



PREFACE

This first E-book written for The Ascended Masters at Marina's
Masters.com
is written for You, The People.
You are spreading The Light, and learning to be MultiDimensional
(human) Beings.

Beings of Love.
Love is WHAT you are.

When you read this book, enjoy, relax and let the energies flow
through your energy system.
Learn!
Read!
The Energy given to you, through these words, will find its way, in
time.

We thank YOU for making this E-book to be written and shared.

Let the Love and Light flow through your Hearts, Dear Ones.

Special Loving thanks to ALL the people involved in this project of
making The Ascended Masters E-book.
Marina wants to say thanks to all the people around her, especially the
last 2 years; people who've dedicated their Love and Time to start
projects, like websites, creative projects, and so on.
But most of all, the loving support, the loving understanding and
special care which she felt while writing the Channelings for The
Ascended Masters.

More Channelings will come, for YOU, The People, as YOU Ascend in
Consciousness, and become more and more aware and awake for
WHAT you are: A Being of Light and Love.

For You,

In Love and Light,
We thank you

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1. The Ascended Masters

We all know parts of the bible, whether we are religious or not.

We celebrate Easter and Christmas and other holidays.

Holidays are biblical related.

We celebrate Christmas because that is the birth day of Jesus.

We celebrate Ascension Day as that was the day, on which Jesus arised to Heaven.

According to the bible all children may come home in God's kingdom.

The bible is a little bit vague about us returning to earth.

Well who are these Ascended Masters then ??

The Ascended Masters were on earth, in the time of Atlantis. Before Atlantis was lost, people had the conscious level of the 6th or 7th dimension.

The Ascended Masters left earth, exactly before the electromagnetic field of the earth collapsed. The Ascended Masters have descended to the hidden city under the Gizeh platform, of the large pyramid of Gizeh, in Egypt.

There they work and live, in a dimension, in a world which you cannot observe with your human eyes.

As from that moment "We, The People are supported by the love and wisdom of the Ascended Masters, to guarantee our increase of our conscienciousness.

In the time of Atlantis we, the people, were multidimensional.

The previous period we have been 3 dimensional; in this period power, disharmony, duality, wanting to prove itself and so on, existed.

As we are in a continueing process of growing now to be 4th dimensional beings, we also let us carry on growing in our conscienciousness of this dimension, which stands for love, respect and unity.

All this is supported by the Ascended Masters.

The archangel Metatron, the Archangel Michaël, Saint Germain, Sananda (Jesus) are some examples of The Ascended Masters. They are all of the Melchizedek order.

What has happened now, is that several Ascended Masters have taken the human physical form. This way their knowledge, (read: our own knowledge, which we have forgotten;) can be spread around and taught.

The Ascended Masters also come in their energy body to us and bring their messages and carry their knowledge from channelled articles, such as these.

The Archangels, St. Germain, Sananda or other Ascended Masters will themselves identify more and more with us, the people.

They make themselves confessed to us so we can become to higher awareness about the Universal Christ.

It also works the other way around : people that become aware of themselves, identify themselves with the Ascended Masters.

All this has do with the change in 2012.

People are now touched to be conscious, to awaken, and to remember the reasons why they are on earth. Many among us are becoming conscious now about our own energies, for example our Lightbody, the Merkaba, which we may learn to activate. This way, ascension, will be possible for us in 2012.

We learn that we have several energy bodies, as our consciousness is growing faster, so we are able to grow towards the state of enlightenment.

From this point of view it is made possible for us to help to relieve the earth, what means as much as: the more groups (soul groups, monades) meet, the larger will be the spreading of light. The more people, reach their universal Christ, their Higher Self, their I am Presence, the more Mother Earth, will be able to open Vortexes (power-light places).

These power places are cords of (white) light, which will open to purify mother earth in unity and unicety with the universe. In each country of the world, soul groups are reuniting now.

As the time expires, it will become more clear that the reunification has a goal for these groups, to spread the Light, find the power places of Mother Earth and open them up, so we all can ascend in 2012, as if we are Ascended Masters ourselves!

People among us, who become slowly aware, see that they are extremely interested in these subjects, and start understanding why they come to earth : the enlightenment of the earth and people who live there.

2. Multi Dimensional Consciousness

During the days of Atlantis people had a multidimensional consciousness, they built their buildings and constructions in a different way as we think.

Archaeologists and scientists have translated their discoveries in what they thought, the ideas of the people of Atlantis, so their opinion must be correct. As a result of this we were kept unknown by science.

However some discoveries have been published, with lack of explanation by absolute science. People who come with a explanation for events or discoveries, which cannot be explained by science, which are already explained from archaeological point of view, are rapidly denied and not accepted and explained as being crazy. It is not appropriate in the normal thinking of most people, so it is not correct

People in Atlantis had a different conscious level as now, they were Multi Dimensional beings, they had Multi Senses.

In this age and the previous ages, we only had 5 senses.

- 👉 Five senses: to see, to hear, to smell, to taste, and to feel; 7 chakra system and a conscious level which don't allow us to explain why we are on earth.
- 👉 Multi senses (multidimensional) for example : power of thought, to be able to materialize, to be able to de-materialize, to be able to change of form in contact with ones energy bodies, 13 chakra-system, High Consciousness (aware of the soul; the soul group; evolution of the soul, the task, the earth, the universe) and of course the natural senses: to see, to hear, to smell, to taste and to feel.

We The People came to earth with a reason, with a task, to carry out a mission, with the visibility on the evolution of the earth and the Universe and the arrangement concerning these senses to realise this all.

That is also the main reason why we hear and read about the Fish Era (3 dimensional) and the Aquarius Era (4-5 dimensional). This means also that people evolve of a 3 dimensional consciousness being to a 4 dimensional being, so called Multidimensional.

There are people who are already aware, that we can be MultiDimensional and therefore use more then only 5 senses.

These people let themselves be guided by the higher control of guides, angels and masters.

They listen to that voice, the voice of their heart.

They are accompanied in spreading and sharing cosmic knowledge, which we all have, but we have forgotten.

There are also people who discover that we can use our 13 chakra system, and make contact with other dimensions.

There are also people who can travel with their energy fields, and learn how to use this energy, in time and space (energy bodies)

There are people who can change certain substances of form.

There are people who can move objects with the power of thought, without touching these objects by hand.

So you see there are already many people Multi Dimensional.

Much of these Articles / Channelings recall a certain recognizing. It feels like a memory, it feels good, but with our mind we are not able to become aware of it entirely as such.

Rational people see it as a coincidence or are afraid for new insights and deny it. It is nice to see, hear and feel that many people on this path have gone to the Christ Consciousness; they develop into multidimensional people.

It may cause inconveniences, both physically as mentally, the change of ultrasound, the increase of the ultrasound number of earth to make this jump (increase, evolution) towards the fourth dimension, but fortunately there are many among us, who make it possible to learn and understand this and by writing Articles, such as these, concerning the whole world on the Internet to do this, with the benefit of these extra senses: the capacity to trust the messages from the other dimension. We support you, both on earth and in other dimensions, on this beautiful journey!

Know that things are such as they must be, which mean nothing is chance or coincidence, all has its reason, and all of this has already happened before.

**It is not new, nor old.
It is there!
Just A feeling to recognise and to remind you .**

3. Awakening

During the time of Atlantis, people on earth lived with a high conscious level, they were Multi Dimensional.

They left earth, just before the moment when the electromagnetic field of earth collapsed.

They changed their ultrasound number, and entered another dimension; a dimension which we may learn to see.

They live and work in a dimension which cannot be seen with earthly eyes, for most of the people.

There are now people on earth which Multi Dimensional conscious level is developing rapidly.

They experienced all kinds of changes inside themselves and their daily live.

Sometimes this may cause inconveniences, both physical and mental.

This all has to do with changing the ultrasound number of both the earth and the person in question.

We, The Ascended Masters, are approaching You, The People concerning the whole world to see these messages appearing. There are also Maria and/or Jesus appearances. There are also Boeddha appearances. Your religion thus will affect who will appear to you; when you have been educated Christian, you'll get your messages for example by Jesus. If you have been educated Buddhist, Buddha will appear to you or you'll get messages written or told by someone close to Buddha. There are many possibilities of calling, but we are approaching You, people on earth, with our universal messages.

Now it is Time.

Now people will more and more become awakened. We will appear also in dreams. We want to make people more aware of us TO BE. Dreams are not only meant to relieve the human brain and body of emotional stress. They are also meant for Using effectively.

If you are in sleep situation, your body, is in an other state of conciousness. Your unconscious state of being then is complete and very open.

Open-up for contact with the universe.

You may if you are willing, let us call it your dream body, an energy body, travel through time and space with your dreambody

You can contact our soul, with other souls, which are glad to come in contact with you, to help the world by this means with all changes to come.

You can come also in contact with each other, and this way, by means of another energy, learn to experience how things are and have been!

You already contact us by your dreams, only you are you not yet aware of these changes. There are already people who are practising this to teach others how to experience this teachings. You can reach much more with a dream, now more than ever.

A dream is not only a dream.

You can reach something with a dream!

You may research the changes happening now. (the changes which happen in YOUR future!)

We say your future on purpose.

Think just as this: you look at Atlantis as your past. However we live in the Atlantis Era, NOW, and that is OUR present. You look at for example, 2012 as your future.

We look at 2012 as our past; because it has already happened. That is also the reason why we know HOW we can help and support
For us the past, present or future does not exist.

We live in all three at the same time.

Do you have difficulties with this matter?

We'll have a look just like this: We are Multi Dimensional. From that consciousness, we can travel from one to another dimension. Periods on earth, such as a period called the golden century, are for your past time. History for people that live in the earthly period 2005 . 2005 is your present. 2012 is your (close) future. For us these are not more than periods, dimensions. We live in as well Past, Present and Future, all three at the same time.

Try to get used to it, we will return next time and continue this topic.

4. Past. Present and Future

We spoke the previous time about past, present and future.
Because we are multidimensional, we live in 3 periods at the same time, Present, past and future.

That what you call your past, for example the first world war, is for us present. That what you call your present, is for us present. That what you call your future is, for example 2012, is for us present.

We can enter these dimensions at THIS very moment, if we choose to enter these. Since you are developing the multidimensional conscious level, this becomes for people on earth, a reminding.
These developments are following up each other in rapid speed. There are already people who have gather knowledge about this, and are consciously, or unconsciously using this.

There is nothing new; this has all already happened in what you call your Past for example during the days of Atlantis. At this moment you cannot remember this very truly with the body you are living in now. Your mind will take care of you intending to understand this. But you are becoming more and more aware. You are growing very rapidly, and we are delighted to help you grow step by step.

Look once more: there lives now in YOUR PRESENT a part of YOU in a different age, YOUR so called Past.

The past, because you are not aware yet that that is YOUR past. There is a person, who is a part of YOU, who lives in for example 1800. This person living in 1800, lives according to his/hers standards, in his/hers Present, and if you would meet each other, you would say to each other: Hey, you live in the Past. (it is in your perception the Past, the time which has already passed!)

The person in question will say: Yes, but YOU live in the Future (his/hers perception of what the future is!) You will react by saying: No way, I live NOW.

Confusing?

Let us go one step further:

**There are living several parts (people, soul) of YOU in several ages.
So what you call Past, or what you call Future.
You are related to each other without you knowing.
Without YOU being aware of this !!**

Become aware of this.
We will return!

5. Past, Present, Future and Consciousness

We continue with the ascension process of past, present and future.

We received the following question by Marina:

How is this all possible? How can I, as a human being exist as a soul, in parallel identities? As human being I have one soul, so one body each time I live which I may use. This life is my life, now.

I have now a body named Marina. I live in the year 2004, now. How can I exist then in several persons that each have one body and one soul, that live at the same time in other dimensions also ?

We will try to explain it now:

You live now, Marina, in this body in a dimension called 2005. You have been born in 1965. Your time of passing away is not known yet, to you. This complete life circle, from birth until you pass is called a decade.

At the moment of passing away, you will learn from THAT period. Why you were on earth THAT particular period and what was your task during this period. You see, meanwhile we speak in the Past; because we talk about: why you CAME on earth. You are still discovering this: why ARE you COMING to earth.

You will experience that past, present and future will get another meaning the moment you are in a different dimension. You will understand it better than in that dimension, as you can now in your current dimension, your brains will understand better! Therefore NOW already, present and future for you is confusing!

Your past is already known to you, because you have experienced that in this life as from 1965. So far this is well known to you. Looking further than today will not really succeed. Ok, you have to admit, one time you will pass, and you do know that. You have an idea where you will go then, but KNOWING for certain with your mind you don't really know. However, you have a sense: as how it will be.

Where is this feeling based on? Is that something what you remember? Yes! Because you have already once lived (in what you call heaven (the future) !!) Is it becoming already a bit clearer?

Well, we come back to this later, just like the previous times.

6. You are a Soul in a Body, and more than that

To become conscious about Past, Present and Future is hard brain work! It will last weeks, before you get it. (For one more rapidly than for the other!) Allow that time to yourself. It is not particularly a knowing with your mind, but more a knowing with your heart.

The faster you release thinking, the faster the process of awareness will start!

We return to where we have started the previous time: there are several persons existing that are related to you, at the same time in several decades.

A person lives in one decade with one body and one soul.

Another person lives in a different decade with one body and one soul.

Yet in another decade another person is living with one body and one soul

Then there is still a person, who lives in a another decade, but without body (material) but with a soul, as a soul.

You are all separated, your own person and nevertheless related to each other.

You all have your own life, your own environment with friends and family, your own free will and choices, your own name, your birthdate and date of passing.

Nevertheless you are all related to each other.

By the soul.

Your soul.

And your Oversoul.

The one which has no material body, your Oversoul, of course has no date of passing, but however a teaching school to accompany "things" very well, on behalf of him/her or parts being part of his/hers soul who are living on earth.

This person, without material body, is called Oversoul.

This soul, with its own identity and name, ensures that we learn as a group, to survive and grow.

The Oversoul therefore ensures the evolution of the group soul.

This will do for the moment.

We will return with our lessons.

7. Oversoul

The Ascended Masters help us with lessons.

They were on earth during the days of Atlantis. They are in a dimension which we will learn to see and understand!

We continue with the Oversoul.

Who or what is an Oversoul now, your Oversoul.

Oversouls are a part of you! It is a soul, a person in not-material shape, with a multidimensional conscious level. This soul has a name. His/hers own name.

We talk about his or her, because these Oversouls are able to adopt each shape or conformation that he/she wishes. Thus male and female. These are physical shapes.

It is also possible that the Oversoul, if desired, adopts other shapes. The oversoul can adopt each shapes which he/she wishes, therefore also a bird, or another animal, a wind puff, an idea (is also energy), etc..

It may also be, that he/she considers it necessary to have a look in your life (read: your earthly life), using your eyes! This is a consequence of a contract closed, between you and your Oversoul!

In that case the Oversoul steps in your body without you being aware of that. As a result of this you will never loose control. Don't get frightened by this, this happens already for centuries, in earthly era. Even as long as people exist.

The Oversoul can choose to do this, to support and send you lessons, but learn also lessons him- or herself.

Remember: as **on earth ,as in heaven.**

Oversouls are parts of ourselves, therefore hurting you is out of discussion: he/she would only hurt him-/herself.

That is also what is written in the bible .

I am you, you are me, Jesus says.

As we are related to each other as people, we are also related to for example our Oversoul. This Oversoul may whisper something in your ear, as a result of which YOU think: what a splendid idea (of myself).

Many people, who seek aid or healing, get the message: you have a guide available, this guide is there your whole life (this life NOW, therefore your Present).

Oversouls present themselves to people who are capable to look in that dimension, with a not-material body, but nevertheless a body. There are also people talking about Guardian Angels. An Oversoul can be confused with a Guardian Angel.

Of course we can gather knowledge, love and careness by learning from the angels, who are around us, if we intend to learn to listen, but our Oversoul is closer to us, as he/she is a part of Us.

We continue to say US, as we want you make aware that you exist of several parts I AM.

To come back to this: **You live now, this is your Present, there is another YOU, that is related to YOU, who lives in YOUR past, and yet another YOU who lives in YOUR future.**

And then there is still YOUR Oversoul.

You are all closely related to each other, without knowing.

Strange isn't it ??

Become aware of this, and as usual we will return to you!

8. Oversoul download

We will continue with lessons about the Oversoul, and will surprise you immediately.

A oversoul can get access to your human body for a longer or shorter period of time. You have made a contract in which this was arranged; a longer or shorter period. When a oversoul is accessing your body, you will notice that by physical sensations.

Notice: accessing by a oversoul should be felt in a loving way, it should never be a traumatic experience. It can be that your Oversoul has done this already several (shorter) times before, without you noticing this.

Mostly people experience this by having little pain in the shoulders or neck, twinkles on other places in your body, dizziness, and a larger need of sleep, or rest.

The Oversoul may experience how it is to:

- ☞ To walk around in a (one) human body (a physical body), to feel (cold, warmth)
- ☞ To see by human eyes, to hear (loud sounds or beautiful music),
- ☞ To feel by his/hers emotions (love, be angry),
- ☞ To notice what is happening to the human body when it is involved in environmental influences (for example a remark by somebody else causing feelings/emotions)
- ☞ Be ill, or limited by the human brain (by not being Multi Dimensional anymore)
- ☞ Having physical contact with another (love, sex)

It can also be the other turn around: the person (human) on earth chooses to learn to know his Oversoul (recognizing and accepting)

The person concerning may experience than also physical sensations

- ☞ He/She suddenly is experiencing a multi dimensional consciousness
- ☞ He/She will learn that he/she is not running only on earth to run, but to fulfill a task. To fulfill a higher goal.
- ☞ He/She learns and experiences that he is not only one person, but consists of multiple parts, soul fragments.
- ☞ He/She may learn that it is possible to meet your Oversoul and other soul parts.
- ☞ He/She may learn how to realize that. Learning to contact your Oversoul. Whether this enters you, or you contact him/her, it feels the same as learning to channel, learning to communicate with your Guide, your Higher Self. You experience the same sensations as if you are in light trance to hear and write down or tell the message in a good way

We will continue this lesson next time

9. Emotional clearing

We are happy to continue our messages. We would like you to read the lessons regularly so you can integrate them in you. This way they can be integrated in your Being, in YOU ARE. This way it can Grow deep inside you so you can grow to the next dimension. You are capable now to let this knowledge flow into your whole Being.

The question will appear then Who am I and Why I am here. The time has come now for big changes and growth. Emotions may be released. It is of no use anymore for you.

The letting go of your emotional burden, is a process. You should know that time is needed for that. Old pieces of the past will arise, of which you thought you Finished Them. Let the feeling of this emotion approach you, don't send the emotion away. Emotions are also vibrations, energies, and if you would like to grow in a higher vibration you have to accept that all what is concerning this old vibration has to be transformed. This old vibration is not of any use for you anymore. So please take good care of yourself. Clean yourself every day and be aware of the changes. Drink enough water, have enough relaxation and silent moments. Meditate, but not to much. This will not be necessary anymore also in the Aquarius Age. The silent moments to have enough rest, to contact your Higher Self, your Oversoul and your guides, will remain.

A person who is not silent, is not able to listen

Be aware that physical problems are also part of Ascension. You are doing very well on your path to the Higher Vibration. Many of you have already got access for a certain percentage to the New Age. You should know that there is time enough to integrate these lessons inside you. Read them as often as can be so they can be integrated inside your Being, inside your Soul, inside your Heart.

You are the Lightworkers of NOW. The light units of NOW. The light messengers of NOW.

Carry the Light ! Bring the Light !

There is still a lot of work to do before we have reached sufficient "Enlightment", rushing is not necessary, but however affordable. Do whatever possible, simply with your thoughts !! Thoughts are Powers. You do not have to go to a market place to bring your message. With your heart and the power of your thoughts is a much more fast methode and a more powerful method !!

We will return to you later !

10. Soul parts and Soul fragments

We will discuss again the Past, the Future and the Present. We have explained that there are soul fragments of us living in other periods, which are parts of our soul. These are connected to each other. These souls are reincarnated in a physical body, it doesn't matter if it is a foetus or a full-grown adult body now.

These persons all have their own name, their own personality, their own life and their own free choice.

Their own time of birth.

Their own time of pass off. Just like You live now!

There is no one in another time that look the same as you. On the contrary. You could recognize each other but NOT qua looks!

You live in another time, with another (physical) body and identity.

But you are connected to each other.

Because you are Soul fragments, Soul parts of each other.

We understand that the idea of Soul relationship is rather difficult. The soul reunion has started on planet earth, and that is quit difficult for you, but if you rely on your feeling, what most of you already are developing (don't think with your mind, but with your heart), than you know deep inside that you have met a part of your soul family. The feelings that you share with your soul relatives that you met in THIS time is different from the meeting with your Oversoul and your Soul Parts, Soul fragments.

The Soul Companionship that you feel with your child, your partner, your friends, colleague ... If you Recognize that then they are your Soul family that's different from the soul relationship with your Oversoul and your soul fragments that live in another time. The recognition will be feeling the same, because you will recognize each other the same way as you recognize your soul companion now!

The movies like for instance Back to the Future and the cartoons for the children of this time that are going about witches are brim-full with truths and untruths. There is an outline that if you make a journey in Time you meet yourself, but older or younger... That is impossible because you should be travelling IN THIS TIME then. Then you should meet yourself with this body, but older or younger.

If you should make a Travel in Time to let's say the year 2300, then you should not see this physical body with a few extra gray hairs!!! NOW, you should meet your Soul Part, your Soul Fragment with a totally different physical body, personality and his/her own Life!!

Think logical: if you make a travel in time to the year 2300, from this time, you are going 300 years forward into the future (what you experience as the future) and than you should be looking just a few years older? That is not possible!

If you are going to the Past, if you should travel to the past it can be that you meet also a Soul part there. That will be dressed in the clothes of that time, with an own personality and an own name. You would feel the connection, but you are not the same person, as you see in the movies!

We drop this for a while and we are going, but we return!

11. Time

It is a difficult subject, the Past, the Future and the Present, but when time is progressing it will be integrated in your mind, in your soul. Many of you read those texts but still don't understand everything. But we are happy that we can ascertain that a lot of you are letting-go the NOT UNDERSTANDING.

It is almost impossible to do this with your intellect. Thanks goodness that the most of you try to Know, try to Remember, try to search and find the Recognition and place this articles by means of your Feeling (thinking with your Heart)! We thank you for this!

Until now the statement is:

We are very happy that a number of people don't throw away the articles of the Ascended Masters, but keep them to read them again and again. Your brain will only come to a conclusion through repetition.

We are very happy to ascertain that lots of you are on the way to a multi dimensional consciousness.

Not only this articles contribute to this.

There is lots of information published now, the opening to the Cosmic Library is there!

Make use of all the expedients to get as much information as you can.

Growing in consciousness is teach yourself!

Teach yourself by reading lots of articles.

There are a lot of people who write beautiful articles; Little by little the Awareness of Christ is awakening in every person and you are going to do what you choose for! How to communicate with your Guides, Higher Guidance, Over souls, Angels, Saints, Masters, God, or how you call it, or everything together is something you all may learn:

It IS yours!

It IS YOU!

You are part of it All.

The All (or God, the Universe, the cosmos) is NEVER separated from you.

We are all One!

Even the notion of time is One!

There is no such thing as time.

Time is what you make of it on earth.

It is good that you are engaged with Time, but we try to let you think so the dualistic thinking is moving away. The thinking in black/white, thinking/doing is not longer needed now, it will not serve you in your growth. We're going from 3th to 4th dimensional awareness; that means that every 3th dimensional solution will not help and that there should be asked for other 4th dimensional solutions now.

Its only a matter of TIME!

Eventually the articles about the Past, the Present and the Future are also about TIME.

**The Past, the Present and the Future are TIME in your experience
We're saying that there is no time.**

Not as you are going through it.

Everything is happened and will happen again.

It even happens now.

In the same time!

Beautiful fun, playing with words on TIME.

12. The Past

In one of the earlier lessons was written: Those who are not silent cannot listen.

We want to ask you to make silent moments in your life. At least one moment of silence a day, even when you do your dishes: EVEN then you can be silent and make contact with your Higher Self, your Higher Guidance and with the Angels. Only this way you can learn yourself and only this way you can become aware of your Higher Guidance.

Repetition is the best way to take 'words through you'.
Read and learn yourself, instruct yourself.

The one will be drawn to meditation, the other will undo themselves of all crap; eventually we're all doing what is necessary now, we all achieve the same point!
We see what is happening to the earth: the unseen forces manifest themselves more to keep the white pure light out.

You see this in all sorts of events. We are going to have more of these events.

We continue with the lessons about Present, Past and Future. It remains a interesting topic.

The Past.

You're looking to the past.

Your past or the past as in earlier times.

You call that history.

We experience what you call history as a constant factor. You look at big names as Da Vinci and Nostradamus as if they lived in the past. They are your past, because you are in This Time. They, Da Vinci and Nostradamus lived in the past.

That's what you make of it.

It is told you this way.

It is your way of seeing this, there is no change possible.

History has his course and so it was.

Eventual you are looking to what happened then, in that Past.

Eventually you will see that they were in front of there time.

They had Visions, that's what you're being told. Visions of the future. Da Vinci and Nostradamus are good examples for that.

How can this be?

Think with us, or rather: think back; we told you about Time: Past, Future and Present.

We were so far that we understand that its different from what we're told.

There is no Past, Present of Future.

Everything is.

Let this come to you, we're coming back

13. Time Periods

We continue our lessons about **Past**.

Da Vinci and Nostradamus, to give a few examples, had visions.

They lived in a Time.

A time is what you consider as History, and so it is, because it was impressed to you like this.

Because now time is coming for big Changes and other Insights, the opening of the Cosmic Library, we want to draw you into this new (old) Insights and tell you that time is come to show you that these insights may be renewed because you are Awake now.

You are Awake to see and learn these new Insights.

If we talk about the Past, and we know that's different from what we have learned, than we can see that this time still exists. Can it be that if this time still exists, the people exist also?

In your point of view these two examples of persons (Da Vinci and Nostradamus) are dead a long time ago, passed away.

Maybe they're in heaven. They could pass on there information to us.

Can you follow us?

It may be.

Time is a very elastic nothing in your 3th dimensional thinking. It is hard to understand and to explain, but we are going to try.

Try to imagine that there is a person in a specified time (what you call History) that lives his live in his time now.

OK.

Pick a date: lets say 1700?

A person lives his life on a monday in November in the year 1700.

Yes?

It is only one day, one person, one time (this is not so easy). This person is what you call history (past).

But that's YOUR experience; it is taught to you in that way!

It is so that there are different times that overlap each other and there is now time there (maybe 4th dimensional) both in your Time as in the example.

Is it becoming clear to you now?

14. All is NOW

We are continueing the lessons. Time is overlapping themselves. Time is just a idea. Something that you think to experience. For you time is a constant factor. That's 3th dimensional thinking and experiencing. From a 4th dimensional awareness there is no such thing as time.

As said before: times are overlapping each other. We mean that (there is no time) these times (for example from a (on earth living) person) only exist in your imagination. Your time, the time of your arrival (birth) to the earth en your leave (death) from the earth is your Experience and Imagination.

It is difficult for you to accept that you are more than only this body, this time, this earth where you live on, but from a higher perspective.

Try to think with us:

Everything that happened (past) and is going to happen (future) is TO-DAY.

To-Day: a time, Now.

Past: a time, Now

Future: a time, Now

For the most of you it is easier to look to the Past. For some of you it is easier to look to the Future. You have all images of the Past (history, or own past) in your mind. You have all images of the Future in your mind. It is like the software on your computer. If you know how to work with it you will use it.

For the time the most of you settle these images as a rich fantasy. A lot of you are becoming awake and realize that there is more than they can think of. This is because the earth and the people who live there are in a changing stage. The vibration is higher, and the resonance of the earth is different. The earth is energy and energy is moving. The earth is moving differently. This makes that people can grow in this new movement. That's why people can do more than before.

It feels like RE-MEMBERING, it feels like it is WELL-KNOWN. Become aware of WHAT it is that you THINK you REMEMBER. Can it be an IMAGE of the future, that you're REMEMBERING NOW???

We will return to you

15. Reincarnation

We continue with the lessons about past, present and future.

Reincarnation.

If you read this word you have an idea about it. A thought. It gives you a Sight on a past life. It gives you a good feeling that you have meant something in that life. You look to earlier lives, do not know exactly who you were, what you have done, who where your contacts or relations. Sometimes we lay a phobia of talent in the hands of the theory of reincarnation.

If we have fear of fire it will come from a past life. If we have a talent, (painting) it will come from a past life. You're not getting any further than that, because it is elusive. Be glad that You BELIEVE in past lives.

It is so that 'a past life' doesn't fit, because you have more than one. There are (passable) significant lives between them, and others where you meant not so much for society. There was always growth. Even in the quiet lives (more as individual than). In your interpretation, in the period between lives, you are going to heaven or Light, or to another planet.

Your visions are rather different about this. That is good. What is feeling good for one does not have to feel good for the other. If you don't believe in going to another planet between lives, that's also good. What fits to you will appeal to you. Stay open for New Insights and New Impressions.

What we try to tell you is going to put a **New Light** on the reincarnation theory (old news)

We will emphasize what we wrote up here: Stay open for New Insights and New Visions en search what is good for you.

Think with us: there's NO time.

All times are now present.

Your earlier lives, your soul fragments, the history (past) and the future.

We will return.

16. You ARE

We will continue with the lessons.

The last time we ended the lesson with: there is no TIME, all of the time dimensions are present, your previous lives, your soul fragments, the history and the future.

Everything happens NOW.

That you, because you are stuck in a part of the third Dimension, cannot see or experience it, just means that you have a limitation. Because you are now growing to a Multi Dimensional Consciousness, it means that you may learn to get rid of these limits.

You THINK you have limits.

As long as you THINK you have limits, you will hardly be able to make the first step.

You have been and are becoming Multi Dimensional.

Because you ARE.

In the Past, Present and Future you ARE. BEING is an independent concept.

You look at previous lives as lives in the Past.

Again, dear people on the Earth: there is no such thing as TIME; so there also is no Past.

You are CONNECTED to your Soul Fragments and to your Previous Lives.

To some (previous) Lives you will be more connected than to others. This is because somewhere, on a certain plane, you have FINISHED with those lives.

Other (previous) Lives still offer you chances, even NOW. Chances to learn a lesson. To lose fears, let go of emotional bonds that do not serve you in this life. To learn to recognise talents and memories that DO offer you chances and possibilities in this life.

The connections with your soul fragments offer you chances to learn how to come in contact with YOURSELF, parts of YOUR SOUL (after all: you are more than just This Body and This Life), to give you more insights on Who you are and Why you are.

Because you ARE.

And you are not alone. You are Connected to your Previous Lives and the parts of your Soul. And not only the parts that live on the Earth.

You are ALSO connected to the people you knew, who you associated with in your previous life. Although every time in a different form, a different being, these people are around you for many lives. Otherwise you would be very much ALONE in this life. Sometimes it is difficult to recognise these people, and we want to try and shine a

different light on it: you WILL recognise a person from a previous life! You will do this with your feeling, with your HEART. You have all heard of the phrase: I have a feeling I already knew this person; or... I feel like I know this man/woman for a hundred years.

This is all true!

Go and explore!

17. Freedom of Choice

We will continue with the lesson.

There is Nothing New Under The Sun..... another beautiful expression! It is true, because it is all NOW.

You CHOOSE your parents yourself (sometimes with a little help). To be able to be born. To be able to Reincarnate. You also choose (sometimes with a little help) your own ERA. To be born. To be able to Reincarnate. That is the (a) reason why one person is more connected to for example the Future (what YOU experience as the future NOW) than someone else.

So you can Reincarnate FORWARDS or BACKWARDS. This means the following: if you would pass away right NOW, you would be able to choose the ERA in which you will be born. This is to create as many lessons as possible for yourself (to grow in consciousness), or to be as valuable as possible for society (after enough growth in consciousness).

So it is always your Own Choice. You have a Free Will and you will always use it. Whether you are in the Earth's Dimension or in another one: you will ALWAYS use your free will. Because this will offer you the possibility to determine your Own Growth, of your SOUL. Whether you turn right or left, eventually you will ALWAYS arrive there, where you may go.

Right.

If we try to look beyond that, we see that sometimes it Can be useful to be engaged in previous lives. Not from an Ego-point-of-view (with a statement like: I used to be a PHARAOH), but to learn to see what you did in all those lives (IF you can remember all of them!), and who you were back (!) then.

It gives you Insight. Insight in the bigger picture. What is it that you are supposed to do, if you are born over and over again?

Have you been a Speaker?

A fragment from the book "Education of the Oversoul 7" by Jane Robberts (also known from the Seth books):

**The ruins of the Speakers
Only appeared in the twenty-third century..... because
They weren't there before..... because
They were a new act
An event in the Future of the Past
That only then appeared in the Past of the Present**

We leave to return again.

18. Soul Contracts

We will continue with the lessons.

If we learn to see that previous lives have contributed to the evolution of our soul, we can try to see something else besides that.

Time and time again, we come into contact with human beings. First our parents, who we have chosen ourselves. The family that belongs to that. The acquaintances and friends that belong to that. The neighbours. The employers and colleagues. The handyman (for example) who comes for an errand and the cashier in the supermarket. And also the passer-by, who smiles at you.

This happens like this in THIS life, this ERA, but also in the era's in which you have lived before (read: Past=Present). Every time they are the same people, in one life more than in another, but you will meet over and over again. And every time you have forgotten! (This is necessary, to learn lessons and to be able to find yourself; **evolution of the Soul.**)

You have had relationships with these people around you. One of them has been your neighbour and another your lover. Or your enemy. But with all of them you have had a relationship, just like NOW, in this era.

With all of them you have gained life experience. You have learned lessons or you haven't: you have Failed to do something. With all of them you sign contracts if you meet each other in between lives on earth. Because then you have sight on the bigger picture, and you know what you are going to (try to) do on earth.

In the previous lesson we spoke about incarnating FORWARDS or BACKWARDS.

What is the use of this?

Think with me:

If you pass away in this era, the twenty-first century, with all the knowledge of for example the internet (?) and you incarnate to the Past (in the way you think about Past, Present and Future), so let's say to the year 1700, what could you mean to that society?

Or the other way around. You incarnate to the Future, to gain more knowledge about the computer. You have a lot of lives, some of them short, others long. For your brain it is almost impossible to really understand this, but try your best and look with me:

Time is the thing that DOESN'T EXIST.

Time is the thing that keeps you captured in an Unknowing Position.

By connecting everything to a certain Time, you will never be able to understand the big picture. Next to that, it is quite difficult for us to give the right words to make clear to you how your spiritual family, with whom you have already shared many lives on earth, is built up.

We try to do so in these articles. That's why we are very happy to know that you receive the articles so well!

19. Group soul

We will continue with the lessons.

If we have read the last time, that previous lives contribute to the evolution of the Soul (your soul), we can carefully start looking at the Group Soul.

If you and a group of people keep on meeting each other in lives on earth, then realise that this group has a soul too. First we want to explain that there are groups, little groups, within a group. These little groups are all guided by an Over Soul, who in his/her turn is also guided by an Over Soul. These little groups, within the Group, have a Group Soul: the Over Soul(s).

This Over Soul is closely related to the group, because... the Over Soul is Part of a Soul, a Soul Fragment of the members of the group.

All of the Over Souls together form their own group, that watches over the growth and the evolution of that particular group.

Passing the coin is a normal thing. This means that if you grow in your consciousness, you can take the place of an Over Soul, by becoming an Over Soul yourself. You will always fulfil this function from a place that is not on earth. Therefore you need a Multi Dimensional Consciousness and Possibilities: to guide this group, your Soul Fragments and Parts of your Soul. So if you are an Over Soul, with the TASK to guide the Group Soul, you will always do that from another Dimension.

A TIME (nice word) is coming, in which you can gain knowledge about your spiritual family, and the Over Souls that belong to that and their functions. Earlier we have already spoken about Over Soul Download and Over Soul Upload.

To stop ourselves from repeating too much, we advise you now to look up those texts in previous articles. Later on, we will speak more about this, as soon as you are ready to integrate this again.

We want to end now with the following:

You have a soul. A spiritual family. You have been meeting each other and looking for each other for several lives. To grow. To enlarge your consciousness. To evolve. As an Individual. As a Group.

Be Aware of the evolution of your Soul and your Group Soul.

We will return again.

20. Spiritual family

We will continue with the lessons.

The last time we spoke about the spiritual family. You are connecting with the members of your family. In this spiritual family are members of your family on earth, but most of the members of this family are the ones who are also developing themselves on the spiritual path. They are probably still Unknown.

These meetings, (teachings) to meet a Member of your Spiritual Family again, are often very Intense. It gives you a feeling of Recognition. It can be a dazzling experience. Feelings of Love appear, although your mind is trying to hold you back, telling you that this is not possible.

It can also happen that you DON'T feel anything. This is because your mind is still too much in charge. If you listen to your heart very carefully, you will KNOW it. You will know that there is a certain power of attraction, why you keep returning somewhere.

If your Mind is too much in charge, you will get Fears, and your Limitations take control. Your vibration frequency becomes lower and lower and the Negative Spiral is activated, which causes separations.

It is natural to human beings to let their fears take control. You let your own increasing fears influence you **so** much, that you stop listening to your feelings. Those who KNOW, also live in fear.

Am I going to succeed in bringing the spiritual family together?

Am I going to succeed in waking people?

Am I and so on.

We are going to ask you, dear people, to keep listening to your heart; the voice of your soul and not to your fears.

Hurry is not necessary, but it is desirable. There is still a lot of work to do! We understand that it is sometimes like a giant puzzle for you. We have a lot of understanding for this and we try to support you as much as possible in this process. Also those of you who haven't awoken yet.

Everyone is being supported and helped. Know that and rely on that. Also those of you who act as facilitator (leader) and give guiding to people in their Ascension Process.

Know that EVERYONE has a phase that he or she can go through.

We will ALL go, or NO ONE will. We do however want to point out that you (well done!) are ahead of TIME, so far as TIME exists.

Know that the circle has NO end!

The Members of the Spiritual Family who are a little less visible for you HUMANS, are those who are in another Dimension.

They are ALSO reuniting and uniting. This is because YOU on EARTH are doing that.

Be Aware of that.

You have a Soul, and also a Group Soul.

So if YOU evolve, the group will evolve, so also those who are not visible for your eyes.

Many of you feel and communicate with the Members of the Spiritual Family. Many of you think that you are still devoid of that.

This is NEVER true!

It is just a thought that it isn't possible or allowed for you. It is only a limitation that you have put on yourself.

Become aware of this.

We will go and return again!

21. You are Ascending

In the New Era, in which you develop your growth to the year 2012, we want to offer you support with this message.

A Light Work Message!

Dear people, this IS Light Work, Don't make it too hard for yourself!
It is nice to know THAT you are growing.

- ☛ **If** you are being burdened by physical symptoms (dizziness, pain in your neck), this is because you have to get used to the new vibrating frequency: be HAPPY.
You are ascending!
- ☛ **If** you need a lot or a lot less sleep, and your sleeping pattern is different than it used to be: be HAPPY.
You are ascending!
- ☛ **If** you notice that your old Complaints, Memories, Blockades, Emotions drift to the surface: be HAPPY.
You are ascending!
- ☛ **If** you notice that sometimes you have completely lost track, it seems like everyone is going crazy, you don't Recognise yourself anymore, you cant find your Guide anymore or you keep being confronted with your Multi Dimensionality: be HAPPY.
You are ascending!
- ☛ **If** your relationship suddenly changes, you get sacked or you suddenly have to move: be HAPPY.
You are ascending!

There are enough TOOLS available to help you to go into the Process of Ascending. Read, learn, dear people. Find a tutor if you need one. Find the peace to turn inside. Ask, talk and connect as much as possible to other people who are also ascending. Synchronise to Loving Energy and don't let yourself be distracted by all the events happening in the world. Understand (very good) that THE THINGS you SEE, are NOT the reality. It is illusion.

Step out of the illusion and Ascend!

22. 3D and 4D

Many of you are on the right path! Thank you for that! Many of you are going through a Difficult period.

- ☞ Difficulties with the physical constitution, like being tired and having health problems.
- ☞ Letting go of people who cannot keep up with the changes.
- ☞ Insecurities about the Truth of articles you read; and more things like this. We have talked about this in the previous article:
You are ascending!!

Dear people, know that Your growth goes FAST.

You are FAR ahead of TIME (as far as that exists). The Maya's stated the year that coincides with your year 2012; we can tell you that this is many earthly years sooner than this Calendar.

So it is very clear: Time doesn't exist and Growth and Evolution is what YOU make of it! As on EARTH, as in Heaven, so it is written, and dear people, this is the truth. By waking up Your Light, the Light in your HEARTS and let it shine, the other dimensions can grow and come closer.

The light that is being spread is many times brighter and stronger than predicted. You determine, by using your Free Will and your Free Choice every day, HOW you create your life (on earth).

No matter how difficult it sometimes can be, you DO that more and more using the New Method. The old method (3D), wanting to know everything, control everything, practice in Power, doesn't work anymore. The New Method (4D) may still be NEW, and you (un)consciously romp with it, however, it is true that this Method is MORE integrated than YOU are aware of!

The next time we will give a more expanded explanation of what exactly 4D (living in the fourth dimension) is. (How you can (learn to) use these senses.)

For Now: Ascend and Grow!

Instruct YOURSELF by reading a lot and feel and make yourself familiar with the things that fit YOU the best! Everyone is UNIQUE, and because of that the information will fit one person better than someone else.

Get enough REST, drink enough WATER (your physical body needs it to support the energy change), have a good connection with the earth, practice as much as possible with the meditations. Don't let yourself be scared away by people who seem to have progressed FURTHER than you have, and also don't let yourself take a step back by people who are jealous of what YOU already can do (like communicating with your guide).

Doubt is good for human beings, but it has to be balanced. That means that swinging back and forth in doubt is not intention. That will cost too much energy.

A healthy doubt serves the human being to use their Intelligence wisely.

You Have an Intelligence! Use it!

23. The Conditioned Human You

On a given moment in (this) your life you will find yourself on a Junction.
Which way will I go?

Last time we spoke of Dualism: good versus evil, light versus dark.
One doesn't exist without the other. You often still LOOK INSIDE the Dualism.
What we mean by this is: you still look at Good Versus Evil, Light Versus Dark. We want to ask you to let these words sink in!

What does it mean to grow from a 3-Dimensional Consciousness to a 4-Dimensional Consciousness?

The transition that you are in right NOW is the transition from 3- to 4-Dimensional. This means that you are Looking (sometimes still very carefully) at Letting go of these Means of Control.

Understand very well that in the previous TIME (lives) you have been **conditioned, programmed** to think LIKE THIS.

- ☞ The ability to FEEL has been taken from you.
- ☞ You have been taught to THINK.
- ☞ You have been taught to impose yourself control.
- ☞ You have been taught to get control over someone else.
- ☞ You have been taught to have Power.
- ☞ You have been taught to hang on to norms, values, laws and rules.
- ☞ You have been taught to don't love.
- ☞ You have been taught to express Love with a form of display of power (over the other sex) (Male forms).
- ☞ You have been taught not to speak about spirituality, intimacy and intuition (Female forms).
- ☞ You have been taught that solutions have to be found OUTSIDE yourself.
- ☞ You have been taught that contact with other Dimensions (angels etc.) is heresy.
- ☞ You have been taught that it is better if someone else thinks FOR you than if you think for YOURSELF.
- ☞ You have been taught that God, the All, the One, the Universe is SEPARATED from you.
- ☞ You have been taught to close down for Love, for the Universe or even the smallest flower, the smallest sand grain.
- ☞ You have been Conditioned!

The Gates of the New Dimension have been opened, they are opening! This means that new energy is being sent to the earth to help you face these things, to LEARN how to FEEL, to LEARN how to THINK WITH YOUR HEART. This has been going on for some Time already, and it will keep growing more beautiful. Connect to the new energies in Meditation, alone or in a group with your spiritual family.

We understand your struggle, the struggle you have with letting go of the old energy and learning to feel, integrate, understand the new energy.

KNOW that the Process of Ascension is a PROCESS, and as you go along, with every step you take, you grow!

Grow!

24. New energy

We will continue with the lessons.

How can you, as a beginning 4D-person, start using the new energy?

Last time we spoke about growing from 3 to 4 dimensional.

There is a lot of information available on the Internet about this, read and learn.

What can you do with the new energy on 4 D-level and how does this work in combination with using your thoughts.

Because, dear people, growing to a Multi Dimensional Consciousness means using your thoughts **DIFFERENT**.

The way you are used to handle your thoughts (for example: they are MY thoughts) will **CHANGE**.

As soon as we learn to open up for the New Energy, what you all do so beautifully.... (read: think (!) about your physical problems for a while.... see previous News Letters)we will grow WITH the new energy.

The vibration frequency of the earth is changing and this causes the vibration frequency of the Human Being to also change.

Well, to return to your Thought:

Every invention has started with a thought.

Just One.

After that, humanity started "thinking" about it and the inventions came into existence (with the help of Thought that was placed by the Cosmos).

And it still works like this!

If we continue with THIS example, we can carefully start looking at: that was 3D.

How is the Thought in 4D?

If we want to invent, do, start, stop, begin or end something, we start THINKING.

.....'How shall I start?'..... (and after that a lot more "thinking").

That is 3D.

In your growing process to the Multi Dimensional Consciousness, this is how it works:

'I am going to start this and I will have faith that everything that I am going to need, will be given to ME.'

There are words, phrases circling, noted through writers..... (which started with a Thought, and were developed to a form of channelling, maybe)that say:

Create your own life!

In other words: Give Your Life Shape.

You do this by modelling your life as if it were a piece of clay or a painting. Bit by bit you BUILD it up.

We know the subject 'Thoughts' is confusing, because **Thoughts** are **Powers**.

Use these Powerful Thoughts the OTHER WAY AROUND!

Don't think: How do I want to Get it!

Make a thought: I am shaping my life. I am starting this project and I have faith that everything that I need to do this, will come to me! (even if it is something else than I was expecting.....!).

And here it comes: **Then Let it Go!**

We know that this will also make you THINK again, and in an instant will make all kinds of Thoughts appear in your brain....!

How do I let it go? ...you will think.....maybe you will even say it out loud!

Just by Letting Go, Dear People!

We will return to you with the next lessons! In the Light, to the Light!

25. Abundance

(4 May 2004) an Xtra message:

On the 4th of May, we Commemorate the victims of the Second World War.

Dear People, there are NO victims!

Commemoration is Great, it makes you place **yourself out of** your own EGO to Think of someone else.

If you THINK of the World in LOVE (so **not** with a sad feeling), and not only today, but also tomorrow....then you HELP in spreading your LIGHT.

Are you Worried? Become CARING!

Because, **Spreading Love, Spreading Light, means: Make Loving Thoughts!**

For Now, in Light and Love.

We will continue with the lessons.

Last time we spoke about How you can use your Thoughts DIFFERENTLY in the New Energy.

NOW we are going to talk about the subject MONEY, because this is quite an important issue for you.

-) I don't have money.
-) I don't have enough money.
-) I don't have money for that.
-) I won't buy that, or I won't have enough money for groceries etc.
-) I want to have it, but I won't buy it anyway.
-) What will someone else think if I bought that and they found out?
-) I can't Enrich myself.
-) I can't make too much money.
-) I have to give most of my money away to charity.
-) I can't be rich.
-) I can't enjoy money.

Do you recognise some of these thoughts?

These thoughts "haunt" your brains regularly, maybe even all the time.

Maybe you also feel emotions with it: Feeling sad or Frustrated.

The chemical processes in your body make sure that, after a short or longer period, you get ILL.

Literally and figurative you make yourself ILL Worrying about Money.

If you want to be balanced with the new energy, you will HAVE to make sure that you learn your lessons. That you learn to think the OTHER WAY AROUND. That you learn to use your Powers (Thoughts).

In the, let's say, non-material world, EVERYTHING works through the Power of Thoughts.

Because, Dear People, Thoughts are ENERGIES. You yourself are ALSO ENERGY, in this era with a physical form as a human being. But you are so much more than THAT (physical).

You ARE energy!

Use your energy! Use your Power. By learning to use your Thoughts in the DIFFERENT (new) way.

Okay, you will say, NOW my MONEY problem.

We will take this as an example: I would like to buy this, but I don't have the money.

If you are in a store, and you see something you really want to have, clothes, jewellery, shoes, or something else....just BUY it.

BUY it with the COMPLETE FAITH that it is due to YOU!

Right after that you will have another thought, because you are still learning: now I can't pay my bills anymore.

No!

THAT's right. If you place THAT thought behind it, you WILL indeed not be able to pay the bill!

A Powerful Thought to place would be: I buy this in the complete Faith that it is due to me.

And then: Let it GO. NO more thoughts.

A certain attitude with this thought makes you stronger.

A CONFIDENT attitude would be: Self-confident and filled with Faith that this is going to happen for you.

We will return. In the Light, to the Light.

26. Thoughts and Energy

We will continue with the lessons.

Using your Thoughts (Powers) is still not easy for those of you who are growing. Somewhere you know, you have a feeling that you have been able to do/have done this before. Last time we spoke about money. This subject has not been finished yet, but for now we want to talk about something else.

How do you SHAPE your Thoughts?

In the previous channelling we spoke about buying something for Yourself and about letting go of the thought "I-Don't-Have-Money"

If we now replace the buying with DOING something.... (in this example)then how would we handle that?

**By THINKING about it.
By WANTING it.**

(So you think of a PLAN, and then you really WANT it! By making the Choice and using the Intention of this choice and having Faith that it will come to you, you give COLOR to your Choice!!!)

If you have grown enough, are responsible, light, then you know these kinds of things with your HEART.

This is not THINKING or EGO, but they are 'Loving thoughts with your heart'.

Just like you learn to LISTEN with your Heart, or LOOK with your Heart, you can also THINK with your heart.

It could be that, if you read this words, you can get images (pictures, photographs, films) about how you "were", in a Dimension on Earth, an Era on Earth.

These are NOT just Thoughts!

This is a Memory of a life in which you made use of Thinking with your HEART. For a lot of people, this has been a period in which you lived on a Multi Dimensional Plane. (We used the Past Tense here.)

It would be great to give a reaction to this, to see if you receive the same images (pictures, film) as the images that are being shown to you! We are always busy providing you with information; we do this with Love and Light.

We are GRATEFUL for your loving dedication.

Thank you!

We go to return in Light and Love,

27. Contact your Soul Fragments

We will continue with the lessons.

Let's go back in "time".

Nice word twist, because of the fact that TIME doesn't exist!

We will take you back to the previous Channellings, which we gave you through Marina.

We have spoken of Soul Fragments and Soul Parts.

We want to ask you to take this to you once again, beginning with the first Channelling, all the way through to approximately Channelling 20.

How do you come into contact with your Soul Parts/Soul Fragments?

Why do you have to?

The parts about Soul Fragments/Soul Parts tell you that you consist of more pieces (of soul). You are not just the physical body with this chosen name in this era: **you are much more than that!**

These persons, because YOU are a person too, all live in an era, JUST like you!

You are reading the words now, but once, if you are open, you will realise that you KNOW you have made contact with this person (these persons).

This is necessary to become WHOLE.

This is what the SOUL has 'remembered', it says so on your blueprint: you ARE going to remember this!

That's the way it is!

At the Waking moment for you, the other person will wake too. You are busy with something, and you get a picture or a feeling from a different Era, in which you are doing exactly the same as the other person. The only difference is that you both are in different era's.

Considering TIME (which doesn't exist, we stress it ONCE AGAIN....!!), YOU are at this moment reading this text on a computer and this computer will be more advanced than you can even imagine in the year 2378.

Imagine that your Soul Part is in that ERA, so in 2378, and is reading something on HIS computer, just like you are doing now, and BOTH of you become more and more aware of the fact THAT you have Soul Parts, THAT you are MORE than a physical body?

Wouldn't it be possible that, for one second... (there is not time, so it would be much faster than one second)you THINK about each other and make contact?

IF it happens it gives a KNOWLEDGE.

A KNOWLEDGE that you have made contact. A knowledge with your heart! You Soul will connect with THAT part you had contact with at that moment.

This is a part of the ascension process, the process of becoming WHOLE.

YOU are, with this physical body, and this name, in this era, to DO something on earth.

A conscious choice.

The veil will slowly disappear.

We go to return again.
Reread the lessons to learn to understand this Channelling!

28. 3 is Holy

Your understanding of TIME is phenomenal.
We can see that you are wondering about Time travels.
We can see that you are waiting for 2012!

Time is something that you CANNOT measure, dear people!
You THINK you can, but it is not true! Remember that!

We are going to try to make this a little more clear for you:

Picture: any random square, forest, city or town.
In YOUR time.
Go and stand there, for real or in your thoughts.

Then think of which year it is.
YOUR time, your ERA, your life on earth NOW.

Remember that you have lived "before".
Remember that you have lived "further-in-time".

You CAN mix up Past and Future, because they don't exist either.
(You see how your Past has been, but it really is different in the Cosmos. It really doesn't exist!)

We will return to our example:

If you then want to hold on to the term PAST for a while, look at the place you are standing (Present) and place yourself back into the Past, what YOU think to be the Past.

ALSO place yourself into the Future, what YOU think to be the Future.

Realise that, where you are standing NOW, on the square, in the forest... or sitting on your chair doing this exercise, or just reading this text, that you are somewhere 3 times?

YOU.
YOUR person!
YOU ARE SOMEWHERE (in your visualisation or for real)**3 times!!**

Past, Present and Future! All three of them come together on the place where you are standing right now.
With your physical body.
With your thoughts.
With your Spirit.
With your CONSCIOUSNESS.

YOU can be in 3 places at once!!!!

Past, Present, Future

Do you understand just a little of what you are doing now?

We will go to return again.

Reread the lessons carefully to learn to understand this Channelling!

29. Home

We want to take you on a journey, an exciting journey. A journey through the Universe, the Cosmos. There were you are HOME, so everywhere !!Not only on earth !!!

Dear people, you are more than a physical body. You are a Soul with a body, now and here on earth. **BUT** besides that you are so **MUCH** more!
It is **TIME** now that you start realizing that !

To make this all possible, we will take care of a change that soon will happen. This announcement will be made by her (Marina) when the **TIME** is right. It will be very shortly, but you will label it with your own experience of **TIME**.
What for the one is very soon, can be very long waiting for the other !!!

AND SO IT WILL BE

The Ascended Masters continue

The past chapters you have received many messages from the Ascended Masters. These were lessons following each other up rapidly.

I understand that this information is hard to understand, as we try to accomplish this with our mind.

So do not try to understand everything !

Feel and then sense a Remembering of something, which we explain (through our brains) as fantasy. But there is happening much more, THAT we can feel also !

Nevertheless we experience this as Truth. As if Certainly be Sure (deep inside, knowing with your Heart).

Maybe we don't understand the words completely, but the Seed has been planted.

This seed will certainly grow. If it is not NOW, than certainly the time to come.

Something is happening, by reading these channelings, in our Soul. We are touched !

We are touched deeply, not because of the words we are reading, but by the emotions it is causing.

More channelings/messages will come very soon by the Ascended Masters !!

I understand that something will change, we have to see and wait when this and how this will happen.

I don't also now everything.

Sometimes there are events we do not have to know upfront. It would not be wise, if we would be informed upfront, we would not learn anything.

These have been lessons for me also. And beautiful messages !

I am very grateful to work in this way.

Soon many more messages will follow, presented in a new part of the Ascended Masters. (chapter 30: Marinas Masters)

March 5th 2005

In love and light

Marina