

Central Ideals 2

Miscellaneous Attunements

These are a variety of attunements done over 2013 that deal with an isolated subject that might be considered to be central ideals for anyone on the path of awakening. These were originally posted to the website journeysintolight.org and are presented here for ease of reading and consideration. As always, you are encouraged to consider them for yourself and take your own journey into the Truth.

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Core Values

Sept. 11, 2013

JANU: I am Janu speaking, having our way then this morning with an announcement that there is coming a time for regressing the human consciousness, briefly, into its core values. This refresher, so to speak, is essential for humanity to not only deal with its own differences, one to another, but to embrace what's coming from beyond Earth. It is time for humanity, individually and collectively, to know and understand and own its True Nature, its essential nature. And, through this perspective, see its life more clearly and renew the faculties it takes to manage the future, with its challenges and opportunity. And they are coming, our brother, causing humanity to think very carefully, very deeply, about its nature and its goals.

Core values are those values and faculties that open the door to true power from within, profound insight, the strength to continually pursue excellence and to magnify a loving nature. Humanity needs this. A question for each one is: Who and what I truly am? and What are my true core values? Where do I stand? What is my true reality, whether others agree or not? and What is the true source of my being? and Am I connected? And through this understanding, perceive life and others with clarity and depth and oneness.

These elements are returning to the conscious humanity, for without them humanity tends to run afoul of distortions of understanding and perception. This has already begun, here and there on the Earth. So far, the main challenges have been humanity's own misbehavior. But the challenges will grow, our brother, and not just locally. As we have said before, a fuller awakening is at hand. Namaste, our brother.

Serenity

July 30, 2013 B

JANU: For serenity to exist, circumstances must include balance and a peaceful disposition. To be serene, one would find joy in the moment, in the present, and realize that life is full in the moment. It is mastery. As one contemplates existence, it allows full confidence in the future, and acceptance of the past. It is forgiveness in its fullness.

Serenity belongs to those who live in the moment. The past and the future are elements of the Now that is the moment, but one's consciousness embraces them with the Now perspective of a rich life. Slow to temper, quick to forgive, and a loving understanding seem to fly in the face as impractical in lives filled with conflict, struggle and no peace. What is more practical, our brother, than serenity that allows refinement of relationship with everything? Serenity allows patience, and silence, and insight into the nature of the moment, and resolution. Allow, then, the experience of serenity in the moments of contemplation.

Discovery

Aug. 6, 2013

JANU: What is the nature of discovery, then, but the return to the awareness of that which you are already one with? So you see, then, discovery is the renewal of an awareness for the purpose of engagement, experience, and wisdom. Discoveries, then, range the gambit of life, including its source, its origin, and its destiny.

What is the purpose, then, of gaining wisdom at all? It is to strengthen life through its nature, being you and others and every part of life and the continuing of the journey of enhancing consciousness. As creation and the unmanifest accumulate more of this wisdom through experience and understanding, it grows into an opportunity to transform itself into entirely new thresholds of experience and wisdom. The current

(present) may be the root of this, but the new thresholds are virtually beyond imagination based on current journey, you see. Also true, the gaining of wisdom and consciousness in each one's journeys moves one into new thresholds of opportunity. So, you see, the process is life unfolding through thresholds into new opportunities of being.

Discovering, then, is a way of life for the individual and the collective, and its Source, for all sources are in motion, our brother, are expanding, fulfilling their destinies, and this is a journey of wonderment and joy, richness and service. Loving life, then, is an enriching of its nature as well as the journeyer. Sharing these enrichments with another fulfills the original experience and brings a peace and a joy not found in solely individual pursuit. For the one who gives, is given to. The one who loves, is loved. The one who discovers, is discovered.

So be the pioneer of the future, in the moment, and discover more of life and your own being and purpose. Namaste, our brother.

Purity

Aug. 4, 2013

JANU: For this morning's journey, let us survey the growing accumulation of interest in purity. Now, how may purity apply to this journey? It has to do with the assemblage of order and proceeding with life and its opportunities. Purity is a foundation for wise counsel and exploration. For what is the truth of exploration when one brings filters or biases, if you will? Purity once again is applied. Purity is an interesting challenge to one's own thoughts and feelings, decisions and conduct. Purity remembers its True Nature.

Now then, is it practical to claim no impurities in thought and feelings and deeds? That is not a manifest reality; however, a worthy pursuit at all times. Ideals such as these enrich the life continuously; however, forgiveness must ensue for release of these impurities and guilts and self-condemnations and any sense of failures. So, purity supported by forgiveness and the love of life is practical.

Integrity

Aug. 8, 2013

JANU: Integrity, then, in the presence of challenge is of profound importance for humanity to move forward. This can be practiced virtually every day and, as the challenges in life change their nature, their form, this practice will prove useful.

Now, what does 'integrity' mean, practically speaking, in the lives of humanity at present? It has to do with being true to your core values, that must include the welfare of others. Your common speech to reflect your intention and commitment, even to your own well-being. Your physical health responds directly to your integrity. Is your reputation with others marked by trust or doubt and suspicion? Now, any life can have moments of reversal, unanticipated, even unprepared for. But in the long run, integrity sees you through these. Integrity honors not only you, but your relationships and the confidence others have in themselves, life in general, and, yes, even their hopes and dreams. For your integrity in their experience encourages their own integrity, you see.

As other species from other worlds engage humanity, your integrity will greatly shape your opportunities, not only for you but for them. For life is life, our brother, and is understood and appreciated. We are not speaking here of a homogenous blend of one point of view, for the form and values of integrity will vary greatly. But respecting and valuing life and an understanding of the integrity of others carry through the differences.

Now, your attitude and performance in this area improves the integrity through patterning of the systems of your vehicles, of your body. Allow then your physical systems to experience with clarity the expanding and permeating integrity of your thoughts and emotions and performance in life. Lying divides these systems into confusion and uncertainty as to their purpose and performance and relationship with each other.

Observe the human experience and culture and relationships around the world. Where is the integrity in governments, with deceptions and lying and mis-information being even honored and respected for their prowess? Much to be considered here, our brother. Integrity's fingerprint is not always easy to find, but we shall keep looking. Namaste, our brother.

Discipline

Aug. 22, 2013

JANU: What is discipline, then, in this context but the resurgence of order in the midst of randomness, some would call chaos? But discipline does not mean uniformity and a confinement of creativity and imagination. What it means is the progression of life rather than the dissolution of it. Life has its inherent imperative to explore everything, all possibilities, for the purpose not always understood by those who participate in its progression. Beingness and life are synonymous. The movement of vitality through many forms and life cycles, discovery, enriches life with reward of ventures taken. Discipline brings synergism of countless discoveries into the progression of life.

Now, some would say discipline brings order, unity, and strength to the military. But then one must examine its purpose, its destiny, and its path of destruction. No one can see the equivalent patterns from one system of life to another, but one must choose which patterns you serve and these choices are founded in your own awareness of your true identity and destiny in life. So discipline, then, can include being true to your being, to your self, to your integrity, and to your destiny.

Choose wisely, our brother, what discipline means to you and observe with clarity what it means to others, without judgment. There are disciplines throughout life, each with their destiny and influence. Be open to understanding the countless disciplines in life, as well as your own.

Caring for another

Aug. 23, 2013 B

JANU: I am Janu speaking, delegating this evening's service to our response adjacent to that of others in conveying understanding as to the richness of life to those who seem to be in despair, futility, and boredom. Life without the flow of inner richness, creativity, inspiration, and love does not survive well. They are not even clear on the richness that they desire, as possible, for their world does not include this understanding and experience.

What do you say then to those in such a condition? You tell them they are loved more than they know and that life is in them, around them, available. They need only allow it in. External riches are not what we speak of here. They come and go, transitory, no permanence, and are not self-expanding. And you never really own them. You own what is within you and that is the path of discovery that fills your heart and mind with peace, confidence, and a willingness to serve. For, as you receive blessings of life, its

richness, it is totally natural to share them, to place them in the consciousness of others as you may.

You must open to seeing life and its circumstances with new eyes. Everything in life has reality behind what you perceive, and behind that as well, layer upon layer. This is the “new eyes” we speak of. And the layers of richness are grander as they are discovered.

But one in such a state as described does not take in all of this at once. Simple encouragements at first, with the flavor of caring and patience and listening. What conveys caring to one just beginning to understand, to open, more than someone who genuinely listens to them? Listening to the concerns of others, while at the same time seeing in them something more, the truth behind them and their power to understand themselves. This is caring, our brother, and genuine service, and it opens their consciousness to the light within, witnessed by another, showing that they are not alone.

Kindness

Aug. 24, 2013

JANU: For this morning’s journey, let us journey into—or should we say around—the circumference of a blessing of your interest, an inspiration, a blessing for the collective True Nature of humanity. What better way for life enrichment than to inspire and support the True Nature of humanity, its collective consciousness realizing its true destiny? And what inspiration would best suit this, but the attitude, the understanding, and the feeling of divine love and acceptance for everyone? The vehicle of expression for this inspiration or blessing is the True Nature of humanity.

And how does this compare with the larger human family of other worlds? It compares favorably and supports a larger commitment to the fulfillment of the true desires of these to live in peace and prosperity, exploring the genius of life and its growing wisdom. Bringing this understanding down to Earth, so to speak, for the individual confused and disillusioned by the seemingly adversarial nature of living and the performance of others. Once again, in the simplest terms possible, how many truly are at peace with loving themselves, accepting who they are, and walking in the truth and integrity as a preferred way of living? Not easy in the midst of pain and suffering, brutality, deprivation, disease, and the disdain of others.

Kindness from one to another is not what you would call widespread and uniform, but it exists here and there. Loving and kindness go hand in hand, and when one is missing so is the other. The length of a sojourn is less important than its legacy of loving kindness and service that continues. A worthy attribute of having lived. Life is enriched with these acts of kindness and the response it brings. Be sensitive to and prepared for opportunities for kindness each day.

Survival and prosperity

Aug. 10, 2013

JANU: The fundamental urges of humanity are to survive and prosper. The issues in these areas are the manner in which they are achieved. If the goals are just for the self, without consideration of these same needs in their neighbors, the less productive issues arise when attempts are made to achieve these things at the expense of others.

The reality of survival then is better understood when one realizes that, as a consciousness, as a True Being, survival is not an issue, only the sojourn experience. So the journey never ends in terms of life itself.

As far as prosperity is concerned, is one truly prosperous at the expense of another? For when one understands and accepts oneness, then prosperity is an illusion on these terms. For how can you put the gold coin in one hand and call it more prosperous than the other? Or vice versa, you see. Divide the coin, that all may prosper.

When you gain enlightenment on any subject, it is never eternally for you alone, for your brother and sister can benefit as well, and the community of humanity is enriched. How can that not be of benefit? Humanity has a grand future. The survival of consciousness and your eternal life is assured. And the prosperity awaiting is that of experience, wisdom, consciousness, service, and enlightened co-creation, and a growing identity with, and experience of, universal love.

How can you love someone and deprive them at the same time? This is not a position of integrity, our brother. It is a misperception of the Truth of Life. The exploration of the universe begins wherever you are, for all of life is one.

The will to live

Sept. 1, 2013

JANU: Pronounced, then, is the will to survive and this will is challenged from many sides. And sometimes the will is thwarted by circumstance severely enough to cause some to choose life to continue without the body. This can seem like an immediate and easy out from the challenges, but put in perspective the will for solution as an alternative begins to be considered in a creative way.

Let us take, then, the scenario that you know with a certainty that your life will continue for hundreds of years. What then would be your plan and your will to survive and even to find joy and well-being? Whereas the will to depart the physical experience is the same will that continues life, but continuous life, our brother, can include incarnation as well, but with a different perspective, understanding, and embrace of internal resources. So, as long as one is incarnate, our brother, one would do well to open their eyes, so to speak, to opportunity, both within and without. And what resources from within do we speak of? You have the innate power to create your circumstance and your environment, create the balances within the systems for well-being, and the ability to serve others that they may continue their lives successfully. The human body is capable of what we speak, and has demonstrated this in the past, and will do so again, our brother.

There are those who weary of life, incarnate life, and to these we would remind them that the alternative to what they find tiresome exists within them, whether incarnate or not. Remaining in the physical provides opportunity to express that inner resource into the outer life, and there is joy and peace in this and a sense of success and fulfillment. Call on your inner strengths, insights, genius, and will to live every day, no matter the challenge, no matter the so-called disappointments. Be an advocate for living, no matter the outcome. The goal is how you play the game of life. Nothing to do with wins and losses. Temporary illusions on the path, our brother.

Suffering and Struggle

Aug. 28, 2013

JANU: Yes, we see your concern as you become aware of suffering around the world, in particular, the children. We would have you know that suffering as such is not a goal of life but it is an opportunity to enrich consciousness through the overcoming of it. We would pursue this understanding even further by saying that enrichment comes at a price

of desire, commitment, pursuit, drawing upon strengths--some yet undiscovered--and the expression of a growing love for life which means opportunities for everyone.

Where is the joy in suffering, save for the experience of relief? Life has many challenges, including survival and well-being. Some might consider a lack of knowledge or understanding as a kind of suffering, when the desire to know grows strong. The opportunity for humanity in the presence of suffering is empathy for the needs of another. Is there wisdom in calling for all suffering to end? What is needed is a growing ability--wisdom, love, consciousness--to overcome it. We would have you know that. All suffering has remedy.

You ask, "Does suffering end with the release of the body?" Struggle continues in different forms for the desire to grow in understanding and service, and to create continues. A life beyond the physical is not peaceful oblivion, but rich with opportunities to engage and connect with more of life.

Now, the physical experience is rich as well, for it has rich challenges to realization. And suffering is generated by unenlightened consciousnesses struggling with life. So the goal here is not for the disappearance of suffering and struggle and challenge, by the mastery of it. And experience is a great teacher and bringer of wisdom. Namaste.

What lies beyond doubt, fear, and faith

Sept. 3, 2013

JANU: For our journey this morning, let us pursue the doubts some have as to the efficacy of their own inner journeying and their quest for something more than the pursuit of the ordinary in the living experience. Faith can survive doubt, but not eternally. True freedom liberates one from both.

Now, faith that is evolving and opening the consciousness to even more profound possibilities and a richness of anticipation is important. But one must eventually move beyond faith into direct experience and knowing, and through this doubt disappears in the face of the evidence of the truth of life.

Fears continue to block adventures into the freedom of life, and they are based upon a lack of confidence or connection with the larger reality of existence and the omnipresence of life's promise. When one is conscious as the True Nature to a larger and larger degree, your confidence builds in the true power of life and not the wispy shadows of ignorance and the unenlightened preaching of others.

A central theme of this freedom we speak of is gaining a foothold, so to speak, into the reality, the power, the beauty, the capacity for love and the genius of your True Nature. As you begin to realize, through the journeying we speak of, that your identity is not limited to what you have learned through the observation of others, based on their ignorance as well, but something more permanent, unlimited, and connected directly with the grandest perception of Life and its vastness and its presence as your own. Moving in this direction does not require giant leaps of faith and understanding, but a moment of allowing your life, your perception, your experience to be this way: An open mind and an open heart allowing the truth to be yours, to come forward, to reveal itself, and to touch you completely.

There are many in life who understand this and live this way. Learn from them. See their joy and their service to life, and observe the love they have for each other and for you. What grander journey is there, than to awaken to the truth of your being and all of its capacities, resources, richness that is long-lived beyond time itself? Each one is a

grand being, loved by Life, honored by those who know, and lifted by so many that have gone on before.

The network of life is vaster than you can imagine and is the pathway to victory over any challenge. Love yourself, as Life loves you and your life will open before you with endless opportunity and thresholds of victory in consciousness and creativity. Begin with a moment and allow your life to be.

Escape and creativity

Sept. 25, 2013

JANU: Understandably, many of human consciousness wish to escape from many of the circumstances of their current existence. They seem clear about what to escape from but not as clear about what to escape to. As co-creators, they have allowed their current circumstances to begin and to continue, for their attention and their understanding is focused upon their circumstances. What they fail to observe is the alternative.

Life is very changeable. Human attitude and perception fixates rather than seeing life as in motion, changeable, and a pathway to discovery of the fulfillment of desires. The true power of focus, concentration, acceptance, conviction and confidence on a new way of life builds the structures in layers of reality of life to create the desire. But they see their circumstances as more powerful over their lives than their own creative ability. Making a decision to create a new way filled with passion and commitment attunes the consciousness to unseen opportunities to do just that. The opportunities have always existed, but one only sees what their attention is upon.

So you see, the perception here, the attitude, is not so much escape but create. Once the commitment is made, the current circumstance dissolves, fades away, because as far as they are concerned, life responds by disconnection with the engagement of the new focus. There is merit and opportunity in embracing, developing an experience with creativity. It is a powerful alternative to human circumstance that is undesirable. Which has been created, by the way, by humanity.

With deep inner reflection and careful consideration, choose to create something new and let go of current circumstance in a permanent form of your life experience. Be very clear about the beginnings of what you would create, the direction, the nature, the elements, the direction, and choose to create.

The recycling of life

Aug. 16, 2013

JANU: For this morning's journey, let us pursue the enquiries of many as to the relationship between so-called good and evil, which really refers to the balance of life previously described as entropy and creation.

You ask, "What is the need for this seeming dichotomy in the movement of life?" Its purpose is to bring balance that creation, consciousness, and life itself can rejuvenate, modify, close one reality and open another, or re-open the same one in a different way. It is all about change, movement, growth, and evolution, and making way for new creations and expressions and understandings, even philosophies, theologies, science. All collections of understanding and experience are subject to collapse, in a sense, and renewal, rebirthing.

Now the essence of this reality is not limited to your physicality, your physical three-dimensional reality. It carries all through life, our brother, but in much different ways, for all of life is on the move, is changing, renewing, redirecting, and, in some

cases, reviewing, returning to previous episodes for refreshing and changes. For, as is understood by some, in the Now life is a looping reality of past, present, and future co-existing as one, so the changes, our brother, are not just in the present and the future. Even the past, so to speak, is subject to change in the movement and flow of life. So this is a critical understanding in embracing all that is, all that was, and all that will be. The recycling, renewal, and refreshing of life carries its own wisdom and consciousness. So, even as you might label a moment in the past as regrettable, undesirable, and no longer viable, this understanding brings light to the past and its role in the Now. Consider this carefully, our brother, and disregard no part of life.

Understanding Co-creation

Oct. 30, 2013

JANU: I am Janu speaking, surveying this morning that which belongs to the next phase of life for humanity as it bargains its way through life. At times, it seems to humanity that they have made good bargains. And when one makes choices as to what to engage and how to engage it, there is a kind of bargaining taking place between commitment and outcome. When seen locally, humanity takes credit for its bargaining and its choices. And it should. However, they are somewhat egocentric. When one considers the larger life, these bargains are seen as components or elements of the larger picture of life and what is transpiring.

Now, you ask the question, “If the view were larger, would the bargain change its character?” Generally speaking, the answer is yes, for a greater wisdom becomes a part of the commitment and decision-making. Commitments, then, have the added dynamic of consideration for the larger interactions and ramifications of life, rather than just personal goals. There are those who have awakened to the point that their identification with the larger life is established to a greater degree than just individuality, and, in doing so, garner vaster resources for commitment and fulfillment and service. So, as you bargain, our brother, for life’s opportunities, consider who is doing the bargaining and the scope of the bargain.

“Why,” then you ask, “does anyone commit to anything? What is the motivation? What drives the commitment?” Survival seems generally present, universally present. And then mental and emotional satisfaction, for creating and pride in the creation, you see. From this perspective, the engagement of life takes credit for individual achievement, prowess, forcefulness, and insight, not so much for the awesome presence and power, vastness and richness of life itself.

Individuality and oneness, co-existing, is a wondrous reality and in constant motion. Both are needed, our brother, and the emphasis on each is fluid indeed, depending upon the many dynamics at play. Understanding this scenario of life, and recognizing it, and being a conscious participant in the fluidity is a grand journey. Once again the term ‘co-creation’ comes into play, and all that that means and can be. And life goes on. Namaste, our brother.

The flow of life

Nov. 5, 2013

JANU: We would bring to the understanding and experience a measure of the flow of life, as it emerges from itself into its creation.

The flow of life is a natural motion that, when engaged in harmonious way, lends credence to its existence and fulfillment to those who flow with it. The motion of life, as well as your own well-being and existence, is the element of existence that brings connection, awareness, interaction, peace of mind when understood, and an overview of life that everything has a reason and a purpose and a path of expression and an unfolding completeness or destiny. The flow of life has a presence, an awareness of everything.

Observe the flow of life through your own body. Everything is in motion and sustained, nurtured, invigorated by this flow. The flow of life is Life's evidence of existing. When one attunes, by choice, to be aware of the flow of life inherent in everything, one becomes a co-creator with it. For how can you not agree with your oneness? For it all makes sense to you and feels as a rightness to continue.

There are so many aspects of life you have in common with all realities, all beings of other worlds, not to mention your own. What do you have in common? is a valid question. And what is not in common? How can this benefit and fulfill the parts of life that are different? And this is called 'service,' our brother: allowing your differences to be mutually beneficial. This is flow, as well, the give and take of life for its own enrichment.

Life itself, our brother, is a grand miracle to be embraced and lived. Namaste.

Shadows of life

Nov. 15, 2013

JANU: For this morning's journey let us move into a region of life for understanding. This region begins with acknowledgement of the presence of life within the confines of normal space.

Now, if life can exist between worlds, it can also exist between the molecules and atoms of your physical being. And how does this scenario appear? Co-existence of different realities lends itself to at times interaction and at times no mutual awareness at all. Non-physical existence is still a mystery and an unknown to many. No wonder that they are unaware of their own spirituality, True Nature, Light Body existence.

This region of understanding is known as the "shadow reality." A shadow can be cast without the awareness of its source. So it is with existences in these shadow realities to physicality. As the life experience of your True Nature, of your consciousness incarnate, casts its own shadow in the midst of your physical presence, others cast their shadows in life and they can co-exist with yours, unseen.

The understanding here is that multiple realities exist, at times interacting and at times not. One can attune their consciousness to these realities and become more aware of the interactions, or potentials for interaction, and manage their lives in a more enlightened way with the rest of life. As long as one chooses to prefer a life of isolation, of separation from the rest of life, they can remain unaware of this to concentrate more fully on their limited awareness of their existence. But to open to more of life has its rewards as well, and these include: profound insight, a choice for longevity, a direct knowing of life's realities, and a profound awareness of your own footprint in life in the shadows.

These shadows are cast far and wide, our brother, and your awareness and interaction with these is unlimited across the so-called dimensions. We of the Brotherhood, of course, are attuned to these creations of life, aware that life is a complex mix of many realities, ever changing, interacting, and, at times, here and there, creating

new life. As one becomes conscious in this way and develops adeptness at sifting through this and building a larger foundation for consciousness, one prefers this as a more substantial way to live.

Humanity considers its presence on the Earth primarily as a physical reality and it may be there are others on other worlds, at great distances, with their own drama of life. There is so much more than that in reality, our brother. Life is filled with life, everywhere, at all times and places, and beyond time and place. Namaste.

Bonding

Dec. 14, 2013

JANU: I am Janu speaking, enjoying our journeys together, for they contribute to the edification of humanity and the building of strong bonds between elements of life, of consciousness, and of worlds, our brother.

Strong bonds are a necessary ingredient in the evolution of life for this contributes to the oneness that is our nature but not always understood or appreciated. Intimacy with life is available through the bonding and intimacy reveals the truth throughout life. Now, the diversity of life and of consciousness brings richness to the union, the oneness, and is enhanced through the bonding of the consciousness, no matter the degree, of all of life.

So, as we journey to the worlds, and beings, situations, realities of life, allow the intimacy, the bonding. Respect for integrity is always essential, for without this, where is the diversity that is the richness of life? Intimacy does not interfere with integrity, respect, and a love for one another. Intimacy allows sharing of the realities of life for the purpose of enhancing, enriching these elements.

What is bonding, then? It is an understanding for another element of life, including your own, that promotes acceptance, tolerance, and service, and a growing love for life. It allows for the perception that one life can say to another: "I know you. I understand you. And I respect your being and the life that you are." Can any individual not see the value in applying these perceptions to themselves? How many can say they are bonded with all that they are, intimate in their self-awareness and, through that intimacy, appreciate their place in life?