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30. Integrate the change in you

As we continue our lessons we realise that (Y)our descent (or ascent) on Mother Earth's Plane is to be called very successful.
Your bodies slowly intergrate all the changes, as does your brain.

Which we like to speak to you about this time: the brain, your THINKING.

The human thinking is supposed to be used in just one way: common sense.

We however realise that being an Energy as you are, and while you're trying to cope with all the 3 dimensional energies around you, surfacing for you, it is sometimes difficult just to BE a Multidimensional Growing (human) Being!

We confirm that!

However, it is not impossible to do.
You have done this before.
May I add: a few times even !

Just, dear Ones, remember !

Read these words spoken to you and embrace the energies which will flow right through you and you will KNOW.

Just Know, with your Hearts, Loved ones!

For reveiling the Veil, (isn't this nice?), you just have to KNOW.
With your hearts!

The next step which you will take for this time in this plane will be: integrating your spirits-souls.

We mean: YOUR SPIRITS' SOULS !!

You know, that you are a soul-fragment of (the) One.

By integrating your Spirits Souls you will become WHOLE again.

This is important for the Uprising of souls, as you call it Ascension or Ascension-Processing.

The next few months will be used to let you see, how you can accomplish this.

Read if you like, the first (29) readings of The Ascended Masters to enlighten yourself, as the words can integrate within you, by you and through you.

You know it's not only the words you read, but the time and effort you put in for reading and receiving the energies which are send to you, through these words.

We will return with our lessons and are grateful to announce that these readings are directly given into the English language to her, our medium, which you all know, is known as Marina, living in this beautiful little country, the Netherlands.

(Why this connection to the United States of America is amplifying, will be announced in just a short amount of time.)

We can do this by TransMuting.

31. Thinking

We continue with the lessons, lessons of the Soul.

As we repeatedly say: Remember !

It is all there, in your Soul, in your DNA, which is completing as we speak. For those amongst you who don't know what these words mean, we firmly advise you to read about DNA changes, as they are very important for you :

it brings up this memory in YOU, as you read and although you are (maybe) not able to understand the words, your soul will recognize them !

You'll learn by just reading this.

Use your brain when it is time.
Not when YOU THINK it is time !

In other words : Let us rephrase this for you : Remember by reading the words. Just notice that there IS a change in you when you read about spirituality and so on.

Then Let Go.

Don't even try (if you don't understand the words written) to understand these words, just let the energy flow into your system. Let go of all the thoughts you have by saying to yourself: "I will KNOW why I read this.

It will be clear to me !

In Time !

In MY time !!"

Thats enough !

As you travel through time, in this earth plane or somewhere else, when you're asleep, these words will come clear and shine its Light upon you.

So, your Inner Self will develop itself, if YOU are open for that !

Remember, that, because you Live on the earth plane, in a 3 dimensional swifiting energy, you will have to face some difficulties understanding things.

That is a limitation you brought upon your self, long ago.

In the time of Atlantis, during the Big Shift of Things, you changed as a (human) being for a reason.

You integrated your Spirit-Soul as a 1, 2 or 3 dimensional being.

Therefore you are having these difficulties now.

As you develop yourself more and more as a 4 or 5 D (human)being, while staying on the earth plane, you will find yourself more relaxed with this idea:

I am having limitations because I wanted it to explore these.

I have explored these limitations enough.

I will grow to a Multi Dimensional (human) Being of Light, therefore I don't need the limitations anymore.

I know I will succeed.

I am what I am !

Thank you, we will return!

32. All is ONE

As we continue to grow, we see that what was OLD, will not work anymore, any longer. All the 3 D STUFF, like, controlling, relationships, work, money, it ALL has to be seen in another LIGHT.

That is because YOU ARE THE LIGHT !

Shine your Light Loved Ones!

Just BE, that will be enough. You know that information is given to you on so many levels, so many ways.

Just Be.
Be Love.

Increase your Love by being LOVE.

Feel the WHOLENESS of all things inside and outside YOU.

All is ONE.
All is YOU.
You are ONE.

As you more and more awake for THIS: All is ONE, you will find yourself feeling ALL.
You will find yourself Complete again.

You will learn, that to be complete, you just have to do this: BE !

Many of you are in the "final lessons".
These are the lessons about Unconditional Love and Abundance.

Love is energy.
Money, is energy.

Money is Love.

We will write for you about Unconditional Love First.

As YOU, The People, develop yourselves, to Great Omniscient

Divine Expressions of Light, know, Dear Hearts, that you are All Love.

We are all ONE.

Please, try and read if you can, about the Christ-Consciousness and let this awaken in you, so you can be at assistance to others.

That is Christ-Consciousness: To serve yourself and to serve others.
Becoming WHOLE.

In short words: How can you NOT be assisting others ?

When you connect with **Your Self's** and become **Whole**, be **One** with the Universe and in Total Contact with Spirit, you simply **CAN NOT** ...not-assist!!

Let these words written, please, integrate, as you read them again!

33. Unconditional Love (1)

As we reach further in our Memories, we can feel the Change, in the wind. We can feel that we are Blessed with Love.

We can feel that we are not alone.

We can start integrating these beautiful things in our lives.

It is ALL in our Hearts, and as you are Love, just Remember and it is there for you.

Now, this challenge occurs: HOW do I Practice what I Preach?

For you, on the Earth Plane, it WILL be the utmost Challenge to celebrate and Bring Forth Unconditional Love.

This is the Love, which is for example described as: walk 1000 km in the shoes of the other, to really get to know him/her.

Love is Unconditional, as you SEE the Other person, as THE OTHER PERSON.

What most is happening is that people don't SEE the other. They SEE what they like to see, of what they are told to see.

They don't pay any attention to the other person, because they are too much involved with themselves.

When you take a step further, and try to LOOK IN the other person, then these thoughts will disturb your mind.

It is your Own Ego that is in the way, of getting to your heart and therefore to Unconditional Love.

When we want to control others, tell them what is good and not: we only control ourselves.

When we want to hurt others, lashing-out to release our anger: we only hurt ourselves.

When we don't give the other Space (-to-live) : we confine ourselves in prison.

Continuously doing these things makes One go further away from his/her Heart.

Sometimes it's easier said and done, but, There ARE these People who have experienced this already. They experienced this for YOU. So that they can help YOU with That.

Find those people, ask the Angels to send you those People, who can tell you and learn you about Unconditional Love.

As each challenge is different, different solutions occur.

There is but One solution for You, the people, as you Grow into Unconditional Love:

Be Love.

34. Unconditional Love (2)

As we continue our lessons of Love, we will assist you becoming Unconditional Love.

As in: the words you think, speak and listen-to.

All of what you are is Love. The thing is: How do I Practice what I want to be? : Love.

We say it again: Just Be Love.

And, well, there it is: We find our self's having some problems with THAT.

But, dear Hearts, it is NOT a problem. It is your SOUL, your Spirit, your SPIRIT-SOUL, who is leading you the way.

However, if we want to assist you, we will try to explain to you, lessons which you will experience.

Take this example: What would LOVE do, if you find yourself in a situation of Letting-Go?

There are so many situations when One must Let-Go: Let go of your partner, let go of your Job, let go of....please, feel free to fill in what YOU are facing, perhaps it is another situation...

Tell your self this: What should (or COULD) LOVE do ?

When you think of the lesson in The Ascended Masters 33, the Christ-Consciousness, you can take in perspective: I Serve Myself AND I Serve the Other.

WHAT would LOVE do ?

HOLD-ON to what YOU believe is right?

HOLD-ON to the OLD situation, because you are accustomed to that?

HOLD-ON to the other person, because you are afraid to be alone?

We embrace you with Love, you ARE Love.

Go inside, there is your answer, and if you need assistance, ask.

Just ASK.

You will get your answers.

35. 3-fold Being

As we THINK of Unconditional Love, WHAT does it mean, and HOW we will integrate this in our daily lives?

The answer is: Just BE LOVE.

Yeah, NOW I hear you say: that is an easy answer.

And, it is just like that: easy.

Connect your self (s) with SPIRIT.

Read all the lessons in the previous E-book, of The Ascended Masters and teach yourself(s).

When you continue to Grow, in Spirit, you will find yourself being Lighter and Lighter. Let go of all the thoughts you thought to be good and of service to you.

Connect with the Universe, for it is there to SERVE you.

The Universe IS you.

Did you know that?

Think of this: you are a three-fold being (of Light and Love).

Father, Son and Holy Spirit.

Thought, Word and Action.

Body, Mind and Spirit.

As you are NOT Gods Creation, but You ARE the Creator..create your lessons.

Create your life.

What is it you want?

It always begins with this: A question!

As you receive your answers, from the universe ...

(remember: YOU are the Universe, we all are One, so therefore it is NOT important where the answer is coming from; another (human) being or an angel)

... you take your steps in following your heart and soul desire.

And there is that "3" again...

LOVE it !

Be LOVE while you create, all of it.

So, for you in short words, to help you integrate this:

- 1) Ask
- 2) Follow your guidance as you take your steps
- 3) Be LOVE

You see: it is ALL 3 !

Most of you, will ask, and ask, and ask.....and get HUNG-UP there.
Then, others asks, get their answer...and do NOTHING.

To become WHOLE, you just simply take the 3 steps of life.
Don't just take 2!

Which person do you want to be (come) ?

36. Thoughts (1)

As we continue our lessons, now we will discuss the THOUGHTS.

Your Thoughts!

When we want to learn, HOW to use our thoughts, lets just look at this.

You, the People, THINK ALL THE TIME.

You create something, thoughts, with your minds, and think, and think and think.

In the previous channeling, we talked about: you are a Three-fold-Being.

We discussed about:

THOUGHT
WORD and
ACTION

Now, here is what we want to discuss: You have so many thoughts, sometimes it difficult (for us) to really see which way you want to go.

One day, you will choose, after you THOUGHT hard and deeply about a matter of Life, YES.

The minute you make that choice, Universe will respond to that.

Then, look with me, you will find yourself in doubt. Yes feels good, but NO is in your mind, because you are afraid of the outcome, or afraid of something else.

Please try and take ONE matter which you want to re-SEE. See how you immediately make THOUGHTS.

What shall I do?

Can I do that?

Will I do that?

What will I say?

What kind of effect will it have on my life?

You THINK so much...that you have probably THOUGHT of so many solutions to this event...you WILL loose your way, and so do we, sometimes.

So, let us look at this. All these thoughts you are making, this way, that way.

Live in the NOW, that is the best Solution anyway, you know?

When you find yourself thinking ahead-of-you OR, when you find yourself thinking backwards, in the past, your past, the past...say: NO. Say NO or STOP to all the thinking.

Do what your Heart is telling you to choose, to do or to don't do. Don't let other people's SAY(ings) in this matter inflect you.

AND, here it is: Let GO..don't THINK anymore.

Just let the energy take over, your Spirit-Soul knows what you need, for a solution or to help you grow into Multi-Dimensional-Consciousness.

Stay in the NOW, at least: try it, and say, when you finding troubles with TRYING-OUT: I can do this ! Give yourself all the Love you need, to accomplish this...for YOU ARE LOVE.

37. Thoughts (2)

As we speak to YOU, the People, feel the energy flowing through you.

As you read the words, written in these channelings, and learn to integrate all of this, you will grow and develop yourself(s) to Multi Dimensional(human)Beings of Light.

We talked about THOUGHTS.

Let us talk some more.

They are very important for All the Facet and Processing to become WHOLE again.

Look how this is: we will ALL go, or no-one will.

When we talk about Ascension Processing, please read the E-book The ascended Masters (1).

We will MEET our Spiritual Family, as we organise gatherings, around the Globe.

We will RECOGNIZE the Other, as being a Soul-Mate, Soul-Part, Soul-Fragment, or even Twin Souls and Twin Flames.

We will SEARCH AND FIND what we came here for, on the earth plane, or somewhere out there, as you like to call it.

We will CELEBRATE as we continue to do this.

Up here and below.

We will REACH-OUT to one another, to help in descending and ascending, as we learn more and more to SEE one another.

Thoughts, dear Hearts, are the most important TOOL you have, for this.

Learn!

Use your THOUGHTS in ONE way: as Being LOVE, and LIGHT....well and

Because all good things come in three (3)...where is that third word?

Love, Light and...?

As you use your brain, trying to figure THIS one out, please, let us rephrase this for you: remember we told you: live in the NOW!

How would you find the answer to this question?

Try it, dear Hearts,

38. Unconditional Love (3)

Gracefully we place our Love into your hands, for these are the hands of God.

You are the Gods and Goddesses of the Universe, on the Blue Planet.

Our Mother, our Father, our Holy Spirit, that is what you are!

We gracefully thank you for all the growing-pains you have, or had, trying to become WHOLE.

As we speak, on this day, we speak to you, through you.

Use THAT thought, as an energy. Use YOUR energy. Use your SPIRIT.

We THANK YOU.

Let us continue the lessons.

We talked about Unconditional LOVE.

Unconditional means: without ANY restrictions.

If you are FULLY aware of YOU being ONE (Christ-Consciousness) then you KNOW.

You know what is meant by Unconditional Love.

If you find yourself (s) still developing in this process (ascension), then you may need some guidance.

Without Any restrictions.

In these Earthly (and early) relationships, you would find a mirror in your partner or spous. Also you would find a mirror in all these people, you meet, on a daily base.

You Know, you meet people for a reason.

And this MEETING (of) people IS a relationship, whether it last for one second or a thousand years, i doesn't matter, for time does not exist.

So, if you will just look at this: The OTHER is your MIRROR.

Look in the mirror and SEE.

Don't forget to see the other too, because, you KNOW now: We are all ONE.

If you find yourself WILLING to learn through that other person, even it is just a simple smile (relation that lasted just a second)...you find your lesson in that.

This example is really a good one, picture this: You are walking the street, and there is the other person passing you by.

He/she smiles at you.

What could be the lesson?

May be for you to smile some more.

Maybe it is for you to feel that the other person is spiritual-related to you. There are so many lessons, we will not write them down.

You just WONDER if you walk the street, or doing your grocery shopping and meeting people, give yourself a chance (change) to re-VIEW this world around (and surrounding) you.

39. Unconditional Love (4)

As we reach-out, to become WHOLE and CLEAR, we see THINGS clearer and brighter shine upon us.

YOU, the People, are really CONNECTING with one another and developing into Beings of Love and Light.

As you make a step forward, you will find yourself, sometimes, dazzled (disoriented) by all the changes you make. You feel that you are evolving.

We will talk about Unconditional Love again:

To have NO conditions at all, this is a step for the human kind. As you are really NOT a human being at all, release yourself(s) of that linear thinking!

However, if you find yourself DEALING with your ego, then read this:

Unconditional Love comes in steps. One step can be: Let go of Control (of the other person).

Another step can be: don't want ANY-thing in return (from the other person)

Give LOVE freely, without giving yourself(s) away. Always stay in touch, as you are in this process of developing, with your own Integrity, your Uprightness.

If you GIVE and want something in return, for example, a Thank-you, or more, then you have to look at yourself a little bit more closely.

You've just GAVE nothing. You will end up hurt and not in touch with your true self and integrity.

If you feel that you NEED to hear that "THANK YOU", don't GIVE. You only give YOURSELF away, and at the end of THAT process, you would not like yourself and the other anymore by saying: "I did all of that for YOU."

Of course, you will think now: Isn't it very polite to say "Thank you" ?
Yes, it is ! But that, you already knew!

The biggest Ego part of people is; controlling the other. He or she must be the way YOU want them to be. He or she must do what you say. And if he/she doesn't do it, you will find so many tricks to let the other do what you want.

You can develop yourself(s) into manipulating monsters to get what you want.

Crying is one of them.

Getting angry is one of them.

Turning into the silent-mode also.

Getting sick is the most important one!

We confront you here.

40. Thank YOU

As we Continue The Masters, we would like to express our utmost gratitude for YOU, the People.

As we SPEAK about Love, Abundance, you have found these 11 channelings to be for Unconditional Love and a few other topics. We will speak more of Love, for the channelings will come.

Also we will speak about Abundance in the coming channelings. And even more!

We are very excited to be able to Speak to you, immediately in the Language of Love. Therefore the English words are a good way to communicate...and the energies written in every word in this E-book-adventure, is clearly apparent to many of you. We will give these words to you, in Love and Light, in short periods of time, so we can give them really updated. These E-books will contain 11 channelings.

Each day will be more and more a Blissful one, if you are willing to see the wonders, the ONEders!

We are ONE, Dear Hearts.

Let us rejoice and celebrate this Love and connect to our Soul-Spirit and other Selves.

All what you are is energy, and that is a Lot !!

So read how to become WHOLE (holy) in the E-book The Ascended Masters 1, for (re-)connecting these other parts of YOU !