

## The Pleiadian book by Barbara Marciniak

The earth sphere, Terra, is in a state of great change. Historically, from a linear perspective, you have been told that you have been on your planet for X number of years. Your scientists think that you have been civilized for a short amount of time and evolved from ape to man.

That is completely incorrect. Highly formed Adamic man has been on your planet for eons. Your planet was seeded by extraterrestrials. It was an experiment initiated by the one we call First Cause whom you may refer to as God, Prime Creator, All That Is, whichever you are comfortable with. First Cause is the energy essence of creativity.

First Cause is in all things. Consciousness is within all things. First Cause's primary journey now is to gather information and increase the potential of being. On a global scale, humanities are attempting to understand that your world is a direct result of your thoughts. Your main challenge at this time [is] to learn how to handle thought manifestation and the manipulation of matter and existence. Once [it] is implanted within you that this is a core, basic idea, a universal law of being, you will be liberating yourselves from a restricted existence that has been boxing you in all these millions of years.

There have been those on your planet who have individually, or within small groupings, taken this information and utilized it and freed themselves from the tethers of three dimensional experience. But what is occurring on your planet and why all are restless is that the movement now is towards a universal knowing and understanding. As each of you learn to expand your own consciousness and allow information and experiences to enter into your reality, as you grow telepathically, you effect those around you, in your family, in your school systems, in your neighborhoods and then, of course, within your world. What will eventually happen is what you call critical mass, when a certain number of individuals achieve a certain state of knowing, others will instantly comprehend.

The times that lie ahead in the next ten to fifteen years are going to be quite interesting. You are going to see your reality turn upside down. You are going to see chaos, confusion. You are going to see a crack in the cultural paradigm structure that has been the reality of your world up until this time.

Historically speaking, your world has been defined most explicitly in the last five hundred to six hundred of your years by scientists and by learned intellectuals and you have not questioned this. The world seems solid. You seem solid. You all seem to live in the same world at the same time. Not so. It is not so at all.

You are moving into the fourth dimension of experience. The third dimensional experience is composed of thinking. The fourth dimensional experience is more involved with perceiving, utilizing the entire being.

You have been defined so precisely that you do not question who you are. You have accepted a thousand years of definition from those you consider authorities because they happen to speak louder or publish books or gather degrees. That is nonsense.

Always question what you hear, including what we are telling you.

Become your OWN authority. This is what Terra is moving towards each one discovering their own integrity, their own completeness of being, their own responsibility to themselves and to the world that they participate in.

You will discover how to become this authority by trusting yourselves and by questioning what you are told, particularly from your governments, school systems, television and newspapers. Read between the lines. It would do you a great amount of good.

QUESTION: Some of us are getting to the point where we are no longer willing to listen to the government. We want to know how we can bring about environmental changes.

PLEIADIANS: The changes that are most important for everyone to make are the changes that are within yourselves. We speak over and over again that you are your primary tool to be working with. If you are concerned with the environment and what is occurring, take

care of whatever you have, your amount of land. Wherever you are involved, use your thoughts to create a harmony with Mother Nature.

What you must understand is a certain amount of disruption is necessary in order for this shift of consciousness to occur. It seems as if your planet is falling apart environmentally. It is, from our perspective, a necessary path in order to move humanities through their growth. If all were perfect on your planet, in other words, if the environment was in ideal condition, it would not be ripe for the shift in consciousness that will occur. A certain amount of disruption or chaos is necessary to create new order.

Your earth is a sentient being. It is alive. It is conscious. Your greatest step is to align yourself in communication and ask Mother Earth to give you what you need and commit yourself to giving Mother Earth what she needs.

If you feel the need to be involved with others to clean a stream or a lake, that is fine. But it is not for you to go out and wave flags at others. The work that you do is work within your minds. You are mental beings, far more than that, you are spiritual beings. You are thought manifestors.

You can do much more with your thoughts than you can by racing around from one committee to another pounding the hammers and the nails. When you use the mind in meditation to bring light to Mother Earth, you act as a bridge from the cosmos and from First Cause to earth and light is carried in.

We say this to allow you to rest easier about your environment. There are extraterrestrial energies that have technologies that could clean your environment up very quickly, within a few days or weeks. If, however, this was done, what do you think would occur?

Those who have been destroying the planet would say "No problem we can keep doing what we are doing, the world is fine." Then you will be back in the same boat.

Terra is working towards becoming the jewel within your sector of the universe that it was originally designed to be. The darkness is being thrown off. Terra is indeed moving towards great enlightenment. There is a state of consciousness that needs to be understood. You are all connected. You are all one. You cannot be here without your earth sphere. Can you understand that? Can you understand that the others need to learn this lesson?

It will be learned. The earth will heal itself. There will be changes, earth changes. You had an experience of an earth change in your past summer when you had the big fires throughout your United States. That is a form of earth change. Your recent experience with the forces of winds, the tornadoes, are forms of changes. As you see these things occurring, rejoice because lives and consciousness are effected. Each time something like this occurs, a new person steps into a state of realization. It is Mother Earth cleansing and healing herself.

Do not worry, your world is not being destroyed. There is great assistance hovering around your planet. Within physical realms and non-physical realms there are multitudes of extraterrestrial beings throughout the solar system here to assist in whatever needs to be done. Because you are a freewill universe, we cannot interfere. We can assist. As you call for assistance we will be giving it for those who wish to consciously evolve themselves into a more dynamic, fulfilling experience. Questions?

QUESTION: I have a question concerning the painful things like alcoholism and abuse that effect many children and many lives and carry over into adulthood and effect relationships. I come from an alcoholic family and I realize that I've chosen that. But the pain and torment from that has created some very confusing choices that I've made that were detrimental to my life. I'm trying to rid myself of that pain, but it's hard for me to put myself in situations that are good for me instead of being attracted to something that is familiar.

PLEIADIANS: All can learn from this story that is being shared, the story about pain and confusion and anger and powerlessness and recognizing that it is a choice of sorts.

First of all, understand that when you are in a state of confusion and you recognize that you are in that state, congratulate yourselves. You are scrambling up old behavior patterns and beliefs and you are disturbing old orders and ways of being so that you can realign them. Do not feel you are going nowhere when you are in a state of chaos and confusion. It is a high state of being as long as you do not perpetually stay there. You prevent yourself from perpetually staying there by honoring, surrendering and acknowledging that you are working on something.

Self-love and trust is essential for personal growth. When one creates a situation that seems to be less than ideal, when one has parents who are not "Father Knows Best" types, it seems as if one perhaps was gypped. But then, if one believes one creates one's own reality and they choose their parents then you can get into a bit of a muddle [about] why you choose a situation that is less than ideal.

One must ask what is it serving for me? In what way am I creating an opportunity for my own growth? What are the challenges of the parents? What is in this for me? As you judge any situation you keep yourself there. Relinquishing the judgment of right or wrong allows one to move through the experience and have compassion for one's own self.

Often you place yourselves in situations of difficulty so that you can help others that are in greater difficulty. If you have a silver spoon life, often it is more difficult for you to relate to the other members of humanity. When you have come from an area of great challenge and less than ideal situations and you are able to see that you are a result of thought manifestation, it is quite simple through great intent and desire to change whatever has been occurring around you. Because you have finished with the lesson, you see now that you needed to experience those parents and that they needed to learn about their addictive behavior that keeps them sequestered from life. It is a lesson for you as well as for the world. Your families are your mirrors. You are all mirrors for one another. Learn to accept this and surrender to the idea that it is your play you are in. You are the primary actor, the primary writer and director.

Allow yourselves to step outside of the scenario that you are enacting and observe it and see what it is doing for you and then rewrite it. Allow yourself not to annihilate that experience but to build on it, add on to it. You get yourselves in big trouble when you try to erase chunks of your lives. Integrate who you are and make yourselves whole by adding new information, experience and trusting that you are moving towards great opportunities of love, self-love and growth, and that ideally you are working towards service.

Service is the ultimate healing of the self. When one is involved in service, it seems as if one is assisting others. When one is involved in service, one is involved with the ultimate healing of one's own soul. One is liberated, connected with the oneness of being. In order to move into service, you need to have a file full of experience so that you can relate and carry out what is necessary for you to [serve]. Any of you that are finding yourselves in situations of pain, ask yourselves do you believe life is painful? How much pain is necessary? Is it possible to live a life without pain?

Remember that you selected your parents because it was in that nest that you could do your greatest growing and learning. You did not take last choice, for there are no last choices. You are born in the most ideal situation that there is. Your parents are your guardians in the physical world. They structure your belief system and they structure your thoughts. Life does not have to be painful. Examine your basic feelings and beliefs. If you are finding some of them are less than ideal, lay them to rest, discard them as you would go through your closet and pick out the clothes that no longer fit. It is what you all could be doing now with your thoughts. Those that no longer fit and aren't productive or enhance the world as you need to experience it, discard them.

In your mind's eye create a mental visualization in meditation where you have a big box. Inside of this box you place all of the things that you do not need any longer, all of the old behavior patterns and teachings. Mentally forgive your parents for their own ignorance.

Forgive them for what they did not know to teach you. Forgive yourself for judging them for what you think they did not do for you. You will see that you will move forward and you will repattern and effect many others for your own personal growth.

Remember again, you are your primary tool. You are the lump of clay that you are designing and working with. Keep that in mind. You are working with yourself and not others. Others are a by-product.

Work with the self and you will change the world. Love yourself and you will change the world. Ask that you be shown the way. Call for guidance. Call for assistance. Allow yourself to surrender to the highest good that your self can manifest. And then release and forgive.

QUESTION: I feel that my whole being is getting ready to change, and there is a big fear there of not knowing. I want to know. I am praying for guidance. And the answer that I get now is "wait," and "it's not time" and "patience." Instead of the patience building, I'm reaching a point of impatience.

PLEIADIANS: That is because you are not trusting yourself. You are afraid of what is lying ahead of you. First of all, understand that each of you live in your own world. You agree on a mass level that there is one world, but you each form your own world of experience. If you choose that world to be safe, it will indeed be safe. Within that safety, fearful elements may brush up against you. But, if you believe, that you are guided and you are blessed, and you intend beyond all others that you have a safe world that is joyful, then indeed it shall be. We are not talking about the world that anyone else lives in but you. When you learn to trust and to commit yourself to a world of safety and beauty, then there is a certain patience that comes as you allow that world to unfold in front of you.

It is up to you to be patient and love who you are and trust that the dark journeys that your soul has chosen to take were all a part of experience which was needed so that you would have a greater understanding of where others choose to go. You, yourself, can carry a light now, and lead them out. But first you must realize what it is that you are and why you have gone there. You would not understand if you did not have first hand experience.

Do not judge what you do and where you have been. Accept your power. Accept who you are. Accept that you carry light for yourselves, and then surrender to your role and be patient and allow it to unfold. Time will accelerate quickly enough for you. Do not rush it ahead. You have many years of work and play ahead, all of you. It is what you are about. You are gathering now. You are gathering your knowledge, your commitment. You are forming your roles of leadership. There will be many pillars that will be needed in the new society. Many who will be needed to stand strong and to believe in themselves. We ask that you accept this responsibility, all of you.

QUESTION: I feel that when one is involved in a search for self that one is quite vulnerable, especially in the sleep state. I've experienced what I felt was a very negative intrusion during this sleep state. Is that possible?

PLEIADIANS: Your opening statement to us was, "I believe" or "I feel one is vulnerable." That is your essence. That is what you are putting power behind. That is what you are calling to manifest. A demonstration in your belief in vulnerability. So, of course, you would experience anything that would demonstrate that you can indeed be vulnerable to unexpected intrusions. To takeovers. To whatever goes along with being vulnerable.

It is not in your greatest opportunity for growth to believe in your vulnerability or that you can be victimized. You will create for yourself demonstrations. It is more ideal to utilize the thought manifestation to form the world that says "I believe I am safe. I believe I am guided. I believe I am blessed. I believe that I am divinely taught and instructed within my dream state." Can you see the difference?

QUESTION: In choice of words.

PLEIADIANS: In choice of belief. You can choose those words and believe still that you are vulnerable and try to convince yourself that you are not vulnerable. You must search

into your life to see why you select the idea that you are vulnerable. Whenever one thinks one is vulnerable, one can say, "but this happened to me to demonstrate that I am indeed vulnerable."

We are saying thought comes first and experience is always secondary. It is never the other way around. It is never that you have the experience and then you base the thought around it. Always your experience is a direct reflection of what you are thinking.

This is why we are saying monitor the thoughts, get to know the self. Speak with others in a loving way. Speak out. "I believe" and "I feel." When you speak in this fashion, you are coming to the core of who you are. And when you come to this area you can see how you form your experience by what you feel and what you think.

If you are finding areas that seem less than ideal, then attempt to change. If you cannot change immediately then, for a few minutes each day you institute the new feeling by adapting the idea that for five minutes you will feel safe and guided. Then go back to feeling vulnerable the rest of the time.

If you do this a few times every day, you will see that your thoughts make you feel one way or another.

QUESTION: Everything that you have said tonight seems to me to be the basis of metaphysical teaching, the way I understand it.

PLEIADIANS: It is so. What we are saying to you, to your planet, is that the information has been here for eons. It has been covered up and kept from you, but it is basic free information. We are merely here to remind you, prod you forward and to give you a direct experience through contact to smooth out any areas where you may have questions and allow you to propel forward. And, for our part, to encourage you, and to send you love, so that you can know that you are love.

You are greatly regarded, and your planet is a beautiful place of being. Be proud of who you are. We are coming here out of choice. We are coming here because we cherish you. You are multi-dimensional beings and you peek into many realities, all of which are valid, and all of which are real. Awaken yourselves.

It has been our pleasure to speak with you, we send you our blessings. Call on us when you need assistance. Create your own avenues of expression, for you truly are on the journey of greatness.

The Saga of the Family of Light [1]

Over [the last couple of years] we have discussed many ideas with you concerning boundaries that you have set around your definition of reality. [There] is a need for each of you to examine the boundaries that you have set around yourselves. Each of you believes that you have evolved, that you have a large picture, that you see many things. Relative to where you have journeyed from, indeed, you have made progress. However, we guarantee you that you are not seeing the boundary that you presently set for yourself, the boundary that still defines what you believe you can and cannot do. This is what tethers you to this version, this frequency of reality.

These boundaries that you set, that you advertise and announce about yourselves, keep you from moving with the information that is beginning to awaken inside of you. The information is part of the spiritual upliftment. Different layers of reality are removed so that you become more in tune with the realms that are called spirit. That is what spiritual advancement is.

We want you to give up boundaries. We want you to stop defining and protecting every aspect of your lives.

Light represents information. Darkness represents ignorance, not being informed. You have heard us speak many times of the Family of Light or the White T-Shirt and the Dark T-Shirt teams. You represent a return of the White T-Shirts. That's basically who you are.

You are members of the Family of Light and we want you to contemplate who Light are. We want that to be a concept that filters through your consciousness.

You all know that the body is changing. There is a rearranging and a rebundling of the light encoded filaments that have been scattered inside of your physical body. Your bodies are being retooled, redesigned. Light encoded filaments make up the strand which forms each helix [of the DNA]. As this energy [during the energy accelerations] moves into the body, it is like a gridwork of energy that is superimposed or aligned over the physical body. All of the bodies must be intact in order for the light encoded filament bundling to be affected. What does this mean?

Remember there are millions of light encoded filaments. They have been purposely scattered in your DNA so that a long time ago when you were created, you could be controlled by some. There were those who were of Light who biogenetically created a great liberation within one species of the planet. Your reality, your world, at different times was raided. There were other forms of extraterrestrial stewardship or cosmic kings that came in and took over the project of your earth. This has been called "the fall" in religious terms. A change of administration took place.

These new administrators on your planet called themselves God with a big "G" when they were really gods with a little "g." They did a biogenetic manipulation upon many members of the species. Your relatives that made up the organization of the DNA material were put asunder, or scattered within the body. That formed tiny fibers of data that were at random within the cells of the body. These are the light encoded filaments.

The light encoded filaments are beginning to find their counterparts and data, information, history that is your right to know, is organizing itself inside of your bodies in conjunction with the rays and the gridworks that are being put over your physical bodies, you who are members of the Family of Light.

It is an awesome task to carry light. Once you allow light to come into the body you begin the process of change. [It] is not always a joyous, uplifting, fun-filled time as some of you have discovered. In this process, when things are not so fun-filled, the first thing that you all do in order to keep yourself from evolving and from changing, you immediately begin to respond to all emotional events with fear. You blame someone else and you whine and you complain and you feel and believe that someone did something to you.

The rest of the planet believes this. The rest of the planet are not members of the Family of Light. There are millions of you here, of course, and light is returning to this planet where the Dark T-shirts were in charge for a very, very long time, where the Dark T-shirts fed off of your emotions of fear and negativity and war and greed. Because this is a free will universe, all of this has been allowed. And, of course, Prime Creator, First Cause, is the Dark Team as well as the Family of Light. Prime Creator, First Cause is all things.

We teach you in terms of stories. Some day perhaps you will see through some of the stories that we tell and you will not need these stories any longer. You will be able to smash paradigms and come into a knowing of larger realities. Until that day, we speak to you in stories so that we can hold your interest and entice you along to areas where you are petrified to go and yet in areas where you have committed to the deepest portion of your soul to journey

You have agreed to carry light and to return light to this planet. So it is that as light begins to fill your bodies, your memories must be opened and you must evolve as the DNA evolves, into a multi-dimensional self, a multidimensional reality.

EDITOR'S NOTE: In earlier tapes the Pleiadians explained that as we are evolving biogenetically our DNA, which was a double helix, has now become a triple helix. The triple will become six, six will become nine and nine will become twelve. Each new strand relates to a corresponding chakra in the twelve chakra system.

When the triple helix was born, there was a rebundling of certain information which coincided with the double helix as your scientific community would describe it. There was

stirring up and there were memories and there was energy that needed to be brought to the surface. The first two strands [the double helix] that are in each person relate to the first two chakras the base chakra and the chakra of sexuality.

The triple helix relates to the third chakra, that of feeling. As the triple helix came into blossoming and as the triple helix began to release its data, as the nervous system continued to evolve, the brain began to move into a functional capacity - full function you are striving for today rather than a mere 5-8%. This mutation process is all of the data. The complete history of yourselves in the universe is in these light encoded filaments which have been scattered inside of the self by beings who did not want you to be that talented because they could not control you.

You are now coming to the time where there are three more strands so there [will] be six strands. The six strands will work you through the heart center, the throat center and the third eye center.

Anything that you have not let go of that has to do with identity, sexuality and feeling if you have not worked through these and simply used the material of your own history to create soap operas around your life that you want to run and have a non-ending show, you will get stuck in these areas. As the other frequencies, as the other DNA's begin to form, if you do not clear this stuff, everything will go into chaos in your body.

The self must explore all of the history of this body so that you can accept who and what this body is, and who and what this body has done and what has been done to it. If and when you can reach this place of understanding why you created others coming into your life to create great disturbances, then ideally you will put yourself in a position to sanely explore the channels of the multi-dimensional self where we guarantee you, you are not going to be pleased at what you have done.

Many of you have been practicing the art of projection. That means that you blame someone else for what you have created. That is acting completely against all that we have taught you. No one else does anything to you ever. You create your reality. In order for you to get the body ready to move into the multi-dimensional version of self, you must stop judging it.

The multi-dimensional self is where you literally begin to feel this data from the light-encoded filaments that is your history, that is your identity, that is the history of your world on this planet and of f of it. In order for you to have this history revealed to you as a frequency, you must move out of right and wrong and judgment. You must smash the paradigms.

We have carried the idea of sexuality into many of these concepts. A long time ago we taught you that sexuality is a frequency of ecstasy that was not taken away from you like the data in the DNA. You were left with the frequency of orgasmic experience in sexuality so that you could remember your higher identity.

When this energy, or this history of yourself begins to reveal itself and you begin to discover who you are, you have to unite many bodies in order to receive the full impact of the gridwork of your identity to let the 12 helixes fit in the body, to let the light encoded filaments rearrange themselves. It has to do with the mental body, which is of course connected to the physical body. Mentally you can send an image or you can stir up the physical body. Everyone gets stuck in the emotional body. The emotional body is connected to the spiritual body. The emotional body is the body that everybody wants to skip. "I want to evolve. I want a rapid acceleration and I do not want to go through the feeling center to do it."

You are connected to your multidimensional selves through your feelings. So it is through your feelings where primarily humans get stuck. That is why men have given up feeling. In your society, men have simply bypassed or recircuited the energy from the first chakra, the second chakra and they move up into thinking. That is why the female vibration has been very frustrated with the male vibration because the male vibration does not feel.

The male vibrations have lost their feeling into their second chakra. It has been very frustrating. If the male vibration felt, they could not go out and commit war. You cannot feel and take the life of another. In general, if your feeling center is open, you are connected to how someone else is. You would feel their pain and it would be a rare group of people who would get off on that kind of pain and killing. War occurs because feeling centers are shut down. So the male vibration has been in agony by having feelings locked into the penis for all these years.

You may think it is a joke. It is not a joke. That is what allowed the patriarchal society to develop without feeling men. Your world has been organized by men for quite a number of thousands of years as the woman or the goddess energy has decided to be quiet for awhile. Now you are experiencing a reawakening of the goddess and the merging of the male and the female identity within each person which has been called on your planet the twin flame. The twin flame is the male and the female within each person.

QUESTION: Sometimes the things you really want to experience or that you crave to express and you feel like are truly you, you're terrified of experiencing. Are the craving and the fear somehow connected to the fact that the DNA has been scattered and the light is in there but you can't seem to get to it?

PLEIADIANS: Gold star for you. That is a very good stretch of understanding what you fight with to understand. The physical bodies of the creatures of earth were designed. You all represent the renegade group of Light. A renegade factor of Light shall we say. You have agreed to come back on the planet. You are on assignment. You come into these physical bodies and take them over. You intend through the power of your spiritual identity to change the physical body. You all selected with great care the genetic line that would best give you a head start with all of this. So each of you genetically chose your parentage or your genetic genealogical history somewhere where members of the Family of Light have threaded through your own genes.

When you begin to awaken this identity, this reality, when the coding begins to be fired in you, you must follow. The logical mind wants to fight with the coding. It is the logical mind to some extent that has a memory of the pain that was suffered when the fall took place. When man existed in his right domain, man had the ability to understand many realities. Man had the ability to be multi-dimensional, to be one and equal with the gods. The gods raided this reality just like corporate raiders come in and take over a place because the pension funds are in great abundance the funds upon this planet were in great abundance. So long ago, in order to have these gods be believed as gods, they rearranged you genetically.

The DNA was like a fantastic library [before it was scattered]. Imagine going into a library and pulling all of the books off of the shelf and letting them all be heaped into the center of the room and then destroying the card catalog so there is no way to find information. That information exists, but if it is not stumbled upon it is lost. It is not cross-referenced.

That is what happened with your genetic structure. That is when the Family of Light was scattered from the planet. The Dark Team, that which operated out of ignorance, came in. The body carries a fear and a memory of striving for knowledge that the gods represented, that they took away from you. The gods who did this are magnificent space creatures. They can do many kinds of manipulations and work with realities in many different ways. When this occurred, man began to be in ignorance and man began to call these space creatures God with a big "g."

God with a big "g" has never visited this planet. God with a big "g" is in all things. You have only dealt with gods with a little "g" who have wanted to confuse you, who have thought of this as a place that they own out in the galactic fringes of this free-will universe.

QUESTION: It seems such a paradox; that on one hand we create our reality and on the other hand we have been genetically altered into ignorant beings.

PLEIADIANS: Yes. This is the paradox we want you to be confused with at this time.



You see, both of those concepts are boundaries. They define your reality. There are enough of you awakened. You are not alone. The process is occurring so rapidly that you are ready to have a huge realization about your identity as members of the Family of Light. You must begin to integrate the concept that, yes, you are biogenetically manipulated and you create your own reality.

In this free-will zone all is allowed. One of the primary lessons that has been going on on this planet is, in a free-will zone, authority, sovereignty, tends to be the major issue all over the universe. You have the free-will to give up your authority and you allow others to define your existence. Others created you just like you create many things. You bring light to things you do not understand. Ideally, the things that you bring light to and the things that you become steward over, you have a certain degree of responsibility to. You have a certain compassion of stewardship and you balance out your power over what you create. The beings who created you, [had] their creation raided. Others came in and took over in this free-will zone where all is allowed.

You, as members of the Family of Light, have designed this time to alter the planet, to eventually alter the whole universe. The Family of Light is very vast. There are many more of many other kinds of families besides light. We are simply talking to you about light because that is your primary affiliation at this time. Perhaps [later] you will begin to realize what is beyond light, what else there is besides light.

QUESTION: When the DNA was scattered, where did the information go?

PLEIADIANS: It was all set asunder so that there was no way to make sense of the information. So, how do you find the information? The information is going to reveal itself to you. That is the process. You don't have to go looking for it. This is your heritage. This is who you are. It is the memories that are going to come flooding your consciousness. As the DNA begins to form these new strands, these new strands will travel along a nervous system in the body that is being developed at this time. Over this last year we worked with you to develop the nervous system, to pull light into the body, to oxygenate the system, to learn how to move through energy accelerations and call more ideas, more experiences into the body. As this process begins to grow itself and nurture itself in the body, you simply observe it.

You want to know how to access it. When you get stuck in your dramas, that is when you keep reading one of the books and don't let all of the information of the other books come together. There is a whole story.

The story has to do with your whole soul. The entire soul. You are, as members of the Family of Light, agreeing to hold in your physical body, conscious awareness of all of your- existence and to accept what you have done, the parts you played in all these existences. And then, to raid different realities, to change them according to the dictates of your agreement as a representative of the Family of Light. You have free will within this, of course.

The triple helix brings you into the feeling center. The feeling center is emotion. Emotion is linked, no doubt about it, and it is your road, it is your bridge, your ticket to the spiritual self.

When people don't like or deny the emotional self, they can't get in to the spiritual realms. The Christed one said "Know thyself." That was given on the planet a long time ago and distorted so that people could not understand how grand indeed they were, that all they had to do was rearrange themselves.

It is always internal. When people want to know how to go about bringing the change upon the planet, we've always said work with yourself. Develop yourself. Move beyond the boundaries of self. Learn to become multi-dimensional. Learn to exist in the astral world. Learn to travel beyond the physical body. Stop defining the body as ending "here" which is what society encourages you to do so that you can be controlled.

In a free will zone control is part of the game because, in a free will zone someone is going to say, "I want to be in charge." You are members of the Family of Light. To what hierarchy and to what gods do you answer?

The Saga of the Family of Light [2]

It is time for all of you to redefine in a much greater sense your own identity. Events are transpiring in the cosmos that you and many of your political leaders have no idea of. You must stop this foolishness about your definitions of gods. You must stop this foolishness of thinking that there are beings who come from the skies to your planet with special talents and abilities and that they all are spiritually connected. You are going to discover as a species some very disturbing ideas over the next number of years; perhaps it will be not for fifteen or twenty years. Nonetheless, we are preparing you by decree of the Family of Light so that you can understand and be informed as to your own options.

The Family of Light has been noted for its penchant, its predilection for creating societies where there is a tremendous movement in all directions along the light rays. What does this mean? Light is information. The Family of Light is the Family of Information. There are consciousnesses that are Families of War, that spend perhaps billions of years in your conception of time, studying, promoting, experiencing control over consciousness. In a universe that is existing out of a limitation of time, all scenarios within a free will zone get played out.

This is a time for you to radically change your views about yourselves. It is time for you to bust down boundaries. It is time for you to rise [out of] the pettiness of day-to-day dramas and events, to begin to connect on a cosmic level the higher drama that is occurring so that you can be better informed for your own intentions, purposes and drama. You must be able to understand your identity and your ability to ride your identity into any world that you choose.

You have had changes, many of you. Look back to see who you were one year ago and, ideally, each of you will feel much more empowered. Each of you will feel, ideally, that you do, in every instance, create your own reality. And, ideally, each of you would at this point accept that every situation that you experience, whether you are employed or unemployed, is by your own design. Ideally, at this time each and every one of you has the art of manifestation down, because it is now time for you to pull [in] the cosmic gridwork, a gridwork that is fired by light encoded filaments outside of your body and to plug this gridwork of information into your psyches so that you can become broadcasters of this data upon your planet.

[It is time for you] to smash down the boundaries around you. Those boundaries came from beliefs that were given to you when you were within the system of the double helix. As the other helixes form in your body and begin to bundle information together, and the Family of Light begins to once again vibrate upon this planet and change the vibrational course of this planet. You will discover that you will need to know and believe that you are much more capable than you presently believe you are. You must be much more discerning about what and who is going to come from the skies because you are going to be duped and you are going to be tricked and you are not going to understand it.

We see this because we know how easy it is to dupe you and to trick you. Sometimes we do it to you to move you along. We have said this to you. We have been very tricky with you. If we told you the whole story, many of you would have turned tail and run a long time ago. It is true. So, we have instilled in you confidence. We have instilled in you [new information] that you create yourselves, that you create your reality by your thoughts.

[With that information] you could begin to formulate a world that has been designed by the Family of Light so that a plan and a new gridwork can overlay a portion of this earth and that a completely new probability can burst forward, because there is potential for a great cosmic war here upon your planet at some time.

You have been given, in historical terms, names of beings and names and colors of rays and it has all been so much hocus-pocus that you do not even get a true picture of what is going on in the cosmos. You keep calling all of these beings gods, and you have a completely convoluted view.

You, as members of the Family of Light, have a stance in another reality that is that identity that you read about or that others worship. It is not to be worshiped. It simply is. It is no different than the you that sits before us. It has its own drama that it is working out in the same way that you do. It simply is more informed because it operates on a different frequency than you do. You came here to bring that frequency and to let that frequency once again reign upon the planet. That frequency that is informed, that creates an equality. The Family of Light are renegades. They are definitely renegades. They bring something into reality that wreaks havoc of others' plans. And many say, "Oh, no, here comes the Light." Their systems, or their plans are set asunder because Light comes in and Light wrecks systems.

Systems of information, systems of society, systems of worlds, are formed by information that someone gives you. But they are formed more by the lack of information that someone gives you. What you do not know, what others withhold from you, forms your beliefs. As in sexuality. As in no one giving you the idea from the time that you were born that your thoughts create your world, etc. So, light represents information of a sort that has so much movement that eventually all systems evolve. Light can be a systemless organization because it is constantly breaking down its boundaries.

Within the Family of Light there are those who are conservative. Who want to hold on. Who want to hold systems and ideas. You are a part of the renegades. You are not going to kneel down and worship anyone. There is no master that is going to come before you that you are going to agree to follow. You may for a while because you will have forgotten. But you will know that you are from that portion of the Family of Light that continuously carries a banner of freedom, to follow no one but the inner guidance.

There are those who do everything in their power to keep Light from coming into systems. There is a Divine Plan that is set about in many ways upon this planet. That Divine Plan has to do with a protection and a shielding of Light. Everything is done in its proper order. Light does not need front page advertisements or bulletin boards or newsletters. Light is a frequency and the frequency is what is spreading around the planet. As this frequency spreads, it spreads because members of the Family of Light allow information to be housed within their body and then let that information—simply be dispersed by living, by being. Can you understand there will be those who will come from the stars to your planet who will have abilities that will be incredible to the mass consciousness of the people upon this planet? These beings do not feel. They are not connected to any spiritual seeking. The choice of the seeking, of the awakening of the spiritual self is, of course, free to each person upon this planet, each person in this universe. Not everyone is going to realize it. Just as you have cultivated very powerful individuals upon your planet who do not feel, who have no connection to their emotional and spiritual consciousness, there are those who exist in space who are extremely powerful space kings, space entities, who have nothing to do with spirituality. They will be powerful forces, forces that if you meet them you could feel like David meeting Goliath. That is why it is important for all of you to learn how to alter your reality, to learn how to dance between the vibrations of frequency, to be able to flip into the station of the world that you will be wanting to experience.

QUESTION: So, these highly evolved, mental beings are disconnected from their spiritual center and are not members of Light?

PLEIADIANS: This is one of the great lessons for you as humans. The Family of Light portion of yourself knows this very well. But you are not awakened to that portion yet. You are still in the human portion. And the human portion has set boundaries about who is a

good guy and who is a bad guy, and who is who in the space hierarchy. There have been tremendous amounts of literature on this and you have bought every one of them. We are telling you, smash all of those. Smash every one of them, including who you think we are. Over the next number of years those who come from the skies will not be members of the Family of Light. They will be the mirror of those upon the planet. We have said to you, your lesson is becoming your own authority and stopping always giving over the decision making process to governmental people or parents or teachers or what have you. It is time for the people of the earth to become sovereign.

The people of the earth are going to need to be tricked first before they become aware. Many of you may find that you will be very frustrated. You will see things that others will not see. You will see a mass mania occurring upon this planet and you will not be able to live with it. You will see masses of people walk towards something, a false god that is foolishness. That will be the time, that will be the signal for you to go to your places of retreat.

You are beginning to feel what may be coming. As we have said to you before, it is an awesome task to carry light. Once you put it in your body there is no stopping it. There is no saying, "I quit with the light team." Once light is there, that is it.

We want you to realize that those beings who are space beings, who are on and around your planet at this time and who your governmental forces have made deals with, etc. they are dealing with the same issues that you are. There are those of the lower intelligence, the lower hierarchy, or whatever terms you wish to label them. They are beings who are reflecting your beliefs and your drama back at you. They have been accused of heinous behavior, doing mutations and abductions upon the human species that have sent an outcry among many of the organizational members of UFO study.

Yet they act as a mirror to show you your world, what you acquiesce to and what you acquiesce to let your leaders do all over the world. These extraterrestrials who come here do nothing different than your own species does or that the masses allow the [leaders] to do in their name because they do not rise up and say, "Hey, I do not approve of this ! "

There is a complacency upon this planet. "You do it for me. I don't want to be responsible. You become my governmental official. You become my teacher. You become my boss. Some one tell me what to do."

These extraterrestrials mirror this to you. Remember the movie "V?" Many years ago, the movie "V" was shown upon your planet to give you some idea of the cunning and the conniving of certain entities who will come from space that some will indeed worship and think they are absolutely powerful masters. These scenarios are going to prove true. There is a pending merging of the human consciousness and the extraterrestrial alien presence upon this planet. It is being marketed to you at a rapid rate.

What we are saying is that many of you who have studied and who used your own discernment will be shocked and appalled at the foolishness and at the worship that the rest of the race will have toward certain beings from space who will pass themselves off as your creators, even though they do not have bodies that look like yours. They will be able to do many things, share many technologies. They will perhaps cure certain diseasements that they helped create in the first place by teaching germ warfare to your planetary scientists.

You will retreat because you will become disgusted with society because you will not fit with the new gods. Do you understand this? The new gods may be lizards? That's a little funny, you think? Hold on to your seats. You have no idea what is coming. That is why we said, "If we told you everything that was coming you would have scattered a long time ago."

And, remember we said to you [before] that some play on both teams because they are double agents, etc. It is very complicated. It is so complicated and it is time for you to grow up and understand it. We have held your hands for quite a few moons and we are

pushing your paradigms, stretching your identity because we are preparing you for something so that you will be able to stand firmly in an identity and not be crushed by what you thought was out there.

Oh, dear humans, you are in for an adventure. And only you can carry this adventure out. The non-physical realms continuously support you. The members of the Family of Light are around you and with you all of the time. Yet, it is up to you to master the laws that we have shared with you and to anchor them upon this planet.

When you begin to live all that we have taught you with this divine nonchalance, this trust of identity, this trust of synchronicity, this trust of being a part of a plan, then you will find that even in the midst of great calamity, of incredible odds, will you be able to defy the laws of man.

QUESTION: In a sense then, Light are the destroyers. We destroy the old in order to create this new world. So we can't really take a passive role.

PLEIADIANS: Of course, you do not. You take an incredibly active role. As we said to you, there are many who say, "Oh, no, here come the Light!" Light is known to alter every vibrational frequency that it encounters. Light carries information. Information expands systems. And old systems can no longer exist. So, as light moves to destroy, it births new systems by what it leaves behind. A new order is formed.

[Some of you find it difficult to think of yourselves as destroyers] because you have a belief system about it. It is a paradigm. Those who get stuck within that vibration, if you do not smash those ideas, you will become very confined and restricted in experiencing reality.

Yes, you are destroyers. You are definitely destroyers. You destroy systems where the Dark Team prevails, where ignorance prevails. Light goes in to destroy all systems.

[When we talk about retreat.] we doubt you will want to stay. You will feel so isolated and so alone. You will feel the destruction of a belief system all around you and the formation of one that you have no relationship to, that of worship of perhaps lizard people, or some other kind of people. [The toys for children called Masters of the Universe] depict energies that are very non-spiritually connected and that are somewhat ferocious. They are legitimate depictions. Those humans or members of any consciousness that deal with struggle and that deal with fear of giving up or changing authority or the need for authority will have a tremendous combat with these creatures who are going to come from space.

QUESTION: What is the most effective way that we can deal with these energies? If we engage them on their level then we are just going to their level.

PLEIADIANS: This is what you are being trained for. This is where your cosmic diplomacy is going to come in very handy when those of you get your diplomas in that course.

You use your feeling center. You feel these things out and you allow. You have your wits about you to not want to go out with sticks and stones and bows and arrows that you made from your backyard and attack Masters of the Universe. You allow each person to have their drama. You understand impeccably that you create your own experience. Even if it seems as if a two mile ship is going to land on top of your house.

Being the destroyer on this basis means that by carrying light inside of your body, you bring that frequency onto the planet. And that frequency has information. The frequency of light is about the history of your identity. The history of your particular consciousness. As we have said, that consciousness was scattered from your data base or from your cellular structure because those who came in to be your gods could not control you if you had the same abilities that they did. So they came in and did the biogenetic experimentation and mutation that has been called "the fall." That was when the ignorance of man became more predominant. There were many different experimentations at that time. It went on for a very long period of time.

Light represents the putting together of that which was asunder. All you have to do is be. As you simply be and as you evolve yourself and let your own personal life evolve, you are to take for granted, and this truly you are to take for granted, all the other members of Light are evolving as you are. You send your telepathic broadcast out that you are here, that your presence is here as we always say to you, "We are here." We are members also of the Family of Light and we bring information with us. That information is broadcast everywhere.

There will be those who will seemingly be in chaos to you. To themselves they will feel as if they are in states of ecstasy for a while [when they find what they think is] new authority, a higher authority, a new paradigm, animal gods, or whatever.

Back to this animal god thing. Now you know why the Egyptians have all of those statues. These beings can do miraculous things. They are the ones that your governments are going to be working with. Your government and the members of all of the commissions are going to promote and speak highly of these particular entities because these particular entities are going to assist these beings for a while to have more and more wealth.

These beings who are not spiritually informed or leaning in spiritual ways, deny the existence of a force. They have developed scientific principalities and technologies that are scattering around the laws of spirituality.

You all think that because you understand or you believe in the spiritual realms that each person as they evolve must naturally move into that information. It is not so. It is possible to become brilliant, a master of manipulating matter and reality without understanding spiritual connections. Very important that you learn this.

QUESTION: How can connecting with our multi-dimensional selves help us?

PLEIADIANS: There are portions of yourself that know of you that you do not know of. It is that that you are needing to bridge and pull together. You are an operative in the field of a larger identity, an identity that is seeking to discover all of its field forces, all of its correspondents. And you, of course, are prime correspondent. You are in the hottest territory at this time. You are in the pivotal spot. This is the hot spot now.

Ideally, you will be able to become multi-dimensional travelers and you will be able to take the force from this body. Sometimes, perhaps, you will be working in the field, perhaps you will be gardening or chatting with someone or picking strawberries and something strikes you, a sound. And you go and sit and you allow [your current earth personality] to depart and with consciousness you take [that personality to where it] is needed to add to the Family of Light's capability in that reality. And you will know it. You will know it.

You all will become multidimensional players. You will travel with consciousness. It will be then that entertainment will come from the self. You will not seek to read books and listen to tapes and go to movies. You will be living those things. As you bring the abilities of the Family of Light upon this planet, others are not going to want you to be here because you will not fit with their gods.

Not everyone wants to be free. You, as members of the Family of Light, are going to create a new earth that is going to be free. Those who do not wish to be free will have their earth as well. There will be a splitting and a time of separation. Members of the Family of Light know that there is no need to force anything. They are simply to work together in harmony, to support one another, to seek one another out so that you feel comfort in what you are to do because some of the things that you are to do will be outrageous. Very outrageous.

QUESTION: Will we know whether these beings are Light or not by listening to our own feeling centers and intuition?

PLEIADIANS: Yes, that is how you will understand if you are able to develop the ability of listening. There will be many who will turn to these and say, "Yes,-these are wonderful. I feel wonderful about them. They are so magnificent. Look what they can do." It will look

as if they are coming to fix and to save your world. When in actuality, it is simply another form of authority and control.

What we are saying is that people will put a belief system and a paradigm on these entities. There will be a large marketing program that is already going on to sell the presence of these entities to you.

Many will turn to worshipping because it will seem as if miracles [are being performed]. It will seem [to be] the grandest event in the history of the world. It will be marketed as such. It will not be marketed as "our space brothers return." It will be marketed as if this is the first time they have ever come, as the biggest event in the history of your world.

There will be a very big surprise. At first it may seem that mankind is being given a whole new opportunity, a whole new golden era. Then [you] will find that the tyrannies will be larger than ever before.

The purpose, of course, is for each one to become sovereign. And for the planet to unite. [A friend of ours] used to say he wanted each person on the planet to make it. Each one is not there. Each one is not in that vibration that they all want to work in harmony at this time.

The Family of Light, as it has infiltrated and penetrated this planet, is going to create its own planetary sphere, its own earth. You will do this by building first your light communities. Then by working within the cosmic rays and within the time sectors. It will take a tremendous unity of strength and harmony.

QUESTION: Everywhere I look in my life, I see boundaries that I put there. There are so many of them it seems that the easiest way would be to just intend that they go away because if I have to deal with each one of them it would take a long time.

PLEIADIANS: You are going to deal with each one of them. You would love to say, "Golden stardust, eliminate all that has limited me. Boom! I am free!" That is a classic example of wanting to re-circuit and bypass the feeling center. You have certain emotional beliefs or feelings that assist in making these boundaries outside of yourself. As you have to break the boundary you have to deal with the emotion that put the boundary there in the first place. Through the emotional body are you connected to the spiritual body. That is the problem to many people. They want to bypass that which is difficult because they are going to have to feel their way through it.

That is the gift that you want to sweep under the rug and say, "I don't want to do this." When that is your gemstones. That is your key to breaking through each boundary, even if you discover you have 101,000 of them. The thing to do is to not feel frustrated that you have two dozen boundaries. Simply say, "Isn't this interesting." Look at the boundaries that you have set up and instead of [swearing at them,] simply observe. "Isn't this interesting." See if you can discover how it came about. What purpose it served. What grocery store you shopped in when you bought that item.

As soon as you acknowledge and recognize something and be willing to release it, it moves. When you cling or when you have fear or when you think, "I like that boundary. That serves me very well." Then you limit yourself.

Feeling is what connects you to your humanity. Feeling is what connects you to your emotions. Emotions are connecting you in this realm of existence to your spiritual body.

What we are saying is that emotions, feelings, are the key to being alive in this reality.

Many realities exist without emotions. If you want to deny the emotional self in this lifetime then you had best just realize you have hung it up. Because if you are not going to be part of an emotional self then you are never going to make the game that we are talking about. You will simply be one of the masses who watches television and feels like she is a victim over and over and over again.

If you are feeling pain within your emotional body, ask yourself why you believe this pain is there and what purpose the pain serves and why do you choose to create pain through

emotions. Why is it not your choice to create joy? All is choice. We need to remind you of this.

Most humans are afraid of the emotional center, the feeling center. They are afraid to feel. Trust your feelings no matter what they [are]. Trust that they lead you to something, the way that you feel brings you a realization.

You all want to be in life and be removed from it at the same time. "Let me just be here and be a powerful person but I don't want to feel or participate too much in it because it hurts too much and then I will get sucked down."

[When] you are not afraid of feeling and you are moving past judgment and you are allowing yourself to feel all the ways that you feel and you move through it, you will come to a tremendous breakthrough because you will be able to ride feeling into other realities. [Some of you] are afraid to feel in this reality so you will not even participate in this reality, let alone ride into other realities.

If you wish to have an acceleration, dive into something that brings up feeling. Stop skirting the issue so that you can think you are in control. Dive in the middle then see if you are in control.

It's not that you don't know how to feel. You are afraid of your feelings. You don't know what to do with them when you have them. They bring up a sense of powerlessness within you. You associate feeling with, "Oh, no, I blew it." You have a boundary of belief system that when something comes up that is emotional, that brings pain or feeling or anger to you that that is not good. It is time to stop tip-toeing around things. Stop avoiding your emotions.

QUESTION: I have a fear that when I get into my emotions and let them flow that I will become less centered.

PLEIADIANS: Do you understand that because you have a fear of something it keeps you from experiencing it because you put up that wall that says, "If I go there it is bad." You put the brakes on so you don't go there. In actuality, sometimes the greatest thing is to simply say, "What the heck, I will go there." Then deal with being there while you are there and not worrying about being centered while you are in the feeling center.

That is wanting to take control into that situation again. Of course, you will strive to be centered within the feeling center. But if you intend to go into the feeling center and always just be centered, you are not giving yourself the range of movement that is needed to ride the emotions that knock down boundaries and belief systems.

You can make an intention to go into the feeling center and that you learn how to be centered there while you explore all of the opportunities of the feeling center. Not to say, "And I am going to be centered there." Then it sounds as if you won't allow yourself any movement within it.

Strive to have eventually a centeredness. A centeredness does not mean that things don't fluctuate. It means that you allow things to fluctuate. When the you allow things to fluctuate. When the boat is ready to tip over or when it is calm water, you allow it. You ride it. Then you get out of the event, whatever the ride was, a calm ride or a rough ride. Anger serves a purpose. All of you want to get finished with it. You want to sweep it under the rug. You want to act as if it is no good. You act as if it is rotten vegetables. Throw it out. Bury it back in the garden. There is no purpose to it.

What we are intending to emphasize is that there is a purpose to fear and there is a purpose to anger. If people would allow themselves to express, to experience their fears, which may lead to the expression of anger, they would learn something. Those of you who want desperately to avoid fear and anger and make a huge issue not to confront it and who are really afraid of it, you have something great to learn through these techniques and you are simply afraid to experience it.

Most of the time you are wanting to be accepted. You feel, "No one will like me if I do this or if I feel this way." And you don't give yourself permission to have certain feelings. That



is where the anger comes from. You make the anger because you make the judgments about what you can and cannot do.

If you do not give yourself permission to feel, you cannot learn. You can have good things in your life if you do not feel. It is not a very fulfilling existence. Feeling connects you with life.

We will say to you, enjoy yourselves during this time of transition. There are many wonderful discoveries to be had. We trust that you will gather all of them for yourself.