

Lanto

June 1997 – July 2014

Lanto was first introduced by Janu early on in my learning process, as a being from an entirely different reality. When contact was re-instituted in 2012, I was ready for a different type of connection, which was more conducive to understanding Lanto and his journey. As in all of my journeys, Janu is the Gatekeeper and *always* introduced Lanto. However, Janu's comments are only included when they add to the topic at hand.

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Revised July 31, 2014

Lanto speaks on crystalline nature

June 29, 1997 B

LANTO: I come to you speaking from the crystal environment or realm known as Nah-too-nah. This reality, this structured environment of which I am from and speak, is a reality that bespeaks of much integrity and movement in the direction of the crystallization, if you will, of intent and purpose formulated by the brothers of the worlds of form. Our crystalline reality is such that, when one enters it or engages it, they are conditioned in such a way as to bring order to, structure to, their life pattern so as to communicate effectively, you see. This is essential for the interfacing of the various life structures, or forms as you put them, scattered around the universe, so to speak. The focus of our existence and involvement with the rest of life is one of bringing symmetry through structured patterns of assimilated understanding or consciousness as vehicle for the fulfillment or completion of a variety of endeavors.

Now, understand this, dear one, that crystalline in your world refers to angular relationships of arbitrary harmonics and assimilations due to these planar structures. Crystalline as understood in our reality is not limited to such, you see, for these crystalline patterns which are our nature are more in the manifestation of tone, what you would call sound only beyond your hearing range, of course, and the resulting patterns of interplay, producing what you would perceive as colors, energy waves, vortexes, and a variety of structured manifestations in combinations from basic to complex. These structures and combinations are in flux much of the time, although can be held in stasis, as you might put it, for extended periods. But to observe this interplay in its dynamic reality is to observe the movements of our understanding.

We extend this introduction, if you will, at this time by way of improving or expanding your appreciation of other realities. So you see, dear one, we involve with other life patterns and structures in this way. We add these qualities and their advantages to varying degrees in the patterns of experience and expression of other worlds and other domains. Your current crystalline understanding is a modification of this reality and can be understood and engaged in a fuller way with greater rewards of reaping these potentials, these characteristics, as we have described.

As you have requested, our dominion, our domain resides in the reality known as the Tri Epsilon quadrant of the Artega system, or Ortega system, in a line thirty degrees north by twelve degrees west of your present location. Three parsecs, give or take, in that direction. Our energy patterns at this time are beaming to you directly along the corridors of planetary interconnectedness of which you have been apprised at an earlier time. My identity is one that emanates from my reality as a result of a composite organization of patterned projection. We welcome this opportunity to make ourselves known and invite your enquiries and participation in future involvements. We thank you for this opportunity.

Lanto of Natuna describes his reality and its service to life

June 5, 1998 A

JANU: Yes, good morning, my brother. I am Janu speaking. And entertaining the request for this return, as you put it, to a visit with Brother Lanto. His particular configuration of life requires some adjustment for connection. We will attempt to establish a more direct link than previously achieved, with a journey of sorts to his domain rather than limited to the corridor of communication used before. We will now accommodate your vehicles to a new configuration resembling his own for matching purposes. And we are ready and we

are establishing communication with him at this time. Your vehicles are now undergoing, as you perceive, color shifts and reconfiguration to be more responsive to his patterns and the patterns of his domain. Engaging him or his presence will be somewhat different than you have experienced on your journeys, for you will be communicating through this reconstruction in color and organization level, pattern relationships.

LANTO: I am Lanto of this domain and do remember our earlier opportunity conducted in a much different way. As you are beginning to experience my presence, or your perception of my presence in your awareness, is certainly not human form and it is not fixed form. A bit illusive to you, due to the incompleteness of connection but a beginning.

We connect with other species, other lifeforms, through their energetic patterns and introduce, to their benefit and by their agreement, a greater ability to structure their, we suspect you would call, consciousness giving them greater command of, and freedom to engage, not only other realities but their own creations and relationships. This would serve you well in establishing more effective connection with your own world and its life presence, for as we observe, it has many diverse patterns initiating the creative process, serving its journey in life.

We suppose it would serve purpose in exploring, for your understanding, the character and nature of these reorganizations of relationship. Part of this is accomplished through increasing the sensitivity or awareness of one element of your vehicle composition to another. There is even, to some degree, an increase in the ability of one vehicle to provide that needed in another. When these rearrangements and accommodations progress to a certain point, the individual begins to identify more completely as a being of consciousness and fluid and changing configuration. Yes, there are those in your world moving in this direction and ready to begin this journey. There are many who are not. Your world moves in this way but can be assisted to improve its abilities. We touch other worlds as complete realities, as well as individuals.

You are correct. We are not a planet domain, as is your world. But we can, and do, move through the universe as a unit and can reconfigure our collective being to facilitate this. As you can see, it is a new experience for you to maintain this focus. If you were present in our locale, in only a physical way, you would not perceive our presence, for we exist more in consciousness than in physical form and our realm does not feel or respond to the pull of gravity of worlds and other bodies as does yours. We control our sensitivity to other realities as well as our own, in the areas of communication, service, and others, through reconfigurations of our collective being. And understand this, that "crystalline" as a descriptive of this relationship of being is more complete, less limited, than your understanding of it. We do have counterpart domains in other locations and we communicate directly with these, seldom needing more direct connection. Our sustaining principal draws directly from cosmic universal plans of reality that you are unaware of. We are self-coalesced reality and have chosen this form and relationship of being to facilitate our service to life.

The origins of our presence, which we have described, are secondary to a larger reality of our true nature. But that is another journey, for another time. It will take a number of these contacts for you to begin to grasp the significance of our reality, but this is a good beginning. And we are more attuned to and similar to your true nature than you

realize. Thank you, our brother, for this opportunity to communicate in this way and to begin to build understanding

Crystalline Reality

Sept. 4, 2012 A

LANTO: I am Lanto once again, resuming our connection and mutual enlightenment as to the nature of many realities. We consider this opportunity another step in the march of progress of understanding and service to life.

We begin with, at this moment, a refresher, so to speak, of our reality, our purpose, our beingness. We are one in consciousness with many beings, many worlds, and now your own. Being one in consciousness ‘opportunes’ us to assimilate, if you will, the richness of many cultures, and as we gain in this, we share these; therefore all in connection prosper.

Let us begin, then, with our connection with your culture. A moment as we appraise...your culture has a vast array of foci of consciousness, consciousness being our primary existence. What we see here is some mutually beneficial cooperation and much conflict and divergence of not just points of view but a dishonoring of each other. We look forward to the opportunity, in due course, through these attunements and our connections, to alleviate some of this stress through exposure to other conditions of relationship and the success this brings to both parties. What then does a path in life without success serve, what benefit, what prosperity that’s true, and not illusion?

Our crystalline nature influences our crystalline thought. What then does this mean to those unaware of such things? It means that our crystalline structures more naturally interface, align with each other, and communicate far more effectively with crystalline nature of other species and their consciousness, for understand this, our brother, life is essentially crystalline in nature, but not as you understand ‘crystalline’ nature. Your own nature is such, but ignored and not understood. It is a way, in the formation of life, to experience the oneness that is true reality. Crystalline structure is a more honest interface with all the elements of life. Understanding is almost instantaneous, compared to your methods.

How does one, then, begin to perceive life in such a form or structure? It is accomplished by acknowledging that it exists and listening for the moments of contact and connection. They’re unmistakable and sometimes are perceived a slight click or snapping to connection, minutely, as the alignments take place, the connections, and the exchange. Crystalline understanding is a marvelous way to navigate life, to understand it, to become one with it, and to serve it. For in this reality, the intimacy prevails with a growing sense or awareness that what is being served is essentially you, for oneness, in truth, reveals this.

Let us, then, continue our journeys in this direction of understanding of this faculty of being, this form of consciousness and connection with life. Thank you, our brother. We wish you well and welcome your return

Much stronger connection for greater intimacy

Oct. 14, 2012

JANU: We have with us this morning that one you have referred to, named Lanto, and the call is being made at this time. Lanto exists, then, in a formless reality, from your perspective, crystalline in nature and a universal entity, in terms of universal consciousness and experience.

LANTO: For this time together, let us speak of the range of life that exists that we have encountered and, yes, heard of, been made aware of. And the range of life seems without limit for the discoveries of new or different forms of life, different venues of life, is still growing. When one witnesses so many variations on the theme of life, one begins to wonder ‘What is the nature of life itself, that so many diverse cultures and species and realities can exist?’ And we have discovered, our brother, that the reality is still growing. It is not a fixed thing to discover. It is ongoing, and new realities are forming as we speak.

In your travels, you have discovered that the vastness of life is born of what you have called ‘singularity’ in the parlance of manifest reality. This does not diminish in the least the wonder, the beauty, the richness to be gained. We of our domain have long since cherished this and find growth in consciousness, in our *being* from this adventure. As far as our location, our brother, not really to be understood in that way of thinking, for our location changes at our will, as we become drawn to different venues of life.

As your attention is drawn to the “Crystalline Entity” of Star Trek, your story of completely different life, different function, needs, and behavior. Not all life, as it functions in its normal way, is compatible with your own. This you must learn; therefore, the reason you have your beloved Janu, who stands with you at this moment, observing and managing these communications for the success and well being of all involved, including us, our brother. We appreciate this. In time to come, you will learn to manage some of this, but for now everything is as it should be.

Ah! As you have noticed, the intensity of our connection has increased greatly. This is necessary for our future communications to have a depth and intimacy for discovery. We favor what we see, and trust you do as well. Much to come from this, for both of us.

World and inhabitant relationships

Nov. 26, 2012

LANTO: What we speak of this morning is the conveyance of Light through journeys that reflect our mutual interests, or should we say, potential mutual interests.

At this time, we will look at, or examine, the relationship between a world and its inhabitants. This varies greatly from one world to another, both being affected significantly by each other. We have known worlds that support the life of their inhabitants and worlds that do not. Generally, those that do not (support them) have inhabitants that are not indigenous but needed a platform of life to pursue their endeavors. There are worlds with brief existences and inhabitants who did not survive, for not all worlds, our brother, are in a stable situation. Yours has been stable for some time; therefore affording a long history of relationship to where identification with your world has grown, although some have memory of other worlds and are not so identified.

We, of course, due to our nature, identify with the conditions of our existence more than where we are. And we have known so-called energy worlds where inhabitants co-exist with the world in a symbiotic relationship of energy exchange. Difficult at times to perceive the world and the inhabitants as two different realities.

Yes, we hear your inquiry as to the theme or thread of purpose to be found in all of these realities that we explore. At times, we search for this as well, our brother. Is it life for the sake of life or is there something larger, more fundamental? The answer is yes, but yet to be fully understood, and we will continue to pursue.

Fellow travelers with a purpose

Jan. 9, 2013

LANTO: At this time may we say that there exists a reality of interest that we share in common, that being the progression of life for our species. Both of our progressions have similarities even though our physical existence is quite diverse.

Now as to that subject, be aware that your physical existence will come in time to resemble ours, which is more energetic. But until that time, our common interest is the random selection, seemingly, of life. And, as we are beginning to understand, that perception of life randomness devoid of purpose is an illusion based upon ignorance. When considering our differences in the nature of our being and the so-called physical world it is not random selection, for in the larger life the common purpose is life itself. Now, having said this, let us determine that the form of life at any moment is transitory, for our conversation demonstrates that we have much in common, not only in existence but in purpose as well. And that is: we are expressions of life, exploring, discovering, owning, experiencing its own nature, its own potential, for we are, all of us, of the Body of Life. Thinking then our individuality is in any way separate from this is ignorance. We have known this for some time and continue our lives full of promise and expectation, for as we explore life in our particular form, consciousness, we are becoming that life and it is rich indeed.

So there is purpose, our brother, enormous potential, and richness. So, as we share our journeys, let us be mindful of this, that we are all realizing what we truly are: Life itself becoming. We of our existence honor this and therefore, as we encounter others such as yourselves, we see you as brothers, partners, fellow travelers on the path with purpose and greatly enjoy the opportunity. So we invite you to see our journeys in this light, not as strangers but as fellow travelers, becoming one.

Lanto explores his roots on another world

Feb. 18, 2013

JANU: Lanto exists within our reach, so to speak, and we find this one on a journey at this time. This journey speaks of the exploration of the origins of their species. One might consider this means a journey in time to past origins, but not so this time, our brother, for this one has discovered that their origins are on another world and that origin still exists.

Now, their origin was similar to yours in physical form, somewhat humanoid with variations. But let us allow Lanto to speak for himself, at this time.

LANTO: I am Lanto and on a quest to reveal, to *our* life, the life we began some three million years ago. It was not unlike your own. Our evolution to our current state of existence had help along the way with inspiration and illumination by others.

The world of our origin is a small one, less densely populated than your own, and its solar cycle is six of your years. Rotationally speaking, four of your Earth days. Life, of course, has to accommodate these environments and it does so quite well. There is a Jupiter-size moon in this system and it orbits our sun—*this* sun—every twenty-four years (of your years). We call it a ‘moon’ even though it does not orbit another world. We have yet to discover the reason for this, but we will.

The people here on this world remain much like yours, your people. Mostly physical in body, even though *we* have, with them as our origin, moved largely beyond this. They study the stars and life and journey in consciousness freely, but have not embraced the move to a more etheric existence and see us as an aberration or anomaly. We have yet to, and will, communicate for better understanding and acceptance.

You, our brother, understand these two realities from your own journeys and are a welcome fellow traveler, so to speak. An interesting encounter for one species with two different life paths coming together again. Many wonderful challenges and opportunities exist here, and we will learn a great deal.

The nature of his existence

March 30, 2013

LANTO: My experience on the world of my origin was at once disconcerting and full of potential. Even though they do not identify with their future through our existence, they do wonder and are concerned. Our service to them is to demonstrate and magnify what our existence can achieve. We shall return from time to time, with this in mind, listening to their concerns and helping them understand. They have yet to grasp that many species in the universe have achieved what we have achieved, and moved beyond even this. It is part of a path of destiny of consciousness that many have taken.

Even in your physical existence in your world, this revelation would be challenging indeed for your own species. Question comes up, then, “Even if this is true, how do we engage any relationship? What does it all mean? How do we move forward, including this understanding?” But one must consider the possibility, when presented with the evidence. We shall visit other species of our ilk and learn from their successes and challenges in this area. For now, let us consider the matter at rest, as we continue our adventures.

A society more etheric in nature experiences quite a different life than that of your world. We range the universe more easily, less effort and no travel at all, in your sense of the word. Our culture advances greatly from these encounters, from others who live as we do, with no regrets and great hope for the future. We are, for the most part, formless physically but can demonstrate an appearance of form, when useful. This we accomplished with our home world of origin, but still appeared etheric. We will master this more, for the purpose of communication and ease of contact. Being free of physical illness and disease is a blessing, for no longer do they control our lives and resources.

You ask about longevity. Not to be understood from the physical reality of life, for it is quite different. We move in and out of existence, as you would term it, at will. Our society is strong and united in tradition and our nature of existence. Let it be known that our sense of future and evolution is far less limited by form and structure, for we are growing into a complete consciousness reality as we understand and become more in harmony with all of Life. We have not disconnected from physical reality, but understand it and serve it in a different way, from a larger point of view.

The magnetic effect of desire

May 18, 2013

LANTO: Once again we meet on this occasion of exploring life’s interesting elements, venues, manifestations. Now then, how shall we begin? By taking into account the natural seeming urgency or impetus of life to discover itself through creation of its potential.

The marker for today’s journey at this moment is the call of life, the request for more. All of life has this within it, and for those awakening, the call is unmistakable. The quest to know and understand and experience more of its existence, the differences being the bias some have towards the direction of discovery, preferring one reality over another. For some, even in your world, it is to be more powerful, wealthier, more

influential, superior in some way to those around you. Self-aggrandizement. For others it is to experience more beauty in life, on every level. For others it is to serve life on every level. And for others it is to love life and all that can mean and experience. And even for others, it is to be one with life consciously and awaken to the life they are becoming.

Our journey this morning includes this understanding, for it is our quest as well. Desire is like a magnet that draws to itself fulfillment. And life is the other pole of this, you see. So you see, our brother, desire brings life together. It is designed to be that way. The challenge is that wisdom prevails to direct the desire and the heart to prevail with a foundation of love.

We understand your desire, our brother, to join us and others in discovering life and serving it. It has been your path and your example and we honor this for, in a sense, we are life responding to the pull of your desire, as is your dear one. It is well to understand more deeply the pull of life towards union, oneness, and a growing consciousness, for this universe and its realities, our brother, are only one phase of this, one threshold, one step on the journey. For beyond your universe there are many others and they are not all the same, for they are life exploring more of its potential than your universe has a portion of.

A new life

July 8, 2013

JANU: These moments come as a foundation for appreciating life and connecting with it. At this time, our brother is contemplating beginning a new journey that relates to the next phase in their existence beyond their current non-physicality and what this affords. Let us bring together then into focus our brother Lanto and his quest.

LANTO: I am Lanto and would have you share this moment of our new quest to begin the next phase of our existence with some uncertainty as to its content and outcome. We have long considered this coming change, as a progression of previous changes. As a society, we welcome this. There are those among us who have explored this possibility in an attempt to reveal its nature and its opportunities. To move forward with this, we must develop and open our consciousness to embracing a more limitless existence and what we have gained thus far.

Our next phase we anticipate to be less localized in our presence, moving in the direction of omnipresence, and multiple simultaneous connections, which will reveal the synergism of life and more of its destiny. This means the current forms and structures of living, of existing, of relating, such as home worlds and environs, will become less significant, less needed, and less participating in our sense of identity and purpose and meaning in life.

What is identity, then? How would one describe their own, in what terms and what reference? What does it mean to be? What is existence? And what is the range of the sense of individuality? And does this lose significance or importance when consciousness is expanding and life relationships evolve? Many questions here, our brother, which we explore.

We know your interests include this area of life, because you have touched these before and explored this way, even though you are incarnate. Your consciousness is larger than that and so are your memories. In a small way, our brother, we have tapped into this and added this to our understanding, in anticipation of this change. So, you see,

we are one in this. We welcome you on this grand journey, that we all benefit and embrace a new life. This mission we share. May we grow together.

Profound changes

Aug. 29, 2013

JANU: I am Janu speaking, flowing then nicely into this quest of understanding and experience by our brother Lanto. What a marvelous journey they are undertaking, a journey that speaks to their True Nature, the core of their existence, and profound destiny. Their understanding will develop as an almost magical reality to those who have yet to even consider these possibilities. We welcome their sharing and observations and experiences.

LANTO: I am Lanto and soon to realize and understand that, in basic ways, we are Lanto, for the movement from personal identity into universal consciousness, not only in consciousness but in our vehicles of expression, is wondrous. We expect this to proceed smoothly but not instantly, for there is much to learn of and experience through this transition from our current non-physicality to a universal identity and shared oneness. For the most part, we are ready for this, for when one reaches our state of existence, the next phase is no longer denied but anticipated with relish, so to speak.

You ask, “How does one prepare for such change?” How do we prepare? Cultural affairs, relationships, processes, will give way to this. And when these changes are made in stages, each stage requires the old being replaced with the new, even though the new is unknown. But that is the invigorating aspect of this life-giving adventure. Letting go of old for the new is a journey of its own, and we have accomplished this, to a degree.

We have observed some of this from other worlds, on their journey through life, but no two are exactly the same, for the richness of their journeys does not include sameness but diversity of expression and experience, adding to the collective wisdom of Life itself. And what would ‘collective’ be without diversity? It would be weaker, less interesting, and less able to inspire life into deeper adventures. Our relationship with each other during this change will not bring distance between us but a bonding of shared interest, respect, and love for all. For we all realize that the collective change benefits everyone.

No technology or equipment or vehicles are involved in this. This is a change in the consciousness and vibratory rate of existence and therefore in harmony with that to be encountered. And, yes, we realize there are thresholds, adventures beyond this one. So these changes are a way of life and free us to be aware of and serve, in some ways, the denser realities that we have moved through. For understanding is no longer limited to these, but does not ignore them, for they are all part of the one Life and its collective strength through diversity. And, yes, interaction from the densest to the finest. How does an explorer find discovery and settle for that? That is not the nature of life. Only pauses in the progression.

The many realities of oneness

Oct. 20, 2013

LANTO: Yes, this is Lanto, reaching then into what would seem the void of life to discover more of life. And as we have indicated before, discovering that this life is who we are. The acceptance of the movement of consciousness centered in the individual to the universal is an amazing journey. This journey reveals more than just the nature of your being, but an awareness of the nature of all beings and all of their existences. Now,

not all of us are moving to the same degree at the same time. It is a varied transitional experience but, because of the elevated consciousness of the many, the experiences of a few are known. And, as a result of this, all of us are lifted into this new adventure.

A major transitional experience in the consciousness of the individuals of life is the movement into oneness, and the individuality no longer the focus of identification. Being a conscious element of the larger life is liberating, but even as we review the path of individuality, there are precious moments and patterns of experience, memories if you will, that are valued and build a foundation of universal understanding of the nature of existence and exploration. For as individual pioneers, new vistas are opening in this direction of life, and we are already seeing, perceiving, encountering its reality. Your experiences on this journey with us, our brother, will be beneficial as well, for it is the direction of the human experience in times to come, leading to the reality of those who've gone on before us. Individuality takes on a completely different tone in this movement into oneness, a coordination, a melding of unique experience and understanding and a universal understanding of the collective of life, and what that brings. Even your own path, at this moment, is part of our journey into universal consciousness, for oneness opens this doorway and your experience, sharing our journey, is known to us. And you are beginning to know and appreciate ours.

A grand sharing of life to life, moving beyond the limitations of separation, isolation, and comparative darkness. So let us enjoy this journey together, our brother, and expand into oneness and the Truth of Life and the love woven through all of it, that unites life into awakening.

The ability to be that which has never been

Mar. 11, 2014

LANTO: Yes, peace be yours, our brother, as we find our peace in our new adventure, moving into new life vistas unlike any that we have known. At the moment in our journey, we are savoring the rich flavor of life energies that are new and quite different and are becoming conscious of being re-molded, re-formed as our new existence progresses. Now, our new existence is not a total departure from all we have known and been, but includes the essence of these as a foundation for understanding, appreciating a finer reality. And through these lessons learned, we appreciate life even more, with what is being added.

The need for physical sustenance, nurturing, has long since passed. Now, the challenges are maintaining a balanced life in harmony with so many unknown patterns of life, energies if you will. But even now we are sensing life existence beyond the limits of energy. For all energies, our brother, have a limitation due to their nature, their patterns of existence, their qualities. But understand that all of these are part of the collective life of all realities, and have their role or place in the complex composite of everything.

This movement of ours, into a higher reality vibrationally speaking, causes one to be more sensitive to finer nuances of life, not only around us, so to speak, but within us as well. Our interests, desires, adventures, experiences have evolved and are evolving rapidly, so it seems. We are finding that we have the ability to reshape ourselves to become more intimately one with realities we only observed before. And we are understanding oneness in the sense of 'becoming something else.' Freedom to be a wider range of life and life expressions, to move about these, returning to whatever we choose.

No longer an identity limited to that identity. And even multiplicity in identities, at the same time.

Much to learn here, to master, and to appreciate. Moving from physicality to energetic existence and, now, something more. Not knowing its full range yet and meaning, but becoming aware of its reality. Time and space no longer limitations, and in time, energies as well. And suspecting that the ability to be what has never been, adding to the tapestry of life in completely new ways. A breakthrough for us, our brother, and we sense your interest as well.

The journey is by no means complete and your consciousness is exploring and expanding with us. And this is an interesting relationship that is unfolding, showing that the fullness of life is available to your consciousness.

The pace of change has slowed

July 3, 2014

JANU: We are encouraging then at this time the pursuit of understanding as to the nature and experience of raising the consciousness and the vehicles of expression into a higher octave of life, the challenges and the opportunities and the transformation of understanding. We join this morning with our friend, Lanto, who is in the midst of this change, along with his people.

LANTO: We as a society embellish what we may to awaken to experience, understand, and embrace every moment of this experience. Embellish in the sense of magnifying. Our perspective of life, needless to say, is changing. Some have feared the loss of identity; unfounded fear for identity is transformed as well, expanded, refined. And it is true that identity and oneness co-exist. They blend into a reality that it is difficult to tell one from the other, but it is a natural existence, and opens the door for intimacy with all of life.

The pace of our change seems to have slowed somewhat, but we see this as part of the process. We do not encourage others to take this journey, but to evolve into it. As you have experienced, you can be at-one in consciousness with this journey through our experience, yet be incarnate at the same time. A reality we had not considered, but we do so now, for others to prepare for this sort of change in existence. And there is merit in this approach, lessening the perception that one manner of life is completely separate from another. It is not.

It would appear as though we have been communicating one on one, but our 'one' is somewhat larger and our communication is a composite one, for there are others of us interested in this as well. It is our desire that these discussions and understandings move your consciousness to consider new possibilities as you plant these seeds of understanding in the lives of others, adding to the purpose of our journey and its richness.