philosophy. And who does that serve? It serves those who would benefit from exploiting, pillaging, and stealing from the Earth, one of the most complex manifestations of the Creator's Love that has ever existed, and reducing it to no more than its elements. It would be akin to taking a Van Gogh painting and melting it down for the small amounts of cadmium and lead which are in the paint. It would be like extracting those elements and saying that this painting is worth nothing more than the ten cents of elemental minerals contained within that painting - when in fact each of Van Gogh's paintings is considered to be a priceless masterpiece.

Therefore if you looked at the complexity, the indescribable beauty of this Creation and this planet, those who seek to exploit it would render it into its ten cents worth of gold and silver and oxygen and so on. And the rationalization that the fight between Good and Evil is just a play, is a pure smokescreen to divert Humanity from understanding that there are exploiters here who want nothing more from them than the gold fillings out of their teeth, so to speak. [*Elora: All of these rationalizations are different ways of saying the same thing, which is that the Darkness isn't real, therefore don't pay attention to it.*] Exactly. Which allows the Darkness to penetrate further and further into Creation.

Elora: It is also believed that the Darkness exists only on the lower or denser levels of the Universe. We know that it actually extends up through to the Eleventh Dimension. Is the Darkness more prevalent on the Lower Dimensions?

Heru: No. It is as above, so below.

Elora: *I have noticed that fact that as I have become progressively more unveiled, I have increasingly seen how bad things are in our Universe. Yet, people who have Near Death Experiences seem to become unveiled when they drop the body, and their experiences are the opposite. Are Near Death Experiences going to protected Realms where they don't see the whole picture?*

Heru: Depending on who they are, they may. There are people who have very frightening Near Death Experiences. The shame they feel about seeing that much Darkness would cause them to be reluctant to share. A more evolved Soul would go to the Light Realms, but generally would still not see the whole picture.

Elora: *Some Humans try to rationalize the degree of suffering that we have on this Planet by saying it is karmic. A high percentage of Humans on Earth are born into terrible conditions and often have very little hope of improving their lives. This is justified by the statement that it is a matter of Karma.*

Heru: No, it is not like that. It is more that this Earth is trapped in a prison not of its own making, and those Beings who are here are also trapped in terrible conditions. Some of them have come here voluntarily and some of them have been dragged here. Actually, those Beings who have the worst Karma are most likely to be those that are the wealthiest and in most control. *[Elora: And somehow they are escaping their Karma?]* Well, we shall see. They think they are.

***Elora:** I am wondering about the concept of Original Sin. In a dysfunctional family, where the children are abused, they come to believe it is their fault. Would you speak about the concept of Original Sin, and do you believe that the same type of psychological reversal applies here, where we have taken on the guilt for the things that have been done to us?*

***Heru:** I would say that is only part of the issue, but I do agree with your analysis of it. Actually what has happened is that the Dark has used that kind of emotion as a central controlling feature of their philosophy. This can be seen not only in Christianity, but similarly with Hinduism and the way Karma is used in that system. The blame for the Dark is inserted into each individual, forcing them to carry the burden - really, in a sense, forcing Karma upon every Being. Thus each Being in this Fallen part of Creation is chained by the Darkness, wedded to the Darkness in a way that is very difficult to escape, either individually or collectively.*

There are a great many programs which have been designed to keep Humanity chained. One of them is a collective implant that keeps the collective society from wanting to allow others to succeed in liberation or in a good lifestyle. I am sure you can find many examples of this kind of thing. There are a great many efforts to tear down a Being who would find liberation. And Original Sin specifically - yes, that is one of the best ideas for slavery that the Christian Church came up with.

***Elora:** What do you mean by "forcing Karma on every Being"?*

Heru:** I believe I mentioned this once before. It is almost as if one takes a pill when one comes into, or is created in a Dark Universe. There is an immediate invasion by the Dark, and there has been nothing that could prevent this. That Dark virus, to use an analogy, is inserted in each Being. And the extent to which it takes root and flowers there is the extent of the Karma that every Being is saddled with. [Elora:** Essentially, each Being gets tied into the whole Dark-permeated system.*] Yes, and that is, in part, why it*

was necessary to come up with an offense that was both microcosmic and macrocosmic. [*Elora: Is there Karma in the Light Universes?*] No.

Elora: Another statement which tries to explain the Darkness regards what is called the Divine Plan. It is said that there is a Divine Plan, and that nothing occurs outside this Plan. Therefore, if this is true, everything must occur within that Plan and purpose and everything is perfect because it happens for a reason.

Heru: That is written into your blueprint because at the time your blueprint was created it was true. However since that time circumstances have changed. Yet still that belief is hardwired into every atom and every molecule of life. It is more than a belief really, and it is very strong in everybody. [Elora: This is very illuminating.] It explains a lot, doesn't it?

Elora: It is also said that, as individuated Beings, our mandate was to experience - to experience everything. Since "everything" includes the Darkness and separation from God, we therefore chose to experience those things too.

*Heru: This is similar to the belief that everything is in Divine Order, in that the mandate or impetus to experience is also hardwired into all of life. **However, not hardwired into all life is separation from God.** That is not hardwired, and that has been created by the Invasion. A Soul comes into this Universe, which is Dark. And written into their blueprint is the desire to experience everything. When the experience is contaminated, that desire does not abate. In other words, the Soul still wants to experience everything. What it experiences is Darkness and separation, yet there is not the ability to turn off the desire for experience. So in a sense a Being starts indiscriminately vacuuming up everything.*

***Elora:** The beliefs that are hardwired into us - for example, that there's a Divine Plan - what purpose did that belief serve initially?*

***Heru:** It is part of the eternal connectedness that all Creation has with Prime Creator. What the Darkness has done is to essentially sever that connection or subvert it. [**Elora:** Does this belief serve any purpose now?] As a Being reconnects with Creator, yes, it does.*

***Elora:** Some teachers say that the Light and Dark Brotherhoods work together in the sense that the Light is always trying to move things forward towards evolution, while the Dark holds things back; and the final result is that things happen at the correct time. Do you agree with this, or do you feel it's sort of a Pollyanna justification?*

***Heru:** A Pollyanna justification would be my perspective on it, but that would not be everybody's perspective. There are people who subscribe to the idea that the Dark must be there to balance the Light. They equate the Darkness with Yin, needing to balance the Yang, and they are not the same.*

***Elora:** From my own memories of the Light Universes, I would say that Light does just fine without having the Dark.*

***Heru:** Light does fine without it. The Dark Forces have rationalized their actions by saying that they are part of the Yin, so to speak, and the Yin is necessary. But the **imposition of anyone's will over another Being** is never necessary, outside of the parameters we have discussed.*

***Elora:** Is there a benefit to living and evolving in the Fallen Universes? Does one become stronger? Evolve faster?*

Heru: I don't see how. [**Elora:** *The challenges are more intense.*] That is true. But if you take a tree and you bang on its trunk and deprive it of water, and rip off some branches leaving open sores, does that make for a stronger tree? Perhaps the scar tissue on the bark is stronger and thicker and calloused on that point, but does the overall health of the tree increase from that? I would say not.

Part 2 - Reality and Enlightenment

Elora: *I have observed the fact that people who claim to be Enlightened say that everything is One, there is really no evil or darkness, everything is perfect, everything happens for a reason and is within the Divine Plan, and so on. It would appear that these people are deluded in this regard, yet it also seems that they are more awakened and enlightened than someone like myself. How can you explain this?*

Heru: That is a good question. What these people have done is that they have activated their original blueprint. Therefore they are sitting within their original blueprint, and have generated enough of a force field that the contamination which is present in this Fallen Universe is not affecting their consciousness. For them, to a greater or lesser extent, they have created that reality. And it is powerful to do so; it is admirable that they are able to do so. They are able to draw to themselves what they need. To the extent that their sphere of influence carries, they are able to create a space around them where that reality is manifest. For some people that sphere basically ends about as far as their hands could reach [gesturing with hands outstretched]. For some that would have greater power, it would extend into a community or such. In the situation of your friends at Circle of Light [a Community in Arizona] it would be a slightly larger sphere, and would have the ability to draw others into it and transform them enough so they can hold that space as well. It could build on itself to a certain degree, though would have its limitations. For someone like the Kalki Avatar [a Spiritual Leader in India] it would be a much larger sphere.

Elora: And from that place they can't see the Darkness, apparently?

Heru: Right. [Elora: So in aa way they're right and in aa way they're wrong?] Yes. They have created a bubble of uncorrupted reality, and within that reality they're correct. It will be interesting because as the Darkness lifts there will be a great expansion and connecting of those bubbles.

Elora: Is it possible for aa person to live a life of non-duality in a Fallen Universe and yet still recognize or acknowledge the reality of Darkness?

Heru: It is rare, but it has been done. [Elora: Most people either go into a non-dual state, and can no longer see the Darkness even when it's existing all around them; or remain in a dual state, in which case they can see darkness.] Yes.

Elora: If people who are Enlightened are no longer able to see the Darkness, then this must have created some very confusing situations for Humanity at large. Most of the scriptures, as well as bodies of work such as the I AM Teachings by St. Germain, state that all is One, Darkness is an illusion, and so on. However, these Teachings are being read by people who are not in the Awakened state and have not created a "bubble" of that reality around them. I'm going to mention some points that come to mind.

First, Scriptures and Spiritual Teachings would appear to be "airy fairy" and there would be some justification to that, as the Scriptures would be describing a reality other than that experienced by most people.

Heru: Yes, and other than what is accessible to most people. And you may be able to put that in the past tense, for it is more and more accessible.

Elora: *I would also think that people would get very frustrated trying to experience the reality described in the Scriptures, since that isn't their reality.*

Heru: Yes, they would be very frustrated. This has actually been used by the Dark Forces to increase people's self-loathing, lack of faith in God, guilt and shame, self hatred, and sense of separation.

Elora: *Secondly, I have noticed that people who are in the Awakened state try to describe what it's like. Then others who are not Awakened attempt to mimic these experiences, hoping that this will cause them to become Awakened. However, if someone who is not Awakened tries to act as though there is no Darkness, this could lead to inappropriate actions and choices.*

Heru: Yes, I believe that is an accurate statement.

Elora: *Many spiritual teachers, including some of the Masters, say that our thoughts create our reality - period. It seems to me that our reality is created by a number of factors, of which our thoughts are certainly one. But I feel that it's also created and affected by other things, such as the following: Our emotions. Our Soul intention, passion, and mission. Our Karma. Our environment, which includes everything from our neighborhood to the Planet and Universe that we live in. The Beings that we interact with. And so on. Can you give your perspective on this?*

Heru: In the Divine Mind all of those aspects that you outlined would be part of Divine Thought. Therefore from a Higher Dimensional perspective, it is true that Thought creates Reality. However, I would say two things here. One, you are in a contaminated Universe, and so the natural progression from the Higher Mind to manifestation is broken, interfered with.

The second is that for Humans in the Fallen state, as you are in at this time, the mind is a very isolated and limited piece, disconnected from the Higher Mind. In Unfallen Humans, they would be able to contain the higher thought forms, which would contain all of those attributes that you listed, including karma, environment, and all of that. But in a Fallen Human, the mind is much smaller. It is constricted, disconnected, and does not have the attributes to be able to contain much more than survival skills.

Elora: *So for a Fallen Human, does thought create reality?*

Heru: On a limited scale. It would limit the thoughts to the survival mode and limit the actions to the survival mode. So in a sense, yes. But what ends up happening is that Fallen Humans are disempowered to the point that they become the victims of their environment, as if tossed around in a hurricane. And that is because they are so disconnected from the greater Mind. Therefore much of what happens would appear to be random accidents. That, for them, is their life. Their life is nothing, for them, more than a random series of accidents.

Elora: *Would a Light Worker such as Karen or myself be considered a Fallen Human?*

Heru: You would be more considered a *reclaimed* Human, a Human that has gone through the Fall and has come back up again out of the Fall.

[Elora: *In other words, somewhere in the middle between creating via*

Limited Mind and creating via Divine Mind?] Yes, to a greater or lesser degree, and on the evolutionary spiral upward.

Part 3 - Further Questions on The Darkness

Elora: Heru, what is the defining factor of a Being who is Fallen? What does it mean when we say that such a Being is "Dark"?

*Heru: I would say that it is: **The willingness to impose one's will on someone else.***

Elora: Does this mean we are partially Dark, because we may think unkind thoughts about the President, or that we may have wished something harmful to happen to an evil person?

Heru: No. Having a negative thought is not following through with the action of imposing that negative thought on someone else. For instance, you may dislike the President extremely much, maybe even to the point of obsession, but until you actually make the decision to go forward with taking action - to impose your negative emotions upon the President and/or the country - that is not Darkness. It is confused and not the highest form of thought, but not Darkness.

Elora: However, we all have a lot within us that wouldn't seem to be of Light. We all have pain, fear, old traumas, anger, judgments, and so on. If these are not of the Dark, what are they?

Heru: They are more the environmental fruits of the Dark. If you were to embrace the motivation behind the trauma causing elements, then that would be Darkness. We talked about the defining factor of Darkness, in that it is the willingness to impose one's will upon another Being. Is a rape victim Dark because she holds within herself this trauma, and may overreact defensively to situations? Contrast that to a serial rapist. Is he acting out of a trauma that he himself had? To some degree that would be the case. But beyond that it's almost as if he has embraced that evil motivator itself and become identified with it, and that is a whole other situation. Even though the serial rapist may have been a victim to begin with, he has succumbed to the pleasure of perpetuating that disease. Can you see the difference between those two situations?

Elora: *Yes, I can. Returning to your definition of Darkness, several exceptions immediately come to mind. One would involve the role of being a parent or a caregiver to a pet. Oftentimes a parent or a pet owner must override the will of the child or animal.*

Heru: There is an acceptance in both the Animal and Human Kingdoms of dependency relationships, and that is consensual, even though perhaps not consciously or overtly so.

Elora: *That makes sense. The other exception is this. I know that DurgalSekhmet and other mighty Light Beings are incarcerating some of the Dark. Obviously this is against the will of those Beings.*

Heru: **They have broken laws.** It has been a long time in coming for this to happen. There was great reluctance on the part of the Hierarchy of Light Beings to take action against the Dark Beings, because the Light has always honored free will. That which began in one Sector of one Universe was not stopped. And it has created an infection that has spread far and wide throughout too many Universes. For the sake of the integrity of this entire

Creation it was decided to take action. Otherwise the entire Creation would be lost.

***Elora:** Heru, are you saying that Darkness started in a small way in one universe, and spread, simply because free will was being honored to the maximum, and no one stopped it?*

***Heru:** Yes. [**Elora:** And had it been stopped, back then, the other Universes would not have fallen?] Yes, and other Universes would not have been created Dark by the Fallen Hierarchies. The decision to root out all of the Darkness has come from the very Source of this Creation. It was not done frivolously or lightly.*

***Elora:** Please explain how the adherence to Free Will stymied the efforts of getting rid of the Dark at all levels.*

***Heru:** It put a restriction upon the Light Workers, and especially those that came into these Fallen Universes in an effort for reclamation. In essence they were operating with one hand tied behind their back, while the Forces of Dark had within their arsenal free rein to use everything that they wanted. It would be something akin to a chivalrous Knight in Armor going up against a modern Navy SEAL. I do not think that is too dramatic a gap to convey the difference in attitude, technology, and so on.*

***Elora:** In our discussions with the Creator, it was stated that the walled-off part of this Creation was somewhat analogous to a cancerous tumor. And that, at a certain point, this "tumor" would have exploded and infected all of Creation. How close were we to that point?*

Heru: It was not imminent in terms of years or decades, perhaps thousands of years away, but that is not to lessen the feeling that the Light Warriors have come in the nick of time. For even though it might not have been at the point of exploding into metastasis, had the balance been tipped much further some of the Universes within this Sector that are now salvageable would not have been so. Therefore it would have resulted in a permanent amputation of parts of this Sector.

Elora: *All true Humans, including the Fallen ones, appear to have within themselves a pure spark of what we might call the Divine Godself. Do the Dark Beings not have this?*

Heru: Correct. Those that have come from outside this Creation are soulless. And that is why they are not redeemable. They have not been created with a Divine Blueprint in the same way that all of this Creation has been created. That is why the Fallen of this Creation can be redeemed, for they retain that “Spark”.

Elora: *My friend R. and I did some work a few years back with the Reptilian ET's, the Dracos and others. We found that these Beings generally did have this Spark of Divine Life. Are these Reptilians the invading Dark Beings? Or are they races which have Fallen due to the outside Dark influences?*

Heru: They are Fallen Races, but more accurately, they are Races which have been created by the Fallen. [**Elora:** *What will happen to them?*] I believe they will be given an opportunity for reform. Every effort is being made to reform anyone that is possible to reform. A great effort was put into reforming the outside Dark itself, with no success. But it is hoped that the Fallen Races, those created by the Fallen, may be able to be reformatted in such a way that it is possible to reclaim them. [**Elora:** *Are the E.T.s known as the Greys one such race?*] Yes.

There really are no Humanoid representatives of the Dark. There are no Races or Beings you can look at and say "That is the other." It is almost as if the Dark were a gas that permeates and corrupts and is very hard to define. It did not come in ships, it did not come in soldiers. That is part of the reason it has been so hard to fight, because in a sense it is almost invisible, but its effects are obviously very deleterious.

Elora: Are the Light Warriors able to deal with this invisible presence?

Heru: Yes. That is why they were created in so many sizes, and why they are in the microcosmic arena.

Elora: Beings such as Earth's Illuminati - they are not of the original Invaders?

Heru: No, they are the Fallen.

Elora: Then what about the Bbeings who are getting incinerated by the Light Warriors? Who are they?

*Heru: It is hard to describe. But it is more like the entities that have sprung up out of this gaseous undefined stuff. It's almost as if the Ddarkness has spawned them, the way mushrooms spring up. They use some amount of energy and matter from this Creation in order to form themselves, but they are *parasitic* in nature. They would be what you call Demons and other types of Dark Beings, and they are the ones who are being incinerated.*

***Elora:** What is it that drives the Darkness, so to speak? What fuels the desire of the Dark Beings to invade, to destroy, to harm and to cause pain, to corrupt other Beings, and so on?*

Heru: Again, I do not know. Perhaps when the Light Warriors have driven the Dark from this Creation and go to the Source of the Dark to render it unable to repeat this, they will come back with answers.

***Elora:** What is their true agenda here?*

Heru: I don't know. It looks to be a combination of slavery and destruction; and whether ultimately it is destruction I don't know.

***Elora:** Throughout our conversations, we use the term "Darkness" to mean all forms of negativity. We use the term "Light" to denote that which is positive, life-affirming, and in the flow of God's will. Why are these terms selected? Why, for example, do we not use Good v.s. Evil? And what is Light that the opposite of Light is all that is life-negating?*

Heru: A very good question. In terms of *polarity*, Nature has a natural polarity to it - the Yin and the Yang - that I would have people see as separate from the Light and the Dark. The terms Good and Evil are too ideological, too laden with cultural and religious issues; they have a very limiting history. The words Light and Dark are both vague and specific at the same time, and for that reason I believe they serve my purposes best. The Light was, in essence, the first act of creation that Prime Creator generated. The Dark is an unknown. We see its effects but in essence we do not at this time know its source, we only know its outcome. Therefore to paint it with the face of the Devil or something more descriptive, is to limit its scope. It is much more all pervasive than those images.

***Elora:** How can the truly Dark Beings have so much power, if they are simply parasitic life forms which have no soul? Or is it the Fallen who have power, and who can do these things?*

***Heru:** It is the Fallen who have power. The Dark only gains power by corrupting Beings, and it is the Fallen who do these acts of terrible destruction and harm. The tragedy of it is that these are great, wonderful Beings who have succumbed to something that is not understandable. And once reclaimed, they will take their place among the stars in the sky. It is a great heartache that they have been imprisoned and had their Free Will taken from them by the Dark in such a way that most of them did not even have a chance to choose.*

***Elora:** Those Beings who have gone into the Dark Universes in an attempt to help (those much Darker than this Universe) how do they eventually get out and find their way into a less Dark, or even Light Universe? Do these Beings often succumb to the Darkness and never get out?*

***Heru:** Some of them do. In the case of your friend, there was a rescue mission mounted to extract the group that she was a part of. It was seen that they would have either been killed or permanently disabled. Some people were lost.*

***Elora:** Are they somehow programmed to stay so long and then get out?*

***Heru:** There are agreements made. In that case, it was a specific mission to try to set up an underground network and I believe it was given a set time to determine if it would work or not. This type of mission was attempted with the Dark Universes that were created after the Fall. And when it became*

clear that there was really no redemption possible and no opposition which could be created by sending people in, it was stopped.

***Elora:** How do any of the Beings who are native to the totally Dark Universes get out, if they don't know anything else? Or do they ever get out?*

***Heru:** They don't get out, and it is possible that there is no reclamation likely for the Beings who were created by the Fallen Creator Gods in a totally Dark Universe. It appears that there are gradations of being Fallen in terms of how Dark the Beings are. The Fallen Creator Gods who have created the completely Dark Universes would be very Fallen indeed, and their creations most likely will need to be destroyed. The Races of Beings that you were asking about earlier [i.e. the Dark ET's] were created in this Universe by compromised Creator Gods. And that is the difference.*

***Elora:** Was it possible to establish key Planets in the truly Dark Universes, those which were made by the Fallen Creator Gods?*

***Heru:** No, and it appears that they will probably collapse. There is not enough Light in them. [**Elora:** What happens to the Beings in such a Universe when this occurs?] Those who came from Light Universes to help will be rescued. The others will be transported to a Universe not as Dark as that one, where they will be given the opportunity to make choices.*

***Elora:** When such a Universe collapses, what about the other Beings - the animals, Devas, Elementals - all the Beings that make up a Universe?*

***Heru:** My Dear, nothing is ever lost. I don't really see where they go; I just know that nothing is lost.*

Elora: *Those of us who came into the Fallen Universes like this one - even though it's not completely Dark - we ended up getting trapped as well?*

Heru: *Yes. [Elora: Did we, in fact, expect to leave long before now?] Oh yes. [And it has been about 500 million years that most of us have been here?] Yes, that would be close enough.*

Elora: *In our case, how is it that many of the Light Workers expect to be leaving this Universe at the same time; is it because of some pre-set arrangement?*

Heru: *It is because the Light Warriors have finally come and the Frequency Fence is coming down, so that now passage back to the Home Universes is possible.*

Elora: *Several of us have found that we have Family here from the Light Universes who have stated that they are here to help us get home. Given what we know of the Frequency Fence around the Fallen Universes, how did they ever get here? And how did they expect to get us home once they arrived here?*

Heru: *There are, and always have been, a few secret wormholes that have allowed penetration of a few Beings. Any time that a sizeable number of Beings would be detected coming through a wormhole, the wormhole would be attacked and shut down. It has been a dangerous venture. Your Families love you very much to have attempted this.*

***Elora:** Would you say that the majority of Light Workers now have Family here from the Light Universes, who are waiting to escort them home? Or in most cases must they still wait for Family to come in through the breaches in the Frequency Barrier?*

***Heru:** In most cases that will come later. Among the Beings who are assembled and waiting to come and help with the healing of the Universes are also many family members, and there will be many reunions.*

***Elora:** For the Light Beings such as ourselves who came here to help, there been any progress or growth over these many millions of years?*

***Heru:** I have to say that, yes, there is always growth - there is always growth in understanding, wisdom, compassion, and so on. And for all of you, yes, there has been growth, but it is not what it would have been had you not been in a Fallen Universe.*

***Elora:** Have we fallen behind the evolution of the rest of Creation?*

***Heru:** In a manner of speaking, yes. It is not really seen what will happen once all of the lives within the Fallen Universes are restored to wholeness - all the Beings, life systems, and life forms. There are abundant theories on what will happen, but no one truly knows. There is a predominant theory, however, that once the restoration of wholeness comes to each Being, and the restoration of harmony, full potential, and full power is attained - that even though an individual would have been stunted from being in a Fallen Universe, something new, something never before seen, will be there. Therefore really a qualitative judgment cannot be made.*

***Elora:** Heru, on a personal level, I am wondering how you kept your faith during these very difficult times that our Creation has been through. Did you always have a very strong faith that all would be well, or were there times when you felt deeply discouraged?*

***Heru:** Not so much discouraged or depressed, as worried that this Plan from the Prime Creator would be able to be completed on time before much of this Creation would either be destroyed or need to be jettisoned. I was aware that the Plan was in place and what the Plan was, in a rough outline. But I knew it was a race against time. [**Elora:** Has Darkness continued to spread up until now?] Yes. [So it's only now, with the coming of the Light Warriors, that the spread is being stopped.] Correct.*

***Elora:** I've been trying to process everything that has happened to us, and it's difficult. I think that I'm grieving for the millions of years that all of us spent here in this Dark Universe and the fact that we really have made almost no progress. Can you offer any insight into this?*

***Heru:** I would tell you first of all that even though it appears no progress has been made, just the fact that this Universe did not succumb is a great victory. Secondly, I would like to express how grateful I am to have those who are able to hear just how bad it has been. For we have hidden from the Light-working Humans just how dire the situation was, in fear that if we disclosed it they would be overcome by despair. Therefore the fact that we are able to tell you this dire Dark news - that in itself is really an accomplishment. It means that first, help is here; and secondly, that the Human Light Workers have matured enough to the point that they are able to see the truth.*

Chapter SEVENTEEN: More Information on The Light Warriors

The numbers of Light Warriors are countless, and more are arriving every day. Heru and Sananda have recommended that we all call upon them to act as personal guardians. People who are prone to attacks for any reason will need more than others. It is also a good idea to call in Light Warriors to protect your home, business, and/or property. At this time, the "Second Wave" Light Warriors are the most powerful and capable group in terms of their ability and consistency in protection. A Third Wave should be arriving somewhere in January of 2005, and we expect these Beings to be even more effective. Updates will be posted. Depending on when you read this book, then, we suggest that you specify which group of Light Warriors you wish to call upon. The most recent "Wave" will always be the most powerful and effective. It is a good idea to contact your Light Warrior Guardians at least once a week to reinforce your protection.

Part 1 - Calling on the Light Warriors for Protection

Elora: Rashona, we have some further questions for you. Regarding clearing another person, or someone else's house of Discarnate Entities: Do you clear those Beings for us, or should we clear them ourselves?

Rashona: You would have to ask for that action, and then the Light Warriors can do it.

Elora: If you clear them, what do you do with them? It seems they would be very afraid if they saw one of you coming at them.

Rashona: Yes, probably they would. They are placed in a holding pen where they would await further processing. We are not equipped to process them, so they are put some place and other Beings are assigned to do work with them, such as to move them into a place of Light or whatever.

Elora: *What about clearing very Dark entities that are ensouled? Can you remove them or do we remove them?*

Rashona: The same applies. We have not met anything yet that is our match. [**Elora:** *If you remove them, what do you do with them?*] Again, if it is an ensouled Being it goes to a holding place to be processed by other Beings. If it is not ensouled, it is simply eliminated.

Elora: *If I wish to clear a person of Dark entities, do I need to first discover all the Dark Forces within all their levels, and then ask you to clear them? Or do you find all of them and clear them without me being aware of where they are?*

Rashona: It would depend on how you would phrase the request. For example, you could phrase the request to include all Dimensions, all levels of the Being, all time and space, and so on. For you see if there is a timeline on which an entity is attached to a Being in the past, you could ask to clear all the Dimensions and you would still not go back in time to that, and it would still be there. So you want to encompass your request to include everything: all Dimensions, all time, all space, all levels, and you may add parallel existences and realities as well. Therefore you don't need to find them, but if you request a broader cleansing it will be done.

Elora: *May we call in Light Warriors to protect others who may not be able do so on their own?*

Rashona: Very much so, as in the case of an animal or a child.

Elora: Yes, that makes clear sense. But let's take as an example a person who is Light-oriented and is in need of protection, but has a Christian belief framework. This person would not know of your existence, and might not be open to such things.

Rashona: We would appear to him to be Angelic, so he could incorporate and accept us in that manner. If a Being is intent on pursuing Darkness - which in your example would not be the case - then the issue of Free Will comes up. In the interest of the survival of this entire Creation, and for the purpose of eliminating this Dark cloud that has invaded the Creation, Prime Creator has overridden the Free Will prime directive. This was done with great caution and with great concern, but it has been done.

I would like to express the graveness with which this decision was made, and that it was with an extreme heaviness of heart on the part of the Prime Creator. However, it was felt that all other avenues had been explored and the nature of the Dark is truly its inability to be redeemed. [*Elora: This is a temporary suspension of Free Will?*] Yes, it is seen that once the Dark is eliminated from this Sector of Creation, it will no longer be needed. The other part of this is that the Dark captured the will of these Beings without permission, took over their will, and made it appear that it was that Being's will.

Those Beings who are dedicated to perpetuating the Dark have been allowed to basically express themselves to the fullness of their desire. That kind of desire, of course, is never entirely satisfied, but the basic expression of it has been allowed to play out to a relative completeness. As that is done, it will not be allowed to continue, and they will reach a wall. At that point they will be put into a holding cell, separated from the Dark that they have embraced,

and where they will await processing. Therefore there is still some room for Beings to move forward into Darkness, but it is increasingly limited and will reach its final stages in a relatively short time.

Elora: To return to the initial question, in the example that I gave you previously, would you recommend calling in Light Warriors to protect such a person?

Rashona: Yes, I believe there would be no conflict or incompatibility. This Being would perceive us to be of the Angelic Realms, and would accept the help. [Elora: It is OK to do this without conscious permission from him?] Yes. And I believe with such a person there would be not a tremendous activity of interference or change; our work would be more of a protective nature.

Elora: Can you protect more intangible entities such as businesses, including those which operate mostly on the Internet?

Rashona: Oh yes. Basically the mechanism for doing that would be to call forth the Overlighting Devic Being, and call for protection around that Devic Being. Then also ask that the protection surround the entire business entity.

Elora: We asked Prime Creator: We notice that when we call on the Light Warriors for protection, they don't always see all the forms of attack and interference that may be coming at us. Are you aware of this issue?

*Rashona: Yes, I am, and I can give you help in alleviating that problem. When you call them in, **ask them to come to you through the Portal of the***

All Seeing Eye of God. And that way they will have the omnivision that you need.

Part 2 - Calling on the Light Warriors for Healing

Elora: What types of physical healing work can you do?

Rashona: Where a body is beset with lower life forms such as pathogenic bacteria or other microbial agents, we are effective in removing those. Our primary focus and abilities are on removing and decimating that which is Dark. Therefore I would suggest that you call upon us for that type of work rather than for a broken arm. We are also able to clean up toxins in the body if they are created by and imbued with the Dark. There are some toxins that are just a by-product of life, and so there is some differentiation there.

Elora: How do we initiate this physical clearing?

Rashona: The first step is to connect with Light Warriors who will act as your Personal Guardians. These Light Warriors are essentially Human sized. Once you have made contact with them and established a rapport with them, you would ask these Beings to call in Light Warriors of the appropriate size and assignment for the toxin or microorganism involved in your body. These are the Micro Light Warriors. Upon your request, millions and millions of these Micro Light Warriors will work within every cell of your body, scavenging and waging battle against the Dark that has invaded your body. Ask for the specific condition to be addressed. And you may ask for a general cleanse as well.

***Elora:** So we tell our Light Warrior Guardians what type of work we want done on our bodies, and they communicate what needs to be done to the Micro Warriors. Is that correct?*

***Rashona:** That is the easiest way to do it, yes. [**Elora:** Is there any need for us to communicate with the Micro Warriors, and is it even possible for us to communicate with them?] I believe certain individuals would find it easier to communicate directly with the Micro Warriors, but most Humans will find they relate better to a Being closer to their size. It would basically be a personal choice.*

***Elora:** When the Micro Warriors are working to clear our cells of Dark-related pathogens, toxins, and so on, can we simply give you permission to clear us on a continual basis, as you see fit, regardless of what we're doing at the time and without our knowledge? Or should we sit down and be still, going into an altered state and requesting a clearing session right at that time?*

***Rashona:** A person could do both. The second option would probably be most effective, but the first will have an effect as well. Again, I think it will be an individual choice as to what the person is comfortable with.*

*[**Elora:**] We have found that the Micro Light Warriors do seem to work more effectively while the person is in an Altered state. Also, the first group of Micro Warriors has a tendency to "drift" to areas of greater Darkness if one is not consciously working with them. The Third Wave of Micro Warriors, which is slated to arrive in January of 2005, may have less of this tendency and may be able to work within people's bodies in an ongoing way.*

***Elora:** We could sit in meditation while you clear us, or we could ask you to clear us while we sleep. Is that correct, and which would work better?*

Rashona: Yes, that is correct. Again, I don't see a hard and fast rule of one over the other. The way people are constituted is in many ways quite different, and some people would like to have that feel of immediacy and contact in the waking state. For others, the work in sleep is preferable. I cannot say one is better than the other. It would have to be a trial and error by individuals to see what they are most comfortable with.

Elora: *How about pets? I have called in Light Warriors to protect my cats. I would like to have pathogens and Dark-related toxins removed from them as well. Can I also ask to have the Micro Light Warriors work on them?*

Rashona: Yes, you could.

Elora: *Can you remove Ddarkness and negative programming on aa cellular and DNA level?*

Rashona: Micro Light Warriors would be used for this.

Elora: *How do we set parameters so that your work does not go too fast for us?*

Rashona: I would say that, especially for those of you who have fragile constitutions and compromised immune systems, ask the Light Warriors to proceed only at a speed that will not diminish a person's total vitality. That will protect against a healing crisis. The Light Warriors have the ability to monitor and control the intensity of the work in that way.

Let's take someone with a weakened immune system, who asked for help with candida. This would not be an overnight process, for if done at that speed it would surely cause a person enough distress that they would be bedridden. You would call in the appropriate Light Warriors to work on this problem on an ongoing basis, at a pace that will not lessen the person's overall vitality. It might take weeks or even months to accomplish. And I would suggest in a more long-term chronic situation like this, that the person would want to call upon and reinforce the intent of this group of microscopic warriors, perhaps on a weekly basis.

***Elora:** In clearing our cells of Darkness and toxins, why would we go into a healing crisis, since it would seem the toxins are not being dumped into our blood stream? Or are they?*

***Rashona:** I believe they are. [**Elora:** Please explain the physical reactions we might have with your clearing, and why we would have them.] It appears that it would follow the same pattern that you would have in taking medicinal substances on the Third Dimensional level, herbs and such.*

***Elora:** Regarding the Light Warriors who are acting as ongoing Personal Guardians, can they create an energetic "bubble" around the person they are guarding, and can they keep that bubble free of pathogens and Dark-related toxins?*

***Rashona:** Yes. You would ask your Personal Guardians, exactly as you said, to create a bubble around you, a shield. And you can actually ask that that shield be made up of the armies of Micro Warriors. Then specify what you want to be protected from - viruses, bacteria, pollutants, etc. In this way you will be much less susceptible to these pathogens. Also, the people who are quite susceptible to these pathogens have a resonance in their bodies to these pathogens, and it would be most helpful to address that as well. The resonance itself is not a microorganism, and it could be removed by your Human sized Warriors.*

To create this shield, for example, you may state: "I call upon my Light Warriors to create a spherical shield around my physical form, containing sufficient Micro Light Warriors to guard me from Dark related pathogens, such as bacteria, viruses, mold, etc." and list what you would like to be protected from. Then continue, "And I ask that this shield remain in place at all times until such time as I release it."

Elora: Can you remove Karma from a person?

Rashona: Not directly. What we can remove is any Dark motivation that had caused the person to act in a Karma-generating way. Once that is removed, then a person is better able to face and process the results of this Karma. I believe any of the Human sized Light Warriors that are assigned to you would be able to do this type of work. If a person feels that is not sufficient, they may ask for a more specialized type of Light Warrior. However the Beings that are closest to you will know you the best. There is a learning curve to the relationship.

Elora: Can you remove limiting thought-forms from a person?

Rashona: Again, not directly. If the limiting thought-form has been created by an entity, or for example an institution like a religion that has been compromised, then there is work we can do. What you are looking for in all cases is the source of the conscious intent towards Darkness. When you are looking to eliminate problems, look for an underlying Being or Consciousness and then you will be most successful. Take for instance the Catholic Church. There are many Beings who are benefiting from that institution being in place, and many Beings who are being harmed by it. If you were to look within a person who was raised Catholic, and that person says, "I want to get rid of my limiting beliefs, my guilt and shame," you would look for the underlying cause. First, it would be the programming put

forth by the Church. And then you would look for the Beings who are supporting or holding that programming in place. You would specifically look for the Beings who have, in a sense, been assigned to or are directly benefiting from that person's involvement. We are speaking here of Dark Spirit Entities, and you would look for a rather vampiric energy in this instance. Then ask the Light Warriors to go after those Entities. You could simplify the process by just saying, "I have these limiting beliefs. If there is a Consciousness of Darkness behind these limiting beliefs, and which is supporting these limiting beliefs, then I ask the Light Warriors to go after them."

Rashona concluded by saying:

There is, for us, somewhat of a learning curve in what we are capable of. It is as we get on the ground and really look around that we become more and more aware - both of what needs to be done, and what we can do. And this is our joy; service is our joy.

Following this discussion on healing, we asked Heru if the Light Warriors could remove cancer from the body. He stated:

Heru: I believe that is a good possibility. Cancer is very complex in nature, sometimes triggered by pollutants, sometimes by repressed emotion and trauma. Therefore a person wishing to work on it in this manner would need to take a multi faceted approach, to in a sense go on an archeological dig to find what is triggering it - and prepare for emotional upheavals if there are emotional components to it and so on. But yes, cancer itself would be one of those things that has the Dark at its core. Cancer is very much the way the Dark has worked in this Creation.

Chapter EIGHTEEN: Update 1 - January 2005

UPDATE: 20 January 2005

Elora: Good day Heru. We would like to begin gathering some material for an Update. Let's start with the status of the various Dark Grids. How much remains of the Eleventh Dimensional Dark Grid?

Heru: 40%. [Elora: The Sixth Dimensional Grid?] About 30% remains. [Elora: And the Fourth Dimensional Grid around Earth itself?] It is still about 70% intact, but the fact that it is even breached at all is big news. [Elora: What about the Great Wall around the Fallen Sector: how much of it remains at this time?] 60%.

Elora: Please speak about the “Heart of Darkness” and its relation to the earthquake in the Far East, which caused such damage due to the tsunami.

Heru: The “Heart of Darkness” was an implant that was a very unpleasant thing. If I may describe it - and pardon for even bringing it into words - it was something between a mechanical device and a Reptilian living thing together. It sought to reach the heart of Gaia, the heart of the living Being that animates this Planet. And had it done so, this Planet would have died. It was seen that there was going to be a large movement of the Earth's plates and that this would be a prime opportunity to remove that implant. Therefore it was removed at that time. It did not cause the earthquake, it was more that this opening gave the Light Warriors the opportunity to go and in and remove that thing. I would ask any readers to really connect with the heart of

Earth and feel the difference since then. I think many of you who are somewhat sensitive will be able to sense the greater Light that is there.

***Elora:** Are there more Earth Changes coming up?*

***Heru:** I would rather not make predictions at this time because I do not want to give energy to the fearfulness that is permeating people. Some people are looking at the Earth Changes and dropping their vibration into a depressed and panicked state. Let us just say that things will be unsettled and unstable for the remainder of this year and into the next. And that the more people that go into their heart and really live the peace, the deep peace and the presence of God, the less extreme these events will be.*

***Elora:** I would like to ask about the Seventh Wave Light Warrior Captain Atarpa. Is it correct that he is here and has been assigned to Earth? [Note: We have called a number of Seventh Wave Light Warrior Captains into this Universe to speed up the process here. These Captains are enormous - over one hundred times the size of Earth - and their power is correspondingly great.]*

***Heru:** That is correct. [**Elora:** What impact is he having?] He has, up until this point, deflected some major attacks from the Fourth through to the Seventh dimensional ET's. Therefore you would not feel it in a positive way yet, but he has deflected some very large ships and weapons and so on.*

***Elora:** Are the battles still very much raging?*

***Heru:** Yes, they are. [**Elora:** And are the Light Warriors overall very successful?] Yes. Atarpa is in the process of calling in a really gigantic*

Legion of Third Wave Light Warriors, overwhelming numbers of them. It is felt that this will really be the turning point in this battle. They should be arriving here 4 to 6 weeks from now [*i.e. late February to early March 2005*], and at that point I believe it will become a rout.

***Elora:** This brings up a question. A couple of places in the channelings, you state that now the Light Warriors are here, we could sort of sit back, keep a low profile, and just wait for the Universe to be cleared. However, I find that I can't seem to do that. I've been working on various projects, like calling in Seventh Wave Light Warrior Captains and such. Are these unnecessary heroics?*

***Heru:** It is more a matter of time, of when more than if. And, my dear, I would state that you do heroic things because you are indeed a hero, and that is the way you work. It would be against your nature to do anything else. So it is perhaps harder for you to relax and do nothing than to come up with more ideas to bring the Light faster. Does it work? Of course. Is it needed? It is a yes and a no. Every moment that goes by that someone is imprisoned is a lifetime to them. As in the case with M's daughter, would she have been rescued eventually? Yes. Might it have been six months or a year from now? Yes, and she had been there for a very long time. On the one hand you may say, in a million years what's another three months? And on the other hand you may say that every moment is a torture. So the Darkness cannot be removed soon enough; each Being that is imprisoned cannot be rescued soon enough. [*Elora: That's how I feel.*] Yes, I know it is.*

***Elora:** Please give us an update on the Twin Flame Rift. Has any progress been made?*

***Heru:** It is as if much preparation is taking place but no action has yet been launched. I believe it will be launched soon, in the next month or so. There is really nothing to report because it is mostly planning, staging, that kind of thing at this point.*

Only in Asheville, only on Earth - By Karen Kirschbaum

It was January 24, 20005. I had just settled down to meditate and had called in my Light Warriors. They were buzzing with excitement. "We want you to do something really big! Do something heroic."

"But I'm not a hero. I won't overextend my self into something farfetched and foolish," I replied. "Well, you could call in a Seventh Wave Light Warrior to clean up Asheville."

Who are these Light Warriors? They were created by Prime Creator for the sole purpose of eradicating the Darkness that has caused this World and Universe to fall. They were created outside this Creation of a wholly new substance, and the very fabric of their atomic bonds is far stronger than anything in this Creation. This makes them completely impervious to what we term "Darkness" - a non-souled, non-living substance which is antithetical in structure to the basic life inherent in every atom of Creation. The Light Warriors are in the process of cleansing the Darkness not only from Earth but from our entire Universe.

The Light Warriors arrived in our Universe, imbedded in a wave of Light from the Godverse called the Omniversal Energy. This wave of Light first touched Earth on September 5, 2003. The Light Warriors began to uncloak themselves on August 12, 2004. There are seven waves of them, the first three of which are here now, and they are fighting the giant Galactic battles. They are countless in number and they cannot be defeated. It will take about another 12 to 18 months for them to win the battle for Earth, though the complete restoration of Humanity and our Planet will take some time beyond that.

I have called in a couple of hundred of these Light Warriors from the first three waves to guard and protect me as I have drawn a lot of psychic attacks in the last year or two. They have two pairs of wings and look somewhat like Angels, but they feel different. They appear to be made of a pale golden metal with a brilliant diamond at their center. Most of them are on the male side of androgyny and some travel in pairs.

We have been working with Heru, a Creator God best known for his incarnation as Horus in ancient Egypt. I asked him about the Light Warriors' request and he said that this was a good idea. So I did it. I called in a Seventh Wave Light Warrior to clean up Asheville. In response to my call, a huge female Light Warrior appeared! RonYAH is an awesome being who is something like a Valkyrie Warrior Goddess from Norse mythology. She is 500 feet tall with silver wings.

Her voice boomed out, "I claim this space from Mt. Mitchell to Mt. Pisgah as a Sacred Place for God!" Mt. Mitchell touches the Northeast corner of the County where Asheville is located, and Mt. Pisgah is a little beyond the Southwest corner of the County. They are the dominant mountains of this area.

Ron Y AH then began to call in legions of Light Warriors to work on this area. First she called in 500,000 of the First Wave Light Warriors to clear the Astral Realms. Heru told me that this would not change a person's heart, but if a person had hatred in their heart, they would no longer be driven and used by Astral Beings.

Next she called in 750,000 of the Second Wave Light Warriors. These are to clean out all the many Portals in this mountainous region. Heru explained that when these old rounded mountains were as high as the Himalayas, a great Galactic battle was waged in this area and there is a great deal of trauma imbedded in the stones of this area. He showed me that I had been slain here in one of those battles.

Then lastly she called in one million of the Third Wave Light Warriors to go after the many Dark Beings that have been attacking this area. This area has been fought over with great intensity for a very long time due to the thousands of Portals here. Although Asheville is renowned for its light, there is also a lot of dark energy here as well.

After all were assembled, RonYAH formed all of them around her in a star tetrahedron that was half above ground and half below. She then began to rotate this star tetrahedron - churning and digging out the junk we have lived with for eons. After a short time she released the Light Warriors from this form to continue their work on an individual level.

She drew herself up to her full height and began to swing a cord around her head like a biblical sling-shot - whomp, whomp, whomp. At the end of this cord was a mass of the undifferentiated Plasma that God churns out endlessly. This Plasma is used to make up all the stuff of Creation ... Souls, Universes, all matter and so on. The Plasma hurler that RonYAH was using is called a God Bomb. It is being used here to restructure matter on the atomic level to return it to its original purity. She launched many of these and they landed with an explosion of Light.

The next morning dawned with the most crystalline energy, the clearest Light, the deepest energizing peace imaginable. I could still feel her working. I can feel her working now, although it is now much more subtle.

In closing, I have two questions for you. First, can you feel this? Secondly will you

join with me in calling forth as many of these Beings as it takes to clean this Earth of all Dark energies? If your heart answers "Yes", then simply call forth Light Warriors to guard and protect yourself and your friends and family. You may also connect with Prime Creator, in whatever manner is most natural to you, and call for more of the Seventh Wave female Light Warriors (who are known collectively as the Konteus) to work with your particular area. The Konteus will not arrive en masse until the Seventh Wave reaches our Universe approximately next December, but due to divine intervention it is possible to call a certain number of these Beings forth prior to that time.

These are the days of hope and glory. For those of us who wish to be heroes, this is the time when focused energy and intention, even from one person, can make a huge difference.

Archangel X: 26 January 2005

This material is from an Archangel who is not currently known on Earth, and prefers to remain anonymous for the present.

Elora: Recently, Karen and Shakura have made contact with some very powerful female Seventh Wave Light Warriors. Can you tell us something about these Beings?

Archangel X: First, I want to say how magnificent they are, and that they are new to me as well. Not all of the Beings that are coming from that Creation are really known to us ahead of time, so that was a wonderful surprise to me and I was delighted to be a witness to both of them entering in this world. And what can I say about them? So far, the Light Warriors have either been androgynous or somewhat male. And as you may have observed in working with Sekhmet and some of the other Creator Gods and

Goddesses, the female principle is oftentimes the actor and the doer. I do not know why the male principle came in first. But I do believe that from the Third Wave on out, they tend to be more separated into gender, whereas the first two Waves seemed to be more androgynous. I do believe at some point even with the Third Wave Light Warriors you will start to see some female brigades. And if you look at the difference between RonYAH and Xantheos [a Seventh Wave Captain who is stationed near Earth for purposes of protection], you will noticed that Xantheos is almost like a statue. He really doesn't move that much. When you compare how absolutely dynamic RonYAH is, you would see the fundamental principles of *Yin* and *Yang* in action. [*Elora: Are these Beings from the Seventh Wave?*] Yes, they are.

Elora: What are their special powers and abilities?

Archangel X: I would say that they embody a much more emotional energy. It's almost as if the male or androgynous Light Warriors are working and operating out of principle and thought form, and the females are working out of emotion. And the emotion is very powerful, it makes them much more highly charged. In that they are perhaps better able to effect even more change.

Elora: How well do they see? If your vision is a 10, for example, where would theirs be?

Archangel X: I would say it is up there at about an 8, perhaps. Remember that these are in a sense brand new Beings, and so as they get used to having form and acting in form, all of their abilities should improve.

Elora: Would it be a good idea to bring in more of these Light Warriors? Apparently it wasn't that difficult.

Archangel X: Yes, I believe it would be very good to bring a lot of them in. *[Elora: Are they Seventh Wave Light Warrior Captains or just female Seventh Wave Light Warriors?]* They are something else altogether. The Creation that the Light Warriors come from is home to a number of races, and this is one of those races. They are called the Konteus.

Elora: *When is the Seventh Wave scheduled to actually arrive in our Universe?*

Archangel X: Well, let us progress from the Third Wave. The Third is in process of unclocking now and we are almost at the end of January. In March, the Fourth Wave will arrive. The end of May or June will bring the Fifth, September the Sixth, and by December we should be seeing the Seventh Wave. So it will all happen within this year. *[I asked for intervention to have these different Waves come in more quickly, and I thought it had been granted. However apparently that didn't happen?]* This is still very quick. I think what your intervention has accomplished is that at any given time, any of them can be pulled in.

HERU – 26 January 2005

Elora: *Heru, from your perspective, would you speak about the overall progress that the Light Warriors have made in cleaning up our Universe, and the current state of things in our Universe? How do things look to you?*

Heru: I would say as far as the big battles go, it is perhaps between two-thirds to three-quarters complete. There are pockets, fairly large pockets of strong resistance, but they are under siege and either circling the wagons or in retreat. With those large areas where it is felt that there will not be a

resurgence of the Darkness or new attacks, we are beginning to have the reclamation crew come in, but we are being somewhat cautious about this as we do not want anyone injured.

What else can I report to you? It is felt that in about a year's time the major battles will be complete, and that the resistance will have been captured and neutralized and taken to a place of reclamation. And what is left to be done is huge, as I'm sure you are aware. The work to come will be fairly long and arduous. Large swaths of this Universe pretty much lie in tatters, and would look not unlike the areas devastated by the Tsunami. Now that is not everywhere, and that is not even maybe the majority. But there are very large areas that have been pretty completely decimated. It will take a great deal of work on many levels to reclaim its original structure and integrity, purity and beauty. However it is doable, that is the good news. [*Elora: And the reclamation crew will be doing this work?*] Yes, this is not your job. [*Or even yours?*] I am in more of an advisory role for that.

Elora: What percent Dark is our Universe now?

Heru: Things are just so different than they were, I can't say actually. If an area has had the Dark Beings removed, and yet still looks like the remains of a cyclone, is that area Light or Dark? There are no longer Dark Beings there but it is still devastated, so it is still living with the effect of Darkness. Really, things are changing so rapidly that I can't quantify it at this time any more.

Elora: You said that in a years' time the major battles will be complete. Is Earth considered to be a major battle? Yes.

***Elora:** What progress has been made in the Battle for Earth? We know the Light Warriors started here about December 1, and actually we have found things to be worse since that started, in terms of psychic attack and so on.*

Heru: The Ddark has marshaled a very large contingency of Beings and weaponry and reinforcements and so on, in a last ditch effort to maintain control over this Planet - but they are definitely losing ground. It is almost as if they are using themselves as a shield wall where the Fourth Dimensional Frequency Fence around the Planet has disintegrated. So they have just stuffed as many bodies into those breaches as they can to try to keep outside influences from getting through. However as you have seen with Beings like RonYAH, that is not successful. More of the Light from the Omniversal Energy is getting through, enough is getting through that you may pull forward as many and as much of the Light Warrior energy as you are able to hold and sustain. [***Elora:** The Light Warrior energy or pulling in Beings such as the Konteus?*] Both. The energy of the Light Warriors and also bringing them into our world.

If you were to be able to tune in to the Inner Realms, it would look as though the Darkness is still covering the face of the Earth. But a lot of it is smoke and mirrors, and not anywhere near as strong as they would project themselves to be. And so in any given place one may call in as many of these Seventh Wave female Light Warriors to take on an area such as Karen did with Asheville. A large metropolitan area, perhaps, would take three or four of these Beings to accomplish what was done by one here. It is very exciting. I think if there are places in this world where you are wanting this to happen sooner rather than later, you may initiate some of these. I am picturing in particular your Nation's Capitol. It feels to me that to do that area would take perhaps five of these Warriors and millions and millions of First, Second, and Third Wave Light Warriors. So you might actually want to that as a group meditation, to pull them in.

***Elora:** Is it correct that a Seventh Wave Captain has been assigned to each of the Twelve Critical Planets? Yes.*

***Elora:** Please give us an update on our Solar Logos.*

***Heru:** Steady progress is being made. He is now about 75% Light, maybe even 75, 80%.*

***Elora:** What is happening with the truly Dark Universes? Is anything being done about them yet?*

Heru:** Before they are dealt with, any of the Beings that have been captured must be rescued. I know you effected a rescue recently, and there are many such prisons in these Dark Universes. Everyone must be rescued out of them before they can be collapsed and that will take a little time. [Elora:** Are these Dark Universes being guarded?*] Yes, I believe in large part they have been contained and battles are being fought there to maintain control over that containment.*

***Elora:** It is a glorious time.*

Heru:** Yes, it is. However, for me to look at this, how would I say it? It's maybe somewhat like the Allied forces walking in and liberating Auswitch. There is a lot of pain there for me to see the extent of devastation and degradation. [Elora:** But for those who were in Auswitch, it's still a liberation.*] Yes, very much so.*

***Elora:** Marjorie would like you to expand on the sentence from the Book: "When we asked why it would take that long, he replied that it takes time for*

Humans to change." What kinds of personal, individual changes is he referring to? People (like me) will want to know what they can DO!

Heru: We're looking at very many different groups of people. For someone like Marjorie, the change in her heart has taken place, and her life personally will continue to unfold in a positive manner. As far as the ruling structures of this Planet, the hearts of those who are in power are very hardened. It will take quite a bit of energy for them to fall from power and the power structure to be changed. I am finding at this time I am not at liberty to divulge how it is seen that that will happen, but make no mistake that it will happen.

[Elora: The ruling structure and bodies will fall?] Yes. [That will be a great day.] Yes. There will be much rejoicing.

Chapter NINETEEN: Update 2 - March - April 2005

Section 1 - PRIME CREATOR - by Elora Gabriel

In *The Return of Light*, I stated that up until the time that Karen first channeled Prime Creator, I had never encountered any Being whom I could call "God" despite my wide travels on the Inner Realms. Many people claim to know God, and religions are full of dogmas that supposedly express the will of Creator. But who or what is God, beyond our ideas and preconceptions? In the last couple of months, I have begun to re-discover the One who created this Creation, and in a much more personal way than I ever could have dreamed. I will generally refer to Creator as "He" in this writing, but wish to emphasize that Creator is above gender and manifests as both male and female.

In the *Bhagavad Gita*, Krishna (speaking from the consciousness of Creator) states: "Permeating the Cosmos with a fragment of Myself, I remain." I believe that Krishna was communicating the fact that God is, on the one hand, an energy or consciousness which permeates all of Creation; and on the other hand is a Being who exists above and beyond Creation itself. Creator, in his aspect as a Being, has been shut out of the Fallen Sector for the past 500 million years. Now that large parts of the Frequency Fences have come down, Creator has personally entered the Fallen Sector. Due to the extreme density and distortions still present in the Lower Dimensions, Creator has only a very limited ability to affect matters on our Planet. However, his power in the Higher Dimensions is growing exponentially. We have seen literal miracles occur on those Realms, almost on a daily basis. It is painful and frustrating to see things being as bad as ever, even continuing to worsen on Earth. However, Heru did warn us that 2005 would be a difficult year -although both he and Creator now state that we will see definite changes for the better sometime this year. We believe that it is only a matter of time until a breakthrough occurs which will allow miracles begin to occur on the physical. Creator has expressed an intense desire and determination to entirely heal the Fallen Sector, and he will remain here until that is accomplished.

All of us who are involved in this work can now say, beyond a doubt, that Creator is a Being in every sense of the word, with emotions, thoughts, feelings, and agendas that he wishes to accomplish. The scope of the Being whom we call Creator is beyond our imagination, yet our connection with him has become undeniably personal.

In terms of our personal lives and the inner work we do, those of us involved with the material already given in *The Return of Light* have now found that when we need help or intercession on the inner, the most effective route is to go directly to Creator. This was not always the case. Back in January, Creator told me that he was beginning to be able to reach into the Fallen Sector, but it was like trying to do work with blindfolds over his eyes and oven mitts on his hands, so to speak. Despite these limitations, his eagerness to reach us, and our desire to reach him once again, fueled our work

together. We began to call for changes and assistance on the inner, and our requests began to be answered with power and effectiveness.

For example, on February 15, 2005, after a period of relative quiet, the Dark launched a sudden "sneak attack" on the other side of our Universe which resulted in a very damaging battle. The Light was taken by surprise and there were some heavy losses. This battle escalated into a rash of attacks all over the Universe.

Karen channeled Creator, and we asked what could be done. Creator suggested that we work with him to call in 77 Seventh Wave Light Warrior Captains, 144 Konteus, and 2000 Sentinels. The Konteus would then pull in millions of additional Light Warriors, as they have this capacity. All of these Beings are created and in existence, but in general they had not reached the Fallen Sector yet.

We worked with Shakura and asked Creator to send us all the above Beings. With his help, we were able to pull all the above Beings into our Universe and deploy them as needed. The battles rapidly turned in favor of the Light. But this was only the first of many miracles to come. Since then, Creator has restored almost a thousand Higher Dimensional Beings who had been melted down, who had literally ceased to exist as Beings. Their memories have been restored and they are complete, sentient, and ensouled Beings once more. He has also restored Beings who had been disintegrated or blown apart. He has healed great numbers of the Archangels, for many have been damaged in the conflicts that have occurred in this Dark Sector over the eons. In all of these cases, Creator required a Third Dimensional "ground" in order to do this work - in other words, a Third Dimensional Human was needed to hold the energy.

On February 24, we asked Archangel X: *What is enabling Creator to do these incredible things? Is it our power combined with his that somehow enables this to occur?*

Archangel X: Yes. There are enough gaps in the Frequency Fences that you are now able to do this kind of work directly with Prime Creator which was blocked in the past. Humans, Third Dimensional Beings, have been designed to be co-creators with God, and this work you are doing is an example of that. And you will be seeing much more of this. This has been dreamed about for decades. I'm sure you are familiar with the term "conscious co-creation". Although many of dreamed about it and have put forth the concept, in actuality almost no conscious co-creation has been happening up until this point. So this is a new phenomenon that is happening, basically beginning with this year. The calling forth of the Konteus and the other Beings are another example of this.

Elora: *Does the passion of the request play a role here, the intensity and the sense of command and power behind it?*

Archangel X: Of course. You are familiar with the concept that thought creates, and really thought does not create a whole lot except when you go into the higher realms of thought. But what Humans think of thought, what happens in their mind, is not what creates. What really creates realities is *emotion*. And as you connect more and more with Prime Creator, you will find that working with Creator your *emotions* will play a very important role in your co-creations.

On March 1st, we asked **Prime Creator:**

Elora: *What do you most need from us to make co-creation work?*

Prime Creator: First the willingness to align your Being with me. Then calling me in to inhabit you, your space, your body. Third, the faith that

what you are doing is real and not just imaginary. And fourth, to develop the confidence in the truth of the fact that what you are expressing is really of us, and that takes practice. It takes practice applying these steps to gain the confidence that it really is a very potent and wonderful tool. It also takes essentially the remembrance that this is what you were designed to do, so it is quite simple to bring this forward provided you do not conflict yourself with so many doubts that you would throw obstacles in the way.

Elora: What do you mean by "really of us"? That what we are doing is of Truth, of Light?

Prime Creator: Yes. And that this is not just an imagined fantasy.

Elora: How do you feel about this beginning of conscious co-creation with Third Dimensional Humans? I know you have been shut out from the Fallen Sector for so long and must have felt great frustration.

Prime Creator: I have felt great frustration, and I feel great joy in being able to finally touch what has been out of reach for me for so long. There is a great deal of pent up Love and longing to touch, longing to express fully, my Love for each particle of my Creation. And I want to express that this is truly my time to take back my Creation. Every, time an opening is made for me to come more fully in, I can't express the joy, it is greater than words can express.

Elora: We will continue to call upon you frequently.

Prime Creator: Please do, not just for me, and not just for you. Every time this opening is made bigger it is made stronger, and more people will be able to access that connection.

[**Elora:**] On March 15th, we discovered a new phenomenon on the Inner Realms - the **God Stones**. I first saw a God Stone on an occasion when I had traveled to a Sixth Dimensional Realm which I often frequent. There I found something which had not been there before - a large stone standing in the middle of a meadow. It looked something like one of the "standing stones" common in the British Isles, except that it had a somewhat glassy, translucent appearance. I learned that this was called a "God Stone" and that it was a place wherein one could do work with Creator in a very direct way. If you can imagine one of the old mainframe computers, God Stones are like terminals into that central computer. Since I was in an energy body, it was easy to step into the God Stone. Inside the God Stone, it was very quiet and spacious, and Creator was directly accessible. Karen, Shakura, and I all began to do our work with Creator inside the God Stones. They have appeared in many places both near Earth and elsewhere. The more work that is done in a God Stone, the bigger and more powerful it becomes. I cannot overemphasize the importance of the God Stones for those who wish to work directly with Creator.

On March 16th, we asked **Archangel X:** *Can you tell us more about the **God Stones**, and how they can be used for manifestation, for help and healing?*

Archangel X: They are wonderful, wonderful. I don't want to call them devices because they are much more organic than a device. They are something Prime Creator created some time ago, but it was limited, I believe, to only one universe. Now that the Frequency Fences have fallen, it was decided that they would be a wonderful asset. They are programmed to amplify communication with Prime Creator - between Prime Creator and whoever is in there - and amplify whatever the work is that is done in there, perhaps in a way similar to a pyramid. But it is almost as if these Stones are living stones, in a way that a plant would be alive. I myself have not worked

extensively with them so they are new to me as well. All of the gifts that this brings to us are not yet known.

***Elora:** Last Sunday, I went into the God Stone to do some work. Creator said that He was going to give me something. I think He said that he was making me an embodiment of His will, or some such thing. After He said this, I found myself become absolutely huge and, it seemed, more powerful. I then found that when we brought Archangels into the God Stone to be worked on, Creator could work on a number of them all at once - in a couple cases He worked on all 200-300 aspects of a damaged Archangel at the same time. Can you explain what Creator did to me?*

Archangel X: You are correct, He said that you are becoming the embodiment of his Will. "Will" is not quite the right the word, that's the way you would take it, but it's more the manifestation of Prime Creator's wishes somehow that has a less heavy feel to it. And at that point when you were getting big you are expanding so that you may hold the totality of a particular wish of Prime Creator. And then you are able, while in the God Stone, to manifest that wish.

[Elora:] Working within the God Stones, particularly when in an expanded status, is truly an incredible experience. There seems to be almost no limit to Creator's power on the Higher Dimensions when He joins forces with a Third Dimensional Human in that place and that manner. Again and again, we have learned that at this time in the history of our Universe, it does require a Third Dimensional Being to enable these great acts of God to occur. Such would not be the case in a Light Universe, where Creator has unlimited power in every Dimension. Here, where the Dimensions are separated and stratified, it takes a Third Dimensional Being to pull these manifestations down through all the Dimensions.

If you want to work in one of the God Stones, you may simply ask to be taken to the nearest God Stone, or the one most appropriate for you. You can

bring with you any Masters, Angels, or Guides whom you might wish to be there with you. You may also ask Creator to grant you Expanded Status. If He chooses to do so, your power will be amplified a hundred fold. From such a place, I have seen Creator bring back as many as five "lost" Aspects of an Archangel all at once (Aspects which had been melted down), as well as other miraculous feats too numerous to recount. Working from an Expanded Status in the God Stone also feels very different than our earlier collaborations with Creator. Instead of reeling under avalanches of power, one simply holds the energy with Creator, and the work unfolds. Those of us who work in the God Stones with Creator usually have a sense of looking directly into His eyes, and holding His hands while we create with Him. An even more powerful step is to energetically merge with Him and to create a pillar of connection which goes all the way down into the center of the Earth and all the way up to the Twelfth Dimension. I see His eyes as dark and penetrating, and His hands feel slender and strong. However, He may appear differently to different people. Creator normally appears intense, serious, and concentrated - which would be appropriate for the task He is currently immersed in.

As a final word on the God Stones, some of them have been made to contain Portals back to the Light Universes. A number of Beings have already left and have made the journey home. As new Beings come in from the Unfallen Universes and take over the responsibilities held by Light Beings here, more and more of us will be free to return home. One of the first to return was Archangel Uriel. Most of the Archangels will be here for a while at least, but Uriel had been on the front lines for a long time and was granted a special dispensation to return. If you call on Uriel now, you still may be able to reach him, as he can project his consciousness back into this Sector. However, he is no longer here in personal presence. Another Archangel will be taking over the "Office" that Uriel has held, and those who call upon him may also reach this Being.

Creator's power continues to grow, yet His ability to affect the Third Dimension is still extremely limited. We have found, however, that He is able to remove pathogens from our bodies in many cases. We simply go into the God Stone, merge our energy with Creator, and command that all of a

certain pathogen be removed from our physical and subtle bodies, all layers of our auric field, and all the Dimensions, and that its energetic template be removed as well. It is also possible to ask Creator to go back on the time line and do this for all time since we first contracted this type of pathogen. One would have to do this separately for various types of pathogens, such as pathogenic bacteria, anaerobic bacteria, viruses, mycoplasmas, and for pathogenic fungus, yeast, and mold. It is also necessary to do separate clearings for the genetically and chemically mutated and altered forms of a pathogen. We find this more effective than calling the Micro Warriors to work on pathogens.

We asked **Archangel X:**

***Elora:** You said that you thought Creator should already have been able to impact the physical. What is stopping Him?*

***Archangel X:** It's sort of a combination of denseness and scrambledness. It's not just that the Third Dimension is dense. I believe this is also why Heru was unable to manifest a body when you requested it. There is a distortion in all of the matter in the Third Dimension that would make it almost impossible for things to come from the Higher Dimensions into this Dimension.*

[**Elora:**] In closing this section, I would like to invite all of those who feel called to assist in the reclamation of our World and Universe by acting as Third Dimensional "grounds" for Creator. At this time, it is through the capacity of certain Third Dimensional Humans to hold a connection with Creator that the greatest changes are occurring. It is difficult to understand the importance of this, yet this is a reality until the stratification between the Dimensions in the Fallen Sector has been broken down. **Shakura** writes:

"All Humans have Seven Levels within them, which correspond to the Seven Chakras, which also correspond to the Seven Levels within this Universe. The Seven Levels are also referred to as the 'Twelve Dimensions' by some traditions. In a Light Universe those levels are fairly homogenous in that a Human can easily travel from one to another, and a person is not stuck in one level such as we are here. In a Light Universe all Seven Levels are 'open' within the Human body, so that the Human is whole no matter what level she/he may reside in.

In our Dark Sector there is a greater separation and delineation between the levels, and we must be in this last level (Third Dimension - which also corresponds to the densest and last level within the Universe) so that we can pull the energies into its completed form. In other words, the energies must come all the way through and be anchored into the physical before they can be complete.

In terms of making tremendous changes by co-creating with Creator, it takes a physical person who is anchored in the Third Dimension to allow the creation to manifest completely, pulling the energies all the way to this level. In the case of healing an Archangel or pulling its Aspects back, [for example], we know that Archangels do not reside in the physical; in fact, we're told they reside in the Sixth Dimension and above. Still, the force generated by Creator to accomplish the healing must still go through all levels for it to be complete. Therefore He needs us to request it, lend our energies, and pull those energies to this level

For those who are reading this, you too can go into the God Stones and work with Creator. During this time in particular, we are His eyes, His arms and hands. It is through us, through our ability to ground into the Physical level and reach into the Higher Dimensions at the same time, that He is able to break through into progressively greater power and effectiveness. This is a time like no other, when the correct knowledge and abilities, combined with integrity and willingness, will enable Third Dimensional Humans to have monumental leverage in terms of what can be accomplished.

If you are skilled at holding energy, first connect with Creator. Next, ground yourself down into the core of the Earth, and also connect up as far as you can - ideally with the Twelfth Dimension. If you can reach your Monad on the Twelfth, this will be helpful, and he or she may assist you in holding the energy. Communicating with Creator is just as easy as communicating with any other high level Being. You may have your own agenda, or he may tell you what he needs you to do. You may be called to work on your own healing, or that of Archangels or other Higher Dimensional Beings. You may be asked to hold energy while he carries out incredible feats of grace and power, such as creating the Temples of Purification later described in the Channeled Updates for May 2005. Now is the time when you can place your hand in the hand of God and assist Him in carrying out the vast work that has been begun in these Universes.

And one final thought: for those who choose to co-create with Creator during these dramatic times, you will find that He works in the following way. Once He is able to do or to create something, He will then increase and replicate and magnify it. For example, He created a few God Warriors. Then (with the help of Third Dimensional Humans holding energy) He began to create them in the hundreds, then the thousands, the millions, trillions, and on into uncountable numbers. Therefore, whatever He achieves, you can join with Him to command that it be tripled or quadrupled or increased to a factor of ten. He will tell you how much He can magnify His previous creations in any case.

Section 2 - Further Channeled Updates

[**Elora:**] I now have an Update which contains the most stirring and important statement made by Heru in the last couple of months. In a nutshell, the Battle for our Universe and, in fact, the Battle to free the entire Fallen Sector, is moving at an incredible speed and with tremendous success. On April 18th, 2005, we passed a critical point where the Light Forces controlled over 50% of our Universe. By late April, that figure had reached

92%. Unfortunately our Earth is one of the last places to be freed, but that time is drawing very close.

Elora: 18th April 2005 – Heru, we are preparing an Update. Is there anything you would like to state for the benefit of our Readers?

Heru: Write this: My dear beloved friends on Earth, it is with great pleasure that I am able to announce to you the imminent victory of the Forces of Light for control of this Universe. The tide has indeed turned, and the Forces of Light now control more than 50% of this Universe. And within a few weeks the major battles shall be over with. At that point we will be addressing the energetic structures, primarily on the Sixth and Eighth Dimensions, that are controlling the Controllers of Earth. You would probably know them as the *Illuminati*. Within a very short period of time you will begin to see the entrenched power structure that controls the finances, the war machines, and the politics of your world, shake and collapse like a tower of Babel. I know this will give you both joy and fear, for radical change like this is often fearful. Know that what is to come will be miraculous. If you will remember what I believe were called the Velvet Revolutions, the fall of the Iron Curtain which was achieved with no violence, you will see uprisings like that. There will be people marching in the streets, raising their hands and demanding an end. And there will be an end - this is the key - there will be an end to the mind control that has kept many populations enslaved, either asleep in front of the television sets or just hopelessly fatigued and bound to survival issues. People will begin to wake up rapidly, and it will happen this year.

[Elora: Below, in order of the dates we received them, are a number of Channeled Updates with a great deal more information. In some cases I have summarized an exchange for the sake of brevity.]

HERU: 7 February 2007 - Some of the new Beings entering our Universe

On this date, Heru gave us details on some of the new Beings who are entering our Universe in order. One group is called the Guardians of Worlds, sometimes called the Sentinels. Heru said that these Beings have excellent vision and elaborated:

"Let me first say that all of these Beings come in a sense more with potential than with actuated talents. They will come in almost as archetypes, and then life will bring out of them what they are really meant to do. So what I will be giving you is more their potential than their actualization at this time. These Beings were created to be Eternal Guardians so that nothing like what has happened will ever happen again. Therefore, any time there is any assault on any place where these Sentinels are, they will immediately alert the proper channels of Light Warriors and so on to take care of any attacks.

But there is more to them. They are also able to be, in a sense, houses of communication. And I know that you and Shakura have been looking for ways of rapid communication. When these are all in place, they can rapidly transmit information between themselves. So if you are at one end of the Universe and you need to get a message to the other end of the Universe you can do it rapidly through these Sentinels. And it will take some time for them to become wired in, so to speak, to all of the Beings that will be using them. I'm sure there is more, I'm sure they will be used for other things as well, and it is not entirely seen what else they can do."

Heru then discussed some Beings called the Guardians of Purity. Their objective is to return matter to its pristine state, and they are not here in large numbers yet. The Guardians of Purity have a quality of innocence, and appear almost childlike.

Late last year, Heru had spoken of a group that he called the "Love Warriors". These Beings are also on their way, and he described them thus:

"They will look angelic, much softer than the Light Warriors. They will be characterized by pinks and reds and greens, as you can imagine someone dispensing love would be. They will have talents not only in relationships, but in other fields as well. And they are not going to act as therapists, rather they are going to act more with energetics, with magnetism, with harmonizing polarities. Therefore their work will be much more fundamental than that of a psychotherapist would be. Their scope of work is not just with Human relationships, but also with harmonizing the Yin and Yang in all of Nature through the Mineral, Plant, and Animal Kingdoms as well. So they could be called upon to harmonize an area, everything within the area. For example you could call upon one of these Beings to harmonize all of the Yin and Yang within the property that you are moving to. I would like a better name than Love Warriors; perhaps we could call them the Harmonizers."

Lastly, I encountered some Beings called the Purifiers, who appeared to be working the clear air pollution from around our house. I asked if they were the next step after the Guardians of Purity, and Heru stated:

"They are different in function. The Guardians of Purity will maintain the purity of the original intent of the Being or environment. And the Purifiers would actively be cleaning up things, so they have a somewhat different function."

I do feel that the Purifiers have an effect in terms of being able to affect pollution of air and water, and they are helping in removing chemtrails from the air. They are not here in large numbers, but can be called in by those who would like their help. You can ask them to stay in a certain area and keep working on it.

PRIME CREATOR: 19 February 2005 - What is being done to protect us on The Physical Plane. Questions submitted by Shakura

Shakura: Are there any Beings coming who can stop the wars or dismantle the nuclear devices?

Prime Creator: Yes, there are. They will be here within two years, perhaps a year and a half. Some of them have already been here and prevented much that you have not seen.

Shakura: Enough to prevent any nuclear attacks at this time?

Prime Creator: Yes.

Shakura: So we should see no nuclear exchanges or nuclear terrorist attacks?

Prime Creator: There is a difference in effect between a true nuclear weapon and a dirty bomb which is the dispersement of radiated matter. There may be some dirty bombs but there will be no nuclear explosions. And much is being done to prevent even the dirty bombs from being used.

Shakura: How can we be protected from nuclear, biological, or chemical attacks?

Prime Creator: Build these shelters that you have been constructing and work at reinforcing them. I will give you material that is as strong as the fabric from Xantheos but much more tightly woven. Just ask for that and that will keep out the rest of the chemtrails and any radiation pollution or biological agents from your home. Now this will not cover you while you are away from home but at least your home will be safe.

Shakura: *Are there any entities coming who can protect us physically?*

Prime Creator: Yes, but I shall not talk about them at this time. But I also want to say that the deeper you go into these great mysteries that are unfolding to you, the less you will be the victim of random happenstance accidents and so on. You will find yourself much safer just by virtue of the vibration you are dwelling in. And the power of the Archangels that you have pulled into your spheres is not negligible. As you keep them with you more and more, you will also be more and more protected by them.

Shakura: *Are there any Beings coming who can ecologically restore Earth to perfection on the physical, and when?*

Prime Creator: Yes, the ET's that are yet to come or yet to unveil themselves will have with them technologies that people have begun to dream of on this Planet. They are at this point perhaps more dreams than reality, but the reality of this kind of technology exists and is coming. Let me look at time frames. It is a bit difficult to project far out, but I believe in about three to five years you will begin to actually see evidence of this technology. You may not see the Beings but all of a sudden you will see an explosion of new technology that will be able to solve problems, and it will no longer be able to be repressed. There are rumors of this technology now, and when you look at them they seem to disappear like a mirage and not be true. But they are the forerunner vibration of what is to come and soon they will no longer melt away. They will be looked at and they will be solid. Right now the thought patterns of the possibility of this kind of technology

are being seeded in those who are open to it, and a couple of years from now it will begin to manifest. I don't know when those Beings will be seen but the technology will begin pouring forth into the Third Dimension. It may appear to be the invention of certain people but it will be a definite download from these beings i.e. the ET's.

***Shakura:** Will the Light Warriors ever materialize physically?*

***Prime Creator:** As Humans become more Fourth, Fifth, and Sixth Dimensional, the Light Warriors will begin to appear to them. So if two people were side by side, and one person was very dense and merged with his dense programming, he would not see the Light Warriors. But the person next to him who is open and more multi dimensional would see that Light Warrior and perceive it as a Physical Being. And within a year, that will begin to happen.*

***Shakura:** Will there be a way to restore the Human body back to perfection?*

***Prime Creator:** Yes, there is and always has been a way. If you look at your scriptures of bodily resurrections and miraculous healing, that way has always been there but for only for a scattered few. It will become more prevalent, and in two to three years you will see a definite rise in that kind of event.*

***Shakura:** Are you referring to Ascension or what?*

***Prime Creator:** It is all of it. It is the opening of the gates for the restoration of the divine blueprint, it is the opening of the gates for instantaneous healing, of very major kinds of healing, what people today call miraculous.*

There will be downloads. There have been small forays into this with some Healers, but there will be more and more downloads of the technology needed for these kinds of miraculous healings, remissions, and transformations. This will come. It is coming. It has already begun in a small way. But you will see it more and more. Again it is being seeded into the fabric of the mind and the souls of many people who have been waiting for their powers to unfold. And they will unfold.

Shakura: Can the Guardians of Purity affect the physical?

Prime Creator: Perhaps not yet or only in a few, but as they are put to use they will change the physical. The more they are used, and the more all of these Bbeings are used, the stronger they become. Even your First Wave Light Warriors have not fully manifested their strength.

Shakura: Once the Dark is cleared and all is restored, what will these Beings do? What will their purpose be?

Prime Creator: There will always remain a certain number of them to be forever vigilant. With the others it is actually not known. They will be free to create worlds, colonize, and become a part of the fabric of this Creation. And how they will affect this Creation is truly not known at this time. It will be an interfacing, in a sense, of two Creations. These Beings were created outside of this Creation, and they will remain here or go to their Home Creation as they wish, or travel back and forth. What you don't understand is the complexity of this new Creation. Look at the older Universes. That level of complexity is the level of this new Creation that I have created. And so there is much you have not seen of this new Creation. It does exist side by side interpenetrating all of this Creation and it will continue to grow just as this Creation has grown, and it will continue to interpenetrate this Creation. I do not know what the future will bring. I know it will be glorious, but the shape that this will take will be in large measure up to all of the Beings in

this Creation and that Creation. It will be a dance of interpenetration, and I see that it will be a glorious future.

[**Elora:**] Given how fast things are now moving on the Higher Dimensions, it is my hope and belief that powerful and positive technology for cleaning up the environment will occur sooner than three to five years.]

HERU: 20 March 2005 - PORTALS TO THE LIGHT UNIVERSES

[**Elora:**] The section of this Uupdate which is entitled "Prime Creator" discusses a Higher Dimensional phenomenon called God Stones. Essentially, these are places where Creator's presence is very strong, and where one can go to do with Creator. On the night of March 19th, Creator altered some of the God Stones so that they would contain Portals back to the Light Universes. The Portals are two-way, and therefore they also allow Beings from the Light Universes to enter our Fallen Universe. Many of the Beings who have been serving for a long time in the Fallen Sector are very weary, and some are already making the transition back to the Realms of Light. I saw Archangel Uriel pass through the Portal on March 19th. For confirmation, we asked Heru:

Elora: Heru, is it correct that Uriel went back through one of the Portals with all of his Aspects?

Heru: Yes, he did.

Elora: Have many more Beings left?

Heru: Yes, there is a great migration underway.

Elora: *What are your feelings when you see this?*

Heru: There is great joy that they are returning to the Light Sector and returning to healing. There is some sorrow that at the parting, although of course it will be a very short time before full commerce and communication and travel will be reestablished. But the partings are not so much between myself and them, but between these Beings and the people they are attached to, who don't have the same sense of time that I would have; so there is some grieving there.

Elora: *Is Archangel Gabriel to go back?*

Heru: Yes, perhaps within a matter of months.

Elora: *He would find some way to keep contact with those he is connected to?*

Heru: I believe that it is possible now for an Archangel or a similarly powerful Being to project himself back into the Dark Sector. Therefore Gabriel could go with all of his Aspects and yet still maintain communication and contact with those who desire that.

Elora: *How about yourself and Sekhmet?*

Heru: We haven't really decided when. We'll leave it at that for right now.

Elora: *Is it also correct that Creator has decided to speed up the instant return of Karma on Earth?*

Heru: It appears so; I don't really know the details on that. It is in process and how it manifests will be very much on an individual basis. But I would say that pretty much at the present time it is beginning.

SANANDA: 17 April 2005 - The Truth behind the Rumors

Elora: *Sananda, I would like to ask you about two major rumors which continue to circulate in the New Age world. One has to do with the financial investment program known as Omega. Omega was started by a man named Clyde Hood. His right hand man was Mike Kodoski. The initial investment was small, but the fund was rumored to have been rolled over so many times that it ended up in the billions and would pay millions to all Members. Even Members of the Banking Community apparently corroborated the presence of this huge fund of money. Some say that St. Germain was behind this project, and in fact many Light Workers joined. Eventually, the Principals of this Project were arrested, and Mike Kodoski died. Still, many people hold onto the belief that Omega is going to pay. Was Omega ever real or was it a scam from the beginning?*

Sananda: It was not a scam from the beginning but it was taken over by the Dark. St. Germain was behind it but was unable to protect it and keep it from being taken over by the Dark. Those funds have been channeled back into the channels of established wealth and will not payout.

***Elora:** The next rumor we'd like to address is about a piece of legislation called NESARA - short for National Economic Stabilization and Recovery Act. This act is a proposal which, as far as I know, hasn't even made it to Congress yet. The rumor is that it has been secretly passed, and the Powers That Be are waiting for the correct time to announce it. These rumors have circulated for years yet nothing has happened. What is the truth about this?*

***Sananda:** It has not been passed. All of the Legislators have seen it, and of course many or the majority of them are corrupt and would never want this to be implemented. There are a few that given the opportunity would definitely bring it forward.*

***Elora:** Do you feel that with the big changes coming this year, it will be passed?*

***Sananda:** I don't see it this year but something akin to that may happen next year.*

PRIME CREATOR: 15 April 2005 - The God Warriors

***Elora:** Creator, now that you are personally here in the Dark Sector, it seems that you are appalled beyond description at what the Dark is doing and has done - and that you want this War over as quickly as possible.*

***Prime Creator:** I do. And I told Karen, as you know, my desire to manifest bodies much like the Light Warriors. It will be me with my full consciousness, but made out of the structure of the Light Warriors. Now that I have created this substance that the Light Warriors are made of, it will*

allow me to manifest everywhere in this Dark Sector in an undefeatable position.

Elora: How many of these bodies will you manifest?

Prime Creator: Countless. And there is something that you must understand here. I know that we had discussed that prior to my creating the substance of the Light Warriors, the only way to get rid of the Dark in this Sector or in this whole Creation would have been to weaponize every atom of this Creation. This is a much different approach because it is like me donning a suit of armor. It does not change what I am or what the Creation is.

Elora: What will you do when you are in these bodies?

Prime Creator: I will wage war and I will defeat the Dark and drive it out. I will be the great Captain around which the Light Warriors will rally. And nothing will stop me.

Elora: What Dimension will these bodies be on?

Prime Creator: They will start out on the Fifth, and will radiate in both directions.

Elora: Will these God Warriors be able to affect the Third Dimension here on Earth?

Prime Creator: Not at first, but I believe within a couple to three months.

Elora: *How are the Dark Forces which control Earth going to be targeted?*

Prime Creator: We will surround and disarm the off-planetary Beings first, which will take away the power structure that is holding together the Beings on this Planet. They will become very unstable and will fall apart rather rapidly. And then we will surround and disarm them as well.

Elora: *How will you do this, since they are on the physical?*

Prime Creator: I will have to see. This is a work in progress, but I know it will be done.

Elora: *How soon will this take effect, here on the physical? How soon might we see these Beings going down, so to speak?*

Prime Creator: You will begin to see it this year.

Elora: *Will this be able to stop the strong and rapid movement towards global control that is happening right now, with the so-called Free Trade Agreements and the Codex? Votes on some of this legislation could happen within a month.*

Prime Creator: We will interfere with their plans.

Elora: I would also like to ask something about the transformation of Third Dimensional Earth. It seems that, other than the Dark and Fallen Beings, our biggest stumbling block is the incredible density of the Third Dimension. Every time we try to affect something on the physical, or ask you to do so, it's the density that gets in the way. What is it going to take to penetrate and lighten that density, and correct the atomic distortions, both here on Earth and elsewhere in this Universe?

Prime Creator: That is an excellent question and I am working on it. I do not know yet, but I know it will be done. So please ask me again soon.

Elora: Here is a question from a reader. He asks: "I believe the expectation is that the Light Warriors won't be defeated by the Dark Forces because they were made of material from an entirely new Creation, outside this Creation that our Universe is in. Did not the Dark Forces also originate from outside this Creation, and might they not leave this Creation to find a way to counter the Light Warriors? What would prevent that?"

Prime Creator: We have stationed Light Warriors all around the perimeters of this Creation as part of our first line of offense, and so the Dark will be contained. Also do remember that once the battle is complete here, we will send forces to the originating point of the Dark and defeat it as well.

Elora: Can you say any more about what it is like for you to be here in the Fallen Sector, seeing all that has happened here?

Prime Creator: If I were to take the time to grieve, my tears would be never ending. There is within me an urgency to triage, repair, heal, and restore in a way that takes me out of my Emotional body. So right now for me it is a

fierce amount of activity. At this point I don't really have the time to integrate, feel and grieve the losses that have happened. And it is my hope that by the time I have the space to do that, much healing will have taken place. I would say this is a rather frenetic time for me right now.

Elora: It was said by Sekhmet recently that the rest of the War would appear very fast and very ruthless.

Prime Creator: Yes.

Elora: What does it mean that it will be very ruthless? In what way would that be different than it has been before?

Prime Creator: Many delays have happened in advent of this War, in an effort to give every Being possible the choice to choose Light or Dark. Those who have continued to choose the Dark will be rounded up and imprisoned. And those who willingly give up the Dark will have a much easier time in their recapitulation. It will be a healing process, and it will be allowed to be spread out in a manner that I'm sure will be uncomfortable, but they will live through it. For those Beings who have not renounced the Darkness, it will be more of a trial by fire. And this will not be imposed on them, but many of them will end up choosing to be melted down rather than go through this [i.e. the restoration process]. It will be a much more painful process.

Elora: Those who make this choice will be melted down and then brought back?

Prime Creator: We shall see.

Elora: Thank you for this information, Creator. We are all dedicated to doing everything we can in order to restore this Creation.

Prime Creator: And I thank you as well. There are many in whom I am very pleased. And I will be manifesting to them more and more as time goes by.

[**Elora:**] We call the manifestations of Creator which are discussed in this channeling the God Warriors, and they truly are magnificent - far more powerful even than the Light Warriors, and blessed with incredibly keen vision. To me, they are the personification of the Wrath of God. They are ruthless in eradicating the Darkness, stopping at nothing. Once they were released, Creator began making them in astronomical numbers. The God Warriors then swept through our Universe and the whole of the Fallen Sector. Their power is so awesome that absolutely nothing can withstand them. Because their sight is so keen, they have been able to locate and destroy the hiding places of the Dark, as well as their cloaked weapons and so on. I believe that once the major battles in the Fallen Sector are over, the God Warriors will be available to act as Personal Guardians for those who need them. Hopefully that need will not exist much longer.

HERU: 18 April 2005 - The Tide Turns

Elora: Good day Heru. There were battles raging in our Universe yesterday, perhaps starting a day or two ago. I sense that what happened was extremely important. Would you please give us your perspective on what occurred?

Heru: Yes. With the advent of the God Warriors, the Dark is frantically pulling out everything it has in a last ditch effort to stave off certain defeat.

Elora: *So in other words, they launched a massive offense all over the Universe.*

Heru: Yes, and this is basically for this Universe only. The other Universes are in varying states.

Elora: *My feeling was that, once the Dark saw the God Warriors coming forward, they decided to launch a surprise attack and throw into it everything they had, most or all of the forces and weapons that they had been holding in reserve. Is this correct?*

Heru: That is correct.

Elora: *Do you feel that they will ever be able to pull together such a mass offensive again, in this Universe?*

Heru: The only way they could do so is if they were able to come in from the other Universes.

Elora: *The surrounding Universes which are less cleared-out?*

Heru: Some of them are.

Elora: Do you think that can happen?

Heru: It is extremely unlikely because there is an effort made at guarding the borders. And of course as time goes on things in those Universes will speed up as well.

Elora: What kind of progress is being made in the other Fallen Universes? Are the battles also turning there in favor of the Light?

Heru: In some them it is, in some of them it hasn't gotten that far yet. With some of them you would look at them and say they are five years behind where things are here now. But that doesn't mean it will take them five years to progress this far.

Elora: So going back to yesterday, what was the outcome of this mass offensive by the Dark?

Heru: They are failing, and being captured in great numbers.

Elora: I know that Creator has been making vast amounts of the God Warriors. Are these having a great impact on the overall War against Darkness?

Heru: They are.

***Elora:** Do you feel that, with the advent of countless numbers of God Warriors, the War in our Universe will be over very soon, except for small skirmishes and areas of resistance like Earth?*

***Heru:** I do.*

***Elora:** How soon? Are we talking weeks, months?*

***Heru:** I believe weeks, maybe six weeks.*

***Elora:** Would you please speak for a few moments on how you view the overall state of our Universe, including what percentage of it now is under the control of the Light.*

***Heru:** As of this moment, about 63% of this Universe is in control of the Forces of Light. And that will increase. Before this battle it was just below 50%, so this really is in essence the turning of the tide.*

***Elora:** So when we started these discussions, our universe was 75% in the control of the Dark, essentially.*

***Heru:** Yes.*

***Elora:** And the War would essentially be over when maybe 95% is under the control of the Light?*

Heru: I'd say basically even by 80%. I think within 6 weeks it will be 80% in the control of the Light and so there will be just small pockets remaining.

Elora: *How about the totally Dark Universes? What is the status for them, and have any been collapsed yet?*

Heru: They have not been collapsed yet. They are being surrounded so as to be contained, and I believe they will be moved away somehow from the other Universes to a sort of empty space to be collapsed. I can't really say when this will occur.

Elora: *How is Majaron is doing? [Majaron is the Sixth Dimensional Aspect of Karen's Twin Flame. His progress is of interest, because he was one of the first Dark Humans to be reclaimed and to turn back to the Light. This event occurred last summer, but in his time only a few months have passed.]*

Heru: He is in deep seclusion, and he is obsessively poring over every event in his life. He is in something like an Akashic Record room, where he can access all of this, everything that he did.

Elora: *And is he making progress?*

Heru: Yes. But this will take some time.

Elora: *This brings up a question I've been pondering about. You have said that when the Darkness infects a Being, it subverts their will and they*

perform actions which they have not really chosen through Free Will. How does it make sense that Beings must suffer and bear the responsibility of what they did when their will was taken over by the Dark?

Heru: There have been great debates on this. I believe there is a dividing line, and that is between those who willingly renounce the Dark, like Majaron, and those who are unwilling to renounce the Dark. Now Majaron is suffering, and he will want to make reparations to those whom he has wronged. But he will not be called upon to live out the Karmic retribution or the Karmic restitution for what he has done. And so that is what is different. I want to say it will be enough for him to really look at and absorb everything he has done, and that in itself will be very painful. And he will have some work to do around this. But what we're talking about is the difference between perhaps months of therapy and recapitulation, versus hundreds or thousands of lifetimes of suffering and being chained to the Karmic wheel.

Elora: *So this is more a matter of consciousness, for those who willingly renounce the Dark?*

Heru: Yes.

Elora: *And for those who don't willingly renounce the Dark, they would have to go through these thousands of lifetimes of suffering?*

Heru: Yes, and many will choose to be melted down instead.

Elora: *I would also think that when the new Beings come in, they will help these people who are returning to the Light.*

Heru: Yes, they will.

30 April 2005 - Collapsing The Dark Universes and a Time of Miracles

[**Elora:**] Shortly after the Update posted above a stunning series of events occurred, which I will summarize for the sake of brevity.

As previously discussed, the Fallen Sector contain both Dark and Fallen Universes. Fallen Universes, like our own, were originally created in the Light and were later taken down by the Dark. However, certain Universes were created totally Dark by the Fallen Creator Gods and were thus entirely Dark in nature. Heru has previously stated that these Universes would have to be collapsed as they were not redeemable. Once the God Warriors began to clear out the Fallen Universes with incredible power and speed, the need to deal with the Dark Universes became stronger, as they posed an ongoing threat to the rest of the Fallen Sector. By late April, all Light Beings who had gone to these Universes on various missions had been rescued, and Creator was ready to act.

On April 24, 2005, Creator assembled a group of the highest level of Creator Gods, including Heru and Sekhmet. While the Creator Gods - and a contingent of Third Dimensional Humans throughout the Fallen Sector - held the energy for this event to occur, Creator sent an Army of God Warriors to surround each of the Dark Universes. The Dark Universes were then moved out of the space-time continuum. Next, a small contingent of God Warriors was then dispatched to the Central Sun of each Dark Universe. Each Central Sun was collapsed, upon which the Dark Universes themselves collapsed. Because this left "spaces" in the structure of Creation, the other Universes were then rearranged. The Dark Universes had numbered in the hundreds, and never before in the history of Creation had so many lives been snuffed out at once. These were lives which were distorted, twisted, and

filled with suffering - nevertheless they were living Beings. The collapsing of the Dark Universes, though it was necessary and was a great relief to all, sent shock waves throughout Creation.

When we asked **Heru** what this would mean for the rest of the Fallen Sector, he replied:

"It will mean that the healing will be able to begin and that the end of the battles will happen much more rapidly, for they [the Dark Universes] were a source of mechanical armies."

Due to the fact that they were so entirely corrupted, the Dark Universes and all Beings in them were not only collapsed but entirely obliterated - taken all the way back to the Void. Tragically, this included three of the greatest of the Creator Gods - those who, like Heru and Sekhmet, are able to create Universes. These three Creator Gods were those who had created the Fallen Universes, and two of them had originally been part of the Godinj Collective who created our own Universe.

Heru explained:

"When a Being is melted down, their atoms and their structures and their consciousness is returned to the All That Is. Even though that Being no longer exists as an integral individual, all of that consciousness is absorbed by Creator. And that is why we are able to reconstruct those Beings. When Beings are taken into the Void, the deep, deep Void, it is not really known what happens to what they were. It is a great mystery."

Heru and others grieved deeply for the loss of so many Universes, but in particular for the loss of the three great Creator Gods. (I believe that these three were the only Beings still left in the Dark Universes, at the time of their collapse, who had originally been Light Beings.) As previously explained, there are only a few thousand Creator Gods in all of Creation, and of that number only a relative few have the power to create Universes. These Beings had been beloved friends and colleagues to Heru and the other Creator Gods, and since they had been obliterated rather than melted down, no way was seen to bring them back. In all the time I have worked with and known Heru, I had never seen him grief stricken to the extent that he was following this event.

A few days later, Creator re-assembled all those Beings who had held the energy for the Dark Universes to be collapsed. In a stupendous act of power, he actually re-created the three lost Creator Gods directly from the Void. He then animated them, and finally in a blaze of incandescent passion he called upon the Great Void Itself to return the original Spirits of these Beings to the forms he had re-created. For when Creator set out to do this work, it was not known whether he could only duplicate these Beings, or actually restore their Souls. By some miracle that is beyond comprehension, their integral Spirits were brought back from the Void. We asked Heru:

***Elora:** I would like to ask if you feel that the three Creator Gods who were re-created the other night are, in fact, the original Beings whom you knew.*

***Heru:** I do. There was an instant recognition between us. They were very confused but they did recognize me.*

[Elora:] Just as we Humans have had to find unknown reserves of strength and determination within ourselves in order to survive in the Dark Sector, I believe that Creator Himself is tapping into powers and abilities that He did not know He possessed. Even out of the horrific and tragic events of the Fall, some good has come. In fact, now that some of the Healers and Helpers

have begun to enter our Universe from the Light Universes, several of us have received feedback that these Beings see qualities in us which are unknown in the Light Worlds, and which are seen as precious and valuable.

I will complete this Update with more good news. On April 29, 2005, Heru told us that Creator had brought forth yet another marvel. These are structures called Temples of Purification. They exist on the Sixth Dimension and higher, and will eventually appear all the way down to the Third Dimension. Heru was absolutely glowing from having been in one of these Temples himself, and couldn't say enough about what a breakthrough they represent. He described the Temples of Purification as follows:

"These temples contain something which simultaneously looks like a shaft of light and a luminescent egg through which the shaft of light is pouring. What is contained therein is some of Prime Creator's original undifferentiated Plasma. When a Being steps into that Pillar of Light/Egg, they are washed of all impurities and restored to the original state of purity with which they were created."

When we asked him why they are so important, he replied:

"When I look at the damage that has been done to all of the Beings - the Light Beings and Fallen Beings - were we to use the healing technologies that we had in this Fallen Sector, it would take an impossibly long time to restore all of these Beings. And this new process is the nearest thing to instantaneous restoration that we can get."

The Temples of Purification are to be used by anyone and everyone in these restoring Universes who are in need of healing. They are not for use by Fallen Beings however, nor for those Beings in the process of reclamation who are still integrating and coming to terms with their actions. My

understanding is that they are for those who are fully aligned with Light and ready to be healed and returned to their original state of perfection. Heru told us that we could enter these Temples in our Energy bodies and that this would be good for our Higher bodies, though it wouldn't heal our Physical bodies.

On that same night, Heru showed me a vast fleet of Space-ships anchored near to Earth. He explained:

"This is the Fleet that will begin to dismantle the Upper Dimensional Aspects of the Illuminati who are controlling the Earth. They will be launched in the one to three weeks, something like that. The Illuminati exist on many planes, and so we are going after the Sixth and Eighth Dimensional Beings."

To complete a wonderful night, I was then directed to look out across the nearby portion of our Universe, which was filled with beautiful glowing lights, slowly and gracefully moving along. Heru told us that these are "the Beings from the Unfallen Sector who have come to begin the reclamation process." And this is perhaps the most wonderful news yet: the fact that the Beings from the Light Worlds are now able to move freely and safely throughout our Universe means that the battles are essentially over. Heru told us that our Universe is now 92% Light - once again, outstripping expectations - and that the areas where Darkness still exists have been quarantined. Sadly, one of these is Earth. I will quote directly from the last part of our conversation from that day.

[Heru:] I am sorry that your beloved Earth is going to be one of the last places to be rescued. As you know this is one of the Twelve Critical Planets, and they [the Dark] have hung onto it with every last bit of power that they have. But shortly that will change.

The other thing is that we need to go in very carefully so that we can take out the power structures doing as little damage as possible. We are endeavoring to make this as gentle as possible, so that there won't be mass riots of a violent nature and all the apocalyptic Earth Changes that have been predicted. We are trying to prevent most of that from happening, and I believe we will be successful.

Elora: Recently there was a sighting of the Ivory Billed Woodpecker, which was thought to be extinct. Is there any significance to this?

Heru: Yes, there is a wonderful significance to it. And that is that the triumph of the living species, the triumph of the biodiversity on this Planet. This event will serve as a Beacon of Hope to many people. It is almost a resurrection and is a magical happening for many people who study and love Nature, to find that something of great beauty that was thought to be lost has been found. And it will spark a lot of effort in maintaining and nourishing wilderness areas, so there will be an increase in donations to land preservation.

Elora: Would you like to conclude this discussion with any further words for our readers?

Heru: For those of you who are so soul weary and sick and wounded, I would tell you that hope is real, that help is at this point perhaps weeks away. If you can but hang in there for that little bit of time, you will see things change rapidly. But also know that if you cannot, that when you drop your physical forms, help will be there ready to embrace you. And to fear not, for the Darkness is indeed quarantined. One of the last places to be freed is this precious Planet but it is soon to be liberated. We also want you to know that you will not be responsible for the restoration and reclamation; there will be many, many Helpers who are arriving as we speak. Your only job will be to willingly submit to the loving ministrations of the most accomplished healers in Creation.

***Elora:** Heru, you said that help is weeks away. You also said we would see changes by Fall. Are you changing your time estimate? What changes will we see in weeks?*

Heru: Those who are sensitive will begin to see the change consciously in weeks, and to access the Helpers who arrive in the Upper Dimensions, the Fourth through to the Sixth. You will begin to have Psychics and Healers accessing that in a matter of weeks. It will take some months for this to penetrate throughout the Mass Consciousness. Fall may be too far distant an estimate, and it may happen in the Summer - but if you remember that this “Wall” was put up 500 million years ago, this is but a twinkling of an eye. And I really want to emphasize that at whatever a point people find themselves, in the Third Dimension or having dropped the physical body, it will not matter. For those who just cannot wait another day to leave their bodies it is fine for them to do this, for the help is there for them to make the transition.

***Elora:** So you're saying that within weeks we will see big changes on the Inner Realms, and it will be a matter of months to see changes begin on the outer, such as Earthly power structures changing and so on.*

Yes.

[Elora:] This completes our Updates for the time period leading up to May 2005. Now that the God Warriors have cleared most of our Universe and most of the Dark Sector and now that the Dark Universes have been collapsed, Creator's focus is on several things. One, of course, is healing for those of us who have suffered from living in the Fallen Sector for millions of years. In addition, it is crucial to rescue and reclaim the last strongholds of the Dark, of which Earth unfortunately is one. And lastly, for the reclamation to be complete, it is necessary for Creator to enter and be able to

affect the Physical Plane, and for the extreme density and atomic distortions in the Lower Dimensions to be changed and corrected. Those of us who have had the privilege of observing the daily miracles occurring on the Higher Dimensions are almost screaming with impatience to see these things begin to happen in our world and on the Third Dimension. We are currently working with Creator to pull His energy into our physical bodies, our homes, our pets, and so on. It is our hope that once he gains a true foothold in the Third Dimension, He can rapidly expand His sphere of influence. However these things unfold, we believe that the coming months will be momentous. As Sekhmet said to me recently, "Prepare for rapid change."

Section 4: The Archangels by Elora Gabriel

Shakura and I have commented recently that we hardly have a single belief system intact, when we compare our present maps of reality to those we had eighteen months ago when the Omniversal Energy entered our Planet. In general, our understandings of reality have been replaced with knowledge that can be unsettling, but is always deeper, richer, and broader in scope. Nowhere has this been truer than in our views and experiences of the Archangels. Much of the information in this section was received and gathered by Shakura.

Who are the Archangels?

Like most Light Workers, we had worked with certain Archangels and called upon them for years. Like so many, we had called upon Michael for protection, Raphael for healing, and so on. But, just as we are discovering the reality of who Creator is as a Being, our explorations have led us to ask: who in truth are the Archangels? Where did they come from? What are they really like, as personal, individuated Beings? Some years back, I had received information that they, like the Light Workers, did not originate from this Universe but came from the Light Realms. This we knew, but not a great deal more.

In early February of 2005, Shakura and I began to work more closely with some of the Archangels. They, in turn, felt the time was right and trusted us enough that they showed us their real selves. We have learned a great deal about that magnificent Race since then.

Let us start with some general information about Archangels. Archangels, much more than Humans, are pure energy Beings. They exist on the Sixth Dimension and higher. In appearance, they are tall, majestic Beings, with great wings which are not just ornamental, for they are accomplished fliers. Their wings and even their skin tones come in all colors of the rainbow, from rich gold to iridescent blue or black, to pale rose and pure white.

Each Archangel has several hundred Aspects, each of which is itself a fully individuated Being, while sharing in a sort of common group mind at the same time. Archangel Aspects are not arranged vertically, so to speak, on a "ladder" as Human Aspects are, rather they could be said to radiate out like spokes on a wheel. All of the Archangels are androgynous, and may appear as male or female. We usually think of them as male due to the projections of our patriarchal culture. However Michael, Gabriel, and all the well known Archangels can manifest just as easily in a female body. Their true bodies are generally tall, muscular, and very beautiful.

Humans and Archangels could almost be considered twin races, for our two races were meant to work closely together. We are told that in the past, before most Humans fell into a veiled and amnesiac state, this is exactly what occurred. We worked together, shoulder to shoulder, with the Archangels. As we fell into density, we forgot who we are and forgot our great love for and our companionship with the Angels. We began to see them as Gods, far removed from our abject and pathetic condition. We set them upon pedestals. This forgetting has harmed them as much as it has harmed us.

Shakura received the following information from the Creator Goddess Sekhrnet:

***Shakura:** Sekhmet, can you describe the relationship Archangels have with Humans in general?*

Sekhmet: Archangels preceded Humans in creation, and so they are a foreshadowing of Humans. You can consider Humans as being a different, and somewhat higher developed version of an Archangel. Not that they are better, but they contain certain attributes that are not so highly developed in the Angels.

***Shakura:** Did Humans stem from Angels?*

Sekhmet: No, but the Archangel blueprint was used in the creation of Humans. The blueprint was built upon, you might say. So there is a sort of connection between the two and that is why the Human is endowed with the Archangel signature. In the simplest terms, that is my answer to your question. Does this answer it?

***Shakura:** I think so, but is there not more detail you can give me?*

Sekhmet: Only that within the Archangel and Human lineage, though "lineage" is not the correct word, there is a strong connection - a sort of recognition of species. And in that connection is the longing to understand each other and share themselves with each other. More than that simple explanation would go into metaphysical discussions that I am not ready to explain at this point.

***Shakura:** As a species, are the Archangels different or similar to regular Angels?*

***Sekhmet:** They are similar in that they are based on similar qualities, yet they are also different in that they are a more highly evolved group of Beings. Again, you might say that a simple Angel would not be the forerunner of Humans, but an Archangel is.*

***Shakura:** In a sentence, how would you describe an Archangel?*

***Sekhmet:** I would say they are a very high expression of God and God's Love, embodied in a powerful energy body, expressing the love of God in one of its purest forms. They are the administrators of God and also could be described as the voice of God.*

Shakura, Humans were not meant to be fallen, blind, and amnesiac, as you know. They were meant to be manifestations of God in a slightly different form from the Angels. They were meant to be a parallel species to the Angels, expressing God in their own unique way. And there was to be no separation in terms of better or less, between the Archangels and Humans. They were both meant to be Divine expressions of God playing in his Worlds. When Humans can realize that, and begin to see the Archangels for who they are, and begin to see themselves as equals, then there will be bliss returned to the worlds. That's when God can begin experiencing Himself again, and expressing Himself through the particular abilities of Angels, and also through the particular abilities of Humans.

***Shakura:** Thank you. I think I know what the differences between Humans and Angels are, in terms of abilities, but could you tell me please?*

Sekhmet: Yes, Angels wield power. They can take the Source of Creation and form it into whatever they wish. They can work alongside the Creator Gods and have powerful energy that expresses the Will of Creator. Humans have the ability to think and analyze in a fashion that is unique to them. They are able to create in different forms and manufacture via different means. It's as if the Archangel creates in a more fine and refined manner, and Humans create in a denser, more material manner. Both create via the expression of God, however.

Archangel X stated the following, regarding the reconnection of Archangels and Humans:

What is so important here is that there has been a great opening. Think of it as a barrier, a Dark Barrier that has separated us from you. Another way to think of it is that as this barrier dissolves, we two species can once again come together. And as we do we form a dynamic explosion of Light and Creative Energy that permeates the worlds. It is important that this Energy, this explosion of Light, come all the way down to the Physical Plane - and this is where you are unique. The Barrier could not come down until it reached the Physical.

[Elora:] It was a great stretch to even think of relating to the Archangels as our equals. However, as I said before, putting these Beings on a pedestal doesn't serve them any better than it serves us. We learned that, due to the expectations of Humans, the Archangels began to project to us an image which would be in line with those expectations. The projected images are rather two-dimensional, and portray the Archangels as lofty Beings without emotions or longings, and without fear, pain, doubt, or weariness. When the Archangels began to show themselves to us as they truly are, we found out once again that they are people. All of the abstract concepts we have had about Higher Dimensional Beings perhaps boils down to this one sentence. They are people. Not that they are Humans, but in the fact that they have individual personalities, likes and dislikes, emotions, needs, and

imperfections. Higher Aspects are also people. The Monads are people. The Archangels are people. And even God Himself/Herself, in His individuated form, is a person. In addition the Archangels, like other highly sentient and individuated races in this Creation such as Humans and Creator Gods, are sexual Beings in the highest and most sacred sense of the word.

What is it like to meet an Archangel face to face, in reality and beyond their projected personas? Previously **Heru** has stated: "You have called on the same Angels and Masters for generations and generations, and it is not only you who are tired." Even hearing that didn't prepare us for the reality.

For example, in early February I contacted Archangel Gabriel. Gabriel appeared in a magnificent blaze of light. He looked like a splendidly handsome young man in his twenties, with sculptured features, long black hair, blue eyes, and pure white wings. I requested that he show me his true appearance. After some confusion of images, he reappeared to me looking about forty, his face drawn with fatigue. While some of his Aspects have white wings, many are sort of an iridescent mother-of-pearl. Gabriel's body is tall, strong, and muscular. His face is handsome and sculptured, but at times his eyes can be dark with pain, although he has undergone tremendous healing in the past couple of months. This is the real Gabriel. He told me that his job, which is of course high profile and brings him into much contact with Humans, has been extremely wearing on him. He also said a sentence that chilled me: "The projections are killing me." Gabriel, one of the foremost Angels in both Islam and Christianity, is supposed to be the pure white lily, without a doubt, a fear, or a stain. In truth, all of the Archangels in the Fallen Sector have experienced deep anguish as they have striven to uphold their Missions, as well as fear and doubt at times. Most of them have Aspects who have been damaged or even lost. Even so, the Archangels are profoundly *service* oriented, and often continue to serve when they are nearly dropping with weariness. Think for one moment of Archangel Michael. None of the Beings who were created in Light, including the Archangels, were meant to be warriors. Michael told me that he (in the form of one or more of his Aspects) has been on the forefront of every single major battle that has occurred in this Universe for the past 500 million years.

Can you imagine what this would do to a pure, loving, and sensitive Being? We all owe him a debt that is beyond counting.

The Time of Liberation is at hand for the Archangels however, at least for many. Creator has restored almost a thousand Aspects from the Archangels which had been lost, and healed many more. As I mentioned in another Update, some of the God Stones now contain Portals back to the Light Universes and a number of Archangels, including Uriel, have already left. Others, like Gabriel, will most likely complete their tasks with honor and pass on their responsibilities to others, so that they too may return. For the Portals in the God Stones are two-way Portals, allowing new Beings to travel here from the Unfallen Universes. This includes a number of new, unwearied Archangels who are eager to serve Humanity and/or to do whatever they can to help the Healing of this Universe.

This essay is not meant to discourage you from contacting your well known and loved Archangel friends, but when you do, you might consider asking them to introduce you to some of the new Archangels who have entered our Universe. The new Archangels are willing and able to carry out many of the tasks and missions which you might request.

Archangel Godparents

As our exploration of our relationship with the Archangels deepened, we came to feel that each of us had a special relationship with a certain Archangel. For some of us, these were Beings that we knew; in other cases they were unknown on Earth. I had always felt a particularly close connection to Archangel Gabriel, and in fact took the name Gabriel as a surname in my early twenties. I had been told many years ago that I was of Gabriel's Lineage, but felt this must have been in error since I know that Heru and Sekhmet served both as my Cosmic Parents and Cosmic Progenitors.

Karen channeled Gabriel, and he explained to us that all Human Souls have what could be called an "Archangel Godparent." The Archangel Godparent works together with the Creator Gods (and Cosmic Parents, if they are involved) in the creation of individual Souls (Monads). Gabriel stated: "I am brought in to express the ecstasy of that moment and facilitate in the union that creates a Soul". In other words, the Archangel Godparent *overlights* the union of the Creator Gods and some of that Archangel's energy signature permeates this union, therefore becoming a permanent part of the new Soul(s) which are created. In my case, Gabriel is my Archangel Godparent, and we will always have a close connection.

A single Archangel can be the Godparent to many Monads and therefore to many Souls. The Human Monads will have some of the core qualities of the Archangel. Also, a man can have an Archangel Godparent who is considered a male Angel - but remember that the Archangels are all androgynous.

As the Higher Energies intensify on our Planet, the Ascension process is being greatly speeded up. People who were told that they might Ascend in five years time are finding that the process is already beginning to happen with their Higher Dimensional Aspects, and will probably occur within a matter of months for them. Your Archangel Godparent - or any of the Archangels for that matter - can be of great assistance in helping you with your Ascension process, if you work closely with that Archangel and form a personal relationship with him or with her. Please do exercise caution however, as a few of the Archangels are Dark or partially Dark. It would be wise to exercise discretion and/or to have a trusted Guide check out any Archangel that you would like to work with.

Anatomy of a Multi-Dimensional Illness - By Karen Kirschbaum and Shakura Rei

[**Karen:**] I am recovering from a six-week illness of bronchitis and sinusitis. For those of you with chronic illness this may sound like a walk in the park, but it certainly seemed interminable and has given me an appreciation of what life could be like when one is constantly ill. I don't see how, without Shakura's help, I would ever have gotten out from under this illness.

I believe there is almost always a "mind-body" connection to any illness, but what I never considered was that an illness could have a multidimensional component. Specifically, I had a dramatic and very intense eruption of a past life trauma thrust into my face immediately before I became ill. Without going into all the gory details, it involved my Fourth and Sixth Dimensional Aspects, and those of my Twin Soul.

I was beside myself with rage and grief, and I needed several sessions with a good Shamanic Healer to integrate all the emotional components involved in this particular trauma. Shortly afterwards I became ill with a sinus infection. Shakura cleared me a few times, but it kept coming back. She said that I was loaded with pathogenic and anaerobic bacteria, viruses and mycoplasmas. Each time she cleared me I seemed to have a different mix of all these pathogens, and then it went into my lungs. After Shakura would clear me, I would feel better for a few hours or a half-day, then BAM! I would begin to get ill all over again. I looked around my environment to see what on Earth could be re-infecting me. I was using the *neti pot* (an Ayurvedic nasal irrigator), and I wondered if the very tap water had this horrible bacteria in it.

Meanwhile by now I was into my fifth week of illness, and pretty darn sick of being sick. I had never been so sick for so long, so I went to the doctor and asked for antibiotics for the first time in about five years. They didn't touch the infection. I have a generally robust constitution and I am not on any prescription medications, so I just could not understand how my immune system had collapsed overnight.

At one point Shakura and I were having a channeled session together. It was during this channeling we discovered that not only was I ill, but my Fourth and Sixth Dimensional Aspects were ill as well, and that the Light Filaments between all the Aspects were also infected with pathogens. This was on a Friday. Shakura said she would work on me. I went up and down for the next couple of days, but by Monday I was clearly on the mend, and my mucus was clear for the first time in six weeks. I don't know all the details of what she saw and did, but I know it was a heroic effort on her part. Again let me say that without her help, I don't know how I ever would have gotten over this illness.

I would now like Shakura to tell what she saw and how she worked on this. I am hoping this can illustrate how an illness can come from the Upper Dimensions, and how there may be no healing until this is addressed.

[Shakura:] As Karen wrote, she was suffering from lung and sinus congestion. I would check and find that she was infected with various pathogens, and when I'd clear one she would present with another. At first I thought she wasn't improving because she was so weak from being overtaken by so many pathogens at once - viruses, mycoplasmas, and various forms of bacteria. What was most bewildering to me is that I would remove bacteria completely out of her system and within two days it was back. Something was pulling it back and I couldn't understand what that could be. We have previously discovered the existence of pathogen-pulling implants, but we checked and Karen didn't have any during this time.

This went on for weeks before we discovered that the two Aspects directly above her were also infected with pathogens, and so were the Filaments all the way down to Karen. It took me a few sessions, but I finally got the Filaments, Aspects, and Karen completely clear - the worst offenders being the various forms of pathogenic bacteria. Immediately thereafter Karen went on the mend and in short order her lung and sinus infection was healed. However, not long after she came down with cystitis - a bladder infection. The usual culprit for cystitis is a bacterium, but I knew she and her Aspects were clear of bacteria - so where was this coming from? Karen suggested

that perhaps the bladder had become irritated from her prolonged bacterial infection, and that *candida* had now entered and inflamed it. I checked her bladder for *candida*, and indeed that was the culprit; but also her two Higher Aspects and her Filaments were infected as well. As Karen had suffered most of her life with various forms of fungus and yeast in her system, this was a good time to put an end to it. I cleared her, her two infected Aspects and her Filaments of all *candida*, and her bladder subsequently healed.

In closing, if you are prone to chronic infections, the first course of action I suggest is to have yourself cleared of all attachments and implants, as we find pathogen-pulling implants to be very common. The next process would be to look at your Aspects. Karen's Aspects are of the Light so they are cooperative and easy to work with. If you have a Dark Aspect that is also infected and infecting you, then consider having that Aspect worked with so that it is returned to its true Light state. Afterwards it can be healed of pathogens.

Chapter TWENTY: Update 3: June – September 2005

Part 1: The Atomic Correction and Updates for our Planet

As of June and July of 2005, the state of our Universe was as follows. The Illuminati (the negative Secret Controllers of Earth) had been taken down on Dimensions from Four through to Eleven, and for our Universe in general we were told that the battles had largely been won on Dimensions Six and up. On the higher levels, relative peace prevailed and healing and reconstruction had begun. Dimensions Five, Four, and Three were still very much infiltrated by the Forces of Darkness, at least in the environs of Earth,

with the Third Dimension being worst. Heru told us that although the God Warriors and Light Warriors were able to operate to some extent in the Fourth and Fifth Dimensions, they had only a limited ability to do so due to the density and severe atomic distortions on those levels. Therefore, at this time, Creator's major push was to somehow find a way to correct the atomic distortions, as well as to continue the clean-up of the Lower Dimensions. These two projects were interrelated, as correcting the atomic distortions will allow the ultimate cleansing and restoration of the Lower Dimensions.

Section A: General Updates on the Status of Planet Earth

On June 17, 2005, we asked **Heru** for some general Updates on our Planet.

***Elora:** I've been thinking about the assumption that is being made by Creator, yourself, and many other high level Beings, which is that since the Higher Dimension Members of the Illuminati have been brought down, the negative power structures on Earth will therefore crumble. I hope this is true but I feel this may be like expecting someone who has been chained in an underground dungeon for decades to step forth and start functioning when the chains are removed. In reality such people often can't even summon the will to walk out of the prison themselves. I feel that it may require Creator's active presence here for the changes to really happen. Would you comment on this please?*

Heru: I think you may be right. And when you say a person may not be able to summon the will, they may not have the strength as well. I think that is a very valid point you have made.

***Elora:** Heru, we would like some updates on the status of Earth at this time. Please tell us something about the state of affairs after all the battle with the Illuminati.*

Heru: The Illuminati right through to the Upper Dimensions have been taken down. However as you are aware, the power structure of the Illuminati on this Earth is still in place, and the upper echelons of this group are Master Magicians. So although they have no support even in the Fourth, they are still able to operate in the Fourth Dimension and the Fifth and the Sixth, to do their dastardly deeds. The next push would be to really be able to get into the Fifth, Fourth, and Third Dimensions. We managed to get enough into the Fifth and Fourth Dimensions to take out the Illuminati, but not really to be able to function there well enough to prevent the Third Dimensional Magicians from operating there. They would see us coming and they would retreat. As soon as we would blink our eyes they would do their operation and retreat again. [**Elora:** *So for Creator and the Higher Beings, all those dimensions are very hard to access?*] Yes. And hard to move around in.

Elora: *What is going to happen next here on Earth? Are the Light Warriors really going to start cleaning things up here? For example, there are millions of contaminated Portals, and Earth herself must be damaged etherically as well as afflicted with dark and traumatic energies in many regions. Also there are energetic residues of wars that happened just about everywhere. There are also uncountable numbers of Dark and Fallen Higher Dimensional entities who attack or attach to people, along with lots of discarnates and so on. Is a cleanup going to start for all these things, and if so when? I guess a lot of these things are on the Fourth and Fifth Dimensions.*

Heru: Yes, and all this is going to be dependent on our making that breakthrough to the sub-atomic structure. Once we can break through we can do anything. We have the Forces, we have the numbers, we have the power to do it. And it will happen everywhere at once, once we can make this breakthrough. This is really the key.

Elora: *I understand that there was a big meeting at the Haven recently about the future of Earth. I believe that many different topics were*

discussed, including a public landing of the positive ET's. Is this correct and has there been a decision to have such a landing? [Note: the Haven is a Higher Dimensional Realm near Earth which has a large Administrative Center.]

Heru: Yes. And there have been increasing sightings happening lately, in India and China and Mexico.

Elora: *Are we talking about an actual landing or more sightings?*

Heru: Currently just more sightings, but there are plans to begin actual landings.

Elora: *Has a time frame been selected?*

Heru: It looks like tentatively as it might come in November of this year.

Elora: *What is the purpose of these landings?*

Heru: It would begin the process of communication with off-world Humans and the dissemination of knowledge for peaceful change.

Elora: *Would you please speak on some of the other decisions that were made regarding Earth? For example, topics such as over-population, war, pollution, and overall assistance for the ecology?*

Heru: Once this Planet has Open Portals, dialogue, and so on, those problems can be easily corrected. Populations can be moved to less populous areas off planet, and the technology does exist to clean everything that has been polluted and distorted. So it's really those first barriers that we are dealing with. Once those barriers come down, once the atomic structure has been corrected, once the doors are open, all of that can be accomplished with relative ease and speed.

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Section B: The Atomic Correction

The Atomic Correction was seen as the last barrier which has prevented Creator from entering and affecting the Third Dimension, the final enigma which He had to solve. The Atomic distortions have affected all Matter in the Fallen Sector, and most particularly the Matter in the lowest Dimensions, including of course the Physical Realm that we dwell in. In the Light Universes all Matter, including that on the Third Dimensions, is not only pure and pristine but radiant and alive with the Energy and Light of Creator. Everything is intelligent, even stones and water, and no part of life or Nature ever harms another part, whether deliberately or accidentally.

Starting in June, Creator began working from many angles to begin correcting the atomic distortions. Some preliminary attempts were made in the first half of June, but as Heru stated, when queried if these attempts were working:

"My bottom line answer to that is that I will not consider it to be working from my perspective until you see it working from your perspective."

About June 20, the breakthrough we had been waiting for occurred. Creator "unlocked" the puzzle of the Atomic Distortions, and what we call the "Atomic Correction" began, although the effects were not yet felt on Earth.

We were told by Creator that it would take several years for the Correction to become complete on the Third Dimension, and that we would experience the effects in a gradual manner. A few days later we all felt strange, and Creator explained that we were beginning to feel "a slight taste" of the Correction. He added, "It is as if the barometric pressure has changed significantly. And the forces that are holding your atoms in their normal alignment and arrangement are changing somewhat."

As June drew to a close, we could clairvoyantly observe the Atomic Correction moving towards us like a huge shock wave or the outrunners of an enormous hurricane. This "storm" reached our Planet on July 5, 2005, and was predicted to cause a period of energetic chaos lasting several months. I am sure that many of our readers will have noticed that this Summer has been an extremely intense and generally difficult time energetically. On July 9, we had the following conversation with one of the Archangels:

***Elora:** Is there anything you can tell us about the Atomic Correction? We understand that it's causing a lot of chaos and damage to people's subtle bodies, filaments, and such.*

***Heru:** Yes, it is, and it is pushing some people over the edge into leaving their bodies or into health crisis. It is very stormy and there is a lot of chaotic debris, so people are being hit with any number of psychic things. It's not so much that they are being attacked as that there is a lot of junk and it is flying around furiously.*

***Elora:** Do you have any idea when things will settle down and when the effects will start to become positive?*

***Heru:** In a sense they are never going to settle down, because what we are doing is raising the vibration of everything. What will settle down is that, as*

I said, the debris will be cleared and people will begin to adjust as their bodies accommodate to this increased vibration. They will become more comfortable with it. It is like when you step into a hot bath and at first it burns, but after a short time you adjust to it. You get used to and it starts to feel good to you. So it will be more like that. You will be raising the temperature [i.e. the vibrational frequency] of your entire body, so your body and all your bodies will adjust to it. What is damaging right now is all the debris that is spinning around out there. Once this has settled down, then what will need to be looked at is that this raising of the vibration will expose in people damages in their different bodies - cracks, fissures, implants - all of these things will be much more apparent and “in your face”. At that point there will be many calls for healing, in whatever manner. If a person prays to Jesus they will go to Jesus for that healing, or to Krishna or whomever. Whatever framework they are working within, they will begin to request healing, and therefore much healing will come out of this. And as I stated, people will begin to adjust to all of their bodies being at an increased vibrational level. Up until now the increases in vibration have been fairly gradual. There have been a few sudden waves, but for the most part it has been like the rising of the tide. And this has been more like a tidal wave.

[**Elora:**] On July 11, 2005, we spoke to Heru about the “Atomic Correction”.

Heru, we would like a little more information about the energy storm that we are experiencing as a result of the Atomic Correction. I know there is debris flying around, and I know there is a rise in vibratory rate. Beyond that, however, to my sight there appears to be something like a hurricane on the Inner Realms. What is that hurricane?

Heru: If you go to the center of that storm you will find the ultimate still point [which will be different for each person]. And that will allow you to integrate this rise in vibration without the storminess. Otherwise if a person is not in a deep still point, wherever they would find that, they will experience the chaos of this energy, which is the force of the increase in the vibration.

Elora: So the storm is that vibratory increase?

Heru: Yes. What is happening is that you've got a log jam of stuck energy, and it takes a lot of energy to break up that log jam. I guess you could say there is a difference in pressure, as with atmospheric pressure. There is a difference in pressure between the old and the new and that difference is what creates that amount of motion. Therefore just as wind is created by changing pressure, this would be a cosmic wind that is being generated by a change in pressure - and it is a very powerful wind because there is a very significant change in atmospheric pressure, so to speak.

Elora: How is this correction going to progress?

Heru: It looks like about three to six weeks until there would be an equalization of the pressure, so the sensation of being in a hurricane would stop at that time. But that is really only the beginning. From that point, well, I don't know that I can describe it because it hasn't happened yet. There will be a next stage. It will not be as rough as this one. It will be more a stage of integrating the changes and a lot of what you might call percolating, where this energy will percolate into deeply stuck places in a person and break them open. It will be a time of deep soul searching and a lot of internal upheaval for people who have not done a lot of deep work. It will be akin to a lot of past life eruption or early childhood eruption of things in their face to deal with, although it will be beyond that in scope.

Elora: Creator said it would be a matter of years to be 100% with the correction. Do you agree?

Heru: Yes, I do. I think that part will take quite a lot longer, but this rushing tidal wave of energy shift should be through fairly quickly. The integration and percolation effect will take quite some time.

Elora: *Three to four years maybe? More?*

Heru: I don't know because there is too much in flux to be able to really predict that. I think for different people, they will be living very much in different realities at the same time. So for one person it might only take a matter of weeks or months and for someone else it might take several years, even in the same household. And that will be difficult for people.

Elora: *I'm thinking about matter. Rocks, trees, how long it would take for them?*

Heru: That will vary as well. I think an area that is more natural and undisturbed is closer to the corrected state already. And I don't know how long it will take, but I know it will be quicker for a natural area than say in downtown Manhattan, where there is very little nature and there is much in the way of rigid architecture and thought forms holding the old structure in place.

Elora: *How long do you think it will be before Creator and other Higher Dimensional Beings can start having an increased effect in the Third Dimension?*

Heru: I believe months in some places.

[**Elora:**] By July 15th, 2005, we observed that the Atomic Correction was really starting to work on the Higher Dimensions (Seven and upwards) and that there had been some miraculous events, such as spontaneous healings, Beings who were partially Dark turning to the Light with no intervention, and so on. This was confirmed by our sources. In viewing those higher levels, a pure, pristine calmness was observed in many areas. And by the middle of August, the energy storm on the Lower Dimensions had calmed down. On August 23, 2005, we asked Heru:

***Elora:** I believe the last time we talked about the Atomic Correction, which was in the middle of July, it was really starting to take hold on Dimensions Seven and up. Is that still the case on those Dimensions?*

***Heru:** Yes, it has established itself there.*

***Elora:** Has the Atomic Correction been at least partially blocked by the Dark from reaching the Lower Dimensions?*

***Heru:** The Lower Dimensions, yes. Although -how shall I phrase it - it had more of an effect that you are aware of.*

***Elora:** You used the past tense - why?*

***Heru:** In the sense that it has changed each of you more than you have perceived, and will continue to do so. But the reason I'm using past tense is that it's almost reached a stasis point. It's not flooding in; it's here, it's arrived.*

***Elora:** We were told that it would be felt more strongly on our Plane after the Battle in September-October [i.e. the cleanup of the Fourth Dimension around Earth - see Part II for more information].*

***Heru:** I believe so. It's hard to describe what is blocking your perception of it, but it has transformed all of you on the atomic level more than you can perceive. I believe that an increased perception of it will start to open up at that time. The Atomic Correction is here, it is doing its work, but to you at this time it is invisible.*

***Elora:** But it will still take several years to be complete? Yes.*

***Elora:** You said that the Atomic Correction had affected all of us more than we know. We were told, back when it was just getting started, that the first thing we would really notice would be that our bodies would begin to correct. Do you still feel that this will be the first noticeable sign, and do you think it's not too far off?*

***Heru:** Yes, and yes. It has raised your vibrations considerably, and yet it has not reached what you would call critical mass where all of that connects together with your body, and that will happen.*

Section C: The Deca-Delta Squadrons

The above title probably sounds like something from a science fiction novel, and in fact the reality of what is going on in our Universe may not be too far distant from what we would call science fiction or fantasy. It's long been my belief that, when Human writers give free rein to their imaginations, they often come very close to the truth. It's almost as if they are channeling

without knowing it. Such fantasy epics as *Star Wars*, *The Lord of the Rings*, and *Star Trek* reflect the nature of reality in this part of the Universe in many respects, in my opinion.

Until the middle of July 2005, the conversion of Fallen Beings back to Light was not impossible, but was generally very slow and tedious, especially if a Being was deeply entrenched in Darkness. On July 16, Karen was shown squadrons of Angels called Deca-Delta squadrons. Each Angel held a wand. When a Fallen Being had been captured or restrained, and had been cleared of Dark attachments and implants by the God Warriors or Light Warriors, the Deca-Delta squadrons would then surround that Being and bombard it with the Light from their wands. In most cases, the Being in question would pass through some kind of crisis and then would become Light. Each Squadron is made up of ten Angels. On July 17, we asked Sananda about them:

Elora: Please say more about these Squadrons.

Sananda: They are called the Deca-Delta Squadrons. Each one would have their own name, and the one Karen knows is the Alpha Omega Squadron. Heru says several thousand have been released into this Universe. And that is their purpose - to return Beings to the Light. They will not work with the Filaments or damaged or lost individualized Aspects, but they are specifically for the Dark individualized Aspects or really any Dark Being whose Free Will has been subjugated by the Dark.

Elora: This is only for Higher Dimensional Beings right now though? Not necessarily.

Elora: So what do we do? Just call them and ask them to work on a person's Dark aspects, for example?

Sananda: There are ten of them in each group. They will surround a Being, such as a Dark Higher Dimensional individualized Aspect of a Human, and they have what looks to be a small wand with little knobs on it. They would aim this wand at that Being, and essentially zap it and restore that Being's *Free Will*.

Elora: *If a Being's Free Will is restored, will he or she then become Light?*

Sananda: Yes. *Free Will* is true free will/choice. It is automatically Light, it is part of the Creator.

Elora: *What does this mean for the Beings who have been refusing to convert to Light? Beings who might have made the choice to be melted down because they wouldn't accept the Light?*

Sananda: This may be the solution to that.

[***Elora:***] When a very powerful Being, such as a Creator God, has become Dark, the conversion back to Light is not so easy, even with the Deca-Delta squadrons. However, a vast number of these squadrons have now formed, and many Beings have been returned to their rightful estate.

Part 2: Triumphs and Tragedies

By late July of 2005, all of the Beings which Creator had made in order to carry on the War against Darkness had arrived, countless in number. These

included all seven Waves of Light Warriors. Creator's Plan, at that point, was to deploy massive numbers of Light Warriors and God Warriors to clear the Fourth and Fifth Dimensions, once the Atomic Correction had made some headway in lessening the density for those areas. This was tentatively planned to begin in the middle of August.

Meanwhile, other forces were at work. Back in June, several apparently Light Beings had been discovered in questionable activities. Upon examination they were found to be partially Dark. It was proposed that all Beings in the Light Forces should be scanned to determine if they were, in fact, fully Light or not. Scanning would also reveal distortions within a Being, meaning issues or disharmonies of one type or another which, if not dealt with, could eventually result in that Being turning to the Dark. For scanning purposes, it was recommended to employ Archangel Seers who were newly arrived from the Light Universes and therefore whose integrity could not be suspect. We were surprised at the intensity of the debate ignited by this proposal. As events later proved, many of those who argued against the idea of universal scanning had very good reasons for doing so. On July 1, we spoke to Michello, one of the new Archangel collective which has come to take on some of the burdens of our beloved Archangel Michael.

Elora: Michello, what decisions, if any, have been made about scanning Light Beings for distortions?

Archangel Michello: It has been quite a lively debate - that would be to understate what has been going on. All will be scanned. There was a great deal of fear that people would be losing jobs and losing face. There is a Council to review the scans and review the severity and depth of any distortions, and the findings of that Council on an individual will remain private. The therapists that will be employed to correct any issues have what is similar in your world to client confidentiality in place, and the necessary steps to rectify any individual's problems will be addressed. The only time Beings would be deemed unfit for service would be if they were to refuse to be scanned or refused to undergo treatment. So this was satisfactory, that people would not have their distortions paraded around in front of each other

for gossip and so on. Also, part of the way that the distortions and the Darkness work are to blame oneself for the distortions. I don't want to call it ego because ego has a more negative connotation than I want to convey, but throughout the Hierarchies there has been that sense of shame and wanting to hide these distortions. So this is a great breakthrough, to have addressed this issue and to have a Council formed to work with all of this.

[Elora:] I would like to comment here that, from my point of view, all Beings who have endured the Dark Sector have issues and distortions. It is only a matter of degree, and if we can accept this fact there will be no need for shame. In any case, the scannings began on the Higher Dimensions began in early July. Remember that time moves differently here, so I would guess that on the Higher Dimensions this process was still in its early stages when, in late July, a group of five Beings were scanned and found to be Dark. At first it was thought that they were only partially Dark, but a closer look found them to be almost entirely Dark. These five were unknown on Earth, but all held positions of great power and responsibility and were thought to be entirely above suspicion. Shock waves rolled through the Hierarchies of Light. The implications were extremely serious, because these Beings were privy to a great deal of very high level information and had been acting as spies for the Dark. But even at that time, the full extent of the "Fifth Column" which had existed within the Forces of Light was not suspected.

Another factor which enters here is the fact that in late July, Creator made a sudden decision to release the Breath of God far sooner than had been anticipated, in hopes that the vast amounts of healing needed everywhere would be accomplished more quickly. The Breath of God appeared like a gigantic golden wave of pure Divine Energy which poured out of the Godverse. It reached our Planet at 2:20 PM Eastern time on Sunday, July 30, 2005. Shakura and I had seen it coming, and made a point to be on the phone when it hit. For us it was like a lovely wash of healing energy and euphoria. But for the Higher Dimensional Beings this Energy had a much stronger effect. We watched as the Archangels, Creator Gods, Ascended Masters, and Aspects of Creator were plunged into immediate rapture and then proceeded to fall into a kind of divine intoxication. The Breath of God brought to

everyone a sense of well-being and safety, especially because some Dark Beings were observed being blown out of their bodies, while many others, only partially Dark, were robbed of all strength to do their evil deeds. By Sunday night the Forces of Light were essentially asleep in a state of bliss. With the entry of the Breath of God, the Victory of Light seemed complete. However, by Monday morning, August 1st, we became aware that war was raging again and that the Forces of Light, dazed and in disarray, were desperately trying to regroup. On August 23, 2005, we had the following conversation with Heru:

***Elora:** Heru, we are preparing an Update, and we would like some information on the War which started on August 1 and is now winding down. Please tell us how this came about. We were shocked that such an intense war could occur when it had been stated that over 95% of our Universe was under the control of the Light Forces, and that the Darkness existed only in isolated pockets which were all guarded and quarantined.*

***Heru:** This Planet is one of the focal points and one of the last hold - outs where the Dark is marshalling its last defenses. So even though vast areas of this Universe are in the control of the Forces of Light, for you it is as if nothing has changed, for this Planet is still in the grip of the Dark Forces. Therefore the battle being waged, ultimately, will be for the control of this Planet. Those Beings who have remained Dark are fighting for their lives and will not give up until the last one is captured.*

***Elora:** Are you saying that this recent battle was basically around Earth, or the Twelve Critical Planets, and not affecting the whole Universe or whole Dark Sector?*

Yes.

***Elora:** And the difficulty that the Light Forces had in making headway was because it was waged on the lower dimensions?*

***Heru:** Yes, it took a little longer than the other battles.*

***Elora:** What part did the Breath of God play in all of this?*

***Heru:** The Breath of God was launched, and it was seen that it had a destabilizing influence. Therefore it was backed off temporarily, and I believe it will be reinitialized after the cleanup of the Fourth Dimension is complete.*

***Elora:** Please give a definition for the Breath of God.*

***Heru:** The Breath of God is a wave of energy initiated by Prime Creator and originating in the source of all Creation, the Omniverse or Godverse. This wave of energy contains the restorative power of the original intent, the original intelligence, for every particle of this Creation.*

***Elora:** When the Breath of God came in, it seemed to those of us watching that it threw some Dark Beings right out of their bodies, whereas with Beings who were less severely Dark, they lost all their strength. Also Creator had stated that the Breath of God would cause a restoration of true Divine Will to Beings, perhaps even those who adamantly refused to accept the Light. Were these things actually happening, or was that some sort of ploy on the part of the Dark?*

Heru: No, they were happening, and they will happen. We just did not anticipate that it would intoxicate everyone so deeply as to leave them open to attack.

Elora: *And that apparently did happen to just about everyone on the Light side? Yes.*

Elora: *So the Light Forces were taken off guard with a surprise attack? Yes.*

Elora: *Obviously, not all the Dark Beings were affected.*

Heru: They were all affected but not all incapacitated. And some things [i.e. mechanisms set up by the Dark] are of a more mechanical nature and are on autopilot.

Elora: *Is it correct that a large part of this War had to do with the fact that many "Light" Beings were not of the Light at all, but were covertly working for the Dark?*

Heru: Yes. And that is something that is difficult for me to talk about.

Elora: *Of the Beings who were initially believed to be Light, and who represented themselves as allied with the Forces of Light, what percent are actually turning out to be pretty much entirely Light?*

Heru: I don't know that we have counted, it's just so emotionally difficult to deal with. People are still being scanned, people are still being sorted through, and many of those who were partially Dark are now going into the rehabilitation process. Very few are refusing that, and the majority are accepting it. The revelation of these Beings that were compromised was such a deep and heart wrenching shock that it threw everyone into a deep soul search. Andromon, in his many Aspects, has been working very closely with these Beings. He has been counseling them, encouraging them to go through this process, really cheering everyone on in something that would otherwise be tragic and dire. He has been just magnificent in encouraging people by holding up what Humans have been going through recently in this kind of work, holding up someone like Majaron [a Dark Sixth Dimensional Being who turned to the Light], showing people that there is something on the other side to be attained. He just has stepped into the midst of it. Karen is uploading to me the novel *The Plague*, and how the heroic doctor in the book was there relentlessly, tirelessly, working in the trenches and the hospitals as person after person was brought in. It's much like that.

[Elora: Andromon is the Aspect of Prime Creator who is in charge of the Reclamation of the entire Dark Sector. He has countless Aspects that are a part of him.]

Elora: *Is it correct that the Fifth Dimension has now been cleaned up in the vicinity of Earth? Yes. And the battle to clean up the Fourth Dimension for our Planet, when will that occur?*

Heru: Mid to late September, 2005, I believe around the Equinox. If the Forces of Dark provoke with a major attack it may be sooner. They may try to provoke something around the Anniversary of 9/11. **[Elora: That battle should be over by mid October or so?]** Or sooner, hopefully. **[So the Breath of God would come in again probably sometime in October?]** Yes.

Elora: *It was a wonderful thing when it was here.*

Heru: Indeed it was a wonderful thing, and there is still a small part of it coming in, a fraction.

Elora: *Regarding the battle to clean up the Fourth Dimension, will this be local to Earth and the other Critical Planets?*

Heru: Yes, and a few other spots in this Universe, but not much.

Elora: *So for the Universe at large, are the Lower Dimensions pretty clear of Darkness, even including the Third?*

Heru: It is very mixed. In places yes, in places no. There are some sort of tentacles and spider webbing around.

Elora: *With the cleanup of the Fourth Dimension around Earth, do you expect this to be a conflict of the same intensity as the one that is wrapping up now?*

Heru: More so. More so for you, for Humans, and it will manifest on the Third Dimension as an increase in mostly hostile rhetoric. I do not see a great increase in overt action, but there will be an escalation in rhetorical conflict with a feeling of the hair trigger, that war could break out at any moment and so on. But the actual events will not be quite as explosive as the rhetoric is. It may, in fact, look like the entire Planet is on the brink of nuclear war, but it will not happen. But the rhetoric towards that will be there, the spiraling thoughts will be there.

***Elora:** Given that the Higher Beings still have very little ability to affect the Third Dimension, how can you be certain that the Forces of Light can control events to this degree?*

***Heru:** Nuclear weapons are something that transcend the Third Dimension. When a blast happens, it creates a hole through all the Dimensions right up into the Ninth or Tenth Dimension. Because of that, it is also possible for the Forces of Light to penetrate deeper into the Third Dimension and effect change. It's almost as if the explosion exists on all those Dimensions, and because it exists all those Dimensions it can be affected on the Third by Higher Dimensional Beings.*

***Elora:** Even before the explosion were to happen?*

***Heru:** Yes. And this has happened, where weapons were attempted to be launched and have failed. Had there not been any intervention, your Planet would be a highly radioactive planet at this time.*

***Elora:** Do the positive ET's play a role here as well?*

***Heru:** Absolutely. This has been covered fairly extensively by the work of Dr. Steven Greer.*

***Elora:** What is the state of things in our Universe at present, now that this phase of the War is winding down?*

***Heru:** It will be a lengthy process to heal. There are many Beings that, as you know, have come to restore and that Restoration is beginning. But when*

you look across the Universe - and I don't know if you wish a vision of it, it's not pretty - there has been a lot of destruction, there is a lot of wasteland out there that is now in control of the Light. And the primary triage is going to be where the greatest suffering is, in the areas that we can get to. Of course we cannot directly get to Earth yet but there are hospitals set up for the people on the many Dimensions who have been liberated, and there are also Animal Hospitals. The Plant Kingdoms have not been dealt with yet. But currently these areas I mentioned are where the greatest effort is going into triage. And once things are stabilized, then work will begin in the many worlds for the reclamation of ecosystems, life forms, and environments, to bring them back to their original quality. This will take some time. [*Elora: And the Breath of God will help, won't it?*] Yes, it will help.

Elora: We know that, as a safety precaution, the God Stones at the Haven were shut down and the Portals back to the Light Universes were closed. Have these been re-opened yet?

Heru: Not yet. They will be reopened after the September battle [i.e. the impending battle to clean up the Fourth Dimensions of Earth].

Elora: One of the Archangels recently stated to us: "The focus is, at this point, zeroing in on this Planet. Earth will end up being a fulcrum of all the activity and everything that is going on, the turning point of everything, of the work that we are doing." Would you please elaborate on this, and explain what it means both to us on Earth and to the larger picture?

Heru: It is the madness of the Dark that it believes in its own invincibility, that it believes it can still win. And so the Dark is fighting as if in some unimaginable way, if they could pull off a victory on this Planet, they then could take over this entire Universe and this entire Sector. So they are fighting from that perspective. For them, this is Armageddon. For us, the Light Forces, most of the battles have been won. The most diverse and precious and critical planets in this Universe have yet to be liberated. We

know, with full confidence, that they will be. For you Humans, there is the combined angst of the isolation that this Planet has been under, and the fact that this, for the Dark, is their last battle. And they are portraying it as universal Armageddon when it is not. Because you Humans are completely isolated, it looks to you to be total Armageddon and the End of the World, the end of life, the end of everything. And it is not. But creating this fear helps the Dark to keep Humans disempowered and helps them in their battle. They have skewed the perspective to further their delusional dreams. And they think that - well, they are just insane. I don't want to detail what they think because it's not worth writing out.

***Elora:** So in other words, all their efforts are currently aimed at keeping control of the Twelve Critical Planets. Yes.*

***Elora:** And by October sometime, this should be over on the Fourth Dimension, and then the battle will move to the Third. Yes.*

***Elora:** But you still believe this will not develop into a World-wide battle, rather that it will just be a struggle here.*

***Heru:** I would say that in November and December, early December 2005, just about every hot spot on this Planet (the Middle East, North Korea, Taiwan, Nigeria and other places in Africa, Iran) all of this will heat up and it will look like at any moment anyone of them could explode and spiral out of control. But it will not happen. And in the meantime, there will be growing resistance to the governmental policies such as the Government in the US. The resistance is beginning, and the heart of the resistance is beginning to find its voice and its strength. It will not back down, and it will grow.*

***Elora:** Is there anything you would like to add for our readers?*

Heru: Dear readers: In this coming few months the atmosphere on your Planet and in the media will become frightening and shrill. Please understand that the fear that is being whipped up into a giant froth is artificially created to achieve the continued control and disempowerment of Humanity. Please do not succumb to this fear. Connect instead to the power in your hearts, and to the rejoicing in your soul that is the promise of certain victory by the Forces of Light. I would see metaphorically - and this is not a predication of anything physical, but where one would be in the Spirit Realm - people taking psychic shelter in caves, with warm candles and sleeping bags, and gathering close with families, surrounding themselves with a few well worn sacred books, and just having quiet time. A time away from the media, a time to be still, to go inside, and to wait until this brown muddy foamy froth is washed away by the Light.

So please do not immerse yourself in the fear mongering and the rumors of war. For embedded in the media are many subliminal controlling images designed to keep you from your own true power. Therefore create peace in your hearts, and enjoy that peace. And as you do, it will radiate out from you. As you walk through this world, maintaining the shelter in your hearts, hold the promise of victory, hold the promise of peace, hold the promise of hope and of Divine Love. It is not hard to do. The image that I am getting is of a city under siege with the bombs falling, and the camaraderie and sharing that comes in the shelters where the people know that they are safe, even though there is much destruction around them. Hold on to that faith in your safety. No harm will come to you. This battle will be brief but very intense. And we will be with you in those shelters, in the shelter of your heart.

Elora: *You think this battle will last for several weeks? Yes.*

Elora: *So you are strongly suggesting that people actively avoid the media, say from now until this is over?*

Heru: Yes. Starting in the next couple of weeks there will be a marked increase in the fear vibration. I believe about September 5th 2005 will be the time to start disengaging from the media. There will be much running up to the September 11th Anniversary and then continuing from there.

Chapter TWENTY-ONE: Sananda & Heru's Update for November 2005

Part 1 - Sananda's Update for November 2005

Elora: *Hello Sananda. It has been some time since we had an Update. The last news we had of the greater picture was that the Fourth Dimension was going to be cleaned up around Earth. Is this complete now?*

Sananda: No, it is in process. There is quite a lot of density to work through. Let's see if I can give figures to this ... I would say it is about 60-75 percent cleaned up, with some hardened pockets where the Dark have built fortified bunkers. We are wishing to move this process in a somewhat orderly fashion, for there is enough chaos on Earth at this time that we do not want to add to the misery that is happening for so many.

Elora: *How long will this process take to be completed?*

Sananda: By the end of the year, it should be virtually completed. While I know that may sound like too long a time, this Darkness and all of its

structures in various forms have been in place for millions and millions of years.

***Elora:** What still remains to be cleaned up? Are there still pockets of Darkness with some type of guerilla warfare going on, so to speak?*

***Sananda:** Yes, you could call it that. There are fortified bunkers - these could be in form of Space-ships on the Fourth Dimension with quite a bit of cloaking and defense capabilities as far as weapons. As for the Fifth Dimension, there are a couple of small areas that are still being worked on.*

***Elora:** What are the ramifications of having these Dimensions cleaned up?*

***Sananda:** First for the people that live there, they will begin the process of restoring their lives to the perfect harmony that they were designed to live, especially on the Fourth Dimension. It seems that the Fourth Dimension is even Darker than the Third. Souls have been trapped there, and even the prison guards are trapped like the prisoner. And there have been countless animals held in misery and distortion. I am sure that this kind of thing bleeds into horror movies and artwork where you see these fantastic distorted creatures. The depictions of Hell came from the Fourth Dimension, and what numerous religions perceive as Hell all are derived from the Fourth Dimension. Beyond cleaning up those Dimensions themselves, if we look at the Third, the majority of the Dark structures that have been in place have had their source of power and support in the Fourth. The all pervasive Darkness which has been so encompassing around the Planet has been very concentrated here in the Fourth.*

***Elora:** There was no way for the Light to fully penetrate until now?*

Sananda: When the Omniversal Energy came in last year, most of it did not get through. It was deflected, but the little that did come through had a great impact. As the Fourth Dimension continues to get cleaned up, greater amounts of Light will penetrate.

Elora: *We notice that things are still as bad as ever here on Earth.*

Sananda: Two things will be happening. Perhaps the first will be the most dramatic, and that is if you can imagine shining a light into a nest of roaches. The more Light that comes, the more the Dark will be revealed. And there is so much to be revealed. Many people still refuse to acknowledge the extent of the Darkness. But as the extent of the corruption that is in the governing bodies of this Planet is uncovered, and the extent to which they have no one's interest in their heart but their own selfish greed is revealed, things will begin to change. It will take a little while longer before the critical mass is to happen, although the house of cards is beginning to crumble as we speak.

Elora: *Heru stated that the big changes, such as the crumbling of the negative power structures of Earth, would start to be visible by the Winter Solstice. Do you agree with this timing?*

Sananda: Yes, and actually right now this month is a pivotal time. Karen informs me there may be more indictments against government officials. The climate is changing rapidly and the tide is turning against those in power. Between now and January there will be significant resignations.

One thing I would like to talk about is the mood in the US. It is as if the blow from Hurricane Katrina has wounded the psyche of this Country

deeply and made people connect it emotionally with the blow of 9/11. There is feeling amongst the people that these may have been fatal blows. And so there is a growing sense of national despair in regards to the identity people have with nationhood. For some people it is very deep, for this is very painful process. For some people their sense of self worth and pride comes from living in a nation or a city that they can call number one, just as they would wish their college team to be number one. And for those people this is an extremely painful process. [*Elora: Is it their competitive nature?*] It is that, and it is perhaps a state of maturity. I think that many of the readers will have a somewhat more evolved sense of self that does not depend on flag or group identity. But I want the readers to understand how most people of this world, through feelings of inadequacy, will attach themselves to groups for security and status. And as this breaks down much anguish and fear will occur.

Elora: One of our Readers asks; What will happen after the Battle in September [in other words, the battle to clean up the 4th Dimension]? Will we see the exposure of the Secret Government and the dynastic rule of the Bush Family? Will citizens move away from Republican and Democratic Parties? Will they begin to embrace Independent Parties and Progressive Parties like Greenpeace?

Sananda: Basically, the answer is yes to the all of the above. I don't know specifically about Greenpeace, but there will be a lot more activity in the US. There are the beginnings of a lot of grass roots efforts and up until this time, basically they have been monolithically ignored by the media and governments in power. In the year 2006 this will no longer be possible.

Elora: I know that tentative plans were laid to have a Public Landing of the positive ET's in November. Is this landing still planned for that month?

Sananda: No, that has been delayed until at least next year. I believe March is the timing that is tentatively being looked at. [***Elora:*** *What is the delay?*] The cleanup has been taking longer than expected.

Elora: *I am sure that much thought and decision would go into something like these Public Landings. However, I would like to state that the people of Earth desperately need hope. We need to know that we are not alone and that help is not that far away.*

Sananda: The main reason for the delay is for the safety of those in the Space-ships. They will not come in weaponized ships as invaders or conquerors - although they could, they will not. If they were to come now, they would be attacked and destroyed. So yes, I appreciate the desperateness of the situation on this Planet and do not wish to delay it longer than necessary. I feel reasonably sure that early into next year they will be able to come.

Elora: *Will this Landing be covered up by the media?*

Sananda: I think there will be an attempt from the mainstream media to discount, discredit, disregard and ignore it. But it will bleed through because there will be so many worldwide.

Elora: *The last month or so has brought some terrible tragedies to Earth. We had Hurricane Katrina which struck New Orleans, and then a devastating earthquake on the India/Pakistani border. How can we make sense of such tragedies in this time?*

Sananda: This Planet was created as a most valuable gem, one of the Twelve Bio-libraries in this Universe. It is highly sought-after territory and the focus for the last of the great battles between the Light and the Dark. As the Forces of Light and Dark tug, push and pull and fight for control, the Planet itself cannot help but shake and convulse. You will notice at times that some of the areas of greatest convulsion are areas of disputed borders or autonomy. Some of these are Indonesia and the Hindu Kush Mountains of Kashmir (the disputed borders of Pakistan).

There has been much prayer and effort to lessen the degree of trauma and misery on this Planet. Control is being wrested from the Dark, and while it has been lessened considerably, it may appear to the Readers that things are terrible beyond enduring - and they are for many. However, it is not as bad as it would have been without the many prayers for the last twenty or so years and the work that has been done by the Light Workers on this Planet. You are all to be commended on your work. You have perhaps cut the terrible disasters of this time period in half, and the worst of it should be over with some time in 2007.

Elora: *Is there any way, besides direct material assistance, that we can help those people caught in these disasters?*

Sananda: Yes, prayer, meditation and focused intent. There are many Beings available on the Inner Planes to help. There are masses of Angels and Archangels beyond your ability to count, there are Light Warriors and God Warriors as well. If you will ask them and point them in a direction through your focused intent and prayer, your help can then more easily reach those areas.

Elora: *It is our understanding that the Atomic Correction, though very effective on the Higher Dimensions, has not been fully effective in reaching the Third Dimension. Is this correct, and if so can you explain this?*

Sananda: Yes. There are many barriers on this Planet, much of which we are in the process of correcting. It is not fully known what the solution is to this, but is definitely being worked on.

Elora: *It is also our understanding that Prime Creator is currently working with a task force on doing the atomic and density corrections from a more fundamental place. Can you elaborate on this?*

Sananda: I am not part of that Committee so I don't have a lot of information. I just know that it is being worked on.

Elora: *When is the Breath of God going to be released again?*

Sananda: We are hoping early in the year of 2006.

Elora: *What is expected that the Breath of God will accomplish?*

Sananda: When unimpeded, it restores everything to its original structure and purpose. If you look in your everyday work at how many life forms are distorted, sick or damaged or less than vibrant you will get the feeling of what that will do. Let me give a small example. If you have ever seen two trees that have fought for the same space in the sun, they lean, twist, damage, and often kill each other. This would never happen in the Light Sector. And so the Breath of God sets those kinds of things to right, those fundamental disharmonies. Just expand that to cover not only life forms but inert or inorganic forms as well. The key here to the success of the Breath of God is locating those Fallen programs and obstacles that are preventing it

from coming through. And that is fundamentally the same work that is involved in rectifying the atomic distortions.

***Elora:** Have the God Stones and the Portals back to the Light Universes been opened up again?*

***Sananda:** Not yet. I believe they will be in perhaps a month. There may be one to two open now but by and large they are closed.*

***Elora:** I sometimes wonder whether everyone, both in the Light and in the Dark Sectors, will ultimately know the truth about the Invasion of Darkness and what happened here in the Dark Sector. To start with, do most of the highly sentient Beings in the Light Sector - the Angels, Archangels, Humans, and Creator Gods - know the true story and full extent of what has occurred?*

***Sananda:** They do, for most of them have through their Relatives or Aspects in the Dark Sector. Everything is connected ..*

***Elora:** How about the Humans and other Beings in the Fallen Sector, as it becomes rehabilitated? Right now, if you look at Humans on Earth, almost no one has a clue as to what has really been going on. Even most Light Workers are still of the belief that the Darkness is an illusion. Will all Humans on Earth eventually know and understand about the Invasion, the Fall, and the Rescue that has occurred?*

***Sananda:** I believe so. They may not in their lifetime. They may end up leaving their bodies before they are able to comprehend, but yes.*

***Elora:** Is there anything you would like to add that would be a helpful perspective regarding the current situation in and around Earth, and what we can expect in the next few months? We are coming very close to the time when we have been promised that we would see changes on our Planet, and I feel it is important that people be able to experience something that is tangible.*

***Sananda:** First, I want to say that Earth is like a pressure cooker. It is the most uncomfortable that it has ever been or ever will be. This will max out and ease up early next year. So, at this point in time for everyone it is most important to remain safe, alert and protected - but to not do so in a fearful way, but instead remain in a state of Peace and Love and Light. Then next I would say that one of the most wonderful things which is happening at this point is the access available to everyone for the help of these great Angelic and Celestial Beings, and to please call on them. There is no lack of help. The relationships that are formed with these Beings are very heartfelt and wonderful in so many facets.*

***Elora:** Sananda, do you have any words to say in closing?*

***Sananda:** Yes. To the dear Readers: I extend my blessings to everyone reading this. My heartfelt hope is that you are in a safe environment on all levels-psychologically, emotionally and spiritually. Call upon me at any time. Call upon me out of need, out of love, call upon me in any way and I will come. I have the deepest regard for the courage and bravery that you exhibit in just merely making an appearance on Earth at this time. I applaud all of your efforts for I know many of you have sacrificed much. My blessings to all of you. Farewell for now.*

Part 2 - Heru's Update for November 2005

Elora: *We know that there is perfect genetic material stored within a secret chamber in the Earth - that which was brought here from the Godverse in order that the corrupted genetics of life forms of Earth can be corrected. When is this going to occur? When will this material be brought forth and used?*

Heru: *When it is safe. I can't give a time more than within a very few years. I would think certainly within five years there will be the beginnings of the release of this material.*

Elora: *Now we have some Reader questions from someone who has recently read The Return of Ught. The following questions were submitted by Ankur Patel. Ankur, thank you for your intelligent and thoughtful queries!*

Ankur: *I do not fully understand the part about the Aspects. According to other esoteric material I've read, I learned that in addition to our Physical bodies, we also have Astral bodies, Mental bodies, etc. So is my Astral body an autonomous Aspect with a life of its own? If so, then how is Astral projection possible? I'm sure there is something I do not understand correctly.*

Heru: *These are two separate things - the Dimensional ladder with the Aspects, and the subtle bodies like the Astral body and so on. Everyone that has a Third Dimensional body has an Astral body, but everybody does not have an Aspect on the Fourth Dimension. So the two can exist simultaneously [i.e. the Astral body and a Fourth Dimensional Aspect] but they actually have very little to do with each other. When a person is in the Astral body in their dream time they are not in the body of their 4D Aspect [assuming that there is one.]*

Ankur: *Since the battle is now being fought mostly in the Fourth Dimension, is it safe to do Astral projection work or should one wait until 2007 after the battle for Earth is complete?*

Heru: That will vary from individual to individual. People carry with them greater and lesser degrees of protection. People carry with them implants and Dark programs that would attract Darkness in some cases more than others. If an individual has been doing Astral travel and feels safe doing it they may continue, for that would be an indication that they have sufficient protection around them to avoid any of the pitfalls that happen with that work. If a person tends to be attacked or implanted by the Dark, or has frightening dreams or sees ghosts - any of those negative things that happen on the Fourth Dimension - then that person should steer clear of that and seek other ways of meditation and other ways of travel. There are other ways of travel on the Inner world other than Astral projection.

Ankur: *Such as traveling in the Mental body for example?*

Heru: Yes, and going into the Inner Realms, going more in than out. Asking to meet with one's Aspects, wherever they are, can be an enjoyable trip.

Ankur: *Heru teaches us two techniques to affect the weather: one to cause rainfall and another to stop rain. Can this or another technique be used to stop hurricanes or other "natural" disasters? Earthquakes are difficult to predict, but we can see the progress of hurricanes - my question is, can we stop them? If so, is it a good idea to assemble a group of Light Workers who would try to do this?*

Heru: The answer is yes, and it has been done. This year there were attempts to slow down, stall, and weaken Rita and Wilma, and both of them

did less damage than Katrina. And that was because there was much more of an awareness of needing to stop them and slow them down.

Ankur: So would groups be helpful in doing this?

Heru: Yes, groups would be very helpful. The Light Warriors and the God Warriors, if you would call them in, are very powerful allies in this. But any kind of group prayer will soften an event like that.

Ankur: Is time travel possible? If so, can Prime Creator go back to before the Darkness invaded and prevent it from ever happening?

Heru: Yes, time travel is possible; it is done quite a bit. Many of the Readers here are actually visiting from their future in an effort to pave the way for that very thing to be done. Much work will need to be laid, much groundwork needs to be laid, in order for Prime Creator to do this - but that is the eventual plan. [*Ankur: Really?*]? Yes. And as I say, many of you have come from your own future in order to assist in this process.

Ankur: Discovering the Return of Light web site and book changed my worldview significantly. Before this discovery, I was convinced that the Negative Extraterrestrials and others were working through the Illuminati, and their elaborate network of conspirators on Earth, to keep the Planet in chains. But I had no idea that the problem was of such a grand scope as to involve entire universes! The Return of Light expanded my worldview by a thousand-fold. I had planned, after my own healing was complete, to do whatever I can to make people aware of the Illuminati's control - I'm not sure what, but I realized that any effort to change the world would be useless unless we addressed how people think first. It's not enough to provide truthful information, but to break people from their hypnotic spells first. So I was primarily going to work on the Internet for all this, in the

beginning. My question is, since the Light Warriors are now here to take down the Illuminati, is any such project worthwhile? Is it useful to place any effort on liberating people's minds at this time? Any major effort on my part would need to come after my own healing.

Heru: Indeed, such work would be very useful. The programming that has happened in Human minds has been so complete that, just as the *Return of Light* book turned your perspective around, so you too can reach out to people with your own words, your own efforts, and do the same for others. It is a very effective tool and a very needed and worthwhile one.

Ankur: *Do Heru and the other Light Beings foresee the disappearance of such things as war, disease, and poverty in our lifetimes - or within the next several decades?*

Heru: Yes. With the advent of the Positive ET's to this Planet, that work can happen with relative swiftness.

Ankur: *Would you say this will occur in the next several decades?*

Heru: Within the next several decades much progress will be made. I cannot say that everything will be finished, but there will be a significant increase in the welfare of all life.

Ankur: *We now have direct and intense intervention from Prime Creator, Light Beings, and the Light Warriors ... is there anything the people of Earth can do to significantly accelerate the cleansing and healing?*

Heru: There is quite a bit. The first thing that people must do is to work on themselves. That is not to say that they should not be active in social programs or political outreach, but if a person is out of harmony within the self each action that they will take will then have a ripple effect causing disharmony. So the first action would be for individuals to make sure they are cleared of entities and the Fallen programming so that they then can see clearly. And then they should embark upon what is passionately singing in their heart. For some it will be the environment, for some it will be political reform, for some it will be health reform, and so on. There is much to be done. In embarking on the external action, invoke as much help as you can, be it the Light Warriors, the Archangels, Creator Gods such as myself, and so on. Invoke all of us to walk with you as much as possible, and invite us into your world, into your reality. In so doing you will not be changing one tyrannical master for another tyrannical master as has so often happened in political revolutions in the past.

Ankur: *I want to know about the so-called Lower Astral regions - places where demonic life forms are found. My question is, who created this Realm?*

Heru: It was not just one individual that created it. It was a concerted effort by the Dark to create what almost constitutes a World surrounding this World, so that anyone trying to leave or Ascend would run into this World first.

Ankur: *Also, I read that the Lower Astral Region is energetically sideways to the Main Dimensional structure - so a Third Dimensional Human does not have to pass through the Lower Astral in order to travel to other places. Is this correct?*

Heru: If they are able to, yes. They can travel to other places without going through the Lower Realms. [**Ankur:** *Also, now that the Light Warriors are here, will this Realm be cleaned out?*] It is being cleaned out.

Ankur: *What is the current status of this Lower Astral Realm, and does it still prevent ascension?*

Heru: It is 65% cleaned up. There is still quite a bit to do.

Ankur: *Is it preventing people from Ascending? Yes.*

Ankur: *How much longer will the cleanup take?*

Heru: I think in two to three months things will look quite different.

Ankur: *Is there anything the people on Earth can do to help with the Atomic Corrections - something that would make it significantly easier?*

Heru: The more people that invite for the Atomic Correction to come into their Being, the more energy it will have to come through. At a certain point there will be a critical mass achieved.

Ankur: *Who is the audience for the Return of Light material? Is it just Light Workers or all of Humanity in general?*

Heru: I hesitate to put a separation between Light Workers and the rest of Humanity. I would say it is for anyone that who resonates with this material.

The majority of those people would be what are commonly termed Light Workers, but there will be others as well who respond to this message.

***Ankur:** If the latter, then how does one go about spreading information that will be perceived as radical by most people?*

***Heru:** As time goes by it will seem less and less so.*

***Ankur:** Who are the Starseeds? Are they part of the Light Worker group mentioned in the book? Three years ago, a psychic mentioned that I was a Starseed. I once had a dream about Starseeds, then woke up to see "9: 11" on the clock.*

***Heru:** Yes, Starseeds are beings who have come to this world from other worlds. And that would encompass all of the Light Workers. There are actually not that many native Earthlings; almost everyone has come here from somewhere else. So in essence just about everyone here is a Starseed. Not everyone here came in that wave of Beings who came to help when the Fall happened. Some came before, some came after. Very few came after, but some did.*

***Ankur:** It is said that there is no Karma in a Light Universe, and that Karma is a kind of poisonous pill that one takes when living in the Fallen Universes. But then who are the so-called Lords of Karma? Do they manage the Karmic system? And if so, and if Karma is a creation of the Dark, then aren't the Lords of Karma serving the Dark side? Please forgive my ignorance in this matter.*

Heru: There were great battles when the Dark first invaded for control of these Sectors and there were some uneasy truces and agreements that were made. One of them was this whole concept of Karma, because it was seen that a person couldn't rape, pillage, and burn in this Dark Sector, and energetically be able to cross over into the Light Sector as if nothing had happened. So one of the uneasy truces and agreements that was made between the Light and Dark was set up to be a check and balance on all of that. The Lords of Karma were brought in as neutral mediators on this. Now whether they have in truth remained neutral is another issue. Therefore Karma is an effect of the Dark, but the whole system of balancing or releasing Karma was put in play by both sides. It has not always really best worked to serve the Light because basically once a person is entrapped in the wheel of Karma they don't ever get out.

Ankur: *Have the Lords of Karma remained neutral? I have worked with them and they seemed very loving. Also there have been many times during our work on various issues where it has been suggested that we bring them in .*

Heru: . I think they are basically Light oriented and neutral, but they perhaps have distortions. I'm sure scanning needs to be done on them as well as on everyone else. My fundamental feeling is that the whole system needs to be dismantled. I don't like it.

Elora: *This completes our Reader questions, and now I would like to pose some further queries. Please give us an update on the rest of the Fallen Universes. How are they doing compared to this Universe?*

Heru: Roughly everyone is in about the same place. There are a few, maybe less than 1%, that are significantly ahead of what is happening in this Universe, and maybe 10-12% are lagging in any kind of significant way behind where this Universe is. But overall they are fairly evenly bunched together in what is happening.

Elora: I have a question on what is called the Schumann Resonance. I have a paragraph here which summarizes this phenomenon:

The Schumann Resonance is a measure of the vibration rate of the Earth, more specifically a measurement of naturally circulating rhythmic signals in the space between the surface of the Earth and the Ionosphere. These frequencies are thought to have a profound effect on all life on the Planet. One writer stated: The frequencies of naturally occurring electromagnetic signals, circulating in the electrically resonant cavity bounded by the Earth and the Ionosphere, have governed or determined the 'evolution' or development of the frequencies of operation of the principal Human brain-wave signals. In particular, the Alpha rhythm is so placed that it can in no circumstances suffer an extensive interference from naturally occurring signals.

From the time it was first recorded, the Schumann Resonance was stable at 7.8 cycles per second. Recently it has been rising. There is controversy about this, but recent reports from some quarters have set the rate at over 11 cycles and climbing.

Some people say that this is the negative effect of the disruption of the Ionosphere by massive ELF from the surface, as well as from the installation called HAARP, and that the rising of the Schumann Resonance is very dangerous and potentially disastrous, that this adversely affects the brainwaves of Humans and other life forms and so on. Others say that the rise in this frequency corresponds with the rise in Human consciousness, and that when it reaches 13.0, the Planet will reach what is termed "zero point" and take a great evolutionary leap forward. What is the truth of this matter?

Heru: It is more complicated than just an either/or. First I would like to say that regarding the second theory, that the rise in the Schumann Resonance represents or creates a rise in consciousness, I would want to dispute that. If you look at the overall vibrational level of Humans on this Planet, it is currently still descending rather than ascending. Humans are in a very stark state of misery and fear and are very shut down. And this intensifies the more they are urbanized. I'm thinking of this in the Third World countries as people leave their farms, leave the earth, and go into the mega cities where they are living in poverty cut off from the earth. This is a further degradation of their net awareness. What more can I say on this? It is inevitable that the Schumann Resonance will rise. It is in part the technologies that you have listed, but it is also a necessary component in the transformation of the Planet. So I can't say that it is either harmful or beneficial. It just is at this point, and it will continue to rise. Once the Earth has gone through its Changes, it will drop back to a more harmonious and restful vibrational level.

[Elora: I had the sense that Heru was speaking here about something analogous to a person whose body is invaded by pathogens. That person develops a fever and burns off the illness. When the body returns to health, the temperature drops to normal. It's almost as if the rise in the Schumann Resonance, in part, is like the Earth having a fever.]

Elora: *Much has been written about a phenomenon called the Photon Belt. The Photon Belt is reportedly a band of intense photon (light) energy that is on a collision course with Earth. When it gets here, things are predicted to change dramatically. There have been predictions of five days of darkness, no more electricity, mass UFO landings, photon energy conversion devices, psychic abilities for all Humans, transformation of our Human bodies into Higher Dimensional forms, the demise of the Illuminati, and much more. The Photon Belt was first predicted to arrive by the end of 1996 but none of these predictions have occurred. You previously stated that the Photon Belt was a highly charged area of space and that the chemtrails were to some degree a defense against this phenomenon. Would you speak about the Photon Belt - what it is and how it affects our Planet?*

Heru: Yes. The Photon Belt is a highly charged area of higher energy particles, and the Solar System has entered this Belt. I think perhaps those predictions are somewhat extreme but not that far out of the range of the things that are and will be happening. I don't think we will see five days of darkness, but we will be in this Band for some perhaps ten to fifteen years, and over that time much of what has been predicted will happen. But it will not be like turning on a light switch where the Earth wasn't in the Photon Belt, and now it's in it and everything is different. And the chemtrails, yes, are [in part] an attempt to keep out that energy.

Elora: *The best known book about the Photon Belt was channeled by Sheldon Nidle, apparently from the Sirian arm of the Galactic Federation. Was there, at one time, a plan on the part of the Galactic Federation and/or the Sirians to intervene on Earth when they saw that we were about to enter the Photon Belt?*

Heru: That was hoped for. ET intervention has been continually delayed due to the fact that, as I stated earlier, there is not a wish to have armed intervention. There is a wish to have peaceful intervention. And until such time as the Space-ships can come without being destroyed or without engaging in a firefight, this has been delayed for safety reasons. If they came today the governments would fire nuclear weapons on them and not only would those Space-ships risk being destroyed but much life on this Planet would be destroyed as well. There is much fear in the Dark ruling bodies because they know this would be the end of their rule, and they would rather burn the Earth than give up control.

Elora: *Please give us some information on the Galactic Federation.*

Heru: The Galactic Federation is a body of many ET's, the Leaders of which are Ninth Dimensional Beings, but they encompass Beings from the Ninth

down through to the Fifth Dimension. And their mission has been to work towards liberating the Earth from the Dark Forces. They have worked towards this for many centuries, setting things in place, infiltrating when they can in small areas.

***Elora:** How is the Ashtar Command related to the Galactic Federation?*

***Heru:** The Ashtar Command is a wing of the Galactic Federation.*

***Elora:** One that more closely concerns Earth? Yes.*

***Elora:** You stated earlier that the Negative ET's, such as the Greys and the Dracos, are Races created by Fallen Creator Gods. We know that the Greys in particular have been responsible for millions of abductions of Humans who were used in their genetics programs. What is the current status of the Negative ET's? Have most of them been captured?*

***Heru:** Yes, I would say upwards of 80% of them have been captured. It has not been formulated what would be done with them, so they are being held in an area. Work is being done, negotiations are being made and some experiments are being done on whether it is possible to uplift their vibration to where they are able to be integrated into the rest of the Fallen Sector as it returns to Light.*

***Elora:** They do have souls, do they not? Yes.*

***Elora:** Couldn't those souls be worked with, and then incarnated into Human type bodies? It is believed something of that nature will happen, yes.*

Elora: *Regarding the capture of the Negative ET's: Does this mean that people who have suffered from abductions, including repeated abductions, will now be free from this?*

Heru: *The abductions are diminished quite significantly in the last year.*

Elora: *And will ultimately stop? Yes.*

Elora: *I have heard a good deal about the E.T. Underground Bases on Earth, such as those in the vicinity of Dulce, New Mexico. It is believed that these bases are staffed by Beings such as the Greys, Dracos, and other Negative ET's, and run by them in conjunction with the Illuminati. There are people who have gone into these Bases and lived to tell - and they have seen these ET's present in dense physical form. What is the status of the E.T. Underground Bases at the present time?*

Heru: *They are still intact; the ET's that are there have not been captured. Of those who have left there to travel outside the Earth's atmosphere, many of them have been captured. So they are in a hunker-down mode, trying to stay sheltered from the Light Beings. Also one thing that has happened is the communication and flow of supplies and so on to the Bases has been cut off. The Beings there are isolated and in a state of fear and panic - they know that their days are numbered.*

Elora: *Is it correct that there was a major attempt on the part of the Dracos and others to capture Earth in the Fall of 1997? Yes, it is true.*

Elora: That completes our questions for today, Heru. Thank you for this information.

Heru: My love and my blessings to all of you.

Chapter TWENTY-TWO: UPDATE for DECEMBER 2005

THE LIGHT INITIATIVE by Elora Gabriel

With this Update we announce that the rescue of Third Dimensional Earth has begun. It will probably take some weeks before this becomes apparent to those of us living here, however the Forces of Light are in motion. Due to security considerations, we are not able to share all of the information we have been given at this time. We should be able to give fuller details in January 2006.

Part 1 - Petitioning for The Initiative

As we have repeatedly discussed in our Updates, Earth is one of last places in this Universe to be liberated. Despite miraculous changes on the Higher Dimensions, up until now we have received no real relief in this Physical Realm.

Last spring Heru spoke of the taking down of the Illuminati, the negative controllers of Earth, on the Fourth Dimensions and up. In April, he stated: "Within a very short period of time you will begin to see the entrenched power structure that controls the finances, the war machines, and the politics of your World, shake and collapse like a tower of Babel." At that time he believed these events would begin to occur in the Fall. Later, he pinpointed the time that we would begin to see cracks in the power structures as late Fall, or "by the solstice" [i.e. by December 21.] We have already seen these predictions beginning to happen with the continuing and escalating exposure of corruption in the Bush regime.

However, for those of us enduring physical life on this Planet, we felt that these changes were still occurring too slowly - that if we did not receive radical assistance soon, it would be too late for a great many Beings. We also felt that damage to the biosphere was increasing exponentially. We placed all of this before Heru during the first week of November. Heru responded by stating that he would convene a Council at the Haven on Saturday, November 5. We were invited to attend to represent Earth. At that meeting, Karen and I each stood before the many thousands of Light Beings gathered there and made an impassioned plea for Earth. We called for immediate assistance for Earth and all of her Life Forms.

After we had spoken, Heru stated that everyone in the Council was in agreement with our request. He made a short, stirring speech which unfortunately we were not able to record in full. Below is the substance of his words, paraphrased from my notes.

"Within two weeks we will launch an Invasion of Light and begin to implement programs of Light and Healing into the Third Dimension. This will require a concerted and coordinated effort. We will bring the Atomic Correction with us when we come, and we will manifest the Atomic Correction. Sekhmet and I will lead this initiative; we will be the vanguard.

"We will prepare to begin to march within two weeks. We are embarking upon a Great Rescue. There are countless numbers of Beings assembled waiting for the right time, and this is the time. This is the last of the Great Battles. Our victory is assured. And when we meet again, it will be on the Third Dimension of Earth. We will bring the Extra-Terrestrials and the Ultra-Terrestrials and the Mass Landings will begin.

"The time is now. It has begun."

Part 2 - The Plan

As stated above, we cannot yet give full details of the Light Initiative. What we can say is as follows. First, the Third Dimension is not homogeneous, rather it is composed of twelve "layers" or levels. Just as Beings in the Seventh or Eighth Dimension are invisible to us, for example, Beings inhabiting the upper layers of the Third Dimension would also be invisible to our eyes. In addition, the Third Dimension as a whole has been cut off from the other Dimensions by a particularly dense set of Frequency Barriers.

In order to penetrate these Barriers, the Light Forces created a ship somewhat like a rocket. This rocket is made of the material from the Light Warrior Creation, being sharper and harder than anything in this Creation. Heru, Sekhmet, and an Aspect of Prime Creator launched this ship and were carried within it, to arrive on the upper levels of the Third Dimension during the early morning hours of November 19th 2005 They established a base, the location of which is not to be revealed at this time.

Once a large hole had been cut through the Frequency Barriers surrounding Earth, other Light Beings could enter. Vast numbers of Light Warriors, God Warriors, Angels, and Archangels poured through the entry point that had been created and took up stations on the higher levels of the Third

Dimension. These Beings are still too high above us, Dimensionally speaking, to be visible to our eyes. However, we are assured that they are here. We have seen some of them etherically and have noted that they were denser than other Higher Dimensional Beings we've encountered.

The first priority of the Light Forces was to place large numbers of Atomic Correction Generators all over the Planet, as well as in certain strategic places. Thus far, though the Atomic Correction had been quite effective on the Higher Dimensions, it had barely reached the Third. Heru has spoken previously of the importance of correcting the Atomic Distortions which have affected all matter in the Fallen Sector, particularly on the Lower Dimensions. When asked about the rescue of Third Dimensional Earth, he had told us:

"All this is going to be dependent on our making that breakthrough to the sub-atomic structure. Once we can break through we can do anything. We have the Forces, we have the numbers, we have the power to do it. And it will happen everywhere at once, once we can make this breakthrough. This is really the key."

When asked about problems of pollution, over- population, and so on, he responded:

"Once this Planet has open Portals, dialogue, and so on, those problems can be easily corrected. Populations can be moved to less populous areas off planet, and the technology does exist to clean everything that has been polluted and distorted. So it's really those first Barriers that we are dealing with. Once those Barriers come down, once the Atomic Structure has been corrected, once the doors are open, all of that can be accomplished with relative ease and speed."

Returning to the Atomic Correction Generators, the small ones are continually broadcasting the Atomic Correction, beginning the process of bringing that Correction to Third Dimensional Earth. Prime Creator also took a very large Generator and brought it to the center of our Planet, from which point it is broadcasting this energy to all points in our world. Sananda explained:

"Essentially he will present one to Gaia and will set it up in the center of the Earth. At that point the Correction will begin to radiate out from the center of the Earth so as to affect everyone equally. So there will be many small ones on the surface of the Earth and then one large one in the center of the Earth. As the vibrations from all these begin to meet and merge the density will begin to break up."

The second priority in this Light Initiative was to ensure the safety of our Planet. We cannot give further details at this time or answer questions on this subject, except to say that this task has been completed.

The third priority of the Light Initiative will be to work on the Government Leaders and the Media. Heru stated that vast numbers of the Deca-Delta squadrons will be released to target these people. The Deca-Delta squadrons are groups, each composed of ten Angels, who are able to remove Darkness from any Being and turn that Being back to the Light. Heru told us that it would ultimately become as though the Political Leaders and Media had taken truth serum. He said:

"They will be targeting not just the Political Leaders but the Controllers-behind the Leaders, the people who have the hidden wealth, the Illuminati on the Third Dimension. [Once this takes effect], it will not happen all at once but you will see people begin to say things they didn't mean to say, in short bursts, and then sort of clam up and regain their self control. And then those facades will increasingly disintegrate, and increasingly the truth will be told."

Elora: How long do you think it will be before these involuntary disclosures will become really major, like speaking about the Chemtrails or 9/11 or whatever?

"It will start with smaller things. Things in a sense will shut down during the holidays, not much work in the Government and such will happen. So I'm thinking that by the second or third week in January it will be very apparent that the Ruling Government in this country is illegitimate and will be moving towards a point of dissolution."

Again, there may be further delays, but I believe we will see some effects in January. When the full effect of this work is seen, it is expected that the governments will come to a screeching halt and there will be transfers of power. To quote Heru again:

"At that point we will begin to manifest to the Leaders and ask them to step aside and resign their posts. How they will do that we cannot foresee. We assume that most of them will refuse. They and their minions will at that point be rendered incapable of action. There will be some external chaos, though it will be more talk than riots or anything of that nature. We look for it to take some weeks to fully implement the incapacitation of the Leaders who are puppets of the Illuminati. There are, in every government, Beings of Light prepared to step forward and take Leadership roles. I look for the possibility of both the 2004 and 2000 Elections in the US being declared null and void. Karen tells me there is talk that the Government Accounting Office within the Government of America has come out with a study saying the 2004 Election was fraudulent and that the Ohio results were rigged. And action will begin to be taken on that."

The fourth step of the Initiative will be the Mass Landings of the Positive ET's. When we asked Heru about this, he responded:

"They will come soon. They will come after the Governments have been disabled. Once the Governments have been rendered ineffective they will begin to appear."

Heru's initial projection was that the Initiative would take one to three months to establish, worldwide, and that the Positive ET's could possibly land within that time period. During that time he forecast that the Chemtrails and other outrages against Earth and Humanity would stop. It may be necessary to extend that original projection somewhat, as the Light Forces have met with various difficulties and delays.

Part 3 - Difficulties and Delays

As promised, Heru and Sekhmet entered the upper levels of the Third Dimension during the early morning hours of November 19th 2005. With them came an Aspect of Prime Creator Himself/Herself. Prime Creator stated that he would appear in "a coalesced Light Body, larger than a Human form. It will not look solid in the Third Dimension but I will definitely be in the Third Dimension." He added: "This is of utmost importance to me. This is where my focus is at this time. I am fully participating in the Rescue of this Planet." He also explained that during the progress of the Initiative, provisions were being made for each Human Being to receive a complete cleansing of implants, attachments, and so on.

However, progress was slower than anticipated. The Light Forces who entered the Physical Realm of this Planet found it extremely difficult to move about and to operate. They reported that it was like trying to walk in quicksand. A Headquarters was established at the landing site and many Atomic Correction Generators were set up there. More Generators were placed all around the Planet. Some of them worked. Others did not - the result, we're told, of taking something which was developed in the Fifth

Dimension and applying it to the Third. By the end of November 2005, Prime Creator had reached the center of the Earth with the large Generator that He carried.

On November 25, 2005, Hem spoke to us about the obstacles encountered by the Light Forces since their arrival on Third Dimensional Earth.

"Just to give you a comparison of the situation here v.s. some of the other inhabited planets: Where Terah [a Fourth Dimensional friend] lives on the Pleiades, there may have been a few dozen Dark programs there that were cleaned up in a matter of a week or two. The environment is being restored and it all happened very quickly and easily. On this Planet we are encountering millions, billions, trillions of Dark programs that have been set in place to keep this Planet from being freed. We know that we will win. We are not deterred, our determination is not lessened. It is just that in all of the battles, in all of the rescues, in everything that we have done, this is by far the most dense and complex issue we have come upon. But be assured that our full attention is here: the full attention of Prime Creator, the full attention of all the Archangels, the Light Warriors, the God Warriors, the Angels, the Positive ET's. Our full attention at this time is on this Planet."

Elora: Are you saying it's worse here than the other eleven Critical Planets? "Yes, actually it is."

Elora: Really? Why?

"I think it would take a historian to get that information. My first response to that would be because Sananda was able to insert the Christ Consciousness into this Planet at the time that he did. And because of that they focused much more intensely here."

Heru told us, in fact, that the other eleven Critical Planets have been freed although not yet restored. It is heart-breaking to find that we are last on the list due to the extreme difficulty of the situation here, however this does mean that the full attention of the Light Forces can be focused on our Planet.

By early December 2005, progress was being made. The faulty Atomic Generators were being repaired and the Light Forces were able to move around with less difficulty. But by the first week in December, we became aware that war had broken out.

Part 4 - Cleaning up the Third Dimension

By December 7th 2005, further progress on the objectives of the Initiative had to be put on the back burner in order that the Light Forces could focus on the clean-up of the Dark Beings and structures on the Third Dimension. On the 8th, Sananda told us: "This is the all-out Armageddon Battle."

On December 9th, 2005, **Heru** stated:

"The battle is raging very fiercely right now. If you can imagine the Third Dimension being divided into twelve layers, the Light Forces have gone down through to the ninth layer at this point. And you folks are about on the second and third level. I think it's going to take a couple of weeks, which would take us about to the Solstice or a little after. I am hopeful that they can begin the work with the World Leaders by then and that results will be seen early in the New Year."

Elora: Were these battles not anticipated? They've happened every time a Dimension has been cleared.

"I think they didn't realize the complexity, because pretty much as they went down through each of the Higher Dimensions they got the whole Dimension at one time. It wasn't so stratified. And on the Third Dimension each strata has another layer of forces and weapons to go through. So once again it's far more complicated than the Upper Dimensions."

On December 10th, 2005, we asked:

You said that the Light Forces were on the ninth layer of the Third Dimension. As they clear out each level, will they have the ability to move into the lower levels? For example, will they be able to get into the fourth level, just above us?

"Yes, because as things are cleared out, it's almost like they will set detonations of atomic correction on the level below and then they can get into that level. So each level that they clear out will make the preparation for the next level. And they're actually into the eighth layer today."

That's hopeful. You thought the war would be over in about two weeks. Do you think that is realistic given how stratified and complex the Third Dimension is, with each layer having its own enemy races and weapons and so on?

"I think not. I think they went through the ninth very quickly, in a couple of days. Let us give it a couple of days and see how quickly they get through the eighth and the seventh, and then I think we'll have more of an idea."

You said that as the Light Forces clear out each Dimension, they in a sense detonate the Atomic Correction into the next Dimension. Is this something beyond and more powerful than placing the Atomic Correction Generators?

Well, it's more complete. In order for them to effectively move around in the next Dimension below them that is the first step to take in the battle.

So they sort of blast in downwards, so to speak.

"Yes."

By December 13th, 2005, the Light Forces were working through the fifth layer of the Third Dimension. We asked:

What will happen when they have completed the clean-up of the fourth layer, the one directly above us? Will the Light Warriors and God Warriors move into the levels that we call Dense Physicality, the second and third levels and even the first level, and will there be fighting in these levels?

"There will be fighting. As for the Dense Physicality, that would probably be a whole chapter of a book in and of itself, because what you perceive as Third Dimensional Physicality really does not resemble what is natural because of the distortions. So even when these Beings are on the third level they may not always even be seen. They would be seen by some, but they may not be seen by denser Beings. "

But what about when they get to the first or the second level? Isn't the second layer where most Humans reside?

"Yes, but because of the distortions they still may not be seen. That does not mean that they won't have an effect. "

They could be here fighting and we might not even see them?

"Yes. But I believe you [personally] would see them. "

Elora: So the War still has to go through the fourth, third, second, and first levels. "Yes."

As they go through each layer of the Third Dimension, are they doing a very thorough cleanup, or only a partial one that could leave a lot of pockets of resistance?

"I wouldn't say a lot of pockets but there are some pockets of resistance remaining, that they will get back to later."

CONCLUSION

We wish that we had something tangible to demonstrate the progress of the Light Initiative. At this point we do not, although once again it is believed that we may see results sometime in January 2006. I would like to close this Update with a few more words from **Heru:**

"I would like to emphasize that even though outwardly it appears nothing is happening progress is being made, and that many people are having experiences of the Light breaking through into their own soul experience in ways that have not been possible before."

I observe that a lot of people are having a hard time, actually.

"Yes, I think both in a way are going on at the same time. There is definitely a heaviness, an oppressiveness, like the pressure cooker image which has been brought up before. Karen tells me she feels almost as though all of her Karmic experiences - the past life traumas that have happened on this Planet - are being touched and banged on, bringing up a lot of old pain that she can't really identify. It's just that wherever she is connected to this Earth, in the past, all these things are being hammered on. So yes, it is a difficult time for many, but there are also many that are having breakthroughs."

Is there anything else you would like to add?

"I would like to recommend that people call in as many Archangels and Angels into their space as possible through prayer. That is one thing people can do that will help hasten all the Light coming to this Planet."

Heru also told us, in an earlier conversation:

"The path from a degraded planet to a restored planet is such a process. I don't see how we are going to get there but I know we're going to get there, if you know what I mean. I don't see the specific twists and turns on the path

to the mountain-top to tell you that in three weeks or three months things are going to be different in this or that way. I just know that we will reach that mountain-top and we will reach the total restoration of this Planet."

Chapter TWENTY-THREE: Destruction of the Sources of Darkness

Elora: We open this Update with the hope and the affirmation that 2006 will be the turning point for our beloved Earth. In 2004, when we were receiving the material for *The Return of Light*, Heru said on several occasions that it would take about two years to win the Battle for Earth. Most of us are somewhat battered and weary from the past couple of years, but we have finally arrived in 2006.

This update will not contain any channeled material, as Karen is taking a break from channeling at this time. Therefore I have put together what I could from my own impressions and experiences, with help from Shakura. Please be aware that my conclusions may be incorrect or at least incomplete in some respects.

Part 1 – More on the LIGHT INITIATIVE

I wish we had more detailed information on the progress of the Initiative. I would like to start by saying that Heru and the other Light Beings are in a very positive and confident mood. They are all projecting an enthusiastic and upbeat energy. This has not always been the case, as I have seen them

grim, exhausted, and stressed at times during the worst of the battles. From their perspective, things must be going well.

It appears to us that the clean-up of the Third Dimension, and even of the Second and First Dimensions, is complete. Of course we know that there are plenty of Dark Beings still around, as most Humans still have attachments and so on. My interpretation is that it is the Dark Military in the various Dark and Fallen Races that have infested the levels of the Third Dimension which have been defeated. I believe that the clean-up of individual Humans - i.e. removing attachments, implants, and so on from them - has begun as of January 5, 2006.

Heru told us that the Third Dimension contains twelve levels, and that Humans exist on the second and third levels. He said that even when fighting was occurring on the levels we are on, we might not see it "due to the distortions". This was an enigmatic remark which I did not follow up at the time. Karen, Shakura, and I have all been unable to see the Forces of Light when they were working on our levels. We could see them clairvoyantly, of course, but we had hoped for something more tangible. Shakura reported that at a certain point she realized she had been seeing things out of the corner of her eye, flickers of movement in her peripheral vision, and hadn't paid attention to it. Then we remembered that Heru had mentioned, before the Initiative began, that this is how the Light Beings might be perceived by Humans.

Last week, one of the Light Beings descended all the way from the Twelfth Dimension to the second or third level of the Third Dimension and came into a room where Shakura was sitting. He stood near her and said, "I'm right here." He also touched her hand. She could see him clairvoyantly and could feel the energy of his touch, but could not perceive him with her physical senses. We asked him for an explanation. He stated that we are both existing in the same Dimensional level, but it's as though there is a chunk of this Dimension which has been compressed and is denser. It is a distortion, a compression in the Dimension, and we Humans live in that compressed area. The Higher Beings can see us perfectly, but we cannot see them. He also

said that even where he was, the Third Dimension felt very "thick and gluey" to him.

I will call this very dense part of the Third Dimension the "Compression Zone", or "Dense Physicality". Outside of the Compression Zone the Atomic Correction Generators are working, the Light Beings are now able to move around, and so on. Inside this Zone the Atomic Correction has yet to make a dent; we can't reach the Light Beings and they can't reach us. In terms of density, a good analogy would be that the Third Dimension in the Light Sector is like air, here it is like water, and in the Compression Zone it is like ice. We are stuck in the ice, which is what makes our world so very hard to reach and to affect. It is my belief that, prior to the time that the Light Forces entered the Third Dimension, they did not realize the extent of the density here.

A couple of days after this conversation, I went into the God Stone at the Haven and took a very good look at the matter in the Compression Zone. It looked incredibly dense, almost as if it was on the verge of implosion in some places. I called in Prime Creator, Heru, and Shakura, and we found a Program which had been placed by the Dark into the dense physical realm of Earth and which was causing matter to become progressively denser and denser. Once the Program was found, it could be dealt with. This event occurred on January 1st 2006, and I believe the Program is still being removed, as it was very complex and laden with the usual booby traps which had to be dismantled first.

The next day, January 2nd, my Husband John perceived huge armadas of Star Ships, silver to silver-gray in color, moving through the non-compressed areas of the Third Dimension. He said that the Ships appear to be living Beings and that they are Light Ships. They are dropping energy bombs of some sort with the intention of breaking up the distortions and density in this Dimension. Once again, I don't know to what degree these will affect us in the dense physical. Hopefully once the density program is removed, we will start to see changes in that regard.

Back to the progress of the Light Initiative, we believe that the work with the World Leaders and the Media has begun. Heru had hoped that we would see results by the Solstice, but (as stated in a portion of the December Update) he revised that estimate to the second or third week in January. I do not know whether the extreme density problems in our world will be an impediment for this work. It is being done by the Deca-Delta squadrons, which are groups of Angels. They would be working on the Spiritual Aspect of a person so we hope that the density will not be a factor. Possibly it will cause things to move more slowly. I fervently hope that this is not the case.

Shakura and I suggested to Heru that he look into something called an "Atomic Accelerator" which was mentioned in one of the works of St. Germain. It makes sense to me that, if such a thing could be created, it would be helpful - for I believe that the very movement of the atoms and molecules is slowed down in this zone, making it behave something like cold molasses! A task force of the Higher Beings has discussed this idea with St. Germain and is now working on developing something along the lines of an Atomic Acceleration Chamber.

On the night of January 4th, 2006, I helped to hold energy while an enormous group of Higher Beings, led by Prime Creator, attempted to open a small channel into the Compression Zone. The amounts of energy generated and required were staggering. I could hear (via clairaudience) cracking, splitting, and rending sounds as the opening was created. It felt very much like sending an icebreaker into a frozen sea. The atomic correction was then forcibly blasted out from this channel. This group also worked to correct the Permanent Atom of Earth in the dense physical. I am not able to say to what degree this process worked again, we will just have to wait and see.

To summarize this Section, these are days when many of us teeter between hope and despair, waiting to see some visible proof that the rescue of Earth is in progress. I would like to again quote some words from Heru:

"The path from a degraded planet to a restored planet is such a process. I don't see how we are going to get there but I know we're going to get there, if you know what I mean. I don't see the specific twists and turns on the path to the mountain top to tell you that in three weeks or three months things are going to be different in this or that way. I just know that we will reach that mountain top and we will reach the total restoration of this Planet."

I also have no way of knowing how soon we will see the changes we are all waiting for, but I do see and feel the immense, unwavering determination of Prime Creator and the Forces of Light, that not only this Earth but every Being on it will be fully healed and restored. As Prime Creator once said: whatever it takes, if it takes turning Himself inside out, it will be done.

Part 2: Update for February 2006 - Elora Gabriel

This Update will be short, as Karen is still not channeling, and again it will consist of information that Shakura, my Husband John, and I have gathered.

The Light Initiative, from what we can observe in the US at least, appears to be having some effect although it is progressing more slowly than anticipated. The Bush regime is under duress and is weakening, with more indictments to come. The word "impeachment" has been spoken and is gaining serious support. These are hopeful signs, and we trust that the movement which has begun will continue to gain momentum. I do think that the extreme density of what I call the "Compression Zone" or the dense physical has slowed everything down, and that the Light Forces did not comprehend how extreme this situation was until they began working in the Third Dimension. Once again, where the rescue of our Planet is concerned, so much hinges on breaking that last barrier so that the density and atomic

distortions can be turned around. In addition, other events have required the attention of the Light Forces, as I will explain below.

Following is a short history of what we observed during the month of January. In the first week of this Month it was seen that, not only were the Atomic Generators not working in the Dense Physical, but the density on Earth was still increasing. For tens of thousands of years, frequency has been dropping on our Planet and density has been increasing. The momentum of this downward movement had become so strong, and matter had become so dense here, that had the situation gone unchecked it would have reached a point of no return. An unprecedented appeal for intervention was made to the Absolute, the unmanifest form of God (that which is prior to all Gods and all manifestation). Normally the Absolute does not intervene in Creation, that being the role of Prime Creator. The Absolute released two great Waves of Energy, which reached our Planet on Sunday afternoon and night, the 8th of January, 2006. These Waves were filled with brilliant, sparkling Light and powerful energies. They stopped the downward slide of matter, and very gradually began to penetrate the Dense Physical.

However, by Friday, January 13th, another situation had developed which commanded the full attention of the Powers of Light. In the previous part of "The Return of Light", Heru spoke of the source of Darkness. At that time he stated that it was not known who or what created Darkness or where it came from, only that it was brought here by an invasion from somewhere outside this Creation. We have now gathered quite a bit more information about the source of Darkness, which is apparently an entire Creation System that is Dark. In order to explain these enormous concepts, which may be difficult to visualize, let me draw an analogy.

Imagine a large lake. On the lake, lotus plants (which are a type of water lily) are growing. Each one is spaced rather far from its neighbors, and they form a somewhat regular pattern on the lake. In this analogy each Lotus plant represents a Creation System, created by a Prime Creator and encompassing multiple Creations. The flowers and leaves represent the Creations within that system, with the leaves being analogous to the earlier

and simpler Creations and the flowers being analogous to the later and more complex ones. (As you may recall, Heru told us that our Creation is structured in the form of a gigantic Lotus Flower with each petal being a Universe and the center of the flower being the Godverse.) The lake in our analogy represents the Void. The Creation Systems float within the Void. If you will imagine that each Lotus Plant, each Creation System, is contained within its own energetic envelope - which represents the Absolute in each case - then our analogy is complete, albeit very simplified. The Absolute which surrounds each Creation System manifests Itself as a Prime Creator, and each Prime Creator then creates, out of the "stuff" of the Absolute, all the Creations which make up that System. The entire lake would make up the Cosmos, or All That Is. And it may be that the lake is, in fact, an ocean that goes on forever.

Now imagine that one of these Lotus Plants somehow became diseased with an aggressive and deadly virus. That virus was carried to the nearby plants and they, too, start to become diseased. Something like this, we believe, is what happened.

In one of the Creation Systems - one that was relatively near to us but not our immediate neighbor - Darkness was created. Darkness has overtaken that Creation System entirely. How and why it was created we don't know. The Prime Creator of that System, we are told, is "diseased and insane". Did he create Darkness because he was insane, or was it done innocently, as some kind of experiment, and did he become insane because of living in a Dark Creation System? Probably we will never know. In either case, I still feel that the best analogy we have for Darkness is that of a computer virus - something that is non-living and non-souled, yet has the ability to spread and replicate itself, and to corrupt and destroy whatever it encounters. Just as computer viruses don't affect a hard drive that is only running on the older and much simpler DOS system, but can rapidly take down a computer running on the newer and more complex Windows, just so Darkness was not able to affect the older and simpler Creations within this System but had a devastating effect upon our newer and very complex Creation. I also believe that if we could define Darkness, it might well be a reversing of the codes of life, the Codes of Light. It's as if all these magnificent, perfect codes were

run backwards. Therefore the effect of Darkness is to reverse the perfection of Creation. Love becomes hatred. Purity becomes corruption. Peace and safety become violence and war. Beauty becomes ugliness, and so on.

Heru has told us that the Darkness invaded this Creation over a billion years ago. I am extrapolating, but I would guess that what happened is that some of the Beings from the Dark Creation System were able to travel through the Void and to enter our undefended Creation. They carried with them this highly contagious virus, this Darkness. The degree of Darkness they carried must have been incredibly virulent, for we know that the Universe they entered "sickened and died", in Heru's words, almost immediately. Because the Darkness was unknown and was not understood, it continued to spread throughout the contiguous Universes. The rest, as we say, is history.

On or about Friday, January 13th, 2006, a shock wave ran through this Creation, for it was discovered that the Source of Darkness was sending a Force to attack us. (For the remainder of this Update, for the sake of simplicity I will use the term "the Dark Creation" for the source of darkness, although technically it should be called "the Dark Creation System".) Prime Creator had always known that the Source of Darkness would have to be destroyed in order for us to be fully safe, and he said as much in *"The Return of Light."* Tentative plans for this venture had been laid for sometime in the future. What Prime Creator had done, in recent months, was to contact some of the Creators of the other Creation Systems which were adjacent to the Dark Creation and had therefore been affected by the Darkness. I believe there were at least a couple dozen of these Systems. Prime Creator communicated with these other Creators and discussed with them the necessity of banding together to destroy the Dark Creation. This was a positive step, and a very necessary one for the ultimate destruction of the Dark Creation. With the might of over two dozen Creators banded together, the numbers and the power existed to take down this threat to our part of the Cosmos.

When the attack from the Dark Creation was launched towards us, Prime Creator and the Forces of Light were initially taken by surprise. However,

the Light Forces quickly rallied, pulled together an enormous Force of Light Warriors and God Warriors, and joined together with the other Creators to combat this menace. These Creators, along with their armies, soon contained the attacking Force and surrounded the Dark Creation. On the weekend of the 15th and 16th, they joined their energies and were able to initiate an implosion of the Dark Creation.

As the Dark Creation slowly began to collapse, hordes of Beings started to pour out of it in order to escape its destruction. The Armadas of the Light Forces were able to contain this outpouring of Dark Beings, and they also began to construct a gigantic Net. About a week later, this Net was completed and placed around the Dark Creation and its Forces. We believe it will require about another three to six weeks (i.e. somewhere between February 13th and March 1st, 2006) for the collapse to be complete. The Creator of this System will be caught in the collapse and will be destroyed as well. Those Beings who are watching tell us that this is both a time of rejoicing and of deep sorrow. Ultimately, the relief that all Beings of Light will feel when the Dark Creation is gone will be enormous.

I imagine that no one knows just what will happen when the collapse finally occurs, but several things are projected. One is that, due to the implosion of such a gigantic amount of matter, a great shock wave will pass throughout the entire Cosmos. We may feel it here. Another is that all the soulless Dark Beings will simply dissolve. It is also believed that all the creations of the Dark which still remain in existence - the constructs, the generators that maintain them, the Frequency Fences, and so on - will sooner or later collapse, since they will have nothing sustaining them.

Shakura was told by Prime Creator that the Forces of Light have, at last, identified what Darkness is. Prime Creator believes that once the Source of Darkness is gone, this phenomenon will not be able to continue in existence. Therefore, when the final implosion of the Dark Creation occurs, it is felt that Darkness will be reversed or dissolved even within Beings where it had taken root, within the Fallen and compromised Beings. Again this will take some time, and no one knows how much. However, Prime Creator stated

that, due to this process, within about two months' time we should see changes here in the physical. We hope to see improvements before that time due to the ongoing work of the Light Initiative, which should become more effective as the Atomic Correction proceeds (see below). But at the very least, we believe that by sometime this Spring the winds of change should at last be blowing on our beloved Planet.

Shakura and I now feel that the Atomic Correction has, at long last, taken hold and is increasing in strength. As of January 21st 2006, Shakura reported that she is able to see the Atomic Correction affecting the dense physical - more strongly than before, in fact - and that she can feel changes occurring in her body as a result. I, too, sense that this shift is finally occurring. When I look at the dense physical, much movement appears to be happening. Rather than looking at something that appears like a dense, inert, heavy iron bar, I see many swirls of energy. It's almost as if matter here has been sleeping or comatose and is starting to wake up. Assuming that our perceptions are correct, the importance of this breakthrough cannot be overestimated. The Atomic and Density Corrections are the key to so much in this World, and we feel that at long last the door that has been locked for so long is beginning to open.

The next couple of months should be momentous times indeed. We will have to wait to see just how and when things unfold on Earth. But Shakura tells me that ever since the implosion of the Dark Creation began, she knows from deep within herself that all will be well, and that things will soon begin to shift very rapidly. We are also told that more Energy Waves are coming. We're not certain of this information, but we think that somewhere around February 10-11th an "electrifying" wave will hit Earth, which will accelerate the Atomic Correction. Beyond that, a Great Wave is foreseen, which according to John's sources, would "make the Omniversal Energy look like peanuts." This is not the Breath of God, but something apparently even more powerful. We believe this Wave will arrive in about 5 weeks (i.e. about March 7th), and we may start to feel it up to a week sooner. Even though it's over a month away, I can see this Wave coming like a mighty, onrushing wall of golden power. The degree to which this energy will affect the dense physical will be dependent on how far the Atomic Correction has progressed

by the time it arrives. I expect that sensitive people will feel a profound shift spiritually, but the effect on our physical world can't yet be predicted.

Chapter TWENTY-FOUR: UPDATE for APRIL 2006

Part 1 - Update from HERU

Elora: Greetings Heru. It's been a long time, at least it seems very long to me. I have missed talking with you in this way.

Heru: Yes, it has been quite some time - not so much a long time on my part, but there has been a lot that has happened between then and now. It has been quite an eventful time, and I myself have also missed our dialogue.

Elora: Our readers are anxious for an update, and I hope there is something we can give them. I know that there are things that Prime Creator doesn't want discussed.

Heru: Yes. I will limit my content to what can be shared with the public.

***Elora:** Also, I would like to note here for our readers and for future reference, that Karen has stated she no longer wishes to channel anything along the lines of a prediction.*

Heru: Very understandable in light of what she has been through.

***Elora:** What can you tell us, even in general terms, about the current state of our Planet and the attempts to rescue the dense physical, correct the atomic distortions, and so on?*

Let us go back to the initiative that **Horu** led in December and January.

[**Elora:** As a parenthetical note, when he speaks of Horu, Heru is referring to another of his Aspects. While Heru has not differentiated between his various Aspects in his public messages in the past, he is doing so now. As an explanation, each Creator God - just like each Archangel - is composed of a "collective" of many Aspects. This is why you could have a thousand people on Earth all calling upon Archangel Michael at the same time, for example, and all these calls would be answered. All the Beings in a collective share something of a group mind, but each Aspect has a personal name and his or her own history, memories, relationships, and so on. The Aspect whom we have known as Heru in these channelings is the direct Progenitor for Karen and myself, has a long history of working with Earth, and is the one who dictated *The Return of Light*. He is one of the oldest, wisest, and most powerful Beings in his collective. Horu is a younger Aspect, very dynamic, and it is he who led the attempt that we called the Light Initiative. During the time of the Light Initiative, Heru had gone into seclusion for a period of time. Heru continues:]

While there was not much impact of that initiative on this Planet, it was successful in other places. And of course the fact that it did not succeed in

breaking through to the dense physical on your Planet was the heart of Karen's disappointment. I know there was much anticipation on the part of the Readers for that and also for the God Event that followed. Most of what was accomplished with Horu's Initiative was not seen on this Planet but there were parts that did get through. I am trying to decide whether, for your Readers' understanding, to actually let them know that this initiative was led by a different Aspect other than myself. I think that you might want to tell them this, and that I was in a process of seclusion at the time.

What did come through was a small amount of very beautiful refined energy, and there were those who were sensitive, who felt and appreciated that. However, as you know, it did not tip the balance on this Planet towards the Light and it did not significantly contribute to the liberation of Earth. The next Initiative, the God Event, occurred around the end of February and the beginning of March. There was much anticipation about this event. Again its greatest impact was not on this Planet, and only a small fraction of that energy was able to penetrate into the Dense Physical and into this Planet. And again those who are sensitive were able to feel it. I believe you got many comments on it at that time, but again it did not tip the balance on this Planet.

Efforts have been made, repeatedly, to work on the Atomic Distortions and so far they have not met with success. The Beings working on this, including Prime Creator, have not given up however. And let me say here that Prime Creator could come into this world and take over in a very short amount of time but at a great cost of disruption, chaos, and death. Ways are being sought to do this without so much loss of life and destruction and the resulting chaos that it would bring. So it is a delicate line that is being walked here. There are a number of different fronts being worked on simultaneously to change things without the massive loss of life that a sudden Shift would precipitate.

Elora: You said that the God Event and Light Initiative had a greater impact on other places. I thought they were focused on Earth.

Heru: They involved the entire [Fallen] Sector. And they also involved the few remaining Planets that had not or have not been rescued. It was not just aimed at Earth.

Elora: *Why, from your point of view, has nothing worked?*

Heru: There has been a very concerted effort by the Dark with the intent that if they can't have this world nobody can. They have set many Doomsday Programs in place to prevent a successful rescue of this Planet. Many of those have been dismantled, but not all of them. This is extremely delicate work because some of these have hair triggers and some can be triggered by other events. For example, if one aspect of this Planet is changed it could trigger a Doomsday Program in another place. So it is extremely complex and dangerous work.

Elora: *And is it that, more than the density and distortions, which has been the biggest stumbling block?*

Heru: The density and atomic distortions are the biggest obstacle, and they are also tied to these Doomsday Programs, where if we initiate a program to correct the density it can trigger something destructive elsewhere. So we are working through this. I know this does not sound hopeful and encouraging, but we have dismantled a good many of these systems and we are continually working on finding ways to dismantle the rest of them. Therefore although it feels like nothing has happened, much work has been done, much progress has been made in coming to the point where we will solve these triggers and we will dismantle these programs. It is just taking us longer than we had hoped. I can't really give any kind of concrete time frame but I believe we're looking at months for some things and a couple of years for other things. We're not looking at decades or centuries.

Elora: *When the Light Forces began the attempt to rescue the Third Dimensional Earth, did they not understand the distinction between the "normal" Third Dimension and the Dense Physical?*

Heru: I think they understood it, but when they broke into the Third Dimension they thought that they were also breaking into the Dense Physical. Do you remember for so long, how frustrating it was when you would call for an action - how we would say that we had initiated it and would see it coming through to completion, but nothing would happen on the Dense Physical?

Elora: *Yes! Very frustrating!*

Heru: It was that kind of phenomenon. They saw it happening, and because they cannot see into the Dense Physical they did not have a way to monitor what was and was not happening on the Dense Physical.

Elora: *Would you please say a few words about the Dense Physical, what it is perceived to be and how it is different from the normal Third Dimension.*

Heru: I'll say what I can but because I am not in it, I can't really see it. I guess I would have to define it as an aberration from what the normal Third Dimensional world would be. So in a sense your whole Planet [the part that exists in the Dense Physical] is living in an aberrant and distorted reality.

***Elora:** Doesn't Earth have many Dimensions, including a normal Third Dimension? It does. And is it true that the great bulk of the Human population is on the Dense Physical? Yes, indeed.*

[**Elora:** I have clairvoyantly viewed the "normal" Third Dimension for Earth, which contains twelve levels. I have seen very few Humans there, and particularly in the higher levels it is very beautiful and unspoiled.]

***Elora:** Because we're in dense physical bodies, we can't see the normal Third Dimension. When we look out at the Universe, are we seeing Dense Physical Realms that exist for all the Stars and the other Planets within their Solar Systems?*

***Heru:** You're seeing what is normally Third Dimensional Matter. If you look through a telescope and you look at a Star or a distant Galaxy you can see it, but you are viewing it through the distorted lens of your perceptions. That is why most of you do not see the ET's who come here who are Fourth and Fifth Dimension or higher. Normally, if you were not in such a distorted place, you would easily see them.*

***Elora:** Does the Moon have a Dense Physical Plane? We know that Humans in dense physical bodies have walked on the Moon.*

***Heru:** Yes, the Moon does have a Dense Physical Realm, and to some degree or other in this Fallen Sector much of the Matter is Dense Physical although not nearly as dense as the Earth. However, things in this Solar System are pretty dense and pretty much the equivalent of Earth. This particular Solar System is denser than most of the rest of the Universe, although on several different higher Dimensions than Earth.*

Elora: What is the overall state of our Universe at this time?

Heru: Karen just saw a documentary on the 1906 Earthquake in San Francisco, and it took the event through the reconstruction and where they were at several days after the quake, when the City was burning and all communications were cut off. The documentary also took the event through the period when the Army Corps were coming in with relief supplies, when soup kitchens and tent cities were being set up, and so on. In a matter of weeks tracks were laid down to bring in train cars to pick up the wreckage. And then once the massive amount of debris was cleared, the reconstruction began. Within nine years the City was rebuilt and they had a great World Fair that seemed to celebrate the rebirth of the City.

Let us use that image and those timelines as an analogy. Many of the Planets in this Universe were not so devastated or Dark as this one, and I would say that in general the worst of these Planets are at the stage where the relief supplies are coming in, the tracks have been laid down to remove debris, and the beginning stages of reconstruction are happening. Many other places are in better shape and are progressing more rapidly. For instance if we look at where Terah (the Fourth Dimensional Aspect of Karen's Twin) lives, his Planet was never devastated ecologically. The ecological system was impaired and distorted, but was never totally torn up and disrupted as yours is here. Therefore at this time repairs are being made to the ecology, and that is happening fairly quickly and readily.

Elora: What percent of our Universe would you now say is Light?

Heru: Oh, virtually all, in the 90-something percentile. There are just a very few planets that are not Light or not in the control of Light, such as your Planet. There are not many of these left.

Elora: *And how about all the Fallen Beings? Are there still a great many that haven't been restored to Light?*

Heru: True, and they are in holding areas. Here and there are a few who are still loose, but very few. The Fallen Beings will be worked with to reform them and they will be given certain choices.

Elora: *Will they be forced to reform, so to speak, by the Deca-Delta Squadrons, or given a choice between that and being melted down? [Note: the Deca-Delta Squadrons are groups of Angels who are able to work on Beings and restore the Free Will of Beings who had succumbed to Darkness.]*

Heru: They will go through a process where their Free Will is restored; the Deca-Delta Squadrons will do that. From that point on they will then be presented with choices. And there will be some who will prefer to be melted down rather than go through the painful process of healing and correcting and in a sense atoning. I do not mean atoning in a sense that there is blame assigned to what they have done. They, like the rest of you, have had all or part of their Free Will stolen and are not considered to blame for what they have done. But in the process of healing, atonement, and restoration, reparation to those whom they have harmed is part of that healing. And there will be those among them who will be so heartsick at what they have done that they cannot face that process. Therefore not out of cowardice, nor out of evil, nor out of resistance would they choose to be melted down, but more out of sorrow.

Elora: *And then will they be brought back?*

Heru: I'm sure some of them will. I don't know about all.

***Elora:** Has a tremendous amount of Darkness been removed from the entire Dark Sector, just in the past few days?*

***Heru:** Yes. I believe we talked about how the Light from the Godverse [the Omniversal Energy], was sort of like a strobe light or a light in a lighthouse, and that each time it would come around it would penetrate more deeply. Progressively, each time that Light comes through, it dissipates more and more of the Darkness. And that beam of Light is, I believe, pulsing through at a rate of every 5 or 6 weeks and lasts for about a day each time. So you may wish to set a calendar and watch as things change. And oftentimes with these pulses Prime Creator is adding things to the Omniversal Energy, so that embedded in it are Beings and energies that may not have been on the pulse prior to it.*

*[**Elora:** According to this conversation the last pulse from the Omniversal Energy occurred about April 19-20, 2006, so the next one would happen around May 25-June 1, 2006.]*

***Elora:** What is the status of the Twin Flame Rift?*

***Heru:** That is a very, very complicated issue. For some Twin Flames reunion is happening. For others they are approaching it but are not quite there and still others are further apart. But progress is definitely being made there.*

***Elora:** Progress with the Rift itself? Yes. But not a full healing? No, not yet.*

Elora: *Is it correct that the Source of Darkness has been completely destroyed?*

Heru: That is my understanding. It's not something I can first hand see or attest to, but that is what I have been told.

Elora: *What was the Source of Darkness? We were told that it was an entire Creation System way out in the Void that had gone Dark.*

Heru: That is my understanding. Again I had no personal contact with it, but that is what we are being told.

Elora: *How did destroying that Dark Creation impact our Creation? Or did it?*

Heru: In some respects yes, it affected things immediately. It sort of took the wind out of quite a few of the Dark Beings. Some of them just disappeared, some of them were weakened.

Elora: *Is it correct that it is now understood what the Darkness is, and can you say anything about this?*

Heru: What I can say is that Prime Creator does understand what the Darkness is and is working day and night, ceaselessly, on eliminating it from this Creation. It will be a process, it will take time to do so, but all of it will be eliminated.

***Elora:** And this understanding will help Him to get rid of it? Absolutely.*

***Elora:** One last question - many Channels state that for the Pole Shift to truly occur here on Earth a certain percentage of the population must wake up, throw off the veils of ignorance, and raise their vibrational rate. Is there any truth to this?*

Heru: It's much more complicated than that because the Pole Shift could happen at any given time - Prime Creator has the power to make it happen. But what He wants, and what we all want, is to have this happen with a minimal disruption of life. It could happen in a very severe way, a very traumatizing catastrophic way, and we wish to avoid that. So the more people on this Planet who do wake up and do shift their consciousness, shift their allegiances really, the easier it will be for us to come in without the severity in the predicted Earth Changes and so on.

***Elora:** That completes our questions for today. Is there any statement that you would like to make for our Readers?*

Heru: Just that it is kind of an odd time for the Light Workers, for many of you are feeling a greater influx of the Light and yet this is not reflected in the world situation. For those of you who are distraught and depressed by the world situation, I just ask that you be a little patient and to maintain hope, because really there is much to be hopeful about. Those of us that are working from the other side to reach you are very confident and hopeful that it will be soon.

The Light Forces in this Sector are all working very hard, and there is also a sense of them holding their breath until everyone is rescued. When everyone

in the Dark Sector has been liberated, when that day happens a celebration beyond your imaginings will commence. There are preparations being made for this, and nobody is really celebrating until that happens.

Part 2 – A Letter from Karen about Channeling

Dear Friends and Readers,

It has been some time since I have spoken publicly or channeled any of the precious material we have been blessed to receive. I apologize to all of you as information at this time is so very important. I needed to withdraw myself from this for a time in order to process some very intense personal items. These involved some health issues, family issues and karmic issues. I will speak some about the latter. Before I do, I want to talk about what was happening right before I took my break.

Prime Creator and the Light Forces were preparing for the Light Initiative to be launched sometime between mid December 2005 and mid January 2006. We were all very excited about it. I went on the Meria Heller Radio Show and channeled Heru's predictions, so this was a very public statement for me. I felt a little out on a limb and a little insecure about making these predictions. When the Initiative failed to make a difference on Earth, I crashed. I experienced not just disappointment, but genuine rage. Rage at the ineffectuality of both Heru and Prime Creator, and rage at having been made the fool by predicting something that didn't come about.

As I examined and processed what I was feeling, I realized my emotions were out of proportion to the event. I knew I needed to dig deeper, and so deeper I dug. Through a series of sessions with John Crawford, Elora's Husband, I was able to access the memory of a long ago event that the current failed Light Initiative had triggered - the Okessa Battle. This Battle

was spoken about briefly in *The Return of Light*. When Elora asked Prime Creator why we weren't rescued, he talked about a failed initiative. The Okessa Battle was the Battle between the Forces that Prime Creator sent to rescue us and the Forces of Darkness. That session held so much sorrow for Elora, Prime Creator and myself that we never asked for details. I remember seeing the look of eternal doom and despair in the eyes of those members of the Rescue Team that were captured. At the time I didn't explore that image. It was too heart breaking.

What I have now learned is that I was the Herald who announced the coming Initiative from Prime Creator. As with this time, there was much fanfare and excitement about the impending rescue and liberation of this Dark Sector. When I saw the meager forces of Light marching up to meet and challenge the Dark Forces, my heart froze. Do you remember Tiananmen Square? It was much worse than that. I don't have much more memory of this event except that it was so shattering for me that I felt if I let go of my anger, I would lose my identity.

The fact that the Light Initiative failed in January 2006 triggered within me all the unresolved anger and pain from that Okessa Battle. If any of you were there, you may also need to clear and heal the searing pain from that event. I went through a period of a couple of months of intense Atheism. This Atheism wasn't that I didn't believe in God or Heru, but that I didn't believe that they could affect anything in the physical world. I couldn't go into meditation because all I could do was to yell at Heru! I am very happy to report that all those feelings are now resolved.

I say above that my emotions concerning the failure of the Light Initiative were out of proportion to the event and this is true, but I don't want to downplay my feelings of the importance of the immanent rescue of this Planet. I really do feel that our dear Earth is in a "now or never" dire need to be liberated. How long that "now" stretches I can't say. I do feel strongly that everyone is doing their best and working very hard to get to us. I feel very certain that they will succeed. I deeply hope the breakthrough is this year.

I want to take this opportunity also to tell all of you a little about what it was like to bring forth *The Return of Light*. The channeling in the book took place mostly from June through December of 2004. What a time it was! I was channeling almost every day, sometimes twice a day. We felt an intense desire to bring through all this information very quickly. There was a genuine feeling that this was sacred material. We were both excited and humbled to be a part of this. Elora has told me several times that of anything she has done in her lifetime, this is what she is the most proud of. I have to agree that the same is true for me. At the same time Elora and I also came under the most intense attacks from the Dark we have ever experienced. I don't want to dwell upon this, but I want to mention this because I think there was an element of burnout for me that contributed to my needing this prolonged rest. There was a very concerted effort to prevent this work from coming to Light.

I have a couple of notes of what to expect in the up coming channelings. First, after feeling pretty burned by predicting things that didn't come to fruition, I have asked Heru not to make that type of prediction through me. Secondly, good things are coming out of this somewhat difficult period for me. Heru is talking about a second book. He is also preparing me for a download of new meditation techniques. He is working with me and teaching me a new healing technique. Before some of this happens, however, Elora and I have a lot to catch up on. We have the revised and updated Second Edition of the Book to get out and mountains of reader questions to get caught up on! We also need to spread the Good News as far and wide as we can. So far only a small number of people have heard Heru's message. Those of that have heard his words express being deeply moved, but there are many more people out there that have yet to hear about this work.

To all of you, my heartfelt love and blessings, **Karen Kirschbaum**

Chapter TWENTY-FIVE: UPDATES for MAY 2006

Elora: Greetings to all. This is our first Update for May of 2006. Prime Creator and the Forces of Light have made excellent progress with the "Doomsday Programs" which were mentioned in our last Update. Heru recently stated: "As far we can tell we have dismantled everything. We have not come across any new areas of Darkness for a couple of days and that is very good news." This will enable the efforts of the Light Forces on behalf of our Planet to move forward more rapidly.

Part 1 - "Speak up and say where it hurts"

[**Elora:**] The material below came out of a discussion with Heru where we were asking about making requests from Prime Creator. Heru spoke about this subject with great passion and asked that we include it in an Update. We began with the following question:

***Elora:** Why doesn't Prime Creator take care of all these things without our making requests? What is the benefit of our being involved, or the necessity of it?*

Heru: I think to some degree it has to do with the fact that the details of the Dense Physical Plane are still obscured from Prime Creator's view. Let me give you an example from myself. I am actually finding it emotionally very hard to channel through Karen because prior to her recess from channeling in December and January, I was not able to see or fully be aware of the extent of the pain and the damage that she had suffered in this Sector. It is just very hard for us to really see the details of what has happened; it is very much obscured to us. It is dark. So I just did not know. And Prime Creator is not able still to see into the local Dense Physical Plane. Therefore it is

important for you to contact the Higher Beings and to make these requests, because they are coming from your need. Prime Creator [in the current Dense Plane situation] cannot see or anticipate your needs. It is as if you were to go to the doctor, and the doctor would not have the technology of X rays or MRI's. You would describe your symptoms, but all the doctor could see would be the surface of your skin and he could not diagnose from within. So it would be critical for you to voice the entire range and scope of your symptoms to the doctor in order for diagnosis and help to be given.

This is something that is important for people to understand, why this whole work of restoration has been so difficult. For we have been looking at this Planet, we have been looking at the Dark Sector from the outside, and we have been unable to penetrate into the entire spectrum of all that is wrong. We will do this, and it is going to be you and me, Prime Creator and Shakura - each one of us, and each person with his or her own individual connections with the Divine, really communicating in this way. This is a crucial point that everyone needs to know: that everybody needs to speak up and say where it hurts. And that will involve some shadow work and really digging into old stuff.

Elora: So when we make these requests, do we need to detail in specifics what we need to occur rather than making general requests?

Heru: Yes, I think that is very helpful, the more details the better. And it really has to be mostly personal. For as passionate as you are about this Earth, for example, there is a personal element that needs to be injected there - where you connect with how it's affecting you, where your pain is - and not just the passion but also the pain that you feel for the destruction that has happened

here. Be very specific about it, and when you communicate with myself or with Prime Creator, project to us that disgusting sick-at-your-stomach feeling that you get every time you see a Chemtrail, that pain in your heart when you see trees destroyed. The more personal you can make these requests the more effective they will be, the more it will allow us to actually

see what is going on. So when you make these requests, really connect with the visceral feelings in your body and your emotions and project them to whatever Beings you are working with.

What I would like you to do is to get this information out, because the more people who really understand how to do this the quicker things will go, the quicker people will evolve, the quicker these connections and this information will come forward.

People who are praying for World Peace, for instance, tend to abstract this issue outside their own bodies. If we can get people to really delve into themselves, get in touch with the lack of peace: what war does to their heart and mind and body when they see the images on TV or when it impacts them directly, personally, that will help a lot. They need to understand that when they make those prayers for World Peace it is vital that they personalize it and express that to Prime Creator and all the Beings that are helping Prime Creator. For all of you who are praying for assistance and praying for help for this Planet, make it intensely personal.

Part 2 - Reader Questions

[**Elora:**] We still have many questions which have not yet been answered, and we will post more answers with our next Update.

***Reader:** My friend and I are Vegetarians because we wouldn't treat animals differently from Humans and we have equal respect for all life forms. We're proud not to contribute to the mistreatment of the animals on this Planet, as the vast ignorant majority of people do. But we are confronted with the (I'll put it bluntly) stupidity of a lot of people every day, who eat meat and just don't care how it is produced as long as it tastes good. They appear to have no idea of the consequences of their behavior. This makes it difficult for us*

to love other people, let alone like, and it probably prevents us from Ascending because of these bad feelings. And isn't the overall ignorance of people a factor that can prevent this Planet from healing?

Heru: Yes, there are several questions here. First I would applaud you and your Partner for being able to adopt this life style. And I would just ask of you, and all the Readers, to look at these areas in your life for which you have this kind of emotional judgment. And suspend your judgment for just a little while, understanding that to some degree or other everyone on this Planet has lost the use of their Free Will. The fallen vibration that exists on your planet is so severe, the distortions so great, that most people have no choice but to regard meat as an essential nutrient in their life. And were they to attempt to change it this would actually make them sick. Now this is not to say that it is good to eat meat or not good to eat meat. In an Unfallen World all of the Humans are vegetarian, and there are only a very few animal predators. The situation here is just very, very different, very distorted. Therefore forgive them because I don't think they really have a choice at this time.

Regarding your question about whether these judgments would keep you from Ascension, I don't know how completely wrapped up you are in the emotion of that. If it consumes your daily consciousness I would say yes, if it is a passing thought I wouldn't worry too much about it. Any negative emotion that consumes you will be an impediment. Even if it's judgments against lawn mowers and the whole concept of grass, you could wrap your whole life around that as being against Nature. And if that consumed your emotions and mind on a daily basis then yes, that would keep you from moving forward in your evolution. So it's not so much the what but *how* you process this emotion. And I would like to add that once this Planet is restored all life will be held as Sacred.

Reader: *I have read the Book and all the Updates. I have a question and it deals with crystals. Is there a use for crystals in helping to anchor the Light Energies?*

Heru: Yes, very much so. I would caution that as everything on and in this Planet has been distorted, crystals themselves do not contain unsullied matter, but they can help amplify the new Light that is coming to this Planet. So before you use anything, I would recommend that if possible you take a container, a glass bowl or whatever, and pray over that water. Invoke the Light from the Omniverse [the Omnipresent Energy], ask that this water be filled with that crystalline pure Light, and that anything placed within that water be purified and brought up to that vibration. Then immerse your stones in that water and place them in the sun or full moonlight for several hours. And that should facilitate drawing to the Earth more of this beautiful clear Light.

Reader: *Are you aware of the Law Congress passed in March of 2000, and President Clinton signed on October 10, 2000, titled the National Economic Security and Reformation Act - NESARA (which has yet to be introduced due to the sabotaging efforts of the Dark Forces),*

Heru: I'm aware of the attempt. I am not aware that it has been passed.

[**Elora:**] We also asked Sananda about this last year and he stated that NESARA has not been passed.

Reader: *In materials I have been following for the past two years St. Germain is playing a big part in helping us here on Earth. But I do not find him mentioned in your materials. Could you check this out for me and many who have been following the NESARA information?*

Heru: In the circles in which you Elora and Karen travel, and this Reader as well, St. Germain is far better known than myself, and he is indeed active in

the process of restoring this Planet. Some of the people channeling St. Germain are quite good channels and some are less so. St. Germain also has a number of different Aspects. Some of them seem more involved [in the restoration process] and some of them less so. So there is a definite mixture of what is coming through and what must be sifted to come to clarity.

[Elora:] Heru is referring to the fact that many of the Ascended Masters have multiple Aspects; that typically Archangels have 200-300 Aspects in each Archangel Collective although Archangel Michael has many more, and that Creator Gods like Heru also have many Aspects. Ascended Masters can create multiple Aspects at will. Sananda, for example, has about 7000 Aspects because his "job" is so enormous. Each Aspect is a separate, individuated Being.

Part 3 - What is The Darkness?

In a previous Update, Heru stated that Prime Creator now knows what the Darkness is made up of. I will give a short discussion on this topic for those who may be interested.

As discussed in former Updates, the original Source of Darkness was an entire Creation System, far out in the Void, that had gone Dark. This Creation System would probably be as far away from our own Creation System, relatively speaking, as the nearest Star would be to Earth. It was created by an entirely different Prime Creator, and we would probably never have known of its existence except that, in the larger scheme of things, it was one of our nearer neighbors. This fact enabled Fallen or Dark Beings from that System to travel through the Void and to enter this Creation. Thus Darkness entered our Creation and began to spread.

According to Heru, the Darkness was essentially created by accident. It was an attempt, on the part of the Prime Creator of that System, to reverse the Codes of Life. Unfortunately that attempt succeeded. Heru stated: "It was an experiment that went wrong and then ended up consuming him in insanity." We asked about the purpose of this experiment and Heru responded, "It may have been just to see if it could be done." Subsequently, the entire Creation System made by this Creator became Dark.

Darkness, Heru says, is therefore essentially a reversal of the Codes of Life - taking those Codes and running them backwards. This is why Darkness turns Love to hatred, purity to corruption, perfection to distortion, and so on. As we have stated elsewhere, Darkness acts somewhat like a computer virus and also somewhat like a disease virus, of which Heru stated: "It in itself is not alive; it is not a living thing. It uses the host's DNA and the host's fuel and energy to destroy the host."

Regarding these analogies, Heru stated:

"Both of those are very good analogies that people can understand. Let me see if I can come up with anything else. The destruction of Atlantis came about by applying that reversal to the crystalline energy structure, the crystalline structures that were being used in Atlantis pretty much as a basis for the entire civilization. Their energy, their religion, their commerce - all of that was built on the use of these crystals. When the codes in those crystals were reversed Atlantis fell, although corruption had already been building for some time. But I think your Readers will be able to remember that feeling. Remember how these early days of Atlantis felt, when things were still pure, how the corruption came in and how it caused the Fall."

Many years ago, I belonged to an organization called the Pathwork. The Pathwork was based upon a set of lectures channeled by Eva Pierrakos from

a Being who identified himself only as "The Guide". In some of the early lectures, entitled "God: The Creation" and "The Fall", the Guide spoke with amazing clarity about the nature of Darkness. To quote:

"So, Spiritual Worlds did exist for a very, very long time where all created Beings lived in a state of bliss, in a way that is unimaginable The one Spirit who succumbed first generated a power running in the opposite direction to Divine Law, but it was still the same power, only used differently. With this power the Spirit could affect and influence many other spirits, little by little. But not all spirits were affected. There was a division between those who succumbed and those who did not. With the former, the 'Fall of the Angels' began. In this process every Divine Aspect turned into its opposite nature: harmony turned to disharmony, beauty to ugliness, light to darkness, wisdom to blindness, love to hatred, fear, or egotism; and union became separateness."

A Reader recently wrote to me: "When one ponders the implacable opposition of the Dark to all life ... its pernicious patience as it sinks poisonously into a life affirming host ... its enormous success in the Universes and up to Creator God levels ... one must stand back and wonder who or what would hate Prime Creator so much as to develop a venom of this potency? ... Who could have that level of power to counter Prime Creator?"

Elora: I feel that there is a very important point here. How can Fallen Beings have so much power to do harm? How can they be so filled with such an intensity of hate and destructiveness?

Heru: Their power, their hate, their destructiveness, their inventiveness in doing harm, are in exact inverse proportion to the strength and to the depth of Love, Light, and intelligence that was intrinsic to these Beings before they fell. Darkness turned the power, Light, and vast creativity of this Creation against itself.

If you take a very low number numerically, such as two or three, and make that negative two or three, these are still not very large numbers. But if you take a number such as a trillion and make it minus one trillion, you have an enormous negative number. That is how we ended up with the degree and intensity of Darkness that we have had in this Creation. Prime Creator created Beings of such glory and magnificence that when they were subject to the reversing of their Life Codes, their fall was correspondingly far and their desire and ability to do harm was correspondingly great.

[**Elora:**] To quote the Guide once again: "Let us suppose, for instance, that a Being in its perfect state had the particular characteristic of great strength of Love, the fire of Divine Love. This Love Force would turn around into its opposite and create a great fire of hatred and wickedness Let us suppose that another individual in his or her perfect state of development had the particular characteristic of wise judgment, calmness, and wise reflection ... Directed to its opposite force, this power would create ... icy coldness, icy darkness, and desolation Since one of the most important Divine aspects is Free Will or Freedom of Choice, this had to turn into its opposite too [Therefore] the opposite of God and his Laws must be the prohibition of Free Choice and the domination of the stronger over the weaker ones."

Part 4 – Update from Heru - May 12, 2006

Elora: Heru, can you give us any kind of update to be released to our Readers?

Heru: Yes. Dear Readers: I'm very happy to announce a new phase in a Project that we have not spoken publicly about before. We mentioned in some of the Updates that there were certain Projects which were classified and this was one of them. We are de-classifying this Project today. Prime Creator has called forth many thousands of God Warriors to tunnel into the

density of Earth's distorted Third Dimension. They started from the outer reaches of the Solar System, and about ten days ago they reached the surface of the Earth. We stopped them there in order to defuse many booby traps, doomsday programs, hair triggers to bombs, and so on. At the point that the God Warriors came to the surface of the Earth, an Etheric Water that we are calling God Water was then released in 15 minute interval pulses. This God Water has many programs and frequencies in it to dissolve and dismantle anything that is a threat to the survival of Gaia. Just as water on your Planet is called the Universal Solvent, the God Water has that same property as well. This programmed Water came through the holes opened by the God Warriors.

[**Elora:** I clairvoyantly observed the God Warriors when they were in the process of tunneling down towards the surface of Earth. It was as though they literally turned their bodies into drills and cut holes through the density. It was very much like watching someone drill through solid rock - another demonstration of the incredible density that we live in and consider as normal. We were told that these God Warriors carried the Program for the Atomic Correction within their bodies and would in a sense become Atomic Correction Generators. **Heru** resumes:]

This has been going on for about a week. Last night, May 11 at Midnight, the God Warriors resumed their drilling into the Earth, into the greatest of the densities, and they will all meet up at the core of the Earth. We estimate the time that it will take to get there will be five days with one day of what Prime Creator calls "set up". So in six days time [about May 1-7] they will be ready to merge all of their energies and become Atomic Correction Generators. They will bring forth energy to correct the distortion at the atomic and subatomic level, radiating out from the core of the Earth to all matter on this Planet - and then, once this Planet is complete, to extend out into the entire Solar System. We feel that this will have a tremendous effect on opening up an influx of Light to this Planet. This will happen first through the channels that they are digging and through which this God Water will continue to flow. And once we have stabilized Gaia to the point that there is no threat to her life, Prime Creator will then initiate a series of different programs aimed at world leaders, environment, and all of the

different issues that you have. There will be many happening at once and some will occur before others. I think at this point it's premature to list what the priorities are. We can come back to that once this phase has begun.

***Elora:** Can you state any more definitively where the God Warriors are, Dimensionally speaking? If they were on the Dense Physical we'd see them, and if not how is the correction going to work?*

***Heru:** They are in the [normal] Third Dimension. They are still in the process of tunneling from the Third Dimension into the Dense Physical, and it is our belief that once they get to the core of the Earth and begin this generation process that they will be fully on the Dense Physical. I cannot guarantee that but this is our definite idea and hope.*

***Elora:** Several of our Readers expressed outrage at the portion of our last Update which I entitled "Speak Up and Tell Us Where It Hurts". I'm sure you recall that discussion. I'm going to read a very impassioned letter from a woman in this regard:*

***Reader:** I have been an avid reader of The Return of Light material for awhile now. I have found it compelling, and felt it has some very solid truth to it. BUT this last message has made me feel quite outraged. I perhaps am not understanding it, but here is my take:*

It was said 'details of the Dense Physical are still obscured from Prime Creator's view .. .' Here is MY question. How many weeping mothers with babies dying of disease and starvation do you need to hear from? How many sobbing women who have been raped need to cry out to you? And how many anguished tortured young men in Iraq and other places of insanity need to callout before you get a picture? Are parents on Earth more advanced than the so-called Higher Beings? We can anticipate the needs of our children

without their specific requests, without their spilling their guts. We sense when something is wrong, and help without knowing all the details.

*I don't understand why a Creator God would not have the technology or the Team on the ground to understand in intimate detail what the hell is happening here. He hasn't called me or he would know. Can he watch CNN? Are you implying that we **haven't been** speaking up and saying in gruesome detail where it hurts ????????*

*The pain we feel is so enormous - it seems voyeuristic to me that Prime Creator would want a parade of misery in all its forms so He can finally 'get it' .. . 'Not being able to see' seems like a lame excuse to me. Sort of like George Bush not knowing about conditions in the Super Dome after Hurricane Katrina. It is his damn job to know. There are plenty of people who have been in the worst darkness who are capable of reporting. What more does Prime Creator need to know, except we want the **violence stopped now!***

Heru: Thank you, that is very moving. The truth is that Prime Creator does not have a Ground Crew. Those of you who speak to me and speak to Prime Creator are the closest thing that we have to a Ground Crew. My apologies if the effect of that message was to convey insensitivity to the plight here. But the truth is that in many cases we don't see clearly what is going on. And the greater the detail that can be uploaded to us, from each person's perspective, the more we are able to hone in on each particular problem.

Elora: *Heru, maybe it would help if you told us what you actually see when you look at the dense physical? What is your experience?*

Heru: I see smoke, dark shapes. I'm looking through a smoky glass into a vista that has places where you can see fires burning, and in between it's just

smoke. So my ability to see detail is very obscured, and I believe it is the same for Prime Creator.

Elora: What do you mean by fires?

Heru: Fires of war, fires of famine, fires of distress - but again this is from some distance. So we are not able to get down to the point where we can see an individual home or an individual person. There are clusters of trauma. For instance if I were to focus on Cairo, a very polluted and impoverished city in Egypt, I would see the fire of the pain. It's almost as if the center of the city, where the wealth is concentrated, is not on fire. But with the rings of slums surrounding it, it looks like successive rings of fire surrounding the city. I cannot see individual people or individual buildings or individual conditions, so it's hard to discern what aspect of misery I am seeing.

Let me just double check with Prime Creator and see if that corresponds with His vision. He says yes, and that because of the density we are still some ways away from your Planet. And it is not that the prayers of everyone are not being heard. But, much like the Ring of Fire that surrounds Cairo, it is more of an indistinguishable chorus - indistinguishable between the lack of sanitation, lack of health of health care, prevalence of disease, lack of good water, violence and abuse. If I look at this Ring of Fire I cannot discern whether there would be all of those problems or maybe all but one. So for instance if there was plentiful good water there, I couldn't tell if there was or wasn't. And I want to add one more thing, that part of the gift that the Light Workers have is the personal connection with different Higher Beings - with Prime Creator, with myself, with the Archangels and so on. The Light Workers have a greater ability to communicate, to hear, and to articulate as well. And this is very valuable to us. So when the Reader asks if I can watch CNN TV, I cannot.

[**Elora:** I believe that Heru is describing the general challenges that the Higher Beings have when attempting to see into the Dense Physical Plane,

for we all know of instances where they have been able to pinpoint individuals and situations. It may be that the Creator Gods and Prime Creator are in a sense "higher up" and are less able to see details than others like the Positive ET's, for example. An interesting example from my life is as follows. I have a cat who is a great adventurer and has been lost on a couple of occasions, having wandered quite a distance from home. We have called upon the Angel of Animals to guide her home, and this has worked well. There was one occasion, however, where the Angel told us that he was having a very hard time locating my cat because she was obscured from his view. He would find her and then lose her again for long periods of time. The other Beings I work with were having the same problem - they just couldn't see her. My cat did make it home, but this was an illuminating event.]

***Elora:** Would you say that these more detailed communications will help the Higher Forces to lay their plans for when they get in here?*

***Heru:** Very much so. So I would ask everyone to dialogue with whomever they feel the clearest communication, whether it be Sananda, Michael, Prime Creator or others, to begin to upload to us what is happening in as great detail as possible.*

[**Elora:** I feel this is a very important point. It's as though the Higher Forces need to create a detailed rescue map, and we are being asked to help by providing specific information about conditions in our locales or conditions as we know them. Until the breakthrough with the Atomic Correction occurs, we may not yet have the response we are seeking. However, the more the Light Forces know about the situation here, the better prepared they will be once they reach us. Imagine a city which has been devastated by an earthquake. In some areas there are fires. In others, water or gas mains have broken. There is looting and violence in certain places, and so on. Rescue teams have not yet arrived, but if a few people can call out on their cell phones and explain just what is happening in the city and where, then the rescue teams will know how and where to get to work when they arrive.]

***Elora:** People here have been taught that God can see everything - He sees the sparrow fall, and so on.*

***Heru:** Someday that will be true. On other worlds it is true, and it is what should be. That is what we are working towards. And I would once again like to apologize for not having stated this more clearly the first time.*

***Reader question:** Greetings, I have just read an article that was excerpted from the Salt Lake Tribune from Isis. The title is rather long: Test Blast in Nevada: A Nuclear Rehearsal (Pentagon apparently looks for an optimal size of a bunker buster). It is called Divine Stake! Yech!!! Has this been observed by Heru? I am horrified that once again no regard for Gaia is on the Administration's plate. It supposedly entails 700 tons of ammonium nitrate and fuel in a limestone tunnel. The tectonic plates in this area are already moving, my Heavens what are they thinking. Any suggestions for Optimal Light Warrior Intervention? Any suggestions at all?*

***Heru:** At this point I don't see that we can stop the Tests from happening. But there are Light Warriors and God Warriors on the Tectonic Plates, monitoring and hopefully preventing any or most of the severe damaging earthquakes. I can't say that we will get all of them, but I don't foresee anything coming out of this.*

***Reader question:** In the November 2005 Update, there were some things said having to do with nuclear weapons being fired at the First Contact Ships if they decided to land too early. The result would be destruction of those ships and great damage to Planet Earth. In the Matthew Ward Books channeled by Suzi Ward, there is much mention of Prime Creator overriding just one area of Free Will that has to do with the detonation of atomic weapons on Earth and the rest of Creation because of the extreme deep level damage it does to the Soul of anyone unfortunate to be in the proximity of*

such an explosion. This is partly or mainly being managed by the advanced technology and high level, diligent surveillance of some of the benevolent ET's. I have also heard this referenced in other channeled material.

In the November Update, the reference indicated to me that no such declaration of Prime Creator that I just described had ever occurred. I understand that not all channeled information is to be believed or even entertained, and all indications are that yours is one of the authentic ones. I find most of the information from you and Suzi Ward to be very much in alignment with each other, but this is a very huge discrepancy. Is there anything you can tell me to clear this up?

Heru: There are several points here. First, as far as the declaration by Prime Creator that no nuclear weapons will ever be fired, I know that attempt is in place. However I can't vouch for the 100% effectiveness of it because of the failures of other things so far to come through. I'm not certain that it is totally a matter of overriding Free Will. Secondly, in a situation where there would be the Mass Landings of the Positive ET's with a tremendous number of the Space-ships coming in, it is not known whether it would be possible to avert any detonation of nuclear weapons. However if any detonations are made, they will be contained. The technology is there to contain detonations and greatly reduce their effect. Beyond that, any information as to whether there could be detonations or not is, at this point, classified information. But I can say that at the point of the Mass Landings of the ET ships, the technology is there to contain the explosives, so that whatever damage might occur would be greatly limited and contained.

[Elora:] I thought the ET's would only land when it was safe and they wouldn't be fired upon.

Heru: I'm checking with Prime Creator - and all He is saying is that they're coming.

[Reader question:] I have been in the Engineering, Construction and Materials business for 35 years and am wondering how all the Changes are going to effect how we do things. Will we still use sand, gravel, cement, copper, steel, glass etc. in the way we build things? Our current methods of construction using bricks and mortar seem very basic when compared to space ships and space technology.

There must be better ways of getting raw materials other than mining, drilling for oil, or cutting down all the trees. Our transportation and power systems also seem to be in total need of replacement.

Would you be so kind as to offer some information on how these basic needs (food, heat, clothes, and shelter) will change after the Dark is removed and ET support is provided.

Heru: Yes, I'd be very happy to. If you were to look at a Third Dimensional planet in an Unfallen Universe, you would find that it is a much more low tech culture - much closer to the Earth, much closer to Nature. The climate is far more amenable to comfort. And the other thing is that population density is not as great, so it is more a matter of villages than large cities. There is technology but it's an organic technology, so instead of a computer being made out of plastic and running on electricity it would be made out of organic compounds. As far as building and roads and so on, everything would be much more organic with less need for transport. Things are much more localized. And there is also the ability of those Third Dimensional Humans to create matter and create life. If you wanted gold you wouldn't have to mine for it, you could create it. If you wanted a glass window you wouldn't have to gather the sand and melt it and purify it, you would simply create it. And it is within the grasp of a Third Dimensional Being to do that - to create food, to create clothing, create whatever they need.

[Elora:] On an Unfallen Third Dimensional planet the size of Earth, what would be a normal population density?

Heru: It would depend on whether it was a watery planet. Some of them have very little solid ground and some of them have a great deal of solid ground. But let us take a planet the size of Earth with roughly the same proportion of land to water. It would accommodate several million comfortably, and more comfortably than your Planet currently because you have climates where there is land but it is really not suitable for living. I am thinking of the Antarctic land mass and the lands up around the Arctic Circle which are very sparsely populated. This would not need to be so were the climate more even. And because of the difference in diet, there wouldn't be the need for large meat manufacturing and all of the plant material that is grown primarily to sustain the meat industry. There just wouldn't be the need for farms like there is on Earth. People would be eating much lighter, primarily a fruit based diet.

[Elora:] There are some Standing Stones in Georgia somewhere, and they have sort of a more enlightened Ten Commandments inscribed on them. They say that the Earth's population should not be more than 70 million.

Heru: It could be that. I don't think it would be that high. With a normal planet I'm thinking more along the teens to twenty million. It could definitely sustain 70 million but I think people would choose not to have so many children, and it would be more like 20 million.

Elora: Here is something that a Reader sent us. It is material said to be channeled from Hatonn on February 7 of 2006. Would you please comment on whether this information is true:

Beginning on Saturday there was an event that rocked the Underworld. Five hundred years ago an event set into motion the culmination of what took place on Saturday. This was an event that seemed like a bombing of the underground Bases in many parts of the world. In actuality it was the extinction of many of the Off-Worlders' Secret Bunkers in which they had stored vast amounts of data that would lend itself to the extinction of the Human Race.

No longer is this available to any species or to any Life Form. In fact, the Off-Worlders no longer have access to that part of their experience, which means that there is no chance that they can retrieve it for their purposes. What has taken place is that in a series of returns to the 'timeline' in which this data was created and stored, we have been able to completely and forever erase this data and knowledge. It is as if it never happened, or was created from the coffers of the intent of this species of Off-Worlders.

Heru: Yes, that is true. That has been accomplished.

Elora: Regarding your various Aspects, this Reader asks: Are we reading communications of Heru Sa Aset or another Heru?

Heru: No, I am not Heru Sa Aset.

Reader: If another Heru which Dynasty did this Heru serve and what was contained in his/her terra cotta envelope [body] prior to Transfiguration?

Heru: There is no written record of any of the teachings that I gave in the Founding of the Egyptian dynasty. They were prior to what is known in

Egypt at this time. There may be some buried records that will surface at some time. I believe that there are.

***Reader:** I was wondering, are some of the ships from the Galactic Federation able to come into our World at the moment, in the dense physical, or is it too dense for them? I remember reading a channeling saying that a few months ago there was a meeting between Galactic Federation people and some allies on Earth, and that they picked them up in Africa to meet on board the ship.... If that's true, then I guess they probably can come in our World ... Any comments from Heru about this?*

***Heru:** I don't believe that happened on the Dense Physical Plane. I think that happened on another Dimension.*

[Elora:] We see these Space-ships from time to time - doesn't that mean they have entered the Dense Physical Plane?

***Heru:** Most of the times when people are seeing UFO's they are either the back-engineered government spaceships, where the military has been able to take some of the ships of the Greys and so on and copy the engineering to replicate that technology, or ships from the negative ET's. Most of the ships that are being seen have nothing to do with the Light Forces. There have been moments when in certain sacred areas - I'm thinking of the Peruvian and Tibetan mountains - for brief moments of time the density is reduced to where a Portal will open up and the ships have been able to come in. But in the last ten years this has become less frequent as the Dark has sought to make an ironclad prison of this Planet.*

[Elora:] And are the Negative ships more able to get through?

Heru: Yes, they are.

[Reader question:] I have a few questions regarding the latest Update. Has a reason been given for classifying or limiting the information given to the public?

Heru: It is to keep the Government from knowing what is going on, and also for protection for Karen and Elora.

Reader: With the challenge continuing for our Planet's vibration to rise without disrupting life, is there a chance the decision could be made to simply disrupt life? - Or - as I hope, is the commitment firm to not give up the slower but less costly effort?

Heru: We are firm on it. Such action would only be a highly unlikely last resort.

Part 6 - Karen's experience with one of the "Atomic Correction God Warriors"

[Elora:] This experience of Karen's occurred late in the evening of May 11, 2006. Note that the God Warriors actually appear to be made of a pale golden, semi, metallic substance - the same material that the Light Warriors are made of. Karen's perception of how this particular God Warrior looked was, I believe, more of a metaphorical sense of his state of consciousness.

[Karen:] I was reading and waiting to be sleepy enough to turn out the light. I saw a blue light out of the corner of my eye. I felt someone was in my

room, so I turned out the light and asked who was there. There was a God Warrior named Elf-Ranion. He looked/felt (I do not see too well) something like a tin soldier, except that his head looked Human. He had a sturdy face with curly thick dark brown hair. I could immediately feel that he had pain in his heart. He told me that he was among the God Warriors who were about to begin to drill into the center of the Earth starting at midnight. He told me that all of these God Warriors would be sacrificing their individual identities in this mission.

His sadness came from this sacrifice. He told me that ever since he had been pulled into the general area of Earth, he had been watching and studying me. He expressed a great deal of love and admiration for me, and also a longing to become Human. It felt like the longing that the artificial boy had in the movie "AI." There was a willingness in him to sacrifice himself in the rescue of Earth, but there was also the deep sorrow of a life unlived. He requested that if there was any way, could I petition Prime Creator to restore him at the end of this Mission? I said that I would make this request on his behalf. I hugged and kissed him, and begged him to stay a little while longer with me. It was only 11:30 and I wanted to be near him a little longer. He said that no, he had to get "suited up" for the Mission. As he left, I felt the presence of dozens of other God Warriors who had the same longing as he did.

I called in Prime Creator and told him that I knew he was very busy getting all this in place, but was there any way he could grant this request now, and let them know before they began this work. He said "Yes", and he told all the God Warriors the good news. He then told me not to go. He wanted me to join hands with Him as he pushed the button to begin this project. I got the feeling there was some ceremony around this. I then noticed that there were other Beings around us, and I realized that we were at the gathering of the Masters for the Wesak Festival. The formal ceremonies didn't seem to have begun, but everyone was getting into place.

At midnight Prime Creator counted down, "Three, two, one ... " and we pushed the button together. The God Warriors then began to drill themselves towards the center of the Earth. Prime Creator said it would take about 5

days to get there and another day to do the set up for turning them into Atomic Generators.

Then we withdrew from the center of the gathering and I heard the Buddha say that this wasn't time for celebration and ceremony, but the time for action.

***Elora:** The following day we asked; Heru, I would like to know why Prime Creator didn't decree from the beginning that these God Warriors would be restored. Why would Karen have to make that request?*

***Heru:** What apparently happened was that the God Warriors are not fully individuated Beings on the level of a Third Dimensional Human, but as they began to come closer to Earth and interact with the Earth frequencies that individuation process began. So when they were first invited to do this task, they were in almost a mechanical state without much emotion and without desires such as Karen experienced. At that time, this consideration was not really a factor in the equation.*

***Elora:** So initially, the plan was that they were all going to be reabsorbed back into Prime Creator? [The God Warriors are all manifestations of Prime Creator, in bodies made of the Light Warrior material.]*

***Heru:** Yes, of course - nothing is ever lost. Therefore when Karen saw a God Warrior last night, and she described how his head looked Human but his body looked like a tin soldier, this is an expression of the fact that he and the other God Warriors were in the midst of this process of transformation and individuation, and becoming somewhat Human-like. It was a situation where the issue never arose, and it was not really foreseen that this would happen. It's exciting to me because I feel that once the densities are removed and the God Warriors are walking freely on Earth and interacting with*

Humans, a whole new wonderful relationship will be established, something similar to what happens between Angels and Third Dimensional Humans in the Unfallen Sector. There will be another opportunity for Humans to interact with a new Divine Being in a very personal way. This is a new development, it's actually something that's very exciting.

Part 6 – Conversation with Heru on May 22, 2006

Elora: Heru, can you give us any updates on the Atomic Correction?

Heru: All of the God Warriors are in place and the Generator [i.e. the God Warriors collectively forming an Atomic Correction Generator] is functional. It was turned on Tuesday, May 16th and is operating at a low level. If people want to tune into it they can feel a hum in their bodies that will make them feel good, harmonious and high. On a scale of one to a hundred it is at about a five. Every day we will increase the intensity, and probably we will also increase the speed at which it intensifies. So if from yesterday to today it went from a four to a five, between today and tomorrow it might go from a five to a seven. Unless there is an impediment or a reason not to, each day that increment will increase.

Elora: I guess there is no way yet to know if it is working.

Heru: It is working. How much, and the effect of it, is not known. But let me see if there is a tone or way for people to tap into it if they are having trouble. What I'm trying to come up with is a chant or a frequency that people can chant that will tune them into it. Spell this out: MMMMAAAAAEEEEEEYYYYYAAAAA. [This word is pronounced in a long drawn out way. The first "A" is long as in "say" and the second is short as in "ah".]

Tell them to almost let their lips buzz with the M, and as they chant that to focus on feeling the vibration of life in every cell of their body, feeling the life that flows through the whole body. People will be able to tune in and experience it as the Atomic Correction grows. How it will affect people and how quickly it is not known. But it definitely has reached the surface of the Earth and beyond and it is available for everyone to tap into. And I think in the future once this Correction is more established and stronger I will come forth with techniques to direct the energy.

***Elora:** Is Prime Creator doing another huge clean-up of Darkness and the Dark or Fallen Beings in this Solar System?*

***Heru:** Yes, we have been very disturbed at what we have heard about the attacks. Each time we think it is going to be the final clean-up and then there is more. We are hoping that this will be the final clean-up of this size but I am not totally optimistic that it is the last one.*

***Elora:** Is there anything else you can tell us?*

***Heru:** We're continuing to program the God Water to stabilize Gaia, but shortly we feel that we will be able to move on to other programs. There will be that constant underlay of the program for the safety of Gaia, but then added to that will be the additional frequencies of the programs that we will release for the rescue and regeneration of the Planet. So that is coming. It looks like we will begin the next stage in about four days and in about six days [about May 28th, 2006] Prime Creator will be releasing another very big Wave of Light. Its primary purpose will be to eliminate the Darkness. It is white and will feel very much like a wall of water. It will have a lot of pressure and force behind it.*

Elora: Thank you. Would you talk about the Micro God Warriors?

Heru: About a week ago, the Micro God Warriors were released. They are like the Micro Light Warriors and they work on the atomic level. You can petition either the God Warriors or Light Warriors that you are working with to bring them to you. Both of them have access to the Micro God Warriors, as do the Archangels, the Creator Gods, and of course Prime Creator. So if people are working with any of these Beings, they can ask for what are termed "packets" of the Micro God Warriors to assist in any work that you are doing on the cellular, molecular, and atomic levels. They do not go to the sub-atomic level as yet, but I will petition Prime Creator to see if that is being worked on. Their properties on Third Dimensional Humans are not really known. Again feedback is encouraged - tell whomever you're working with if it is working or not working. We have high hopes for this being a valuable healing tool to help with any distortions and muck on any of those levels.

Elora: We noticed a new group of Light Warriors who have recently arrived. Would you speak about them?

Heru: Yes, there is a new group that has come in. They are called the Zranalians. You would perceive the original Light Warriors and God Warriors as being somewhat cool in nature. These would have more heat to them. They have more red in their field, they are more fiery.

Elora: I perceive them as radiating a tremendous amount of Light. They appear to have the best vision so far of any of the Light Warriors or God Warriors. We also noticed that, to some extent, their presence alone can dissolve implants and repel the negative Beings.

Elora: Has at least one of the Zranalians been assigned to every Human on the Planet?

Heru: That is in the process of being done. We have started with the Light Workers, to make sure that they all have at least one. And we are moving out from there.

Chapter TWENTY-SIX: Update June 2006 – Answers on the Atomic Correction and First Contact

[This conversation occurred on June 14, 2006. We asked one of the Aspects of Prime Creator to be on hand for this conversation, and he answered some of our questions directly.]

Elora: Greetings, Heru. What is the status of the Dark, Fallen, and tainted Beings still at large in the Dark Sector? We understood that there had been a huge clean-up, but my Husband John told me last night that his clients were getting viciously attacked.

Heru: There was quite a clean up but it did not get everything. There are a lot of places where they are hiding. It's like they're squeezed into the Third Dimension and so as someone gets knocked off - say for example when the Dark Being that had been attached to a person's Higher Dimensional Aspect for many centuries was removed - they would find another that has been squeezed into the Lower Dimensions [i.e. First, Second, Third, and Dense Physical] to replace it.

Elora: Is it possible yet to have God Most High remove the Darkness from Humans on the Dense Physical Plane?

Heru: Prime Creator says he doesn't feel it is yet possible. Not enough of the Light can get through to the Dense Physical Plane.

Elora: Please give us a general update on the state of the work that is being done to rescue our Planet.

Heru: Prime Creator would like to speak directly.

PRIME CREATOR: This process, of course, is more lengthy and more entangled than we had originally anticipated but we do feel that good progress is being made. Can you pose some specific questions?

Elora: Here's a reader question. It is directed to Heru but really involves all the Higher Light Beings: Could you ask God, Heru for an update on the current situation of Earth? Does Heru see clear now through the remaining layers of darkness? Does he see the desperate situation of millions of people worldwide and down to many local communities? Can he now see the devastation caused by war, famine, drugs and corruption?

PRIME CREATOR: Yes, and that is one of the effects of the Atomic Correction that is happening - that we are now beginning to be able to see, not everything and not everywhere but we are seeing more every day.

Reader: *Most of all, can he petition the Extraterrestrial Light Forces to make themselves known on our 3D level sooner if they are to do so?*

PRIME CREATOR: The Positive ET's have already been petitioned. They are in place and they are just waiting for the right time. I cannot say any more than that, other than that word that you all hate - soon. Soon.

This reader continues: *I am fine and I am so thankful to have access to your healing tools and information, but many other people are subjected to the pressure from their appalling Human conditions and from the attempts/attacks of the Darkness, and are isolated from the healing process of Light and don't know what's going on. Can he find ways to inform everybody alike?*

PRIME CREATOR: I believe a few more steps have to happen before that can begin to unfold. It has to, for that is a prerequisite for the Liberation of Humanity - liberating the flow of information, liberating knowledge, liberating consciousness and having that free flowing dialogue with the Upper Dimensions, with the Ultra Terrestrials, Angels, God Forms, what have you. It is totally necessary for that to happen. Some of our plans for that are classified and some of how it will unfold is unknown. So I can't really project specifics into the future as to the whens and the hows, only that it must take place.

Another reader question: *Some time ago, Heru mentioned that some of the God Warriors "are still in the process of tunneling from the Third Dimension into the Dense Physical, and it is our belief that once they get to the core of the Earth and begin this generation process that they will be fully on the Dense Physical Plane. I cannot guarantee that but this is our definite idea and hope. " I was wondering, are they currently in the Dense Physical, in the core of the Earth, or are they still in a frequency band outside of the Dense Physical, where they would be invisible to us?*

PRIME CREATOR: The second. We still have not cracked that problem.

Reader: *And is the Atomic Correction they have been generating having an influence on the Dense Physical Matter of our World? Will they be able to achieve this atomic correction?*

PRIME CREATOR: It is having some effect, and as I said it is having the effect of giving us greater visual access to the workings of this Planet. It is a big event that they are in place, even though they haven't had as much of an effect as we had hoped. Even though they have not broken through to the Dense Physical, their being in that place gives us a platform from which to perhaps launch a new initiative. And I would welcome all of your input as to the kind of initiative that we will take from the position of being in place at the center of the Earth close to the Dense Physical, just outside the Dense Physical. So for all of you and the public as well, please be thinking about ways in which the next stage can be launched and who it would involve. And for all of the Readers, rather than bombard Elora with a hundred e-mails, if you would just directly direct your thoughts to me, I will be listening for them.

[At this point in the discussion, I suggested that we get some of our best Seers together and ask them to take a look at the atoms in the Dense Physical. We requested that these Seers examine the atoms in the Dense Physical and see whether they have changed for the better. The Seers all agreed that the atoms in the Dense Physical are now almost 19% lighter than they were previously.]

This reader continues: *So, would the key be having as much Humans as possible breathing and anchoring this Atomic Correction Energy into our world, as anchor points into the Dense Physical?*

PRIME CREATOR: Interesting idea. I would have to create something that people could call into themselves to anchor it, so let me work on that.

Question from Shakura: This morning I mentioned something to you that I was seeing. It looked as if the bonds of Earth were releasing, as if gravity was releasing. Did something happen?

PRIME CREATOR: I'm looking for words to describe it. It's almost as if a part of Gaia was shackled and those shackles fell away, and at the same time it's almost as if some old Karmic bonds and ropes and such were cast aside. So yes, that is significant.

HERU resumes:

Elora: Heru, here is a good question from a Reader: The assertions in Michael Salla's article of such contemporary importance and implication that, in the interest of "consistency testing", I am asking you include this question in your periodic updates for your readers. [An excerpt from this article states: "There was a very significant announcement on May 25 concerning 'Divine Strake', the Pentagon's plan to test a massive 'conventional' bomb in Nevada that would have generated a mushroom cloud. After having been initially delayed from June 2 to June 23, 'Divine Strake' has now been indefinitely postponed."]

Please discuss the extent to which: this Test would directly play into imminent major military aggression against Iran or other countries.

Heru: It has slowed down or stopped the initiative towards first strike with Iran.

.. this test would influence an explosive nuclear weapons release against Iran or other surrounding countries (this is an important distinction from the recent and decade-long release of extensive quantities of depleted uranium - merely another form of radioactive/nuclear warfare aimed at destroying the resident population)

Heru: Yes, that will not happen.

.. ET /higher consciousness intervention played a role in postponing and/or stopPing this test That is classified. All I can tell you is that it did play a role. Any details I cannot discuss .

... the postponement of this "test" in Nevada by the military in turn influenced ET/higher consciousness intervention in preventing the recent comet fragments from causing significant impact damage

Heru: I don't see that they were going to impact Earth, ever. I know there was some talk about it. I think if the Dark Forces had still been more entrenched it would have been far more likely that they would have tried to steer it here.

...And if indeed there was a "higher level" intervention, whether the forces that caused such influence of Human military actions were primarily due to ET liaisons or a higher less physical level of intervention.

Heru: I would say certainly both. Yes, there are ET's who are of the Light that have definitely made their presence and their demands and their parameters known to the people in power on this Planet, basically drawing lines and saying: you will not step further than this. And they have proven their effectiveness and their seriousness in making sure that those lines are not crossed.

A question from our friend Reggie: *If the Mass Landing of friendly ET's is heading this way as Prime Creator noted, how will we know the difference between reverse-engineered landings by those who attempt to continue their hold on power, and those friendly ET's who literally come here to help as the Star Trek's "First Contact" movie illustrated so nicely?*

Heru: Those Beings that inspire fear would more than likely be back-engineered Government official Illuminati ships, and those that come in peace and in Light will be of the Light. I think it will be pretty apparent.

Reggie: *You don't feel that the Darker ones will disguise themselves in Light and fool people? If a hundred ships land someplace and they haven't done anything yet, how would we know?*

Heru: In that case you may not know. But I would say with the Beings of Light, that their peaceful vibration will precede them.

Reggie: *Are there enough Negative ET's still around, after all these cleanups, to really make a public landing? Aren't they being gone after too?*

Heru: Eventually, yes, but I still think they have their ways of evading what should be catching them. So I think there are still quite a few Negative ET's around - not nearly as many as there were, but they're still here.

Reggie: *Sheldan Nidle discussed the First Contact a lot. It was supposed to happen in 1996.*

And it should have happened back in '96. The Dark has been able to delay and delay and delay.

Reggie: *Was there an ongoing expectation that at any time the Omniversal Energy could come in with the Light Warriors and all?*

Heru: It's been more that we would try and then sort of regroup, and then again try and regroup, so yes.

Reggie: *And what enabled this to finally happen?*

Heru: It was the Omniversal Energy that opened things up. It was that Wave which happened in 2003 that somehow penetrated, and it may take another Wave of Energy of that magnitude and penetrating quality to penetrate the Dense Physical.

Reggie: *Could we petition God Most High for this to happen? Yes. And I would say let's go for it. So we're asking for something like the Omniversal Energy?*

Heru: For a Wave similar to that first blast of energy in September 2003 that made it through into the Dense Physical - to have another Wave similar to that but amplified many times to really change everything.

Reggie: *Did you just say that the wave in 2003 penetrated the Dense Physical?*

Heru: A little bit, but that small bit had a big effect.

Reggie: *Was that Wave the Omniversal Energy?*

Heru: It was the Omniversal Energy. Embedded in the Omniversal Energy were many Programs and Beings, the Light Warriors and so on. Prime Creator just asked for people to petition and make suggestions and this is Mine: that a Petition be put forth to God Most High, to launch another Wave of Energy on that scale but greater and with greater penetrating qualities. And I think with the amount of breakdown of Frequency Fences and the Atomic Correction Generators in place it will have a much greater effect. We're still, in a sense, processing and unfolding that Wave of Energy that came in 2003, so I think if we have a bigger one it will have a great effect.

Reggie: *Then let's do this now.*

Heru: I will state the request, and I would like this released. Beloved Creator, God Most High, the four of us together today - myself, Shakura, Elora, and Karen, come together with a sincere petition: to ask that you bring a Wave of Energy similar to the blast of energy that you created and that hit the Earth in September of 2003, the Omniversal Energy. We ask that this be seven times stronger, with seven times the penetrating ability, and seven

times the layers of embedded Beings that you gifted this Sector with - seven times that as well. And we ask if it is possible that this surge of energy reach this Planet within three weeks, making it early July. Let us actually put in for the first of July as that will begin the Holiday Weekend. It is time for the change to begin to happen for the Dense Physical Plane, to really begin to loosen its bonds, loosen the constraints that keep it so dense. And so, Prime Creator, we ask not for ourselves but for the liberation of this Earth, for this to happen and for it to happen in the most gentle way possible, but deep and penetrating all the way through. And I would add to that, for this new Wave of Energy to have the dissolving quality that has been worked with recently, that as it penetrates for it to dissolve all the Dark Beings that have hidden themselves in the Dense Physical and the Lower Dimensions.

Elora: Let us also ask that this Wave affect all the Dimensions and in between the Dimensions, all space and time, all the parallels and their parallels. That it should also dissolve entrenched thought forms, Darkness, including Darkness in Humans in the Dense Physical, hardened hearts, and programs.

Heru: Yes. And so now we release this request to beloved Creator, God Most High. So be it.

Chapter TWENTY-SEVEN: Update for July 2006

Part 1 - Divine Tide

We have much reason for hope, even celebration at this moment, as the great Energy Wave requested by Heru and discussed in our last Update has now reached our Planet. Karen and I discussed this wave, which is called the Divine Tide, in a conversation which was not recorded as Karen spontaneously decided to channel when we were up in the mountains on the afternoon of June 30. I have written some notes from memory.

Heru said that the Divine Tide is so massive that it will not hit with a sudden forceful blast like some of the others. It will be more sustained and it will build. While the Omniversal Energy was somewhat like wind in its action, Heru said that the Divine Tide will be more like water, thus its name - more penetrating, more able to dissolve barriers and so on, especially when guided by thought, prayer, and intention. In some ways it will be energetically like a waterfall. It will carry a tremendous amount of energy for manifestation, and it is suggested for all of us that we keep our focus on what we desire most. Heru also said that the Divine Tide will bring in the "true forms" of Angels, Elementals, and the like, and that this will help them to start working on restoring the biosphere of Earth. He believes that this energy will ultimately enable Darkness to be removed from Humans and/or for the Deca-Delta Squadrons to work on them effectively. He emphasized that the Divine Tide is something like a hundred times stronger and deeper, and with more Beings embedded in it, than the Omniversal Energy, so he expects the effects to be profound. And he also feels that it will bring more magic into this world.

Heru told us that the Divine Tide would reach Earth somewhere around Noon Eastern time on July first. In viewing this event, I felt that the fullness of the Wave did not reach us until close to 2 PM Eastern time, but as it approached I could see that forerunners of this massive energy had touched our Planet somewhat earlier. The Divine Tide is golden in color and, much as Heru had told us, did not approach rapidly and "blast" into Earth as some of the others had done, but seemed to advance in slow motion with enormous majesty and power. On July 2, we had the following conversation with Heru:

Elora: Greetings, Heru, How are you feeling with this influx of energy?

Heru: It's pretty wonderful.

Elora: So, it appears that the Divine Tide arrived on schedule. What has it accomplished so far?

Heru: It is in the very beginning stages, therefore it's not so much that it's accomplished anything as that it is just arriving and penetrating all of space. As I was saying previously to you, the grandness and vastness of this Tide will unfold over weeks, months, and even years - all that is embedded and encoded in this Tide. Imagine, if you would, the tide of an ocean - if you were to take away the waves and have a still day without waves - and you have just begun to get the first few inches of the tide. And that tide will go many feet and really many miles. So you are just getting the first taste of it. It is truly a wonderful thing, this Tide.

I believe it is programmed to at first just gently wash in and fill all the spaces, fill every atom and every Being and every molecule, and that it will take several weeks before any of the programs begin to be implemented. As we get closer to that time I will then describe which programs and which Beings are being activated. You may expect to meet many wonderful Beings. I do expect this Divine Tide to have imbedded in it the return of some of the Archangels who have left, and the return of some of the magical Beings like the Dragons and Unicorns and so on, that they will begin to appear to people. And that will be part of the key to the restoration, awakening in Humans the magic that exists in all life - the creative patterns, the many wonderful things that you were always supposed to be experiencing, not the drudgery.

***Elora:** This morning when I stepped fully into the Energy of the Divine Tide, I could feel something like a rhythmic pulsing, almost like a giant heartbeat. What is this?*

***Heru:** It is just the basic pulse of life that Prime Creator has embedded in this Wave, to energize all life and to bring all life back into harmony with that rhythm.*

***Elora:** As we've discussed, the Divine Tide contains a strong energy for manifestation. Can you give any suggestions for our Readers regarding how to access and use this energy for manifestation and creation in their lives? Or should they just use the techniques that we've discussed?*

***Heru:** The techniques we've already discussed would be a good focusing point. But really the most important thing for people to access is the starting point, which is this energy. And perhaps that heartbeat, that golden wave - that golden heartbeat of pulsing energy - is a good place to access it. The recommendation, then, would be to center oneself on that energy, to sit within it and do the techniques as outlined. There are also many other manifestation techniques around in the New Age community, and I think many of them would probably work.*

***Elora:** Is there something along the lines of a faster rebound of energy happening - something like what we might call instant Kamuz? I've noticed some incidents recently that would seem to indicate this.*

***Heru:** Yes, there is definitely a speed-up in the manifestation of thoughts.*

Elora: Is this related to the Divine Tide, or to the Atomic Correction, or both?

Heru: I think it is the overall mix of everything.

Elora: I asked God Most High to include in this Wave a sort of networking quality. This is based on the idea that the Dark and Fallen Beings are all connected somehow. Many of them are formed into groups or organizations, or belong to the same race. I also had the feeling that in a sense all of the Fallen and everything Dark is connected, that Darkness spins itself through time and space like the filaments of a fungus. Do you agree with this idea? I do.

Elora: Did God Most High give the Divine Tide the ability to work through these networks? Yes.

Elora: And how can we assist this process?

Heru: It's still too early to really see how that's going to unfold. But what I would say is that any time you encounter anything that you think is Dark, to in a sense upload the coordinates to Prime Creator or myself or one of the Archangels. Just call upon one of us and say "Prime Creator (or whoever), here is something that is very Dark." And just by saying "here" that will give us the coordinates of it automatically. I might add that we know the coordinates for the White House. What we don't have the coordinates for is somebody's pedophile uncle or something like that.

Part 2 – Update on The Atomic Corection

Elora: Heru, we'd like to check on the status of the Atomic Correction. Let's call in our group of Seers.

Heru: They say that Earth's Central Atom is now about 22% corrected

Elora: Last time the figure was given as about 19% lighter than before. By that did they mean 19% corrected? Yes.

Elora: Here are some questions from readers on the Atomic Correction.

Reader: "Given that the recent Atomic Correction appears to be working, it would seem that we are out of the woods as far as Earth's rescue is concerned. It is my feeling that unforeseen problems can still occur with people and other life forms getting accustomed to the Atomic Correction or nuclear materials acting up as a result of the correction, for example."

Elora: Heru, can you comment on that?

Heru: I don't foresee any of the nuclear materials acting up. Yes, this Planet is out of danger of immediate destruction. Any given life form at this point is not out of danger. But for the whole of Gaia herself, things have gotten to the point where she herself is out of danger, and can actively participate in the work that is going to come in terms of all the corrections that will take place.

This reader continues: "I would like to know if the above mentioned Atomic Correction is going as planned or if problems have cropped up that might delay its progress."

Heru: Nothing is stopping it. It is going slower than we had hoped, so work is being done to make it faster. And I think once the Divine Tide really starts to work, things should speed up more.

Another reader wrote: *"What about developing Atomic Correction Generators which are suitable to be implanted into trees? Especially in and around big cities, they for sure would help a lot to counter the dense state of mind most people are in."*

Heru: That's an excellent idea. We'll make that happen, so look for that to be available in the next few days.

[Note: Chafor, one of the Firstborn, is also developing a new enhancement for the Atomic Correction that he says will be ready within a few days.]

Part 2 - The Weather

Weather is a big concern these days, whether it is damaging storms, too much rain or not enough. I am posting this Section as it may give our Readers some ideas of how to work with problems in their areas. We asked Heru:

Elora: *One of our Readers, who lives in an Eastern suburb of Denver called Aurora, wrote:*

"I am working with the prairie and the elements here in Colorado and the whole prairie system. There is a drought here and the clouds are gone most of the day which is most unusual - I can feel weather-tampering. I have been doing the meditation mentioned in the book and also asking the Light Warriors to locate and take care of the places that are doing weather-tampering. Can you please ask Heru what else we can do - and I am going to Prime Creator also - but would appreciate any input you receive."

There are some ET ships over that area tampering with the weather. They are Negative ET ships, triangular in form, and on the Fourth and Fifth Dimensions.

Reader: *Can you get their coordinates, and can we get rid of them now?*

Heru: I have uploaded that, and that should be taken care of fairly quickly. That is the source of many of the weather control programs that are affecting that area.

Reader: *Is there anything else in that area?*

Heru: There are some bad sorcerers in that area that are also affecting this, like Dark Shamans.

Reader: *Can anything be done with them?*

Heru: I think that perhaps the best thing to do with them is to neutralize the effect of their negative emanations by calling for an instant return of their

karma, so that everything that they put out is reversed and in a sense pushed back into them.

Reader: *Whom should we ask to do this?*

Heru: Archangel Michael. It would be very good to call in a lot of his Aspects. He is able to create a sort of mirrored shield that will reflect back to these Beings what they are putting out.

Reader: *Now would you have the Seers do the same scan on our area, which is getting very dry again.*

Heru: Yes, it is. The same kinds of ships are present in your area. There are plenty of Negative Shamans as well but it is somehow not having the same effect. The Seers are also saying that there is something about the forests, that they are not magnetized to draw water in the way that they normally would be. They've sort of lost their ability to pull the water in. I don't know if that has to do with the Elementals, but somehow there is a loss of magnetism to bring the water.

Reader: *Whom should we call upon - the Lords of Magnetism?* Yes, and just ask them to restore it.

Reader: *Does that apply to the Rocky Mountain area as well?* Yes.

Reader: *Is there a similar magnetism in the Plains?* There would be in the plants.

[Note: as of July 6th we had a letter from another Reader who also lives near Aurora, Colorado, and who learned about our work with the weather. This work was done in the very last part of June and the first day or two of July and was very effective, although there are still some areas of Colorado needing rain. In my own area of Western North Carolina, we have had success as well, as we had substantial rain in the past two days.]

Part 3 - Parallel Realities

We have previously mentioned Parallel Realities and Parallel Selves. This is a topic I have generally preferred to avoid because it seems complicated and confusing. We have now asked Heru for some definitions to help us understand this difficult subject.

***Elora:** Please explain what is meant by Parallel Selves.*

***Heru:** Picture the entire soul structure as the head of a dandelion puff when it is mature and the seeds are about ready to pop off. The Monad would be in the center and each of the little seed fibers that come out would represent a Dimensional Ladder. Each of those Ladders would contain Parallel Selves, and a Soul could have several hundred.*

***Elora:** So each seed fiber would represent an entire Monadic Ladder in a Parallel Reality? Yes.*

***Elora:** And the Parallel Worlds?*

Heru: They would be the same, the same structure. So this Earth would be in a sense connected to an Oversoul Earth with many Parallel Earths coming off of it, in a similar structure to what I described with the Soul.

[Note: In other words, a Parallel Earth would be a version of our Planet in one of the Parallel Realities. A Parallel Self would be a version of you living in one of the Parallel Realities. This is an entirely different thing from another Aspect on your Monadic Ladder. A wonderful set of novels based on the idea of Parallel Realities is Roger Zelazny's Amber series. Robert Monroe, the great out-of-body traveler, also described encountering his Parallel Self on a world quite similar to Earth. In the normal course of things the Parallel Realities would intersect one another through a series of gateways, or Portals. Normally one would be able to move freely between the Parallel Worlds and enjoy them all, and they would add to the beauty, complexity, and multiplicity of this Creation. We asked Heru:]

Elora: *Did you look at the people I told you about who were getting so badly attacked? Yes.*

Elora: *What is going on there, given that there has been so much clean-up of the Dark and Fallen Beings?*

Heru: This really deals with what we were talking about the other day - the Portals to the Parallel Worlds that are Darker than this Planet. Until that is addressed, until those Portals can be closed and a barrier placed, no amount of cleanup on this Planet will solve that problem. I am not sure how many Parallel Planets there are involved in this. It's at least one but it's my sense that it's two or three, and the worst, I believe, will have to be destroyed. I don't know the steps that will have to be taken or how long it will take for this to happen, and in the meantime I don't know how the Portals can be stopped from opening up. Perhaps we can call for the God Warriors to create a wall between this Planet and the more distorted Parallels. This would be a temporary measure until those Worlds are taken care of.

[Note: As of July 4, this Wall has been created. It is enormously thick and made of an Anti-Portal substance which is quite dense and is a very dark blue in color. So far it appears to be working. Heru continues:]

I would like you to include this in the Updates: that Karen was right when she said that she felt the whole image and mindset matrix of Armageddon and the End of the World comes from those other Parallels. It is important for people to see that, for this World is very much salvageable. There are a couple [of Parallel Earths] that are not, and the Dark have been aggressively trying to force that idea into this World.

[Note: Heru told us that if any of us find ourselves burdened by a sense of impending doom, this probably means that we have Selves on one of these Darker Parallel Earths. He also states that the Divine Tide has been released, not just into this Reality, but into all of the Parallel Realities as well. The extent to which it is penetrating each one is dependent upon how many of the Frequency Fences are still in place. However, God Most High will do the utmost to bring a flood of this Energy to all of the Parallel Realities and Worlds.]

Chapter TWENTY-EIGHT: Updates for August 2006

Although we are still experiencing an incredibly difficult time here on Earth, the Forces of Light continue to report progress towards the rescue and restoration of our Planet. The Atomic Correction is steadily rising and moving forward. It took me quite a while to be sure that I felt it, but I am now definitely able to perceive that matter has become more fluid. We have

heard from many of our Readers that thought and intention are manifesting more quickly. For those who are experiencing discomfort from the Atomic Correction, Prime Creator has now made an Energetic Detox Chamber. Because the Atomic Correction cleanses the body of dense energies and “sludge”, you may find yourself feeling toxic or very tired, and this Chamber should help with that effect. As with the other Chambers, just ask your Guides to place you in the Chamber, usually during sleep, and monitor you while you are being treated.

I once gave a metaphor for the situation in which we find ourselves on Earth. I likened the dense physical realm of our Planet to a fortress which is held by enemy soldiers. We are imprisoned in that fortress, with the Forces of Light outside besieging it. While their numbers and power are far superior, they must take care not to damage us or the structure in their attempts to free us. I feel that now is the time when the first cracks are appearing in the walls of Fortress Earth, the first small openings made by the Forces of Light.

Part 1 – An Update from Heru received on JULY 31, 2006

***Elora:** Let’s start with a couple of Reader questions. This Reader asks: “When we get to 100% corrected at our atomic levels, will all aging and imperfections we have start to transform back to our perfect Divine Blueprint, and will we be more able to regenerate enamel on teeth and gray hair color back to its original color, etc.?”*

***Heru:** That will be the starting point at which a person could do that; it won’t be the end point.*

***Elora:** In other words, those things will start to become possible? Yes.*

***She continues:** “Will there be more Earth changes and cleansings to go along with the large amount of correction?”*

***Heru:** It is our desire for there not at present to be too many serious Earth changes. There may be some, but it would more be a consequence of freeing up log-jams of congested energy than anything that we would initiate.*

***And she also asks:** “Will we have more recall of past lives and higher abilities?”*

***Heru:** Many of you will, yes. Basically it is in a sense a starting point for accessing many things.*

***Another question:** “Will you ask Heru if any Twin Flames are coming in on the Divine Tide. Or are these Beings hidden in the Tide coming for healing work only?”*

***Heru:** Yes, there are Twin Flames there that are coming in with the Divine Tide. Some of you will find that your Twin Flames will come to you as Walk-ins.*

***Elora:** Would you now give us an update for our Readers?*

***Heru:** Greetings, dear Readers. It has been some time since I have spoken to you. It is not because you have not been in my thoughts; it has been because I and the rest of our crew have been quite busy. I think many of you are feeling that there is a lot of change in the air, and I would like to speak to some of this today.*

First of all, in the latter part of July 2006, an initiative was launched to clean out the Dark Beings from the Inner Earth that had honeycombed your Planet, and also to apply a protective shield around this Planet so that no Dark Beings could either come in from the outside or escape from here. So what remains on this Planet is a thin crust of Darkness that is quite intense — and actually perhaps more intense than previously because some of what was above and below has been sandwiched into this layer. At this time, that is being addressed. We wish to address this in as gentle a manner as possible, but make no mistake: it is being addressed, and the days of the Rule of Darkness on this Planet are numbered. They know it, and out of fear are initiating as much chaos as they can.

Elora: Please clarify what you mean by the thin layer of Darkness — the Dense Physical Realm?

Heru: Yes. And the Dark Beings contained within it, and within some of the Beings in that Realm.

Elora: Thanks, please continue.

Many of you have suffered [psychic] attacks in recent weeks, which have grown increasingly fierce, and this is a result of this work. I would like, at this point, to introduce some Beings who are from outside this Creation and who can be very powerful allies in protecting you if you are under attack. First is a Race of laser-eyed Beings known as the Ramalohans. They are very tall in appearance, though you need not see them to call on their help. Just call them in by their group name and ask them to destroy with their laser-eyed beams the Beings that are attacking you, and to use the networking ability of the Divine Tide to go after the entire class of Beings and Family of Beings that are attacking you — to go back to the source. I would like to introduce the Namarians as well. They are also a Race of

Beings from outside this Creation, otherwise called the Tall Ones. Their best ability is to dissolve the effect of an attack. So if you have been attacked and feel that you have been implanted or slimed or have any residue from Dark Beings, you may call upon the Namarians and ask them to dissolve any of this structure or residue that has been placed upon you.

[Note: The Namarians have a tremendous power to create or dissolve by thought, and are helpful for many other types of work as well. Another new group of Beings which Heru did not mention, but which we recommend for protection, are the Shelorians. They are the newest and most powerful group of Light Warriors, and are distinguished by a large ray of Light which comes out of the heart area. Once you call a group of Shelorians to you, they are very faithful and will remain to protect you. They have good vision and a high degree of alertness. I believe that they came in on the Divine Tide. Heru continues:]

Also, embedded in the Divine Tide are enhanced aspects of Archangel Michael who have golden shields. You may also call upon them to protect you. It is of great concern to me that so many people are under attack at this time. Use the mantra for protection from Gonarion and that will also help. I feel that the next two months are going to be a pivotal time for your Planet. I urge all of you to keep yourselves protected. I want to tell you to stockpile — not food and candles the way you would if a hurricane were coming — but to in a sense stockpile inside of yourself. Prepare yourself for six to eight weeks of great intensity, and know that what you are enduring now will not last forever although it feels interminable.

Part 2 — The Weather and The Environment

Below are further excerpts from the same conversation with Heru:

Elora: Here is a letter from a Reader: “A brand new group of Light Beings just came in right now. They look like Angels and it seems like they protect

the Fairy/Nature/Devic Kingdoms. They are Celestial and they feel very feminine. The feminine Celestial Energies will restore Nature as will Mother Goddess. They are super high Light and very bright and celestial. I feel a comfort from them.”

Heru: This is a very good description of these Beings. They came in on the Divine Tide and they are called the **Samahalians**.

The same Reader wrote as follows: “I also received a message about sound and I heard the Dolphins and the Whales on the Inner Planes. Something needs to be done on the sonar energy in the ocean. Sound is very key in raising frequency and if we can get the Dolphins and the Whales back in shape (yes, they are requesting our help, I hear), they can get their true sound back and if the waters, Atlantic Ocean and Indian Ocean especially, are cleared, the Dark will lose so much power. I see what they are doing on the ocean floors and what they are doing to the fish/mammals, vegetation, etc. I see also what is being done to crops. There is a huge urgency this week and I am hearing a “bellowing” sound right now, like a cry from the Etheric, and then I see a large hawk fly by in the Etheric and then I see Nature and the harm to animals, I see jungles, etc. I am going to work on this immediately and I am told I can because everything is going to start manifesting in the physical in August. I was told this for months. August is the month of physical manifestation so to insure that no [irreparable] harm is done to vegetation, animals, trees, mammals, wildlife, nature, reservoirs, plants, oceans, etc.” Would you comment on this, Heru?

Heru: Yes, that is correct. I am going to recommend that we call Gonarion and ask for two more words. The first word will be for the restoration of the sound of the Whales and Dolphins and it is **ME-LE-FA** (pronounced MEE-LEE-FA). And the second, a word for the restoration of Nature, is: **RU-MEL-LO** (pronounced ROO-MELL-LO). Any of the Readers who would like to help with this may use one or both of these words in their meditations to re-establish that vibration on Earth.

Part 3 – An Update from 6 August 2006

Elora: We have recently learnt that many of the constructs created by the Dark were in the process of coming down. We asked Heru:

Elora: I would like to check on structures, constructs, and the like, which were either Dark or had a lot of Darkness holding them together.

Heru: Let us look at the institution of Karma, as I gave that discourse the other day. As I said the other day it is in free fall, and it is in this point in total chaos, so it looks like the underpinnings of that structure have been dismantled. Let me make a comment about that too. One of the reasons that the Darkness wanted to create this structure was that it put the accountability for a disharmonious action into the future — and then they would manipulate time as we have discussed in the past, so that the accountability never came due. And all of this now is crashing. So their accountability is due now.

Elora: Yes, I'd say overdue. What about the Frequency Fences?

Heru: What Frequency Fences there were still are crashing down also. Even though this time looks very bad in a sense it is very good. It is truly Armageddon right now, and this is going to be the turning point for us.

Part 4 — A Discourse from Heru on Twin Flames

Heru: I would like to talk tonight about Twin Flames and the polarity structure of this Creation. I have already touched on this somewhat in *The Return of Light* but I would like to go into further detail.

This Universe, and this whole Creation, were founded on the structure of polarity — what you know as Yin and Yang, Positive and Negative dynamics. Not an atom moves without the polarity of the Yin and the Yang dynamic. And even though not every Being in this Universe is created with a Twin, that polarity dynamic still exerts a great sway on the structure and the function of every Being, great or small, and every thing great and small. This polarity makes the atoms move, it makes the Galaxies swirl, it makes the Universes expand.

One of the great miracles and mysteries of this vast polarity is that a particle of the unique signature of the Love of each pair of Twin Flames exists within every atom of this Creation. This is true not just for Humans but for Creator Gods as well, and anyone else who has a Twin. That Love is a truly infinite river, and when it is allowed to flow through the Human heart it brings an expanded awakening, a very rapid growth, of that Being.

I know the norm on this Planet is that when the Twins meet it's often a train wreck, because of the distortion and the Twin Flame Rift. But for those of you reading this — if you have experienced the meeting of your Twin and have felt the great pain of this rift — I think what I have to say can bring comfort and healing. There is a great tendency to focus obsessively on the physical form of the other half of the Twin, which narrows the heart and cuts off the flow of the universality of this Love. For those of you who have met your Twins and have found the relationship to be one clouded by Karma and disharmony and heartbreak, I would recommend this: Instead of reaching forward to grasp the other, that you lean back into your heart and open yourself to this Universal River of Love and allow it to pour forth through you, opening your heart to the magnificence of this fantastic dynamic that exists in every atom of this Creation. Realize that your Love is not so small as to be contained only in two bodies, but your Love is part of what makes the Earth go around the Sun, and the Sun go around the Central Sun, and all

the Stars pour forth their Light on Creation. The dynamic of your Twin Love is contained within the moonlit dewdrops in a summer's night, it is contained within the rainbows, it is contained within the ocean spray and the nectar that the butterflies sip. Open yourself up to that magic movement and understand that you are an intrinsic part of the fabric of life, that all life within this Creation has its foundation in *polarity*, and polarity is the great engine that moves this particular Creation. Your Love is the fuel of that polarity; your love is the dynamic of that polarity. And once you tap into it, you can experience the Universal Love and the universal dynamic of this motion. You may constrict your focus on the physical desire for your Twin in a Third Dimensional body. But if you reverse your vision and understand that this is but the nerve endings of vast, giant hands touching, and expand that awareness to let this love flow through your heart, then more and more you will see your beloved in everything, in everyone, and everywhere.

Elora: I know that when Karen met her Twin Flame, she said that she could see herself and her Twin in every atom of the Universe, in the Yin and the Yang of everything. Another person who met her Twin on a Higher Dimension says that when she tunes in, she can feel his vibration in everything — a stone, a tree, the steering wheel of her car. Yes.

Elora: Can you give us an update on the Twin Flame Rift?

Heru: There is progress; it is slower than to my liking.

Elora: Here is a Reader question on this topic: “My Father transitioned on 3/9/06. Does Heru have any perspective on whether we will be reunited with our non-physical loved ones as part of the rescue? The longing I feel for my father’s presence is at times excruciating.” It is my understanding from our correspondence that this Reader’s Father was actually her Twin Flame.

Heru: First, that re-uniting will happen in the way that I have described, in opening the heart to this dynamic and in finding your beloved in everything. That is the first part of the healing and that is a necessary step for everyone, whether they have met their Twin or not. But if they have that deep longing for their Twin, if they will allow that greater love to move through them in that way, they will find healing. Again it becomes problematic when there is an insistence on physical contact, physical exclusivity with the Twin. That will happen naturally when harmony has been replaced in this Fallen Sector.

Elora: *Are you saying that we won't re-unite with our Twin Flame until we have harmony in this Sector and until we've moved beyond the overwhelming desire to be with them on the same level?*

Heru: No, I'm not saying that, but I am saying that it is not really known when that will happen and whether it will happen in this Third Dimensional lifetime for everyone. For some it will, for some it may not, and in many cases it is yet to be determined. What I am saying is that you will hasten your progress in this reuniting by surrendering to this flow of Love.

Elora: *Here's another Reader question. This Reader previously asked whether some Twin Flames would be coming in on the Divine Tide, and you said that they would and that many would be Walk-ins. "My Twin said he would not be using a host body, in other words he would have his own body, and just appear on the Planet. He also said he would be a whole Light Being. Would you ask Heru if I got that correctly; is that possible? Again, thank you. (There are other people want to know all this as well)."*

Heru: Yes, that is possible. I think some rather profound breakthroughs need to take place before this can actually materialize, but absolutely without a doubt it is possible and yes, you did hear correctly.

Elora: Going back to the previous question, when all the Portals open up, giving us access to other realms, won't we have full access to the Higher Dimensional Beings, whether through our going to them or them coming to us? Yes.

Elora: So for two Beings who are separated by the Dimensions, then once the Earth Changes really happen here, that separation should no longer be a factor?

Heru: Correct. And that is how it is in the Light Sector.

Part 5 - A Process of Purification

It has been an intense couple of weeks, and we have had very little opportunity to channel. However, we can report a few things.

At the end of July, Heru told us to prepare ourselves for “six to eight weeks of great intensity” as the last barriers fell. This would take us through the middle to the end of September. We are still moving through the process that he foretold, and it certainly has been a roller coaster.

It was forecast that when the Atomic Correction reached the 35-40% marker, the Light Forces would be able to begin their entry into the dense physical. We don't have an exact number for the Correction right now, but it has reached and exceeded that point. However we have learned that the Mass Human Consciousness, most of which is very limited and darkened, is holding the density on the surface of our World at a lower [denser] point than it would be otherwise, given the extent of the Atomic Correction. This situation is being worked on. It has also been found that Earth's timeline had

been tampered with once again, thus not allowing our Planet to move forward into its imminent and positive future. That, too, is being corrected as I write.

The main event that I am aware of on the Higher Dimensions is a vast cleansing and purification that is sweeping through all levels. So profound is this process that at times the Higher Beings are not able to be in touch with us. The last strongholds of Darkness are being destroyed, and we're told that all will be restored in perfection.

To check on this, we recently scanned someone whom we knew to be full of implants, probably millions of them, as this unfortunate person had been under attack daily for many years and was always surrounded by Dark Beings. No implants whatsoever were found. They had simply dissolved — vanished. This may not be 100% true across the board, but is very hopeful.

There are still some Dark Higher Dimensional Beings around, but we believe their days are very short.

We also scanned for weather constructs and the Frequency Fences. All such constructs were found to be dissolving. The larger ones will, of course, take longer. The Universes in the Dark Sector are also looking much better than they were.

We looked at the Monadic Ladder in a number of Humans. All the Dark Human Aspects had been converted to Light. This is a huge achievement. Everything except for the Dense Physical Plane and Earth's Dimensions One and Two appears to be of pure Light. Many Dark Beings are still hiding in the First and Second Dimensions. That will be addressed soon.

This process of purification will be seen, felt, and known on dense physical Earth as soon as the last barriers come down.

As a final note, here is an interesting letter from one of our Readers, received about ten days ago:

“The God Warriors and others are really making progress. During the past Saturday and Sunday evenings, I actually was hearing thunder-like sounds with my physical ears. There was no thunderstorms or clouds in the area at the time and the sounds were as much like as artillery going off as it was thunder.

There was considerable light flashing and movement of Light Beings to be seen as well. Most of this activity was seen during the day and via the peripheral vision. The troops are here now, without a doubt.

Part 6 — The Weather Project

Our Weather Task Force has been very effective in bringing rain, and sometimes reduction in excess heat, for many areas. The initial success in our work with the weather occurred in the Denver area, where twenty some counties were considered to be in a state of emergency due to drought. After we worked in this area, it received five inches of rain. Another dramatic success occurred a couple of weeks ago here in Western North Carolina. Though we're not actually drought stricken, it has been a very dry summer. The water table was low and a few wells were going dry. Storms would head this way but would always break up before they got here. I followed the protocol for bringing rain with immediate success. An inch of rain fell that night, and three more inches the following night. Here is a letter from Donna, who heads up the Weather Task Force.

We currently have 33 members in the Weather Task Force group with people from England, Canada, Puerto Rico, Hawaii, Mexico and Australia besides the states. Every other day Mary and I work together by phone with Shonara, Heru and all the vast army of Beings on the other side.

When the Constructs are removed, healing is brought. When that is complete then the next day the whole group works with the Lords of Magnetism and the following day we meditate for rain for those areas. Then we ask for the Beings that heal Nature and bring balance to come and work. We often see the animals moving again with joy.

So far: North Carolina has rain - 4 inches. Colorado has been having consistent, gentle rain. Some sunny days, then another day of rain. (This follows the 5" of rain received earlier.) South Dakota - the Black Hills area has had rain. North Dakota - rain has started to come. (Note: a large construct near Bismark was removed a few days ago, and immediately Bismark had two inches of rain.) Minnesota - rains have come. New Mexico - this is now the greenest it has ever been in about 100 years. Arizona - has had rains, and Wyoming has had some areas of rain.

A letter from one Reader states: "I was talking to my stepdaughter in Tucson, Arizona. It had not rained at all there since October of 2005. She reported yesterday that it has rained everyday for three or four days now. The weather has been in the high 80's and is comfortable."

One of the Task Force Members who lives in Santa Fe wrote:

"As it is now, we are getting good rains on a regular basis here. The contrast to how this area looked several months ago is stupefying. I have mentioned that we (New Mexico) had been in the worst drought in 100 years. That is very obviously over, and the prairie up here (Santa Fe is in Northern New

Mexico at an altitude of about 7000 feet) is growing grasses like I haven't seen in years. The landscape has literally gone from looking like the surface of Mars to being soft, verdant meadowlands (with cactuses). There was actually fog outside this morning when I got up. They are predicting lots of heavy rains this week all over New Mexico (Albuquerque, in the middle of the State at about 5000 feet above sea level, has flooded twice this month) and have been issuing warnings for flooding and for lightning.”

Part 7 — The Absolute Creator and the Ultimate Realm beyond our Creation

We have recently met with two very High Beings — El Baniel and Abba Nartoomid who come from realms that are far above and beyond our own Creation. El Baniel is from a vast Realm which we refer to as “The All”. I don’t know how to describe him except to say that he is of an incredibly high, pure, refined frequency and is very powerful. We have asked him to assist the process of rescue for our Planet. From a conversation with Heru:

Elora: Would you ask El Baniel whether he is having any success with the request that we made of him for Earth?

Heru: He says he is still working. He would actually like to be introduced to as many people as possible, so perhaps he could be included in the next update. The more people who connect with him the more he can do work here.

Elora: Does he have enough of a conduit to this Planet so that people can reach him without going into the All?

Heru: Let me ask him. He says yes, that you have anchored him quite well, you and Karen.

Elora: *We now have three of the very High Realms that we are working with or that have been discovered: The All, the Real, and the Core of the true Creation. Some of us are confused about what is what. Would you explain what each is? Let's start with the Real:*

The Real, for you, is a state of consciousness free of distortion. It is a very high state of consciousness. It is more than that, but that is how it will affect you. So it is like positioning yourself in the clearest non distorted place that it is possible to be in.

Now the All. We thought that the All was a Being, but it seems to be a vast Realm. Is the All a Being or a place?

The All is an Aspect of God or Creator. You could call it a place; you could call it almost a vast galaxy of energy that has an all pervasive, very subtle quality to it. In a sense the particles of it are very, very fine. One can describe Creator as all knowing, all powerful, all this and all that, and this is one of those particular ways of perceiving Creator — where God is all encompassing.

And when you say Creator you actually don't mean our Prime Creator, do you?

No, this is far beyond, it is beyond any of the Creation Systems. So if you would, imagine that the All is this gigantic galaxy of presence within which these different concentric spheres of Creation dwell.

Elora: And is the All encompassed by the presence of a Being at the center?

Heru: There is a Being at the center of the All, yes. And there are many Beings surrounding it, as you have encountered a few.

Elora: And that Being in the center, does His/Her awareness and presence fill the entire Realm of the All?

Heru: Yes. And again that Being is not separate from Creator but it is more or less an Aspect of Creator, or a facet. So you are coming into deeper levels of oneness with the Creator along the lines of this facet, exploring it as the All.

Elora: When you say Creator what or who do you mean?

Heru: The Creator that transcends all of the Creation Systems.

Elora: And you're talking about a Manifest Being, not the Absolute?

Heru: No, it would be more like the Absolute, the Unmanifest.

Elora: I wouldn't think of calling the Absolute "Creator".

Heru: Ultimately the Absolute is the Creator even though it is not actively creating.

Elora: *Then what is the Core of the True Creation, and is it somehow related to either the All or the Real?*

In a sense it would be where those two intersect. Where the All and the Real intersect would be the true Creation, the Creation that has no distortion.

Part 8 - A Conversation with Heru on the 29th October 2006.

Elora: *We would like to catch up and do an update for our Readers. First of all, I think it was a few weeks ago when John said that something big was starting to happen. You didn't want to comment on it at the time however. Would you talk about it now?*

Heru: Yes. Remember I said that there was a Cosmic River of Energy out in the Absolute Realms [The Great Void] that was changing directions? The part of that River that passes through this Creation has sort of been meandering on its own. It hasn't really had direction; it's just been allowed to go wherever it wanted to go. It has been, in a sense, straightened out so that the energies are not meandering hither and thither through the Dark Sector and picking up distortions and so on. It is now coming directly from outside this Creation and from where there is no Darkness.

Elora: *What are the ramifications of this?*

Heru: The ramifications are having this Planet and this area bathed in what you would perceive to be Photon Energy, or Light Energy, that is not corrupted and is very fresh and clean. So I think the impact on Earth would be to affect people in having them wake up from their drugged slumber of mass programming and so on. There would be a furthering of that. That was the big event that I didn't want to talk about at the time.

I also want to address the fact that there are multiple initiatives happening at this time, which are aimed at both Earth and the Dark Sector. It's like they are so woven together that it's hard to separate out one from another; it's difficult to sort out which one is doing what on this Planet. But maybe I can talk about the effects, rather than what is coming from the Ashtar Initiative and what is coming from the Angelic Realms and what's coming from the God Realms, because everybody is working and focused on this Planet right now. One thing that people are seeing is continued revelations of the extent of the Darkness of the Leadership on this Planet, and finally it is getting through to the mainstream Media and to people in general. And you will see in this upcoming Election a lot of energy towards reform. I do not want to say that one party is less corrupt than another because the entire system is all feeding at the same trough, but when a lot of people are unseated in government and a wave of reform comes in, there is reform possible. And I see that happening in this Election coming up in the US. What I see happening from that is, in a sense, a momentum that is not able to be controlled by those in power. If the Lobbyists and the Big Businesses and all of this are really those who are pulling the strings in Congress, this reform movement is going to loosen that up some. There is going to be legislation passed that the Multi-nationals will not like; it is not going to be in their favor for the first time in many years.

Elora: *I did notice that there have been some victories on the Environmental front, for the first time in a while.*

Heru: Yes. The tide in the US, politically, has clearly turned. And again, I'm not touting the Democrats as the great reformers or the great uncorrupted Party or anything like that. But if they gain control, within that

Party there are reformers and people who are of the Light. They will be able to have an effect that they can't have now, and there will be a groundswell for reform that will sweep even the compromised people into voting for things that they wouldn't ordinarily vote for. So I see that happening in the US. World-wide, a couple of years ago, there was a lot happening with the Elections in Spain and some different elections around the world where more reformist governments were formed, and I think that you will begin to see some more of that happening in the next couple of years. South America has a groundswell of reform, although not everyone has won and it's gotten mixed up with other things so it's not come to full fruition. But I think it will continue, and the over-reaching of the US administration will basically be halted at this Election.

***Elora:** What about the former voting fraud? Aren't the voting machines are controlled by the Republicans?*

***Heru:** I still think the Democrats are going to win. There have been efforts at reform, State by State, to counter this, so that's already in process — where people are demanding paper ballots and so on. Not that it will be eliminated, but there is pressure for that to be straightened out.*

***Elora:** Is there anything further in the nature of an update that you can give us?*

***Heru:** Just that there continue to be multiple initiatives put forth by the higher level ET's, the Angelic kingdoms, the Creator Gods, and Beings from the Light Sector, to focus on Planet Earth. It is not exactly known when or what will break through, but it is getting closer and closer to the big breakthroughs that you have been promised for so many decades. I don't know that I can really be more specific than that because I don't think anyone knows which one will break through, or how or where. But people are beginning to wake up. There is definitely a change, a feeling of "Things can't go on like this any more" in people that you normally wouldn't hear*

that from. People are wanting change, people are feeling that things are going in the wrong direction and wanting to change direction.

Elora: I'd also like an update on the Divine Tide, what the status is, what it has accomplished, and so on.

Heru: Part of this impetus for change is the result of the Divine Tide. The Divine Tide has that networking ability that was requested, and so most of the non-physical Dark Beings have been eliminated through this networking ability. Therefore in general attacks on Humans at this point are not multi-dimensional but are simply Human to Human psychic attacks that, until people clean their hearts up, are unavoidable.

Let me see what else has been accomplished. Those Light Workers who are open to it are finding their ability to manifest, especially money, much easier to do. I'm saying "those that are open to it", being that many of the Light Workers have negative programs and belief systems in place that need to be worked with and removed and made conscious. There is a lot of unconscious self-sabotage that happens within those communities. But those who are aware of that mechanism and are following the Laws of Abundance which are outlined in various teachings — those who are aware and practice that without self sabotage are finding it easier to manifest.

Elora: When the Divine Tide came in, you mentioned that you would give us updates on various programs and Beings and so on that would be released. We sort of dropped the ball on that one, but is there anything you'd like to impart along those lines?

Heru: There is one thing that the Divine Tide has done; I'm sure you have noticed it maybe without really noticing it. Your ability, Karen's ability, and even my ability to connect with Beings outside of this Creation has been

greatly enhanced. Because of this you have been introduced to Conuel and El Baniel and Noahlel and been able to travel into the All. All of this is the result of the Divine Tide.

What else can we say about the effect of the Divine Tide? You have access, now, to so many Beings. It's sort of like an apple tree with ripe apples waiting for you to discover them. There are an endless number of Beings that you can connect with and can bring to people to work with, such as when you connected with the Firstborn of the Mind of God and you connected them with people. And some people have gone on to utilize those Beings outside of your immediate circle of friends, and their work continues. That will happen with Conuel, and there are many other High Beings for you to contact who will be of great assistance.

Chapter TWENTY-NINE: A Conversation with Sananda/Jesus on his Past Earth Life

The main topic of this Update is a channeling with Sananda which we feel will be of interest to all. We do not have at this time a lot of news about the progress of work on our Planet, but I will first of all include this excerpt from a conversation with **Heru** on November 7, 2006:

Elora: Heru, I would like to read you something from James Gilliland at eceti.com: "In meditation I am receiving the same message over and over from the Star Nations. 'A big event is coming.' I asked when and they said it will peak November 23rd 2006 yet will be cyclic in nature building up to that point. There is a major Planetary Alignment and experts in the Mayan Calendar also say according to their calculations there is a major event in

November. People that know me know I am not a Bible thumper yet the message I am getting is God is coming, it is a frequency and a force. Apparently there is a major energy or frequency shift scheduled yet the details thus far are a bit sketchy. I was told it was coming in from the South. There are major influxes of energy coming into the Poles and if I were to want to shift the frequency of the Earth I would do it through the Poles. I was told those who are not in alignment with these new energies are not going to do so well. The key word is Love, align with Love. If anyone wants to comment or receives any more insights on this Shift we are all ears. I will continue to get more information and inform people through the News Letter with a major event planned to help understand, assimilate and flow with these new energies at the Self Mastery Earth Institute, ECETI.”

Heru: I would say that information is correct. Again it is one of the many initiatives that are happening at this time.

Elora: *Is there anything you'd like to add?*

Heru: Just to embrace that energy, to relax into it as it comes, to practice that. And it's correct that it will be cyclical. Let me see if I can get the timing of the pulsations. About every three to five days but increasing in frequency over time until it's daily after a month or two. So after the initial pulse, during that six-week period or so, it will increase in frequency until it's daily.

Elora: *I think he was saying that this cyclical increase would happen prior to the November 23rd event, building up to it.*

Heru: I'm getting that the first real noticeable pulse of will be then, the 23rd. He may feel the forerunner of it in a sense, but I think most people will feel it on the 23rd, then four to five days to the next pulse, then a little less

time and a little less time. And it is a living, Conscious Light that can be communicated with.

Part 1 — SANANDA/JESUS speaks about His Life

Elora:** Hello Sananda. One of our Readers recently asked whether we could clarify some of the details of your life as Jesus of Nazareth, or Yeshua, which I believe was your actual name in that life. **Yes.

***Elora:** We felt that this would be of great interest to all. Are you willing to talk about this with us?*

***Sananda/Jesus:** Yes. There may be parts that I do not want to comment on, but yes.*

***Elora:** First, let us confirm that you are speaking from the Real Reality and not from any sub-reality, as there are so many distorted sub-realities containing much false information about you and your life.*

***Sananda/Jesus:** Yes, let me make absolutely sure that I am fully anchored in the Real, and that Karen is fully anchored in the Real and that you are fully anchored in the Real. And I ask the Clear Light of the Highest Truth to permeate all that is said here tonight.*

***Elora:** Before we get into the details, I know that you are one of the most projected-upon Beings on this Planet, and that this has caused you tremendous pain. Can you speak about the projections of Humans and how these affect you?*

Sananda/Jesus: Yes. I guess you could say that is a rather sore subject with me. I do not hold resentment or anger towards Humans for their projections because, as with all the Beings in the Dark Sector, Humans have lost at least part of their Free Will if not all their Free Will, and are subjected to a great deal of mind control and manipulation. This mind control and manipulation is the foundational purpose for the great Religions — all religions really, all cults, all structures of belief that are limiting. To keep people under control, those who perpetrate this control create holograms and systems of belief surrounding God, Religion, Enlightenment, Liberation, Heaven and Hell, Eternal Damnation, Karma. All of these concepts were created to enslave. One of the biggest machines on this Planet is the creation of the Christian religion, focusing on the crucifixion, worshipping the death of my body and the suffering of my body, and using it as vehicle to project each person's pain onto that collective hologram. It is not so much that the hologram and the projected thoughts hurt me as much as it is my inability to shut down compassion for Humans, and that I feel the pain they feel in this whole entrapment situation. Therefore it is difficult for me to interact with Humans freely because this projection, of course, acts as a barrier. So a person will call out to me in pain, wanting help, calling me for help, and it's almost as if this whole projected hologram gets in the way of me responding. Multiply that by the millions and it pulls very deeply on my heart-strings. It is almost as if I am daily, through them, re-crucified.

Elora: *Oh, God! I feel so much pain for you about this. I hope you will be free of this soon.*

Sananda/Jesus: It is not just me, it is everyone who is involved in this. I appreciate the compassion and the understanding. I reiterate again that it is not the fault of the Humans involved, it is the fault of the Dark, and I lay no blame and have no anger or animosity there. We are all in this together. My liberation will come with the liberation of those who believe in me and are entrapped by this very sick system. And the same sickness is true with the Hindu religion and the whole entrapment of the belief in Karma, and the Caste system and everything that has generated. It is the same with the

Muslim religion, and all the small religions, the Pagans and any of the small Sects that come around. Each of them has their Gods and each of these Gods is entrapped in a very similar way.

***Elora:** Now let's talk about your life. Let's start with the planning for that life, which was obviously meant to be one of great importance. Please talk about the plans that were laid, what it was desired for you to be accomplished, and so on.*

***Sananda/Jesus:** Both Mary, my mother, and Mary, my partner, and I — the three of us — designed our lives. Mary's mother Anne was involved in these plans as well, for us to come into the world when and how we did. I will say that my Mother was not a physical virgin. She did have union with her husband but energetically the purity there as symbolized by the virginity that the Church espouses. That purity was absolutely there, and it is still is.*

***Elora:** What was the purpose for your life as you envisioned it?*

***Sananda/Jesus:** One of my great purposes was to be a Rule-breaker in the most Cosmic sense of that concept: to come and shake to the foundations of this Earth, the concepts of the limitations that people were living in, and still continue to live in to this day. To manifest the impossible through the Miracles, through the Resurrection, through just living my life as a free Human Being in the midst of a very structured, limited, stupid culture.*

***Elora:** Using our Calendar, which of course would be different from the one in use at the time of your birth, about what is the date of your birthday as Jesus of Nazareth?*

Sananda/Jesus: January 27th.

Elora: Other than being a Sun sign of Aquarius, what was your astrological make-up in that life?

Sananda/Jesus: I would say Pisces moon and Sagittarius rising.

Elora: Going back to your life: There are some records of your first twelve years. After that, I believe that nothing is known of you until the age of 30. Where were you and what were you doing during these so-called “lost years”?

Sananda/Jesus: I was an initiate in several different temples and places. First I was taken away to a remote Essene compound for five or so years and tutored in the deepest esoteric Hebrew mysteries. I then went to the Temples in Egypt and studied there for a great many years till I was about 28, when I went briefly to the Far East in India and then came back to do my Mission. It’s fairly well covered in the book “*Aquarian Gospel of Jesus*” ; that is a fairly accurate accounting of that part of my life.

Elora: It is generally believed that your Ministry on this Planet began when you were about 30 years old and ended with your death and Resurrection at the age of 33. Is this correct?

Sananda/Jesus: I don’t compartmentalize it quite so distinctly because I would say that it really began with my trip to the Far East. I did public work there, but what is recorded in the Middle East as my Ministry — yes, those three years.

***Elora:** What happened to you at the beginning of this Ministry in the Middle East, when you were baptized by John the Baptist and the Heavens opened, and there was apparently some kind of descent of Spirit?*

***Sananda/Jesus:** That was the merging of myself with my Monad, where I became a complete incarnation of my Higher Self. It is something that is possible for every Human.*

***Elora:** And at some point you met Mary Magdalene.*

***Sananda/Jesus:** Yes, my Queen.*

***Elora:** Would you like to speak about your relationship with her during that life?*

***Sananda/Jesus:** I would like to keep most of it private and she would as well. I would just state that she is my Eternal Partner, my Twin Flame, my everything. Beyond that I would like to keep the rest of that relationship private.*

***Elora:** Is there anything you would like to say about who she was in that lifetime and who she is?*

***Sananda/Jesus:** Just that she is every bit as much of a Master as I am.*

***Elora:** There is a piece of channeling called “The Magdalen Manuscripts” in which Mary Magdalene speaks. You’ve stated previously that you feel this channeling is accurate — do you have any further comments on it?*

***Sananda/Jesus:** No, I feel it is accurate and it is an accurate representation of her.*

***Elora:** There are a number of miraculous events recorded in the Bible that you were said to have done. I believe the first one had to do with changing water into wine. There were a number of healings, culminating with raising Lazarus from the dead. It is also recorded that you multiplied the loaves and fishes to feed a large group of people, and performed other miracles such as walking on water. Are these records essentially correct?*

***Sananda/Jesus:** Yes, they are. And there were many more that were not recorded.*

***Elora:** How were you able to perform these acts?*

***Sananda/Jesus:** As I said in the beginning, my intention for this life was to break the established rules and that was one of the purposes for performing these miracles, to show that it could be done by anyone. Anything that I accomplished there is eminently attainable and re-creatable by any Human. And that is the greatest law: the Law of God, the Law of One, the Law of the Miraculous. So I am not a law-breaker, I am a rule-breaker. I break the rules of Men but I do not break the Law of God.*

***Elora:** And did you accomplish these things by working with the Law of God?*

Sananda/Jesus: Yes. Let me see if I can give any insights to this. Faith is important - faith in God, faith in the Self, faith in the Power of God to work through the Self. Merging with the Monad is also essential. I think that's all I can really say for now. It's not that I don't want to reveal the secrets, it's just that if I were to talk at length about techniques at this point I'm not sure it would be meaningful to people. There may be a time and place for that later.

Elora: *Here's a Reader question. "Sananda says he had one daughter, conceived before the Crucifixion and born after and that she is what many 'Royal' Lineages of Europe are descended of. Could he elaborate a little more on this? I know that many of the Annanuki/Annunaki/Illuminati believe they are of this Lineage. My feelings say that Sananda was born into this Lineage (descended Lineage of Anu) to break the Annanuki genetic system of control on the Planet, but I'm not sure. Could he tell us a little more about this part of the story?"*

Sananda/Jesus: Basically yes to all of it. Yes, that I came to break the Annunaki control, the Illuminati control of the genetics. However after a time the Royal Houses all became corrupt; it didn't matter what their bloodline was.

Elora: *Is it true that you were born into the Lineage of Anu?*

Sananda/Jesus: Yes. And I will say even though the Royal Houses of Europe were "lizardized", that there does still exist that important genetic encoding that I did bring in. One of the carriers of those genetics is Karen. She is descended from that Lineage as is her whole family, so any of the offspring of her brother also carry that as well.

***Elora:** We were talking with Heru recently about the false soul implants and how the false Gods use them to control people. Are these false Gods, such as the false Jehovah, still out there doing their thing? Or since they're Higher Dimensional have they been taken down, since we know the Higher Dimensions have been pretty much cleaned up?*

***Sananda/Jesus:** It's like they are paper dragons. The substance to them is gone but the shell remains, animated by very little, but still capable of appearing fierce and fiery.*

***Elora:** Why doesn't someone just get rid of them?*

***Sananda/Jesus:** I would say they are held in place by collective belief at this point, that's basically what's left of them.*

***Elora:** Almost like animated thought forms. Yes.*

***Elora:** In "The Return of Light" you stated that you did die on the Cross, that you re-entered that body, Resurrected it, and then Ascended it. Yes.*

***Elora:** There are many stories of your reappearance in different places after your Ascension—that you walked the Earth again, everywhere from the British Isles to the Americas. Is there any truth to these stories?*

***Sananda/Jesus:** Very much so, yes. I walked on basically every continent. My purpose in doing so was to cover the Planet with the image of my Light Body or the form of my Light Body, in order to cement the reality of the*

Rule-Breaker. I just love that term! I'm in a rebellious mood today so let me fully embrace the rebel.

Elora: I've always been a rebel too, so I'm in sympathy with you. A Reader asks: "How do you see your Mission at this time, from the present vantage point of the Cosmic Battle between Light and Darkness and what is happening on this Planet?"

Sananda/Jesus: There are a couple big questions in there. In essence I have been shut out of the Battle for Earth because of what I described at the beginning, and that is why I am not returning in a physical form as a Second Coming.

Elora: Why do you say shut out of the battle? I'm not sure what you mean.

Sananda/Jesus: Because of the extent of the projections placed upon me, I am not able to operate freely in the Battle for Earth. I'm shut out.

Elora: Again, I pray that this ends for you soon. Is there anything else you would like to say about the whole issue of the Second Coming, which I know is another huge area of projection?

Sananda/Jesus: A tremendous area of projection. I never said I was coming back. I'm not coming back, and it is a manipulative means by the Dark to herd people into apocalyptic theology resulting in a self-fulfilling prophecy of doom, and I want nothing to do with it! I will say that I am pleased to see that there are some Christians who are becoming very ecologically passionate.

Elora: Here is a Reader question again: “Would you care to speak about your feelings, understandings and your overall relationship with God/Prime Creator from three comparative perspectives — before your Mission here in the Dark Sector; over the course of your life and Mission; and after you Ascended.”

Sananda/Jesus: That it’s never changing; it’s never changed in its essential quality. When I said I and my Father are one that was true, that is true, and that will be true. And it’s really true for every Human, it’s just that Humans have forgotten.

Elora: Heru recently made an interesting comment. Someone asked him about Lady Mary, your Mother. Heru stated, “She is an Ascended Master, along with Jesus or Sananda. And they came, they managed to get through from outside the Dark Sector, to do service here.” He seems to be saying that you and Mary arrived here later on, and didn’t come here with the mass of Light Workers who arrived 500 million years ago. Is this true?

Sananda/Jesus: Yes, and it is also true of my lovely Queen - Mary Magdalene - as well.

Elora: This was of great interest to me because about five years ago, when I first started remembering how I came here from the Light Sector, I retrieved what seemed to be a memory of how some of us got together and worked to bring you and Buddha and perhaps some other Beings here. It seemed to me that we had to open special Portals to bring you and the others in. Is there any truth to these memories?

Sananda/Jesus: Yes, that is true. Special “cloaking” was necessary and it was such a delicate endeavor that we did not try for massive numbers, just for quality rather than quantity of Beings.

Elora: *Heru’s comment about how you and Mary (your Mother in the Jesus/Yeshua life) were already Ascended before coming here, and how you were specially brought here, makes me wonder if Ascended Masters are quite rare even in the Light Universes, and if therefore they were rare among the Light Forces who came here.*

Sananda/Jesus: They are not so rare in the Light Sector. There were definitely Ascended Masters among the Beings who came here en masse in that large Wave [i.e. the Light Workers who arrived in this Sector 500 million years ago]. However as they came here they were subjected to the *Fall* and sort of lost their Ascended nature. We came with, I guess you could say, an inoculation against that virus [i.e. an inoculation against the Darkness]. Actually, let me speak a little more about that. We are Time Travelers, and we came from the future.

Elora: *The three of you?*

Sananda/Jesus: Yes, to insert ourselves into what is now your past - to effect a positive change, to break enough rules, that a brighter future was possible. How do you like that?

Elora: *I think that it was a great sacrifice.*

Sananda/Jesus: Yes, but it was only possible to come here inoculated by coming from the Future.

Elora: So you are saying that in the future, there will be developed an inoculation against Darkness that works?

Sananda/Jesus: Absolutely, 100%. I am incorruptible and you shall be as well.

Elora: You never had any Dark Aspect-Beings of yourself or tainted Aspects?

Sananda/Jesus: No. There are Beings masquerading as me who are of the Dark, and of course there are countless animated Thought Forms posing as me.

Elora: This inoculation, can't we get it now?

Sananda/Jesus: It is coming soon.

Elora: In general, or with any specifics that you care to address, can you comment on what was inserted in and what was edited out of the account of your life that we now have?

*Sananda/Jesus: Only that those who are going to read this could explore not just the Biblical accounts of my life. If they are interested they could also read the Dead Sea Scrolls and some of the others such as the Pistis Sophia and the Nag Hammadi Scrolls. All of those are good as well as the *Aquarian Gospel of Jesus* which I mentioned earlier. All of those have value to them.*

***Elora:** That concludes the questions I had prepared about your life. I'd like to bring up another topic now. I've always been fascinated by **Near Death Experiences** and recently I stumbled across a web site which contains many records of people's Near Death Experiences. One thing I found strange is that, when people get to the Other Side, they have what they feel is a direct perception of truth. Oftentimes one of these perceptions is that everything, even the horrors we see here on Earth, happen for a reason. This, of course, is contrary to the understanding that we have gained in the past few years. I'll read a few excerpts:*

"I knew with total certainty that everything was evolving exactly the way it should and that the ultimate destiny for every Living Being is to return to the Source, The Light, Pure Love."

Here's something from another woman who felt deeply that she was in the presence of God and had a communication with that Presence: "I don't recall the exact content of our discussion; in the process of return, the insights that came so clearly and fully in Heaven were not brought back with me to Earth. I'm sure that I asked the question that had been plaguing me since childhood about the sufferings of my people. I do remember this: There was a reason for everything that happened, no matter how awful it appeared in the physical realm."

Can you comment on this, Sananda?

***Sananda/Jesus:** Yes. I think this was briefly discussed earlier in the *Return to Light*, where Heru was talking about how Humans are hardwired to believe in the purpose and the goodness and the harmony of everything. So it's along those lines. It is just the way Humans are made. It is very difficult to believe that there is something foreign that has invaded this Creation, something that is not of the One; it is hard to believe there is something*

contrary to God's Purpose. Therefore it's almost like a stage in Enlightenment where a person will experience that, but it's not really what I would call the ultimate Enlightenment. It's an "Aha moment" but it does not encompass the whole reality. Does that explain it?

Elora: So when a person dies, they become unveiled to a certain extent?

Sananda/Jesus: To a certain extent, yes.

Elora: But most do not become completely unveiled.

Sananda/Jesus: Correct, because if they did they would not succumb to the illusion and the Karma and come back essentially to the same evolutionary place that they left.

Elora: In other words, the whole thing that is staged after death is controlled, and is not entirely controlled by the Light and the Highest Orders of Truth?

Sananda/Jesus: Remember the Bliss Bubbles that people on this Planet will get into with the Gurus and the certain religious sects. It is akin to that.

Elora: So things are set up so that when a person dies, they go into these Bliss Realms...

Sananda/Jesus: Yes, the Seventh Heaven or however you want to describe them.

Elora: *And then because they didn't get all the way free, they sort of recycle back.*

Sananda/Jesus: Yes. It almost feels like a rubber band, where the rubber band stretches out so far and then retracts back again.

Elora: *That makes sense. Here is another thing that puzzles me. The life review is such a powerful experience for people who die. Yet after reading a number of these, it almost seems to me that there is some kind of filter placed on this review. The entire focus is on the person's interactions with other Humans. There is absolutely nothing about the person's interactions with Nature, which I feel is equally as important, or their relationship to their own self.*

Sananda: Yes, or the interactions with God.

Elora: *Right. What is this filtered life review about and who set it up?*

Sananda: Well, the Lords of Karma.

Elora: *And the Lords of Karma were sort of mixed between Light and Dark.*

Sananda: Yes, they were to a certain extent compromised.

Chapter THIRTY: In Memory of Elora Gabriel

Elora Gabriel - *December 20, 1950 – December 6, 2006*

Elora Gabriel quietly and peacefully left this world after a long illness. She was not only a great Light to those who knew her, but brought a great teaching into this world through the work on *The Return of Light*. She will be deeply missed by all. After founding two successful online business, she held that *The Return of Light* was her greatest achievement.

A Letter From Heru

My Dear Friends and Readers,

This news of Elora's leaving the Earth is accompanied with much sadness for many. I am here to tell you that it was her Time, and that she has completed her Mission here on Earth. She is now in a very good place, far beyond the incarnational cycles of your Planet. As she was a way-shower in her life, so too she is a way-shower in her death. Very few people have been able to break out of the cycle of birth and death on your Planet. Fewer still have made it beyond all barriers to return to their Cosmic Home. She is doing this, and in doing so, she is opening the gates to all. This will effect not only your choices at your life's end, but also many souls that are still bound by their karmic entrapments.

Few people, if anyone, know the full extent of her Work and Mission. Karen knows much, John her Husband knows much, but no one knows all that she has done. She will be greatly honored for the work she did in bringing Light and Liberation to this Earth and beyond. Take joy and pride in the fact that you are a part of this great Work. This Mission will not stop. The Federation of Light and I have asked Karen to continue this Work, and Karen has accepted this task. I am sure she will welcome your support and love.

To grieve is natural, but remember also to celebrate who she was on Earth and who she is in Eternity.

My Love and Blessings to All,

Heru

A Letter From Karen

Dear Friends,

I don't know where to begin to tell you of my feelings for Elora. It was as if we had always known each other. We both felt that we had planned to come together in this life to do the work we were doing. Meeting her was a catalyst for both of us. She talked about the Book as her proudest moment in life. I could go on about her Cosmic achievements, but I feel somehow that the Work speaks for itself.

I would like to share with you some of my most favorite times with her. I came to work for her at The Green Willow Tree in January of 2003. This was a small Internet business in her home. She shared her very small home with her Husband, John, three very spoiled cats and the business with four or five employees. Somewhere in the New Testament, Jesus says something about, "How you treat the least of these (my creatures), is how you treat Me." She held all life to be sacred and treated her employees, her environment, her pets and even the little bugs with love and care.

She was an incredible gardener. She surrounded herself with flowers and vegetables. The highlight of each day for her was her "kitty walks" in the woods. She loved being out in nature. She had a wonderful sense of humor. Recently she was telling John and me that years ago she was working to compile a funny phrase for each zodiac sign based on real statements. I am a Taurus, and she told us she had a boyfriend that used to say, "I'm only stubborn when I'm right." There were a few other good phrases like that and we all had a good laugh.

We shared so much love, laughter, grief, and journeys into the Greater Realms. I know that my work continues here for some time to come, but I also look forward to the day when we will be able to reunite and look back on all that we did here.

Unfortunately Karen subsequently found that she was unable to bring through further communications from Heru, and finally closed down the "Updating Project" in September 2007.

HOMAGE to DURGA/SEKHMET

This Book would not be complete without a Homage devoted to the Twin Soul/Flame of Heru whom we call **Durga** or **Sekhmet**. Heru and Durga/Sekhmet are my Cosmic Progenitors, and therefore she is my true Mother in a very real sense. It was she, in fact, who contacted me even before I knew of my relationship to Heru. I had no idea who she was, only that a mighty Being had come into my life with a power beyond anything I had yet experienced. One night I called upon her for protection, and suddenly found that three Etheric lions had manifested in my bedroom. This was my first hint as to her identity.

I then realized that this Being was the Goddess whom in India is called Durga. Durga is revered in India as one of the best loved embodiments of the Divine Feminine. She is always associated with lions or tigers and is most commonly shown riding on the back of a lion. Legends tell of a time on Earth when the Forces of Darkness had so oppressed our Planet that even the Gods themselves were helpless. Durga appeared at that time and, with a power that none could withstand, defeated the demons and other evil forces. It is said that, like Vishnu, Durga manifests when cosmic balance is threatened and is an upholder and guardian of Dharma.

After Karen began to channel the Ascended Masters and Creator Gods, I was able to communicate directly with this great Being. She confirmed that she is the one who is known as Durga, as well as the Lion Goddess Sekhmet of Egypt and White Jaguar Lady of Central America. She also stated that she was known as Artemis in ancient Greece. Each of these Goddesses represents a different facet of her Being. She told us that it is like turning a faceted jewel. As each facet reflects the light, so a different part of her nature is revealed. Therefore when I connect to her as Artemis, I feel the sense of wild, remote places, of mountain crags, of the night sky, and wild animals.

When I connect to her as Sekhmet, I experience a mighty, royal, overwhelming power. The name Sekhmet, in fact, literally means "the powerful" or "the mighty".

I came to see that while Heru embodies Knowledge and Wisdom, Durga/Sekhmet embodies Divine Energy and Power. In working with my Progenitors, I found that when I wanted to know something, I would call upon Heru. When I needed to have something done, I would call upon Durga/Sekhmet. In the Eastern traditions each God has his Shakti, the Divine Energy of existence. Without his Shakti, the God would be mind without life, knowledge without movement, vision without creativity. Therefore, while it is Heru who gave us the material for this Book, homage is due to the one who completes him, whose power and creative force are the complement to his wisdom and vast consciousness.

As our work with Heru progressed, time and again we found that we needed assistance, protection, and healing. We repeatedly came under fire from the Dark side for our part in bringing this crucially important work to the world. In addition, the acceleration of our spiritual growth continually brought old wounds to the surface to be healed and released. Scarcely a day has gone by that we have not called upon Durga/Sekhmet for help, and never has she failed us. Without her this Book could never have come to fruition.

Of all the Aspects of my Cosmic Mother, most dear to my heart is her manifestation as White Jaguar Lady. I found that often when I called upon her in the Aspect of Sekhmet, I would see a pyramid surmounted by the full moon - but not an Egyptian pyramid. Instead it was a flat-topped structure, such as those built by the Mayans and Aztecs, and was surrounded by jungle. I saw myself sitting at the base of this pyramid, waiting and praying. On nights when the Moon was high and full, a shining Goddess would descend the pyramid, flanked by two lionesses. In researching Sekhmet, I came across the site of Maia Nartoomid at www:spiritmythos.org. Maia,

who writes compellingly about Sekhmet, describes an ancient temple in Central America:

"Qetalaxitolutum: Remnants of this Sekhmet Temple are still within the rich, green tangle of the Yucatan, not far from the uncovered portion of the Mayan Chichen Itza ruins. It was dedicated by Queen Amaluxal to the 'White Jaguar Lady' or 'Lady Dalia', in eons past. Amaluxal created a 'Palace-Temple' for the Cat-woman appearing to her in her visions, whom she called the White Jaguar Lady. It was only after an Egyptian named 'Three-Hawk' came from Egypt to Qetalaxitolutum, with sacred 'Star Charts', that the Queen realized her Lady Dalia to be one and the same as the lion-headed Sekhmet. With the help of Three-Hawk, an initiate of Sekhmet, Queen Amaluxal reformed her palace into a true initiatory Temple of Sekhmet." (Heru says that "Three-Hawk" was none other than himself, in one of his incarnations.)

To return to her embodiment as Durga, the best representations of her give a clue to the nature of this magnificent Being. She rides a lion and brandishes fearsome weapons with her many arms. Yet her beautiful face is serenely smiling, filled with compassion and tenderness. One day, when the battle for this Creation is entirely won, she will lay down her weapons and the warrior nature she has assumed out of necessity, and once again devote herself wholly to her role as the great Creator Goddess who has given birth to Souls, to Worlds, and to Universes.

To my Divine Mother, whose love and power have sustained me and whose grace overlights me, I dedicate the days of my life and the fruits of my work.

THE THREE MEDITATIONS OF HERU

At the time that Heru stated his intention to bring his Teachings to Earth once more, he gave us the Three Meditations. These techniques are so simple that, at first, I did not recognize their enormous value. There are so many such exercises in our world that a few more could not make much difference - or so I thought. When I actually began to practice the techniques that Heru had brought to us, I was astonished at their power and depth.

Heru has stated that these Three Meditations are safe, even for children, and for people with mental or emotional instabilities. He told us that the first two Meditations, in particular, are excellent for anyone who is unstable.

Part 1-THE FIRST MEDITATION: THE BREATH of HERU

Elora: Heru, please describe the First of your Meditation Techniques.

The First Meditation is a breathing exercise. In this Meditation, you are linking the breath with the Hara Line [*Heru's definition: The Hara Line is an energetic line passing vertically through the center of the body. It extends beyond the center of the body in both directions, and it is the energetic axis upon which the body is manifested*]. With the inbreath, breathe in and pull energy from below along the Hara Line. And breathe in "**He**" [*Heru, pronounced "hay"*]. Breathe in and pull energy, from as far and as deep down as you can reach, up through the top of the head. With the inbreath, bring the breath up through the body as high as you can go. Remember that the Hara Line is infinite, both above and below. With the exhale, pull down from above, from as far up and as high as you can reach, and breath "**ru**". And breathe down through the Hara Line, down as far as you can go.

What is the effect of the "he" and "ru"?

They carry the vibration of me. [**Elora:** So this meditation also connects a person to you? To your Powers, your Light?] Yes. This would be my way to Infinity, which of course is not the only way, but it is my road.

Elora: Please describe the effects and benefits of this Meditation.

First of all, this is the most relaxing of these three Meditations, so a benefit of it will be deep calmness. The way of this is as follows:

The Axiatonal Lines extend beyond the body like meridians. They go down through the Earth, through the Sun, through the Central Sun of the Galaxy and on and on until you reach the Godverse or Omniverse - and likewise above. These Lines will also, at some point, go through all of your Star ancestry, and you can be linked with this. This Line will pass through the Planets, the Galaxies, the Universes that you have originated from. And you may pull down through these Lines Beings, ancestors, memories, and many such experiences.

Elora: Are "he" and "ru" said silently while doing the inbreath and outbreath?

Yes. It is a silent meditation.

***Elora:** How many breaths should one do in a sitting of this Meditation, and how long should one take for this Meditation?*

It is not a matter of counting breaths. It may be practiced any time one is in a quiet space, and there is no recommended length. Even if a person has a five minute wait at some time, it may be practiced then with benefit. However, if a person were to sit and practice it for a half hour or 45 minutes, the Meditation can go very deep. So it is flexible in that way, where a person can benefit from a short focus on it, and also by going deeply into it for a longer period of time.

***Elora:** In doing this Meditation, I am trying to pull energy from all the way up and all the way down on my Hara Line, as you directed. However, this effort makes it very hard to relax.*

Rather than making an effort, allow the breath to flow easily, naturally, and in your normal rhythm. Pull from as far up or as far down as is comfortable. The effect will still be there.

***Elora:** How often should it be done?*

There are no shoulds around this. These Meditations are gifts, and because of that I attach no regimen or expectation or value to regularity. Receive them as a gift and enjoy them. There is an endless pleasure attached to them, and over time a great unfolding will occur. If a person were to wish to make this Meditation into a daily routine it could be of great benefit, but also it is of benefit just as a casual adjunct when a person thinks of it. Really it is up to an individual's life style and choice as to how deeply they wish to pursue this and how regularly they wish to practice it.

Elora: Does this breathing Meditation open up the Light Filaments?

Yes, it does that, and much more.

Part 2 - THE SECOND MEDITATION: The Axiatonal Activation

Elora: Please describe the second meditation.

The Second Meditation deals with a Star Tetrahedron, the base of which is at the Dantien [*The Dantien is a point between the navel and the pubic bone*] and the top of which is at the Pineal Gland. The Star Tetrahedron is composed of two interlinked tetrahedrons, one pointing up and the other downwards. This form rotates in all directions - up, down, sideways, and so on. As it does so, from each point of this Star Tetrahedron there is a line of Light, a line of life. That is your connection with the Gridwork that holds you here. And these Lines stretch into infinity. Do not get too into your head as to whether the Lines will get tangled as you spin, just spin and feel the energy going out to infinity along these Lines.

Elora: What is the benefit of *this exercise*?

It activates all of the Lines of the Gridwork and accesses all of your multi-dimensionality, everywhere that you exist in this Universe. For you may have an atom in your abdomen, where the orbit of the electron extends so far as to extend outside this Galaxy - this is how big you are. This Meditation enables you to see and feel that bigness. And it again is infinite.

This Meditation will also open all of the Meridians in the body, and connect them with their infinite source of energy, so that connected with each Meridian is limitless Light. It connects all of the Meridians to the Axiatonal Grid. Through Meridian activation one then becomes consciously connected with all of one's Dimensional Selves, and the Monad.

With the creation of each Human Soul, and the Soul as it embodies in a body, is a portion - not a fragment but more like a holographic portion - of the original Force of Creation. And you may access that portion through this technique. That is part of its great power.

Elora: Please define "Dantien".

The Dantien is a point between the navel and the pubic bone, about an inch and a half in diameter. It is a sphere that is the center of gravity for the body, and that when fully activated can resonate with a density comparable to that of the Center of the Earth. As such it is a very powerful point in the body.

Elora: Please define "Axiatonal Grid".

The Axiatonal Lines are the meridians that pass through the body.

They are not vertical only, although your Acupuncturists and so on see only the vertical part of them. When two or more of these lines meet they generate a vortex, and out of that come the horizontal lines. And these lines pass through the body. They do not come from the body - they are infinite in

nature, and the body hangs upon them. *[Elora: Where do they come from?]* It's as though they don't come from anywhere; they are everywhere. They are our direct link to the Infinity. In activating them, one supersedes time and space limitations. And it is at that point, when they are fully active, that Beings bi-locate very easily and can travel through space and time and dimensions at will. Therefore the Star Tetrahedron that is within each person is not a Merkaba vehicle in itself, but it is more like the engine of the Merkaba which then can be activated.

Elora: What is the difference between the Star Tetrahedron in this meditation, and the Merkaba?

Both have the form of the Star Tetrahedron, or the interlocked forms of two tetrahedrons. However with the Merkaba the tetrahedrons rotate in opposite directions. This one does not counter rotate within itself. In addition, a Merkaba is in a sense a travel vehicle. This is not a Merkaba; it has a different function and purpose. In fact, it is almost a travel vehicle in reverse, where it will bring the Universes to you rather than having you travel to the Universes.

Elora: What is the special power or virtue of the spinning tetrahedron?

To answer that question would bring up a lengthy description of Sacred Geometry. It is one of the building blocks of the Geometries of Creation, one of the Sacred Shapes, and as such it carries great power.

Elora: I felt dizzy during this Meditation.

If you find this *exercise* dizzying, you may slow down the motion of the spin of the Star Tetrahedron. This is more of a passive meditation than the first one, which is fairly active. In the First Meditation you are drawing energy into the Hara Line and the Light Filaments. The Second Meditation is more of a passive awareness where you are the observer, and you observe the change in energy as each of these points activates a meridian. As you observe the turning of the Tetrahedron and point of a star touching a meridian, it's almost like a chime being struck. You just listen to that sound or feel that vibration. Let it resonate within you and it will activate the Light Body. And much can be done with that.

Elora: Should I cause the Tetrahedron to spin?

Many people will go at this Meditation actively and attempt to spin the Tetrahedron at a certain velocity. In fact it is better to not pressure the Tetrahedron to spin at any particular velocity, but just to *observe* it. Westerners especially tend to be hyper and want to jump in and make something happen, but that is the antithesis of this experience. The Tetrahedron is already spinning at its own speed, and actually is spinning at many frequencies. So whatever speed you tune into will be the appropriate one for you to follow at that moment. At different times as your consciousness changes it will spin at different rates, and there is no value given to the speed of it. Faster or slower is not better. Different frequencies would hit different frequencies within you.

Elora: I've been visualizing the Tetrahedron spinning here and there and going around in a somewhat random pattern. Suddenly, as I was sitting and reading with it spinning in the back of my mind, it began spinning in all directions simultaneously. In other words, it began spinning in all directions, within all the Dimensions, so that it's spinning every direction within the Now. When it did that, its sensations also shifted and became much milder. Is this how it should be?

That is correct. [*Elora: It is hard to describe this so that people could visualize it.*] I think it is one of these things that you cannot get too much in your head about, as it is not easy to picture it mentally. It is something that you have to experience. So if you allow yourself to experience this Star Tetrahedron and it is only spinning in one direction or Dimension at a time that is fine. As you spend more time with this Meditation it will open up to deeper and deeper levels. In your case this happened because you have been working with the Meditation.

Part 3 - The THIRD MEDITATION: The Portal of Creation

Elora: Please describe your Third Meditation technique.

The Third Meditation is perhaps the most mysterious of the three, the simplest, and at the same time the most difficult. You focus on your heart and you just go in, and you go in, and you go in. You bring all of your Being in there. And you go in and you go in. You invert yourself into your heart until you come out the other side. And when you come out, you come out into my world. It's almost as if you walk into your heart, and that creates a vacuum, and all of your Being gets sucked behind you into your heart. You invert yourself inside out. This is the Portal to the Great Mystery, and in a sense to the Secret of all Creation. It is almost like going into the birth of life itself. This is the place that I create from, and it is most wonderful.

Elora: Has this technique ever been used on Earth before?

No. Up until this time, believe it or not, it would have been too dangerous to give to Humans. Those people who will be using this, who will be attracted

to it, will be of sufficient Light to be able to hold it without attempting to misuse it. And the Gateway has been created to protect those who are not of pure intent from going in the Void. I am immensely, immensely happy that this technique is going out. I am very excited, and I feel the response to it will be great - greater than you can imagine.

[Elora:] Heru has several times expressed a combination of joy and urgency about sharing this Meditation with the World. He states that it will give us the power to co-create our lives in full conscious choice, as well as to heal and regenerate our World. By giving us the key to enter His World, Heru has provided us with a place from which to create, to manifest, and to make choices. It is time for Light-oriented Humans to have the power with which to shape our lives and our World.

Elora: Since this technique is so powerfully linked to creation: what happens if a person with less than pure intentions goes into that space, will they be able to create bad things? Also how about people who are unstable?

It will only open up for people who are stable to a certain degree. Someone who is depressed, that is no problem. Someone who is even bi-polar, that is no problem. But for someone who is schizophrenic or psychotic, the Portal just won't open up. It is up to me whom I let through that door. *[Elora: How about people who are negative-does this apply to them as well?]* Yes, it does.

Elora: You said: "It is up to me whom I let through that door." This implies that you have control of this space. Is this a space that you created from within the Void? In other words, is it a portion of the Void that you have qualified in some way?

That would be a good way to describe it, yes. Hence my calling this place "My World". [*Elora: With what qualities did you qualify it?*] I don't know that they really are separate qualities from the rest of the Void. It is more that it is under my domain and therefore I have, as I said, control over whom I let in. This applies not just to Humans. If you were to call one of the Fallen to come in there, it would be up to me to let them in or not, depending on the work you were calling them in there to do.

I am present in every part of that Void that you would go to. Through my Gateway, it is my Domain; and therefore the work that you are doing in that Domain is under my tutelage and by my permission. This is the technique in which I am the most actively involved.

Elora: When I inverted myself through my heart as per your instructions, it felt very much like turning a rubber glove inside out. First my torso and head went through, and then my feet. Would that be a good analogy to help people understand this meditation?

Yes, that is a very good analogy. [*Elora: Sometimes I feel as if I'm part of the way into Your World, but not completely.*] When this occurs, state three times, "Heru, take me entirely into Your World." Then you will be all the way in. [*Note: This works! If you find yourself partially drifting out of Heru's World, you can also use this affirmation.*]

Elora: This meditation was much easier than I thought it would be. It felt like I went into a deep, black void, except that I could think, which is unlike the Void I usually go into. Normally when I access the Void, any thoughts will bring me out.

Yes, you are correct, and you were there. In this Meditation, unlike other techniques of accessing the Void, you take your whole Self in there. When

you have been going into the Void using your other technique, you have in essence not taken the mind with you. In this technique you are able to do so. You may work in the Void and do the work that you do from the Void, still having mental clarity and activity should you desire to use it. It makes it a much more versatile tool.

Also, entering into what I would call My World, there is the ability to think clearly and act in spirit outside of your personal coloring and concepts and everything that you consider You, outside your personal identity. And that makes this an incredibly potent avenue and a wise place from which to make decisions. This is a wonderful place from which to gain perspective of the greater reality, because you really stand outside of time, space, duality, karma, and this world, and can truly see freedom.

Elora: I was working with you in Your World, holding a visualization. However, my mind drifted and therefore I was polluting the visualization. So I stopped and did it again, and again my mind drifted. Why did this happen? And did this ruin my visualization?

It is a matter of practice. Because you can go in there with your mind, this makes it a more versatile tool than the technique you have been originally using. The fact that you take your mind in there is a double-edged sword because yes, it will wander. And with practice, you will be better at it. But do not concern yourself if your mind wanders and your images become somewhat distorted, that you are diluting or destroying the original intent. For at the point that your mind wanders, you lose the power that happens in the Void. So as you lose the power you also lose the power to distort it; you are just drifting off. Let it happen and bring yourself back.

Elora: Once I got fully in, I was surprised to notice that it was easy to stay in Your World, and I didn't want to leave. I looked around and noticed

several things. One was the Door into Your World, the one that I had passed through. It seemed to have concentric rings, almost like a sphincter muscle, or the throat of a flower; and I saw purple and other colors, whereas there is no color in the Void. It also seemed that I could see Beings passing by the Door, and sometimes trying to get in. But I don't think I saw anyone enter while I was there. Was I seeing correctly?

Yes, that is a very good description of it. [**Elora:** *Could we say that Door is a Portal, and you are the Guardian of that Portal?*] Absolutely.

Part 4 - MANIFESTING and CREATING in HERU'S WORLD

Elora: *Would you please speak about the process of manifesting in Your World?*

The best way would be to have a clear intent before going in, perhaps one issue, idea, or desire per session. That would be easier than coming in with a whole list. State your intention as clearly as you can within the Void, and that is sufficient.

Elora: *Should it be repeated, condensing it into a point? I noticed you doing that with an intention I stated.*

I will do that if the issue or idea is not sufficiently concentrated. The more emotion behind your manifestation - and I mean this in the sense of a true emotion, not as in "being emotional" - and the more concentrated the intent

is, the more powerful the manifestation. So if somebody comes in with an idea that they have, which takes them a paragraph to state, I will work them into that fine concentrated point for it to have greater power. *[Elora: Perhaps that would also work well with something that is a bit abstract.]* Yes, and for that type of issue this is a very effective way to do it.

Elora: How about visualization?

This can be done also. For each person it will be somewhat different, and for each issue it will be somewhat different, so a great variety of things can be experienced in there.

Elora: How about the problem of limiting-belief systems, which can stop a manifestation from occurring? The last time I was in your world, I felt that you were working on my head to help me with this. What did you do?

Restructuring of belief-systems and uncoiling some fear. I believe that when you approach certain issues that have been fearful for you in the past, you will find a difference now. It would be good to take these issues for a test drive and see where there are still aspects of fear and resistance; and if there still are some then we will work again. *[Elora: Is this something that you will also do for any person upon request?]* Yes.

Elora: Unless I've been mistaken, Heru, you have appeared the last two times I've been in Your World, and you helped me somewhat with my creations. Is that true?

Yes. That is part of this process; I am very active in the Void being a Creator God. And this will teach people the ability to truly consciously co-create their reality.

Elora: Please tell us why something we create in the Void doesn't manifest in the physical, and what we can do to change that.

Remember that you are living in a world with tremendous amounts of interference. And so with that premise, it is not always going to be successful. All I can say to that is to work at finding interference, clearing interference, and then trying again. [*Elora: What types of interference should we look for?*] Interference manifests on every level. It is Dark Beings, it is unconscious thought, it is the Dark, it is everywhere. It does include any self-sabotaging, subconscious thought forms. And just remember that the Dark Beings cloak themselves and travel on many of the Dimensions, and are many shapes and sizes.

Elora: I have been feeling the created thought as being in the present, while in low alpha, with emotion, and trying to do this every day. You said there were other ways of doing it. What are they?

Emotion is definitely a very powerful component to this, and it is my feeling that heart-centered emotion and heart-felt emotion give weight and power to the creation. What I'm going to give you is more of an allegory than an actual step-by-step procedure. Take the longing for this creation, for what you are creating, and really identify that longing. Place it in a chalice, a very pure vessel, and offer it up to the Creator - and then ask for it back again. For this longing has great power, but it is when we offer it up to the *highest good* that it then becomes something pure and not conflicted. However you would want to stage that procedure would be fine; it is the intent or the heart of it that is important.

[**Elora:**] As a final note, we have learned that it is possible to enter another space which is known as the Creator's World. To enter this domain, first go into Heru's World. Then once again travel inward through your heart. However, this time do not *invert* yourself. Whereas Heru's World appears black and calm, Creator's World is an extremely high-energy place, which may seem to have flaming skies and fountains of Light. Usually the energy is so strong that you will have to ask for it to be stepped down. It is hard to think or operate in Creator's World, but Heru has told us that creations done there will manifest faster and more strongly. Another possibility is to invite Prime Creator to join you in Heru's World and assist you there with whatever you wish to manifest.

GLOSSARY

ASCENSION: Ascension is the reunification of all of the Aspects through all of the Dimensions and through all space and time. For a person in a state of Ascension, it would not matter if they had a form in the Third Dimension or not. It would only matter that all of their Aspects be in harmony, in communication, and united with both the Monad and God. At that point there is no barrier between the Dimensions or between time and space, and everything that Humans would call miraculous is possible.

ASPECTS: Aspects are essentially individual "Selves" that are birthed from the Parent Monad and incarnating on lower Dimensions. Most schematics show Twelve Dimensions in our Creation, with the Monad residing on the Twelfth or highest Dimension before Source. In order to gain a wider range of experience, the Monad projects itself into the lower Dimensions. This involves a stepping down of vibratory rate, and manifesting forms [the Aspects] into the lower Dimensions. Each Dimension, or each rung down the ladder, so to speak, would represent a hundred fold decrease in the vibratory rate of existence. Each Aspect has a great deal of autonomy and

individuality within the basic prismatic structure of the original Higher Being. They will all retain similar qualities but will have a good deal of variation in life style, interests, what they do, and so on. There is not always an incarnating Aspect of the total Monad on every Dimensional level, so that if a Dimension were skipped - such as going from a Tenth to an Eighth Dimensional Aspect - that would be a two hundred fold decrease in vibratory rates between higher and lower Aspects or Selves.

COSMIC PROGENITORS: Cosmic Progenitors are a specialized group of Creator Gods who are capable of creating individual Souls. Heru and his Twin Soul, Durga/Sekhmet are members of this group.

CREATION: Creation is the manifested Will of Prime Creator. It is a vast system of evolving Universes, Worlds, individual Souls and life-forms, and is structured in the form of a Lotus-flower with Prime Creator, or the Godverse being the Central Source around which the petals of Creation bloom.

CREATOR GOD: A Creator God is a Being who is capable of taking the "Stuff of Creation", the Plasma from Prime Creator, and manifesting it into form. These forms may be as large as Universes and may be as small as microcosms.

THE DARKNESS: What Heru calls "the Dark" is a non-souled, non-living substance, antithetical in structure to the basic life inherent in every atom of Creation. It is not known where it originates from, who or what designed it. It has the tendency to permeate anything that it touches, though some Beings have been able to resist it, at least in maintaining the purity of their spirit. A possible analogy is a computer virus, which is non-living yet has the capacity to corrupt, distort, and destroy whatever it encounters, and also has the capacity to replicate itself.

For an Ensouled Being who has “Fallen” due to exposure to the Dark, Heru defines "Darkness" as *the willingness to impose one's will upon another Being*.

ENLIGHTENMENT: Enlightenment would be a dissolving of the barriers, or the removal of the Dark, that keeps one separated from their Highest Self, and the certainty within that the connection with God is Eternal.

FREQUENCY FENCE: The Frequency fence is a barrier created by the Dark in order to stop the flow of energy, travel, and communication between this Fallen Sector of Universes and the rest of Creation as well as Prime Creator. Within this Sector there are many, many Frequency Fences: around Planets, around Suns, and around Galaxies, in order to reinforce again the status of non-movement and non-communication. The Barrier around the Fallen Sector of Creation is often referred to as the "Great Wall". The Frequency-Fence Barrier around Planet Earth is also known in Esoteric Circles as “The Veil”.

GODVERSE: The Godverse, or Omniverse, is the dwelling place of Prime Creator, although Prime Creator is not limited to or encapsulated by the Godverse. It is the place from which all energy originates, and all of the Cosmic Plasma that the Creator Gods use to create Form originates in the Godverse. It is at the Center of all Creation.

GODINJ COLLECTIVE: Godinj is a group of Creator Gods who wove the membrane, creating the perimeters of this particular Universe around the great Plasma given to them by Prime Creator. They themselves form, in essence, the nucleus of that great cell [i.e. the Universe]. And spinning out from them are all of the Forms of this Universe, large to small.

HARA LINE: The Hara Line is an energetic line passing vertically through the center of the body. It extends beyond the center of the body in both directions, and it is the energetic axis upon which the body is manifested.

LADDER of Aspects: A term coined as the most understandable image or framework around which to describe the evolutionary *descent* of Aspects manifested from the Monad down through to the Third Dimension. For example, a "Ladder" might contain Third, Fourth, Sixth, Ninth, and Tenth Dimensional Beings [Aspects], and then the Monad on the Twelfth Dimension. In fact there is really no structure of this kind, however it helps to convey the idea of the chain of Aspects from the Lower to Higher Dimensions.

LIGHT FILAMENTS: The Light Filaments are energetic threads which not only connect Beings on the Dimensional Ladder, but are also the vehicle with which to project the next level of Being in that lower Dimension. In other words, the Monad projects Light Filaments from the Twelfth Dimension down through all the Dimensional layers. At each Dimension that the Monad desires to create a body [an Aspect], those Filaments are the tool with which that is done. The Light Filaments appear in the physical body as the Meridians. Through Heru's Second Meditation Technique, these Meridians can be activated. This is important when one desires to go through the Ascension process, for through Meridian activation one then becomes consciously connected with all of one's Dimensional Selves [Aspects] and the Monad. The Light Filaments carry Prana [Celestial Energy], Light, and information between the Monad and its many Aspects or Selves.

LIGHT WARRIORS: A unique group of Beings who have been recently created by Prime Creator for the specific purpose of removing all Darkness from the Fallen parts of Creation for the start of the Great New Evolutionary Cycle. The Light Warriors have only been in this Universe for a very short period of time.

MONAD: The Monad is the first individualized creation by the Progenitor Creator Gods. It is the original Soul which is created by the Creator Gods and could be termed the "Highest Self". Monads are Beings who dwell on the Twelfth Dimension. They extend, or project, a "Ladder" of Aspects/Selves down through the Dimensions. The Monad is the "Supreme Person" for each one of us, and in a sense is the level between ourselves and God. Heru sometimes uses the metaphor of a Mighty Oak Tree. The Monad would be the Tree with all its branches. A Earthly Human Being is a Third Dimensional Aspect of the Monad and is analogous to the tip of a branch which extends into our Universe. Higher Dimensional Aspects would be analogous to junctures along the branch, until it connects to the trunk of the Mighty Oak Tree.

OMNIVERSAL ENERGY: The Omniversal Energy is a beam or ray of Cosmic Light, projected directly by Prime Creator as a beam of focused intent designed to penetrate all levels of Creation. It has, to a greater or lesser degree, penetrated and touched every atom of Creation, with the intent of restoring the true Light of Creator to all Creation. Embedded and encoded in this beam or ray of Light are many Programs and many Beings, such as the Light Warriors. These Programs and Beings are designed to activate sequentially in order to perform the restoration of the Fallen Universes, and all Beings and substances contained within them.

PRIME CREATOR: God, or Prime Creator, is that which creates, sustains, and permeates the All of this particular Creation. The Absolute Creator, preceding all of the Prime Creators who have later created the various Creations, is the Absolute Creator who does not create total Creations Itself, but who maintains the "Absolute All" that permeates all of those Creations and their Worlds.

HERU'S THIRD MEDITATION TECHNIQUE: The "Third Meditation Technique" is often referred to in the text of this Book, and is a meditation which Heru has given us. He has asked that it be shared freely at this time, as it is such a powerful tool. Also called "The Portal of Creation", this Technique allows a person to access a portion of the Void and thereby to

create powerful changes within his or her life. This Meditation is described in detail near the end of this book.

THOTH: Thoth is one of the Great Light Beings who has assisted this Planet for many eons. The Egyptians knew him as a scribe and teacher. The Greeks called him Hermes Trismegistus, or thrice-greatest Hermes. According to legend, he is said to have provided the Wisdom of Light in the Ancient Mysteries of Egypt. Thoth is a great Master of esoteric knowledge and is a "Cousin" to Heru and Sekhmet.

THE TWELVE CRITICAL PLANETS: The Twelve Critical Planets are twelve planets which were especially selected within this Universe to be a repository of perfect and diverse genetic material. They are spaced in a grid pattern, so that if you divided our Universe into twelve roughly equal parts, each would have one of these Planets. Earth is one of the Twelve Critical Planets. Earth has sometimes been called a "Living Library of Bio-diversity", and this is a good description in that these Planets contain a complete store of Life-Form material. This does not mean that every Life-Form ever created is in existence here. What it means, however, is that every major archetypal system would be represented here. There is enough material, diversity, and knowledge here to create any of the forms that exist anywhere in Creation. There are, perhaps, places where Flying-cats exist, but here on Earth there is the form of the *cat* and the form of the *bird*. And it is the same with all twelve of these Planets. Each of the Twelve Critical Planets largely replicates the others. This was done for the sake of security, in hopes that the perfection and great diversity of genetic material would be preserved.

TWIN FLAME: The term "Twin Flame" or "Twin Soul" refers to Souls that are created as identical Twins, although with opposite genders. There is a tremendous magnetic attraction between Twin Flames, which is a driving force for their own evolution as well as the evolution of Creation itself.

UNIVERSE: A Universe is a structure contained within a membrane. It is created out of the Omniversal Matter, which is a free-flowing, unformed, Plasmic Cosmic material that Prime Creator has made. The Creator Gods take that Plasma, create a membrane around it, and structure it. Most of the Universes, like ours, are set up as vast collections of Galaxies and Galaxy Clusters, but there are Microcosmic Universes as well. Each Universe has a Great Central Sun which is integral to holding it together, and is integral in holding the outer membrane together.

THE GREAT VOID: The Great Void is the thought projection of space that Absolute Creator has made available for various Prime Creators to create the different “Creations” of Universes, Galaxies, Sun-Stars and Planets.

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