

# The NOW

This was introduced as a series during another series called The New Paradigm. However, there have been other attunements relating to the subject and they are included to provide full context. Be sure to investigate The New Paradigm series as well.

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## **Potential, destiny, past, and future**

May 23,

2012 A

JANU: I am Janu speaking, to further pursue the idea then: the movement of humanity collectively and individually into a larger phase of life is being brought on by the longing within the hearts of people to belong to something larger, of meaningful purpose, and substantial.

Understand this, our brother. The ‘something larger’ includes other worlds, other realities, and other beings who have this longing as well. And their time is coming. The movement of the merging of the consciousness of humanity into the larger venues of life is an evolutionary step that must be taken because this is the movement forward out of ignorance. Humanity needs a bit of a nudge into its future and the nudge is coming, our brother.

The view of the past does not reveal the future vision as much as the direction of life on its journey. To understand potential, destiny, outcome, and all the elements and aspects of realization, one must have commitment to life and flexibility, adaptability, and an openness to the fluid reality of life. Therefore, let there be seen, then, that which will be coming in its own manner and form, for that potential of life, and your own, beckon each other.

It is useful to have the sense of expectancy of that yet to be revealed, while committed to engagement with that that is before you. Everything is in motion, our brother, as we have said before. A strong faith in life and its richness, its diversity, and its continuation will set you well on the path which you are on.

## **Triune nature of past, present, and future**

June 24, 2012

JANU: Yes, greetings, my brother. I am Janu speaking, welcoming you this morning to that which signals the past to coalesce the future by the authority of the present, the now.

What this means, our brother, is this triangular reality—or should we say triune?—is the Light. The human mind perceives these as three realities, mostly independent of each other, but this is not the case, you see. This triune reality is the Light of this universe and proceeds nicely whether understood or not. However, to consciously embrace this reality and benefit from it, one must adapt to this new perspective.

Past, present, and future are one and they exist along the lines of the redemption of life. Now, what is it that needs redeeming, our brother, but that which claims its uniqueness and separation from this triune existence. And, yes, all dimensional realities are included in this.

Now, then, let us explore the nature of this triune existence and its impact upon, or what it facilitates in, the conscious journeyer. It brings about a peace through knowing the connection between these three and their common vitality and emotion in life, how they unite in purpose all realities, how they bring about a balance and completeness to understanding and participation in life. Much is explained through this perception of the behavior within the Earth’s-the universe’s destiny. Through this window of perception, this point of view, all can be understood and discovered.

What is left, then, for the journeyer who relates to life in this way? It is the unmanifest and this element of life exists for each of the three, you see. So the adventure continues but with a more complete embrace. The Now and this triune reality coexist as one, each revealing the other and moving you one step closer to the true nature of existence.

### **The future is here to stay**

July 16, 2012 A

JANU: Join with us then this morning to celebrate, if you will, the coming life for humanity. There is much to understand, appreciate, and enjoy of that which is coming. You ask: Where is it coming from? And we respond: From within.

Life understands and knows everything and is the source for everything. And its path of unfoldment includes humanity as well and it seeks to realize humanity's potential, not for itself only but for its contribution, its relationship with the rest of life. Much in store there, you see, for humanity—life would bring humanity into the fore, serving humanity as it serves life. This is a loop reality, that being served, serving that serving, demonstrating once again oneness. Humanity then in the process, shaking out, if you will, all of its potential. Life allows this for it understands and realizes that the so-called stumbling stones in the human existence strengthen it, for the reality behind these is larger than these.

Let there be, then, an understanding that the future is here to stay. So be filled with confidence and hope, our brother, in every endeavor, every communication, every attempt to understand, every attempt to build something new. The future is here to stay.

### **Growing confidence in the future—the future is now** (service)

July 25, 2012

JANU: I am Janu speaking, reorganizing then that which comes as a surprise to many but not to those so acquainted with the movements of life. The surprise constitutes an upwelling of confidence in the future be humanity, especially in times of seeming darkness and confusion. That is our service this evening: the bringing of confidence into the lives of humanity, confidence in the future.

Now, the confidence is not to be placed in some distant reality, but in the moment, for that reality is built upon the current consciousness and confidence. Let your confidence build, your expectancy manifest, that Divine Order reign in the affairs. Let there be a passion for embracing life, going further than you have been. Let there be an upwelling of insight, vision, into how to embrace possibilities and potential. Let there be then a growing peace, peace of mind, peace of heart, but filled with passion and encouragement.

The future is *now*, our brother, and the future is here to stay. The future is your current destiny, your path of experience and expression. It is a dynamic reality, filled with life. The future is now.

### **Resolving the past to gain freedom** (Service)

Nov. 13, 2012 B

JANU: I am Janu speaking, welcoming you this evening to that which is presented as a discourse reaching into the nuance of life that pertains to the so-called past. Now, remembering your understanding of the past as it exists in the moment, let us explore this, for there is need for service here.

The past lives in the memory--cell memory, etheric memory, planetary memory—and can be relived in the mind, in the heart, and in the body. For virtually everyone, there is need for healing, resolution, balancing, wisdom gaining, understanding through the memory of the so-called past. For it is filled with, for many, regret, frustration, a sense of lack, guilt. So understanding the path taken as the past must be revisited, experiencing not only so-called negatives, but the positives as well. For through the understanding of these comes the self-forgiveness and the understanding of all that was involved. For these

memories and their passions still live within the being, and the visiting of the past must be balanced with experiencing all that was gained through giving and receiving.

And through this process will be gained the freedom, the true freedom, to embrace the future in a manner that does not resemble the past and those limitations. For the past and the future live in the present and are connected there. The future cannot be used successfully when using it is an attempt to distance oneself from their past. They are one, our brother, and they live, they coexist. So embrace the past, no matter what it entails, and resolve it, bringing balance to the relationship of the two and the resulting freedom.

This evening we serve this reality. Choose to see, choose to know, choose to understand, choose to own all that you have been, and enjoy the freedom. Namaste, our brother.

**The future is now** (part of series: The New Paradigm)

Feb. 24, 2013

JANU: Yes, greetings, my brother. I am Janu speaking, welcoming then this morning this grand opportunity to further develop that which we have achieved in understanding on the New Paradigm. This morning's discussion will include the relative importance of this and the path to engagement and fulfillment.

Let us turn our attention, then, to the one who knows and embodies this change, the Master Noeth Atule.

NOETH ATULE: Yes, greetings, our brother. I am Noeth Atule, welcoming this opportunity to further explore this new model for engaging life. And 'model' it is.

A new model can have a tradition to draw upon, being mostly the direction you take in life, still filled with many choices and opportunities. Without such a model, the journey of humanity would evolve into stagnation in the larger life that is always in motion, you see. This brings confusion and frustration and degeneration. A new model is essential for a continuing life and flow of creativity that enriches everyone.

This new model is not described completely, for it is yet to manifest fully. But it does include a journey for humanity that transcends the limitations of what you call time and space and the limits of physicality in a reality of life that is so much more. We encourage you to consider that which belongs to the native awareness of life here and there throughout the universe. In life's fundamental reality, is more profound than even this New Paradigm, you see, but the New Paradigm is based upon it. So life *is*. And the New Paradigm is a model for embracing its flow, its motion, and its potential.

You are correct in your memory. This paradigm is the fourth in a series for humanity. Many more to come. The scientists of your world will, in time, come to embrace the non-physical reality of life ever more fully and, in due course, more identify with it and engage it as if it were their own nature—which it is, our brother. But this movement in your understanding opens the door to so much more than any have imagined. How could you, for the instruments of understanding that you use are not attuned to such things? The instruments will be discovered on the journey into the larger life.

Our conversation, our relationship at this time, speaks of a new way of life. For how could this be in a world only of physicality and limited technology and understanding? Your world sees the future as something in the distant future, far off. It is not. It is in your midst. You only need to perceive it and embrace it and it reveals itself to

you. The New Paradigm understanding arranges for humanity to become, essentially, this new understanding, this new model, and everything it is a model of.

Reach into the future, our brother, as if—and it is—coexisting with your traditional relationship with life. They coexist. Be aware of them both, and much more. You are the future, you see, and it is Now. These movements in your consciousness and understanding will bring this ever closer to a fuller relationship and experience.

Thank you, our brother. I am Noeth Atule, walking life with you in many ways.

### **Embracing the Now**

(part of series: The New Paradigm)

Apr. 5, 2013

JANU: Yes, greetings, my brother. I am Janu speaking, reaching then into the wisdom of this focus, being the New Paradigm. Let us continue, then, these journeys based upon an understanding into the next phase of the human journey in consciousness as presented by the Master Noeth Atule. We attune then to this focus and benefit from his wise counsel.

MASTER NOETH ATULE: Yes, I am Noeth Atule greeting you at this time, continuing on the journey we have taken to embrace this new understanding for humanity. For it is time for its development in consciousness, its awakening. Let us pursue, then, another element of this model for living.

Reaching then into what some might call the distant past of the record of humanity's experience and journey through life, we discover that humanity has been this way before, only to a lesser degree than what is to come. For life does continue in cycles, brother, as do universes and everything they contain. The attempt here is to recapture cycles of life, even taking a new step at the same time, new in the richness of its content.

We of the Atule focus our communication in this way to discover possibilities, even as we speak. So then, the new element for this communication is the ability to listen to life. Listening on these levels of reality is the path to awakening to what is and what will be. In addition, listening in the state of consciousness that is one with the Now of life attunes one to what the time-and-space consciousness would call the past, the present, and the future as one reality. Letting go of time and space perceptions is a great revealer of the truth of life and this element of the New Paradigm is on your doorstep, our brother. Approaching life as an intimate experience with this freedom of the Now shines the truth of life everywhere, every-now.

The consciousness can embrace multiple truths simultaneously, our brother. The personality is not accustomed to this, or even equipped for it, but the conscious personality is not who you are; therefore, this journey sensitizes you to who you are in a larger way. So, in asking a question or focusing your attention on anything, choose to let go of the limitations of time and distance. For anything you choose to discover has its reality in the Now and you will perceive all your focus has been and is and will be as one reality, not three aspects, one truth. How then can secrets exist? Deceptions? Manipulations? And contradictions? Focus, then, our brother, on your own life journey and understand and experience all you have been, all you are, and all you will be as one truth, one reality.

Without the limitations of time and distance perception, everything is in this moment. Past, present, and future are intimately involved in this moment and always present. Observe this understanding, our brother, and allow it to be the theme of your explorations. Journeying together, I am Noeth Atule.

## **Experiencing the Now**

May 3, 2013

JANU: For this morning's journey, let us touch with our consciousness and experience a moment in the Now. Much is said of this reality by those who have yet to experience it consciously. The basic view of your interest is that of the entire universe. So then, let us experience and touch the Now of the collective universe, to include its past, its present, and its future at once.

When one embraces the Now of a reality, part of the experience is the global reality of the past, present, and future, and appears as a collective, a composite. A reality of light that is complete, the interactions of these three realities of the Now are in perfect balance and reveal their truth as one reality. Once again the divine paradox: from one are many, and many are one. In this moment of Now, one can embrace the relationship of these three to each other as a living presence. Outside of the Now consciousness in either does not appreciate or understand the others as being united in their wholeness with any one element. So, to understand and serve and support any reality in the universe, let your service and understanding be complete in the Now experience of that reality, that object of service. So, you see, our brother, in reality everything exists in the moment, in the Now, as one truth composed of many.

See your own past, present, and future as the Now of your being, united as one, interrelated. And, yes, you are correct. You are touching your True Nature. Decisions for each element must consider the truth of the others. It can only be done in the truth of the moment. Not common for anyone to embrace the universe, and all that it is, as one truth, a Being, a consciousness, one life. And if this were not so, our brother, all the elements of that life would fall away. They find their cohesiveness in their oneness, in their Now. This principle of life is true, even for other universes. The Now of all of life contains all universes, including your own. Such it is with humanity, our brother. Individuals and the Now consciousness of the reality of all humanity is one life, composed of many. This understanding and this experience lends itself to the embrace of other species, and other worlds, and in other realities. Does this not open the door to a more complete relationship with all of the life forms on the Earth, seen as one

## **An introduction to the NOW**

(part of series: The New Paradigm)

May 26, 2013

JANU: The Master Noeth Atule will join us in a moment to continue his outline of this new beginning for humanity. This morning's presentation will include a continuation of the reality of Now in this pursuit. Let us attune at this time.

MASTER NOETH ATULE: Yes, greetings. I am Noeth Atule presenting, then, at this time that which is coming to humanity, some of which is already available, engaged. Let us continue with this series, then, in the manner described, bringing into focus with that which illuminates and at the same time compels the adventure of life. That's what this is, our brother, an adventure.

In the Now consciousness the adventure is not just the future. It is the entire journey. The Now reveals this and, in the Now, the entire journey is understood in its completeness, its wholeness, and reveals relationship and nuance not otherwise seen. Even this New Paradigm we speak of is understood more fully in the context of past, present, and future as one interrelated truth. For the paradigm of human existence can be seen as one paradigm, one model for living, for every moment is one with the entire

journey and to consider a beginning and end to the human destiny is a limitation, for consciousness does not disappear with physical universes. The patterns of life have imprinted or are recorded beyond physicality, beyond time-space, and beyond energy.

The New Paradigm is part of this reality. Quite a transition from limited time-space perceptions, but nonetheless, our brother, this reality exists, functions and is at the root of the life you understand. We, of the Atule, are one with this understanding and welcome all of consciousness in life to awaken to it.

Your question is interesting, asking, “What of the long process of evolution?” And the Now consciousness is at one with the entire spectrum of life, including evolution. Evolution is a process, our brother, within a certain spectrum of life but, in the Now consciousness, all spectrums add vitality and connection and relationship. Remember, our brother, once more, life is neither this or that reality. It is all realities, in motion, in the Now. This paradigm model we speak of is part of the Now, and it is evolution in consciousness, of which there have been others, and it has its purpose in the scheme of things and allows experience to contribute to wisdom and the reality of oneness in the Now.

See this in this larger way, our brother, and we will continue with these journeys, for they have merit on the human journey. We are Noeth Atule.

### **The nature of existence**

Oct. 1, 2013

JANU: I am Janu speaking, journeying this morning under the theme of redirected excursion into the nature of existence. Now, these journeys may seem abstract and irrelevant to day by day existence and the complexities of living, but understand this, our brother: they are communicating with the source of that needed for greater success in everything you do. For if your understanding is limited to what occurred yesterday, then what is likely to occur tomorrow? And your day becomes locked into sameness. And where is the need, then, or the imperative for new creative thinking and relationships?

Now, we understand the need for pattern development and nuance, but each pattern is only one piece of the puzzle of life. And life is a puzzle, our brother, and all of the pieces have yet to be created, much less explored and fitted into the picture of life. So we journey in these ways to anticipate and explore these pieces and discover how they fit into each one's life. And how can one say that existence and its nature, its reality, is not a part of every life? A piece, when well understood, can bring balance and integrity and a peace that comes from embracing the truth of your being.

So, existence, then, our brother, is initiated by what life would call a thought, but the thought whose nature is best described as an impulse to live, to be, to exist. How does one then explore and understand an impulse of that nature? It is accomplished, our brother, through realization that in openness, and openness to that impulse, is the source of your life and it's present and inspiring life to continue. In a sense, it feeds your life, even though you are unaware of it.

Now, you ask, “What is the purpose of existence and the impulse?” It is something more profound, our brother, and primary to life than any activity or function or moment of understanding. It is ‘to be’ and the ‘being,’ our brother, opens the door to expression, existence, manifestation, creativity, and the incredible diversity of life expression. As we often suggest to flow in the moment, the Now, this is the path to

realization of the nature of existence, for its reality and consciousness includes everything that has been, that is, and that will be. And that is 'being,' our brother, being one with the nature of existence.

### **The power and beauty of the present**

Oct. 11, 2013

JANU: I am Janu speaking, welcoming then to a journey filled with the desires of many to know their future. What we offer this morning is a journey into loving and accepting the present.

The present, our brother, is filled with riches and what some would call the 'magic of life,' for it evolves before your eyes, in every moment of your life. And the beauty isn't only what it evolves into but the beauty of evolving. Observing and understanding the changes in each one's life, the process of change, the presence of the love of life for you, with you, as you evolve, for life is not stagnant, our brother, and is always changing. The flow is constant. Now, it may seem at times to accelerate or be stagnant. This is through lack of perception and consciousness.

Let there be, then, a renewal of exploring the moment and the myriad elements of life that your moment is comprised of, for these miracles of life need not wait for some revelation of the future to demonstrate their reality. The true power within and the power of the moment is to consciously be at one with the evolution of the moment, and everything it describes. Your power, our brother, is not in the future; it is in the present. This very moment is who you are, that evolves into what life will be. Allow the power of the presence of the moment to be your awareness, for this is what you control as a consciousness, participating in the evolution of life. This is what you contribute to, and life always listens, brother, and is responsive although not all are aware of the moment of response, always looking to the future which exists only in potential, not in manifestation, or denying the past which holds the patterns of memory, behavior, and understanding, even in the moment.

So where is reality, our brother, for your concentration, your centering of attention? It is who and what you are and where you are and the expression of life in the Now. So make your mantra "Life in the moment, in the present, in motion and unfolding beautifully," grateful to experience it, and be part of its motion, its flow of life. This is why the attunement of today, on any subject, when revisited tomorrow is never the same. Life is evolving and never looks the same in the future. Namaste, our brother.

### **The freedom to be**

Dec. 3, 2013

JANU: The Now represents the best experience, tradition if you will, of oneness, of moving in harmony and balance with all of the life that you are. From this perspective, one can embrace with wisdom and know the Truth of any part of life, and their own life. The Now exists in the consciousness, in the being, and has always been. The departure from this Truth, this reality, has been a long journey indeed. The merit in this is the reality that knowing a path, an element of life, does not carry the wisdom of having experienced it directly.

Now, then, what of the merit of returning to the Now awareness when one has departed it to walk the many paths of life? The maturity and wisdom gained, and is still being gained, provides an opportunity for the Now consciousness to enhance the journeys, you see. This brings understanding and balance to every path in life's

relationship with every other, every being with every other, every moment with every other. It sheds light upon every decision, every engagement, every nuance of life. The Now brings closure, in a sense, to unanswered questions, the wonderings as to why and how life functions, evolves, and changes.

Let us bring together then the elements of life, the paths you've taken, you've chosen into the Light of Oneness and understand them more fully, for they have a connection with each other, a reality beyond the individual, and a truth behind everything. No longer is your identity limited to any one path or experience, but broadens to include the full richness of all of your travels, discoveries, observations, and conclusions. The Now experience leaves you free, with an open mind and heart, to embrace things, to embrace each other, free of judgment, free of limiting conclusions to observe life anew. When this takes place, attributes of elements of life are revealed that were hidden before by restrictive perceptions. Your own foibles are revealed for what they are, their origins, their reasons for being, and you are free to begin anew.

### **Time, space, and the Now are life processes**

Dec. 4, 2013

JANU: For today's journey let us explore a moment in time. This moment represents the everlasting reality of life known by many as 'time.' Time is a reality of process, of continuation, of unfolding, of realization of potential. Time is a process, not a thing. So, when observing the elements of life expanding, unfolding, interacting, these sequences of life, these continuations are seen as time consuming. Unfortunately, in a certain point of view, it leads to the perception that time is a reality unto itself when, in truth, our brother, it is the process of life.

Now, we say that time does not contain subtler realities, for process there, in those realities, from the time perspective, can seem instantaneous. But process still exists, our brother, only with different parameters of existence. So the perceptions of these processes must be observed differently, different parameters. The physical consciousness or mind cannot perceive these, but when consciousness is awakened to these subtler realities awareness allows for this, for you become one with in consciousness different kinds of process of life.

Now, in your world this process is called 'time.' In the finer realities it is understood as a timeless 'being,' for these processes are simultaneous and not sequential as it is in your dimension. A linear path of unfoldment or evolution does not apply here. Time and space, distance so to speak, are not displayed or a function of this. Materiality reality needs these because of the circumstances of its existence. Moving through realities such as these, one must adapt to, be open to, a different nature of truth, entirely different conditions of being. And this is a valid quest, our brother, for elements of your existence, of your being already reside in these processes. Which brings us to the point of the Now consciousness, and through this, one experiences realities beyond and including the material world.

Much to consider here, our brother, as we explore life, its diversity, its richness, and its meaning. Namaste, our brother.

### **True freedom**

Jan. 26, 2014

JANU: The Now consciousness exists in the moment. For many, this would suggest that it's a removal from the past and the future. But in truth, our brother, it includes everything. For both the past and the future can be embraced and understood in this state

of consciousness. The Now consciousness is free of recrimination, judgments, labeling if you will, preferences in understanding, and no longer owned by these patterns of life. Aware of and engaged, by choice, the true freedom to choose lives in the moment, for all others are conditioned by preferences, motivations, judgments, and the like.

When you bring your consciousness into the present, into the Now, your body responds by letting go of the patterns mentioned, which modify the health of the body. When a physician tells a patient, “You have six months to live,” that is a limitation. The physician’s opinion is based upon patterns of experience, which they expect to repeat. They do not take into account the true power and miracle of the moment when the individual is free to choose otherwise, with all the power to do so.

Virtually all of human endeavor is conditioned in this way. Humanity expects the wars, although decries them. Expects conflict, terrorism, and the mayhem that occurs each day. So what does one place their faith, their belief in: the patterns of the past, or the power of the present and true freedom to choose? For the Now seems challenged at every turn, when one considers this way to be, with the so-called reality that surrounds them. And the Now can be chosen, as can any other choice, our brother, if one lets go of being obsessed with the choices of the past.

When one chooses a new path in life, elements of the old past must be left behind, for they prevent the new choice, you see. Now let your focus be the nature and reality of the new choice, without necessarily understanding them all and not the choices of the past. Just let them be. Entering the new choice of freedom comes with the memories of the old patterns, but no longer attached to them, no longer identified with them.

In a very real way, the Now reality will seem like a new you. Realizing, of course, then, that your True Nature has always been who you are. Yes, this truly is ‘identity-shifting’ and has always been available. Leaving behind the masks of life mentioned earlier. The world can always benefit from who you truly are, far more than the masks of social consciousness. One might call this the ‘new frontier’ to be explored and mastered. For all of life is before you in a more open, liberating way to freedom.

### **The Future is now, manifesting in the tasks at hand**

May 8, 2014

JANU: These journeys will play a role in the awakening of humanity and other relationships as well. Profound insight expanding through the collective humanity will bring a much clearer vision of the nature of humanity, its destiny, its potential individually and collectively. Life will be seen differently through many different eyes, and conflicts of the past, although more clearly understood, will be seen for their legacy of missed opportunity and an appreciation for a richer life. For today’s journey, may we partake of an evolution in consciousness that grows in intimacy with many other beings in the spectrum of life.

Let us postulate that journeys to other worlds are in humanity’s future but long before humanity arrives there, contact will already have been made through journeys such as these. For there are a number of your world who are capable of such and have been operating in this way. More than you realize. The masses are not aware of this yet, but they will be. And, of course, there will be attempted exploitation by those who only see advantage in power and control, but the power and the control is a temporary illusion. Manipulation of opportunity for personal gain is not new to the universe and has been dealt with successfully in many locations.

Contemplating the future, so to speak, has its benefits. But the tasks at hand must be given their due for they are part of the future as well. In a very real sense, the future is now. So let us continue to develop the abilities with these journeys that they evolve, reach new thresholds, and continue to provide opportunity to inspire awakening. Namaste, our brother.

### **Understanding the power of progressed scenarios**

Sept. 11, 2014

JANU: It is possible, with some accuracy, to discover the future, so to speak, by progressing the present and the past (the dynamic reality of progressed scenarios). For the past and the present are a part of the Now and describe a direction of outcome with varying degrees of probability.

When the progression is understood, and the reasons for it, the desired commitment can occur and enhance the probability. When the rain leaves the cloud, progression of outcome has a high probability of it reaching the Earth. Not always so, but most likely. Progressing an existing reality into a destiny of probable outcome is no different, our brother. But there are many factors involved that can alter the outcome and super-consciousness, the awakened mind, in harmony and communication with those of clear view, perspective, and station in life, all play a role in progression, you see. No longer needing to just wait for outcomes to occur, clueless as to their reality by the unawakened mind.

Does it not seem wiser to take advantage of this opportunity for a more useful and fulfilling employment of the gift of life? This will occur more and more as humanity awakens to the larger mystery and wonder and beauty of life. The potential for this gift has always been there, you see. The more you are aware of, on more and more levels of reality, the clearer the projections of the scenarios of life become. Practice and appraisal of outcomes serves well here. Confidence builds and the obstructions of doubt and uncertainty fade away.

Due to the co-creative reality of being, believing that something cannot be accomplished is self-fulfilling. Confidence in miracles, so to speak, and unlimited awareness are self-fulfilling as well. Seeing into the future is a product of the Now, which includes past, present, and future as one. Enjoy this reality, our brother, and inspire others to claim their power and their freedom. Namaste.

### **Living in the Now**

Jan. 1, 2015

JANU: Imagine then, if you will, an entire world at peace. Some say that duality of peace and violence is necessary for balance in life. It is only true in the sense that a world that includes violence does so to control the pace of the expansion of consciousness and the revelations of a harmonious life. But this is not the only scenario for life in balance. The natural flow of life allows this as one of many models of existence. Other scenarios of life include degrees of genius of awakening and variations in the time, if you will, of processing new understandings and ability. Non-destructive exploration.

Unenlightened engagement of life's possibilities results in unintentional disturbances. Balance is a reality that describes the co-existence of seemingly opposite points of view and harmonious and disturbing life processes. True Peace is what we speak of here. Is warring and its destruction and suffering and use of resources effective for securing a bright future and a loving life? Expand hoping for a new year of prosperity

and peace. Why not a new day, unlimited? Years and days do not define or describe living in the Now, in the present. The unlimited truth of the moment is a pure and joy-filled experience and a powerful way to perceive the days and the years in this so-called process of time. The future of humanity and all it can be is Now.

### **The nature of eternal life**

Jan. 20, 2015

JANU: Perpetuating life, the unfoldment of it, is the principle behind which purpose is given to everything. Life is perpetuated by a reality of motivation for continuation, no matter the natures of these motivations.

There is an innate knowing in all manifestation that a primary purpose of existence is to continue the flow of life without end. Even though the expressions come and go, and evolve, and new ones are begun, the life continues. Any species humanity comes in contact with has this as a core reality. Even though competition seems to prevail for a place in life, there is room enough for all of life's creations to fulfill their destiny and to choose their path to that destiny.

Now, what does 'eternity' mean then in a reality beyond time and space? Eternity is better described as the Now of life. Past, present, and future of time/space consciousness is One in the Now. And the reality of the Now is a window into eternity beyond time and space. Your True Nature is part of this and possesses that window, its true connection with all of life. So, even though your incarnate consciousness is centered in time/space for the moment, acknowledge your heritage, your birthright, your true freedom. The reality of the love you hold dear in incarnate reality is an expression of the Now.

Living your life, expanding your consciousness, in this tradition, helps purify your experience with equilibrium and balance. Your physical bodies have a destiny and a patterned relationship with what we speak of, but then again, our brother, the elements of your bodies, molecules and atoms and such, have their destiny as well and they walk with you briefly on this path, making many experiences possible. This life expression that seems dormant, life it is, our brother.

Grow to see life in everything, and vitality, its living dormancy, its potential and destiny. Life is eternal. Even though manifestations come and go, and change, and interact, changing each other. Perceive life in everything and live in the Now. Be at peace and namaste.

### **Living in the present, the Now**

Apr. 3, 2015

JANU: The adventure of life continues in so many different ways. The perspective of today is different tomorrow. Many attempt to anticipate the future from the familiarity of today. Life knows its potential. The path of manifestation is the revealer. Would humanity be motivated to embrace the future if it were completely known, understood, experienced, revealed, and, in a sense, became history? What is then the motivation to continue, to reach for, to grow and change?

Beginning of understanding of the future is the understanding of potential and the orders of existence. Insights are projections of trending potentials, subject to change. For change is growth and life in motion. The orders of existence include mutual influence, modification, re-direction, and reflection. For the past and the future are included in the moment, in the Now, and they are one. Another order of life, our brother, to be considered and explored and added to the tapestry of life.

So, where does the future begin? Another life? Next year? In an hour? Or in this moment? And even that has changed and moved on. So the future, you see, is not just a point in time or experience, but a continuing process of movement of life. And for those who predict the future, what timeframe is their consciousness based upon? What is their reference? What is their scale of the appreciation of the movement of life? So living in the moment, our brother, is in fact, is in truth, living your future with the benefit of the wisdom of your past as one truth. So find the future in the moment. Live in the present, for everything is there. In potential, in memory, in experience and wisdom, everything is there. Namaste.

### **The Now of Awakening**

Apr. 13, 2015

JANU: We are raising again the issue of prolonged exposure to incarnate life from the perspective of the True Nature. It is seen as an opportunity from that perspective, which is the reason for choosing it. Some incarnations can be problematic and sometimes are resolved incarnating on other worlds.

The assimilation process of incarnate experience can be a selective one, for not all incarnations maximize opportunity. The True Nature's core reality is the Now, which is timeless. However, the flow of life is not repetitious and neither are opportunities in form and potential. But wisdom is gained and the True Nature evolves and life moves on.

You are learning that life is never fixed in one spot, one form or structure, on any level, in any reality. It may appear so to some, but that is their perspective for the moment. So, as one opportunity appears to be missed, another comes, but of different form and potential, for wisdom to be gained once more. So centering your consciousness in the Now is your anchor for relating to life that is in constant flow and motion and being re-created.

The Now reality contains all future and past but from the perspective of no judgment, no expectation, no preference, where all is seen as 'isness' and allowed to be. In this way, True Peace is maintained, perspective and balance, and in harmony with the essential nature of the flow of life. From this perspective, past and future are experienced, wisdom is gained, and consciousness is timeless, unbiased, unrestricted, and free. Living in the Now is a transcendent experience. Awakening includes this. Namaste.

### **Remember who you really are**

June 2, 2015

JANU: Peace is the agenda of the moment. Our last journey concerning the transformation of life patterns, today's focus is upon remembering.

Many of the challenges of the moment, in the human condition, did not exist long ago. Delving into ancient human memory, one can restore what has already been gained. Challenge provides opportunity, but then there is the time to move on and restore some of what already has been gained. Relative peace is a common and natural reality in human memory.

We are not focusing upon 'past' here, a time relative perception. We are focusing upon the Now of the past, for there is much of life and your own memory that transcends time. The present human condition is not the eternal one. Remembering does not require perception of 'past' but of 'present.'

Your primary nature is of the Now and you have known profound peace and the freedom that brings. Reclaim this, and at any time you choose, under any circumstance, and master the human experience you are living. Remember your freedom, your peace,

and the ease of your creativity. Do not be defined by your current human journey. It is only a portion of your rich experience. You will perceive solutions and resolutions of many challenges to human behavior and destructive tendencies.

We have observed volunteerism growing in human society, unheralded moments of giving, of service, patience with each other, tolerance, and peaceful understanding. These have their root in core memories, core life patterns in harmony with the evolution of life. Remember who you are and let this guide you into the freedom you have known, from the confusion around you. Namaste.

### **Understanding your momentums of the moment**

June 12, 2015

JANU: We are embracing the momentum of the moment that keeps life flowing. And that flowing includes change, cycles within cycles.

What is momentum then in this point of view? It is the connection between what has been, what is, and what will be. Everything compelling everything to move on. There is a creative flow in this as well, for isn't that part of 'moving on'? Consider your day and your plans for this day. One thought compels another compels another. The momentum of life. Now, one may examine these momentums and, with some predictability, be conscious of the journey of these, what they are leading to, and what they may achieve. And, with some predictability, be alert to outcomes you wish to avoid, outcomes you wish to achieve. The crosswinds of life we have spoken of before are part of this as well, the crossing of paths in each one's flow of life and the many life patterns involved.

The momentum of the moment is rich indeed, with elements of its reality. You can learn to sense these momentums, review them, explore and understand them, make decisions based upon the revelations. Many patterns of life flourish in the consciousness. Choose wisely, through understanding, which ones to encourage or not. Be not overwhelmed by these, for this can occur as well, when your momentums are not understood or directed or controlled. What momentums are moving through your day? And do they serve you, in ways yet revealed?

### **Experiencing the Now**

Nov. 27, 2015 B

JANU: We are continuing on with the exploration of life, experiencing the Now. It is a zero point in the adventure of time/space. The single point co-existence of past, present, and future. A singularity. One does not experience the moment linearly. Live the reality free of evaluation, worth, judgement. A sense of pure being without unique definition, without life-defining dichotomies, but the truth and honesty of the moment revealed. A oneness consciousness without manipulation. When you consider another, or a circumstance, it is as if you are meeting it for the first time, undefined by their history.