

# Awakening and the Human Journey

This is a series of attunements related to The Awakening of Humanity but with more emphasis on the process or journey of being human. The series began in 1996, at the beginning of my own learning process, and continues up to the present. As always, you are encouraged to take your own journeys to discover your own awakening and truth.

<b>The Human Journey</b>	Page 2
<b>Beginning the Awakening Process</b>	Page 3
<b>The Nature of Awakening</b>	Page 4
<b>Ten soul victories or rungs on the ladder of awakening consciousness</b>	Page 4
<b>Awakening and the Human Journey</b>	Page 5
<b>The Path of Awakening</b>	Page 6
<b>Reading the Human Journey</b>	Page 6
<b>Climbing the Ladder of Awakening</b>	Page 6
<b>Humanity's Grasp of its own Being</b>	Page 7
<b>The Journey of Life</b>	Page 7
<b>Awakening</b>	Page 7
<b>Awakening – the Theme of the Future</b>	Page 8
<b>Musings on the Path of Awakening</b>	Page 8
<b>The Fragrance of Awakening</b>	Page 9
<b>Humanity's Distractions on its Path of Destiny</b>	Page 9
<b>Shining Light on the Human Journey of Record</b>	Page 10
<b>The Confidence to Awaken</b>	Page 10
<b>Awakening and the Tree of Life</b>	Page 11
<b>Awakening</b>	Page 11
<b>Symbols of what is to come for human evolvment</b>	Page 12
<b>Awakening of humanity and the creatures of Earth</b>	Page 12
<b>Awakening the cycles of past enlightenments</b>	Page 13
<b>Awakening to your own past identities and experiences</b>	Page 13
<b>Elements of awakening</b>	Page 14
<b>The resiliency of the human spirit</b>	Page 14
<b>The many paths of awakening</b>	Page 14
<b>Finding balance in the incarnate life</b>	Page 15
<b>Dealing with the clamor of life</b>	Page 15
<b>Challenges are Life's keys to awakening</b>	Page 16

## **The Human Journey**

August 27, 1996

JANU: For this open discourse this morning let us ascend to that reality, that consciousness, that height of expression that speaks to the concerns of those who fear the Light, have trepidation, intimidation of their own anticipation of what's to come. Darkness breeds darkness, dear one. Ignorance breeds ignorance and fear breeds fear and love creates after its own kind, you see. This is why the importance is placed upon growing in the ability to truly love oneself.

This is not an easy task for many, for they know on some level that loving life including themselves reveals the truth of life and the truth of themselves. They live the life of denial and selected exposure to the elements of their true nature and extend this to their outer experience of the world as well. There is merit in examining with clarity these realities of existence perpetuated by their own nature leaving the perception that the ongoingness, the continuance of these parameters of limitation is the expansion of life.

What is it then that perpetuates the avoidance of confrontation with truth and seeing clearly and having profound perception and mastery? It is the product of the capture of duality of the awareness of the truth of oneness and the truth of freedom. They must come to learn and appreciate that the truth does not deny you the experience of your desire. It affords the opportunity to own the experience and integrate it with all others. We will continue to represent this position of reality that it not disappear from view and be obscured by the darkness that perpetuates itself. The soul and the spirit comes to a threshold, so to speak, where the denial of the truth no longer serves. It is time, dear one, for the awakening.

Be alert, dear one, for examples in the routines in the outer life for others and in your own to suggest or demonstrate an instance of truth beyond the darkness or duality separate from the larger truth of its reality. It does not bring comfort, dear one, to swing wide the door of truth and blind those eyes unaccustomed to such light. But the light within them can be encouraged in such a way as to bring comfort, true security and knowingness and a natural sense of mastership. Awakening is a process and their systems require time to adapt. But the bell has rung and it is time to awaken to a new day.

The fear, then, experienced by so many exists only in their world of denial. The light, dear one, does not bring more fear but reveals fear for what it is and replaces it with understanding and love. Help others to understand this and begin their process of emergence. Their fears have been with them so long they seem a natural and appropriate part of their perception of life. They have become, in their denial, their companions and their friend, bringing protection and safety. This is illusion. Help them begin, with small steps at first, in deciding to see the truth in everything including themselves. It is a journey of joy and freedom and returns them to the family of life that never left them. There is a wondrous homecoming on the horizon of life, dear one. Help others see this and bring them hope and courage. All of life will support their attempt. It is time.

### **Beginning the awakening process**

August 30, 1996

JANU: For the expansion of Light within their being registers all through life. The perception of darkness experienced by so many through lowering into the densities through incarnation, as you put it, is a perception more than a reality for it is not darkness as a thing unto itself but a lessening or dimming of awareness by reason of attention and focus. When one becomes a fish in the sea, through acclimation of its form and parameters, it gains the illusion of freedom to engage the sea and draw its sustenance from it. But it no longer has the freedom to soar above the sea, to learn and engage other realities. By its design and acclimation, it is convinced that the sea is its natural and real world and the rest is illusion by reason of its lack of acclimation to anything else but the sea. The journey to the larger life, the air above the sea, is a transformation in identity and consciousness and no longer believing oneself to be a fish. The miracle of the journey, dear one, is the moment of acceptance of another reality, the realization of the true being that acclimates to fish reality. To understand that this awakening, this shift into a larger identity does not mean the death of fish reality but the freedom to choose fish experience, or not, at will.

The fundamentalists in the religious traditions of today are not required to destroy their faith and their rituals. But they gain the freedom to see them for what they are in a deeper way, their origin and purpose, their strengths and limitations, their cycles of beginning and ending. The embrace of the fuller life, dear one, does not require the abolishing of the truth of any part of life. Nothing is lost, everything is gained and you will find, dear one, that on this larger journey of awakening at the same time you experience a sense of wonder and newness and discovery. There is mixed within it a recognition of previous awareness and you begin to realize this is your true home and always has been. The fears of the life as a fish no longer dominate your beingness and your perceptions. They are understood for what they are under those conditions.

A fish, symbolically, is one of many possibilities, dear one, in many universes and many realities. The reason these things are achievable and available to those yet unaware is that they are already part of their truth and their beingness and their memory and the richness that lives within them. What you are doing when you service the awakening of another is not encouraging them so much into something new and mysterious and unknown but into memory of who they are and have always been. They need not perceive that they must remove themselves to some distant reality but find themselves more with a fuller and richer experience in their current position in life. They will perceive more fully that which surrounds, that which is within them and that which they are. Instead of experiencing a flower only with the five senses, they become aware of that which a flower is beyond those senses. You still stand before the flower, dear one, but its beauty has expanded as has yours. The beauty was always there and so was yours. The awareness of it is the difference, dear one. And with greater beauty comes greater appreciation of it and with greater awareness of life comes greater appreciation of it.

People who find it difficult to appreciate who they are and love themselves will now be able to. Who would argue that a lack of love for oneself is a superior reality? Everything to gain, dear one, and nothing to lose. Yes, this is a worthy and rich journey of service. For as the light finds expression in the being of another, in their consciousness and in their awareness, your light is magnified as well. You know this to be true, for you experience the joy from experiencing the awakening of another. This is the connection of life we speak of so often, dear one. We are truly one and we are connected and always have been. Think you, then, we do not experience the joy through serving others into

their awakening? Know with a certainty that the expansion of light in any part of life is registered in every other part. You never grow alone, dear one. And for that matter, you never serve alone either. There is one life with countless unique expressions within it. But there is one life, dear one, and life knows this.

This is sufficient to consider at this time. Continue your focus of attention in this direction and the veil will lift as you have desired and decreed that it be so. The veil, dear one, is subject to your authority. It is not imposed by another. The choice has always been with you. Time for the fish to realize its true nature. So be it, dear one, and namaste.

### **The nature of awakening: an introduction**

September 19, 2000 A

JANU: Let us then continue this morning in this way and explore the agenda that exists between the families of life, and there are families within what you call the Family of Life that serve together, grow together, and gain familiarity one with another. For this morning's journey, let us partake of one such avenue, this being the avenue of addressing the needs of those who climb the staircase, or ladder if you will, into their awakening.

This begins with the completion of certain experiences in the sojourns of those that allow for the continuation of the urgings of the soul within to begin once more the process of a new layer of understanding and experience in life. To explore this process gains one much insight into their own awakening, and we would have you accomplish this at this time, dear one. The nature of awakening is the subject of this moment and let us consider this as a topic for an ongoing series of exploration and understanding.

The nature of awakening proceeds along preordained lines, if you will, designed in cooperation with the authority of the individual's true nature and the System Lords of the evolution of worlds and all their hierarchy. The nature of awakening can be explored in the patterns and structures in form of individual species and realities. And all would look quite different, dear one, but there is an underlying theme that is the foundation that makes possible all of these journeys. Today's exploration will touch on this, as we journey into the root of the path of awakening. Essentially speaking, dear one, the root is the inherent nature of the source of life to fulfill its destiny, that being the realization of all of its potential captured in, residing in its pure beingness. For you see, and you understand, dear one, that the destiny of the source of the life of your universe has its journey as well. And its journey is part of the realization of a larger life. So to awaken, then, according to one's plan and opportunities is a divinely ordained reality which is a blessing to all of life. In one sense, awakening is an individual path, but it is, as well, a key element in the movement of life.

### **Ten soul victories or rungs on the ladder of awakening consciousness**

Aug. 7, 2002 A

JANU: I am Janu speaking to address the issue pronounced as coming together for insight into these matters, these discourses, prevailing upon the sum total of knowledge available. For the moment let's begin with an enhancement of the ability to read, as some would say, forecast, as others would say, soul victories: milestones, if you will, leading to engagement and enlargement of a forward dimension of life. These soul victories come addressed with little known precursors of entanglements in the web of life. They sometimes yield minor victories, satisfying some with that level of achievement. Furthering the experience chosen by the few propels one into the reach for that which binds the soul essence into the larger victory, you see.

Now "what of these larger victories?" you ask. They are made of major shifts in the nature of your consciousness, climbing a ladder, as it were, each rung marked by a significant achievement. The first victory or rung on this ladder engages the reality of being beyond personality to allow for the appreciation of others as they journey in their way. The second rung or victory engages the proof of life itself in the form of compassion, both felt and given within the part of life. The third rung speaks to the victory of life ongoing beyond the physical survival. This yields an embrace of the venues of life that serve a broader spectrum of reality. The fourth rung or victory, dear one, addresses the brothers and brotherhoods of the Family of Light and acknowledges their sovereignty that mirrors your own. One then begins to consciously assume a new level of responsibility and cooperation with life in service. The fifth rung or victory of the soul speaks to a loving relationship with and as the creator of life, being one. This rung finally transcends the barrier of individualized identity and one becomes a conscious universal being or reality. The sixth rung or victory enters into the first glimpse of the Divine Thought or Cause of life that has bred this universe's diversity. The seventh rung or victory of the soul now understands and embraces the dichotomy of the infinite and the finite into one reality. The eighth rung or victory of the soul cancels or balances all hold on awakening and the consciousness truly is free. The ninth and tenth victories are those that combine all of the others into creation of a threshold of life that one then becomes a source of life through the creative power of original thought at one with its destiny.

### *The series begins anew*

#### **An Introduction**

April 20, 2005

JANU: Once again, we directly benefit the home or native consciousness of our benefactor, the Source of Life, and reap the benefits of that return within the circle of life. Let us delve into, this morning, then, the standards of consciousness that are subliminal to so many that pertain to the freedom to be, awakening into an ever changing, ever expanding awareness of life and participation in it. What goals to be achieved, then, through this reality, this experience? One is the richness and the reward of the larger family of life and the joy of contribution.

The story of life is remarkable and new chapters are being written every moment. The honesty to share your life journey with the family of life reveals purpose and a meaning, not only for you but for them as well. Awakening beckons life to reveal its story, its living breath, and increases life's flow. See what those who fear death as being, as merely change, an ongoing adventure, a restoration as you awaken. The change you call 'transition' becomes familiar and less of a mystery, for the movement in consciousness and identity have already been absorbed into your conscious world.

There are many beings in the universe who experience their transitions of life quite differently, and move through dimensional realities in a moment, and for a moment, by choice. And some are the greeters to those who transition from unawakened existence. Awakening then does not precipitate transition, although it can at times, but fulfills your current journey through understanding, wisdom, and service. Awakening brings balance, even mindedness, and patience with change and life's timing. Awakening raises your vibration and your light.

### **The Path of Awakening**

Nov. 18, 2005

JANU: The door has been opened, as you are aware, to this understanding (of the Path of Awakening). To walk through it, one must engage this path, not just from the intellect but from the heart as well. For this path is a journey into the future, a larger future, for humanity. Awakening is an intensification of the light from within, the light of your being, and the source of that light is the light that is your universe, in every sense.

The Path of Awakening arranges partnerships with those who have gone on before you, who have walked the steps you will walk, some of them at least, and realize that this relationship of assistance extends to you as well, as you achieve along this path, for others will benefit from your achievements. The Path of Awakening is a journey in understanding, and compassion, and honesty, and integrity, a love for life, and a willingness to achieve that which honors your potential and serves continuation.

You will discover and understand countless venues of life and their structures and their purpose, including your own. You will perceive the life in everything and you will begin to understand the nature of consciousness and the source of it. The micro and the macro universes will become one and your identity will expand. Many cherished beliefs will be left behind, for you will understand their limitation but respect their service. And in so doing, you become a light that others might see their own without regret or recrimination.

### **Reading the Human Journey**

Dec. 5, 2005

JANU: The mysteries of your world are held within the memory of all humanity. These records or memories are found in chambers or pockets of memory, even on a molecular and atomic level, and you move through each day a walking, breathing encyclopedic chronology of the human journey.

The glyphs of your current research, to include crop circles, are your own patterns, our brother, reflected in these phenomena. It is possible to discover patterns yet demonstrated to complete your journey of awakening and command of your birthright, that is humanity's for having lived it. To do so one must engage a more complete reality of the human being and its collective consciousness. In this collective, widen your view to include all sojourns of humanity, for these patterns of consciousness still exist imprinted. And the reading and understanding of the human journey and destiny is achieved by those who would serve it, whether human in experience or otherwise.

More is told and revealed in these patterns of life than in the libraries of your world. The awakening of humanity includes this experience and resource for the regaining of wisdom and the embrace of destiny.

### **Climbing the Ladder of Awakening**

April 17, 2006

JANU: For this morning's journey or presentation let us consider, then, the numerous opportunities to attach oneself to points of interest in the journey of life that relate to enrichment of yourself and others. Witness your shift this morning from frustration to peace through detachment from a limited identity or relationship with circumstance. Climbing the ladder, then, of awakening can have many rungs to overcome and that is part of the richness, as well. One, then, sees the light, the truth, in each rung and realizes that each one is the victory. Victory, then, not being the end of the ladder, but the essence of each rung. The rungs are the opportunities of which we speak and there are many.

Realization that may occur in only one rung, one opportunity, can fill a lifetime with wonder and well-being. So plumb the depths, the nuances of even one and find richness. In this way, you experience opportunity rather than challenge that might be seen as obstacle.

### **Humanity's Grasp of its Own Being**

June 14, 2006

JANU: We would say that there exists among you a predominance for elongation of effort on behalf of trials and tribulations leading to a hoped for victory in many human circumstances. We would say that, at this time, there exists a preponderance of evidence that these changes coming will preclude any such endeavor to forestall them. The enormous undertaking of the advancement of the races and the species will pursue a path that leads to victory in short order and this victory means the establishment of the so-called divine interface with the True Nature of humanity. Humanity's grasp of its own being will be enhanced by the end of this century, to include a sensitivity to, and for, each other and the world that is Earth.

This doorway into the future must be opened and stepped through, for the future lies on a path that includes other realities, other worlds, and completely different philosophies or understandings of life. What we see for humanity, our brother, is the progression of your spirit into finer realities and requires no effort to embrace, save the effort to let go of limitation. Let go, then, into the future and clarity will come, bringing with it understanding of the path.

### **The Journey of Life**

May 8, 2012

JANU: There is much to discuss and experience as well in your movement through the journey of understanding life. But one takes this as it comes and one thing always leads to another. So the journey never ends.

What we serve this evening is the possibility for each one to achieve a recognition or understanding of this natural way of moving through the path of life. You learn to be at ease with each revelation leading to another, for it is a natural way of life. In time, your vehicles, including the physical body, gain a certain momentum of experience and anticipation, for with each revelation there comes a lifting of consciousness, rejuvenating energy, and a greater peace and balance through your systems.

Yes, life is an adventure and, when engaged in a positive way, one becomes more and more fulfilled by and proficient at this process. These, this evening's comments are based upon a rich and profound history in the movement of life.

### **Awakening**

June 10, 2012

JANU: Harboring then the illusion of progressed scenarios by some that the Earth is "doomed," optimism is futile, and a brighter future is seen as an illusion, as well. Servitude is not the answer, endless and mindless contribution to employers, businesses, foundations. What we see here our brother is an anomaly on the path of awakening due to frustration, from perceived lack of success, freedom, and prosperity, not to mention understanding.

What we forecast for humanity, and humanity does for itself, in some venues, is freedom from the shackles of routine without seeming end or self-fulfilling purpose. This freedom comes when awakening prevails; therefore the need to continue our service.

Awakening is the answer, for through this creativity blossoms in every direction, at every level, without end. Awakening is the key to freedom, joy in living, peace at last, and peace that lasts.

Awakening is life conscious of itself from the individual to the universe and beyond. Life is everywhere and everything. Life sings its song through the awakened consciousness and the song is full of vitality, understanding, engagement, and the experience of the sum of life matures as awakening continues. Awakening, then, becoming the theme of life, the common pursuit, the shared realization, the inspiration for existence, and the love of each other. What greater opportunity faces humanity at this time?

Let your hearts and your minds consider the experience of awakening as a continuing path of realization and allow it to begin this moment to free you from limited life, limited mind, and limited heart.

### **Awakening – the theme of the future**

August 14, 2012

JANU: There will be coming, in due course, an opportunity to communicate with that which represents the coming age—and, yes, ages—of human destiny as well as those peripheral influences. What we mean by this is: awakening.

It is the central theme for everything to come. It belongs to the foremost interest of human consciousness. It is the servant of everything you can be and do. It is the nature of the rest of life. It is the revealer of the truth of life. It is the journeyer that embraces all things unknown to you. It is the guarantor of human destiny. It is the common thread among all species of being. It is the pathway of connection to the rest of your universe and beyond. It is the basis for perfect health. It is the path to mastery.

The awakening of your awareness and ultimate embrace of everything is the growing light of your being, and its merging into a larger light. Your contact with, communication with, and interaction with other worlds is served by this. Let there be, then, a deep inner knowing and embrace of the wisdom of awakening.

We would have you counsel each other as you progress, sharing your experiences and insights, and encouraging others by your example, and being inspired by the achievements of others. Serve each other in this area and bring about a blossoming of the human journey, that it may fulfill its promise through its potential to serve a larger life.

Awakening is the theme for the future. Everything is enhanced by its realization, its manifestation. And, our brother, realize that, that that is gained enhances the awakening. How can it not, and be true?

### **Musings on the Path of Awakening**

Sept. 7, 2012

JANU: There are those around your world who have reached into the truth of life and are realizing that grand achievements are coming for the yet unawakened. For, you see, humanity is a collective and revelations through desire, discipline, and commitment, benefit everyone whether they are aware of it or not, for the realization of potential is more assured when the pathways have been walked upon. For every time you venture into the larger life, you bring about greater opportunity for others to do the same.

Drinking the nectar of life through these many journeys nourishes the body 'human' and the synergisms are part of what is produced.

## **The Fragrance of Awakening**

Sept. 11, 2012

JANU: The ultimate purpose, for now, is for humanity to continue awakening and to be successful at it.

Awakening, then, reaches into the depths of consciousness and transforms it. It is, in truth, a transformational experience; for your understanding, your perception, your view of life changes. Awakening brings into focus that which you have reached for and that which you have yet....and that which has not occurred to you to reach for. And yes, your awakening accelerates the awakening of others, for your perception can enhance that of another, and theirs can enhance yours. The awakened consciousness is more amenable to shared understandings with those of other realities.

Awakening is as the blossoming of a flower, for the potential is there but unrealized. And the path to the flowering has a beauty of its own and it is life in motion. Attune, then, from time to time, to your own awakening. Can you not see the potential of the flower being realized? Adding a new fragrance to life, to enjoy and uplift. And your connection to the rest of life serves its flowering as well.

Awakening has a fragrance, our brother, a radiation, an expression of life that is unmistakable. Let us serve, then this evening, the climate for awakening for everyone.

## **Humanity's distractions on its path of destiny**

Sept. 29, 2012

JANU: We are searching today for an understanding of that which propels humanity into some of its distractions from a more peaceful destiny, meaning journey. The forces at work are varied and belong to—some belong to those who misunderstand the more enlightened nature of control. Control from those levels of consciousness means control of circumstance, others, and the manufacturing of opportunities to enhance this control. When one examines their own lives, we do not see enlightened control. What we see is personal manipulation and, for many, the price of this manipulation is never too high. The warring factions in the Middle East and elsewhere see no price too high. The killing of others and innocents is justified by their continued existence, their power. Governments are not excluded from this, for they reach into vast resources to put this on a larger scale, which to them elevates their importance.

Humanity's divergence into these distractions ultimately reveal the futility of this when compared to more peaceful methods, based on honest pursuit, introspection, personal evolution, and service. When considering the path whose elements include an economy of the dispersal of time, energy, resources, gaining more fruitful and rewarding outcomes, why would one choose the diversionary and consumptive enterprises?

This brings forward the wisdom of enlightenment, self-mastery, and the mastery of the more fundamental and therefore more profound realities of life. What then, our brother, is true victory, true mastership, and a truer meaning and purpose for existence? Does this include the destruction of others, civilizations, and yes, even your world? Does this scenario speak of a humanity beneficial to encountering other worlds, and other societies? Not yet, our brother. Not yet.

We would have you understand that life through other species and cultures have experienced these as well and have risen above, with the hopes that their effort and their true victories can benefit others. As you embrace other worlds and consider the possibility of contact, consider this possibility and recognize when that is being offered and honor it.

You are free to linger in the morass of your current condition, but where is the wisdom in that, our brother? As a species, we encourage humanity to open to a larger understanding of life and their own true nature. Bring this about in your contact with others, your communications, your example, and we will do this as well.

### **Shining light on the human journey of record**

Dec. 21, 2012

JANU: Let us begin by announcing that there will be a time of reckoning for past deeds. Now, this is not a negative occurrence, to be feared. It is a bringing into focus for resolution and refining of the foundation on the human journey for looking forward, expanding, fulfilling destiny, enriching life. This time of reckoning will begin by recovering that which has been forgotten, lost to consciousness, of truly remarkable, miraculous deeds on the human journey that speak of promise yet fulfilled.

There have been those in your history who were shining lights of consciousness contribution and vision. These beings still hold the vision for humanity's future, for they understood its potential. These miraculous deeds far outshine others of less vision. So our focus this morning is upon the legacy of these lights on the path of humanity. You have known some of these, our brother, and they have been your inspiration for this and other contributions to life, even beyond your world, the Earth, for we understand that your world is larger than this sojourn. It is where you live and where you grow and where you wonder.

There are three that stand out in your past and their miraculous contributions include the wisdom of the journeys among the stars, the beauty of being conscious of who you are, and the love of life that is the source of service, of giving. These three have origins not of the Earth but journeys that include it. We would have you know at this time, our brother, that they bring such richness to the human journey, for they are aware of how that journey can serve others on theirs. Humanity has profound promise and potential.

Would that their light shine through you as you may. Bring light to humanity, that they come to see their potential. May the darkness in their lives become filled with light. Let life flow through you and, when it does, as it does, there is no need to accumulate from others at their expense, for the flow of life is without limit in its resource.

### **The confidence to awaken**

Feb. 19, 2013

JANU: We have with us this morning a focus that bears some light upon the subject of renewed confidence in those who reach for Light, for understanding, for their breakthrough—from their perspective—in awakening. Much of the confidence restoration is in the reality that they have done this before, for they have had many sojourns, many journeys, many experiences of awakening.

The theme of the message is: You have all done this before. Reach into the depths of your consciousness, your memory, your own tapestry of life and renew what you have already accomplished, stepping back on the path of grander awakening. There is little in life that is more refreshing, rejuvenating, than awakening, for it brings new possibilities to everything you do, observe, and think, and your performance in life. You have all done this before, to varying degrees, and this is part of the reason why the inner drive is there to return.

Awakening does not signal that you are leaving your current circumstances, for you chose this to be your current journey. But to awaken while on the journey, you see, brings insight, capability, expansion of consciousness, the embrace of more of life, and the appreciation and understanding of each other. Your commitments to life, your discovery to manifestation and to loving relationships knows no bounds as you awaken.

Let there be, then, within you a return to the fullness of your journey, with confidence to proceed. And, yes, there is joy and happiness, as the doubts fade away in the light of the Truth. Namaste, our brother.

### **Awakening and the Tree of Life**

April 26, 2013

JANU: The origin of the True Nature has to do with the seed thoughts of life finding fertility in the potential of life for expression and evolution of consciousness. The True Nature of this seed thought, being a reality in consciousness, endeavors to retain its integrity as the branches of life that reach out from it engage and embrace the potential in the many venues of life. These roots of expression and engagement constantly search for, reach for opportunities to attach and gain experience and contribute to the field of creation, discovery, and realization.

Your current place on this scheme is attached to the Earth experience as a human being, certainly not your only experience or species. Now then, your quest for your ego attachment to awaken to more of the Tree of Life that you are is a worthy pursuit and will bear fruit on this tree. And the answer is: yes, this is possible and desirable. And we would counsel you in this way. One reason for this journey of awakening is to enrich the absorption of nutrition, so to speak, from the experience of life, broadening consciousness and service. It is never to escape the attachments, but to enrich them, which serves the True Nature and its origin.

Understand this point clearly, our brother. It is to enrich the moment of your current attachment. See it in this way and the door opens to a greater light and more complete experience. And, yes, you have done this before, in the midst of other attachments on your journey. So, as you re-awaken to the presence of your True Nature, realize that this awakening is one of many from many other attachments, all enriching and converging in the True Nature of who you are.

### **Awakening**

June 8, 2013

JANU: I am Janu speaking, encouraging then this morning the diligence to proceed and produce enrichment of the human psyche and consciousness to claim their true power, open mind, and loving heart, to restore their conscious estate.

Humanity's current state of awareness of True Nature, and by this we mean all of humanity, diminished during the periods of survival while incarnate. But, for more and more, survival does not dominate attention and energy and focus as much. Involvement in this plane of existence has an opportunity to raise the consciousness beyond the need of survival to that of contribution to the human condition and the state of the world, not just politically but the health of the planet. Even beyond conservation of resources, for there are resources of the world beyond the physical, you see. Not realized yet by humanity, this growth in consciousness, and service to life opens the door for engagement with other worlds, other species.

Those still obsessed with the accumulation of power by the manipulation of others and the perception of taking power do not understand True Power that they already have access to, that comes from within and a conscious connection with the rest of life. This comes through inner enlightenment, which is what we serve and encourage.

How many really understand the meaning of awakening? This is what we must teach, our brother, for each individual to find their own integrity, claim it, and stand in it. This is not to suggest a future devoid of lightheartedness and humor and play. This is part of a healthy consciousness and body.

Thank you, our brother, and namaste.

### **Symbols of what is to come for human evolvment**

July 26, 2014

JANU: We are symbolizing this morning's journey by way of new levels of freedom for one's so-called spirit to express in this sojourn. The symbol we speak of registers with the consciousness as a gateway to new understanding, and a newer way of living: more resilient to the challenges of life; peaceful and deliberate insight when desired; more rapid healing response; a more facile mind and emotional range.

These qualities are symbolic of awakening: Clarity of thought process and reasoning, bringing balance to respective point of view and decision-making; the confidence to embrace life and plumb its meaning; the freedom to create circumstance and your environment and modify it as you choose, and the wisdom to do so.

These are only the beginnings of new levels of change and awakening. The power to co-create will be enhanced greatly, along with the responsibilities and wisdom to do so. Communication such as ours more prevalent, not only between realities, but within realities. This honesty of communication will greatly change culture, society, and conduct and, when understood, reveal what is to come. Namaste, our brother.

### **The awakening of humanity and the creatures of Earth**

July 30, 2014

JANU: The levels of awakening and the conditions have varied greatly over the existence of the Earth's evolution. We would say at this time that the consciousness of Earth's creatures, here and there, have approached that of humanity and, at times, surpassed in some ways. Humanity would be more aware of this, if it didn't consider itself supreme above all others. Many of the achievements of other creatures on the Earth have benefited humanity as inspiration. It isn't necessary for the physical forms of incarnate life to move to the stars to explore life. Humanity still sees this as the primary modality for exploration. Some creatures of the sea, having a tradition of existence and consciousness older than humanity, can reach into the depths of human consciousness and relate in some ways. Human consciousness has a link with those of the sea, of that experience, but forgotten, consumed with involvements with life on the land, for its body is of the land.

You ask of communication with enlightened creatures. This is possible, but not all of them desire this, our brother, for humanity has not always been an inspiration to these, and has brought fear and lack of trust of humanity. But this can change. They understand that life is complex and even some of their own kind vary greatly in their personalities and behavior. In some ways, the evolution of life on the Earth has many tracks, or paths, simultaneously, not all aware of each other.

Yes, there are worlds where creatures of various modalities of life have a working relationship and communicate and support each other through understanding and ability. Earth has had moments of this, and there are still remnants with those who study and endeavor to relate to the different kingdoms of life. They have an innate desire to re-establish the link they once enjoyed. All of these relationships of the past have been recorded and are available. We would have you see this as a dimension of life that can be renewed, revisited, to the benefit of all.

### **Awakening the cycles of past enlightenments**

Sept. 22, 2014 B

JANU: After the fall of human consciousness from a high estate to the so-called dark ages, came the roller-coaster like ride of cycles in and out of enlightenment for periods of thousands of years, many thousands. Once again, human consciousness is reaching for the stars, metaphorically speaking. This is not the first time. The memory of past cycles still exists, the lessons learned, the achievements, the victories, and the brief reversals. How then can humanity gain from these memories, profit from them, in its current quest for the stars, or enlightenment if you prefer?

Once again we come to the subject of the veil. Now, the attention is not on the veil to achieve this. It is on the memories. Awareness of other cycles of enlightenment, other worlds and cultures, the Larger Family of Life, was achieved in many ways, not limited to physical experience, third dimensional communication. But the vitality and the movement of non-physical journeys and attunements to the Larger Life, pattern matching to any part of life, reveals enlightenment.

You ask, "What is pattern matching then?" It is agreeing with, becoming one with, to a degree identifying as the Truth of Life that you seek. So let us become consciously one with the previous cycle or cycles of enlightenment experienced by humanity and apply these to the current quest to reach beyond the veil. The cycles of life are known, our brother, and their revelations are a partnership with Life and are records of life that exist in the living consciousness of memory.

As you have said from time to time, love this awakening into your life. Allow it to be. Namaste, our brother.

### **Awakening to your own past identities and experiences**

Sept. 25, 2014 B

JANU: Human consciousness exists in layers, segmented elements, a sometimes confusing mix of Earth journey and past journeys not of the Earth. The imprinted patterns of these are interpreted in many ways and, because of this, beings from other species and other worlds are challenged attempting to understand the range of human consciousness.

How then does one sort through one's own memories and deeply imprinted impressions buried beneath the consciousness of the moment? As one learns to apply identity shifting from the current human experience to other imprints in one's own True Nature, much can be explored. Accessing past experiences must be done with care that integrity be maintained when identity is shifting to past experiences. This is not recommended to the novice without experienced supervision, which is what we accomplish here. But it is available to the awakening consciousness.

So the awakening reality does not just include other elements of life, but your own as well. Walking a narrow path in life and in awakening calls for guided and thoughtful process by the journeyer who is well focused and free. Thank you, our brother, and namaste.

### **Elements of awakening**

July 5, 2015

JANU: Communications such as these are not an intrusion into the integrity of being, but an awakening of the being to its True Nature. Sojourns and other experiences are never wasted for they are recorded, imprinted into the consciousness of the True Nature. Many of these journeys are new experiences into the larger life and these are recorded as well. The system of communication which we employ is by no means the only one available, but it speaks to your desire for integrity and a procedure that is beneficial to everyone at some point.

We would have you know that the sense of separate identity gives way to a more unified one. No longer the sense of appeasement to bring about a larger reality. More one of attunement to an already existing oneness. The incarnate life continues, still serving its purpose as a classroom, so to speak, to gain wisdom and to serve the flow of life, but a more enlightened sojourn incorporating more of the faculties of the True Nature. Yes, we are one, but more aware of it, making choices with greater insight and the greater balance of perspective of the True Nature and its unlimited resources.

Once again, we speak of the path of awakening. When elements of this suddenly appear in the lives of individuals, there can be confusion and fear, startled by unfamiliar awarenesses. Therefore, the need for a process of awakening that is patient and allows for acclimation and understanding. Namaste.

### **The resiliency of the human spirit**

Aug. 1, 2015

JANU: We are impressed once more by the resiliency of the human spirit. Many such encounters have the designation of 'born again,' renewal of the confidence within to endure and rise above. This is part of the nature of the True Nature, which is who you are.

The incarnate life, personality, ego, without a strong connection, suffers from the sense of being alone and, in certain ways, identifies with the vagaries of life. When the human consciousness comes to a point of being overwhelmed, it lets go of identification only with incarnate life and being, and is open to the truth within the True Nature. This condition, or relationship, is available not just in times of crisis but all the time. But the pressures of living make it easy to forget.

So, instead of a life from one crisis to another, open to the middle ground, the path of balance, evenmindedness, patience, and an acceptance of the love from life that is always yours. When you perceive life more in this way, you are more understanding of the conditions around you and that others endure, making it easier to inspire, lift consciousness, be encouraging. Serving the awakening of humanity, our brother, is what this is all about. Everything in the life is served, enhanced, uplifted as one awakens more and more. The challenges of life are nowhere near as powerful as the power within.

Awakening may slow from time to time. The distractions are many. Be patient with yourself and others. Process the challenges, but always return to your awakening, your True Nature, the larger Life, and the awesome power of true love. Be at peace.

### **The many paths of awakening**

Aug. 4, 2015

JANU: Be aware that the relationships possible consciously, and unconsciously, between people and their True Natures are by no means limited to our style and form of communication. When you wish for awakening for others, in your perception allow them the freedom to experience the manner that serves them best. Enhance your ability to perceive these many forms of awakening to better understand and evolve your own.

Awakening, our brother, is a journey without end. Even when incarnate the journey continues.

There are those who instinctively sense the wisdom, or lack thereof, of a decision. This is their form of awakening.

There are those who work closely with nature, which opens the path of awakening in that arena of life.

There are those who are mathematicians, scientists, researchers, physicians, and awakening occurs on that path to enhance the human condition. Astronomers, stargazers if you will, wonder intensely and deeply at the unknown realities of life beyond the Earth, and include the Earth as well. This opens their path of awakening.

Musicians, artists are constantly attuning themselves to their path of creativity and their True Natures are right there with them, bringing enlightenment and the personal rewards that come with accomplishment, bringing confidence to go further.

How many pursue the inner life their entire sojourn to experience and understand and share their insights?

Awakening is everywhere, in countless forms and venues of discovery, creation, and service. So, you see, even the path of awakening is a world of its own. So allow blessings to be what they need to be, unlimited in their diversity as they enhance life and enrich it. Namaste, our brother.

### **Finding balance in the incarnate life**

Aug. 14, 2015

JANU: We are aware of the struggles of humanity in the midst of an incarnate life filled with wide ranging experiences of brutality and beauty and wonder. We understand this, the path of life that seems to have too many potholes, ruts, hurdles, and reversals. This tempers the experience, broadens the resource of experience to develop the ability to see through situations, attitudes, behaviors, to the beauty of the life that allows this. They are minor in the larger view of life. All of these have beginning and end, temporary. But the love that allows this expression is permanent and, yes, eternal.

So choose wisely what you hang your hat on, so to speak, as a reference for stability in your life, solid foundation, and determination to continue the path to wisdom, peace, and enlightened service. The balance here is to be conscious of everything, understand its existence, and be steadfast with the truth within you. All is forgiven in the larger life. Misinterpretations, misperceptions, misunderstandings. It's as a child learning to walk, behave in relationships, absorb the falls, rise up again and move on.

Be mindful of the path of improvement in the midst of reversals. The patterns of life exist simultaneously, our brother. They co-exist. But consciousness appraises them and chooses. Be conscious of the truth behind everything, including your being, and cherish the wisdom that comes. Difficult to do within the midst of challenge of pain and suffering, but choose to return to the balanced life. Find your equilibrium and continue. Help others understand this, as you may. Namaste.

### **Dealing with the clamor of life**

Aug. 21, 2015

JANU: We speak today of the clamor that seems to permeate much of the life for humanity. Clear decision-making, a peaceful life rich with insight and understanding holds a backseat to much of this. When the clamor becomes the norm of the day, how does one then find peace and calm, insightful wisdom, clear thinking and focus united throughout their being as one? Of course, words are not enough. What they speak about is what's called for.

Rejecting the clamor of humanity keeps your attention on it and connected to it. So what do you put your attention on, our brother? Your inner passions and desires that your True Nature shares with you as you walk through your day. Goals that are larger than the moment. Begin to perceive your life in a deeper and larger way. See through the clamor to the truth behind it.

The news media is filled with the superficial clamor of life. As you walk the incarnate life, see the truth behind the clamor, not based upon the opinions of others who are living the clamor, but your own innate faculties, the truthful perception. Wherever you observe life, choose the truth behind what you see, with your integrity intact. Human life is noisy, with some peace here and there. Add to the peace and live your truth. Namaste, our brother.

### **Challenges are Life's keys to awakening**

Sept. 25, 2015

JANU: Why not consider a clear presence of your True Nature in the ability to penetrate the challenges of life in a discrete and forthright manner? So that any challenge that presents itself triggers an inner awareness to understand and absorb the opportunity it presents on the path of awakening, transforming the fear and trepidation of coming challenges into anticipated and enriching experience. Challenges are not a minefield on the path of life. They are patterns of life created, inspired, and attracted by the steps you take, the emotions you feel, the thoughts you process, as you create every day as a result of living. This includes family, our brother. Many challenges, many opportunities to grow through experience.

Rarely will you meet in life another individual that doesn't challenge you in one way or another. Challenges bring change, which progresses your life and the lives of others. Always in motion. Needless to say, as challenges are presented, you are free to choose your response. Include sensitivity to the needs of others when choosing for, ultimately, you are connected and so are they. Challenges are opportunities to change, to serve, to grow.

Challenges include not just people but perceptions, nature, survival, and the awakening of your being. Conscious integration and your ability to create. It's all connected, our brother, interactive, co-dependent. And it is the symphony of life, every note of it. Challenges are life's keys to awakening. Accept them in this light. Namaste.