

ATTUNEMENTS ON ATTENTION DEFICIT DISORDER (ADD or ADHD)

At times, individuals have come requesting specific information for themselves or children in their lives. In the interests of privacy, their names and identifying information has been deleted. Names are indicated by a series of asterisks. The responses are understood to be for research only and intended to be used after consideration by the individual and with consultation with licensed healthcare professionals involved.

There are a myriad of causes for ADD/ADHD and thus any number of possible "cures." No procedures given here should be taken as the "be-all and end-all" for any particular individual's struggles with ADD. However, they may point the way for further exploration. And, as ever, you are encouraged to take your own journey to discover your own answers.

Conscious Method for Overcoming ADD	Apr. 23, 1996
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April 23, 1996

What is the best conscious method for overcoming ADD for ***, currently working with brainwave biofeedback? Also, request healing for brain structures cited.**

JANU: Attention Deficit Disorder then, as understood in your plane, is a neuro-chemical infliction of stability in attention on a subject. This infliction is most caused by a slight disturbance in the neurocortex just underneath the left rear portion of the brain. Chemically speaking, this can be modified through the ingestion of compounds known as neuro stimulators. Targeting, of course, this area of disturbance as compensation for the imbalance, you see. This structure malformed in such a way as to limit the assimilation of those chemicals for proper operation here you see.

Conscious approach, as you put it, to correction of condition is in the area strong focus to the visualization of restructure through intent and desire by primarily the one afflicted. Assistance needed then you see, as attention is a challenge here.

This one comes to us, to our awareness, as one with knowing on currently unconscious level of the condition being experienced and the cause. This condition can be traced to earlier times in the area of attention follow through of insights into best course of life path. This one minimized or ridiculed those commitments of others in this area, you see, and in others. Would do well here to embrace with joy the path choices of others and the commitments. Placing attention on this corrects or transmutes those patterns built which precipitate the current experience here you see. The correction can and will take place under these conditions. Loving support and patience from those around her can assist and encourage this one to hold the course, so to speak. The long term benefits here and through these consciousness adjustments and focuses as described. Not so much the artificial measures or means, you see. Although they do have influence, their influence is temporary.

Left brain restructuring, rebalancing enhanced by steps taken by this one to enforce and practice left brain/right brain communication. There are many methods here for doing this. The term here is repatterning. Repatterning the left brain structures from the knowingness accessed through right brain capabilities. And of course the result of all of this is the enhanced opportunity to embrace with ongoing attention the best life path for this one, you see.

This pattern is not longstanding through many incarnations. Fairly recent here. Seven lifetimes past originating, Denmark, life as peasant girl, circa 1700, town of Denma, near the border here you see. Had opportunity for small quantum leap in soul progression and frittered it away. Opportunity still available but the increased challenge to partake of it, here you see. A lesson in attention and commitment and follow through.

Biofeedback then best applied in area of repatterning, the stimulation, enhancement of right/left brain communication, for the knowingness for repatterning lies accessible through the right brain capability to interface with knowingness. Not a right brain dominant shift here you see but a healthy balance. See here as a gentle process over some period of time. Not to be seen rushed into for spectacular, immediate results. For through the process much is to be learned and gained through increased nuances of insight.

This one would do well to attend and come together with those who understand this relationship. This one will need supportive confirmation of this reality for acceptance here. For pattern shifts in consciousness and access are not facilitated by significant doubts and disbelief and lack of acceptance. This disturbance in the brain is connected through the structures and the hierarchy of manifestation of consciousness and is subject to the corrections thereof.

Remember here the right brain has access to that information, that patterning that the left brain has need of. For the left brain is the facilitator of attention desire but not the originator of the pattern for structure. Functional differences though one part of the whole cerebral reality, needing the other parts, you see.

You see the challenge here holding the attention on this form repatterning in an area that lacks attention. She will need the support from others but must accomplish this of her own desire, intuitive and creative power. There will be assigned those on the inner to hold the ideal for this one precipitated or driven by her projections of consciousness that this process be realized.

The Master Hilarion will observe this one from time to time with one of his Legion attending. This challenge is an opportunity for this one.

A chemical found in the root of elderberry may assist here. Four (4) ounces of root cooked in one (1) gallon water. 1 cup of broth per week until some improvement noticed. Then 1 cup every several weeks until sensed by this one no longer needed. This drink is not a cure. It is to enhance attention to assist repatterning efforts.

We go now and leave you with this understanding. Remembering then, speaking to this one, you are not a left brain or the right brain. You are spirit using this body with consciousness patterns built that influence its function and structure. Do not identify with this condition. It is only a product of patterns set in motion at another time and subject to new patterns and will restructure under those conditions described. So be it. Namaste.

Sept. 3, 1996

Why has my fifteen year old nephew * chosen to have ADD and what can be done to eliminate the condition? Please describe all approaches possible.**

JANU: There is indeed a condition present described as Attention Deficit Disorder. This disorder, dear one, has more than one cause. A recent discourse in this area does not apply to this one we have this morning. His condition, then, merits some review.

Let us then examine this short-term ability to stay on task or focus. It can have the appearance, to some, that this one acts on impulse. For the interest and enthusiasm for engagement of whatever captures the interest comes with strength or a thrust for involvement, which triggers a reactive response for disengagement. The pleasure or joy, then, is in these thrusts of interest and not so much in any long-term completion process. This one is in a denial pattern that supports this behavior.

We see a pituitary structural or functioning imbalance. The physical manifestation of this one's pattern is more in the area of chemistry than in physical deformity or lack of mature structure, you see. The regulatory pituitary function lacks subtle proportional control for measured continuation of attention or involvement with an object of interest therefore creating imbalance in the control of self-determination. This pituitary system disturbance does not appear as significant or measurable malfunction by normal medical standards. On an energy level or reality, we see a cavity or vortex in the field surrounding and coexisting with this organ. This vortex allows a fluctuation in field integrity and purity of vibrational pattern and frequency.

This vortex is a residue from previous experimentation with involvements in long range forecasting or predictions of outcomes in the area of medical prognosis at a time when such activities were crude at best. These earlier dark ages of what you call medicine, medical

research and practice, caused hardship for many patients through the ignorance of medical practitioners and researchers. Many endeavors were wanton attempts to bolster their prestige in the medical and lay communities, not purely motivated for patient well-being. This was in France in those dark ages long past.

This vortex attached to the energetic field of the pituitary gland can be engaged as connection with this pattern. The approach then, dear one, is for this one through this focus of attention of difficulty within the body elemental to embrace this memory reaching once more into this time of traumatic behavior and forgiving oneself utterly. For there was regret and lack of resolution in the patterns of memory through embodiments. Feel and decree love in the heart and release for those involved in that behavior, patient and colleague alike from the strength of self-forgiveness and self-love. Release this pattern as completed on its journey. Allow the vortex to collapse and the energy field co-existing with the pituitary gland to restore and find balance. And in time these chemical instabilities will abate.

We do not see a genetic connection in the family for this particular disturbance. We do see an opportunity for shared understanding and demonstrations of the opportunity for successful outcome to these two who share this common experience. Medical intervention will not be necessary should this approach be engaged and completed. Do not expect this one to accomplish this approach on his own. He will need someone such as yourself to patiently, step by step, guide him through this, returning his attention to task as many times as necessary with patience and gentleness and encouragement, the very qualities he did not visit on his patients at that earlier time. This can be a healing for him in understanding the merits of receiving such qualities from another and being encouraged to possess them within himself.

There is no magic bullet here, dear one. This is a labor of love. We wish you well and support your endeavor. Draw from the love from within your being and this love not only will encourage him but build your trust and faith in your own capacity for true love for yourself and others. This is opportunity, dear one, to excel. We engage you in this way of understanding encouraging and guiding your mastery. Good morning, dear one, and namaste.

Sept. 6, 1996

**How can my daughter overcome ADD naturally?
Any other guidance for her studies regarding her life path.**

JANU: This service this morning comes from one who is knowledgeable in this area. His name is Aramus of the Council of the Nicene.

ARAMUS: The mother's inquiry is appropriate at this time, for this one is moving through that stage of decision-making and focus for a vehicle to channel her energies and her creative inflow and expression.

This one's Attention Deficit Disorder, dear one, is marked by a pathway impingement or blockage circumventing normal flow through auditory canal or passageway to receptors, neuroreceptors, that linger in a state of some confusion. Her ADD symptoms are a result of a processing disorder primarily through auditory input and signal processing into recognizable patterns. Understand, dear one, attention is a function of lack of disturbance or distraction to the flow of recognition patterns through sensory input through the transfer or couplings of information through the different brain structures. Each bring their contribution to this recognition pattern, you see. Her disturbances lie in the area of auditory processing deficiencies

or confusion, giving their element of confusion to the larger systemic organization of recognition patterns, which diverts the clarity of attention. The ability of focus of attention, dear one, is a function of the balance of patterns of recognition and the neural processing thereof. So, you see, many singular impingements or distractions can interfere with this focusing ability.

We see, then, the possibility to build clearer pathways for recognition through this sensory input by what some might see as over-stimulation of these pathways through repetitive recognition patterns, eventually moving to patterns not recognized with repetition until there is recognition, you see. This compels the neurological systems to reconstruct somewhat. In other words, forcing the issue, so to speak, in a controlled and measured way. Possibly even the timing by this one through a hand held timer knowing the moment of drift from attention on a pattern, giving feedback for progress in attention span in recognizable and unrecognizable or unfamiliar patterns of observation or input.

We do not suggest isolating this reprogramming to audible pattern recognition. There needs to be integration in this development through the other senses, for attention is a function of a balance in the systems of pattern recognition and processing. When neurological damage takes place through injury, it is possible to rebuild these pathways through the intent and desire and struggle to place these in operation again, you see. The creative forces and pattern building functions of consciousness and the subordinate systems come into play, are marshaled into rebuilding physical structures. This is the approach we suggest. Even though her impingements or confusions are in the auditory sensing systems, processing systems, it can affect attention through the perception of other senses, you see, bringing confusion to determining what really is the source of this.

This would be best approached here as natural as you requested but more than that, dear one, the subtleties of relationship through these processing systems and sensory inputs is best left to the natural order of complex structures and the creative functions within the system in general. The intelligence, in other words, dear one, behind the creation of these. The patterns to construct from are wisely arranged. This malady, ADD, is an interesting manifestation, for its nuances and varieties of possible causes and remedy reveal much of this complex systemic operation, you see.

As to her studies, dear one, they may well remain the same as they are, although this path of rebuilding herself, so to speak, may yet reveal other interests as well. She would do well to be alert to this possibility and those she will encounter through her research and building of models or systematic approach to this repatterning, you see. Much opportunity here. Certainly her studies of psychology and drama can contribute to or enhance her success in this endeavor, for how can you isolate this attention deficit from performance or success in the understanding and application of psychology and the drama of life? Not to worry, dear one, this is manageable and the body can regenerate, reconstruct. Nothing is fixed. Everything is fluid and in motion and subject to new instructions or influences moment by moment.

We trust this will be of some assistance. Further inquiry is welcomed. Thank you for your inquiry and your consideration for this one on this matter. We remain at your service.

March 21, 1997 B

Questions from **** regarding self and child with ADHD

Question: The developmental doctors, pediatricians and psychologists are saying that ** has ADHD and I'm wondering if that diagnosis is accurate.

JANU: For the most part, dear one, and according to the understanding intent of those medical practitioners that deal with such things, it falls into their category well enough for them to comfortably and safely diagnose and treat. Realizing, of course, that their understanding is based on a training regimen that does not include the larger issues of cause and effect. Please continue.

Question: What is the cause of what she is experiencing in her body?

JANU: Give us a moment, dear one, to investigate. We see here a childhood experience at another time, two on this world, one on another, that relate to this condition. Let us examine. We find that the issue involved, the cause if you will, is a thread that carries well through all three, including this one, waiting for resolution, as do so many causes in the lives of people.

Usually the first episode of formation of cause is the one that is addressed. In this case, however, an experience or manifestation of this cause in a previous existence not being the first will provide the greatest clarity of understanding of the cause that developed in the first one, you see. In this case, we shall proceed to the second episode or sojourn, if you will. This one occurred far enough back in your time reckoning to exceed your measurement of years. We are looking for a reference for recognition.

This one was involved in the early pioneering colonizations of this planet. Her lineage is not indigenous to this world. The hyperactivity component of her condition has its root in a somewhat frustrating episode or period of early colonization, when the demands of integration into this ecosystem at that time, for colonizing success, were overwhelming. At that time, this one was more androgynous in previous orientation or identification but embodying in gender specific form. So you see the early condition or experience here aggravated a perceptual lacking from an off-world experience.

We move then to her second opportunity for resolution in the antediluvian epic, mid-Atlantic, you see. She was daughter and what you would term priestess in social hierarchy. Her name at that time was "Uhmowah" in their tongue. The carryover of this unresolved issue manifested in the form of a rejection of opportunities for bearing offspring, which were expected of her to continue this line. So, you see, dear one, she carries with her a confusion or lack of resolution within the consciousness of accepting gender specific role in this world. It is confusing and demands her attention in such a way as to bring frustration and diversion or distraction of her embrace of opportunities.

What to do, then, in the midst of this dilemma? Understanding the journey that she has experienced, it is time to introduce her to the reality of her being in such a way as to bring a sense of completeness to the confusion of the gender tug-of-war. We are breaking somewhat new ground here, dear one, and have engaged in progressions of possibilities in the nature of this one for possible outcome. We are not suggesting that an adult conversation take place with this one at this age, in the terms that we have shared with you.

We will examine the physiological condition in a moment. But understand that these physical conditions have their non-physical cause. The medical profession, for the most part, does not understand or address these causes.

We would suggest at this time that this one be introduced to or encouraged in the acceptance of the opportunities and the merits of her gender choice for this life. However, realize that the pull in the other direction will remain. The particular challenge to this one is the innate awareness that any gender involvement is a limited experience compared to more androgynous reality.

It is time to examine the physiology here. We see in the midbrain cleavage, if you will, in the occipital area slightly above, a slight dissociation which interferes with, due to the pattern of confusion of embrace of gender specific involvement, the realization within the being that both male and female exist and can cooperate in a harmonious whole that represents the androgynous reality that this one prefers. These hemispherical predispositions to receptivity and nurturing, on the one hand, and analysis and self-assertion, on the other, operate best when each is comfortable with the other. This will help in the attention difficulty, encouraging and providing opportunity for this one to not only develop the alertness and the faculty of left and right hemisphere but in such a way that one trusts and values communicating with the other. As this unfolds, this one will feel more complete, rather than fragmented, confused, and at tug-of-war with the gender issue, you see. For the gender issue includes more than sexuality. It includes the other finer qualities of being.

This one feels incomplete, dear one, and this confusion manifests at times in the inability to concentrate or stay on task. The hyperactivity, if you will, is the reaction to frustration. Medications will assist in the sense of softening these differences and these reactions but will not address the underlying issues of conscious resolution of the lack, or sense of lack, of wholeness and balanced grasp of the realities in which she finds herself.

We find no physiological structures that are improperly manifest at this time, as relate to her condition of concern. We would suggest at this time, should you choose to embark on this mode or method of reactivation and integration of the polarities of experience in this world, that you are welcome to return to explore the issues that will come to the fore as progress is made. It is your turn, dear one.

Question: I am a little confused about the cleavage in the brain. Did you say that it is unfolding or it is correcting itself, or it will be or...?

JANU: What we see here, dear one, is this is the area of interface between the hemispheres and this is where the difficulty lies. Undeveloped communication between the hemispheres due to a long pattern of confusion in the consciousness as relates to the integration into a gender specific sojourn. For this one has carried, through lifetimes, the memory, although unconscious for the most part, of her origins in a larger way of life.

Question: How are ** and I connected?

JANU: We see you choosing to assist her at this time. Your agreement to assist is not prior to your incarnation or to hers. You have particular ability to embrace the realities involved and have been selected, and have been accepted on your part, on the inner, in the larger you, to accept this assignment. Many times we see previous life connection and progression of

resolution through sojourns. Not in this case, dear one. This is one with unresolved issue advantaging herself of opportunity with someone who has the capacity to bridge the gap in her understanding. This agreement was established during your current sojourn. You were contacted by another, on a soul level, if you will, although this is a limited understanding, to offer assistance. Understand, dear one, that this one who is with you at this time has potential for understanding and service to life not shared by many. This one issue, this impediment, has been waiting ere these many years for resolution. Your particular talent is in the area of the synthesizing of realities and possibilities into a wholeness or a balance that provides an atmosphere or a field for resolution. She will test you on your ability to stay on task, dear one. Make no mistake of this. But you have your strengths in this area, and this is why you were chosen.

It will be necessary, or helpful to you, to develop your own conscious awareness of the larger picture here. And that will be your mainstay, your anchoring, as the challenges come. You ask, "What is this larger picture?" The larger picture, dear one, is the reality that life is larger than the experience of male or female, of human or nonhuman, that we all are grand spiritual beings that still retain our full potential as co-creators, regardless of the form we journey in.

There is one who draws near at this time. Your young one, dear one, be it known from this one who draws near, was among the early builders of form for this world's embarkation on the journey of supporting and evolving in harmony with sentient life. Her task at that time, and her challenge still, is the integration of the polarities of third dimensional realities and their ultimate expansion into the next phase of this world's evolution. She is a part of a large and ongoing team of world formers and her team, dear one, looks forward to her conscious return to her place in that adventure. Do not be overwhelmed by the magnitude, or seeming magnitude, of what has been presented. But this is the basis for understanding and your life and hers are rooted in a movement of life larger than most engage.

Physically she will respond favorably to the integration process we described earlier. Medication may be used to help make more manageable the manifestations which you have described. But we see these as temporary and measured in their use, for this one will not benefit from her sensitivities being overlaid, dulled, through drug management indefinitely.

Do you have another question?

Q: Yes. ** has talked a lot about wanting a daddy, which she doesn't have, since I adopted her as a single parent. And I would like to have a mate. I am wondering if I have an issue that's preventing that, or if it is just not supposed to happen for me right now.

JANU: What we see here, dear one, is a subliminal background influence of uncertainty in connection with **'s outcome, bringing to you a concern that leaves you uncertain as to managing the process of coupling and integrating the unknown of the demands on you of your commitment to this one. We would suggest at this time that you open your consciousness to attracting, to both you and your daughter's lives, one who is quite capable of this integration of realities. Leaving behind any doubt, any hesitancy, that who you might attract will have to be prepared for such with a possible negative outcome. This one you would attract--insist on, command to life, that this one has the maturity to embrace you two as family and take this condition in stride and not only that, dear one, but bring understanding to you both. See this happening in this way, dear one, and then move forward, following your instincts, your

intuitions, your feelings. ** needs this as well, for does this not represent the resolution of the gender issues into a harmonious unit of wholeness with obvious benefits?

It is our joy and our pleasure, dear one, to share your life in this way. Our hand of support remains extended. There is much opportunity for you in the future. A gifted daughter, a strength in your being, and an understanding and very qualified companion. You have much to do, dear one. And you are not alone in this, for life is with you and around you and knows you. Embrace it and allow it to light your path and give you strength. Good afternoon, dear one. Much joy be yours. Namaste.