

The Compassion Road Summer 2018



Kathleen Mary Willis
in co-creation with the Higher Realms

Gratitude

*

My Infinite and Eternal Gratitude

to the Mother/Father One

the Mighty Ones

Yeshua

Lao Tzu

St. Germaine, Keeper of the Violet Flame

Sanat Kumara, Planetary Logos, Keeper of Universal Law

Linda Dillon, Channel for the Council of Love

Gaia

My Circle

My Guidance

M y F a m i l y

in the Higher Realms

a n d h e r e o n E a r t h

Thank You to each of you

for all the support

all the Love

*

The Compassion Road

Introduction

1. Blessing Everything
2. The Mother's Plan Begins Within
3. The Generation that is Wounded and Healed
4. Happy Mother's Day
5. Gratitude for Friends
6. Steve Beckow: Walking Through a Vasana of Father Hatred
7. The Blessing and Virtue of Compassion
8. Deeper Love
9. Depression, Suicide and Hope
10. Abundance is Our Birthright!
11. Highest Vision
12. Father's Day, Suicide and BALANCE
13. Stop, Drop (into the heart), Receive (Love) !
14. Archangel Michael and the Blue Flame of Truth
15. Community and Balance
16. Bullying, Trauma, PTSD, Loneliness and Suicide to LOVE
17. Changing Fear to Courage, Love
18. The Wisdom of Bat
19. Love and the Love
20. Gender Equality Begins Within

Conclusion

Introduction

February 2, 2015, Archangel Michael, through Linda Dillon, channel for the Council of Love, gave us a meditation, *Plea for Peace Now*.

In it he asked us to co-create with him Peace on Earth, saying we can do this, all of us, together by Valentine's Day.

He didn't say which Valentine's Day but the invitation stands.

Peace on Earth
Valentine's Day



January 24, 2018, I began a series of posts, *21 Days of Forgiveness, for World Peace, Valentine's 2018*, highlighting some of the inner work I had been doing since Archangel Michael's powerful meditation in 2015, [Plea for Peace Now](#).

Following *21 Days of Forgiveness* came more written posts, *The Forgiveness Road*, and now here, *The Compassion Road*.

The 20 posts below are more steps to greater peace, Love, and gratitude — trust — within, discerned from a practise of sitting still (meditation) and heart listening.

As within so without.

This planet has suffered atrocities, intrigues and devastation that continue to this day.

A question is: Can we choose to trust, to move forward in the face of this old way of being collectively, individually?

Not to trust those who have harmed us, but to use — from that active observer place — discernment, as to how we engage with others.

We cannot live — not in any sense in joy — if we do not trust our self, our feminine and masculine energy within, from a place of wounded recovery, balance. In deep listening I hear, “Turn to the Mother. . . cannot go wrong turning to the Mother.”

The pattern,
the grid of purity,
grace, innocence, clarity,
– truth, clarity and trust united –
is sacred partnership with our self and the unseen realms,
the fullness, holding the behaviours, the actions, the thoughts of Love.

What to do when we encounter that which is not of love?

Send — not engaging or jumping into another’s field but sending heart to heart knowing we are each on the collective grid — the amplification of Love and it will, it does create transformation.

Sending energy as an Infinity sign — the figure 8 — amplifies the Mother’s Love, Clarity and Purity to All.

Doing this it comes right back, the understanding, the knowing that we are completely, wholly worthy, Loveable, forgiven for everything with the capacity for Infinite clarity, purity, Love, trust, forgiveness, unity, connectedness and balance.

Daily Practise with the Sacred Flames

The false grids and our core issues are situational responses, beliefs and constructs, limitation or fear that we are not Loved enough or cared enough or powerful enough, so when we take the higher condition of the Divine Flame, the ray of those qualities, and we bring that energy to the doubt, the fear, whatever it is, it will dissolve it.

Each of the Sacred Flames are magnificent tools for us to use consistently, daily. They bring illumination, and the healing force of colour, to the false grids and our issues, old and new.

With gratitude to Linda Dillon, channel for the Council of Love, for this sacred flame information, call on St. Germaine, the Mighty Ones, Yahweh anytime in meditation, in daily life.. They are waiting on us, in Divine Service with their Flames, assisting us to remember Who We Truly Are — peace, Love, joy.

Sitting in St. Germaine's Violet Bonfire, bringing the Violet Torch or the Flame into the heart space, we can observe, listen for inspiration — the 'how to' steps — keys to forgiveness, compassion, gratitude, peace, Love, joy.



The Violet Flame of the I Am is transformation and transmutation of anything that is not of Love, the burning away of all karma, all history, past and present and future.

The Violet Flame is the essence of the unknowable, the Father at that point of conjunction and Love, creation with the Mother, and a way for us to know the Love of the Father as well.

Any sense of separation, or separation, is what we think of as pain.

With the energy of the Violet Flame, which can be the Bonfire, the Torch or the Single Flame, we can change a Universe, let alone a planet, or an individual.

The Violet Flame helps us to make peace with our fears, our ego, to forgive everything — to torch the old and leave it behind — to let go of everything that is not of love.

Archangel Raphael and the Emerald Flame

The **Emerald Flame** heals any belief, ailment, imprint we have, any doubt. It incinerates doubt and illuminates **the Truth of Who We Are**.

We can say, “Well, maybe I’m worthy but can it really happen? Is it possible?”

Archangel Raphael says, “Yes, it is possible” but always asks for our agreement, our soul permission that we affect this healing of doubt.

He says doubt is the cancer of the human race, the twin to sorrow, the cousin of despair.

He infuses the doubt with **the brightly burning Emerald Flame of Love** within our heart, solar plexus, mind, head, and to heal doubt in the hearts of humanity, in the hearts of those we Love and know, and in the hearts of those we have never met.

The Magenta Flame of the Christ Consciousness is compassion and passion — inspiration, excitement, engagement — the flame of strength, of compassion, of instantaneous healing of Love, healing and dissolving separation.

The Pink Diamond Flame in the center of our heart is the wholeness of our Divinity, **sparkly pink**. We can sit in **this flame** or buy an inexpensive ring, **bright pink**, and wear it, allowing the beauty of **Who We Are**, the options we designed for ourselves in concert with the higher realms to open, flow.

The Golden Flame of Yahweh is of Infinite knowledge, creation, empowerment, unfoldment, understanding of the creation codes, inspiration, the Divine Masculine, Love, freedom, internal action, wisdom.

Archangel Uriel carries the Silver Flame of Truth, of Spirit.

The Silver Flame is the flame of illumination, expansion, to light our way that we may see through the darkness, understand and perceive the shadows, illusions, that surround us.

“Extend your right hand out to me ([Archangel Uriel](#)) — yes I know, you normally receive with your left — I wish you to extend your right hand, palm up, to me in this very moment of Eternal Now and I place within the center of your palm my Silver Flame, and I put it in your right hand because you will give and you will share this with many but make no mistake, my beloved friends, this gift of my Silver Flame is for thee.”



His Silver Flame, the Flame of Illumination, shiny like the blades of ice skates, is to light our way into the places of darkness, the places of shadow, the places of chaos, the places of confusion, within and without.

There is no situation within our realm of existence that does not benefit from greater illumination.

We have received the gift of [the Mother's Clarity](#) but Uriel's Silver Flame will illumine even that [Clarity](#). When we are faced, within or without, with a situation that we do not understand, that we are nervous, anxious or have trepidation about, extend the right hand with his Silver Flame and let it shine brightly, that we may see what lies ahead, the definition of what is in front, behind or beside us. It gives us the clarity, the detail of what we are confronting. It gives us the solution so we do not need to take scenic detours.

Now is a time for straight forward movement. The Silver Flame allows us to see into people's hearts — not invading — but bringing clarity, illumination, Love, to show us [Who They Really Are](#), but also to show them.

We may bring this gentle — so as not to frighten — bright but soft light to the collective, to the places of war, mayhem, recalcitrance, reluctance, fear. It assists us to know, as we heal ourselves and others, what needs to be healed, what approach best works, when it is completed.

It helps us with our finances, how to proceed, what is the best pathway, how to invest, what to steer clear of. It helps us in the reconstruction of Nova Earth. It shows us Nova Being.

When we use Archangel Uriel's Silver Flame, we are invoking his presence into our construct of Now. He gives us this, his Love, his heart, his being, and says that the future is ours and it is Now.

Archangel Michael carries the Blue Flame of Truth, Righteousness, Communication.

In meditation, we can invoke Archangel Michael and the Blue Flame of Truth — everyday — to burn away doubt, denial and limitation, sitting and allowing the Blue Flame to expand and expand.

With this expansion in our hearts, we can ask Archangel Michael:

“What is the expression of my Infinite potential?”
and to do this everyday.

We are remembering, letting go and coming to acceptance of the fact that we are Love, that we are Loved and Lovable, that we are the Essence of Love.

An invocation: I invoke Archangel Michael and the Blue Flame of Truth for greater and greater understanding and knowing of the Truth of Who I Am, my Infinite potential.

Posting the Mighty Ones Daily

When we post the archangels, we are making a healing/creation chamber around us, around our living space, that helps us raise our vibrations, (Divine understandings) and frequency (Divine knowing) by bringing the balance of the higher realms into the here and now.

Posting the Archangels – Daily Healing/Creation Chamber

Post Archangel Michael with his Blue Flame of Truth at the door to your house, apartment, room, and see him walk along to stand at the first corner, colouring the entire wall saffire blue for protection, change, TRUST, hope, FORGIVENESS, peace, serenity.

Beside Michael post Archangel Raphael with his Emerald Flame. See him walk along the entire second wall, colouring it emerald green, to stand at the second corner.

Emerald green is charity, COMPASSION, Love, Who We Are.

Beside Raphael post Archangel Uriel with his gentle Silver Flame and see him walk along the third wall to the corner, colouring the entire wall shiny silver. Silver is truth, beauty, abundance, FORGIVENESS, connectedness; the future is Now.

Beside Uriel post Archangel Jophiel and see him colouring the fourth wall magenta, and then to stand at the fourth corner. Magenta is beautiful, the perfect balance of red and blue, COMPASSION, kindness, gentleness, beauty, wisdom.

Post Archangel Gabrielle with her burnished golden trumpet in the middle of the chamber. Her trumpet is the power of golden truth, worthiness, healing, GRATITUDE, joy for sacred purpose, conscious awareness of our wholeness.

The power of FORGIVENESS, COMPASSION, GRATITUDE, peace, Love, joy, are pathways to heart consciousness, Divine Alignment, knowing sacred purpose.

Daily Invocation for Gender Equality

I invoke Sanat Kumara
and the Universal Laws of Sacred Purpose,
Intent, Change, Unification, Unity, Transmutation,
Attraction and Repulsion, Elimination, Completion and Continuity
for repulsion and elimination of the old ways of gender inequality,
for perfect alignment with soul design, anchoring and reflecting
the Divine Mother and the Divine Father, the action, the wisdom,
the ability to birth, nurture, create gender equality,
Nova Being, Nova Earth, forgiveness, compassion, gratitude,
peace, Love, joy on Earth, trust in self.

Nightly Invocation

I am going to sleep and tonight I am transmuting
everything inside of me that is not of harmony and balance.

I am simply letting it be transmuted as I sleep.

I invoke Sanat Kumara and the Universal Law of Transmutation.

There is no struggle. There is no need. There is no want.

There is simply ecstasy, bliss, harmony, balance.

1. Blessing Everything

The Forgiveness Road is the Compassion Road is the Gratitude Road — peace, Love, joy — the wide line in the middle of our beings, Divine Right Alignment.

When the Buddha taught us the Universal Law of Attachment and Detachment (1), he emphasized the importance of detachment — being the observer and blessing all — in the constant flow of our hearts.

Fully anchored as the observer, we are in detachment, simply watching.

Observing from our hearts, attached to the act of blessing everything — a conscious ‘effort’ of breathing, understanding the false grids and our core issues, detaching from drama, being forgiveness, compassion, gratitude, peace, Love, joy — accelerates our becoming, planetary unity consciousness, Nova Being in balance.

Mastery is being the observer, deep listening,
hearing what we are saying to ourselves.

The act of blessing everything, including ourselves, all the time, catalyzes old energy to come up, to be observed and let go, with forgiveness and compassion, in gratitude for all lessons.

Illness, financial lack, depression are external manifestations of our inner addiction to pain.

What are we subconsciously saying to ourselves to create this?

War within, war without.

Love within, Love without.

Value within, value without.

We have the power to stop everything not of love by being conscious of Who We Are.

I AM PEACE
I FORGIVE/I AM FORGIVENESS

I AM LOVE
I AM COMPASSION

I AM JOY
I AM GRATITUDE

B L E S S B L E S S B L E S S

Allowing the old to be heard — within and without — and forgiving with compassion for not expressing and experiencing ourselves as Divine, we come to a place where we want to create what truly works: peaceful, Loving, joyful societies with sacred purpose.

Footnotes

(1) “Buddha, the Wayfarer, Explains the 6th Universal Law of Attachment/ Detachment,” September 29, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/09/buddha-the-wayfarer-explains-the-6th-universal-law-of-attachmentdetachment/>

2. The Mother's Plan Begins Within

Yesterday I was inspired to delve into this question:

“What is the Mother's Divine Plan?”

My immediate thought was our Collective Ascension, the entire planet, all 7 + billion of us, a huge, grand plan.

What I found was very unexpected!

Working towards wholeness, peeling away the false grids, the entrenched beliefs, we find at our core there is no strife, no separation anxiety, no lack of self-love, no lack of self-worth, no worry, no broken trust with anyone, and especially not with the Divine.

God is not punishing.

This is the understanding of the Mother's Plan I found — a swift way to conscious awareness of wholeness within — a kind relationship with self in alignment with the **LOVE**.

The Mother's Divine Plan is for us to be our creator selves, in **PEACE**, assuming the mantle of our Divine Authority, in charge of our life, thoughts, feelings, actions, behaviours, steps, environments, in alignment with the **LOVE**, the will, the Divine Mind, in **JOY**, sacred purpose, harmony within/without.

PEACE

forgiveness for not expressing and experiencing the self as Divine
forgiveness for all experienced trauma with people and situations



LOVE

compassion, gentleness, kindness with all
our thoughts, feelings, actions, behaviours



JOY

gratitude for all experiences, teachers,
for life, and the gift of sacred purpose

The Mother's Divine Plan
begins within in harmony,
by being nurturing,
kind to ourselves.

3. The Generation that is Wounded and Healed

Why is there such an extreme addiction problem in North America and other parts of the world?

In 2017, statistics show Canada and the United States lost almost 70,000 people, to the opioid crisis.

What causes addiction to pain, even death?

From studies, we find early life trauma, often sexual abuse, at the root of extreme addiction issues.

This debt of guilt and shame, uncomfortable to be with, to feel to heal, interplays with the entrenched belief that “God is punishing” and our core issue, “I’m a disappointment.”

As humans we are not generally taught to feel our emotions or face into the past.

We tend to reach out to find something to numb our pain, from reading a book to smoking to drinking to drugs.

An encouraging trend taking place, especially among younger generations, is mindfulness, compassion and kindness to self.

Mindfulness helps quell addiction to pain, bringing the mind, heart, and will into the present moment, to balance, out of anxiety about the past and worry for the future.

[Mindfulness: Youth Voices](#)
[A 10 Minute Mindful Meditation](#)

For the serious addict — especially drug and/or alcohol addiction — a way to address this pain is the therapeutic community model.

[John Volken Academy](#) , a therapeutic community, is based on kindness, compassion, family values, a strong work ethic and accountability.

His Academies in Vancouver, BC, Canada, and in the United States, Seattle WA, and Phoenix AZ, are successfully helping those with extreme issues.

Portugal is another leading example that has had success with therapeutic communities as this article, "[Portugal's Drug Experiment: Tackling Heroin Addiction By Decriminalizing Drugs And Focusing On Health](#)" suggests:

“Perhaps one of the highlights of Portugal’s drug system is steering drug addicts away from the isolation of jail cells, to the more open arms of doctors, psychologists, social workers, and therapeutic communities.”

There is hope.

Heart consciously, mindfully, being kind and compassionate with ourselves, and reaching out in kindness and compassion to others, creates balance.

Studying and practising [Universal Law](#) also creates balance. The purpose of Universal Law is balance.

We may be a generation that is wounded, but we are healing, as chaotic as the world may seem.

4. Happy Mother's Day

The Prayer of the Mothers

From the north to the south,

From the west to the east,

Hear the prayer of the mothers.

Bring them peace, bring them peace.

The beautiful song below, Prayer of the Mothers, is an alliance between singer-songwriter Yael Deckelbaum and a group of courageous women leading a movement called Women Wage Peace.

This movement emerged the summer of 2014 amidst an escalation of violence, military operation Tzuk Eitan, between Israel and Palestine.

In 2016, October 4, Jewish and Arab women began the March of Hope.

Thousands of women marched from the north of Israel to Jerusalem — a call for peace — that reached its peak October 19th with 4,000 women, half Palestinian and half Israeli, in Qasr el Yahud on the northern Dead Sea.

That very same evening 15,000 women protested in front of the Prime Minister's house in Jerusalem.

The marches were joined by Nobel Peace Prize winner, Leymah Gbowee, a Liberian activist responsible for leading the women's movement, Women of Liberia Mass Action for Peace, that helped bring an end to the Second Liberian Civil War in 2003.

In this song, Prayer of the Mothers, Yael combines a recording of Leymah, sampled from a youtube video in which Leymah sends her blessings to the Women Wage Peace movement.

Prayer of the Mothers

Music: Yael Deckelbaum

Lyrics: Yael Deckelbaum, Lubna Salame, Miriam Toukan

HEBREW/ ARABIC/ ENGLISH LYRICS

Rechishat Ruach yam
menashevet me ey sham
oochvisa mitnafnefet
letziley hachoma
bainil ard wisamam
nashiktir baishu sawa
matchafu tahlemu
bisalam wilaman
matai yimsoo chomot hapachad
veshavti migalooti
yipatchoo shearai
el hatov haamiti
yalla tnam – od zricha
yalla tnam – boker ba
tanetbhela (em sholachat) tairil hamam (bitfila)
ruhia hamam (et yalda)
la tzadik (lebeit hasefer)
bihak aaa tafil taimam (letzliley milchama)
Od yimsoo chomot hapachad

veshavi migalooti

yipatchoo shearai

el hatov haamiti

first layer, English:

from the north to the south

from the west to the east

hear the prayer of the mothers

bring them peace

bring them peace

second layer, English and Arabic:

from the north – mnishamaaaal

to the south – lal januuuuub

from the west – min el raaaaarb

to the east– saub isharQ

together:

hear the prayer of the mothers – ismaussulat el ummahaaaat

bring them peace, bring them peace – assalam assalam

third layer English and Hebrew:

Or ole

from the north – mnishamaaaal

to the south – lal januuuuub

min hamizrach – from the west – min el raaaaarb

to the east– saub isharQ

together:

hear the prayer of the mothers – ismaussalat el ummahaaat – mool tfilat
haimahot

bring them peace, bring them peace – assalam assalam – leshalom,
leshalom

Translation:

HEBREW/ ARABIC/ ENGLISH

A whisper of ocean wind

Is blowing from far away

And laundry is flapping

To the shadow of the wall

Between the sky and the land

There are people who want to live in peace

Don't give up, keep dreaming

Of peace and prosperity

When will the walls of fear melt

When will I return from exile

And my gates will open

To what is truly good

Hebrew / Arabic (the Arabic lyrics are taken from a children song,
performed by Feiruz)

Come on Sleep – Another sunrise

Come on Sleep – And morning is here

We will slaughter – A mother sends

A pigeon for you – Along with a prayer

Fly pigeon, Don't believe – Her child to school

We will laugh with the child – to the sound

So that he may sleep – of war

The walls of fear will some day melt

And I will return from exile

My gates shall open

To what is truly good

(English and Arabic are the same)

from the north to the south

from the west to the east

hear the prayer of the mothers

bring them peace

bring them peace

Light is rising from the east to the prayer of the mothers for peace

[Yael Decklebaum / Women of the World Unite](#)

Yael Deckelbaum, Jan 22, 2017

“I believe in the power of women to lead to positive change and in the power of music to connect people. I have decided to initiate [Women of the World Unite](#), an ongoing musical project, that will carry the message of organic women's movements through musical collaborations between female musicians and leaders across the globe.”

5. Gratitude for Friends

On Nova Earth everyone is friends.

Each of us born of the same spark of the Mother, we are brothers and sisters.

We call the Galactics, our Galactic Brothers and Sisters, and I'd like to say:

I am enormous gratitude to them for so much and especially a 'big shout-out' for their technology.

From the internet to Skype it is incredibly easy to connect.

On FaceBook I've fallen in **LOVE** with my friends all over the world!

Tanzania to Nigeria to Egypt to Italy to America to Canada to Scandinavia to Europe to Brazil to Mexico to Asia to India . . . my FB friends are right there, our community.

The world is at our fingertips.

Thank you, with much **LOVE** to the Galactics, all my friends!



6. Steve Beckow: Walking Through a Vasana of Father Hatred

Vasanas run very, very, very deep.

To think that we've gotten to the bottom of one after processing it once is probably dreaming.

I'm still dealing with my father hatred – indeed patrilineal hatred (throw in Grandpa for good measure).

The reason I raise it is that I'm sitting here, in this cloudless spring day, beautiful blue sky over English Bay, and I feel angry.

Why do I feel angry?

And what I get is an entire script that I'd like to run for you now.

This is me processing a vasana, getting underneath it.

First line in the script: I consider myself a father hater.

Second: And no one could love a father hater, right?

Third: Therefore I'm unlovable.

Fourth: Therefore leave me alone.

This is the way the script I follow runs. Endlessly in the deep recesses of my mind – way below everyday awareness.

I wear “Father Hater” like a brand on my forehead. Everyone who sees me says, there goes a father hater, a demon (or so I think).

This is the seed of my later automatic behavior – and this subterranean growl I have going on with me.

It isn't like I can lie my face off on this one. I plead guilty. I do hate my father.

I know. I know. Forgive yourself.

I'm not ready yet. I want to be heard first.

I could be kind. But I don't feel kind. I'm angry at my Dad for “robbing me of a life.” How do I feel? I feel angry, resentful, hostile. I want to get even. And I get madder every year.

My Dad yelled at me from a few inches in front of my face when I was seven. I shattered and remained dissociated from age seven to age fifty-eight.

What you're hearing are lines that script my life from the moment they were recorded to now. I'm following them down to my unconscious beliefs.

They're written in stone on the dimmer levels of the mind. The equivalent of hardwiring, the source of automaticity, robot-like behavior, two-dimensionality.

My inner dissociated self always felt ineffective, broken, unstable. He was perpetually miserable, Michael tells me, because he felt betrayed at the loss of his Father's love.

And, yes, I can remember feeling that way. That's accurate. I feel release on this score having remembered that. The truth has set me free on this aspect of my father hatred.

Let's turn to my second, outer dissociated self. That persona was an over-achiever, an over-producer, a rajasic or Type A personality.

Geek. Very shallow. No better off than the other one. To him, worth depended on output. Well, that's not too different from today.

The one remark my Father made that really got in and hurt was calling me a lazy, no-good good-for-nothing. I was going to show him on that one.

And I still am. Book-of-the-month club? Encyclopedic knowledge? No, just over-compensating for a childhood wound.

I think I've gotten even with my Dad for calling me that. I've buried him in books. I've proven to the world that I'm neither lazy nor good-for-nothing. I'm good at producing books.

OK, I got it on that aspect too. I'm over-producing to get even with Dad for that remark.

Steve, mission accomplished: You got even. You can relax, my friend.
Message in a bottle: Remind Steve to relax.

Again, the truth sets me free from the pattern.

So the two patterns are now up to awareness and have loosened their grip on me, having been seen and realized.

To say to you, yes, I hate him, in my world, is to be authentic, honest, real, and helpful. This way, others don't have to corner me or pull it out of me. I'm volunteering it. I'm calling myself on my own number.

Yes, it hurts when you first do it. But after a while, it's no big deal. Yes, I did it. Guilty as charged. Next?

This is part of the overall way I want to live my life. I'm serving public notice. I'm tired of the way we as a society communicate. It doesn't feed me. It doesn't do it for me.

This is also the way processing a vasanas goes. I'm "sourcing" or completing mine as we go, here. At least at one level.

I got my betrayed feeling and my strategy of getting even. I feel release from the automatic ways of being I devised as a result of hating my father.

Thank you for coming with me on this journey into the unconscious and for listening.

Now I can forgive my Father. I was not ready to before. But I am now.

And now I can also forgive myself.

I forgive my Father and my Grandfather. Both of them had rough lives, nothing like mine. And Dad was in danger of being torpedoed every time he crossed the Atlantic in WW2.

Neither was well educated. What would Dad know of transference? He just went with how he felt – and probably felt good that he expressed it.

And I can forgive myself. I think many if not most people would probably resent that kind of treatment.

Anyways the matter was over and done with long ago. I proved my point and now it's time to move on.

Let it go, Steve.

I let it go.

I invoke the Laws of Elimination, Change, Transmutation, Above and Below and Sanat Kumara to take away any father hatred that remains in me and transmute it into Love for my earthly Father and Grandfather and for my Heavenly Father.

7. The Blessing and Virtue of Compassion

Each blessing and virtue is Infinite and Eternal, the perfect balance of the Mother's Blessing, Ability, Vibration, Movement, and the Virtue, the Sense of the Father, the frequency born of the stillness.

The Buddha, through Linda Dillon, channel for the Council of Love, says compassion starts with ourselves, with “thousands of opportunities everyday” (1) to recognize Divinity — such as forgiveness, compassion, gratitude — within and without.

Our conscious thoughts, emotions, and actions in Divine Right Alignment, connected to our breath, thousands of breaths of air each day (2), the Pattern of the Mother, Her Movement, Her Breath, can be with practice, an example of our ability to be compassionate with ourselves and with All.

When we offer Love and wisdom, are supportive of another of their truth without judgement, attached to the Love, and remaining detached with understanding of [the false grids and our core issues](#), we are using our ability, the blessing of compassion.

We are demonstrating trust in the Divine, that we each have guidance and a plan within the Mother's Divine Plan (3), a chosen path, a way to deeper wisdom.

We are the virtue of compassion when we do not contribute to or engage in drama or disarray, within or without.

We are still, quiet, around our own discomfort, thoughts and feelings not in Divine Alignment, not projecting on to another, able to listen to our guidance, or to another's troubles, without judgement, without taking on any burden.

We are the stillness of unconditional support in Love for another:

“I unconditionally support you but I may not agree with you.”

In the balance of the clarity and purity of Love, we are at the same time, able to hold the vision for the highest good for ourselves or for another.

As we go deeper and deeper into the heart, into the Love, into Divine Right Alignment, the virtue of compassion unfolds and any need to defend ourselves, assume an ego defensive attitude, justify ourselves, diminishes.

All judgement dissolves.

Honouring another's choices, without trying to fix, heal or change, knowing we do not necessarily understand what another is going through, is a true sense of compassion.

Mercy is our ability to be discerning. Knowing that we don't understand, we come to realize advice and sharing is different from compassion.

Advice and sharing is heart conscious conversation, searching for answers together, becoming, awakening together.

We can utilize the power of compassion, be sympathetic yet detached from ‘triggering’ reflections, mirrors, with our ability to forgive, to graciously make and accept amends with self and others.

We come to a place of gratitude for everything.

In a personal reading through Linda Dillon, Universal Mother Mary explained to me that an authentic request for forgiveness, a genuine, “I’m sorry” can not only be the transmutation, the rectification of an injury, but also an expansion of the receiver, the one receiving the apology, to then from a higher realm grant forgiveness, and feel compassion, to Love and serve without judgement.

The more we forgive ourselves, others and situations, the deeper we go into the mercy, the discerning of what is right, just and balanced, with ability to forgive everything.

Balance can be achieved with self forgiveness and forgiveness of one another.

Calling, invoking, praying,

asking for Divine Assistance

eases this process.

With appreciation to the Council of Love for these understandings — such expansion of this blessing and virtue — the role compassion, apologies, forgiveness, and gratitude plays in the creation of Nova Being and Nova Earth.

An Invocation for the Blessing and Virtue of Compassion

I invoke the Buddha and the blessing and virtue of compassion for Divine Understanding and Knowing of the strength of compassion, apologies, forgiveness, gratitude, highest vision for our Gaian community.



Magenta, claret, garnet are colours of compassion, mercy, the Christ Consciousness, beauty, wisdom, and of Jesus Sananda, Yeshua, Lord Maitreya, and the Buddha. Compassion is also red and green.

The magenta flame is compassion and passion. The magenta tri-flame is the flame of strength, the flame of compassion and the flame of instantaneous healing of Love that heals and dissolves separation. In the sending of compassion, we create miracles.

Footnotes

(1) "Buddha Discusses Compassion, the 7th in Our Series of the Blessings and Virtues...", March 22, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/03/buddha-discusses-compassion-the-7th-in-our-series-of-the-13-blessings-and-virtues/>

(2) Daily we take 17 – 30,000 breaths, have 50 – 70,000 thoughts. <http://wonderopolis.org/wonder/how-many-breaths-do-you-take-each-day/> and <https://mind-sets.com/info/success-conditioning/thoughts/>

(3) The Mother's Divine Plan, the Family Plan, Self is All:

To be our creator selves, assuming the mantle of our Divine Authority, in charge of our life, thoughts, feelings, actions, behaviours, steps, environments, in alignment with the Love, the Divine Mind, Heart and Will, in service, sacred purpose, and harmony with each other.

There is no such thing as mistakes.

The only mistake humans make is in judgement, when they judge themselves or others to be less than, when they do not see the glory of their own Divinity, and that is just sad.

My principle guide
(through Linda Dillon)

8. Deeper Love

Deeper into the self is clarity of what to forgive myself for, ability to Love myself more, ability to extend myself more in balance.

F false
E expectations
A about
R reality

I Am Peace

I forgive myself for not expressing and experiencing my self as Divine

I forgive myself for hatred of self, for shame, for guilt,
family shame and guilt, society shame and guilt,
for not taking Loving care of each other,
for not Loving everyone equally,
especially those in most need,
for lack of self-forgiveness

I Am Love

I Am Compassion for self

I Am Joy

I Am Gratitude for self,
for sacred purpose, the entire journey, for everything

I Am my blue flame of serenity,
peace, forgiveness of everything

I Am my pink flame of self-Love

I Am my gold flame of self-worth,
Joy, gratitude for life purpose

I Am my tri-flame of
blue pink gold
in my emerald heart chakra

I Am the Infinite and Eternal Flow

of apologies, forgiveness, compassion, gratitude for everything

I'm sorry, Please forgive me, I Love you, Thank you (1)

Peace Love Joy



Footnotes

(1) "21 Days of Forgiveness: Ho'oponopono and the Law of Attachment and Detachment," February 4, 2018, <https://voiceoffreedom.ca/21-days-of-forgiveness-hooponopono-and-the-law-of-attachment-and-detachment/>

9. Depression, Suicide and Hope

Lately and not so lately, well-known people who we call celebrities, are committing suicide. . .

As one who has struggled with depression and suicidal thoughts for much of my life, and fear of talking about it, I'm finally coming to see that speaking up could lighten the load.

My heavy load, when I'm in the throes of an 'episode,' is I want to end my life, I want to give up. Everything appears futile.

I spiral into a place of despair, hopelessness — repeated unloving mind statements about my self — patterns that feel very hard to overcome.

I'm far far far away from my heart and the peace, Love, joy that is present there. I can't stop reliving past trauma with fear of the future. I dissociate from my joyful everyday self.

My thought patterns are of sorrow, hatred, limitation, fear, control, that huge sense of futility.

Usually I hide this behaviour, somehow get through it, and don't talk about it because of the guilt and shame I feel.

Lately, though, I've spoken a little more, slowly coming out of my cave of darkness, with a great deal of Divine Help.

Being very drawn to the ways of higher realms and my inner guidance, I've learned the language of the heart where all there is is peace, Love, joy, heart consciousness.

Yet even with that, my incredibly insidious depression and old mind patterns, suicidal thoughts, have presented lately, very strongly, demanding completion.

I am such compassion for those who have taken their lives, for the debilitating despair that feels absolutely real.

It's very unfortunate that so few of us understand the enormity of unseen help that is as close as our breath.

And yet, even with all my knowing, and ability to feel the help, I have struggled and struggled, and rarely spoken like this about it.

Now I am learning greater discipline in the stillness, allowing the expansion — allowing my self to float up — with the knowing that it is a building process.

With this, my hope increases.

Sitting still, lying still,

not running from or suppressing the thoughts,

not reaching outside of myself for something to make myself feel better,
seeking help within. . . I am learning deeper, deeper surrender. . .
completion of old cycles.

I allow the Divine to align my mind

with my heart,

my will.

I am lying still,

b r e a t h i n g

receiving Love,

healing within.



I Am Hope

10. Abundance is Our Birthright

At 1:45 AM I woke up and heard the word “lazy.”

Hmmmm. . . I resisted it! What? Me, lazy? Then went on to list all the ways I’m not lazy, including how nasty to be saying that to me! Hah!

Obviously, uncovered within was ‘a core issue of lazy’ from childhood. I can see a minds-eye picture of the past — that in the moment brought up resistance — and showed me what I have need to LOVE more within.

Thank you guidance! I forgive myself for not expressing
and experiencing my self as Divine.

After my rant — which if I had been conscious and LOVED/SEEN ‘lazy’ for its message, the fear would have dissipated — I meditated and used my breath to centre, to balance.

I inhaled Divine Qualities and exhaled everything that does not serve:

Inhaling

Peace

Love

Joy

Sacred Purpose!

When I'm engrossed in my sacred purpose I feel the excitement, time flies.

I Am Joy to be in service to the Mother helping bring forth Her Divine Plan.

There is not a speck of laziness — unworthiness — lack of self-love:

Exhaling

lack

hatred

limitation

control

judgement

Inhaling Love Peace Joy Sacred Purpose

Exhaling lack hatred limitation control judgement

Conscious breathing brings me to the balance.

This mantra repeated throughout the day, does the same:

“Abundance is my birthright.”

“Abundance is my birthright.”

“Abundance is my birthright.”

“Abundance is my birthright.”

Changing brain patterns to right alignment,
conscious Divine Alignment,
is creation.

Peace

Love

Joy

Abundance

Self-worth

Self-Love

Creation in community,

doing this together

in BALANCE.

11. Highest Vision

I have a vision for our new world, Nova Earth, that I've been working on, adding to, as I become.

Having a vision helps keep me focussed, to not give up, no matter how difficult it may seem, to remember we are here to change, transmute and eliminate all things not of love.

I see a world where everyone gets along, working, playing together in community, in peace, Love and joy, the completion of the Mother's Divine Plan, Her Family Plan.

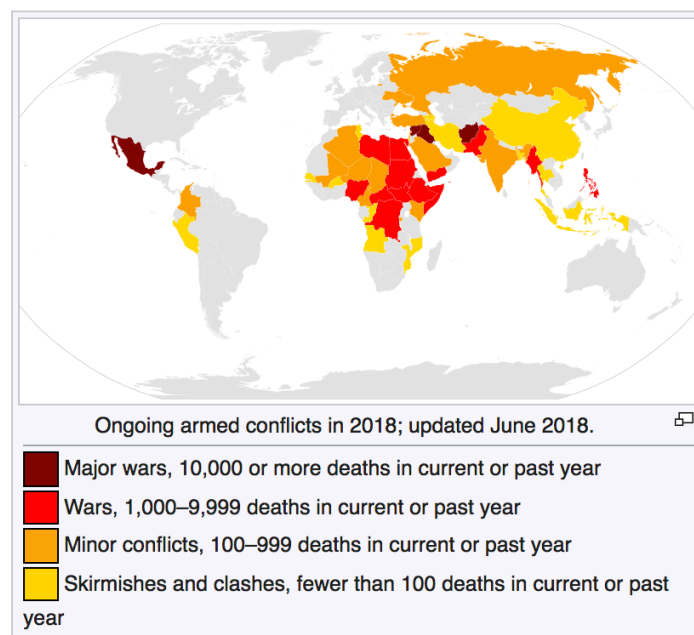
An Invocation for Highest Vision

I invoke Mother/Father One, the Mighty Ones, Gaia, the Council of Love, Grener of Ashira of Neptune, Commander Ashira and the Ambassadors from 12 Galaxies here to assist with our Ascension, Sanat Kumara, St. Germaine, Jesus Sananda, the Magdalena, Saul, Matthew, Saint Bernadette, Saint Francis, Saint Theresa, Kwan Yin, the Buddha, Lord Maitreya, Lao Tzu, El Morya, Serapis Bey, Kuthumi, Dwjal Khul, Ranjit, Albert Einstein, Ghandi, Wakanataka, White Buffalo Calf Woman, Chief Sitting Bull, Chief Cochise, Chief Red Cloud, Chief White Cloud, Chief Joseph - Geronimo, the Fairies, Sprites and Devas, the Elementals, the Elements, the Mighty Collectives of Transmuters from the Kingdoms, all the Kingdoms, Hermes, Hercules, our Gods and Goddesses, our Guides and Guardian Angels, the Blue Lightening Angels, our Universal Selves, the Healers of Tralana, the Halion Engineers, all angels and archangels, Universal Law, Divine Blessings, Virtues, Qualities, and dimensional growth patterns for perfect Divine Alignment, balance in all realms, physical, mental, spiritual, emotional bodies, our institutions, situations on Gaia.

There is no struggle. There is no want. There is no need. There is simply gratitude for Mother/Father One, Gaia, for every being, for the Mother's Clarity, Purity, Dispensation of Grace, Wonder, Awe, Her Tsunami of Love, the Tsunami of One from the Ascended Masters, and for the sheer energy, [Porlana C from our Star Brothers and Sisters](#).

There is change, transmutation, and elimination of the belief systems not of love, individual, family and global patterns of lack and limitation, loss, abandonment, isolation, separation, loneliness, lack of self-worth, lack of self-love, the violence against Gaia, our beautiful planet, who has been terribly abused, and all women — sexual, predatory and physical violence, suppression, mutilation, killing, beating because they are women — the control, the business of war/military/prisons, the weapons factories, the weapons of war, transportation of weapons, the dark web, greed, gambling, subliminal, violent messages in music and film, drug trafficking, pedophilia, sex trafficking, human trafficking, slavery, child labour, 'restavek', 'bonded labour', the poverty, homelessness, hatred, negging, bigotry, bullying, competition, side-barring, pollution, radiation, the toxins, the disease, the chemicals that poison our land, our animals, our air, and foul our oceans, elimination of all man-made creations not of love.

Elimination of War (info from [Wikipedia](#))



There is joy for sacred purpose, ecstasy, bliss, harmony, balance with serenity, fortitude, patience, humility, piety, devotion, apologies and forgiveness, Karmic Dispensation, truth, light and Love and the Love, knowing I Am and the I Am, compassion, tenderness, passion, kindness, strength with gentleness, gratitude, Infinite potential, wonder, awe, clarity, prudence, temperance, moderation, laughter, innocence, trust, faith, miracles, connectedness, unity, purity, wisdom, beauty, grace, true and exact expression of Divine spirit and will, charity, hope, the knowing that abundance is our birthright, freedom to make choices, gender equality within and without, the balance in understanding and knowing the Divine Blessings, Virtues, Qualities, Universal Laws, and Dimensional Growth patterns. Our tri-flames within our heart chakras are balanced.

There is perfect health, balanced bacteria within/without, pure environment within/without, pure food and water for all the kingdoms, for all beings, home-grown food, personal gardens and community gardens everywhere, oil pipelines become water pipelines, regeneration, youth and vitality.

There is sacred space for everyone, free energy, free medical with understanding and knowing of the healing power of the Divine Rays, Colours, all science working in Divine Alignment for health and everywhere needed, free education and childcare for everyone, mindfulness, and meditation practice in schools, understanding and knowing of sacred purpose, the Universal Laws, Divine Qualities and dimensional growth patterns, how things work in the higher realms.

There is Divine Right Alignment all over the internet, all social media, in the entertainment, publishing, and news industries.

There are therapeutic communities to come to balance, for females to heal, for males to heal, for those struggling with addictions. There is therapeutic rehabilitation in prison until there are no prisons. There is freedom for everyone.

There are societies structured and organized for the common good of everyone with universal social services, such as affordable day care, high quality public schools, free college (no tuition), universal health care, paid parental leave, care for the environment, societies that invest in equality of opportunity, that invest in freedom for everyone, quality of life.

There is understanding and knowing of abundance in all forms, especially spiritual currency, the Love, openness of self-worth, receptivity, our ability to give and receive, willingness to move forward, our currency of Love, deservingness, the worth to experience, to create, and play, completion. Minimum wage is raised to a living wage, and there is Universal Basic Income, sharing of money, conscious capitalism, balanced finances and governance everywhere on Gaia.

I hold for the Collective the willingness to receive.

There is Gaian global citizenship, cities of light with conscious design, no borders, freedom for everyone, Divine Feminine and Divine Masculine balance, conscious awareness of our wholeness, conscious listening to guidance/intuition, heart consciousness which leads to the joy of knowing sacred purpose, our Ascension, that God is Love, that we are LOVED.

There is joyful co-creation with the Divine, community and unity, family, trust, peace, Love, joy, forgiveness, compassion, equal gratitude the feminine and masculine, kindness, tenderness, gentleness to self, therefore to everyone, self-worth and self-Love, hearts opening everywhere right Now on Gaia, completion of the Mother's Divine Plan, Her Family Plan with Her Clarity, Purity, Grace, Wonder and Awe, miracles everywhere, everything in BALANCE.



12. Father's Day, Suicide, and BALANCE

Almost all my life I have gone through episodes of depression, some more extreme than others.

I never thought I would make it to 20, then 30.

40 was particularly difficult, and lately now in my 50's, I've found it even more so.

It seems the greater my understanding of how things work in the higher realms, the deeper I delve into my depression.

In a nutshell, what makes me feel like leaving is 'perceived ruin' — feeling like "I'm a disappointment to the Mother," deep core issues of extreme sorrow and fear for self, financial difficulties, obstruction of my creative ideas, me not completing my mission and purpose for the Mother — that there is no answer, I'm alone and separate from everyone, there is no way out, no solution but death, no courage to face my fears.

Wikipedia says: [suicide is the 10th leading cause of death worldwide](#).

Lately on FaceBook, I've noticed innovative ideas, such as volunteer [rail pastors](#) and [blue lights at train stations in England](#) and [Japan](#) that have been implemented to help stem the rise of death by suicide.

On the flip side, as I study the Divine Laws, Blessings, Virtues and Qualities, I am learning balance.

BALANCE — the Mother's Movement, the Stillness of the Father —
Who I Truly Am, serenity.

The blessing of hope:
that what is right, in alignment
with what I see, know, feel, Who I Am,
participant in the unfoldment, the shift, What All Is.

The virtue, sense of hope:
that Eternal Knowing of the Divine,
that serenity, that total and perfect calm
observer in the unfoldment, the shift, What All Is.

The Balance of Gender Equality Within/Without



The Scales of Justice,
of Worth and of the Universe

Wanting to leave by suicide, for me, is extreme lack of balance within, engaging with old energies not of love, my core issues of sorrow, shame, fear for the future, “I’m a disappointment to the Mother” and the learned behaviours, entrenched beliefs of separation, lack, limitation, that “God is punishing.”

It is lack of forgiveness, compassion, gratitude — peace, Love, joy — for self and others.

It is not understanding the Mother’s Sound, Vibration, Movement or the knowing of the stillness of the Father, not being truly conscious of my gender equality within.

Understanding the entrenched beliefs and my fears and sorrow has been pivotal in discovery of my sacred purpose, my joy.

In another reflection my sorrow is my joy.

Understanding addiction to emotional pain I help lift others up into the knowing of the higher realms, our planetary shift to peace, LOVE, joy — forgiveness, compassion, gratitude — for everything.

In the stillness of the Father,
serenity of the Mother
I invoke Sanat Kumara,
and the Universal Law
of Attachment and Detachment
to detach from everything not of love,
for understanding of the Mother's Movement,
for attachment to the highest vision of BALANCE
for my self, others, family, friends and groups.
GENDER EQUALITY WITHIN/WITHOUT



13. Stop, Drop (into the heart), Receive (Love)!

Was your June 21st, 2017, Summer/Winter Solstice — depending on where we are — a normal day?

Did anything unusual happen?

I'm writing this so I remember.

Early in the day I was triggered by something, that in hindsight is quite funny, but when it happened didn't seem that way.

The day was quite normal except for a heightened sense of awareness of discomfort. By the time evening rolled around, I was in an extreme state.

It was so intense I was awake the entire night — the past rising up — me engaging with drama I thought I had processed.

What I learned upon review of this night of elimination of deep subconscious issues including hatred, limitation and control, in opening to receive healing I give away the old, and balance occurs with my gratitude, joy.

I receive I accept I allow I give I Am Gratitude

I receive (the Mother's Love)
I accept (the Love of the Father, the knowing in the stillness)

I allow (the burning sensation) I give (away the old)

I Am Gratitude

I Am Joy

Receiving the Mother's Love, Her Movement of Healing and accepting the Love of the Father, the conscious knowing in the stillness, I heal.

Joy is gratitude, the golden flame, that burns away the false grids and our core issues.

In allowing the burning sensation, from clavicle to heart chakra, I heal — with understanding there is always more to go — deeper understandings as we become Nova Being.

Feeling joy, gratitude for the lessons, is an indication of reaching a new level.

The false grids, the entrenched beliefs, and our core issues are insidious, layers and layers.

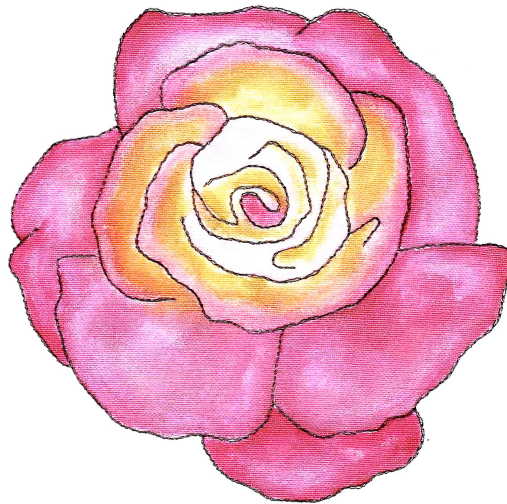
If we are triggered by anything, we are holding onto something old within, that limits Who We Are, Divine Perfection.

Devotion, constant kindness to self, gratitude for everything — as within so without — is joy.

Here is a guided fun mantra to say if triggered:

Stop (everything, sit still or lie down)

Drop (from mind to heart)



Receive (Love, accept the Love, allow the burning, give away the old)

Stop

Drop

Receive!

I Am Gratitude

I AM JOY

14. Archangel Michael and the Blue Flame of Truth

An Everyday Exercise with Archangel Michael

Anchored in our hearts in meditation, **Archangel Michael**, through Linda Dillon, channel for the Council of Love, asks us to take the **Blue Flame of Truth** (1) and burn away doubt, denial, limitation everyday.



Sitting, allowing the Blue Flame to expand and expand and consume us, as if we are the Blue Flame. . .

We are like a sponge allowing our Infinite potential
from throughout the universe, the multiverse,
the ominorverse and the Source to fill us.

Feeling this sense of expansion. . .

Anchored in our heart centre, we ask:

“Today, Michael, what is the expression
of my Infinite potential?”

He says he will gladly tell us saying,
it will be different each day
because we do different things each day,
that that is an expression of our Infinite potential.

Then he says

— and this is where the key lies —

even if it seems outrageous or too benignly simple,
please do what he asks us to do.

Today, with Michael, I am the LOVING WITNESS of old uncomfortable feelings:

the observer in the stillness with the Father, the Golden Flame in my tri-flame.

The Golden Flame is burning away discouragement — transmuting old feelings to golden GRATITUDE/BALANCE/JOY for all my lessons — in the balance of GIVE and RECEIVE.

I Stop

I Drop into my heart

I RECEIVE the WISDOM OF MY TRI-FLAME:

nurturing, understanding,
FORGIVENESS/PEACE, LOVE,
the Mother's Blue Flame of Movement
(and Archangel Michael's Blue Flame of Truth)

I AM COMPASSION, LOVE
Pink Flame of SELF

the knowing, THE LOVE,
THE GRATITUDE/JOY,
the Golden Flame of the Father

It is my sacred purpose
the GOLDEN JOY/GRATITUDE
to do this transmuting work.

I receive LOVE

I AM LOVE

I allow the KNOWING

I Am the Loving Witness of my old feelings.

I Am the Joy, the Gratitude for all my lessons.

Thank you Archangel Michael, Mother and the Father.



Footnotes

(1) "Archangel Michael, Gabrielle, and Uriel Discuss the Divine Quality — Truth — and our Infinite Potential," March 28, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/03/archangels-michael-gabrielle-and-Uriel-discuss-the-divine-quality-truth-and-our-infinite-potential/>

15. Community and Balance

The Mother has often referred to Her Plan for our Ascension on Earth as the Family Plan, community — taking care of each other — where none are homeless, in poverty, in lack of anything.

As we remember sacred union, the Mother's Nurturing Love and the Love, the Knowing of the Father, heart union, heart consciousness, we are coming to Divine Alignment.

One with Mother and the Father, however we conceive of this, utilizing our Divine Authority, we are remembering our original purity.

The Mother's Plan
Her Individual/Family Plan
Self is All

To be our creator selves, assuming the mantle of our Divine Authority, in charge of our life, thoughts, feelings, actions, behaviours, steps, environments, in alignment with the Love, the Divine Mind, Heart and Will, in service, sacred purpose, harmony with each other, knowing abundance is our birthright.

We are eliminating the old beliefs, the false grids of hatred and bigotry, control and limitation, lack and separation.

Consciously doing this elimination, our sorrow and fears, our core issues, diminish, dissolve, disappear. . .

There is no control in the higher realms — the Universal Law of As Above So Below, As Within, So Without — slowly we are coming to that place of balance on Earth.

Forgiveness of self for everything, the past,
is elimination of hatred, bigotry, limitation, control.

"I forgive my self for not expressing
and experiencing my self as Divine"
is peace, happiness within/without.

Speaking up about forgiveness and apologies, we become catalysts for change, bringing to the forefront the how-to for individuals to decide how to proceed, elimination of control.

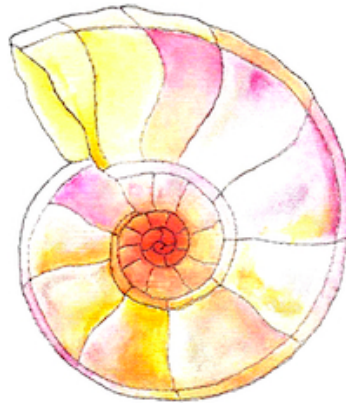
Understanding prudence, the knowing when to step in, when to step back — say something or not — is an art.

Attaching to discernment of everything, detaching from the old emotions not of love, hatred, bigotry, limitation, control, separation, lack of self-worth, lack of self-love, and attaching to the highest vision of Divine Alignment, heart consciousness, is balance, the Law of Attachment and Detachment.

Invoking the Law of Transmutation for our original purity, knowing nothing is impossible with Divine Help all around and the help available from our Galactic Family, we discover sacred purpose, golden joy, balance.

From healing to free energy, nothing is impossible.

We are here now
to open our hearts to RECEIVE
the Mother's LOVE, Her Understanding, Nurturing,
the LOVE of the Father, His Knowing
to allow, to accept,
to expect miracles



The Scales of Justice, of Worth and of the Universe

16. Bullying, Trauma, PTSD, Loneliness and Suicide to LOVE

On July 6th, 2018, former Canadian RCMP officer, Krista Carle, committed suicide. She was known for speaking out about bullying and sexual harassment within the Royal Canadian Mounted Police.

[Former RCMP Officer Who Spoke Out About Force's Culture Takes Her Own Life](#)

Working for the RCMP for 19 years before taking medical discharge in 2009 following sexual harassment on the job in Alberta, Krista killed herself on Vancouver Island, BC, leaving behind two teenagers being raised by their father.

“Carle apparently lost her will to live against the ‘PTSD demons’ after daily harassment that went on for years, starting with graphic pornography left among her belongings, lewd questions about her personal life, and forcible kissing.”

In this article about Canadian paramedics, [After the Sirens](#), it says:

“One in four paramedics in Canada will develop PTSD in the course of their careers, and the suicide rates amongst paramedics are five times the national average.

“The general view of PTSD is still based on a limited understanding of what causes trauma. And what many paramedics encounter when seeking help is skepticism and stigma.

“By sharing stories of paramedics, After the Sirens hopes to shine a light on the problem, and provoke a conversation that leads to real change.”

This is a global job, changing how we feel about trauma and separation, creating Loving community everywhere.

Separation can feel like loneliness as this post, [How Britain is Ending the Loneliness Epidemic](#), states:

“Loneliness: A sense of separation, congealing like a knot in the gut, that pervades the body and mind with a sense of being cut out of time and space.

“We can be surrounded by people, but still experience the despair of being lonely and lost in the crowd.

“The sensation of loneliness can be a condensed mix of sadness and badness that can feel like a physical pain or obstruction.

“Indeed, research shows that loneliness has medical consequences.

“Long-term sufferers of loneliness are more prone to heart disease, cancer, depression, diabetes and suicide.

“And it’s an epidemic, according to US surgeon general Vivek Murthy, to be ‘associated with a reduction in life-span similar to that caused by smoking 15 cigarettes a day and even greater than that associated with obesity.’”

Loneliness is an entrenched belief, that we are abandoned on this planet, separate from Mother/Father One, God.

What are we are unconsciously saying to ourselves?

Can you hear small repeating phrases like “Nobody cares about me” or “I have to do it all alone” that perpetrate feelings of separation and isolation?

Surrendering, facing into pain, we can feel it to heal it, allow it to be, honour it without judgement.

We are here to eliminate the entrenched belief systems of bigotry, hatred, limitation, control, to clear these false grids today for ourselves and for each other, these illusions – not judging them, just feeling them — lack, limitation, loss, abandonment, isolation, separation, loneliness, lack of self-worth, lack of self-love.

Feeling is healing — as within, so without.

Planetary healing begins each of us.

An Invocation for B A L A N C E

I invoke Sanat Kumara, Planetary Logos,
the Universal Laws of Change, Transmutation,
and Elimination for bigotry, hatred, limitation, control,
lack, loss, abandonment, isolation, separation, loneliness,
and the Universal Law of Give and Receive for peace, Love, joy,
FORGIVENESS, COMPASSION and GRATITUDE FOR THE LESSONS.

17. Changing Fear to Courage, Love

Recently my friend, Cantor Lee Degani, had a dream about us where we met at some kind of event.

I had a script with the roles for each to play and I'd brought some food. She said I was so hungry I couldn't wait to eat and I devoured a big piece of chicken!

Wondering what it was about, I listened and saw that the work I have done with [Universal Law](#) aids in discovery of sacred purpose, "the roles we play."

Devouring chicken: What am I chicken of, afraid of?

As we journey along our paths, there is often much fear to overcome, and we can choose to transmute fear, to overcome fear — to eat "chicken" — to face it, to change it to right alignment, to be Love.

Fear is a core issue of "I'm a disappointment" that can be changed!

We are not here to live in fear, in disappointment, in sorrow or depression.

We are here to be LOVE.

St. Theresa, who taught us the blessing and virtue of purity (1) in 2013, helps us understand fear:

"One of the most effective ways that I have dealt with fear is to connect, not only above, but with Gaia, to place my feet, my body, my energy upon this mighty beautiful planet because she is courageous, she is filled with valour and she is filled with truth and justice and balance.

“So when you anchor yourself it helps you from being buffeted by these winds of drama and allows you to stay firm; the little flower with the strong stem, the rose. Do not forget the rose also has thorns.

“So when I say to you to anchor and to be the beauty and the purity, it also means to protect your sacred self but to stay in the Love. That is the only way.

“And the fear is always future based. It is concern about what may or may not happen. So when you stay in your Now, then you are gaining strength.”

When we look directly at issues we can change, such as violence against women and gun violence, pollution, the political situation, the overdose crisis, to name a few, and face our fear that there is nothing we can do, we find we have the courage to start, to expand into the Mother's Plan, our plan, the highest vision of LOVE.

We are eliminating all the entrenched beliefs, the false grids of the old paradigm, bigotry, hatred, limitation, control, facing our fear of change, for change into Nova Being to create Nova Earth.

St. Theresa says:

“When you move in the Now to the acceptance as the totality of yourself, what you will see is that all the lesser functions of the old paradigms fade away.

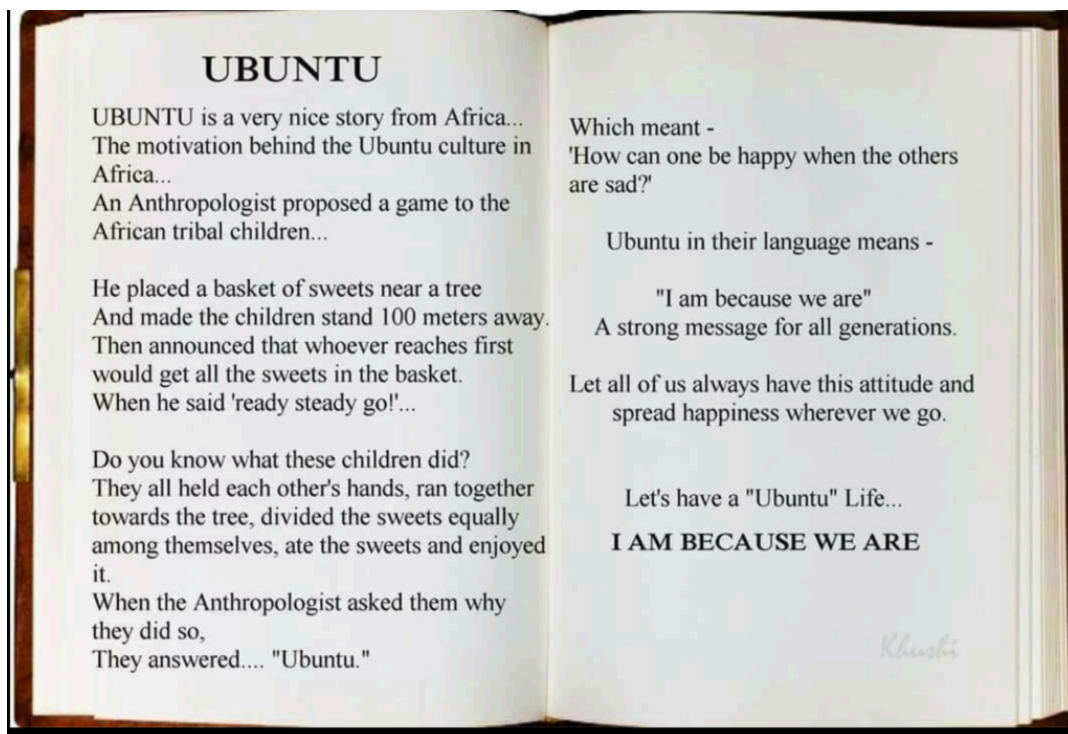
“That is why I have focused on prayer, on Love, on service, because when you are doing that, the rest fades away and the ability to let go of those momentary blips, shall we say, on the screen, of anger or fear or distain, they simply become, they come and go and you look at them like a piece of dandelion fluff just floating away from you.

“You are in the perfection of the Mother’s Design and Plan and you are in the perfection of your design and plan.

“It does not need to be altered, it needs to be recognized and embraced, and lived to the fullest.

“To practice purity does not mean that you do not sing and dance with the flowers and the fairies, it means you do, that you celebrate the beauty that you have been gifted with, and that you have chosen for this lifetime.”

We are here to be Love,
create new societies in balance that benefit everyone,
little steps to giant steps.



Footnotes

(1) “St. Theresa of Liseux Discusses the Divine Quality of Purity,” March 1, 2013, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2013/03/st-theresa-of-liseux-discusses-the-divine-quality-of-purity/>

18. The Wisdom of Bat

Yesterday, at Sunday's monthly circle meeting, one of us talked of an encounter with a bat.

Jamie Sams and David Carson's, [Medicine Cards](#), wisdom handed down from the Choctaw, Lakota, Seneca, Cheyenne, Cherokee, Iroquois, and Mayan traditions, has this to say about Bat, a poem:

“Sacred bat. . . flew to me,
From the darkness of the cave,
Womb-like reflections,
Answers it gave.

Birth, death, rebirth
Cycles of the whole. . .
Never-ending,
just eclipsed,
The journey of the soul.”

When the card is pulled up-side-down or contrary bat tells us, “You are blocking yourself, you may be blocking the generations to come.” (1)

In the Council of Love teachings, through channel Linda Dillon, combined with my own practise of sitting still, asking questions of my Divine Circle, there is much to learn about the false grids (the entrenched beliefs that “God is punishing,” of bigotry, hatred, limitation, control, that create physical suffering) and our core issues (sorrow, shame, fear that “I’m a disappointment,” fear of moving forward, the fear of the future, the unknown, constructs that create mental/emotional suffering).

Bat wisdom can be, according to Jamie Sams and David Carson, “stagnation of spirit, refusal to acknowledge true destiny — which is always to use the talents we have to the fullest.”

Combinations of the false grids and our core issues create extreme suffering, dis-ease, “stagnation of spirit.”

As we look directly at what isn't working in the external reality, such as poverty, addiction, violence, pollution, homelessness, etc. and take the steps — from small to big, within to without — to bring everything to balance, we are in our sacred purpose, why we are on planet at this time, co-creating with the unseen realms, Ascended Masters, the Divine, and not so unseen, our Star Brothers and Sisters.

We are the generation that is wounded and healing

— healed —

creating societies that work for everyone

in BALANCE

gender equality within/without.



Footnotes

(1) Medicine Cards, by Jamie Sams and David Carson, 1999, <https://medicinecards.com/>

19. Love and the Love

When we truly LOVE our self, our ego, there is no separation within/without from One, Source.

There is the knowing of the Mother's Love and the Love of the Father.

On all levels — physical, mental, emotional, spiritual — old entrenched beliefs in separation, punishment are not of truth.

Sanat Kumara, through Linda Dillon, channel for the Council of Love: “We see disease as an external event that is internalized grief, mourning, sadness, disenchantment, war.” (1)

There is space for being in the Now,
where the emptiness allows for inspiration,
place of peace and serenity, where ego is Love,
place of forgiving and forgiveness where God is Love,
place of compassion, gratitude for everything life teaches.

We are the Mother's Movement of Love with the wisdom, the Love of the Father, where the Mother and the Father are ONE. I Am because we are.

Unity. . . Oneness. . . seeing how building societies that work begins where everyone/thing is LOVED, the Mother's Movement with the Wisdom of the Father, the LOVE.

Sanat Kumara:

“When you reach — now we are talking collective consciousness — when you reach a realization as a race called Gaians that you are not alone in the multi-verse, it changes the perceptual mindset of how things such as governments, which is really stewardship, is managed and organized.

“So, with Love — and I am not talking as some would say pie in the sky — I am talking the practicality of living the Mother’s Love, with that comes the elimination — yes, not decentralization, not the softening — comes the elimination of structures that want to control.”

We are eliminating the insidious belief that “God is punishing” — bigotry, hatred, limitation, control — and that we are separate, a disappointment to the Mother, because of what we have created here on Earth.

From these experiences we know what doesn’t work Now and understand that the Mother forgives everything.

As within so without,
patterning the Movement of Mother’s Breath,
Love within Love without.

Sanat Kumara: “If your daily life, if your in-breath and your out-breath are not in alignment with Love, with the Truth of Who You Are, bright angels, then the external construction will not be of the truth and the peace and the Love that you are seeking. It will not be the genuine reflection of the Universe that rests within thee.”

Going into the fray, the chaos
being the example of no separation,
of the LOVE for the most disenfranchised,
the addicted, the homeless to the most wealthy,
no lack of self-worth, no lack of self-love,
no punishment, no separation,
the Wisdom of the Father.

Sanat Kumara: “The galactics are helping you. There is new technology being seeded upon your planet every day. The explosion, shall we put it that way, of new inventions, new technology is not coincidental. So do not feel that your brothers and sisters of the various forces are not in active assistance. They are.”

As ONE in balance,
that wide line in the middle,
forgiveness, compassion, gratitude,
peace, LOVE and JOY for sacred mission,
in co-creation with our Star Brothers and Sisters.

Sanat Kumara:

“Joy overrides everything. Joy is the ability, the choice, the capacity, the practice to stay in the Love, to be the Love, to experience and to express the Love regardless of what is transpiring, both in what you assume – and I do mean assume – is actuality, or reality that is unseen.

“Joy allows you to move into the knowing of Love, and in that knowing there is in fact greater joy, greater bliss, greater peace, greater truth because they are stand-alones.”

Thank you, Sanat Kumara, Planetary Logos, Keeper of Universal Law.
I Am Gratitude for your teachings, perseverance, dedication to
the Mother’s Divine Plan. Thank you. Thank you, Thank you.

Footnotes

(1) “Sanat Kumara on the Changes Happening to Us,” January 30, 2017, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2017/01/sanat-kumara-on-the-changes-happening-to-us/>. All quotes are from the same source.

Sanat Kumara on Tender, Gentle, Loving Relationships

“If you wish to have an assignment, let me give it to you three ways. Choose a partner. It may be a family member. It may be a friend. This is over and above the millions that each of you are working with. It may be a stranger. Every day engage either mentally, esoterically or actually in a kind and loving exchange of relationship that is expressive and reflective and in alignment with how you love and treat yourself and, in reciprocity, how you love and wish to be treated every day.

“Then formulate the same relationship with prayer, meditation, intent with your water and with your food. If you were to do these very simple and most difficult three things: individual, your water, and your food. Kind, loving, nurturing and gentle, for one month, and we, I offer you a date my friend, and we were to revisit this in one month, the shift upon your planet would be unbelievable. I do not say significant. I say unbelievable. Because you would be breaking the old pattern and erecting, constructing new, ignoring what does not serve because it does not serve. And anchoring what does serve, what fills your heart with supreme gladness in form. That is why I am suggesting to each of you, to engage with a friend, a family member or a stranger and watch it blossom.

“Watch it blossom. Watch the old pattern smash away and the new that is underneath truly shine like the brilliant pattern of the Mother and the Father that it is.

“I would be glad to help you! I invite all of you to call on me. It is time to truly see and experience, in form, in this lifetime, in this time, the beauty of what it means to be on Gaia at this time.” (1)

20. Gender Equality Begins Within

Gender equality begins within.

Within our emerald heart chakra is our tri-flame, the Mother's Blue Flame, our own pink flame with its silver core, and the Golden Flame of the Father.

These flames when burning brightly, equal in strength and vitality, are gender equality within.

With equal Love for the Divine Mother, our feminine energy,
and the Divine Father, our masculine energy,
in peace and the forgiveness, LOVE and the compassion,
joy and the gratitude
we are BALANCE,
gender equality within.

In contemplation of our tri-flame, we find understandings, clues to our becoming.

The knowing of the Mother's Movement of Peace, ability to forgive everything, and the Peace of the Father, the wisdom of forgiveness, is held within the blue flame.

The Mother's Compassion, Love for everything, ability to bless everything, be non-judgemental, and the Virtue of the Father to hold the highest vision of the Love for All, is found in **our pink flame**.

The Mother's Joy, our sacred mission, action, physical building of Nova Being, Nova Earth, and our sacred purpose, the Joy of the Father, the gratitude for the balance of gender equality, is found in **the golden flame**.

Equal qualities of the Mother's Movement, Her Ability of Blessing, of Loving Everything, and the Love, the Wisdom, the Virtue of the Father are found in each flame.

Mother + Father = ONE

A balanced tri-flame is gender equality.

Understanding and knowing
feminine and masculine,
blessing and virtue,
N o v a B e i n g
B A L A N C E

We = One

Sanat Kumara:

“Long ago the Council has given you the exercise of two fingers to the heart to give the Love and open another's heart.

“Now this is not merely a feel-good or esoteric exercise. You can touch the hearts of millions all at once. You can give them this gift.

“You can line them up and say, ‘Today I am opening the hearts of all the recalcitrants. Today I am opening up all the hearts of ISIS. Today I am opening up all the hearts of all who sit in governance.’ And simply do it. You are far more powerful than you have recognized and given yourself credit for.

“Now we know how powerful you are. We are not partnering with juniors. You are not in a training phase. And we have passed the preparedness and the readiness. We are in action, beloveds!” (1)

Heart Consciousness
Love is Everything



The Scales of Justice, the Knowing of Balance,
the Gratitude for Gender Equality Within/Without

Footnotes

(1) “Sanat Kumara: You Have Fully Assumed the Mantle of Your Divine Authority,” June 10, 2017, channeled by Linda Dillon for the Council of Love, <http://counciloflove.com/2017/06/sanat-kumara-you-have-fully-assumed-your-mantle-of-divine-authority/>

There's much to do.

Join the movements. Create the clean-up. Be the change.

We are the change from the heart.



Forgiveness, compassion and gratitude
for our whole journey, all of it,
creates peace within.

As within, so without

Peace within, peace without

Nova Being, Nova Earth



Conclusion

To all reading this series, 21 Days of Forgiveness, The Forgiveness Road, and The Compassion Road, I appreciate you.

Thank you for all you do. Together as Nova Beings we create Nova Earth.

Beginning within, we are the change, then in the without we help build communities that work for everyone.

With my forgiveness, compassion, and gratitude,

Kathleen

Special gratitude to Linda Dillon,
channel for the Council of Love



**PEACE LOVE and
JOY FOR GAIA,
PLANET EARTH**

Daily Invocation for Gender Equality

I invoke Sanat Kumara
and the Universal Laws of Sacred Purpose,
Intent, Change, Unification, Unity, Transmutation,
Attraction and Repulsion, Elimination, Completion and Continuity
for repulsion and elimination of the old ways of gender inequality,
for perfect alignment with soul design, anchoring and reflecting
the Divine Mother and the Divine Father, the action, the wisdom,
the ability to birth, nurture, create gender equality,
Nova Being, Nova Earth, forgiveness, compassion, gratitude,
peace, Love, joy on Earth, trust in self.

Nightly Invocation

I am going to sleep and tonight I am transmuting
everything inside of me that is not of harmony and balance.

I am simply letting it be transmuted as I sleep.
I invoke Sanat Kumara and the Universal Law of Transmutation.

There is no struggle. There is no need. There is no want.

There is simply ecstasy, bliss, harmony, balance.