

Spirit Guides

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Blessings of Sananda!

Today's meeting is one of the first of several where we will speak to you, even train you, perhaps, for communication; communication with your guides, your masters. But that is not where we will stop, for we now wish to introduce, to this group, telepathic communication. In the years to come, certainly a distant future when viewed currently, telepathic communication will stand by you, will aid you in ways you cannot conceive right now. But you cannot learn of telepathic communication at the time you need it. You must learn of it much before you need that kind of communication.

So let us start with our first: meeting your guides, meeting those you have called your masters, angels. Let us first explain who a guide is; what is this energy of angel and master that you speak of? Whether you call them guide, counsellor, angel or master, we are all entities that you would call astral. We have no embodiment.

The reason why spiritualists of yore have called us by different terms, that is, counsellor, guide, master, Overlord, is because of our differing energy frequencies. Counsellor would have the narrowest of energy frequencies of astral entities who are permitted to communicate with the human realm. Overlords would naturally have the widest. And therefore, that entity who is counsellor today will be Overlord tomorrow, and as the Overlord energies begin to expand, further and further, there comes a moment of choice: a choice to continue as a separate entity, being the Overlord, or to release the individuation and merge, seamlessly, with the One.

There have been ancient masters, who have long since given up their individuation and yet, you will have mediums who will be channelling them. There is a reason. An Overlord, with a similar frequency will channel, while continuing under the name of the earlier Overlord. For us, names matter not, so you may call us whatever you wish. You are really entering into our frequency zone. That is of import, not the name you give us.

Now you may question why we insisted on not coming to this medium anymore as Jade Fire. The Jade Fire energy that she had accessed, years ago, was at a frequency range that was much narrower than the range we are currently at. She has already been accessing this higher frequency range, but within her, there was a resistance, which we are joyous to see is now completely spent. There was a resistance to a name. She does not resist frequencies, for she is one of those few mediums who can access frequencies of any range, but her humanness gets stuck in names. And to break her resistance to a name, this is what we resorted to. It makes no difference whether you or she call us Jade Fire, Yezu or Sananda; she accesses the frequencies that our energies are at.

And this is a resistance many of you will come across in your own journey. Sometimes, this resistance to names takes on a different form. You may have heard of the name of an Overlord, but you are accessing frequency ranges that have not reached the frequency range

of the Overlord, but you make yourself believe that it is the Overlord frequency that you are accessing. Once again, for a while, this kind of resistance is permitted, but when the medium comes to that level where that resistance would be counter-productive, it is then, and only then, that a name will be insisted upon. So you see, beloveds, a resistance to names can work in both ways.

Many still believe that the astral entity, be it counsellor or Overlord, is exclusively an external energy frequency. And this is what we wish to set right, because this is a misconception. Those whom you will call 'ghosts', (even those who are friendly, helpful, compassionate and kind; they may be your own family members, friends), those you have called 'spirit', are most certainly an exclusively external source. They have their own levels of Consciousness and their levels of Consciousness may not merge with yours.

But counsellors, guides, masters and Overlords are part of your own Consciousness. Yes, we could be considered an external source, for as you see this medium channelling what we speak through her, there is a definite, distinct change in how she speaks, how she expresses, sometimes even how she may look. But we are not exclusively external to her. We are part of her internal Consciousness as well.

You may not be aware that all realms of Consciousness, 1 to 14, have differing frequency levels. There are 14 levels of Consciousness between the denseness of matter and One Source, which we will call, Consciousness in Potential. Between that there are 14 levels. 9 of these can be reached by the human realm, in living embodiment. Very, very few have ever reached the 9th level. We exist on these levels of Consciousness. And though her frequency range certainly differs from our frequency range, we still exist and we still completely blend and merge and are one, at a given level of Consciousness. And whether she goes beyond her existing level of Consciousness or not is not reliant upon our energy at all, but on hers. When her own energy expands her frequency range, then she moves to another level of Consciousness where again we will be one.

So, beloveds, counsellors, guides, masters and Overlords exist within and outside. And that is why, several times, you, as a medium, are not able to decipher: 'Is it me exclusively? Is it the master exclusively? Is it a combination of both?' There are very, very, very few and far between occasions when it is the master exclusively. As a medium begins a training process, initially it is the medium exclusively. Then it begins to allow the master's energy, which is already part of the medium's Consciousness, to enter along with the medium. And the training process involves recalling those spiritual pathways, through which the master, Overlord, guide or counsellor can blend, easily and effortlessly, with the energy of the medium.

There is not a single individual, living on this Earth, who does not already possess these spiritual pathways. They are part of your energy matrix. It is when you awaken to the call of your soul that the spiritual pathways begin to be recalled. They are not formed; they already ARE. You only need to recall them. The spiritual pathway that you will use to access the

energy of a guide would be different from the pathway that you would use to access the energy of the counsellor, of the master, of the Overlord.

These spiritual pathways would be completely different if you wished to access the energies of those astral entities, whom you have called extra-terrestrials, who are also part of your Consciousness. You cannot channel a single extra-terrestrial, if that extra-terrestrial is not already part of your Consciousness. Of course, let us not forget that in the higher realms of Consciousness all is One and thus, every single entity would be a part of every single entity's Consciousness. But here we are referring to the 9. We are not referring to 10, 11, 12, 13 and 14. Are you with us?

Where do these spiritual pathways exist? We have already said this; in your energy matrix. But what is this energy matrix that is so talked of? It is nothing else, beloveds, but what can be called a sheath of psychic energy. Psychic means spiritual; 'of the spirit' as opposed to 'of matter'.

Now you can understand why it is possible for every single living being to channel, for is there any being who will not have an energy matrix? And if every being has an energy matrix, every being has psychic energy, and if every being has psychic energy, every being has spiritual pathways that connect to different frequency ranges. So training is only recalling the spiritual pathway. And that is why there are mediums (you may have already come to know of some) who have a lot of debris still within their structure, but are able to recall those spiritual pathways because that is only a process of technicality.

Then why is it that we insist that your debris be removed, if not entirely, to a significantly large extent? Why do we insist, when we have already told you it is not essential? You may have debris, dense layers of debris, but by means of technical training, you can learn to access those spiritual pathways. The reason why we insist is, because the spiritual pathways that you can access will be limited by the density of your debris. When the frequency is limited, but the medium is very keen to channel, and to channel masters and Overlords, the medium may unconsciously slip into a delusion that a higher frequency range is being channelled. Thus, this delusion causes further debris.

Also remember, a training process has its own pitfalls. The greatest of all pitfalls is the wonderful feeling that the human ego gets when it begins to channel. It is like a 'high' because you are doing something that you have not done before. There is a thrill, a delight, an excitement. Ego has its own pitfalls, for if you get trapped in the delight and the thrill of the ego, you will continue to build up debris, and the debris will stop you from reaching the higher frequency range. Blame not yourself for the thrill and the delight, for it is that same thrill and delight that, in fact, prods you further, makes you try harder to remove your debris and reach the higher frequencies. It is important not to get trapped in the thrill and delight, but to experience it as a joyous journey. If you did not experience the thrill and delight, if there was no difference in the experience of a higher frequency level, then why would anyone even begin to attempt to recall the spiritual pathways?

So that which is your prod can certainly be a burden as well: it depends upon the medium, the training medium. And the less debris you start with, the less chances of you getting trapped in the delight, and that is why we insist that anyone who comes to this medium (*referring to Ell*), and who wishes our aid in the training process, must go through their removal of debris first, so that when you are a medium, you will be a medium who will serve others, and will not serve your ego. That is the downfall, the pitfall of many mediums. Mediumistic abilities become a way to serve ego, and though the spiritual pathways remain open, once they have been recalled, other spiritual pathways will not open further.

Are you with us?

Now let us move on. Let us assume that the spiritual pathways have opened. Let us also assume that you are already on a process of removing your debris. The question now lies: how will we communicate, for we do not speak, and you are only trained to hear? And that is where telepathic communication. You must release, along with your debris, the need for words, for there is no energy, no astral energy, that communicates through words. Astral energy only communicates through images. So then you will say, “Sananda, we can hear your words.” You are not hearing our words. You are hearing this beloved child’s interpretation of the images we are bombarding her with. Is she aware of the images? Not at all! Not at all, for she has come to a level where her interpretation of the image is simultaneous. But we are not communicating through words. All of you believe that the astral entities communicate through words. We cannot communicate through words. We have no words. And then, there are certain channelings when this medium has thus spoken, “we have no words to tell you what this and this is”, is when the medium finds no words for the image, for the images may go beyond any description in the word language.

So when you are training, another part of your training is the receiving of images. But that is the simplest part of the training. It is the interpretation of the image that distinguishes medium to medium. Now that is not in our control at all. That is exclusively a gift, or otherwise, of the medium. This child has a natural gift of interpretation, for the strands that she embodied have long memories of having done telepathic work, and thus there was no training for the interpretation. But not all have such strands, and thus, those have to go through their own process of learning to interpret. And this is where most mediums give up, in impatience. Because the interpretation is difficult, the medium believes that there is no image impression taking place. The image impression takes place, but the medium does not know how to interpret it or, as in some cases, is extremely scared to interpret it.

But we need to explain this word ‘image’, for you may understand it as a picture and we are not referring to a picture. And again, this medium will tell you, there are no actual exact words for image. The only closest description we can tell you is when you etch something. There is an object and there is another object and this object presses itself down on the other object and leaves an impression. It is the medium who interprets the impression in words or in pictures. The image impressed is not a picture at all. But each medium has their own beautifully unique manner in interpreting these impressions. When you start on your training

do not compare your impression interpretation to another's, for she may have colour and she may have word and she may have picture.

So step 1 is to understand that we communicate through image impression. Where do we impress? Upon that layer of Consciousness where we are one! Let us assume, for the sake of making it easier, that you and your guide are one, at the layer of Consciousness 3. It is in that layer of Consciousness that the guide will make the impression, and that medium has to access layer 3, access the image, interpret the image and give it, whether in picture, colour, feeling, word.

Are you all with us?

Not always is this interpretation, not always is this communication, done in living awareness. Very often it is done when you are asleep. The dream state, in fact, becomes the easiest mode of communication, for in that mode you are not speaking, and you do not hear, and therefore, telepathic communication, in dream state, is extremely effortless. But the dreams that you see are your interpretation of the impression. We will not show you a bridge, or an old sage with a long beard, or a butterfly. That is your interpretation. The only pitfall of a dream communication is that not all remember their dreams, and of those who remember, many cannot interpret their own interpretations, for you are giving the interpretation to the image, but when you wake up and you remember this interpretation in pictures, you are not able to understand your pictures.

Dream communication is far more widespread than is known to be. Dream communication occurs almost every night for all. For all! But not all are able to remember the impression interpretation. And when you do remember, it seems scattered, and a large part of it lost. So that is one method you can train yourself to better your dream communication, nay, to better your recollection of the dream communication.

But that we will leave up to you, and move on to another method of communication, far more popularly accepted, and that is meditation. But we urge you to understand we are using 'meditation' in the way you understand. We have often told this beautiful child, and through her, several others, that meditation, true meditation, is a process of living through spirit. It is not a process of sitting with your eyes closed. But currently, we are using the word meditation in the way you understand meditation. There are several who find this method of communication very, very vital. Most meditations will involve a certain visualization process, where the meditator will interpret the impression into pictorial form. But here, it will not remain with one picture, and a second and a third, but it might become like an ongoing film. This form of communication necessarily involves the medium's Consciousness: conscious awareness, unlike the dream communication. But this communication is not where it should end. All of you, here, know, have experienced, on a regular basis, communication in the meditative state.

But attempt to go beyond it, for the most advanced kind of communication is, what we will call, communication of telepathy of the 3rd eye. The interpretation has to filter from the 3rd eye. That is why it is so essential that the 3rd eye be clear of all debris, and that the 3rd eye be

in a constant state of expansion, for your interpretations will become clear, lucid, accurate when the 3rd eye is completely clear.

Now the 3rd eye telepathic communication can be in differing forms. It can be an art form, as Michelangelo and Leonardo Da Vinci. It can be a music form, like Beethoven, who was completely in touch with his own master. And that is why he heard the impression, even though he was deaf, because to hear that impression, the human ear is irrelevant. The 3rd eye telepathic communication can be through the written word, can be through trance, like you are witnessing right now. It can take on differing forms, but it is the most advanced method of telepathic channelling.

So move beyond the meditative channelling that all of you are doing right now. Move into the 3rd eye telepathic channelling. Again, you might ask us ‘how?’ and we will say: employ whatever method you desire. It is not relevant how you train, who you train with, whether you train solely on your own. It is important that you continue with the training and remember, beloveds, even when you reach the frequency level of Overlord, as this beautiful child has reached, the training cannot stop, for there are ranges, higher, higher and higher, that the Overlords will move into.

The one most important part of the training that can never come to an end is the constant clearance. Do not allow your egos, ever, to convince you that “Ah! I am channelling Master So and So, and thus all clearance has come to an end.” That will cause its own debris and you will go to a narrower frequency range, and continue to delude yourself that you are on a higher frequency range.

We will take question.

You said figure things on your own, but can you tell us about dreams?

There are several methods to train yourself for dream recollection. There are those who conduct training programs and workshops. There are books that you might read. But the bottom line is: you have to intent and deeply desire to recollect your dream.

And to do that, dream journalizing is vital. It cannot be done only on days when you recall the dream. That is the mistake that most make. The day when you recall the dream is anyway recalled. You dream journalize every day, whether you recall the dream or don't. So what then will you write in the journal? As soon as you awaken, what are your feelings and emotions and thoughts? And as you write, some images will start infiltrating, some little bits here and some little bits there. At first it will mean nothing, like a jigsaw puzzle with all its pieces separate. But if you gave up, you would never see the picture of the jigsaw, and so do not give up. If you are interested in the dream channelling, you have to persevere and your brain will become conditioned to remembering the dreams. The initial weeks and months of journalizing are spent in conditioning the brain. But you cannot journalize even 10 minutes after you have woken up. It has to be instantaneous, for after 10 minutes, your brain is in full and complete charge. Whether you journalize for 2 minutes or 20 is irrelevant, but journalize every day.

It's to program the body as well.

Absolutely correct! The body will need to be reprogrammed, the brain will need to be reprogrammed. The reason is: the brain is conditioned to believe that dreams are irrelevant, meaningless. Let us caution you: not all dreams are dream communication. Some dreams are purely nonsensical, some surface stuff that you have picked up during the day; some dreams come from the level of the subconscious, which is in the process of releasing, and some dreams are dream communication.

When you have reached the advanced level of communication, the most beautiful spiritual descent takes place. We call it 'descent' even though you wish to ascend. The descent is: the master, Overlord, guide, counsellor will descend, from the level of Consciousness where you are one with them into your subconscious, and that is when it becomes 'EllaenahJF'. It is part of her subconscious now. That is why you are somewhat surprised how she can channel 'on call', for she is not channelling higher realms outside of her anymore. *The higher realms are her subconscious, her subconscious are the higher realms.* That is when there is no distinction, no separation whatsoever between the Overlord, master, guide, counsellor and the medium. At that stage, there is less external and far more internal.

Anymore questions?

How do you keep cleansing the debris in the 3rd eye for 3rd eye communication?

The simplest way to keep the 3rd eye cleared and to keep expanding the 3rd eye is OM NAMA SHIVAY, 108 times, with full intent upon the 3rd eye, every day. The simplest and most effective! Initially, it might give you headaches, dullness, sleepiness. Go with all of these, for it's only the 3rd eye getting cleared.

(To a sitter) You are scared that your interpretation is incorrect. We tell you, sometimes it will be. Here we are letting you off the hook, before all of them. Sometimes it will be, as it will be for each one sitting here. So what are you fearing then? A natural process, a process that every medium, including this child, whom you so highly revere. She made some hugely erroneous misinterpretations when she was in training, and she is still in training, for remember, *no medium is ever not in training.* Do not be scared whether the interpretation is right or wrong. Write, speak, sing! Let the other person decide whether they wish to accept it or reject it. That is not your responsibility at all. It is because you make it your responsibility, that you are scared.

Blessings!