

# Awakening II

## Associations & Collaborations

*This series explores the associations and collaborations possible through awakening to the larger life. These are my experiences but it is hoped that these will inspire you to take your own journey of awakening. (Occasionally, a journey is specific to me and deemed of little benefit to the wider public, thus a number may be skipped.)*

<b>1. Seven consciousnesses in harmony as one</b>	Page 1
<b>2. The seven: Patterning a world with peace</b>	Page 1
<b>3. Partnering with the Earth</b>	Page 2
<b>4. Vortexes</b>	Page 3
<b>5. The Ninth Order</b>	Page 3
<b>6. Nature spirits</b>	Page 4
<b>7. Pre-patterning</b>	Page 5
<b>8. Intimacy</b>	Page 5
<b>9. A moment of reckoning</b>	Page 6
<b>10. An approach to engagement of opportunities</b>	Page 6
<b>11. Appreciating the value of each element of life</b>	Page 7
<b>12. Willingness to allow</b>	Page 7
<b>13. True Power</b>	Page 8
<b>14. Inspiration to an awakened life</b>	Page 9
<b>15. Character and the larger life</b>	Page 9
<b>16. Leadership</b>	Page 10
<b>17. Preparing for collaboration with the rest of life</b>	Page 10
<b>18. The rationale for these journeys</b>	Page 11
<b>19. Integrating incarnate life with larger life</b>	Page 11
<b>20. Normalizing awakening</b>	Page 12
<b>21. Absorbing the journey of awakening</b>	Page 13
<b>22. The Flow of Life</b>	Page 13
<b>23. The Orders of Life</b>	Page 14
<b>24. Wisdom</b>	Page 14
<b>25. Awakening and the flow of life</b>	Page 15
<b>26. Reality check</b>	Page 16
<b>27. Larger life and incarnate life are one</b>	Page 16
<b>28. The value of the incarnate life</b>	Page 17
<b>29. Awakening includes all realities</b>	Page 17
<b>30. Why awaken?</b>	Page 18
<b>31. The nature of everything</b>	Page 18
<b>32. Elements of consciousness and the nature of realities</b>	Page 19

<b>33. The power of choice</b>	Page 20
<b>34. Our choices touch each other's lives</b>	Page 20
<b>35. Love—fundamental to awakening</b>	Page 21
<b>36. Freedom from doubt and confusion</b>	Page 22
<b>37. Collaboration with the human journey</b>	Page 22
<b>38. Listening to life</b>	Page 23
<b>39. The process of awakening</b>	Page 23
<b>40. Opportunities through Earth life</b>	Page 24
<b>41. Understanding the journey of awakening</b>	Page 25
<b>42. Proficiency without judgment</b>	Page 25
<b>44. Freedom</b>	Page 26
<b>45. Becoming aware</b>	Page 26
<b>46. Transition into and out of incarnate life</b>	Page 27
<b>47. “The Staff” serving the awakening of humanity</b>	Page 27
<b>48. Opening to new experiences</b>	Page 28
<b>49. More on memories</b>	Page 28
<b>50. Who are you?</b>	Page 29
<b>52. The larger life includes the Earth experience</b>	Page 30
<b>53. Being at peace</b>	Page 30
<b>54. Why do we exist?</b>	Page 31
<b>55. Being the pendulum</b>	Page 32
<b>56. What is real?</b>	Page 32
<b>57. Allow adventure into your life</b>	Page 33
<b>59. What is your model for living becoming?</b>	Page 33
<b>60. You are a composite being</b>	Page 34
<b>61. Refining your life</b>	Page 34
<b>62. Perspectives on awakening</b>	Page 35
<b>63. Destiny</b>	Page 36
<b>64. Building bridges</b>	Page 36
<b>65. We are one</b>	Page 37
<b>66. Choosing to be more conscious</b>	Page 38
<b>67. Profound simplicity</b>	Page 38
<b>68. The quest to awaken</b>	Page 39
<b>69. The collective human consciousness</b>	Page 39
<b>70. What gift are you blessed with?</b>	Page 40
<b>71. Exploring life through its creations</b>	Page 41
<b>72. The future of humanity</b>	Page 41
<b>73. Active listening</b>	Page 42
<b>74. Peace, freedom and love</b>	Page 43
<b>75. The temperament of awakening</b>	Page 43
<b>76. Why or why not awaken?</b>	Page 44
<b>77. Examples of awakening</b>	Page 45
<b>78. Mastership</b>	Page 45
<b>79. Love yourself</b>	Page 46
<b>80. Peace of mind</b>	Page 46
<b>81. The larger life and the human life are merging</b>	Page 47
<b>82. The duration of humanity</b>	Page 48

<b>83. The destinies of the Earth and humanity</b>	Page 49
<b>84. Getting on with living</b>	Page 49
<b>85. The beauty of awakening</b>	Page 50
<b>86. The awakening life</b>	Page 50
<b>88. Aspects of awakening</b>	Page 51
<b>89. Becoming aware of other life realities</b>	Page 52
<b>91. The Now and premonition</b>	Page 52
<b>92. Potential</b>	Page 53
<b>93. A growing familiarity with your True Nature</b>	Page 53
<b>94. The application of awakening</b>	Page 54
<b>95. Journeying into the light of who you are</b>	Page 54
<b>96. Intrinsic beauty</b>	Page 55
<b>97. Origins</b>	Page 55
<b>99. Integrated consciousness</b>	Page 56
<b>100. Understanding changes through listening within</b>	Page 57
<b>101. Expanding understanding of who you are</b>	Page 57
<b>102. The symphony of life</b>	Page 57
<b>103. Awakening, the great healer</b>	Page 58
<b>104. Destiny and the flow of life</b>	Page 59
<b>105. A conscious path of awakening</b>	Page 59
<b>106. Understanding limitations</b>	Page 60
<b>107. Repatterning your life</b>	Page 60
<b>109. Recognizing and evolving patterns</b>	Page 61
<b>110. The faces of love</b>	Page 61
<b>111. A pendulum of choices and outcomes</b>	Page 62
<b>112. You, the True Nature, and peace</b>	Page 62
<b>113. Liberating the human spirit</b>	Page 63
<b>114. How to engage the larger life</b>	Page 63
<b>115. Wisdom in understanding choices</b>	Page 64
<b>116. The pendulum of awareness</b>	Page 64
<b>117. Awakening is natural</b>	Page 65
<b>118. The value of dichotomies</b>	Page 65
<b>121. A vision of leadership and destiny</b>	Page 66
<b>122. Learning to walk in truth and integrity</b>	Page 66
<b>123. Freedom and choice</b>	Page 67
<b>124. Observations of the awakening of humanity</b>	Page 68
<b>125. Getting to know each other</b>	Page 68
<b>126. The Earth as harbinger of change</b>	Page 69
<b>128. Ponderables on the path of awakening</b>	Page 69
<b>129. Enthusiasm for living</b>	Page 70
<b>130. Being conscious as a divine being</b>	Page 70
<b>131. Encourage everyone's contribution to life</b>	Page 71
<b>132. How completely do you know who and what you are?</b>	Page 71
<b>133. The Now of the future</b>	Page 72
<b>134. The power of a subtle life</b>	Page 72
<b>135. The creation of a universe</b>	Page 73

<b>136. Realizing potential</b>	Page 73
<b>137. Awakening and evolving are co-existing realities</b>	Page 74
<b>138. The true power of a serene and peaceful life</b>	Page 75
<b>139. Choosing a new model to start a new life</b>	Page 75
<b>140. Changing priorities</b>	Page 76
<b>142. What is your security and peace based on?</b>	Page 76
<b>143. New ideas and social consciousness</b>	Page 77
<b>144. Simple miracles open you to the larger life</b>	Page 77
<b>145. Organization or chaos</b>	Page 78
<b>146. Lifting human consciousness</b>	Page 78
<b>147. Build confidence in each other</b>	Page 79
<b>148. A group with a world view that is needed</b>	Page 79
<b>149. Opening to the presence of who you are</b>	Page 79
<b>150. A vision for the future of nations</b>	Page 80
<b>151. Problem solving through the power of peace</b>	Page 80
<b>152. Merging the incarnate and discarnate</b>	Page 81
<b>153. Understanding associations &amp; collaborations</b>	Page 81
<b>154. Understanding the flow of life</b>	Page 81
<b>155. Experience the presence of your True Nature</b>	Page 82
<b>156. Intimacy 2</b>	Page 82
<b>157. What is reality?</b>	Page 83
<b>158. The miracle of your existence</b>	Page 83
<b>159. Order and limitlessness</b>	Page 84
<b>160. Patterns</b>	Page 84
<b>161. Memories and patterns</b>	Page 85
<b>162. Living in peace</b>	Page 85
<b>163. Universal being or identity</b>	Page 86
<b>164. What does freedom mean to you?</b>	Page 86
<b>165. Finding joy in awakening</b>	Page 87
<b>166. The future of consciousness</b>	Page 87
<b>167. The inclusiveness of reality</b>	Page 87
<b>168. Expanding your consciousness</b>	Page 88
<b>169. War or Peace</b>	Page 88
<b>170. The resolution of grievances</b>	Page 89
<b>171. How to begin intentional awakening</b>	Page 89
<b>172. Integrity and trustworthiness</b>	Page 90
<b>173. Inclusive reality</b>	Page 90
<b>174. Hold to the vision of the Founding Fathers</b>	Page 91
<b>175. Making a right angle turn into another reality</b>	Page 91
<b>176. Finding sanity and confidence for today and the future</b>	Page 92
<b>177. Coexistence</b>	Page 92
<b>178. The larger life</b>	Page 93
<b>179. What do you and the Earth have in common?</b>	Page 93
<b>180. Encouragement on the path of awakening</b>	Page 93
<b>181. Cooperation and competition</b>	Page 94
<b>182. Exploring identity</b>	Page 95

<b>183. Awakening to the genius within</b>	Page 95
<b>184. Inquiries from the Brotherhood</b>	Page 95
<b>185. The Art of Awakening</b>	Page 96
<b>186. The Circle of Life</b>	Page 96
<b>187. Solutions</b>	Page 97
<b>188. The art of peace</b>	Page 97
<b>189. Self-forgiveness and self-love</b>	Page 98
<b>190. Gaining wisdom in a diverse world</b>	Page 98
<b>191. Living in the Now</b>	Page 98
<b>192. The symmetry of life</b>	Page 99
<b>193. Love</b>	Page 99
<b>194. Memories and wisdom</b>	Page 100
<b>195. Associations</b>	Page 100
<b>196. Freedom and the flow of awakening</b>	Page 101
<b>197. Communicating beyond words</b>	Page 101
<b>198. Nonlinear awakening</b>	Page 101
<b>199. Co-existence 2</b>	Page 102
<b>200. Awaken peacefully</b>	Page 102
<b>201. Patience and peace allow for a richer awakening</b>	Page 103
<b>202. Freedom to be</b>	Page 103
<b>203. Being both teacher and student as one</b>	Page 103
<b>204. A string of pearls</b>	Page 104
<b>205. Preamble to incarnation</b>	Page 104
<b>206. Inspiring others</b>	Page 104
<b>207. More guidance on awakening</b>	Page 105
<b>208. Allow the process of awakening</b>	Page 105
<b>209. Inner and outer balance of awakening</b>	Page 105
<b>210. Understanding awakening</b>	Page 106
<b>211. What is life?</b>	Page 106
<b>212. The NOW of your destiny</b>	Page 107
<b>213. Realizing potential and True Power</b>	Page 107
<b>214. The future is now</b>	Page 108
<b>215. Embellishment, discernment, integrity</b>	Page 108
<b>216. Listening</b>	Page 108
<b>217. A free being</b>	Page 109
<b>218. Cycles of evolution</b>	Page 109
<b>219. What influences you?</b>	Page 109
<b>220. Listening to the patterns of life</b>	Page 110
<b>221. The art of listening</b>	Page 110
<b>222. Humanity is maturing</b>	Page 110
<b>223. Past &amp; present species revealed through listening</b>	Page 111
<b>224. Look to smaller nations for the future of civilization</b>	Page 111
<b>225. Denizens of the deep consciousness</b>	Page 112
<b>226. Stability in the midst of change</b>	Page 112
<b>228. More on the Larger Life</b>	Page 112

<b>229. Gratitude</b>	Page 113
<b>230. Challenges are part of awakening</b>	Page 113
<b>231. Love thy neighbor</b>	Page 113
<b>232. The middle path</b>	Page 114
<b>233. Destiny, obligation, integrity</b>	Page 114
<b>234. Building an edifice of understanding</b>	Page 115
<b>235. A loving life</b>	Page 115
<b>236. An overview of these journeys</b>	Page 115
<b>237. A look at human destiny</b>	Page 116
<b>238. Being the artist of your life</b>	Page 116

## **1. Seven consciousnesses in harmony as one**

June 28, 2016

JANU: We are Janu speaking, encouraging then at this time a proceeding into the next wave, if you will, of journeys into awakening. These have to do with becoming more aware of opportunities in your life—yes, in the lives of others—choosing the ones that appeal to you and fulfilling them. This is a journey, our brother, into the larger family of life.

This phase of journeys deals with the larger issues and more fundamental in the management of life. So even though life has larger opportunities, subtler ones you are yet aware of, your choices are under your management. The more you function and are conscious as your True Nature, you become more emblematic of the future of humanity and life beyond that. There are many in your family of associations, experience, who await your return, bringing your experience to these associations. They have theirs to share as well, our brother.

Your perspective, your point of view is changing. What is important to you is growing. Honoring your integrity is more important than ever. Who you are is far richer than your human identity and experience. Let us begin this adventure, if you will, by becoming aware of this larger family.

There are seven consciousnesses in your vicinity at this time, holding the Light so to speak, showing the way, inspiring. These associations will remain with you until it's time for change. This is a beginning. These come from diverse backgrounds with a loving nature, whom you have known before. And they know you very well. They know who you are and what you are becoming. And await your invitation to proceed.

JR: Thank you, seven brothers in the Light, for this opportunity. May we fulfill it together, beginning now.

SEVEN: Yes, our brother. We speak with one voice, seven consciousnesses in harmony as one, not unlike you and your True Nature and your beloved Janu. We accept your invitation and are proceeding even as we speak. We are your anchor point on your journey into the larger life, honoring your integrity as you honor ours.

You are correct. We correspond to the seven chakras, the seven levels of consciousness, the seven miracles of existence, and the seven initial paths of awakening to a larger life.

JR: Thank you, Seven. We are one. Namaste. Thank you, my brother Janu and the Brotherhood of Light. Namaste.

## **2. The seven: Patterning a world with peace**

June 29, 2016

JANU: Yes, greetings. We are Janu speaking. The title you have chosen is appropriate: Associations and Collaborations. That is exactly what we embrace. To begin with this morning, let us return to that which has been established, the seven who are one. They have a message and it is this, our brother.

JR: Greetings, Seven. You may proceed.

SEVEN: Yes, and gratefully so, for we are establishing here a pathway to grander things. The associations and collaborations you speak of are not all new, but are ongoing. They dovetail nicely into an expansion of these.

One such association and collaboration includes the establishment of peace and its true reality on other worlds, in other communities. What we visit here at this time is an established effort progressing on a world teeming with life but more primitive than your own. Giving peace a foothold in the development of burgeoning civilization will help bring the wisdom needed to achieve greater things than wars have ever achieved. This world lies within a Barminian cluster of stars and worlds thirteen parsecs from your own.

As you can see, our brother, your associations are not limited to your vicinity. As a matter of fact, your current location of incarnation is more remote than your history.

This world of which we speak has been in existence a very short time, a thousand millennia, but it is developing rapidly. The contribution of peace in this world assists in the organization of basic structure, meaning molecularly and atomically, as well as relationships between the elements of nature. This contribution of peace has a strong bearing upon the rate of development and its outcome for a world.

Contributions in consciousness of this nature are a grand service to life and are creative, for the patterns of existence are patterned by these. We shall continue with this, our brother, as you understand. Namaste.

### **3. Partnering with the Earth**

June 30, 2016

JANU: This morning's journey announces for the first time the group connected to the nature of your world. The True Nature of the life that is the Earth is associated with other realities as well. In its current history of development, the Earth is partnered with non-physical reality that is a consciousness not known by many. So your next association and collaboration is with the life that is the Earth.

The collective consciousness of the planet and its realities is imprinted with countless numbers of beings who have incarnated and otherwise associated with it. And, yes, the Earth has a mission, a destiny that serves life in many ways. Humanity tends to see only animate life as 'life.' A limited view. But make no mistake, our brother. The Earth is animated. It is in motion constantly and its consciousness transcends physicality, as does yours. So, for a time we will journey at one with the world and its totality and collaborate.

On this journey we will meet and engage many beings that are part of the Earth's experience. One being the Solar consciousness. And others with Earthlike consciousnesses, or should we say similar? Humanity as such on the Earth collaborates with the Earth mostly unconsciously. We have spoken of the 'collective human' as a single being. Think you now, then, that the Earth consciousness has a relationship with this and is influenced by it? The system of life includes individuality, collective reality, co-dependency, and shared destinies.

Walking this journey with the Earth awakens our relationship, where one begins to experience oneness with the world and its collective reality. These journeys on this focus seem to fly in the face of conventional thinking and conventional, limited experience. Humanity identifies as being a human being with a physical human body. A body, our brother, made from, at one with the elements of the Earth and its physicality, its



energetic realities, its destiny and consciousness. So to incarnate into the world is to share a destiny and its life.

Open to this reality. Your journey as a human being is one with that of the Earth on many levels of reality. The Earth consciousness and being is one of your many associations and collaborations. Support the destiny of the world and all that that means. This is part of the agreement to incarnate. Namaste, our brother.

#### **4. Vortexes**

July 1, 2016

JANU: We are venturing further then into this larger life to explore the reality of existence, not just of beings but of worlds and universes and other structures of life, and the interplay between all of creations and consciousness.

For this morning's journey, let us experience the creation of a vortex that represents 'creation in motion.' Now, in the universe there are vortexes microscopic and cosmic in stature, a vortex being as a thought in the flow of life, circulating around itself, accruing resources for manifestation. Consciousness, you see, is an integral part of creating anything, whether physical or not. The circular swirling motion of a vortex is in keeping with other movements and flows...nebula, clusters, stars, planets...as they coalesce into the focus of the so-called thought, you see, the spark of creation.

Initiating a vortex is part of creation, the original thought and the flow of life in motion. Witness the rotation, spinning if you will, of most celestial bodies, not the cast-offs and results of collisions or explosions, but the original gathering, you see. When entertaining a new understanding, its natural tendency is to circulate through your consciousness, influencing other vortexes, motions, movements in being. So, you see, the function of the spinning is to explore, integrate. Any creation is an accretion of the resource of life itself.

When manifesting by way of intent and focused consciousness, this principle is employed. It is a basic and fundamental reality in manifestation. Witness atomic structure. Everything is spinning, vortexes of association and the ensuing energetic realities of life in motion. This is a basic reality in perceiving elements of life, other creations, and your own thought processes.

Love is not a linear reality but a vortex of life, accruing, radiating, interacting. This is life in motion and a harbinger of change, rejuvenation, reconstruction, and origination. Allow life's experiences to circulate in your consciousness and bring changes, clarity, rejuvenation, and creations. A fundamental principle of life. Namaste.

#### **5. The Ninth Order**

July 1, 2016 B

JANU: Let us consider then, on this journey, the nature of beings or consciousnesses, life streams if you will, that are not physically incarnate but journey in other realms or realities. The nature of these is so varied that existence can be undetected by each other of different realities, for the same reason that those incarnate walk their journeys unawares. However, the so-called veil is not as prevalent. It is possible to become conscious of many realities and those that walk them, so to speak.

So, for this evening's journey, let us consider being at one with a selection of these, having to do with the 'ninth order' of reality. This order of existence comes prepared for the dynamics of expression that include shared thought, telepathically if you will, for these are more what you would call telepathic than those incarnate, as a natural way of life. The 'ninth order' of life is a time/space derivative of existence that shares

some of these properties, but not all. These beings, these consciousnesses wander in and out of their reality at will, leaving behind the so-called parameters of their existence to journey in consciousness. The properties of their order include freedom to create or manifest and then un-manifest or transform. Creation is far more fluid, less concrete than your physical counterparts are used to.

The primary reality of the 'ninth order' is the engagement or embrace of counterparts of the physical universe that resemble their order, or take part in it. Just as you explore your physical universe, so do they theirs. Even your Earth, our brother, exists in more than one reality and is known by many in other orders of life.

The 'ninth order' is a peaceful one. Disputes such as yours are of a different era and are more centered in the truth of their reality. Their associations, one with another, reflect this. Therefore the reason for consciousnesses's different realities being somewhat isolated in their awareness, for the temperaments vary so widely and suffer from incompatibility to the detriment of both. So, in taking these journeys, our brother, consider carefully the nature and reality of those that you encounter or seek out.

Collaborations must be sensitive to this for there to be mutual benefit. Walk softly, true to your integrity, honoring that of anyone else. Be at peace in your journeys, and your discoveries, and the fruits of these will serve well. Thank you, our brother, and namaste.

## **6. Nature spirits**

July 4, 2016 B

JANU: We would have you experience the nature creatures of life. Some are small. Some are large. Their existence is more instinctual than self-determined. They exist in your world most everywhere. They are part of the flow of life as a natural element. They draw near even as we speak. Yes, you are sensing their presence as they come and go, and flit about, so to speak. They are calling you to join them, if only for a moment. Being sensitive to their existence yields opportunities to participate in their reality and learn from each other about each other. They are more sensitive to natural energies than most people, for their intimacy and bond with the flow of life is in this way.

Now, nature spirits include those that are much larger and hover in the atmosphere, especially in the upper regions. They participate in storms to draw upon the energies and can be called upon to a degree to manipulate weather. Some of these can change their size at will to bring about changes in perspective. They marvel at your holiday fireworks displays but find them unsettling. They attempt to emulate them but the result is not the same.

These realities of being explore life by mimicking what they experience. They don't know why. It is like a child mimicking a parent, attempting to discover and become. Taking care of nature as a gardener or just a caring individual attracts their attention and they slowly draw near, to understand and at times participate. As with so much of life, those that live in its realities have their roles to play, sharing purpose and contribution to life. As we said, not always understanding why, for their motivations are instinctual, but they are learning.

These are all part of the Earth's consciousness, and have a long tradition. There are countless varieties. They're a part of many realities, contributing to the tapestry of life in so many different ways. Much to learn and become conscious of. A wondrous experience. Namaste, our brother.

## **7. Pre-patterning**

July 5, 2016

JANU: Breaking free of the limitations of pre-patterning is part of the nature of these journeys. As a marionette's strings are pulled, these pre-patterning tugs at you, influence your choices, preferences, and desires. Pre-patterning is part of the natural reality of being imbued with past experiences, relationships, tragedies, and success. Breaking free of these is in the sense of owning them, no longer controlled by them, in deference to your True Nature. Identification with these, mostly unconsciously, is a box of experiences that seems as your whole world. A difficult task for many, to let go of all they have seemed to have known, but journeying into the larger life makes this do-able, if you will.

The journey today is into the freedom of being, not so much continued pre-patterning but recognizing patterns and their alternatives. These tell a story of life, which is part of its richness, but the identifications with these experiences must be seen for what they are, freeing you to move in and out of these as you choose. The journey into the larger life is still the exploration of patterns of life, but in a different way.

You ask, "How does one identify with who they truly are?" By listening, our brother, to the voice of your True Nature. We are not speaking of words here, but perception. Freedom to be whatever you choose, in the manner you choose, to the degree and the duration of your choice.

These journeys, and others like them, are a beginning. Open to inner guidance, consciousness, and conscience. Allow your relationship with life to not be defined only by circumstance and the examples of others. When observing society, choose to understand what is at the core, what is behind, what is the motivator of everything, without preference, predisposition, or judgement. All of life is wondrous, but the expressions of it vary greatly. The pre-patterning that matters is who you truly are, what you truly are, the truth of your being. Namaste, our brother.

## **8. Intimacy**

July 5, 2016 B

JANU: We are summoning, if you will, the greatness of life as expressed through the human journey. Our goal this evening is to connect with and, for many, re-connect with the greatness of the human consciousness, the human spirit if you prefer.

When connecting with any of the elements of life, meaning the expressions, the consciousness of another, what is it that you see? Is it that which initiates, discovers, finds value in everything? Or is the mundane your primary perception? The human spirit or consciousness is with unlimited diversity, not only of expression but of response to the experiences of life, the interactions, the "unfoldments." Opening to this, our brother, reveals associations and collaborations, not just with another human being but other beings as well.

These journeys we are taking have this opportunity to perceive the seeming magic of life and know it. Experiencing the living presence in all of life is to experience your own. Words do not capture this. Thinking does not capture this. Love captures this.

The experience is a growing intimacy with the life in everything. No longer the aloof observer forming opinions, appraisals of varying importance or significance. Much of life, our brother, has this intimacy with you. More than you have with your own being. Yet, as your True Nature becomes your experience and your identity, the intimacy returns.

Allow yourself to become intimate with another in the sense of connection. The deeper this becomes your experience, you know who you are. See beyond the facades, the patternings, the limited identities. Be intimate with the quiet truth of everything. Thank you, our brother, and namaste.

## **9. A moment of reckoning**

July 6, 2016

JANU: Surging forth today in the human condition is the belief that there always comes a time when the reckoning will take place. By 'reckoning' is meant 'judgement day.' But understand this, our brother: the judgement is not from outside who you are but within, and the day is today. Today being the day that you agree to it. Now, the day of reckoning, so to speak, occurs incrementally to the degree you're open to the appraisal of your life, of your consciousness.

Now, for each one, the embrace of reckoning is tailored to their capacity to absorb understanding yet maintain integrity, sanity if you will. A better phrase might be the 'moment of reckoning.' Every decision, every thought, every action is subject to reckoning. And what is the source of this reckoning? It is your True Nature, your conscience, the truth of who and what you are. Not something to be feared, or avoided through fear, but to be welcomed on the path of awakening.

We speak of relationships, of associations and collaborations. This applies to your own being as well, your so-called 'individualized identity.' Allow moments of reckoning in your life. Welcome their clarity, for through these your decision-making improves. A life filled with these moments of reckoning is a life in freedom, clarity, balance and peace, rejuvenation, good health, and a blessing for others through service. Allowing these moments in your day takes a willingness to change, to understand from a different perspective, to explore and absorb a new understanding, to be flexible and modify your life, to grow in wisdom.

Open to a moment of reckoning, our brother, whenever it occurs to you. Namaste.

## **10. An approach to engagement of opportunities**

July 6, 2016 B

JANU: The phrase this evening, the theme, is looking directly into the eye of each opportunity. Now, opportunities on these journeys are contact, engagement with many parts of life. When embracing or looking into the eye of an opportunity, whether another life or part of the structure of life, the gaze of your attention is not to penetrate or be forceful in any way, but to be alert and allow the truth of each existence to be as it is. Gentle honesty and patience without fear or forcefulness. What you present is the truth of who you are and life responds in kind. This sets the stage or the atmosphere for the exchange of understanding and experience. Looking opportunity in the eye, so to speak, is a candid and honest point of view. Allow opportunity to reveal what it will. There are no secrets, but there is integrity.

For this evening's journey, there is an opportunity to experience a Council of Elders as they consider our journeys of association and collaboration. They meet you eye to eye, with their honesty and integrity, and they welcome your participation. Our journeys are not the first they've considered, and they are aware of compatibility with others who journey and are considering opportunities of mutual engagement.

Be not concerned whether your peers understand you or not. They have their destiny as well. The most you can do or be is true to your own. Life is aware of all destinies, our brother, and wastes no opportunities. Be alert to these associations. Namaste.

### **11. Appreciating the value of each element of life**

July 7, 2016 B

JANU: How is it, then, that humanity needs encouragement to embrace the larger life of which the Earth life is a part? It is the nature of evolution, our brother, that element of life that is subject to so many influences yet, at the same time, has a destiny. This is not just a time/space issue, you see, or influence. But one must consider from the larger point of view the countless elements of existence that touch each other. The destiny of any species, and its evolution, does not occur in isolation. The inspirations that we offer are part of this larger tapestry of life, not the only influence or inspiration but part of many. As many individuals that exist, whether conscious incarnate or not, there are constant elements of evolution at play. Even a passing thought, our brother, of interest plays a role. These journeys we take and have compiled are only part of a larger movement of life, and even they are created by so many influences, beings, circumstance, interactions.

So, describing awakening, evolution, and destiny in words is futile. Even the perception of these is limited. So the question becomes: why proceed? Because these elements of life, our brother, are part of the magic that is life and consciousness is raised in so many ways. So compare not any contribution to the raising of consciousness to any other. You proceed because it serves life, without requiring to see the whole picture, you see. The whole picture exists, and is evolving, but each piece of the puzzle is as important as any other to complete the picture. Everything is of value.

The larger life is not defined by time/space. That is only part of it and it all coexists and is one. It is difficult for the human oriented consciousness, conditioned by society, to see everything as of equal value. Learn to perceive, to appreciate the value of any part of life on its own merit, without comparison. A peaceful way to live, free of judgement, condemnation, diminished value. Everything matters, our brother, at all times. On this foundation, explore life, every journey, every encounter, every endeavor. Namaste.

### **12. Willingness to allow**

July 8, 2016

JANU: 'At will' is the theme for this journey, meaning: "What are you willing to be? What are you willing to allow in changes in your life?"

When engaging the larger life, what role does your will have to play, and how does it engage and interact with the willingness of countless venues of life, beings, worlds, realities? Are you willing to have what some humans would call a small or insignificant role or do you require importance? How diverse is your willingness to be part of life? And are you willing to respect the will of another, even the flow of life? What are your desires, as opportunities become apparent?

Even this journey, our brother, evolves. Willingness is not static or fixed. It is very fluid. Listening to life, no matter how it's portrayed or embodied, is as important as expressing your involvement, your being, your desires. Being compatible with the rest of life does not mean being invisible. It is still choices, our brother. And what makes a wise choice?

This understanding is worthy of consideration. When negotiating, counseling, making agreements, contributions, and new associations, allow listening and understanding to blend with expression and decision-making. Listening, our brother, includes far more than words or thoughts. It is an experience filled with sensations, impressions, responses, and touches all that you are. The human mind is dominantly binary, one thing and another. The larger life, the larger consciousness, the larger reality is a mixture of everything, with selected involvements and relationships and, yes, associations.

What we refer to here is a departure from consciousness with borders, limitations, individuality, separation to one with inclusion, breadth and depth far-ranging and adaptable. Not everyone can embrace this in the same way or at this point in their lives. But this is all part of life, our brother, that includes everything.

Whatever journey the consciousness is walking, see the beauty behind it and in its destiny. Your willingness and theirs play a role in the larger life. Be true to your example of being. Allow them theirs. Share what you may. Be as allowing as the flow of life. Embrace the larger life and its realities in this way. Namaste, our brother.

### **13. True Power**

July 11, 2016

JANU: The next in this series on Associations and Collaborations has to do with the diminishing power of circumstance, external influences, over the growing power of consciousness, of being. This would seem a trade-off, undesirable by many who bask themselves in the illusions of their power, the power of their influences over others. It begs the question, “What is the nature of power? Is there more than one concept of power?”

When dealing with others in circumstances and relationships human, there is a tendency, a component, of the thoughts and attitudes of having advantage as the result of a relationship, of gaining some kind of power. In the larger life, one has little need of this, in fact, no need, for the reality of power exists within the being, in harmony with the power of the flow of life, its expansive reality, all pervasive presence, and the reality of being one with everything. What physical or human perception of power is of more value? It depends upon the scope and nature of your world, what you have chosen.

When engaging, exploring the larger life, these are not your concerns. Your desire is to understand, be part of in a positive way the vitality and expansion of life, the continuation, the evolution, the enrichment. This power, our brother, is the epitome of peace. No fear of laws as with the human perception. No fear of disadvantage. In fact, concern is for the well-being and enrichment of the rest of life, other beings, other consciousnesses. For you live a life where all of these are part of you.

The purpose of this morning’s journey is the development of a consciousness that intertwines beautifully with this larger reality, and realities of life yet to be imagined. Many speak of love and its many interpretations. The love we speak of includes all and allows all life to be. It finds value in everything, for it is part of everything and, through this, you are as well.

Learn of, understand, embrace, and be True Power. The human misinterpretation or illusion of power is part of this larger life as well, but it is limited. You are moving beyond these limitations, rejecting nothing, embracing everything with your own true integrity and True Nature. Stand in your truth and love all of life, allowing that peace to grow within you. Thank you, our brother, and namaste.

#### **14. Inspiration to an awakened life**

July 12, 2016

JANU: We are putting together then an announcement to bring hope to the millions who journey in their own way of awakening. Let it be known that the larger life is keenly aware of all of these. No one awakens alone. Their journeys in life are known, encouraged, supported, and to varying degrees guided. The larger Family of Life is more than just an unknown number of beings, but life in motion everywhere, in every reality.

To all who endeavor, be of good cheer. The unawakened life has no hold over you. The seeming insignificance of the moment of social activities and interests are part of a much larger reality. Vision, wisdom, strength, understanding is at your fingertips, so to speak. Be enthusiastic and confident that there is more of life in store for you. The seeming ignorance of national leaders, politicians, legalities, and, yes, even religion as practiced have no hold over you save what you give them.

The John Lennon song “Imagine” speaks volumes and is inspiring. Find peace and joy that the larger life is real, everywhere around you and in you. Open the doors of your consciousness to these realities and enter. Namaste.

#### **15. Character and the larger life**

July 12, 2016 B

JANU: Of the reasons, our brother, for incarnating on the Earth is included preparation for, through experience and wisdom-gaining, serving life in other venues. So you see, your incarnate life is one of the many keys to serving in the larger life.

The Earth is a wondrous platform for many of these opportunities and must be considered a significant part of the larger life you are awakening to. Other worlds have their conditions, some like those of the Earth and some not. It is possible to serve other incarnate consciousnesses, beings if you will, in their environment even when not incarnate, as well as in consciousness when incarnate. As you are aware, human civilization provides endless opportunities to experience service and to be served. The true nature of service, our brother, is giving and receiving. Balance is always a part of the motion of life.

As we journey the stars, so to speak, remember that your sun is one of them and the Earth is not the only world in your system with opportunities to serve. Be open to those travelers who visit your vicinity. The true nature of service applies there as well. As you develop greater understanding and abilities to serve and be served, these associations and collaborations will develop. So, you see, our relationship on these journeys provides many opportunities. This is part of understanding life, interactions and relationships ever-changing, evolving, seeming to appear out of nowhere, but there they are.

Kindness is welcomed and provides service wherever you travel. You need not be familiar with anyone to provide this. Be aware of those expressions of being that are universal. Kindness is one; there are many others. Kindness touches the spirit and is remembered, especially the result of that kindness. There are many ways to touch life, our brother. Even listening with a clear heart and consciousness is a great kindness. Allow others to understand themselves and their circumstance and their concerns by mirroring them.

What we are addressing here, our brother, is character and qualities to engage the larger life. Allow your human experience to be only part of your consciousness. Everyone is so much more than they know. Namaste, our brother.

## **16. Leadership**

July 13, 2016

JANU: With rectitude, let us continue this pursuit of reckoning with the prevailing winds of consciousness wafting through life. The confusions remain in the consciousnesses of those who would be leaders of countries, of nations. You ask, “What would focus these individuals on the true destiny of people and society?” Most of their focus is upon social consciousness, traditions, and winnowing through layers of so-called power, politics, and legalities. “Where is the wisdom,” you ask, “the perception that penetrates through so many distractions?”

There are many beings, our brother, who have observed and attempted to inspire those in the position to guide humanity into a life richer in realization of potential and constructive destiny. Another reason for a larger life consciousness, you see, taking advantage of more of the Truth of Life and the constant changes that rejuvenate and show the way. The Earth has been observed and inspired in this way, even before its viability. It has been part of a larger plan, a larger possibility. Awakening, our brother, well-placed reveals this.

Your own True Nature is part of this, so allow that wisdom to be part of your contribution to changes in leadership. Not just at the top of politics and government, you see, but throughout society. There is unrecognized genius everywhere. Your own True Nature is one with this.

What we look for here is enlightened leadership. There are those who are capable of this, but unknown to those who struggle with old forms of power. Let not current representatives of this power bind you in any way from the vision we speak of. The Truth of Life is easy to see when open to it, and is ready when allowed. Namaste, our brother.

## **17. Preparing for collaboration with the rest of life**

July 14, 2016

JANU: We are summarizing then the preliminaries of entering this next adventure. Awakening or becoming aware of the larger life also calls for awakening to the nature of that life and balancing that with incarnate consciousness. The theme being cooperation here, a mixture of the two that is mutually beneficial, harmonious. Challenging, yes, but successful.

Even though a limited consciousness, the human experience is part of the larger. The opportunity and challenge, our brother, is to perceive it in a more enlightened way, for the collaborations we speak of, the associations, have to do with cooperation among discarnate and incarnate consciousnesses. For aren't we all beings in the Light, the Truth of Life, endeavoring to refine opportunities, possibilities, and destinies? No longer with the attitude of physical or non-physical life, but just life, you see, facets of the same thing, all precious elements of the wonder of Life. So allow, in your sensitivities, to experience the presence not just of other incarnate beings but the rest of life as well. So, as you walk or move through your incarnate life, there is so much more.

There is much understanding and wisdom about Earth life, the human experience. It is not limited to those who are incarnate. Being part of a larger team, larger association, is an awakening on the doorstep of so many. Even as a human, there are times when you are aware of the presence of another human without seeing them. The same is true for discarnate beings, as well. These awarenesses and associations need not be overwhelming or a distraction from incarnate life, but a collaboration into a larger family.



These comments are preparation for a larger experience, changes in identity, purpose, and goals. Embrace what already is. Walk thorough life in a larger way, without rejecting anything. Grow in peace, loving life. Namaste, our brother.

### **18. The rationale for these journeys**

July 14, 2016 B

JANU: Unencumbered as we are, we seek to engage the lifting of the veil, so to speak, to our human consciousness. It is an opportunity to serve the incarnate Earth human reality in a way that may inspire individual and collective sovereignty.

It is one thing to speak of the larger life and quite another to walk it. These preparations in perception of consciousness, character, personality, open-mindedness, discernment, and love of life are a preamble, so to speak. These journeys are opportunities to individually explore, for yourself and in groups, of what we speak. One can be led to an understanding, a reality, but the individual or group must walk the truth of this for the experience and the wisdom. Words may point the way, but that's all they can do. As with any journey, all is not discovered or experienced at once. But the magic in any part of the journey speaks of the rest of it.

Freedom can be a giddy experience, but what better gift can you give to yourself? What better way to teach another than how you live? We invite you to understand and experience our realities and the ones that lie beyond. We are all the Brotherhood of Light, in one form or another. We draw near you, all of our brothers and sisters in the Light, and bid you welcome. You have never been alone on this journey of awakening, but your choices have always been respected, for they are part of your freedom, your sovereignty.

Allow yourselves to be close to the truth of a larger life, a larger identity, a larger experience and memory. The veil has allowed humanity to build a perception of separation, an unseen border between incarnate life and the larger life. It is only perception, our brother, for a purpose. A maturing consciousness no longer settles for this, and yearns for more, suspects a reality of life far richer. Leaving incarnation to realize this is not what we suggest. Open to the truth wherever you're at, whatever you are doing, whoever you think you are. Namaste.

### **19. Integrating incarnate life with larger life**

July 15, 2016

JANU: We are forming then conclusions at the onset of this series of journeys that bring into view the destiny of humanity at long last.

When reviewing the human journey, it is filled with, as you say, twists and turns. And, in due course, the nature of the individual says "Enough!" and something new and original is inspired. Something new to the human journey, that is. What we are exploring here is the merging of the entire being into one multi-faceted truth, consciously. The experimentations of the human journey to present give way to something grander: an integration of the larger life and the human experience while incarnate. An interesting opportunity and challenge.

Some would say life is complicated enough, but the complications are born of ignorance, isolated consciousness, and confusion. The truth, our brother, is not confusing. It is revelatory. It brings unexplained thoughts and perceptions into focus, into resolution, opening the opportunity for grander understanding and interests rather than the repetition of perceptions. We continue to explore motivations for awakening and change.

Take a moment, our brother, and ponder and open to a new understanding of anything of interest.

You have chosen sentient life on another world. The beginning of this journey is another world with human consciousness, genetically similar but not a duplicate, if you will. These beings have always had an inkling into the larger life, common knowledge and experience. In ways you've yet to understand, their path encourages, stimulates, and beckons Earth humanity's journey. They are growing in awareness of Earth-like worlds, worlds like theirs, diverse but genetically human, with different stages of awakening.

They have their questions as well. Still confused as to why their progression seems to have plateaued. They have bi-location ability, levitation, and telepathy, stable health patterns, relative peace, but a hunger for more, you see, for their senses detect this and their common desire is to move on, to evolve, to embrace a larger reality. And because life is one, these urges, these desires in their world touch Earth humanity subtly and draw this out of Earth humanity, here and there.

When you attune to the larger life, and open to experiencing its reality, be aware that you will be touched as you touch, and new perceptions and understandings become yours as well. We who are not incarnate have this same experience with many. Life is drawing together, our brother, marshalling, if you will, its resources for new thresholds to be explored and created. The awakening of humanity is but one.

Earth, an island, so to speak, in a sea of life, whose shores are absorbing more of life. What appears as an island is at one with the rest of the world behind appearances while the ocean of uncertainty that seems to hide the truth that lies beneath. Allow depth of your consciousness, your interests and desires, your True Nature to journey, as do we. Namaste, our brother.

## **20. Normalizing awakening**

July 18, 2016

JANU: We are normalizing, then, the perceptions of awakening into as matter of fact reality as possible. Awakened or 'identified as all that you are' is normal, the common experience in the larger reality Family of Life. The human consciousness interlude is an exception or alternative to this that begins with the veil. As we have explained before, the veil is not created by you but agreed to, as part of the contract of incarnation. For incarnation is a structured reality to help ensure common experience, at least at the onset, that individuals relate to each other, for consciousnesses that incarnate are diverse in their backgrounds, capabilities, understanding.

So awakening, our brother, is not a departure from normal. It is normal. It is by far the most common experience. Now the human experience is a precious one, rich with opportunity to advance evolution, in the larger reality of life, a component and element. As we have said, it is normal and desirable to open to a new relationship with the human experience of walking through the larger life at the same time. Far more opportunities that are richer in potential. There are, of course, adjustments to be made in integrating all of these experiences. This is why there is process: time to adjust, time to consider, time to merge, time to measure results, time to be in balance, build confidence and enthusiasm, and history of success.

So, as we have said it is normal, common, in the larger life to be aware of all that you are and your potential as part of the flow of life, life in motion. Unlimited realities, fascinating journeys and encounters, every moment and opportunity to discover not only what exists but your own potentials. You are awakening to normality, what you have

always been. The human journey is temporary, our brother, a moment in time but a rich one. Do not be owned by it but choose to own it, as another element of wisdom to be added. Namaste.

## **21. Absorbing the journey of awakening**

July 19, 2016

JANU: We are beginning then to absorb what it means to be fully conscious. The incarnate concerns of past and future, confusing present, give way to the reality of the Now, which includes all of these.

Let us take a moment to be conscious, be aware of, to have a connection with Life itself. Searching for the truth of anything is a daunting task for the unawakened mind. For the conscious one, it is still a process without focus, allowing, and attention. At times, it is like watching a movie screen without the screen. Connection can be selective and measured. There is a timelessness to being. What you are aware of follows your interests. Memory is experienced more fully, more completely. Associations have an intimacy that is natural. And, yes, there are realities of existence that emerge.

For some, the awakening experience is challenging, realizing that you are well known and always have been. You are not a stranger entering a room for the first time. And you are aware of, you know these who know you. There is a familiarity of returning home, so to speak. No longer experiencing your True Nature as something separate but the identity of inclusiveness in all that you are and have been which you become accustomed to, once more. You are delighted at how rich life is and this physicality no longer confines you to the parameters of that existence, yet the memory remains.

Many changes yet to come, our brother, as we continue. Namaste.

## **22. The Flow of Life**

July 19, 2016 B

JANU: We are encouraged by the sum of the influences created by the seeds of awakening that have been planted. Whenever life is served in an open way, the benefits continue even when unaware.

The flow of life, in reality, carries with it the contributions made by so many. As in the physical body, it is like the life's blood of Life, transporting supportive nutritional, if you will, elements to the creations of life. The flow of life to your consciousness, to your destiny, to your vitality is like the blood of the body. Not just understandings but the energy of life, the communication between all elements of life.

Service in this way is grand indeed. Part of the oneness, the connection between everything. We have mentioned the Earth consciousness, its vitality and reality. It exists in this flow as well, our brother, on many levels. Life in motion, eternal in nature, patterns of life moving as one.

Being aware of, in harmony with the flow of life is part of awakening, our brother. The questions arise: Are the principles you hold dear, fundamental truths, flowing with change, evolving, more profound? Are your relationships deepening with new layers of meaning? Are your collaborations serving life in this way? Are your goals sensitive to changes, new opportunities?

Most think every breath is just like every other. It is not, for more than air takes place in this exchange, our brother, energies, vitalities, many physiological responses that are in motion. Nothing is exactly the same as before. True security, as has been said, is moving with the flow of life, whether incarnate or not, whether human or not, whether

conscious or not. This flow brings change and opportunities, rejuvenation, evolving direction and perception, and, yes, awakening.

Allow yourself to become aware, to make decisions in harmony with true purpose. When achieving this, you are supported in these with resources beyond your current understanding, for life is aware, too, our brother, of everything. Allow any truth you may find in this understanding to be with you. Namaste.

### **23. The Orders of Life**

July 20, 2016 B

JANU: Paying attention as we may, the Orders of Life are referred to from time to time. These are something like protocols, but they are more like patterns of life that are akin to the elements of maturing and evolving, similar to that which comprises childhood into adulthood, the growing opportunities and responsibilities that appear as this unfolds.

The Order of Life we are engaging is that which is called “Embarkation.” Embarking upon what will seem as a new life, for its significance and components have a range, a set of opportunities that are not only unique to that Order of Life but have a heritage linking them to other Orders of Life. We would have you know this, that you be open to more of the, what you might say, structures of life, arrangements, patterns to be embraced and be owned in consciousness in your True Nature.

The True Nature, our brother, is not the end of the journey of awakening but a threshold, an Order of Life that has substance and depth and meaning and a connection with many realities. In many ways, it is as a doorway to walk through, and awakening to this opens the door. The Family of Life includes more than you can imagine. And even that is being added to. Life is so much vaster and richer than many are even aware of.

Incarnate veiled consciousness seems defined by life and end of life, beginnings and endings, limits and boundaries, life spans that seem real and definitive. Consider the reality of unlimited life, engagements, collaborations, creations, experiences, and awakenings beyond what we have mentioned or referred to. And you are still you, our brother, but so much more. When you journey to another country, another culture for the first time, you are ‘you’ entering that experience. But as you experience that opportunity, the ‘you’ is changing, expanding, maturing, gaining wisdom, and appreciating the larger life and, in some ways, contributing to it as you may. Such it is with awakening and engaging a larger life, you see. You are still you, but the ‘you’ includes so much more.

The Orders of Life are worth knowing, experiencing, and discovering. Enjoy these journeys. We guide you in this way, to encourage commitment and a love for life. Namaste.

### **24. Wisdom**

July 21, 2016

JANU: We are patterning today to bring out latent confidences. The challenge is not new understandings, new realities, new capabilities. The challenge is to become them. Remembering previous experience and abilities brings confidence. Realizing you have done this before, many times, melts the barriers of incredibility. So we focus this day on having done this before.

The first approach, the first step, is remembering what was accomplished with these abilities and they bring credibility to the capability. Allow memory, then, of a previous existence in another world where you and your compatriots were the Wisdom Guides for different cultures, tapping into the memories of those you served to bring them their confidence of their own abilities. Now, these achievements were not

calculated, manipulated, or engineered into existence. They came more naturally by opening to their reality without the conditioning of others who had no understanding.

Now, one learns rather quickly that the dispensing of specific wisdom tailored for an individual or small group can ultimately bypass their own efforts and earnings or ability by being an easier path than owned achievements. So, what is wisdom, our brother? Shared understanding, but not bypassing the strength-building, confidence-building reach for awakening.

Yes, awakening is a personal experience with measures of wisdom, of support and inspiration. We of the Brotherhood of Light have long served in this way. It takes patience, thoughtfulness, and a history of experience, with caring and loving monitoring of what unfolds. This is knowledge you already have, our brother, which describes your reluctance to be a so-called 'teacher' in the ordinary sense of your world. We are not here to carry you, but to inspire. Inspiration based upon your deep desires and truth that lives within you.

We speak of associations and collaborations. A developing and deepening wisdom is key to this. The true inspiration of another serves both equally. In different ways at times, but never to the expense of another's opportunity of self-realization. But the march of life goes on, our brother, and no matter your proficiency, the desire remains to be helpful and serve life in harmony with its nature. If one is lifted, one lifts themselves, then all are lifted, our brother.

Ponder wisdom carefully, patiently, foundationed in a peaceful love of life. Namaste.

## **25. Awakening and the flow of life**

July 22, 2016

JANU: What we have in store for this journey is a remembrance of a time when—time being a limited expression here—you were on a world in some ways like this one. Far more conscious and consciously active in the affairs of that world, in the role of guardian of its so-called secrets, looking for opportunity to share these with others of that world. The dilemma, of course, is how much and when and with whom.

The flow of life (*Link back to The Flow of Life*) in any reality is not the conveyance of all there is to know and be without reservation. By 'reservation' we mean being in harmony with destinies, timing, preparation, capabilities, and the many currents of life.

You learned patience on that world, profound caring, and the reality that your contributions to life remain connected with you. There are legacies to your involvement. More than just memories, our brother, but real, active residuals that are not fixed but evolve, as your contributions evolve and expand.

Awakening to and being involved in the larger life is a continuous process, just as life is. Nothing lost; everything gained. Your involvement in the larger life makes your life larger. How can it be otherwise? Your life in this incarnation has become larger, as have your associations.

The theme here this morning is the reality that awakening is the embracing of a continuous movement in the flow of life that evolves and expands endlessly. The brief, limited identity of separation through the veil is very temporary and, in some ways, an illusion. For even under the veil, you become larger. Your life expands, as does your identity and sense of being. The human mind tends to think in terms of steps along the way, fixed plateaus and levels. Life is continuous, our brother. Nothing fixed about it.

Even the illusion of physicality, isolated any way from so-called spiritual life, is a reality within a larger one.

So grow more aware of the expansion of your being, your identity, in all of your contemplations, involvements, and commitments. The movement, flow of life is present in every reality. Namaste, our brother.

## **26. Reality check**

July 22, 2016 B

JANU: We are establishing then a course and a discourse to promulgate what has been happening in these sessions.

What is happening, our brother, is the fomenting of established protocols in the order of life that you inhabit for the re-emergence of your consciousness, your identity into the larger life. These seeming asides to the basic premise of this series are the formation of these, not only in the consciousness but in the record of Life, including yours as well. We turn to these to bring about triggers or catalysts for journeying in the larger life while incarnate. No small task, our brother. So pay attention to these journeys in the light of this understanding and we shall continue with this as we may.

These protocols are not arbitrary rules for engagement. They are part of the tapestry, the fabric of manifest life, the resources and the themes of creation. Kindness, love, patience, peace are still threads in this fabric, this tapestry. But wisdom, responsibility, and respect for the orders of life and life's evolution are paramount. There is joy in this. And, yes, even light-heartedness. But a balance, a refinement of balance in all of these elements of experience.

Your persistence, our brother, is noted. It honors and respects ours. May we continue together these journeys in the Light. Namaste.

## **27. Larger life and incarnate life are one**

July 25, 2016 B

JANU: We are rejoicing with you at the prospect of resumption of associations, involvements if you will, in the human consciousness expanded to meet that of the True Nature. Your involvements, our brother, in this larger life have never ceased and continue to this moment. Such it is with the True Nature. The incarnate life is not your only interest.

When we approach these journeys, we do so paying homage, so to speak, to many traditions of life, patterns of living, and the nature of being. The many contacts that have been made over the years are testimony to this. The legitimacy of these is founded in the reasonableness of the wisdom that is displayed. Grandness of awakening is only realized as it takes place, yet it speaks to the continued calling from within to be part of the consciousness. The human journey is a rich one but not all there is to understand and experience.

Now, this does not suggest that one walk their day in incarnate life with their head in the clouds, so to speak, but a gentle blending of insight and manifest life as needed and as desired, realizing this integration with balance and measure. This is a gentle and beautiful journey, not only a way of life but a way to live. Many journeys of awakening include more than one sojourn, for the achievement of the awakening, you see, is a marriage of incarnate opportunities. Options, if you will, to blend the vast variety of possibilities with the realities of the larger than incarnate lives. They are linked and co-exist and evolve with each other.

The evolving of consciousness into this reality of co-existence is fundamental. In due course, the realization occurs that incarnate life and the larger life are one. Namaste.

## **28. The value of the incarnate life**

July 26, 2016

JANU: We are arranging then this meeting or gathering of the minds, if you will, the thoughts and consciousness of those connected with the promulgation of what you call 'awakening' but what they see as 'quickenings.' The larger life, compared to the incarnate life, is very active, many layers of reality, opportunity, evolutionary support, contributions to the flow of life. And there is interest in those to quicken the consciousness of many to contribute, to be part of, to be one with life. They understand that it takes all of us, all of the elements of life to accomplish the endless availability of ongoing creation.

You ask from the human point of view, "Why the imperative?" As one becomes more attuned to the True Nature of life, one realizes that the imperative to realize potential is unlimited. The reward of engagement in this imperative is beyond description.

So let us address directly these that gather and tune to this understanding. These who gather welcome you, not as just an incarnate human consciousness but as a member of the larger life, with a heritage of understanding and contribution. The heritage of those who incarnate into the human journey have similar backgrounds and the veil, as experienced, is not designed to be an endless journey of 'unquickened' consciousness. However, be it understood that the nature of the human journey is significant and brings with it appreciation of the larger understanding of temporary experiences that bring clarity to larger truths.

These who have gathered, our brother, drawn to this journey, speak not in words but with their presence. A coupling of knowingness shared between you brings familiarity to the truth of this. The truth of your consciousness, of your being is known. As you experience their presence and the memory of association, a clarity of understanding as to the value of the incarnate journey to the evolving consciousness, no longer as separate, as most perceive.

Allow these associations to become your experience consciously and walk the human journey more aware, with greater wisdom and purpose. Thank you, our brother, and namaste.

## **29. Awakening includes all realities**

July 27, 2016

JANU: The overwhelming desire by most to develop their lives into something satisfying and fulfilling has always been there, on the human journey. This calling within, this motivator is born of the True Nature. For the True Nature, our brother, that who you truly are, desired this human journey and it is reflected in this inner compulsion to fulfill a destiny. Returning to a conscious association with the larger you is a theme on this journey of awakening that is compelling. These discourses into understanding the larger truths, the truths within, are not arbitrarily imposed or inspired but come from your own True Nature.

Avoiding this by hiding within the smaller demands of living, the societal encumbrances, is a temporary distraction and is not the fulfillment of motivations to realize destiny. Yes, there are achievements in this course of living and have become

companions on the journey. These societal encumbrances are temporary in the larger picture of the truth of who you are. Enjoy them as you may, but be aware that the deeper satisfactions, the deeper fulfillments that not only are more lasting and more enriching, remain with you.

These journeys into awakening are not meant to be a distraction from the human journey but a larger perspective for the human journey to be part of. Allowing physicality and the larger life to be consciously one in your understanding and your experience is a worthy desire. In time, you see, you perceive the natural essence of everything in the so-called ordinary endeavors. It is all Life, our brother. There is truth to be revealed in the nature of everything and is a key element on the journey of awakening, especially while incarnate.

But this is true for other realities of existence as well. Everything is connected, oneness a fundamental reality. Consciousness transcends and includes all of these. Taking the larger view of life includes the lesser views. Namaste, our brother.

### **30. Why awaken?**

July 27, 2016 B

JANU: We are welcoming again this opportunity to proceed with the journey into the larger life. Some may say the incarnate life is large enough, as they attempt to master it, based on their perceptions. Awakening to the larger life is the resumption of consciousness beyond the veiled incarnate existence and is a return.

Which still begs the question, “How does this journey, this awakening, benefit or enhance incarnate existence in a practical way?” It does, our brother, because solutions to the queries of incarnate life are larger, at times, than veiled understandings. Life is so much vaster and complex, with wisdom, understanding, and experience, it can’t help but bring clarity to unanswered questions.

Human nature is a study in itself, not easy to master for even it is in flux. Imagine the depth and breadth of your True Nature, which has experienced this sojourn and so many other realities. Not only this, our brother. An awakened consciousness has available to it the truth of the past, the present, and the future, anywhere, any time, any Now. How many times must you walk a path to re-invent your experiences, your understandings, but not retaining these consciously? Yes, each journey has its nuances, for nothing is exactly the same no matter how many times it exists.

These questions persist with many and, with patience and repetition, we hope to inspire victories over ignorance. The larger life exists, our brother, and always has. The veiled life is part of it but not all of it. It isn’t just other beings that welcome you home, in a sense, but your own True Nature. Namaste, our brother.

### **31. The nature of everything**

July 28, 2016

JANU: The light is beginning to dawn on a new perspective of life while incarnate. In the search for the larger realities of life, the more insightful, the more liberating, the more eternal are being found or discovered through the realities of the human experience. This perspective, our brother, exists on other worlds as well, where the experiences are not human but something else.

The path here is becoming conscious of the nature of life, the nature of creation, the nature of manifestation, the nature of experience, of thought, of emotion. What is reality, then, but the co-existence of all of this? The so-called veil on the human journey



has its nature as well. Ignorance of these things has its nature, as well. Reality is shaped by opportunity. And the opportunities, not only of discovery but of becoming, are unlimited.

Reaching for opportunities beyond and outside of current circumstance is an illusion, dear one. They only exist in the moment and are ever-present, no matter where and when you are, for the nature of your own being and of all these is eternal, present, ongoing, yet changing. For all of life is in motion, including opportunities, relationships, perspectives. Life cannot be defined by one creation or another, one limit or another, even one opportunity or another. Life is all of these, and the nature of all of these.

So, then, what is a realistic perspective when considering incarnate life in the presence of all of this? The challenge and the opportunity is to experience all opportunities and the nature of everything. To perceive creation only as the creation is to miss the larger truth. So what is the nature, our brother, of a sunrise? The reality is vast. Simultaneously, so many realities are in play, interacting, combining to support that sunrise. Even the perception of it, you see, by your own consciousness and incarnate experience reflect, for a moment, on all that is involved. That is the magic of life, our brother. It is an example of the nature of everything, the object of every inquiry, including the one inquiring, you see.

Life is so much more than a word. The nature of existence is so much more than a word. Being human, incarnate, and all the potential, cannot be encompassed in these words. So, when we speak of the larger life, our brother, it isn't in a reality separate from incarnate life, or the Earth, or being human. It is the nature of everything. That is the larger life.

Engaging life in this way, no matter your circumstance, ultimately reveals the natures of everything, whether on this world or another, whether in this dimension or another. For even though these natures have different parameters, they all lead to one Life that is ever changing and expanding. No matter what world, what universe. That is the magic of it all. So let each moment of wonder, inquiry, and discovery open to the nature of the wonder, our brother. Consciousness and experience is not limited to any one reality, but can roam life gaining and giving what it may. Living in the Now embraces this. Namaste, our brother.

### **32. Elements of consciousness and the nature of realities**

July 28, 2016 B

JANU: We are piecing together again, so to speak, the elements of consciousness and the nature of realities. We have spoken of the Orders of Life, but within these Orders, our brother, their elements are apparently non-linear in arrangement. Life is a simultaneous reality of countless options, creations, interactions, and outcomes.

What we attempt to do in these journeys is to pick and choose these elements in groupings that make sense to the logical binary mind of human consciousness. Access to these in orders of practicality of usefulness is based in part on the desire to know, to connect, to contribute. This is why, when projecting a lifetime's possibilities, it seems to be random, a bit chaotic, and definitely not ordered. So, when embracing the moment, the future, and the memories, consider this, to make sense of it with groupings of reality that seem related.

Your interests and desires, especially when carefully, truthfully focused, are the catalyst of your revelations, the motivator for the groupings of the elements of life into understandable patterns. This contributes to awakening to what we have called the larger

life, that seems even more unpredictable than the incarnate one. But those who exhibit miraculous management of these elements do so with very focused desires and commitments, to the point where belief systems are left behind and the experience of the moment, the intent and desires, are very real and there is no doubt as to the efficacy of possibilities.

The picture we are painting here, our brother, is one of the nature of existence and the life that allows it. A larger and deeper way of thinking and appraising the moment and fulfilling possibilities. Consider this carefully, our brother, and namaste.

### **33. The power of choice**

July 29, 2016

JANU: We are detailing, if you will, the mounting evidence of the larger reality that can be found within the incarnate life. Establishing, if you will, anchoring points in your consciousness and experience to climb that ladder into awareness is what these journeys serve. You ask, "What is an anchoring point?" It is an experience, a memory, a confidence that seems real, making it a foundation to build upon to expand your awareness of life.

Yes, we are here. And so are you. We are one with the incarnate life as well, our brother. Separation is an illusion, born of the veil and the loss of memory to be found again. This is not deprivation for deprivation's sake, but a change in perspective to explore life more deeply and to discover the depth of your own being.

These understandings, these anchoring points, are like rungs in the ladder that you may lift yourself, by your choice, into something greater. For the choosing, our brother, is what builds the momentum to continue, the memory to return, and the appreciation of the life and the nature of everything. The magic you used to assign to the discarnate life only, you are discovering includes the incarnate life as well. Realization, our brother, reveals the true reality of everything, including your own being. Recognizing this truth connects you with, consciously, so much more of life. Choose and allow these fundamental changes in perception and understanding beyond the veil. Namaste, our brother.

### **34. Our choices touch each other's lives**

Aug. 2, 2016

JANU: Pleasantries aside, let us focus upon, deliberate upon what some might call crucial elements or events in the awakening of humanity. There arise from time to time opportunities, some call choices, that influence the direction of a path undertaken. While humanity's path of awakening is filled with such, this current American election cycle, to some degree, is one such. The issue, then, our brother, is not so much the candidates involved but the wisdom of the populace, the people they are intended to serve.

The process of awakening is not a sterile one, you see. It is rich with pivotal choices dependent upon inner values that draw upon the True Nature, whether conscious of it or not. In this instance, it's the electorate and the wisdom of their desires for their future. And this decision-making is not just an influence on this nation, but the hopes and dreams of many looking for a better life around the world.

Decision-making, our brother, is never just for an individual, but for the lives an individual touches. We talk of the Family of Life, more real than you might suppose. Now this perception is not meant to stifle decision-making, but to temper it, to deepen considerations. A moment of pause for reflection. Now, as with any decision, our brother, and course chosen, corrections can be made, adjustments, modifications. But the need for these is greatly influenced by the wisdom of the choice to begin with.

This current election cycle is a test for the maturity of human consciousness for this nation. Make no mistake. Other nations want to influence the decision for their own benefit. This demonstrates the connection that we speak of.

So you see, our brother, awakening is a path not taken alone, but touches the lives of others. Everything is connected. Being conscious of this reality is part of the path, you see. The larger life exists, whether aware of it or not. So, when making choices, take a moment. Consider the impact or the influence your choices make. Make a decision and move on. Nothing is permanent, but everything matters. This view of life will serve you well as you touch the lives of others, and they touch yours. Namaste, our brother.

### **35. Love—fundamental to awakening**

Aug. 4, 2016

JANU: We are portraying, then, a model of excellence in human awakening. The first order of business, if you will, in this model is truly loving yourself and even one other person. This is a monumental achievement for many. The love exists within their being, although not conscious of it, for love is based upon many externals in their lives, reasons for loving. Love needs no reason, our brother, not the love that we speak of. Then, one might say, “But look what I have done in my life: selfishness, cruelty, self-centeredness, untruthfulness.” These are not valid reasons for not loving who you are, for these behaviors are not who you are.

Awakening is coming to terms with this and moving your identity to your True Nature. The human journey is only a small part of this and does not define you. It is an experiment in experiences, causalities, and choices. Being a loving being as your True Nature, walking through life in this way, puts a different perspective on every situation, every relationship, everything you say and do, whether you agree with it later or not.

Your news media focuses upon sensationalism and mayhem and cruelty. What does this tell you about the current human social condition? They give energy to these things by focusing upon them. What gets more notoriety? The mayhem or the beauty of life, the good works of people, generosity, sacrifice, and loving gestures? You ask, “What would it take to change this?” It takes what we have spoken of this morning, our brother.

What does it mean, then, to love oneself? Can this be described? It is a sense of acceptance, of ‘okay-ness,’ of forgiveness, of confidence in your next adventure or decision or relationship or service. It is a faith and a trust in basic beauty of life, the miracle of it. Loving yourself is experiencing a basic connection with life, a life that loves you as well.

Moving in this way of consciousness opens you to an awareness of the larger life of loving reality, the strength that brings, the core values, and the realization that all of this is available to you and always will be. You see life then with new eyes, new perceptions, new depth, new understanding. No longer viewing challenges superficially, but the reason for them and the strength they bring. You begin to see deeper and deeper into life, your own as well, and nothing lies beyond what you can achieve. For you are life itself achieving its potential, not just as a separate individual but as part of a larger reality.

No matter your condition, your circumstance, your memories, or your history, or your patterns, love yourself. Be at peace and happy with who you are. And the true power of life is yours as well. This is a grand step on this journey, our brother, of awakening. Namaste.

### **36. Freedom from doubt and confusion**

Aug. 5, 2016

JANU: Being unencumbered by doubt and misgivings adds to the strength of awakening. As you associate and collaborate with the larger family of life, be aware of this and gain confidence by observing the enthusiasm and commitment that they project.

Awakening from the human condition is challenging. The patterns of veiled experience, or existence, seem set in stone, if you will. Re-patterning is part of this change. Experience creates patterning in the first place; however, as you awaken you will recall and have experiences from before and from beyond. These journeys can seem sporadic at times, but old patterns of consciousness can obstruct. Choose then, our brother, the moments of success in your life, including these journeys, and re-pattern or build upon these experiences. Be open to the reality that all of this has been accomplished before and that life is a continuous experience of challenge, opportunity, and success. Focus upon past achievements and their presence in the memory of your being.

We journey as one, our brother. No need to be initiated by another lifestream, another being, but by your own True Nature, which is who you are. Journeys are taken in cooperation with others, but you are the captain of your ship, so to speak, and decisions are yours. Choose to think and feel, perceive, as a unified being, with all faculties in the mix, if you will.

The veil can cause one to think that ‘awakening’ is for the first time. It is not. It just seems that way. The total you knows otherwise. Identify more and more as who you are. This is true for everyone, to varying degrees. You are more than you know, and your True Nature knows this. Always return to this larger knowing where you find freedom from doubt and confusion. Namaste, our brother.

### **37. Collaboration with the human journey**

Aug. 5, 2016 B

JANU: Let it be known that embarking upon this journey of life enriches your human journey in ways that cannot be foreseen without this larger involvement.

We understand that your desire is to jump into, if you will, relationships and collaborations. These will come in time, our brother, as they have already begun. Your awakening is not ready yet, but it is moving in that direction. Being patient with the natural order of unfoldment of new experience and capability that you call ‘awakening’ is a repeating reminder. Your movement in this direction is known, and others are ready to proceed. But they honor and agree with this preparation time, due to the significance of what is coming.

Your time on the Earth in the human experience does not exist to wander off into larger venues, distant venues. One of the collaborations of this series is between the human journey and other realities of existence and understanding. For the human journey is part of this, you see, this awakening and what it brings about. Too easy, then, to be distracted with fascinating realities and not collaborate with the human experience. So we focus at times, you see, on the merging of the two, for it is needed and is of service.

Hold this model of understanding in your consciousness as a vehicle for the realization of this collaboration. This is part of wisdom, our brother, gained through the application of awareness to experience. The merging of the so-called spiritual and the incarnate life has purpose that fulfills potential. Be at peace, our brother. All is well. Namaste.

### **38. Listening to life**

Aug. 8, 2016

JANU: We are Janu speaking, peace being the theme for this journey. The unrest in the lives of so many is self-perpetuating and loud in the experience, drowning out the miracle of peace. The real power in life is peace, not frustration and anger. See, then, awakening as a journey into peace and, on that journey, discover its true meaning. Even in the presence of violence, troubling emotions, peace is a resource to re-establish harmony, cooperation, and collaboration. Remove yourself from concern about deprivation, unfulfilled dreams, longings founded in a sense of lack, and focus more upon life's abundance. And life is abundant, our brother. Every breath, every heartbeat, progression of thought and understanding, miracles of opportunity, the courage and endurance to engage them, the unending gaining of wisdom, compassion and service. These are the hallmarks of peace, our brother.

The awakening journey is not something separate from incarnate life; it is part of it. The frustrated mind tends to see life as becoming full of challenges and obstacles, unfulfilled ambitions, growing almost daily. This misplaced attention does not see miracles around them, the opportunities within them, and the inherent richness of the resource of life to engage them. Realize, our brother, that each one is an agent of life, a specimen of life, and, yes, a jewel in that tapestry. Awakening brings this to the consciousness to see the truth of this and the magic that comes with it. Be not a magician lacking in anything. Anticipate and relish the next demonstration of the magic within you.

The life that you are is capable of so much more. In the sense of this reality, you already are all you can be. Unmanifest potential is potential nonetheless. Without awareness or consciousness of this, where do your dreams and goals and ambitions come from? What is their source? Achievements begin with a vision, an idea, an impression, a spark of awareness of a possibility and what it affords. You are already these. Become aware of them. Remember: what your attention is on, you are connected to. Put your attention upon who you truly are and all that that means.

One of the markers, the expression of this reality is happiness, at peace, no longer identified as being alone in life but as part of it, at one with it, integrated into the larger family of life, mutually beneficial. These words of encouragement may fall on deaf ears but there are those beginning to listen, for their own True Natures are part of this message. So, listen, our brother, with your mind, your heart, your true being, for life is speaking in so many ways. One need only listen. Life has always been speaking to everyone. Learning to listen and understand is part of awakening. Allow yourself the richness that it brings. And namaste, all.

### **39. The process of awakening**

Aug. 9, 2016

JANU: We are acknowledging being conscious as all that you are. This is a blanket description, if you will, of awakening. The faculties of the elements of your being becoming one, contributing to a collective consciousness with the perception that transcends many levels of reality, individually or simultaneously. Understanding life, those who live it, and, by way of this, more of who you are. This is not a transition of consciousness, but an expansion of it, a merging of it.

The 'who you are' identity requires no approval from another. It is your identity, regardless, and its beauty is inspiring, even to itself. Wherever you are in your human identity, this is yours to experience. What grander teacher to others than to be and live in

the truth of your being! There are many others, our brother, with the same or similar understanding, living their truth, not needing to prove anything to anyone, but at peace with this and moving on. One does not become static to admire oneself, but moves on into the rest of life, expanding in every way, realizing that all expansion is described in your potential. Even life itself, our brother, is alive in this way.

Humanity has accomplished many things under the veil, but awakening enhances all of that. A horse wears blinders so as not to be frightened or distracted. Awakening gradually removes those blinders, as one matures into a larger reality of life and the vision broadens, as does the understanding. And you understand that, and see that, life is richer than you knew.

We seem to dwell upon these elements of awakening, but as we have said, awakening is a process to be absorbed and understood and be acclimated to. These steps are intended to be helpful. As you take part in this process, many others are as well, and slowly you become aware of each other and learn from each other and serve each other. It seems at first they are few and far between that share your journey, but in time you perceive, you realize life is rich with this. And more and more, any desire to return to the veil experience fades away. We journey together in this way and all are welcome. Namaste.

#### **40. Opportunities through Earth life**

Aug. 9, 2016 B

JANU: This second phase of the awakening series, titled “Associations and Collaborations,” outlines to a degree that needed not only in understanding but in experience and the transformed consciousness that are in harmony with the larger life that the total you, the complete being, chooses. Make no mistake, our brother. The life and experience of all that you are, guided by the True Nature, is a choice and a wise one that grows and evolves with the experience and understanding that comes with it.

The True Nature that we are is ancient. By comparison, the human journeys are far more recent. Other incarnate experiences led to the human ones by way of the experience of other travelers of more recent association. By way of research based upon desire and interests, it became known that the Earth presents an opportunity for many kinds of service. And many have taken on the mantle of conscious integration of the larger life of each one merging with the Earth life, raising the consciousness of the world and that of the planet as well. By ‘world,’ we mean its population. Now, this service and its result benefits all the creatures of the Earth in many ways. And understand this, our brother, certain species of the Earth have asked for this assistance, in their way, for humanity has the potential to lift the consciousness and serve the evolution of the Earth and all that it includes. Anchored in physical bodies, they are one with the planet and deeply connected.

So, you see, the associations and collaborations of this series are demonstrated through these. Many such opportunities exist in this Earth experience. So, you see, the reality of the larger life and the True Nature are involved and are present. As you commit to and take seriously the awakening, give the same respect to the opportunities it allows.

Physical life and so-called spiritual life are one. Your human reality and so-called identity, and the rest of what and who you are, are one. We are one, our brother, and are on this journey in this way, as are many others. Namaste.

#### **41. Understanding the journey of awakening**

Aug. 10, 2016

JANU: Awakening, our brother, is an inclusive journey. It is not a choice against incarnate life, but a choice to expand it. Your interests and desires become more diverse, with greater depth, layers of reality, and a greater capacity for well-being on every level. All of your resources at play. The integration of the incarnate life into the larger life, being already a part of it, but in consciousness, you see. The larger life seems a mystery, but the incarnate life has mystery as well, yet to be understood and experienced. We tell you these things to broaden your view. As you embrace another truth that broadens your view, life responds by connecting you with that view that you may explore it more fully and in ways that open you to other realities. A mystery, our brother, is only something unknown to the one observing. But everything is known.

Building a foundation in this way of understanding draws you closer to the realities you consider and are drawn to you. In time, the distinction between incarnate and larger life fades as all that you are, integrated in your consciousness once more, becomes your identity and your world. And by 'world' we mean the sphere of your understanding, the reality of your consciousness. It seems, in your memory, that much of your being beyond the physical life, and including it, you have been what some would call a 'loner.' There are episodes of this in your experience, whether incarnate or not, but it is your way of focusing without distraction. Once understanding is achieved, you share it with others. This is your path of awakening and you hold no patent on this, so to speak, you see. Just one of many approaches to observation, listening, and contribution.

So, you see, awakening is not just the purview of discarnate life. Its potential is present always. You ask if there is awakening in the larger life. There is, our brother, for why wouldn't there be, if life is constantly evolving, expanding, and creating. So this journey of awakening while incarnate, and the lessons learned and achieved, serve well in the larger life as well, you see.

So the journey of awakening is ongoing, as is the journey of life. Making the transition from the body is not the end of anything, except that particular incarnate experience, and even the essence and memory of it lives on within you. So passing on is not a tragedy, in that sense, just life changing. As the commercial in your media says, or asks we should say, with a light touch here, "What's in your wallet?" What is your perspective? What is your take on life, on your life? Namaste.

#### **42. Proficiency without judgment**

Aug. 10, 2016 B

JANU: We are cementing relations, if you will, on this series of journeys, establishing protocol, and earning respect for proficiency. You admire those in the professional music industry. Musicians you see as masters of their craft and lifting the spirits and consciousness of those who enjoy these arts, do inspire one to excel as they may in their endeavors. So it is with these journeys, our brother, mastering the craft, if you will, becoming proficient.

There are those who dabble and those who push themselves to excel. And all of these have worthy involvement. Realize, our brother, that their involvements have history, in most cases. Remember, life is not linear but can appear so, briefly. The growth into proficiency is not limited to the achievements in one sojourn, so comparisons have little merit. Even self-appraisal in the moment does not necessarily reflect the past or future achievements. So, enjoy the moment and the involvement and be grateful for it.

For it remains a part of life to be drawn upon in one way or another. Consign not 'awakening' to degrees. Each moment of experience has merit.

So it is with others you meet and observe and serve. Encouraging others does not exclude encouraging yourself. Be sensitive to the achievements of others, whether they are aware of them or not. Namaste, our brother.

#### **44. Freedom**

Aug. 15, 2016

JANU: This morning in your time, in a sense which is ours as well, we begin with a portrayal of human destiny that speaks to the surmounting interest in freedom. For many, freedom means to exist at all. For others, freedom means the acquisition of wealth. And for a growing number, freedom means to be conscious beyond the norm, no longer limited to social consciousness, dogma, religion, convention, traditions. Free to understand and explore life, unlimited. And for everyone, the freedom to realize their best destiny, to include all of their potential.

So freedom is the theme here, our brother. Freedom to associate and, yes, collaborate with all of life, to experience what lies beyond the Earth and beyond physicality, to engage the consciousness of another being from another world, realizing the enormity of the potential of evolving in this larger reality of life. Conventional thinking in human society tends to be limiting and of slow pace that freedom would rise above.

But where is the model in society for this kind of freedom? How does one begin to explore in this way? The model, our brother, lives within each one and, as we have said before, is their own True Nature. Once again, the reason for awakening, becoming conscious as a True Nature that includes, in part, the human experience. What is this True Nature we speak of so often? It is who you are, a free being, part of a larger life, free to explore, free to consider everything, free to choose and create, free to love without condition, free to evolve without end. So, consider this when choosing to awaken: awaken into a freedom that already exists within you. Touch the consciousness of others and their freedom. Move together in the flow of life, free to perceive each moment of your day with a new perspective.

This does not deny the value of social order within traditions. They are part of life as well. But they are not all of life, and they evolve more fully with a consciousness that is free. Their mysteries understood. Their patterns of repetition, seeming without end, are enriched into something larger.

Ask yourself what it means to be free whenever you choose. Free to be healthy, to be resilient, to care about another, to love who you are. See the Earth and its human population as a caring part of life, radiating, touching the life and lives of other worlds and realities, becoming an evolving blessing. Globally concerned with the human population but no longer limited to just the Earth. Species, population, throughout the universe is vast indeed and this is one of countless universes. Cherish freedom. Then share it as you may. Namaste, our brother.

#### **45. Becoming aware**

Aug. 15, 2016 B

JANU: Becoming aware of each other, no longer limited to the humanity of another but becoming aware of their essential nature, their integrity, their capacity to be loving and understanding, their contributions and commitments, their heritage, and their true power.



Of course, all of this applies to becoming aware of who you are, our brother. Who you truly are is not a separate thing from the incarnate life. Long and deep histories are recorded in the memory of the True Nature, which can enrich the incarnate journey. Those having difficulty and trouble, if you will, with society are in some ways lost to this, but not permanently. The redemption is in the spirit, the True Nature, of each one. Inspiring redemption, in yourself and in others, goes a long ways towards becoming more aware. Employing those qualities in the incarnate life, salvation and redemption, forgiveness and acceptance, beginning anew is a prime feature of awakening.

Becoming aware that you're already free beyond social traditions, becoming aware of that in others is the leadership we refer to, to lead a nation into freedom. There have been those in Earth's history who have accomplished this, and they return from time to time, to begin again and to inspire. Several have already returned to the incarnate Earth life to lead once more in different ways. They have the capacity to be aware of what lives in the heart of individuals that want to serve. They can be met in consciousness to participate. The reckoning we spoke of earlier is useful here. Life is not dormant, our brother, and is rich with opportunity. Namaste.

#### **46. Transition into and out of incarnate life**

Aug. 16, 2016

JANU: Stimulation is the key to many human endeavors. The journey of incarnate life begins with this. The incarnating experience, the transition into physical life, is stimulating for the consciousness responds to the experience. Now, one tends to imagine a virtuous agenda is the stimulus, is the motivator. Not strictly speaking. It exists within the complexity of the consciousness, but as you examine the many human endeavors, even procreation, the stimulus, the motivator is that of pleasure. The agenda of procreation and family and continuation of species is there as well, but not alone. For some, the reality of transition out of the body is stimulating as well. The pleasure of regained freedom, expanded awareness, enhanced journeying, and broader associations are motivators. But much more exists in the experience, beyond the moment. The journeys into and out of the incarnate life have a drama to them but moving in and out of the human experience in consciousness is undertaken by many from time to time. The motivations here are varied as well. Some are framed in a sense of escape from the pain of living. Others are the excitement of possibilities.

Where does this leave us, our brother, in these scenarios? Life is complex, varied, with patterns of experience and memory varied as well. Many are similar to each other and many are not. Hence the mystery of it all. Living in the moment, whether incarnate or not, is the richest for it savors all possibilities, all memories, all potential. Incarnating is as wonderful as passing on and can be revealed in consciousness no matter your state of being.

The range and beauty of life is beyond description. Anticipate enjoying it all. Embrace the next moment as the next frontier of life. Be at peace, and namaste.

#### **47. "The Staff" serving the awakening of humanity**

Aug. 17, 2016

JANU: Assembled then here is what you would call the 'staff' of an organization to, as you put it, serve the awakening of humanity. More than a proposal, a welcoming of those who have incarnated back into the family of the larger life. Most of these beings have been incarnate on the Earth and serve on other worlds. They understand through experience the reality of this. Some have mastered this while incarnate. Their

qualifications, then, you see, are sound. At your request, they have opened to communication in support of this process. They would speak at this time, our brother.

JR: Welcome. May we proceed?

THE STAFF: Yes, brother, we speak. We speak as one and we speak as you. For desiring this service to humanity makes you a partner in this and welcome. We perform in this way not just for the Earth, but other worlds as well. Significant thresholds in consciousness are on the horizon and being accomplished here and there in the universe.

Understand that the awakening of humanity is part of a transition in consciousness wherever it exists. We encourage humanity to become aware of their connection with this larger reality of awakening, of returning home so to speak, a home which in reality they never left. We as group consciousness have never lost connection with those who have ventured into this journey of life called incarnation.

We welcome attunement to what we are attuned to, which is all that lies beyond the veil in either direction. “Welcome home” does not mean leaving incarnate life, but means becoming aware of that life and its place in the flow of life. At first, just be open to experiencing the presence of the Family of Life and the comradeship. The rest will come. The movement into awakening is much larger than the Earth experience. And as each one achieves more and more of this, we all become one consciously.

Serve well, our brother. We are with you.

#### **48. Opening to new experiences**

Aug. 17, 2016 B

JANU: Our natural tendency is to provoke new thought by way of experimentation. Experimenting with awakening by reaching for new experience inspires in the consciousness new thought. So begin a journey by postulating a new experience. Of course, within the integrity of your True Nature. New experiences abound in the larger life, whether incarnate or not. These need not be dramatic, but simple truths, simple possibilities that don't cause instant rejection by being too outrageous, denying everything you hold dear. Allow these to be clarifications and expansions of what you value. Now, new experiences of merit inspire more. One truth leading to another, you see, expanding your perspective and your interests. In time, you will explore new capabilities, new insights, new adventures engaging life.

The body needs nutrition as does your consciousness. Deeper and new understandings rebuild. Serving life reciprocates; blessings that move through you bless you as well. It is the way of life. Intelligent in design and in prosecution. Love is the revealer, revealing everything for what it truly is. This is why we suggest loving who you are, no matter what you perceive. The truth will be known. Loving another is harmless, as true blessings are. Allow these in your life. Basic principles. Happy journeying and namaste.

#### **49. More on memories**

Aug. 18, 2016 B

JANU: We are elevating once more the reality of awakening, revealing as each one proceeds the True Nature of everything, including one's own existence. The memories alone, in the consciousness of each one by way of their True Nature, are an enormous repository of experience. Memories are the record keeping, if you will, to draw upon and

contribute to, even memories, our brother, of journeys and incarnations involving other worlds, other realities.

You ask, “How does one access this repository?” It is revealed to you as you have need of. The triggers are each need and your attunement to, your openness to, and your confidence in, your own True Being. Having a reason for the experience and the memory that supports it that is in harmony with your integrity provide the foundation for awareness. Journeying as we do has its memory support as well, whether locally or in the far reaches of the universe. Wisdom is enhanced by these, for they add depth to understanding and choices, to perceptions.

Memories can seem totally spontaneous but they are direct response to conditions of consciousness. Under certain circumstances, the memories of others can be known. People speak of being connected. This is a small part of it, our brother. And your memories are connected to other memories as well. Associations, you see. Reflecting upon possibilities in your consciousness opens up worlds of understanding and connection. Many dismiss memories, not understanding their origin or the reason for their arrival. Observe your thoughts and experiences, circumstances, when memories seem to appear from nowhere. They are associated with many things. Your True Nature, who you truly are, has a vitality and intelligence, a presence.

A valid question, our brother: What is real? Is reality more than you are aware of? Your memories can reveal this to you. Namaste, our brother.

## **50. Who are you?**

Aug. 19, 2016 B

JANU: We are surveying then the opportunities to serve the awakening of humanity as requested. The agenda speaks for itself, meaning the opportunities available for humanity to awaken. Why not begin then with simple truths such as evidence of a larger life by way of unanswered questions that spring forth from within the consciousness having to do with: purpose? What lies beyond transition? Where does one come from? What is oneness, connection, eternal life? Where are the answers and how can I know what they are?

Consider then, each one, that you are more than you currently are aware of and the true you, the complete you, survives transition. And this survival includes pre-birth. This being true, how do you come to know who you are? The most powerful motivator and revealer at your disposal is loving who you are. That attunes you to, matches your consciousness to, the rest of you. Be as patient as the rest of you is, but endeavor consistently to become aware. Loving any reality of life attunes you to it, you see. Not to control it and manipulate it from a human perspective, but to know it, understand it, honor its integrity, its life, its destiny, its nature. The same applies to who you are, to what you are.

Awakening to this, our brother, is not through technique but through natural ability to become aware. The nature of life is profoundly simple. Your rational thinking mind anticipates complexity. Your spirit, your heart-mind, already knows and lives within you. That is where you own truth, our brother. Spend time in this way and listen, and you will hear and understand and be illuminated and come alive more fully. Thank you, our brother, and namaste.

## **52. The larger life includes the Earth experience**

Aug. 23, 2016

JANU: Could it be that the term 'larger life,' through awakening, can be focused upon that that exists in the incarnate Earth experience? Awakening to larger life, aware of where and when you are, can be explored much more fully. Yes, there are other worlds and universes and realities but make no mistake, our brother: The Earth is a vast complex of life on many levels and many realities. What you can learn and master where you are can be applied reliably on other worlds and in other realities. The Earth is a treasure of these possibilities.

So, leaving incarnate life or the Earth to expand your consciousness can be a limited point of view, ignoring what's in front of you. How much are people aware, and to what degree, with: species communication; the energy fields and patterns, movements, sounds, that exist and are utilized; the magnetic global reckoning of birds who migrate, sea creatures who migrate, the animals who migrate? The dance of life exists everywhere. How sensitive are you to Earth's energy patterns? Interaction of weather, Earth's atmosphere, temperatures. Interactions of the Earth to solar radiation. The communication between worlds in your own system, and with the Sun. The changes the flower moves through from seedling to blossom to its own regeneration through its seeds. And the collaborations between all creatures, all life forms that promote continuation, mutual benefit, that develop the atmosphere. The footprints of everything, our brother, are intertwined. Living systems, all of the Earth.

The Earth is a rich example of the diversity and continuation, purpose of life. Even the people with their spiritual natures are part of this. You study systems of government and social order. How thoroughly do you understand those that exist throughout nature? Ancient traditions, successful for millions of years. With humanity's wars and conflicts, does it not suggest there is much to learn in their own borders, attitudes, philosophies, and behaviors? Solutions to imbalances in life abound everywhere, to be benefited from with those who are awakened to this. The Earth is a vast untapped resource of life. Look not elsewhere only, to understand. Life is ever present and connected with all of its richness.

Awakening, our brother, includes the larger life that you are already part of. How could you exist at all without it? As you discover the Truth of Life on the Earth become more comfortable in the knowledge that the Earth, and all that it is, is a vital part of all that is. And so are you. Awakening, our brother, is the realization of the Truth of Life including your own. Namaste.

## **53. Being at peace**

Aug. 24, 2016

JANU: We are moving forward again with this series on awakening. We are not suggesting in any way, our brother, that awakening is a requirement for a productive and happy life, but awakening affords many opportunities otherwise. There is a human tendency to create a framework for living that is defined by timetables, markers of achievement or lack thereof, goals that must be met, and comparing one life to another which includes judging. The larger life, our brother, has no such requirements. Find peace in yourself and your life no matter what.

Being conscious through awakening to a greater degree provides opportunities for engagement and satisfies a natural urge to evolve, to grow and expand, to enrich understanding, and to serve each other, inspire each other into richer lives. In a sense,

these journeys are journeys of your True Nature, the source of these desires to evolve, to learn, to serve. But the human journey is temporary. The wisdom gained is permanent. It adds to who you truly are.

The unawakened human mind tends to fragment its life in the limits of one sojourn, seldom planning or considering a larger perspective to include many on the path of evolving; therefore, the perception of time limits for achievement. This does not bring peace in the sense that everything is all right. Your life is acceptable to the Source of Life, no matter what. Your True Nature never condemns you. By 'you' we mean the human identity, the human personality ego. It is a temporary journey with opportunities. The part of 'being at peace' as recommended is the acceptance of this and allowing others their own freedom to be.

Happier times are coming, our brother, as more and more awaken to the Truth of Life. The choice has always resided with each one. The societies, the cultures, the national order, the military, all of these things are human choices. None are required, but all are allowed to fulfill their destiny of experience and learning. Wisdom is gained through living life and the choices that are made. And all choices, our brother, can be changed. Life adjusts itself, moment by moment, based on outcomes, desires, and choices, and opportunities presented through engagement. Leaders and followers in your society have chosen these courses and they can change from one to the other in a moment. None of this is permanent.

Be the captain of your life, of your course, your path, guided and inspired by your True Nature, the Divine within you. Be at peace. Namaste.

#### **54. Why do we exist?**

Aug. 25, 2016

JANU: The subject today is self-realization, understanding that 'self' also refers to Life itself. The pursuit to knowledge, consciousness, evolution, creativity, loving, building, relationships, mutual support and service, these elements of life encourage their continuation. The question you raise is "Why? What's the motivator? What is the purpose of awakening more and more, to what?"

The simple truth, our brother, is that the Source of Life, of which everyone is a part and is patterned from, has an imperative to realize itself through its potential and manifestation for reality exists in even larger ways than this, our brother. Your reality of existence, as you are understanding, is not just as a human being but as a spiritual being, of which there are countless others. But all of this represents collective life, and even it has a source reality that began it all. "Began" not being appropriate here. That is a human term based on time/space. So how does one embrace infinity, eternity, continued reality of that which has no beginning? These movements in consciousness, these imperatives to evolve, to ask questions and seek answers are issues that are larger than finite purposes. Your consciousness is experimenting, it is exploring with incarnate life, but it's still life, our brother. Micro- and macrocosm are one. Their purpose, their achievements are one. Being in the flow of life speaks to this.

The answer to your questions are larger than the questions, you see, but are inherent in them. The pursuit to understand, experience, and gain wisdom is a manifestation of self-realization, not only for you but for Life itself. Who can answer the questions: What is it? What is all that you can be, and why do you want to know? Why begin the journey? Because you are Life realizing all that it can be, which is an

expression of all that it is. The wonders that arise from these pursuits describe the magic of life. What greater journey is there, our brother, than to be one with all that can be? Welcome to who you are. Namaste.

### **55. Being the pendulum**

Aug. 26, 2016

JANU: The theme at this time is “looking on the bright side of things.” While observing life’s challenges and the competitions that exist among people, the future can look bleak, because that’s all you see. As you awaken, your vision clears and includes more of life in balance, allowing perception to include the merit in everything. You ask, “How can there be merit in evil?” Evil, like bad weather, so to speak, helps define the range of the possibilities in life expression. Not that one prefers evil but why not learn from it, influencing your choices and observable outcomes. The more you understand through observation and experience, the more balanced your view of life and any circumstance.

Countless beings throughout the universe have these experiences and memories, conclusions, and wisdom gained. These are all a resource, our brother, for those who care to know and understand. Even among humans, primarily of Earth experience, collectively are a resource of vast experience and appraisals. So when looking on the bright side of things, so to speak, choose to see all of it.

The pendulum swings both ways. Be the pendulum, that touches everything yet results in a precision of consciousness that meters out wisdom and resolves the swings into a balanced point of view and appreciation of the moments of life. So, the ‘bright side,’ you see, isn’t so much opposed to the ‘dark side’ but the balanced understanding of both into one consciousness, one unifying perspective that reveals the destiny of things and their potential. The Nature of Life itself.

Many are concerned with the seeming dichotomy of the Earth and aging, deterioration of faculties. You ask, “Where is the bright side in this scenario?” It is that life processes continue on in cycles that repeat themselves, to move ever forward and further into what can be. So, your view at the moment is: understand from a larger perspective that includes that moment, you see. Cycles of life have a strength to them, an ongoingness as life reinvents itself, begins again, a bit more exalted from what has been gained.

When taking the short view, take the long view as well. Be the pendulum that finds purpose through these cycles of life. This is the fruit of awakening, our brother, among many others. Be the pendulum. Be true in your movements, in your conclusions, in your choices, in your understanding, Namaste.

### **56. What is real?**

Aug. 30, 2016

JANU: We are encouraging then the discovery of the Truth of Life. Your recent ponderings are part of this. The answer to your question is: All of life is real. All that exists, ever changing, ever expanding. The awakening we speak of, our brother, and refer to often is the realization of this. Discovering what is. Understanding it. Appreciating life, and to appreciate something is to increase its value, its worth, its reality. So you are life appreciating itself, expanding its existence, enriching itself. You’re a part of this as well, and it’s a wondrous thing. And, yes, there is beauty in all of it, the miracle of life.

With this growing understanding, one sees everything with new eyes, every time they gaze upon it. Even appreciating and seeing who you are is to see the beauty in your being, the miracle of it, the miracle of its potential. Life is the answer to your query, our

brother, the answer to everything. How can you doubt life, when you are an example of it, the proof of it, the result of it, and, yes, the creator of it? Opening your consciousness to the truth of this reveals unseen mysteries.

And, yes, one answer, so to speak, always leads to another question. This is discovery. This is engaging life. So, ask your questions. Listen for answers. Ponder them. And allow their gift of further inquiry and discovery. Find peace in this. Everything is all right. How can it be otherwise, for it exists? Life does not value one expression of it over another, for the beauty of the presence of life and its gift is eternal. We rejoice in this truth with you and may it always enrich your life, as you enrich life. Namaste.

### **57. Allow adventure into your life**

Aug. 31, 2016

JANU: We are pushing on then, so to speak, with our current adventure. And adventure it is, our brother, awakening to the reality of life, and who you are, and what you can be, and all you have been. Appreciate every discovery, every understanding as an adventure full of surprise, wonderment, solution, reasonableness, and the passion to continue.

A valuable question one can ask themselves, "Is living an adventure?" No matter the discovery, what a wonderful way to begin each day, looking forward to the adventure. Even if it is only applying what you've already discovered, to reveal new depths to that moment. Sleeping at night, our brother, is one as well. Your interests, your desires, your passions for living influence the adventure, are part of its purpose. Each person you meet can be an adventure, and for them as well.

This brings enthusiasm into the moment and marshals creative energies, activates mental ability, stimulates the mind and emotions, enriches the ego, brings magic into your life. Confusion is replaced with understanding, solution, and new possibilities. This is not a frivolous pursuit, but has real substance and depth, a foundation to embrace life. Part of why many engage in risky pursuits, it is the magic of adventure which energizes everything.

Imagine looking forward, with positive anticipation, to every new day. Every moment of insight, enhancement of faculties, learning how rich you are having nothing to do with money or possessions or so-called powerful friends. The best friend you will ever have is who you truly are. Discovering your nature is the grandest adventure. Awakening within reveals the truth of everything outside of you, so to speak. Allow adventure into your life. Namaste.

### **59. What is your model for living becoming?**

Sept. 1, 2016

JANU: We are delivering, if you will, a message for those who choose to enjoy awakening, a continuous opportunity to blend in with the incarnate life as they become one. Consider this, our brother, that there is a model for living as an awakening incarnate being, where the miracles of living, the magic and wonders, are almost second nature. Humanity is not there yet; however, it is moving in that direction. Not to copy other models but to be one. Being able to perceive the layers of truth behind anything makes for wiser choices, deeper commitments and performance. Difficult to explain. What has been considered as written in stone in human society and experience no longer is. No living condition is inevitable. All life is subject to change, even the concepts, philosophies of so-called religion, government, economies, science, philosophies, so-called laws of nature. All fluid, all changing and new systems of life coming into view.

What is a model, then, for awakening incarnate living? Many other realities of existence that are not physical have their models as well, though the parameters of their existence are not the same. But consider within what your model for living would be and is becoming and this will bring purpose and clarity to the path of awakening. Draw on the inspirations of others and their examples in living that seem successful, but build your own, and together a human model is made and grows.

If the laws of nature, science can change, what changes, then, our brother, and are you part of this? And in what way? How do they come into existence? Humanity is not the only example of awakening. All of life, our brother, no matter what expression, is evolving, becoming more aware of its existence and its relationships. All of life learns from the rest of life. Grow to understand the meaning of uniqueness and oneness at the same time. What is your model for living becoming? Namaste, our brother.

### **60. You are a composite being**

Sept. 2, 2016

JANU: We spoke earlier of a model for living as an integrated awakening conscious being. What we see here is the merging of the so-called human identity and the identity of the True Nature with the capability to change emphasis by choice, in the moment. So, you see, we're not saying one identity or the other, yet they are one. More of a cooperation, a collaboration of faculties, of perspectives in consciousness, of relationships, their nature and parameters. A composite being. Just as the human can change perspectives, attitudes, emotions, and beliefs, so too can the composite being of all that you are.

Awakening, our brother, is not a destination. As we have said before, it is a process, as is incarnate life and its relationship with the True Nature. Now, a composite being can include a variety of realities, not just incarnate life and the True Nature, for there are countless models of living, each rich in opportunities, understanding, and expansion of consciousness. Life is far more complex in its expressions than just one identity or another, you see. That is part of the beauty of it. Think of the possibilities of understanding in this direction alone.

So many hang on to incarnate existence and identity to the exclusion of everything else, for they are unconscious of their larger being. But there are many more, our brother, who are aware of this, as composite beings moving through life and with it. And, yes, there are those in your world who are aware and move in this way. It can seem a lonely path at times, to discover something new and take your life in a new direction to discover freedom through the power of life itself, but that will change.

We of the Brotherhood live this way yet still discover new realities and opportunities, and welcome all who reach for this as we enrich each other and Life itself. You are a composite being and are a miracle of Life through self-realization and service. Namaste, our brother.

### **61. Refining your life**

Sept. 2, 2016 B

JANU: We are encouraging at this time, at this opportunity, reaffirming the purpose of these journeys, which is to support one of many paths of awakening for the human experience. Rich indeed is the legacy of living, the record of which all can read. Games that are played to impress are seen through and even this provides understanding to the



complexities of motives used by people. Some see themselves as teachers, in one form or another, and enjoy the podium and the pedestal. We do not choose to design a legacy here but legacies occur, described by those who take advantage of them, who benefit from them.

So what makes your life of value? Not your design, our brother, but the service it happens to bring. The legacy of those who truly served humanity was not their motivation. It was honing and giving what they had, as the natural order of life. So, how does one refine one's life? It is by caring for others, whether directly or not. Not for fame or fortune, but you are enriched in the same moment.

Awakening, our brother, is a path to refine one's life, one's consciousness, one's understanding, and commitments. The love inherent in all of this, our brother, does not have a name and has always been. Allow understanding beyond the rational mind. Truth and freedom are one. Refine your life in this way. Namaste, our brother.

## **62. Perspectives on awakening**

Sept. 5, 2016

JANU: Awakening, then, to be considered from more than one point of view. A tendency by some to think of this as 'awakened' or 'not awakened.' Limited point of view for the reality of this is a continuous process. Even from birth, you see, becoming more and more aware of the incarnate life, your surroundings, requirements for survival, relationships, what there is to enjoy and avoid. It's all awakening, our brother. Awakening beyond the realities of the physical life is part of this as well. Awakening to identity not limited to the human experience is another adventure that's continuous.

Some would ask, "What is reality beyond incarnate life?" As one awakens, these realities become part of the incarnate life, integrated if you will and utilized. Just as there are realities in the incarnate life that exceed each other, so it is with the subtler realities of life. Now, the cycles of life are just that, beginning and end, so to speak, with cycles of repetition and modification. What we are getting at here, our brother, is awakening includes everything, every reality, every cycle of life, and the opportunities presented by these. The perception that leaving the incarnate life is the key to awakening is a misperception. Consciousness is, whether incarnate or not. Many examples in your history, in the human history, demonstrate this. The so-called 'great' beings, some you label as 'Saints,' savants, geniuses, 'saviors,' even while incarnate. Other worlds have these experiences as well, even though their conditions may vary from that of the Earth. But in due course, awakening brings more and more of this into view, so a perception that the incarnate life and its current seeming abilities or capabilities somehow describe reality, the descriptions are incomplete.

Life is fluid, our brother, ever changing, growing, creating, changing from, changing to. Awakening is a growing flexibility in consciousness, in perception, in engagement, in experience. But the wisdom builds and is transferable across realities. How, then, does one pigeonhole, if you will, the reality of awakening? Rebirthing, physically, is just another opportunity for a new take on the opportunities of the past. For most, it takes many of these to find resolve to build a foundation of wisdom.

There are miracles, so-called, all around you. Many you have never heard of in this lifetime. They are not announced to the world; they just occur, when the conditions are right. Be not envious of them. Be grateful for them, for in subtler ways they are part

of your life as well, you see, and are testimony to the wonders and realities of awakening to the larger life. Put your attention on what is at hand, with an open mind and heart. The destiny is the journey, our brother. Namaste.

### **63. Destiny**

Sept. 6, 2016

JANU: We are beginning today's journey into the known, for all that is, our brother, is known, even the unknown by way of its potential. Even your destiny is known by the conscious you; however, your destiny is more of a direction than its components. The wonder of it all is what you choose to include in it and life's response to your creative intent. Certainly, your proven capabilities are a foundation for this, but your potential developments are as well. Why not explore these, through the path of awakening? Employing these in your desire to grow and awaken more fully enriches you.

You ask, "What is destiny, then?" It is a composite of life experience that grows with you. Destiny can be misunderstood as written in stone, so to speak. It is not. And neither is life. But it is built on fundamental principles, realized through the flow of life. As a stream has many eddies and currents, turbulences and mixtures, so has the flow of life. So you see, our brother, your destiny is created by you, the total you. It is a reality to be cherished and anticipated and developed and experienced, gaining wisdom.

You see how each flow of life, each so-called individual's destiny is part of everyone else's by way of the interacting eddies, flows, and currents of the life flow we are all part of. Rational binary mind does not embrace this easily, yet the reality is there. Even observing the so-called destiny of another to be described in a certain way does not define them. It is too fluid for that. Choosing to engage a destiny for this sojourn does not mean it is the same for all sojourns, our brother, or the only destiny in one lifetime.

Consider the depth of your desires. Your destiny is the path you choose. The key here is to listen within. The inner and outer life are all one, for they are all life and inspire each other. See destiny with new eyes. Be true to your inspirations. You are the Life that guides you. You are the dog and the tail, metaphorically. Namaste, our brother.

### **64. Building bridges**

Sept. 7, 2016

JANU: We are surveying with you your topics of interest in the human condition and its potential relationship with other worlds, its own unification for mutual benefit, and its emergence in consciousness as a collaborative body of life. What we see here, our brother, is what you anticipate: the discovery of the Truth of Life behind pettiness, conflict, violence, confusion. From one point of view, it seems as a waste of resources. And from another, an investment in the swing of the pendulum from one extreme to another, and the dichotomies in between.

The choice has always been with humanity to breach differences with cooperation. The bridge does not eliminate the opposite shores but combines them into a larger reality. Using resources to annihilate one another, not just physically but philosophically, spiritually, is a self-defeating expression of life. There are moments of genius, vision, insight, brilliance to understand and build so many bridges between differences that go by the wayside in the midst of mutual destruction. Now, beings are not destroyed, our brother, but opportunities and consciousness go unused.

What a worthy pursuit for investigation and discovery is the building of a bridge between differences and people and circumstances. The purpose of the bridge, you see, is

to share resources, build confidence, allow each other's truth to be and flourish and become stronger through the wisdom on each end of the bridge, you see. These bridges build the future based on the potential of consciousness. The ingredients, the elements of the bridge building are revealed in an understanding of what the bridge connects. That is the impetus, the catalyst. An awakening creative consciousness utilizes these for the potential of benefit is seen and anticipated.

It takes the circumstances and experiences of so many with differences to build the bridges into the future. A future that no longer looks like the repetition of the past, but a bright light to grow into. This is the purpose of awakening, you see, our brother. The bridges even include a connection between old understandings and new. Even within the individual, change is from something to something else and occurs with these bridges of flexibility, cooperation.

We encourage and inspire bridge building in each one's life and the lives between people. There are many worlds waiting for and building bridges to other worlds, other realities, the fullness of life. Be a bridge builder. Begin with your own existence, your own understandings. Namaste, our brother.

## **65. We are one**

Sept. 9, 2016

JANU: Let there be, then, an understanding that we as discarnate beings are not separate from you in any significant way. Life has many rooms but all of it is life, and there are doors, so to speak, connecting all of them. The doors are located, discovered in consciousness in the nature of your being.

As we journey together and communicate each of us passes through these doors, symbolizing attuned communication. When life connects with itself in this way, the connection is both ways, and once these doorways are activated so that the consciousness attunes more easily, preparation for communication is minimal. And, in fact, our brother, as familiarity builds, these attunement portals are always present, accessed in an instant by way of your interests and desire. So, your anticipations in the past of focused preparation give way to a normalcy of conditions of consciousness that embraces this reality and these journeys, our brother, are only the beginning.

Your health and well-being, your understandings, your intelligence, your wisdom no longer limited to the seeming isolation of the veil. There are doorways everywhere. Life is vast and growing. Building this relationship with the larger life is sane indeed when built, step by step, upon your true integrity, your True Nature, the truth of your being. These journeys help reveal any preferences, biases, pre-judgements, traditions of limitation you may have, and the root of these, and the mastering of them. The turmoil that exists in the lives of most people can be mastered, transmuted, if you will, into a peaceful sure-footedness, the foundation to move forward into a much richer life.

Being at peace is part of this path of awakening, as the demands of ordinary living, traditional society, influence your patterns of living. Frequently return to a moment of inner peace, bringing sanity to the life once more, returning to your outer life with a greater clarity. This is your birthright, so to speak, a quality of your True Nature, a gift you inherit from who you truly are. Be at peace. Namaste.

## **66. Choosing to be more conscious**

Sept. 9, 2016 B

JANU: Welcome to our world, so to speak, that door being always open. The central theme of our journeys is the awakening of humanity, supporting the process, inspiring change, the regaining of freedom. So much of what humanity reaches for is conditioned by past and present incarnate experience. Many would say the only evidence to go on. This is true when unaware of more of the larger life.

“So how does one gain that evidence?” you ask. By opening to it by way of the gifts, the capabilities of the larger you. Being unaware, consciously, of that reality does not mean it doesn’t exist, you see. You’re just unaware. But the connection is there. Where do you think the decision to incarnate originates? And where do you return to, when leaving the body? Some would say, “That is the end of everything.” This is living in darkness, our brother, and misses the point of the journey through incarnate life. Nothing in life is wasted or forgotten or dissipates into nothingness.

The evidence resides in your True Nature, our brother, through memory and record and wisdom gained. But it resides in the incarnate reality as well, the patterns of existence of physical life are imbued with these mysteries of life. When observing another, or any living thing, or any part of nature, there is an energy, a kind of consciousness, a presence of life, including your own. Some speak of wars, one type of energy emanation. There are others as well. There are organs in your body that respond to these, that participate in generating these. The evidence of the larger life is in every cell of your body, every energy structure, every intuition, every sense of presence, every idea, the insight that seems to appear from nowhere, every miracle large or small you are hard pressed to explain. It is so close, so near, yet so far away for many. But that is only perception, dear one.

What we are reaching for here is a sense of reality about how intertwined your existence, your consciousness, and your being is with the rest of life. Let not ignorance be the master of your consciousness. Choose awareness. Choose to live more fully. Choose to know and to understand whatever interests you. You are a Light Being experiencing physical life, but even that has its roots in so much more. Allow oneness to be your foundation for awakening more fully. Namaste, our brother.

## **67. Profound simplicity**

Sept. 12, 2016

JANU: We are encouraging at this time simplicity in the face of many diverse challenges commanding attention. “What do we mean by ‘simplicity’?” you ask. Simplicity means the essence, the essential nature of any challenge, any circumstance or situation. The question is: “What is the essential nature of what I’m dealing with?” That’s where the power is, the solutions that are larger than the challenge.

So, what is the core nature of any concern? It is a quickening of opportunity to employ your consciousness, your inner resource to reveal its character, its depth, its commitment, its sustainability. The experience of this is where wisdom comes into the picture, you see. Anticipate this approach of simplicity as being a very powerful one, more powerful than the apparent complexity of challenges. With this understanding, one can perceive each challenge as opportunities to develop the powerful simplicity of your nature.

This is not to say that simplicity is superficial. Quite the opposite. Simplicity is a channel or a doorway, if you will, for vast resources of the nature of Life to outpicture, to

involve in the scenarios of life and bring wholeness to any opportunity. As you are applying simplicity to these journeys, they have the opportunity for greater depth, deeper insightfulness, and layers of meaning.

The phrase 'profoundly simple' reveals its meaning as reality. The exchange of understanding framed in this way becomes far easier and more complete. In a world or society that seems to thrive on force and so-called power, this understanding seems easy to reject. But these old patterns turn in on themselves. They are not sustainable without great effort. Profound peace is inherently sustainable, for it is in the flow of life. Instead of struggling and fighting for solutions, profound simplicity allows them. Thank you, our brother, and namaste.

### **68. The quest to awaken**

Sept. 13, 2016 B

JANU: We are attending to the mass of information available to so many. How does one sort through, sift, or winnow that which is needed in the moment for each one? Understand this, then, our brother, that the selection process or opportunity carries with it the burden of proof to the individual. So, portraying in the life the understanding which is gained or received is the proving process, is the winnowing, if you will, that the selections are based upon. What draws your interest from deep within? We do not mean entertainment here, but the information, the understanding has a life that connects with you.

Now, each understanding gained and applied to the life is not necessarily empirically linked to the next one, at least not immediately obvious. So, a certain openness and faith in the wisdom of your True Nature and the universal intelligence of life itself is of value. It is not necessary to expose yourself to all there is to understand, but to grow into it as needed, based on where you are in your life and what lies before you. Appetites are of value, however must be applied wisely. This we endeavor in choosing the subject of each journey and its content, visiting the subject more than once to help answer questions that new understandings inevitably bring. When responding to the questions of another, trusting in this wisdom is part of the service, you see.

Any quest to gain knowledge, experience, and abilities must be tempered with the patience that allows for pioneering pursuit yet insight into the potential ramifications. A balance between the appetite of discovery and the seeming delay of process, for once knowledge is attained it is coupled with responsibility for what you do with it. And employment of that responsibility has results. So, in the pursuit of awakening, these principles serve well.

Awaken according to your capacities, with guidance and wisdom from within and the opportunities of the moment. One can sense there is always more to know, experience, and be. Reckless abandon is immature. Commitment to grow, serve life, gain wisdom, and a degree of patience are ingredients in the evolution of consciousness and the avoidance of unnecessary reversals, which can affect others as well. Be at peace, be patient, and keep on moving forward into the Light. Namaste, our brother.

### **69. The collective human consciousness**

Sept. 14, 2016

JANU: We are assembling then at this time the notions of many as pertain to the distribution of the wealth of consciousness that is building and emanating from collective humanity. These thoughts of many have concerns with what can be accomplished with

such wealth and they look to share these concerns with those of humanity that would listen to and consider them.

First and foremost is the reshaping of human societies: social consciousness, humanitarianism, generosity, loving consciousness, and mutual support. In due course, reaching out to other worlds, not to mention the nature of their own. In these formative times, it is wise to consider directions taken, possibilities for creativity and, yes, relationships with the larger life, remembering that the True Nature of humanity already is the larger life. Humanity's isolation by way of the veil has fostered traditions of isolated consciousness, individuality, and the lack of awareness of universal connection. Like the crew of a sailing ship, they've learned cooperation but this is the tip of the iceberg, so to speak. Human families can exhibit more of these concerns and their possibilities. The ingredients are there, scattered throughout civilization, for a richer future.

You speak of associations and collaborations on the path of awakening, as does this journey, our brother. It is wise to think more of these associations in a larger way. They are real and they are immediate and are beneficial, not just to humanity but to those of the larger experience. Humanity is on the verge of a number of doorsteps, so to speak, thresholds of achievement. The cusp of changes reveals much and is a grand opportunity to gain insight and wise decision-making. This is why these who have gathered share their concerns.

We speak of collective human consciousness, but forget not, this is made up of individuals. But there is a coalescing within humanity of awakening becoming more a body, a conscious body of life, moving into a synergism of thought, insight, inspiration, and ideals. Attuning to this reality of change broadens perspective, revealing opportunity to participate. Namaste, our brother.

## **70. What gift are you blessed with?**

Sept. 14, 2016 B

JANU: We observe this evening the talent show you are watching and the lives of those who participate and those who observe, enjoying in different ways to varying degrees the thrill of achievement and unique gifts. We also observe in society the countless gifts so many achieve by living, working to improve themselves, contribute to society, and form loving families and associations.

In many ways, everyone's life and accomplishments are on display, observed, valued, recorded, guided, and honored. No one's life is a secret or insignificant. Even one moment of achievement gives testimony to the beauty of life. Attune to the gifts of others. Observe their achievements and honor them as you may. This inspires each one to discover their gifts and invest in them and share them, enriching life as they do. No contribution is ignored or unknown. A string of pearls of enormous quantity does not render each pearl less significant.

Those you honor in these broadcasts, you are part of, in your way. Even though others do not know of your existence or your contributions, there are those who do. Find peace and joy in your own discoveries of who you are. The awakening process, our brother, is that important. It reveals all of this and much more. Your uniqueness and gift does not measure you compared to another. It adds to the richness of life that is unique.

That you can observe the gift of another and find beauty in it speaks well of who you truly are. This applies also to all parts of life, whether nature or creatures or other

worlds. Seeing the beauty and gift in everything transforms you. You become a universal consciousness of cosmic proportion.

You have gifts you are unaware of. Finding even one and giving it opportunity to blossom has rewards you are unaware of. It matters not the gift, our brother, but the beauty and the peace you find in it. Honor each other in this way and humanity will discover its true path, which includes everyone.

So, you see, in large measure, our brother, awakening is not just discovering what is, but being all you can be, embracing life more fully and sharing it. Good day, our brother, and namaste.

### **71. Exploring life through its creations**

Sept. 15, 2016

JANU: We know of your appetite for extraterrestrial exploration. Much of it, our brother, is memory to you. The Earth experience is not the largest of your travels and encounters. Many of your involvements have been on moons of other worlds, some of which rival your Earth for habitable conditions. You have piloted craft and journeyed on them and even explored interiors, if you will, of distant suns. The shaping of a world, the manifestation of its existence and eventual configuration, is a science in itself.

There are much more than just comets and asteroids migrating from place to place throughout the universe. There are worlds, moons, suns, nebula, clusters, galaxies, cosmic particles. Virtually all of the building blocks of stellar objects exist and move through space. The design of the universe, physically and energetically, is a continuous unfoldment and evolution, even though it appears that creation such as your world and solar system are stable. This is a perception based upon limited experience, which many perceptions are based on. The duration of that manifest reality does not measure it as eternal, for the entire universe, our brother, is not eternal in its present state. Life is, through one form or another, one reality or another.

Your journeys through the universe have always interested you, for no two journeys are the same, you see. Even when revisiting, things have changed. The human journey is no different, you see. With a larger view, one can see this and prepare to engage it. So, examine perspectives, perceptions, preconceived ideas. If they are fixed, static, they soon have little reality, especially when you create them from the foundation of the limitations on one human journey, one sojourn. Your desire to explore the universe is a natural one. Discovering that the micro- and macrocosms are equally fascinating, rich with realities and ever changing.

Life is a constant. Nothing else is. Continue to explore and discover, for it reveals the nature of life itself, as do we, our brother. Namaste.

### **72. The future of humanity**

Sept. 15, 2016 B

JANU: Predicting the future is possible, based upon potential. And potential is observable, based upon consciousness. The future of humanity can be seen by way of the collective consciousness and its potential for humanity.

There is a timing involved for revealing these things, for the revelations to be constructive. But not all at once, in stages, signaled by awakening. When humanity is ready, individually or collectively, the revelations will come. The timing can be anticipated by humanity's inkling, if you will, as to its potential and inner knowing, but it

takes courage, commitment, to make these changes. A growing honesty and elimination of denial.

This situation, this scenario, is by no means unique in the universe. Many have, and are going through this and there are thresholds to be mastered, to be accomplished. Your media is focused in large part on mayhem and social unrest, national conflicts, wars and the like, disease, suffering. There are glimmers of the Light, here and there, as humanity reaches for more virtuous realities. This we encourage, as do those among you who hold to such truths. These crusaders for a brighter future have profound belief in humanity's potential.

There are profound achievements in the cultures of other worlds that would inspire, that can be and are known by awakening minds. But many seem unwilling to be open to these, for their only conscious model for existence are the conflicts of the past and the present, and the human mis-emotions of revenge, hatred, suffering, deprivation, and brutality. Human nature and its potential are better than this.

Life allows, without prejudice, the freedom to be what you choose. Limit your choices not to just philosophy and wishful thinking, but make them part of your life, your relationships. Your model for others is your own. Be the change in your own life for the future of humanity. Your own True Nature is the guide, for it has connection to, access to these other worlds, countless realities and is your potential, whether in human experience or another. Your opportunity is to raise the consciousness, one person at a time, into humanity's future, which lives in the Now, in this moment.

Let not humanity's history discourage. Find no fault with it. Embrace its potential and all it can be. Awaken to the truth that is your nature. Flourish as you move forward. Namaste.

### **73. Active listening**

Sept. 16, 2016 B

JANU: We are speaking to the listeners who lend an ear, building trust in what life has to offer, which is the Truth, what some call the Light.

What is the nature of listening, then, with integrity and a revealing perception that lingers? It is being touched by Life, allowing the touching, you see, and experiencing the result, centered in your integrity and your love of understanding. As you may have discerned, listening is the theme here but the touching brings processes and absorption of patterns and relationships. So, listening, you see, is a very active experience, allowing for engagement and the process of becoming.

The True Nature is a channel, if you will, for more than its memories, but the memories that have been recorded in the natures of others and all of creation, our brother. Even your world has memories and records them. As you have experienced, creatures of the world do as well. Memories involved in listening also include your own, and not just of this sojourn, you see, but of many journeys and adventures. When listening is focused yet open, the memories speak to you, to be discerned.

This is a natural way of life, our brother. Active listening transforms your consciousness and connects you with more of life. So listen well, our brother, and namaste.



#### **74. Peace, freedom and love**

Sept. 19, 2016 B

JANU: We are forecasting, if you will, and forming a deliberate attempt to inspire peace and freedom in the minds and hearts of people struggling to find truth in their lives, their True Nature, their purpose of being, their gifts of service, and their loving nature. These elements of achievement in the pursuit of these things are more powerful, more liberating, more illuminating than struggling, you see. Pursue, yes, but peacefully, with clarity, focus, openness, allow for the truth and a growing confidence in the abilities of your own True Nature, which is who you are. Pushing to achieve seems to have its rewards, but it limits you. Allow understanding, revelation, communication with life.

Your True Nature is talented, in harmony with the flow of life, contains the wisdom of so many journeys. Be the ambassador, the pioneer, the blessing for others by way of the peace and freedom of being. The answers and solutions to inquiries already exist. Frustration and struggle convinces you they do not.

Life is not designed to thwart you or keep you ignorant and in the dark, so to speak. It is designed to evolve, expand, create, grow, reveal. Its nature is harmonious, peaceful. Yes, the violence that appears in the formation of worlds, the destruction and the creating seem to fly in the face of this, but the purpose of these is understood peacefully, the peace that allows the flow of life to be at one with you. This is a flow of relationships, the currents of life.

There is a symmetry that includes far more than physical life. Every creation, every reality has purpose and conditions or parameters of its existence. One's life can seem outside of this. That is a limited view, our brother. Simplicity at the root of complexity has endurance and reveals the complexity for what they are. Be not owned by these complexities of life, but understand them and the root of their existence.

Peace and freedom go hand in hand, and love does exist, our brother, for it holds all life together, all purpose, all destiny, all creation. The realities of love are a worthy journey of discovery. The love of human relationships is but part of the larger reality. Consider then the profound reality of simplicity, peace, and freedom on your journeys. Namaste.

#### **75. The temperament of awakening**

Sept. 20, 2016 B

JANU: We are holding then the temperament of awakening. Now, we have said that it is based on peace and willingness of an open mind. Many find impatience, anger, and frustration in their seemingly unanswered questions as to the nature of many concerns. The temperament we speak of is one of harmony with the True Nature, an identity that grows into the larger life.

You naturally ask, "What is peace, then?" As we have said before, it is more than the absence of violence. Peace opens the consciousness to embrace, without modification or restriction, the Truth of Life, the truth of your own nature. For where is the wisdom, our brother, to employ the nature of reality into the affairs of carnal living? Awakening is not a departure from the incarnate life, but the path to fulfilling it.

When one observes a Master of their consciousness, the peace is unmistakable. There is a presence of mind, a radiance of being, and the seeming miracles of understanding, of patience, and a love beyond description. When one touches the hem of that garment, miracles happen. One does not achieve this to be demonstrative or draw attention. It is a path of service that raises the consciousness of humanity and requires nothing.

Being at peace brings balance to the systems of the body, the energetic realities, the consciousness and the whole being, allowing communication between all of the systems, the reality of who you are. This is what 'attuning' means, our brother, all that you are, being as one. New thresholds are revealed, realities of life, possibilities of being and becoming, and a loving insight into the reality of humanity. Your thoughts and understandings are in perspective and you realize that everything is all right and can change. Namaste.

## **76. Why or why not awaken?**

Sept. 21, 2016

JANU: Yes, some may say, "Why not awaken?" and others, "Why?" We should say this, at this time, "The choice is yours."

Now, awakening is a natural evolutionary process. Marches on whether focused upon or not. The awakening process we speak of is the removal of impediments to awakening, a natural occurrence, the way an awakening life improves. The desire, so to speak, of your True Nature, of your consciousness becomes more realized. This is not an imposition on you, but a freeing of what lives within you, and by that we mean your quest to live, be, create, explore, and find meaning.

Life is a co-creative experience. The fields of creation exist everywhere, every reality, and your nature is as co-creator, and you are Life itself creating after its own kind. Being asleep to this is a freedom as well. A time to reconsider, start over if you will, explore life from a different perspective, or rest so to speak.

This incarnate reality is but a moment in the larger life, but a valid one. Instinctual revelations are guides patterned in your journey, sustained by the larger you. Elements of your True Nature exist throughout your incarnate life but are not recognized for what they are, taken for granted in most cases, attributed to the 'mysterious unknown,' considered unknowable. Everything is known, our brother, including you.

Many struggle for achievements based on the smaller life they're aware of. Insights appear and are called 'miracles' and left at that, especially in unguarded moments. Longing to understand, many consider awakening and wonder how to begin. The truth is they've already begun by placing their attention on that reality.

The True Nature is not some far off thing but is at the core of your being. Every moment of your life is known and recorded. The True Nature misses nothing, but contains the wisdom and knowledge of all you have ever been.

We are attempting to paint a picture here of a portion of the life that you are. Getting to know yourself and to expand your identity to this larger reality is a good beginning. Many have gone on before you. As a matter of fact, you have walked this path before and may walk it again, should you choose to. When reviewing your memories, at times you say to yourself, "If I had but known, I would have walked a different path." At times, the path you choose is to experience the experience of others, to understand them, or to understand more deeply the paths you have walked before, gaining all the wisdom you can from each opportunity.

Life has many layers of simultaneous existence, of reality. Incarnate life is only one. The questions of "Why or why not awaken?" have very large answers. Take the journey and discover them. Namaste.

## 77. Examples of awakening

Sept. 21, 2016 B

JANU: Examples of awakening come to the fore when presenting the reality of this path of evolving consciousness.

- An early example is the recognition of familiarity with another, without knowing why.
- Another is the 'déjà vu' experience, of which there are many examples.
- Another example is a moment of peace or joy, of happiness for no apparent reason.
- Another is profound peace.
- Another is understanding something you or another are curious about, seemingly out of the blue.
- For some, it is praying for another in their time of need and they find themselves blessed with remedy, with recovery, with a healing.
- Simple solutions to complex problems is another.
- Knowing the thoughts and perceptions of another living creature, whether human or not, is another.
- Communicating with your True Nature through the sharing of thoughts and energies.
- Insights into living from old memories of previous life is another. Memories of existences, whether of the Earth or other worlds, with clarity, even if only for a moment, is awakening.
- Moving objects without effort is another.
- Loving a plant and watching it respond, loving any creature and having it draw nearer to you is life speaking to life.
- Loving something into being reveals creativity and life responding.

Connection, oneness, service, the love that binds life, examples of awakening are everywhere, our brother. Choose to notice them. They will build your confidence and transform your life. Each one holds the promise of something more to discover. You are a living miracle. Choose to discover why. Namaste.

## 78. Mastership

Sept. 22, 2016

JANU: These recent journeys, our brother, are essential in laying a foundation for journeying. The more interesting encounters are available through this foundation building. Occasionally speaking of these maintains the interest in larger pursuits. We understand this, but return the attention to that which is needed for many to begin these journeys. Reference to 'lost sheep' pertains to this. Not really lost, but finding their way with inspiration from their True Natures.

Having confidence and faith in oneself is a goal here. Opening to the larger life and its richness brings awareness of the many gifts of life. Finding value, merit in one's own being builds a foundation of understanding to see that in others, thus uniting humanity with common yet varied purpose and integrity.

Many are drawn to the larger life through memory of past experience. These memories can help you focus on the moment, what is at hand, what you are dealing with. By placing the finite into a larger perspective brings wisdom to the moment and brings resolution to confusion and uncertainty, moving forward through life with a confidence

that understanding and resolution are part of you and are fundamentals in the larger journeys as well.

Another purpose of incarnate life is the exploration and application of these principles in the so-called micro- and macrocosms of life. So, you see, principles applied in the incarnate life continue in the larger life, building character and depth, stability, adaptability, and openness to larger understandings and deeper insights. Awakening to see the Truths of Life in each moment of each day unites the human experience and the discarnate experience, for your consciousness, our brother, is common to both.

Choose with wisdom and profound inspiration how you live your life, relate to others, and return what you may. Mastership is not limited to mastering everything at once, but a moment here and a moment there, an opportunity here and there, an understanding, an emotion, even your well-being, helping another, a growing love of life. All of this is mastership, our brother. Part of the path of awakening. Move forward with confidence and faith in who you are. Be at peace and namaste.

### **79. Love yourself**

Sept. 23, 2016

JANU: Visually enamored as some are by the beauty of nature, they seldom see themselves in the same way. Socially being taught to be selfless, shy, modest, unassuming, avoid proclaiming the beauty of the self. The even-minded consciousness does not praise one part of life over another, but sees the beauty in all of it. And there is beauty in all of it.

We encourage love of self, being proud of your basic inherent worth. Not to distort the truth of it, but to see the truth of it and allow it to be, a part of your life that inspires and encourages not only yourself but others as well. The same appreciation is applied to others. In this way, humanity is not divided unto itself, but becomes a viable and strong unity of collective life. Yes, this is part of awakening as well, our brother, the truth of everything.

You cannot give away what you do not own, what you are not. How can your life inspire another if you don't demonstrate what you believe in? So, you see, our brother, awakening is not separate from your life path, but is part of it, enriches it, and expands your consciousness. Why isolate yourself from the wisdom of Life, the life that you already are? Ignorance is not a virtue. It's not even safety or secure. It leaves you vulnerable to unwise choices.

Awakening, no matter what form it takes or the progression of it, is universally desirable and leads to and reveals where you already are in the totality of your being. It is not an imposition but a liberation. The veil has its purpose, but temporarily. The challenge and opportunity is to grow beyond it. Growth through ignorance and beyond it reveals the truth of and the value of life.

There is nothing wrong with any of this. All of it is opportunity. The choice is yours and always has been. Reach into life through every moment of the day and Life reaches back, our brother, and holds you in the Light. Let ignorance pass and understanding blossom. Regain your sovereignty and live in freedom. Namaste.

### **80. Peace of mind**

Sept. 27, 2016

JANU: We are working on what you might call 'peace of mind.' We visit this subject from time to time for it is a valid foundation for exploring the larger life. You ask, "What is a mind at peace?" Using words to describe this is a limitation for common usage of

'peace' is based upon being an alternative to a mind in conflict, troubled, disturbed, frustrated, questing, angry. So the model for peace is 'opposed to' not 'what it can become.'

A mind at peace is alive in the sense of being open, observing reality without prejudice, condemnation, judgement. A mind at peace is pregnant with the potential of discovery, miracles of understanding, natural joy, happiness and beyond, essential nature and the wonder of potential. A mind at peace is not consumed with finding fault or compelled to fix parts of life.

A mind at peace is not obsessed with time constraints or even the measure of it, you see. It is timeless. Urgency does not disturb it. Acceptance of life and its creations, a strong sense of 'isness,' observing and engaging cycles of life and its creations is from the perspective of timelessness. This too shall pass and more will come to be is a theme.

More than the absence of violence, a mind at peace is at one with life. It understands the true power of being and sees the beauty in everything. So many in your world are not at peace, but they could be. But they feel justified in their anger and frustrations, lack of justice, not being heard or listened to. Those who talk over each other do not listen, yet they want to be heard. Yet they do not hear themselves or understand their current frame of mind. They are expressers of patterns they do not own nor are masters of. They are like recordings, playing over and over, and being activated by the patterns of others.

Peace of mind understands this but is not possessed by it. True Power, our brother, is freedom. Freedom to be in harmony with life and the life that you are. Choose freedom from the prison, the confinement of these recordings in your consciousness, in your memories, that replay endlessly. Recognize them when they occur and make choices.

Awakening, our brother, is remembering, rediscovering who you truly are and its inherent freedom to be. Being at peace while exploring all of life is balance, equilibrium, a reference from which to explore everything. Be not identified by these old patterns, or new ones that look the same or have the same effect. Your true identity is free of this but understands it all. "Who am I?" is a worthy question. Listen for the truth of the answer. Namaste.

### **81. The larger life and the human life are merging**

Sept. 27, 2016 B

JANU: Straightaway, as is said, let us begin by announcing that there will be coming a meeting or council, if you will, to negotiate the release or expansion of human consciousness or, should we say, opportunities for this amidst the seeming mayhem in society of the Earth. This council meets, contributing to these opportunities when there is indication of thresholds about to be met. The opportunities are for everyone, but not everyone is in the same position to take advantage of them. And that is all right. This council's involvement recognizes and embraces certain patterns of life that exist in and around a world and monitored by those who serve it.

What we see here for humanity in the next thresholds is the appearance of each one's inner teacher, compelled by the True Nature and the burgeoning desires of individuals and groups. This does not mean that the True Nature of individuals has been dormant in any way, but is intimately involved with the human experience of each life stream. We would have you know at this time that these changes can occur gradually, but

are noticeable primarily when looking back a short distance in time, as human society raises its consciousness and cares for each other.

The children in the media recently speaking out for change and mutual respect are part of this movement. They are awakening as well, our brother. Of course, they are more than children. They are spiritual beings, old in ancient wisdom. More and more of these will seem to speak beyond their years. Listen to these.

The larger life and the human experience are merging. Many changes to come. The council is responding to these and their service is a blessing. There are so many that have served humanity for its entire existence, and not just this world, our brother. Miraculous times are in the offing. It is wise to look forward to them in each moment. Namaste, our brother.

## **82. The duration of humanity**

Sept. 28, 2016

JANU: We are focusing, then, upon the duration of the human journey and its stages of evolution and thresholds of service. The duration of the human journey begs the question: What is human? A certain species, yes. An evolutionary path of consciousness, yes. A pattern of certain qualities in the larger reality of service to life, yes. A species unique but changing, but not only of the Earth.

Physical stature to become thinner and taller due to lifestyle changes, evolution of DNA, activation of DNA elements, changes in consciousness, and changes in environment. Humanity has already changed a great deal physically. The reasons for these continue. Colonies on other worlds present environmental changes. The humanity changes will find their way to the rest of the population, to varying degrees. So these explorations, you see, are not isolated in their influence.

Inner journeying changes perspective, understanding, and awareness of the self and its potential. This will continue on, our brother, for many millennia. The larger the experience and perspective, the less need for brutal conflict, selfishness, and personal empire building. The strength and well-being of the collective will be understood as individually and mutually beneficial. Enriching the whole serves the individual as well.

The accumulation of True Power and its expression will endure. Individuality and a sense of the wholeness of the collective continue harmoniously. In many ways, the reality of the collective finds expression and meaning individually. Humanity is adaptable to the varying experiences of other worlds, other beings, other life realities energetically and beyond. Humanity's existence is already a product of these. The perspective of 'this or that' gives way to 'this and that,' becoming more. The joy of fulfillment no longer limited to personal gains or the illusion of wealth and ownership of possessions. Life becomes more fluid with opportunities and realities moving in and out and through the life. This serves the flow of life and the converse is true.

So, you see, our brother, humanity is more than the physical body and its current configuration. Life endures, evolves, serves itself. Experiences beyond number line the path of the future of humanity. So the endurance, you see, is not defined by outcome but by the journey. Full of change, full of traditions that come and go, and full of beauty and love yet to be understood. Namaste, our brother.

### **83. The destinies of the Earth and humanity**

Sept. 30, 2016

JANU: We are returning to negotiations with the assemblage of those who serve the awakening of humanity and that of the Earth. It is to be understood that when beings incarnate on a world, they and the world are linked in consciousness and awakening to larger reality. This threshold in consciousness has eluded most of humanity for much of its existence. There have been cultures exhibiting this to a degree, Native Americans being one. The reality of this, when added to the consciousness of exploring other worlds, adds a dynamic to the perspective of relationships.

Now, the physical bodies more clearly exhibit this as they are created from the substance of that world, but the consciousness is another matter. For consciousness has many layers of reality and the experiences of the incarnate life for that world can include many sojourns. But many are unaware of the True Nature, so the connection, you see, a little more difficult to grasp. When conscious of this, the incarnate life behavior is more harmonious with the well-being of the world.

Humanity is beginning to move in this direction, but many are still focused on consumption that is not sustainable. To waste resources, with little concern for sustainability, is like consuming the structure of a ship even as it is sinking. Not wise.

Being more conscious of the Earth and the linkage helps both humanity and the world achieve destinies. No guarantees here, our brother. Life allows choices and their results. What we suggest here is taking stock of individual and collective perspective on living and the results of that living for the world that supports it. Are you part of the marketplace that supports the wasting of resources?

The Earth has a destiny, our brother. Learn of it, be sensitive to it, and serve it, for this serves the interests of humanity as well and its destiny. Awaken to this. It is real. There are those already moving in this direction. Much to learn from them. Namaste.

### **84. Getting on with living**

Sept. 30, 2016 B

JANU: We recognize the accumulation of spirit in the sense of the general state of consciousness of humanity on the Earth. The consciousness we speak of transcends time and space, imprinted forever. As we observe collective human consciousness, we see its color changing, becoming brighter, more synergistic, and a growing appetite for freedom from the constraints of limited consciousness. For some, science is a divergence from this restriction of ignorance, but the science of exploration and consciousness has yet to become mainstream.

You question the use of the word ‘color.’ By this we mean tone, essence, nature. Now, be aware of this, our brother, that this tone, this essence does not occur unnoticed. All of life is connected and the desire or request for freedom is responded to. Human consciousness is evolving, but in the larger reality calling it ‘human consciousness’ is only part of the story. Most will say, “What else is there? It is all we are aware of.” As your consciousness evolves, it becomes more aware of that not seen.

Individual consciousness is very familiar with its own world. Marriage includes that of another and all of the interaction. Moving toward global concerns elevates the consciousness and lays the foundation for other worlds and then other realities. Awakening, our brother, modifies decision-making, values, behavior, goals, and your sense of being. Growing in sensitivity, understanding, and appreciation of other expressions of life than not just human changes your perspective. Collective human

consciousness is a mix of many perspectives but there is an overall theme, and that is an acceptance of life as it is, including your own. Which includes change and experimentation.

Predictability of life is that it will continue. The creations, the manifestations are the proof of it. Exploring these realities, these expressions of life, begs the question, “Who or what is doing the exploring and what is gained?” These journeys, our brother, are encouragements to awaken to this. Find peace in the discovering and get on with living. Namaste.

### **85. The beauty of awakening**

Oct. 3, 2016 B

JANU: We are agreeable then to engage your deep desire: the awakening of humanity to more and more of its True Nature, the Divine Within to some. Looking for relateable meaning, the peace that so many wish for, the clarity of mind to understand what lies before them and within them, to have a growing sense of not only what’s to come but how to improve their lives and manifest their dreams. Some call this freedom, sovereignty, the path of mastership and service. The more you understand and know of life and your own nature, the more you love and embrace it all and understand each other. Honor each other’s existence and freedom.

Economics rules so much of human society, not understanding that the power to create isn’t based in finances. It is an intimate connection with creative realities of life itself. These exist on many levels, waiting to be employed. If life can manifest the universe and more, think you not that life can manifest, through the application of consciousness, love, and wisdom, all of your needs through wise opportunities and choices?

Yes, humanity functions and survives, but just barely when observed from perspective of greater consciousness. Your life is not at the beck and call of circumstance in incarnate realities. Why allow it to be? Integrate the larger truth of who you are with this limited, temporary human existence and manifest something miraculous. Share the truth of this with others by living it. Example is a great teacher that others can understand in their own way.

This series of journeys exists for this reason, and more will come as needed, encouraging individual inner journeys and awakening. The greatest teacher you will ever find is who you truly are. What would have your interests cherished more fully than your own True Being? For what else understands your heart and your desires more fully? This is awakening, our brother, and is unique to each one, according to their place in their own evolution. Timing and manner is the prerogative of each one. This we support and encourage. There is joy in this and wonder, peace and fulfillment and life. Namaste.

### **86. The awakening life**

Oct. 4, 2016

JANU: We come together again as one in the consciousness. We support this journey of awakening. Coupled with awakening is living life. The evolutionary changes go hand in hand with the progression of awakening. They are one. So one does not awaken just for the sake of it, but as part of the forward motion of living.

Let us look, then, at a profile of the awakening life: A greater clarity of decision-making; of choices; of commitments and follow through; of explorations; of seeing, experiencing the beauty behind everything. The awakening life has a greater reality to it, a sense of presence and a growing connection and heritage with what life has been and is



becoming. An awakening life embraces opportunities not perceived before. And yes, creates them as well, through the design of potential in the imagination, the creativity, the enthusiasm for living.

How often does one perceive each beginning of the day filled with expectation, wonder, and the marshalling of the consciousness, the energetic realities of being for engagement? Or is one day pretty much like another? Life allows either, our brother, and the power to choose which.

Understand this: the physical body, which is also an energetic body, responds to the consciousness. Feeling ‘pregnant with life’ supports giving birth to vitality within all the systems of the body, for they are needed, you see, to be in harmony to fulfill the designs, to live and create. The awakening life sees no limitations, for the realities of one element of life are connected to the realities of others. The physical body is not separate from spirituality. The physical life nurtures the spiritual life with experience. The spiritual life nurtures the physical life with potential, vitality, and limitless resources.

Love unites all of this, our brother. It is the constant. And because of the variety, the diversity of the natures of reality, so is love. What an adventure on its own, to discover and experience the range of the realities of love.

So how does one bring into focus in the moment such vast reality and possibilities? By exploring what lies before you in the moment, and plumbing the depths of that reality and what it is connected to, for life is revealed in the micro and the macro. How can it be otherwise? Becoming more aware of your own True Nature leads to this. Namaste.

## **88. Aspects of awakening**

Oct. 6, 2016

JANU: We are encouraging then at this time the formation of a personal strategy of awakening. Now, by ‘strategy’ we mean an approach, a conditioning of acceptance, a willingness to engage the opportunities that arise and assimilate revelations. This is what we mean by “affecting change” rather than just waiting for it. Change is a function of desire and need and preparation.

You ask, “How then does one condition themselves to awaken more fully?” By incorporating the process as a model for living, by expecting it, and by honoring it with gratitude as it occurs. So, you see, our brother, awakening doesn’t just happen to you. You happen to it. Awakening is more a condition than a thing, the power of decision-making, deciding to understand, to experience, to know, to be capable of. Making decisions to proceed in life does not mean not making decisions to change those, to redirect, modify, to enhance, or replace completely. Change occurs when reflection upon outcomes reveals different points of views, different perspectives, different possibilities.

There will always be choices to be made, for life is filled with options which are revealed as engaged. Reach into your potential with your imagination, your inquiries. Know with a certainty that more is possible than you are aware of at any moment. Every part of your life is subject to this. Choose to see alternatives, possibilities, in any circumstance. Feel more alive today than yesterday. Breakthroughs in understanding, large or small, revitalize, bringing greater peace of mind and confidence.

Do not dread or fear change or revelation. They just mean you are growing. Your life is in motion. The details come and go as changes pass through you, through your life. Be mindful of the results of all of this. At times life appears stagnant, stuck if you will.

Use those moments to reflect, to process, to assimilate, to be ready for the next change, the next insight, the next opportunity to enrich life. There will always be more, our brother. More peace, more love, more enrichment. Namaste.

### **89. Becoming aware of other life realities**

Oct. 6, 2016 B

JANU: Life exists as beings in many realities, physicality being only one. How does one relate, then, to non-physical existence but structured life nonetheless, with order, longevity, traditions and history?

Let us observe, then, one just removed from physicality in what you call vibrations, octave of life or frequency if you will, yet co-existing with humanity and others. Interplay is uncommon, not because of their lack of awareness, but of that of humanity. There are many instances where humans sense the presence of the so-called invisible. Insights are shared in terms of sensations, impressions, feelings.

This octave of life, of which we speak, humanity wanders in and out of without realizing it is doing so. Native Americans, in some instances, ritualized this activity and related to creatures of the world in this way. The Egyptian's tradition of afterlife, and preparation for it, is in some ways a misinterpretation, but an inspiration nonetheless. Great expense and effort was utilized to further this. They achieved an immortality they already had. Humanity has been bumping, if you will, into this reality here and there. The occultists of theosophical tradition explored this.

The question becomes: to what purpose, to what advantage for either reality? The advantage is to learn of, be alert to the larger you, the True Nature and all that that includes. And in doing so, experiencing and gaining the wisdom you already possess and are gaining still. The larger life includes far more than just humanity and a reality of life slightly removed from physicality. Humanity's propensity for discovery beyond convention exists successfully because of its True Nature. Yes, there are those who pass on from physicality and explore other realities. Preserved in the memory of the True Nature but seldom passes through the veil. Not that it can't. These journeys into awakening encourage such exploration, gradually and wisely.

Learning more of life is learning more of who you are. They go hand in hand. Your journey in the body is very brief compared to the larger you. Be open to an evolution in identity from limited to less limited reality. Namaste.

### **91. The Now and premonition**

Oct. 10, 2016 B

JANU: We are rendering then at this time an explanation of, an example of precognition. The binary incarnate mind does not see this as possible, but can experience it anyway.

Every now and then, circumstances appear, conditions appear for a moment of Now consciousness. Past, present, and future exist as one in this reality. Most experiences of this nature are what you might call accidental, unintended, yet they occur. As you have been alerted before, there is the Now of the past, the Now of the present, and the Now of the future. The Now of the future has its root in the potential of the moment. An example, our brother, is your ability to know a number before it is revealed. Now, the number has existed in the memory or record of some part of life, brought into the present by the iteration. The potential for its revelation occurs through the Now of the future.

The potential of life realized through the conditions of existence to occur should be known through consciousness beyond time/space. Patterns of existence are created and

manifest depending upon the reality of the field of that existence, physicality being one. In the moment of the Now, past, present, and future are no longer separate realities. They reveal each other and your true consciousness, your True Nature, is one with this.

Premonition is the evidence of this. A brief moment of openness to this reality can reveal anything as a response to your inquiry, your interests. Listen not just with your ears, our brother, but the reality of your being that is unlimited. Decide to know and let it go. Namaste.

## **92. Potential**

Oct. 11, 2016

JANU: What is potential, then, to be realized, manifested, experienced, expanded upon? Even your universe has its potential, but to the finite mind appears unlimited, even beyond the term potential. This is perception, based upon current consciousness. Even the fields of creation have their potential, but the reality of potential is so far beyond verbal description it can only be hinted at. Even the Now consciousness of past, present, and future is one with potential for these three perceptions are expressions of potential. So where is the wisdom in the perception that some expression of life is not possible? So much more is possible, our brother, than the finite mind can embrace or imagine. Yet it exists. It is a reality. For any practical purpose, potential is unlimited, as is life.

You ask, "Why know this?" Knowledge, our brother, frees imagination and creativity from any sense of limitation. To know there is more places what is known on a footing of 'continuing to explore is never futile or without merit.' Your thoughts and experiences can always expand. This is the beauty of the reality of potential, realizing that incarnation is a very small part of who you are and what can be. Not only what can be, our brother, but what already is.

Allowing your consciousness to touch more of life is not unlike the journey of embracing more of who you are. You are an expression of life, without limitation of potential. Allow all of your being to be known to you. It is a part of the process of awakening and, needless to say, as you can absorb and remain balanced and at peace and can assimilate the understandings. Awaken to your own potential. Namaste.

## **93. A growing familiarity with your True Nature**

Oct. 11, 2016 B

JANU: We are encouraging familiarity with more of your True Nature, for familiarity is a natural path to trust, confidence, open communication, mutual respect, and a deepening love. Your True Nature has these qualities and many more. Walk through your incarnate life with a growing familiarity, conscious involvement, with your best partner in life; an incarnate journey no longer separate from any part of you.

Walking through life in your integrity, a growing understanding and wisdom at the root of your choices, heals if you will disturbances in consciousness, thoughts and emotions that interfere with your well-being, the performance of your body, and your vitality. Inspire others to find their truth by way of the integrity of your own. A life full of changes, evolution, new discoveries, yet steady in purpose, commitment, patience with yourself and with others, enduring wholeness in the moments of your life.

Awakening, our brother, is enriching. Share what you own, the gifts of living. Your True Nature possesses great wisdom, has access to life resources and their blessings. Being a channel of these allows them to move through your life and touch others and benefit from the blessings that move through theirs. Remember, receiving and giving are one, each as powerful as the other. They complete each other.

The path of awakening reveals you are never alone in life. It can seem that way, but only if you choose it. Listen to the life story of others. They benefit from expressing it. Listen with patience. The connection benefits you both. Namaste.

#### **94. The application of awakening**

Oct. 12, 2016

JANU: Much groundwork has been laid, as preparation for an understanding of awakening. As we have said, awakening is a continuing process. The purpose of these journeys is refinement, enhancement, focusing, and understanding. Awakening is to become more aware, not just to understand but to apply the Truth of Life to your perceptions, your decisions, your choices, your changes.

Becoming a conscious expression of the True Nature of life, whether physical or not, is the path of mastership. Not to be set apart but to serve. What is service, then, but enriching life? Expanding it, deepening it, fulfilling it. Not just the lives of others but Life itself, no matter the expression. The tendency is to consider serving others, for this is what the human consciousness is most familiar with and identifies with. But life is vaster than that, even in the Earth, with the creatures and the Earth itself. Consider then carefully every part of life that serves you, makes your journey possible, supports your vehicles of consciousness. Meaning your body and all of its systems, the energetic realities. They are the nature of physical reality.

It is one thing to learn and appreciate the mechanics of life, the structures, creations. It is another to be one with the natures of all of this without preference. A wholistic approach to your awakening process broadens your conscious involvement. Witnessing life-processing work in your own life helps you recognize the reality of this in others, all creations. There is a dynamism everywhere. All of life is in motion. How can there be evolution otherwise? Explore, become aware of the nature of your own existence. Even at peace, in the so-called quiet times, be conscious. Namaste.

#### **95. Journeying into the light of who you are**

Oct. 13, 2016

JANU: We are summarizing the advantages of awakening to your True Nature. Let us begin by saying you have always been one but temporarily unconscious of it. As you gain wisdom into the nature of life and your own existence, you begin to perceive the benefits of merging, in consciousness, your incarnate life into the larger life that you are. This journey of awakening carries wisdom within it, taking nothing away from the nature of the human journey.

Now, awakening within incarnate life has its equivalence in the larger life as well. Experiencing the journey while incarnate teaches valuable realities through experience in discovery. This does not end when leaving incarnate life. It is only one step in the larger reality of discovering. Too often, the model of understanding only includes physical life, human identity, and some vague notion of spirituality, spiritual existence. The human experience is one piece of an immense puzzle picture of reality, rich though it may be, valuable though it may be. Awakening puts everything in perspective, gaining the wisdom, the maturity to refine the incarnate life, experience more of it or any other reality of discovery you may embark upon, whether incarnate or not. Even in the incarnate life, with the so-called veil in place, the inner passion and desire to discover more plays its role. For it is a fundamental pattern of life to evolve and expand, include

more, have questions and find answers leading to more of the same. Awakening is the path of discovery, no matter where you are in your reality.

You ask, “What of health and well-being and the many deficiencies in this area in the incarnate life?” Awakening reveals to you, through insight and intuition, the cause and effect realities of choices, behavior, emotions, attitude, philosophies, passions, and well-being. How all of these are connected. When one is ill physically, it is more than a physical situation, you see, for the rest of you is connected and involved. Awakening reveals this. Not only the circumstance, the connections, but the resolution of these.

There is always a deeper and larger truth in any reality. Allow yourself to know this and employ it. There are more miracles, miraculous realities in the tapestry of life than you know. Why stumble in darkness when your inner light can show the way? As the website of this content suggests, journey into the light of who you are. Namaste.

## **96. Intrinsic beauty**

Oct. 14, 2016

JANU: The wandering eye of an individual speaks to the subject at hand, being perception of beauty. How is that some observations bring a feeling of beauty, and others do not, or less so? Beauty, our brother, depends on what you relate to, who you are, your frame of reference. So, how do you define beauty in ways that apply to all creation? Not easy for most. Balance, harmony, symmetry, coloring play their roles, but these are perceptions. What we intend to explore is intrinsic beauty.

Intrinsic beauty is life in motion, of many purposes, many functions, portrayals of existence. So, we ask the question: Is life itself beautiful? For a growing number, the answer is ‘yes’ but their perceptions are not limited to form. They relate more and more to the True Nature of everything, including themselves. The True Nature is a fine example of natural beauty. It has meaningful purpose, wondrous potential, ancient tradition, and touches all of life.

Now, we don’t just speak of the True Nature of humanity here, you see. All creation has its True Nature counterpart. So, when observing beauty, choose to perceive the nature of what is being observed. That is intrinsic beauty. And the generous consciousness applies that to the outer form, in its appreciation. So, when observing another, or a creature, or anything in life, allow yourself to perceive the beauty of its True Nature in the expression of that nature, meaning its form, in the patterns of life it expresses.

The understanding of this is far more than words, as you begin to experience its reality. There is beauty in a phrase, which is an expression of life and consciousness. There is beauty in music, art, yes, even mathematics and science. There is beauty everywhere, our brother, as well as these journeys. Namaste.

## **97. Origins**

Oct. 14, 2016 B

JANU: The discussion or reality of origins is a vast one, indeed. It relates to the origin of life itself. And what is life that has an origin, you see? In considering origins of unique consciousnesses, not only are these consciousnesses one but unique expressions of a more universal life, a more cosmic reality that co-exists completely with all expressions of life. Origins matter to a degree, for they speak of foundations of experience, wisdom, understanding, journeys of life, creating unique perspectives adding to the diversity of life, the multiplicity of existence and perspectives.

There are those of humanity who seek to know their origins physically for the same reasons, even though more limited in depth and scope, for that is a function of their current consciousness and understanding. But the motivation is there.

Your true lineage has more to do with your evolution in consciousness, not just what you are exploring at the moment but all of your explorations, encounters, observations, and experiences with countless life forms, not just humanity, you see. Your True Nature is a vast resource, with capabilities, accesses, perceptions, of which the human ones are but a small part but important nonetheless. What is the origin of a thought? Can a thought be original, and if so, to what sense, to what degree? The oneness, the connectedness of life makes this difficult to answer, for so much of thought is a product of the atmosphere of thought that co-exists with life, a collaboration of realities.

You ask, “Do origins matter in the scheme of things?” They do, our brother, for they help understanding the nature of creation and your own being. So, occasionally allow your consciousness, your inquiry to explore origin, which helps place the elements of life in perspective. The exploration of origins inevitably connects you with the origins of other life realities. Appreciate the beauty of life in journeys of this nature. Namaste.

### **99. Integrated consciousness**

Oct. 18, 2016

JANU: We are cementing relations, so to speak, as pertains to the melding of consciousnesses within the being. Unity and diversity co-exist in the True Nature experience, whether incarnate or not, whether human or not. The human identity can seem conflicted in its desires to be conscious as the True Nature that you are, that we are, that I am, yet remain connected with the incarnate life. Unity of consciousness, our brother, does not depart one from the incarnate life, but amplifies, expands it. The challenge here is the identity, part of the body of life being included in the whole identity. Many will see this challenge as immaterial, unnecessary, for their incarnate experience seems all they can handle and master. And it will be that way for as long as they have need of.

The True Nature is mindful of all of this, our brother, and is the authority for all journeys. These journeys we take are movement in the direction of unity of consciousness, of identity. To some this may seem formal structure, and to some degree it is, but with a purpose: to build a foundation of understanding, to help others be inspired to make the transition into the larger life, the larger identity of which incarnate life is a part. No position in consciousness or identity, our brother, is without merit.

The larger consciousness includes everything, not labeling right or wrong, good or bad, but ‘isnesses,’ part of the Tapestry of Life. But the conscious integration of being supports balance and symmetry and well-being. The larger consciousness perceives reality as it is and what it can be and certainly what it has been. So many human judgments are based upon right or wrong, good or bad, traditions and standards that don’t allow for change. Security based upon ritual. And, of course, the challenges appear, for life is in motion. Ultimately, change takes place. The more conscious you are, the more you understand this, embrace this, and become part of the change intentionally, willingly, intelligently, and lovingly. Individuality and oneness are both honored. Live in peace, our brother, and namaste.

### **100. Understanding changes through listening within**

Oct.18, 2016 B

JANU: What happens, then, when life moves or changes and you have yet to notice? Several things, our brother. The hierarchy of your being intuitively you to take notice and, as you do, the response comes to you to this movement in your life. The understanding continues to develop as applied. Confirmation occurs but does not signal completion of developing understanding.

A growing sensitivity and alertness to insight or intuition is developed through listening and the application of consciousness. Your incarnate consciousness has many resources. Your True Nature is both guide and instigator. Your incarnate circumstances, perceptions, attitudes, behaviors are not separate from your True Nature's awareness. Remembering, then, that your True Nature is you, as a larger more complete reality, the author of your journeys.

There is much to awakening. A richer life, wiser choices, insights and compassions. As often as it occurs to you, listen within for understanding, inspiration, and purpose. The path of awakening is a long one and becomes wider and wider and deeper, building momentum based on a foundation of understanding. Namaste.

### **101. Expanding understanding of who you are**

Oct. 20, 2016 B

JANU: Many are longing to know who they are, more than this human identification. What is intrinsic about their nature? What possibilities await them in their own creativity and understanding? The physical lineage is only part of the story, even though their ancestry has varied. It is not who they are, but mostly physical influences, genetics. Good information but not completely satisfying.

Scanning the True Nature for the larger identity leads to remembering your origins and experiences. The physical body is not who you are. It is what you are doing, to a degree. You are more than that and your existence is more than that. These journeys of understanding are only part of the picture, you see, but they begin to provide answers to your questions of who you are.

The challenge and the opportunity is not to hang on to the human identity so tightly you can't change your perspective to more of your True Nature. Accomplishing this while maintaining balance and sanity, reasonableness, and peace of mind is part of the reason for so many elements to these journeys that build the foundation for success. The human experience takes on patterns of consciousness that must evolve into something more open and engaging larger realities of life and of your nature. The human identity experience is part of a larger truth of your being. Not to be discarded or ignored, but to be merged with a broader and deeper perspective.

The dropping of the veil, so to speak, is very important and serves a purpose. As is awakening. Continue to ask the question: Who am I? Then, listen for elements of understanding, here and there, now and then, remembering the journey of awakening as you gradually realize your answer. Realize the truth of who you are. A miraculous journey. Namaste.

### **102. The symphony of life**

Oct. 21, 2016 B

JANU: What you have understood, our brother, as relates to the progression of life needs updating. The perspective we share at this point has to do with the song of life. By

'song' we mean the symmetry, the interconnectedness, the harmonies. Can be understood and perceived as the symphony of instruments to include consciousnesses.

You have asked as to the communication structure or format used by elements of life having nothing to do with the language of the spoken word. This symphony we speak of, and the harmonies, are a far more complex language but simpler to understand when perceived.

Life has a tempo, a rhythm, a progression, and is harmonious. The director, the conductor for your experience is your own True Nature. It functions this way. Allow this to be added to your perceptions, your consciousness, as a means to communicate with any reality, any part of life. Not in words but patterns and relationships.

With words, our brother, the ownership is not there. Experiencing the symphony of life, ownership instantly occurs. This contributes to this reality, is part of your love of music, for music emulates the symphony we speak of. It communicates beyond words and lifts the consciousness into subtle experiences and patterns. Consider this view, our brother, and experience life in a larger and more intimate way. Namaste.

### **103. Awakening, the great healer**

Oct. 24, 2016

JANU: The best antidote for fear and confusion, frustration, anger is understanding. The awakening process, the awakening experience is a growing healer for troublesome emotions, conditions of consciousness. Awakening is the great healer, not as a separate thing but personal experience, the lifting of consciousness, discovering the true nature of any part of life. Yes, even the healing of the physical conditions, so-called disease, disturbance, injury, physical, psychological, for all of these are a product of misperception, confusion, mis-creation, circumstantial involvements.

Awakening brings balance and harmony. In finance, one can see opportunities not seen before. Not only external ones but internal ones as well. Insights into capability, intelligence, inner strength. The lifting of crippling doubt and misperception. Communication with the body in diet and exercise. So many maladies of the human experience are the result of choices and engagements, unwise or preferred outcomes. The natural condition of the body is perfect health. The body returns to this when allowed to do so. So, what is healing, then, our brother, but the return to balanced order, function, symmetry, peace, coordination, connection, integration of consciousness, understanding and its application.

Everything you need to fulfill a desire is known and can be known. Even outcomes of decisions can be anticipated, for better choices. Potential outcomes are a reality. Be sensitive to insights, intuitions, hunches, if you will. Probe their meaning. Past, present, and future can be understood and explored. The reality of healing exists for everything, not just health, our brother, in the physical.

Awakening is the great revealer and healer. Your True Nature not only knows this, but understands it and will guide your progression. By 'you,' we mean the human you. Choose understanding and a larger and deeper relationship with life. Be who you already are. Enjoy life through discovery, realization, and a love for its magnificence. Discover the brilliance of true peace. Namaste.



#### **104. Destiny and the flow of life**

Oct. 24, 2016 B

JANU: Let us progress this scenario of the awakening of humanity to include the course of destiny.

Human destiny includes more than technology, but the transfer of power from the external to the within. The power to create. The power to know and understand. The power to communicate beyond language. The power to be. These powers exist for the benefit of life and those who use them with wisdom. Human destiny includes the forthright attempt toward universal consciousness and the mastering of simplicity.

What is nature, then, but a creation? And what is unnatural, if everything is creation? Anything humanity builds or creates is from the one Life, the essential nature. Destiny is the manifestation of potential, with outcomes that allow for continuation. One tends to use the nature of Earth as the foundation for understanding what is natural. The so-called “Laws” of manifest life are mutable. Nature evolves, changes, and self-creates. So, can the destiny of humanity be based upon that which constantly changes and evolves? It has to be, you see, for that is the nature of existence.

So, what does one obtain from these observations? One obtains a growing consciousness into reality, hanging on to nothing to be inevitable or permanent in any way, yet worthwhile, part of the flow of life. You ask, “Why does the flow exist?” The flow is the change of life, the movement, the creating and re-creating, repetition that is never the same.

Your existence is life in motion. Your destiny is whatever you choose. That is the nature of a co-creator. Creation does not stop with any creation, you see. Understand your existence in this way and so-called anomalies are in harmony with the eternal flow. See your day this way, your life and your relationships. Namaste.

#### **105. A conscious path of awakening**

Oct. 25, 2016 B

JANU: Setting foot on the path of awakening as a conscious choice can be a bit demanding, depending upon your desires. This is why we encourage patience and peace, allowing for the assimilation of new experiences and understandings. The tendency to set time limits for goals and achievements is a time/space phenomenon based on limitations of one sojourn. But the journey we speak of, our brother, is larger than that but includes all of that. Making changes in your life by way of your choices is part of this path of intentional awakening.

Always be mindful of self-imposed pressures to achieve. Awakening is a liberating and peace filled journey. Every moment of every day has its connection to this. Awakening is a natural process, self-perpetuating by way of achievement in consciousness and life experience. The wisdom gained clears the way for confidence to achieve more. Awakening is a way of living and there is no timetable required for this process to continue, other than what you impose.

Life flows, our brother, and so does yours. Honor the life flows of others—and not just people. Judgments can be distracting and alter the journey. Grow in sensitivity to your energy patterns and their ease of movement. Many achievements are a continuation of past experience and wisdom gaining. Allow these as well. Hold on to your values and integrity but allow them to evolve as well. See the life flow or motion of life in everything.

All of existence, our brother, has its integrity. Gain your insights; make your choices; engage life as you choose; allow yourself the freedom to make course corrections, if you will, free of self-judgment or condemnation. Journey in peace, and namaste.

### **106. Understanding limitations**

Oct. 26, 2016

JANU: We are Janu speaking, unencumbered by limitations that seem so routine for the incarnate life. So let us explore the merits of incarnate limitation.

Time is a constraint allowing process to unfold and fulfill itself. Breathing rate is a limitation. It matches the capacities of the physical absorption process, lungs if you will, oxygen uptake, the body processes. Weather is limiting. Solar radiation, gravity, emotions, light and color, and, yes, even understanding. Without these limitations, how would incarnate life function in its current state of evolution?

So it is for the awakening process. It has its limitations appropriate to the evolution of incarnate life, personality, ego, and understanding. Recognizing the need for limitations that are evolving is part of wisdom, our brother. Understanding the incarnate life includes this as well. Patience with each other, caring and understanding have their limitations as well, but these vary. The so-called great ones in your history had their limitations but they embraced them and evolved them with the greater wisdom, memories, and understanding of the larger life, the True Nature.

So, as you awaken, evolve your consciousness by embracing your True Nature, its capacity for love and understanding which is evolving. Your True Nature has always been your partner in your incarnate journeys. It understands the limitations you perceive in awakening, recognizes their merit, their safeguards for progressing sanely in balance.

All of life has protocols, so-called boundaries. Harmonious balances, yet at the same time co-existing; self-determination and choices. Limitations are feedback on your awakening, your maturity, your wisdom. They are not fixed; they are in motion. They are part of the life that you are. Understand their messages, mirrors of your consciousness as a co-creator. Life is a symphony, our brother, and everything plays its part. Be one with the music. Sing your song, always learning new melodies as you grow. Namaste.

### **107. Repatterning your life**

Oct. 26, 2016 B

JANU: We are relating then to the story of mankind's quest for gold. Not in the material sense, but in the sense of illumination, the golden light, or Truth of Life we speak often of. The differences between incarnate life and discarnate life. There is commonality here, our brother.

It is possible to be conscious as both, one being, one collective identity, one presence in the flow of life. The incarnate choices, desires, passions, goals while unconscious of your True Nature change greatly as you awaken to your fuller consciousness. You will relate differently to everything. Your thoughts no longer separate from the rest of life. Pieces of the puzzle of understanding come together more and more. Your perception of self is as a part of everything. You are conscious of connection and the presence of so much more. Your awareness no longer shackled by the limitation of others and conventions of society. Everything is perceived more deeply. You experience the adventure of incarnate life as never before in this sojourn.

How many limited thoughts in people's lives are based on age? Eternity is more a reality in your being. Allow rejuvenation as a continuous reality. Few will understand this for they are owned by limitation that surrounds them in the lives of others as evidence. Age is not the only pattern that, for most, leads to leaving the body, you see. There are those who have experienced leaving the body by choice, at their own time in excellent health. A choice not owned by circumstance.

As the larger life and the incarnate life merge in your awareness, everything changes into a wholeness that is more natural to you. Choose wisely what you pattern yourself with. Life responds to the patterns you choose. Namaste.

### **109. Recognizing and evolving patterns**

Oct. 29, 2016

JANU: We are encouraging a departure from limiting patterns of consciousness and behavior impressed by social consciousness and experience. These many journeys are new patterns of being, to the incarnate journeyer, that enlarge and awaken the larger identity of being, making possible greater strides of achievement in time/space existence.

The patterns of limiting belief systems are not so much an adventure into the larger life but a sense of safety in the more limited life, choosing the known rather than the unknown and resting in that. There are patterns of life, unbeknownst to many, already created by others who have journeyed in the larger life. These are not required for you to adopt or assume, but are available as possibilities, to explore or not. Embracing your True Nature consciously as an integrated and unified experience reveals these, allowing for the reshaping of the adventures of life as you choose.

Life is incredibly rich with patterns of experience and understanding, available in consciousness without the need to travel physically anywhere, for consciousness does not have those limitations, nor does your True Nature which, we say again, is who you are. You never lost this ability. It was just hidden for a time, allowing for you to begin the experience of a new adventure called the incarnate life. As life is always in motion, so is your consciousness.

The question remains: Can you recognize a pattern, any pattern in your life, that may have purpose but is limited as well? And are you open to modifications or replacements? The sense of being stuck in a pattern is not an uncommon occurrence. What to do about it is the challenge and opportunity. Belief systems, best served when they are temporary, can lead to direct experience and knowledge; a pattern fulfilling its destiny but evolving.

Discover your patterns. Understand them. Allow them to evolve into new understandings and new experiences. Remember, your True Nature is evolving as well, aren't you? Namaste.

### **110. The faces of love**

Oct. 28, 2016 B

JANU: We are initiating a follow up on the progressed dynamics of the featured events of human destiny, in the short term.

To begin with, let us share a moment of understanding in the essential nature of love, which in time will shape human destiny more and more. Love seems to have a different face depending upon circumstances and evolution in consciousness. The face we see at this time, for exploration, is inner peace and, through this, peace with each other, replacing anger with understanding, judgment with patience, fear with a faith and trust in

life as a grander reality. A sense of well-being not limited to physical conditions. A love that lives in the True Nature, coming ever closer to a conscious presence.

What makes the face of love appear differently is determined by the sensitivity of the individual to its influence and manifestation. This is why the face of love can appear differently with the same individual from time to time. When an individual awakens and embraces the face of love that lives within them, their physical expression, countenance, radiation expresses this and is perceived by others. Not always understood, but noticed, for this expression touches the truth in them, which is difficult to ignore.

One does not create this condition. It is the product of awakening. Allow your True Nature to join you and become the face of love as you may. Namaste.

### **111. A pendulum of choices and outcomes**

Nov. 1, 2016

JANU: Let there be, then, known that the tumultuous times that consume so much interest, in the larger view are growing pains, with the dichotomy of human emotions, motivations, thoughts, and beliefs, an attempt to reach resolution, to reach something better. Dichotomies have their place in the nature of things, but they are steppingstones and at times reversals and by no means preferred outcomes. These are times valuable in assessing these elements of your existence and consciousness, emotions and thoughts, and their dichotomies, choosing ever more clearly the results of living the incarnate life you really prefer, and exploring your resources for reaching those goals.

Dichotomies speak to the pendulum of life and its excursions, the range of possibilities, but the pendulum measures the outcomes, you see, and its movements are your choice. Every part of your life has dichotomies and the opportunities for choosing where you want to be. Your choices swing the pendulum to explore, discover, and test what can be. Those around you are doing the same thing. Observe the results of their choices and learn from them.

Always be available to enrich each other's perceptions, to enhance their experimentations, and understand their conclusions. But be the one consciously moving the pendulum, choosing, learning, absorbing, and understanding. The pendulum moves as quickly, as far, in the directions you choose. Be not afraid of this, but own the choices and the changes and the modifications of these movements.

No matter how dire the results may seem at the time, you are more than this. Life forgives. Life allows. Life supports and guides you. You are one with that Life and it is really who you are. Experiment, engage, process, contribute to, create, help each other, enrich life as you may. Namaste.

### **112. You, the True Nature, and peace**

Nov. 1, 2016 B

JANU: The relationship of the True Nature to the human identity is one of peace, profound peace. The nature of this peace has to do with a profound love that is deeper and larger than most human understanding. This is why peace is mentioned so often in preparation for these journeys, and the resolution of challenges to incarnate experience. Becoming more conscious of the larger life is served by letting go of the mire of human emotion and motivations that tend to trap the consciousness into endless cycles and circles of self-defeating anger and frustrations and deprivations. Yet there are still moments of joy, beauty, and wonder that bring fulfillment to your capacity to balance the life amidst the pull of focuses of limitation that repeat and repeat.

The freedom of being that you enjoy when sharing the joy of another, grateful for their freedom, being one with their upliftment for their sake is part of the peace we refer to. Those moments touch deeply and open portals of connection to the beauty and depth of the True Nature, which is who you are. In these moments of freedom identify with your True Nature and retain some of that, returning to the realities of the incarnate life. People helping each other find moments of freedom enriches life and promotes awakening. Namaste.

### **113. Liberating the human spirit**

Nov. 2, 2016 B

JANU: We are entertaining again the invisible servers called upon by the activity of those consciousnesses that serve in the tradition of awakening. These beings are so at-one with the flow of the evolving life as to be transparent, so to speak, with their presence. Think not of these as a group of beings in a location but consciousnesses of like purpose throughout life. Their reality is not described by time/space, only their tradition of service and their oneness with those who serve. In this reality there is no such thing as small or large significance in service. Those who provide selfless service, even wars, do not ennoble the war, only that that lives in the consciousness of those who serve.

Lifting the consciousness of another, serving the liberation of their spirit lifts all of humanity, our brother, and does not end with one occasion. Child or elderly, rich or poor, this is the true power of life. As you consider every endeavor, every station in life, lifting consciousness brings a measure of freedom to everyone in one way or another. Be involved with the liberation of the human spirit. Nurture the reality of peace and life responds. Namaste.

### **114. How to engage the larger life**

Nov. 3, 2016

JANU: Make no mistake. Humanity as a whole is more aware, not just of life around it but life within it; its nature, its destiny, and its capacity to serve life and each other. Still having many opportunities for awakening levels of awareness throughout the physical life, its Earth journey revealing that life is not all animated and sentient beings. The physical body is not the only identity for inhabited consciousness. A world has a consciousness. It is aware and is part of a community of worlds and other celestial bodies, energies, and realities beyond energy, creating energy but not using it. All of these realities of life, our brother, have consciousness, meaning awareness, of countless forms, parameters. Part of the puzzle of life, the 'big picture' if you will. The larger life is beyond description. It is not necessary to be aware of all of it, but the more you become aware of and its nature, the more enhanced and profound your contribution. Awareness does not necessarily mean letting go of one to gain another, but to add to what is gained.

A valid question for humanity is: In the coming times, where is your consciousness when meeting another world's species, other beings, other consciousnesses and all that that brings? Do you own your own deeply, well enough to be in harmony with another? Not necessarily agreeing with or being the same as, but respecting and honoring. How open are you to the larger life? There is much life consciousness that is your world you are yet to be aware of. Practice with what you have at your doorstep, so to speak. It will prepare you for much more to come. The micro- and macrocosms and everything in between are rich with opportunity, substance, and participation to be engaged.

Engage life. Explore its depth and scope, as well as your own. Ask questions. Allow answers. Absorb the process and ask more questions. The cycle of life that goes on and on. And none of this, our brother, is done alone for all of life is connected. Grow into conscious connection with everything, especially who you are. Namaste.

### **115. Wisdom in understanding choices**

Nov. 3, 2016 B

JANU: We are Janu speaking, with attention fixed upon the natural course of human awakening and the recognition of its destiny. Destiny is known by potential, and the potential of humanity far exceeds its current evolution. “But how does one measure this,” you ask, “when not privy to the full range of consciousness of all of humanity?” While this understanding, our brother, exists, not so much by individual humans but the Life they are one with, remember that all is known, ultimately. Awakening is becoming more aware of the reality of knowing, and this we encourage and support, but there is a wisdom to the pace of this and the countless elements of existence as incarnate beings demonstrating your destiny through choices and achievements with each other and their environment.

There is a mixture and a balance in the flow of life that includes what some may call reversals, and achievements, misperceptions, revelation, choices, and engagements being modified and withdrawn and created. This is why one who professes to have the ‘ultimate truth’ at their disposal is deluded, for even that is evolving. Opportunities are not thrust upon you arbitrarily. They are created by the circumstances of existence, the many complexities of life that include choice. The phrase “parameters of existence” speaks to this. Awakening reveals the parameters of your existence and of everything else. Understanding these leads to understanding destiny as a product of potential and choices. Make choices as you perceive any opportunity and examine the results and the opportunities that arise from those choices. Other contributions to this flow of opportunities are your desires, what you value, what you long to experience.

Yes, you are a co-creator, but a creator in a partnership with, in harmony with Life itself, which includes everything. Use your growing wisdom to consider the merits of your choices, your understandings, and your perceptions. Thoughtful consideration instead of impulsive reaction brings you closer to the fulfillment of your desires and your potential. But you stay in motion, our brother, and avoid stagnation. Develop discernment along with inner reflection and then choose. Life holds great promise and reward. Peaceful journeying, our brother, and namaste.

### **116. The pendulum of awareness**

Nov. 4, 2016

JANU: The awakening mind becoming more conscious of the oneness that has always existed is an interesting phenomenon. To the awakening mind this is new uncharted territory, so to speak. To the True Nature, which includes the human consciousness, the only thing that’s new is the next experience. The facility to shift focus, identity if you will, from incarnate to the total you and back again is part of awakening.

We would have you understand that the seeming dichotomy in consciousness is the pendulum, once more, of awareness. The great seers and sages of all human history were capable of this. Not all masters of it, but evolving in that direction, as are those on the Earth completing their journeys. It is sometimes not easy to recognize these changes, but they do occur.

Duality mind might suggest you are one or the other, human or True Nature. The truth is you are both. And, in the larger understanding, all of this is who you are. The minutia of realities is, of course, available but the primary interest here is the principles. A clear and aware consciousness is the vehicle for exploration and discovery. The content of life is one thing, our brother, the nature of it another. Consider this carefully. Namaste.

### **117. Awakening is natural**

Nov. 4, 2016 B

JANU: The subject of discussion in this journey is the naturalness of communication within the collective consciousness of the True Nature. This naturalness includes communication with other realities of life, including beings, by way of this natural ability. It may be somewhat unique compared to the outward appearance of many, but it is completely natural and available to anyone who chooses the path of awakening.

Now, the forms of communication can vary greatly. Direct knowing without words. Impressions of many kinds. A sense of presence and understanding. Feelings. Direct observation of the flow of life. As one awakens further, other abilities demonstrate naturally. The so-called laws of physics and physicality are all subject to a more diverse reality. The movement of objects, the ability to move through objects, to render them weightless, so-called miraculous healing, levitation, the list goes on and on, but the wisdom to incorporate these things in a balanced life, with reasonableness and sanity, is called for.

So what are the limits, then, our brother, of natural ability? Physicality is not as fixed as most people assume. It is the limit of their current experience. It is natural to be in perfect health your entire sojourn. It is natural to be at peace. It is natural to love yourself, and others. It is possible to leave the body when you choose, whether temporarily or permanently. And it is natural to nourish the body without food.

Awakening opens the door progressively to all of this and more. New experiences, wisdom to be gained, understanding without boundaries. Connection and oneness have deeper meaning and remembering all that you are is part of the joy. The knowledge you gain equips you, conditions you to see the truth in others, as your compassion grows.

Awakening is not limited to a few, but is enjoyed by any who choose it. The larger life is natural indeed, as is ignorance of it for a time. Learn of its wonder and its blessing. Namaste.

### **118. The value of dichotomies**

Nov. 7, 2016

JANU: We are remembering our agreement to proceed with many projects, many collaborations, to bring balance to the dichotomies of life and those in the human experience. By 'balance' we mean equilibrium allowing for the dichotomies, the ranges of expression and experience to sustain each other for the purpose of providing opportunity for exploration, experience, and wisdom-gaining. These dichotomies, our brother, help maintain order, unity, and clarity of purpose. We see these challenges as a life force and the flow of life working together to provide a system of life with viability, endurance, and creativity. Some call these dichotomies 'good' and 'bad' but they are all life and serve a larger purpose, larger than either one. What wisdom would you gain from a life with only one perspective, one direction, one course, one opportunity? Success is described by the outcome of your desires, your passions, and your choices.

All dichotomies are contained within the scope and breadth of life. The path you choose ultimately leads to a refinement of consciousness, depth of understanding, and creative genius. These discussions speak to the shadows of life cast by timeless reality. Being at peace opens the consciousness to the truth, the reality of being that can embrace everything. Walk gently through the fields of creation. Step gingerly to remain free to choose the next foothold, grateful always for the presence of life. Namaste, our brother. Walk with us as we walk with you.

### **121. A vision of leadership and destiny**

Nov. 15, 2016

JANU: We are speaking to, if you will, the proliferation of and dissemination of aggressive tendencies in the political arena. These attitudes and motivations speak of times of change, not so much the focus of the aggressiveness but the timing and amount of it. Balance includes a consideration of extremes. Aggressive tendencies come from frustrations and repressions. The conflicts in the world at this time stem from this.

A balanced approach to life takes into account the extremes of life, balancing their influence and patterns of existence to work together for the middle way that is more powerful but not separate from the extremes of life. A balanced view considers the entirety as components of collective reality with the inherent strength to embrace or engage life's many challenges. The mind that only sees or understands one thing versus another does not grasp this easily. The balanced view sees the reality of everything and models these into a workable collective.

The leadership of your country is waiting for this, but not understanding how to achieve it. Your two party system is drifting away from this balanced view and needs a leader who can recapture it. That is the vision we speak of here, for someone who is coming, but not here yet, not in the forefront. This coming one may elect to be a leader openly or work behind the scenes to redirect and inspire those leaders who are open to a wiser view. Yet remains to be seen, but either course is what's needed. This one is not against the extremes of life, but coordinates, collaborates, includes the contributory strength of all factions.

This will move humanity forward, losing nothing of its inherent strengths and abilities, creative genius, commitments and endurance, and loving nature, but gaining so much more. For as humanity reaches beyond its world, the opportunities and challenges are great and many. Preparation for the future is what we speak of here. This is not the only world or species struggling with this. Much to learn from each other through experience. The awakening of humanity includes this purpose and scenario as well, becoming more and more aware, more conscious of the realities of life, its potential and destiny. Namaste.

### **122. Learning to walk in truth and integrity**

Nov. 16, 2016

JANU: We are conditioning then, if you will, the social movement in consciousness, in the sense of interpretation and progression. Social media, our brother, is a good barometer of the trends in social consciousness, which is a composite of individual consciousnesses. To clean up social media, it is accomplished at the root of it, which is the collective consciousness of humanity. Awakening once again, you see, being a catalyst for this.

Let us move then from this scenario to that of religious dogma and philosophy, theosophy, scripture, all of these. This whole venue is colored by the movement in the



collective human consciousness. Social things of this nature have a tendency to degrade over time for it is easier than to maintain ever higher standards of integrity. The change is almost too slow to perceive and, after time, it is all that is known or experienced and becomes the norm, you see.

Awakening is a refresher course, if you will, into the Truth of Life, a way to remind oneself of their integrity, which includes attitudes and relationships with others and social behavior. The true integrity of people already exists and is evolving. Being conscious of it is reconnection and letting go of the drifting away into ignorance and confusion. Be not in despair. Humanity's destiny includes these experiences but also includes victory over and through them.

Life will never give up on you. There is always recourse, another opportunity. Forgiveness is alive and well, for Life perceives nothing to forgive but only that which is to be loved. One does not punish their child for falling, but encourages them to arise once more and gain wisdom from the experience, for self-monitoring, appraisal, and determination.

You have been encouraged again and again, our brother, to rise once more, to take the reins of your life and continue on. All of this you have benefited from, gained wisdom from, and seen more clearly. Let not your clarity be confused or dimmed by the decisions of others. Be an example of clarity for them. No condemnation here, no judgment, no diminishing of intrinsic worth. Everyone is learning to stand and walk in their truth and in their integrity. Allow each other to do so. Help where life leads you to help. Namaste.

### **123. Freedom and choice**

Nov. 21, 2016

JANU: What does it mean to be free? In reality, humanity has always been free to experience whatever it chooses, but the choices can become experiences of entrapment with no way out seeming to be the reality. So why do patterns of choice possess you? Because these patterns are not founded on freedom in the ideology, in the perception. The reality of a larger life is not included in the perceptions so the patterns and choices become your identity reality, fixed.

Freedom to be or not to be is the choice. Freedom is everywhere. So how does one possessed by the patterns of choice reaffirm freedom beyond the choice, you see? Remember: what your attention is on you are connected to. So put your attention not on the choice but the result of it. But who made the choice in the first place?

It is wise to explore multiple choices, even set progression limits on those choices that extend to your desire to continue. Choices are not fixed or permanent. No pattern of life is. Everything is mutable. When making a choice, choose to know the wisdom of it, its potential, its life span, its manifestations. Every journey of life, every portrayal, every enactment has a range, interactions and outcomes, whether agreeable or not. Consider any current experience in one's life and expose it to choices. There is no shame or negative connotation in changing one's mind, deciding differently. Do not be owned by those patterns of choice. You are a free being that lives, not just in them, but beyond them. They are not who you are. They are temporary journeys.

So choose freedom and be true to your choices as their results are revealed to you. Then choose again whether to continue or change. That is exercising the freedom that you are, our brother. Choose with care, thoughtfulness, insight, and the wisdom you have gained. Namaste.

## **124. Observations of the awakening of humanity**

Nov. 21, 2016 B

JANU: We are encouraged by the many commitments to awakening and the perspectives of so many to the meaning. What we see changing here, evolving and growing, is the collective human consciousness, its greater grasp and command of creativity, the energy and patterns that consciousness creates. This we see growing, and more and more individuals and groups will recognize the reality of this, which will bring encouragement to develop further. The byproduct of awakening, the enrichments, fulfillments, peace and joy from revelation, brings a kind of glow to the radiations of consciousness globally. It is working, our brother, but it is a process and is earned through commitment and engagement, insight and understanding, and a growing concern for each other. Many challenges to old patterns of consciousness, cherished beliefs, philosophies, and the so-called 'laws of life.'

Yes, even the creatures of the Earth are evolving, becoming more conscious. Human consciousness has a history with the collective consciousness of the creatures of the Earth. There have been pockets of understanding in native cultures but these did not find harmony with the norms of society and took a back seat to the norms and pressures of economies. Humanity will evolve into a conscious cooperation, a partnership with the life of the Earth, and both will benefit.

Among the obstacles to achievement are fear. Fear of each other. Fear of nature, and disconnection. When the feeling of being alone or disconnected is established, it is difficult to return to connection because the nature of this is forgotten. But the instinct that it exists remains. When reaching for something more than society, let not society's patterns control your perceptions, limit them, shape them. For true connection with the larger life, our brother, is so much more. What most people believe they cannot accomplish can be accomplished. The laws of nature, so to speak, do not control consciousness, the nature of the larger life. All things are possible, but not if you don't accept them.

Understand your motives for any accomplishment, any desire, any creative impulse. The ability to ask a question and gain understanding that proves itself is one of many questions, each one a key to understanding and engagement. Revelation, our brother, leads to another and another. It is a privilege to observe the human consciousness awaken and evolve. Namaste.

## **125. Getting to know each other**

Nov. 23, 2016

JANU: So often when immersing in another culture, the one immersing attempts to construct an environment of their familiarity, associate with others they understand, and isolate those who are outside of their community, with only a superficial understanding of their so-called neighbors. Getting to know each other, of different cultures and philosophies, different traditions and different appearance, breeds a much better opportunity to benefit each other. If your identity is only your community and associations, current traditions and understandings, your culture becomes more stagnant, with great opportunity and evolution all around you but not within.

So what is involved in knowing each other? Allowing for differences, similarities, new ideas and perspectives. It takes patience, our brother, much listening and thoughtful sharing, seeing the others as rich in their own way. Share your riches with each other, your mistakes, your victories, your passion for life, your histories. Be patient and listen. Open your minds and hearts to understanding. Walk in each other's shoes to varying

degrees and see what fits and what inspires. Allow the viewing of your own perceptions and preferences, from their point of view.

When one is immersed in their own traditions, their perceptions become modeled only after them. As we have eluded to, your identity, or sense thereof, can confine you or open you to a larger life. When you listen to others of different culture, listen fully. Hear their struggles and achievements and wonderings and creativity. Touch their lives with your consciousness and be enriched. Enrich theirs with truth of your life.

Getting to know each other is a wondrous path of collaboration and cooperation, association. Take this to future opportunities with other worlds, other realities. A path of true awakening, our brother. Namaste.

### **126. The Earth as harbinger of change**

Nov. 24, 2016 B

JANU: Harbinger is the word we begin with this evening or that which speaks to what is to come. The harbinger we speak of is not a person, but the weather or climate change, if you will. This is a good opportunity for people who are awakening to attune to the consciousness of the Earth, a living system. The current drought you are experiencing can occur anywhere, as others will attest to. There have always been those who attempt to influence the weather in their favor, you see, sometimes successful to some degree. This harbinger of change is what occurs in a living system. Wise would be the individuals, or individual, who learn to read, attune to the reason for these changes. Understand them and find common ground between the needs of the Earth and those who are part of it. The nomadic tribes of the past and the present are more adapted to these changes, but human civilization becomes established in specific locations, unable to adapt to a large degree of change.

Getting to know the Earth and its functioning, its consciousness, presenting your needs as you perceive them as a negotiation, you see, is movement in the direction of compromise. The Earth is not insensitive to the needs of nature, environments, or inhabitants, but can be assisted by a relationship with those who can attune to ameliorate all of the needs involved. As we suggested in earlier discourse, get to know each other gently, with patience, and genuine concern.

Changes will always be, as will be the opportunity for engagement and negotiation. Become more a part of Earth changes, not to interfere but to cooperate. Asking for assistance from those who may be wise. Grow into this, our brother, and find peace in it, as well as effective relationship. Namaste.

### **128. Ponderables on the path of awakening**

Nov. 25, 2016 B

JANU: 'Ponderables' is the theme here, on the path of awakening. What is there to ponder, our brother, to consider, to attune to, to explore, to understand, and to apply? You ask questions such as the non-physical reality of the universe, singularities, perspectives beyond time/space, the nature of subtler realities, human consciousness in the presence of the True Nature's consciousness, and then, of course, identity—more to the point: identities. These are only a few 'ponderables' on the path to awakening.

These elements of reality are not just born of the human consciousness but the True Nature asks these questions as well, such as: What is life? And the question "What is not life?" does it have any merit at all? So as you consider these 'ponderables,' consider them in the presence of your True Nature, that which can connect with these understandings and reveal them, at least to varying degrees. Steppingstones of

understanding, our brother, that are evolving as is your consciousness. Revelations in these areas of interest spawn more 'ponderables.' Not to be overwhelmed but to embrace these and awaken to a larger life, or at least part of it.

Awakening, our brother, in its truth is a never-ending process of reality. Serving the awakening of humanity is a grand journey. The wisdom that accompanies this is a grand journey as well, you see. Remember: The understandings you achieve are not yours alone, but the legacy of life for everyone. Given to whet the appetite, so to speak.

The magic of journeying is revealed through the embrace of a 'ponderable.' Ask your questions. Open to the presence of your True Nature and its connection to the larger life. Namaste.

### **129. Enthusiasm for living**

Nov. 28, 2016

JANU: We are summoning then the understanding needed for recharging one's enthusiasm for living day to day. Let us begin by revealing through experience the vitality of life and what that brings to imagination, creativity, and the desire to learn and grow. Learning more of life is a grand rejuvenator, for the physical brain and other systems of your existence are all connected. Learning and growing and creating are great rejuvenators, the counterpart to the elements of life. Unmanifest potential is a vehicle for experiencing the True Nature. The joy of discovery and understanding is the catalyst for more, never ending. Choosing to be that reality gives impetus and purpose for all of your systems of life.

Embracing life in this way takes energy, but also creates it. An exchange that proves beneficial for life to move on as the flow of life. So, on a day to day basis, choose to discover, to learn something, to experience it, to understand it, to grow from it and through it. Not just as an echo of yesterday but touching the qualities of life and their vitality. You are the quest of life itself. The ponderings we spoke of earlier, employ these things.

There are many forms and levels of experience. Not all require physical involvement, but the physical can benefit from all of these. While incarnate, the physical body, made of the elements of the Earth, is connected to the Earth. Choose this day to be inspired. Discover, learn, grow, experience, and rejuvenate, and create. Be one with the flow of life. Namaste.

### **130. Being conscious as a divine being**

Nov. 29, 2016

JANU: This current exploration of yours is ours as well. Becoming conscious as one is a grand awakening. No longer just a human identity with a divine nature, but one reality, whether incarnate or not. It is a daring leap of faith for a human being, identified as such, to let go of that as a single identity and become something larger, more inclusive, of a divine being of many experiences and capabilities. An eternal being with identities that come and go, but all leaving their impression, their pattern in memory and beingness. So, you see, being conscious as a divine being adds to the human experience, enriches it, and opens the door to grander possibilities, while incarnate or in any other reality.

So much of the terminology used by human beings is a product of the veil and separation consciousness, which creates an exclusive world of physicality and limited reach. This is not a trance state, but a conscious one. True identity and true being is

supporting the human experience, recording it, so to speak, while gaining wisdom and understanding. Many other such patterns of life remain with you, our brother, and with us as well.

Life is a vast resource of accumulated experience, wisdom, and understanding, creative ability, memories and patterns. A living library, if you will, beyond comprehension, and you are a book on that shelf, on the shelf of that library, growing, expanding, enriching life, as is everyone. Being conscious as a divine being, our brother, includes your human identity as well, the page or a chapter in that book. Allow yourself to experience full consciousness, not separate from human experience but including it, a divine being during any journey. We are one. Namaste.

### **131. Encourage everyone's contribution to life**

Nov. 30, 2016

JANU: Certainly, our brother, the achievements of many bear witness to the potential of life. Compare not the achievements of one to another. In the larger picture of the Truth of Life, they are one piece of the puzzle. All pieces are needed to complete the picture, you see, to complete the potential. The opportunity and challenge then is to recognize your own piece of the puzzle and realize its potential, no matter what that potential is. And as you evolve in consciousness you realize and experience that you are the rest of the puzzle, of the picture. So everyone's contribution makes you whole and you see the merit in helping each one realize their dream, their potential, their piece of the puzzle. This speaks to oneness, collaboration, association.

Encouraging everyone you meet, including yourself, to take advantage of their gifts and enrich life is a journey with its own merit. This is the Truth of Life, our brother. The human ego you are experiencing is not who you are. It is a contribution to life. So honor each one's achievements as they serve the larger picture, which you are becoming aware of. Be at peace, and namaste.

### **132. How completely do you know who and what you are?**

Nov. 30, 2016 B

JANU: Wondering as you do about the nature of life within and beyond the physical, we would suggest that your attention or concentration be on the reality of the physical being one with that which is not physical, in the common meaning or sense. Taking a position of one thing separate from another diminishes an understanding of the reality of either one. Everything in the physical-only point of view sees only form, borders, limitations, and some relationships. Taking this unified view reveals the true nature of a larger reality that includes the physical. For as you probe the reality of the physical, you discover elements co-existing, with correlation. The questions left unanswered by physical appraisal only of the nature of life become more clear.

When embracing the nature of the so-called physical, it is having non-physicality as part of its nature, its essential reality, its so-called substance. Science has learned some of this. But witness the two referred to earlier on the media, able to move their hands through objects, de-materializing and re-materializing what their attention is on, to read the mind of another, no longer convinced they cannot accomplish these things and many more. And that is the difference, our brother.

How much of one's life is shaped by their sense of reality and unreality, of the so-called laws of physics, or the social point of view as to what is possible and what is not? Merging the so-called physical life with the subtler life opens the consciousness to

unlimited possibilities, which has always been available, attainable, and part of the larger life. Who and what are you really? How complete is your understanding? A worthy question to ponder, our brother, and awaken to. Namaste.

### **133. The Now of the future**

Dec. 1, 2016

JANU: We are sailing straightaway into the Now of the future, seemingly a contradiction in terms but nonetheless a reality. Not a contradiction at all with a larger view.

The Now of the future is your potential, the potential of everything. When potential is understood, the clarity reveals the future. The potential for humanity in the Now is an enlightened race of beings with associations and involvements beyond the Earth. The universe seems very large but consciousness is larger still, or can be, especially when you consider that consciousness is not limited to this universe or this reality.

So what is the human potential, then, that describes this future? Its potential is loving and perceptive beings with capacity, even while incarnate, to generate forces, energies, that support and can modify its physical existence and more. Eventually humanity will no longer need to toil to build a dwelling. They will be created to entirely different environmental standards. The challenge to humanity is to not lose physical fitness with the ease of the power to manifest, to create. So life will include the adventure of physically demanding activities and become more than humanity is at present, increasing longevity, stimulating creativity with a fully functioning physicality, brain and mind.

Each will perceive each other's field of energy and vitality, not only of each other but of all living things. The connection between living things will become apparent and valued and a compassion for all of life will be a working reality, for no longer will humanity perceive life as something separate. The essential nature of all living things will be understood and the patterns of living will be shared.

Quite a different scenario, our brother, from society at this time, but that is a future for humanity to create. Choices are easier when greater clarity and understanding is possessed. The ability to progress patterns of consciousness, of reality, reveals their future that will guide choices in the Now, in the moment.

Practice, if you will, progressing choices that face you at this time into their future, making modifications when wise to do so. Relationships with others is a grand opportunity to practice progressions and to make choices. It takes insight and sensitivity, not only into your own nature but the potential of others. Remember, there are no secrets in life to the enlightened mind of a conscious being. Peace and love is a healthy foundation for such explorations. The future of humanity, our brother, is no secret. Why do you think so many beings in the larger life encourage and support humanity? Namaste.

### **134. The power of a subtle life**

Dec. 2, 2016

JANU: In a world of physicality, subtlety can be a vague reality, the merits of which are many. Communicating with each other in this way, looking for nuances of consciousness, intent, desire, agendas, presence, elicits communication of a more profound nature, including mis-emotions as well. Practicing perceiving your own subtleties, as well as those of others, heightens sensitivity to the moment and brings about the option of subtle responses that don't crash over, if you will, on these nuances of life. Women demonstrate

this to some degree, but tend to add meaning of their own to misperceptions. But oftentimes respond effectively.

Life can be like the wind, our brother, invisible currents of presence, movement, and force. The subtle life navigates these changes through perceiving the influence of them. When you are in the presence of the creatures of the world, the animals if you will, and the creatures of the sea, being still and sensing the reality of the moment, gently and lovingly, elicits the response that attracts life. For all of these creatures have curiosity, you see, interested in their perceptions and observations. The human consciousness is capable of this and much more.

Awakening, you see, includes subtlety as a way of life. In your day, choose sensitivity to the subtle messages of life, for they are all around you and in you. Broaden your awareness of these movements, these currents, these influences. Learn of them. Grow with them. The larger life awaits your embrace as you enrich each other and live more in oneness and at peace. Namaste, our brother.

### **135. The creation of a universe**

Dec. 2, 2016 B

JANU: We are exploring creation with you, hearing your inquiry as to the essential nature of the universe and its creations.

What we see here, our brother, are patterns of life generated during the moment of the first beginning. These patterns are the product of consciousness not understood by the incarnate mind, but a universe of time/space properties, parameters of existence, is created from consciousness beyond these parameters. The universe has time/space patterns of life, much as DNA in the body, initiating and continuously regulating the creation with patterns of unfoldment, evolution, development. There is intelligence behind this and it is not the deity of human creation or desire.

You reflect upon the experience of exploring a singularity. This is not unlike the moment of truth of the so-called spark that creates a universe, or should we say the beginnings of one, and the inherent patterns. As you know, there are many such universes beyond your own and reality beyond universe. The patterns of life that build a universe and maintain it have an origin, but one must be conscious beyond time/space to perceive them. The singularity journey was such a one and, when taken, reveals new understanding and perception.

People are in awe of the power involved, the energy in creation of a universe. These patterns we speak of generate the power, or should we say allow the creation of, the patterns of which exist beyond time/space. Therefore, there must be an accumulation of principle pattern as a non-physical catalyst for the patterns of physical creation, a relationship that is continuous and co-exists. Even as you as a human being co-exist with subtler and non-physical realities of your own existence, your own being, so does the universe and everything in it.

Approach these revelations, our brother, with gentle allowing, assuming nothing but open to everything that is. Namaste.

### **136. Realizing potential**

Dec. 6, 2016

JANU: During the beginning of each incarnation, there is an assessment of potential in the environment of opportunity to manifest it. Now, potential is not a single possibility, but can be a broad range of expressions and achievements and services. The question for many is: How do I become aware of this?

As with any true realization, our brother, there is an energetic and illumined response when the attention is placed upon a true possibility. We of the Brotherhood of Light recognize this and encourage it. There are many opportunities, as one walks through their lifetime, to observe that which becomes a catalyst for memory and inner awakening to potential, to desire, to passion for creating and becoming. When your attention is placed upon this, it heightens the sensitivity for discovery.

Now, this does not suggest the comparing of one's potential to another's for significance and demonstrative result, ego gratification, if you will. But the gift of potential and its realization brings a deep joy that cannot be measured. And that joy sustains the development of potential that is true.

Humanity mostly includes a wide range of choices in behavior, the conducting of one's life. And not all these choices bring happiness or peace of mind. They are part of the package, if you will, of growing into the refinement of life through experimentation to discover the results of choices and make changes. The discovery of potential carries some of these qualities. For some it is a long path and for others there is an inner knowing that seems always to have been with them.

All true potentials, our brother, have merit and serve life. Even the choices of experimentation to discover potential serve the evolving consciousness into awakening. Life is filled with opportunities of refinement, the winnowing if you will, of choices into preferred results, bringing clarity and purpose. Encourage each other into self-realization, without condemnation or judgement. In many ways, life is an experiment into evolution, realization, creativity.

Be thoughtful in your choices. Be observant in the results of these. Carefully consider any changes. Learn from each other's experimentation and continue on. To we who observe over the eons of time, humanity is evolving, awakening, and realizing its potential. As some would say, "Keep the faith" and continue. Namaste.

### **137. Awakening and evolving are co-existing realities**

Dec. 8, 2016

JANU: We are surveying, if you will, this tapestry we call evolution. What is evolution then, our brother, but the realization of potential as a process. The physical body, for some, only deteriorates over time. On the contrary, it is evolving. No need for cycles of birth to evolve. Of course, there is evolution then, too.

The theme here is to evolve as a complete being. While incarnate, that's part of it. But the patterns of incarnation evolve as well. The body is a living system responding moment by moment to the evolution of consciousness and the total being. See your incarnate life as part of the evolution of your being. And from a larger perspective, your potential is evolving as well. Everything in motion.

The path of discovery and realization is endless and part of the nature of your well-being. Much of the cause of disease and illness is a disconnect, to varying degrees, from this understanding and way of life. It isolates your human identity from the larger life with its resources, rejuvenation, and evolutionary influences. Once again, a reason for awakening.

Humanity tends to perceive itself as something separate from the rest of the creatures of the Earth. Unique, yes, our brother, but not separate. All of life is connected and can mutually benefit. There are those who experience and understand to a degree the consciousness of creatures and even communicate in certain ways, and through this they benefit from the calm, from the simple perspectives, the flow of perceptions and feelings



of these creatures. Some have sojourns far longer than humans and there is a wisdom gained there, so well becomes attuned to the evolutionary consciousness of your entire being. Include the creatures as well in your experience, in your understanding, in your perspective. Yes, and you are one of the creatures of Light as well. Namaste.

### **138. The true power of a serene and peaceful life**

Dec. 9, 2016

JANU: Words such as serenity and peace seem strangely out of place in the current climate of world conditions. But make no mistake, our brother. These are the words that speak of true power, endurance, longevity, accommodation, and ongoingness. The healthy person—mind, body and spirit—is the one that is in harmony with these true powers, for they are in harmony with the flow of life and all the resource that brings.

Struggle, pushing, impatience, frustration have their influence but their influence does not speak of longevity and harmonious results with the other realities of life. Is the hollow achievement of the moment worth the disconnect from the richness of life, the resource of true power, clarity of understanding, insight, and connection?

The serene and peaceful life is an awakening life, the life that perceives the subtle encouragements and insights no longer obscured by doubt and worry, fear, anger, and aggressiveness. Serenity and peace, in their true meaning, does not mean an uninvolved life, avoiding the realities that exist, but a life as a ship navigating beautifully the seas of life, whether stormy or not. Achieving goals, inspiring others, serving life without demanding from it selfish fulfillment

So many opportunities, challenges, and gifts of life are unheard when one lives a brash and noisy life, without listening. Witness the confusion in the lives of those described in the media, the violence, the mayhem, even suicide. Serenity and peace are modalities of True Power and rich relationship with the flow of life. Choose wisely, our brother. Namaste.

### **139. Choosing a new model to start a new life**

Dec. 12, 2016

JANU: Summarizing the unification thus far of consciousness, the elements of your being are as a team of life, our brother, working together in harmony to create and to serve life and to infuse life with the manifestation of its potential, its True Nature. It has been a long journey for humanity to reach beyond the veil, leaving the isolation and returning to the larger life. Weary of the dreariness of disease, confusion, ignorance, violence, and struggle for the illusive, it is time for change.

Disease and suffering is not a part of the larger life, only the isolated life. Overcoming illness and confusion is not all there is. Be willing to leave all of that behind for something more grand and fulfilling. So much of humanity has known nothing else as a model for being. There have been shining ones in human history, but seen as something special, separate from what's called 'normal' in common human experience. So human consciousness creates deities but out of reach, still something separate from their own identity.

Awakening is the path to what we speak of, our brother. No longer the need to climb over others into a so-called powerful existence, still devoid of true freedom. How much of human energy is spent upon taking from others, brutality, depression, anxieties, fear of this and fear of that? The fears based upon their own creations.

The Christmas season is a time for starting anew. Beginning again has always been an option, yet seldom taken advantage of. If you had the power to start anew, what

would your model be for living a new life? Peace and freedom, well-being, clarity, love of self and of life. What would your model be for a new beginning of a new life? Namaste.

#### **140. Changing priorities**

Dec. 13, 2016 B

JANU: Recent changes will call for a change in priorities for living, for growing, for awakening. One change in priorities is to become a vessel in identity shifting, depending upon circumstance, need, and understanding sought. Allow fluidity in identity shifting. Allow identity to float into new perspectives. That is correct; the True Nature has this ability. Allow your human consciousness to attune to and merge with it.

Waxing eloquently with simplicity contributes to universal communication, allowing others to have their subtle nuances of interpretation. Another slant, so to speak, on parables as one learns and experiences grand truths, but always truthful and never misleading. Others will make of these what they will, and that is freedom, our brother, to be guided by their own inner truth. A powerful way to suggest meaning when using words. Namaste.

#### **142. What is your security and peace based on?**

Dec. 22, 2016 B

JANU: Relegated to the whims of the past, human society had enveloped itself with many traditions that delay or block some patterns of awakening. In the challenges coming, we see many of those patterns manifesting directions of consciousness, traditions of isolation, exclusivity, and disconnect from oneness and the consciousness of the Now. The path of awakening, our brother, is not an easy ride when one chooses to prefer traditional thinking and behavior over a fresh look at life and freedom. The veil continues to promote or provide an atmosphere of separation and isolation, fearing the loss of traditions and comfort, providing the illusion of peace and security but without much change.

The times to come will challenge these greatly, so what does one hang onto then, as a core reality in maintaining sanity and an enduring perspective that is open to the larger life? As always, our brother, a central theme of awakening is the merging of the human consciousness identity with that of the larger life, the True Nature. That sanity, that clarity of understanding transcends the human experience.

Familiarity and the sense of security from tradition is a comfort zone, predictable, with no surprises. But many challenges, our brother, to engaging the larger reality of life are finding peace of mind and a sense of security in the ancient traditions of life in motion. These traditions are not locked in place, but are growing, encompassing more and more, as is who you are. The more one ventures into the larger Truth of Life, the more they gain confidence in a different kind of tradition, of life in motion through change, with richer outcomes and deeper understanding and the veil drops away.

A valid question for the seeker after the larger life is: What is the basis of your sense of peace and security? What is its reality? Can it be easily taken away or interfered with? And, if so, what replaces it? Or why do you need that in the first place?

Difficult questions, our brother. Challenging, but liberating. Namaste.

### **143. New ideas and social consciousness**

Dec. 27, 2016

JANU: We are elaborating on the subject of the awakening process as pertains to social consciousness. Society is an interesting concept, for it includes relationships, not only externally between each other, but internally within the nature of the being. In similar fashion, our brother, these descriptors have their counterpart in our relationships as well. We are not all the same. As with humanity, diversity is a strength. Diversity in all of life makes life strong, enduring, and evolutionarily successful.

But human diversity while incarnate is a complex matter. Many elements of diversity do not survive in the human social reality, by reason of not being understood or relateable. How many new genius thoughts, unique, find their place in society? And how many do not? But for those with the larger view, there is plenty of time and opportunity for these new ideas to find fertile ground and to prosper. Even within those groups, those professions that endeavor to embrace new concepts, there are those with social traditional values that are reluctant to embrace an idea they do not understand yet.

Envision a society, then, that gives fair consideration to all new ideas, whether for current or future application. When an old idea seems to still be working effectively, why change it? Because life evolves, no matter the idea. Not all new ideas are easy transitions of change, for return on investment in traditions weighs heavily upon moving on. The awakening consciousness more easily sees past this—or should we say, through it—for it can project changes into future possibilities that are grander, more profound, and productive.

Difficult challenges for the incarnate human mind, but consider carefully a growing flexibility in your consciousness. When someone's view seems to challenge your own, be patient and listen carefully. Understand greatly the flow of life and move with it. Namaste, our brother.

### **144. Simple miracles open you to the larger life**

Dec. 27, 2016 B

JANU: Serving that that is confined to a narrow understanding by comparison has its challenges and opportunities. Organizing, in a sense, the approach to be taken is no small consideration. Finding points of view, principles and lessons that spark an interest to a listening consciousness takes being a bit artistic. Hard to convince someone into ownership that they are the divine being that they worship, that they seek. Seems to fly in the face of the human identity. There is little substitute for direct experience. Words and philosophy are limited.

When human identity is limited to social concepts and traditions, listening to the True Nature within is not considered. When belief systems are 'locked in' so to speak, for the traditions of limited consciousness in society, the investment in belief without question is as being asleep to the larger life. So any experience that inspires an intimate proximity to a larger truth in life can be the catalyst needed on the path of awakening. It does not always take a huge event to convey this reality of life. Simple truths can be the most powerful yet convincing. Not dramatic, but with a simplicity of not being limited by its application to the consciousness, to the life. Seeing life in this way, one sees miracles in little things and knows there is more. Namaste.

### **145. Organization or chaos**

Dec. 28, 2016

JANU: Understanding organization is the theme. The word suggests linear and empirical relationships, order, hierarchy of procedure, structure, and complexity. This element or aspect of organization certainly does exist in the incarnate life, but in the larger life organization includes much more for all of life, which includes everything. Simultaneous existence that is in motion. Relationships that come and go, to varying degrees. Free will, to varying degrees. Every principle free to change, every so-called 'law of life' mutable. Even essential nature is in motion.

So, where does that leave one in perceiving, understanding discarnate life, the larger life? Organization and structure in each realm of life has its own parameters of existence, in order to have evolution without chaos, that patterns of life can manifest and mature, but diversity is unlimited. The seeming borders, limitations, and parameters of incarnate organization, seen only from that perspective, are perceived as permanent. Awakening, then, our brother, isn't to discard one for another, but appreciate and understand the full range of expression. And through all of it is the one life, even realities beyond current understanding. So with every structure of thoughtful organization, be aware the alternatives are without limit, yet life continues and evolves and realizes its potential.

This reality is part of your incarnate life as well, although less understood. Your experience is a product of the limitations of your conditioning, what you allow and what you reject. There are those with abilities that seem to defy explanation. Yes, some accomplish great things without understanding completely how they were accomplished. So organizing your thoughts and perceptions first does not guarantee abilities yet to be achieved. Ask yourself, "How does one incarnate in the first place, from one reality to another?" Every reality has protocols of existence, yet it is possible to visit or know another reality without complete immersion. But the lessons of experience and wisdom gained are not fully possessed.

You have pondered the question, "Is life analog or digital?" The answer is "Yes, but more." Is life organization or chaos? The answer is yes, and more. You are free to explore all of life. Be at peace with that and enjoy your journeys. Namaste, our brother.

### **146. Lifting human consciousness**

Jan. 5, 2017

JANU: We welcome this opportunity to journey into the realms of life, the human journey being but one. Lifting human consciousness into the larger life is the theme here.

To begin with, the larger life is found within the physicality of existence. It is a root narrative, so to speak, into the current human experience. So often, human consciousness is focused upon the externals of existence, the end product if you will, the manifestations, and not on their origin or meaningful opportunity. The magic of shifting attention buys an inner curiosity to become aware, and through awareness engaging opportunity to understand. Now, the human consciousness is not a separate thing from the True Nature, but comes from an agreement, a decision, a desire to explore more of life and its opportunities.

Humanity has created, through desire, a deity to help answer the questions, to understand life beyond physicality, not realizing that the desire to awaken to the Truth of Life and one's own nature created this. Evolution in consciousness emerges into the larger life, not to disregard the deity created through desire to understand, but includes it as part of the Truth of Life. Respect and honor your creations. Understand them. As you

reach for enlightenment, allow your current consciousness to be enriched by way of divinity of your own being. Inspire each other by expressing that which enriches you and improves your life. Be the truth of who you are. Namaste.

#### **147. Build confidence in each other**

Jan. 5, 2017 B

JANU: We are beginning this new year celebrating many accomplishments. We encourage humanity to find confidence in these and be the foundation for embracing the next opportunities, of which there will be many. Many lessons to be learned, in society and within. Confidence to engage the present and the future is what we encourage. Confidence comes from within one's own being, one's own consciousness that continues to inspire, inform, illumine, and awaken. Encourage each other in this endeavor. Build each other's confidence and the knowing will come that anything is achievable.

Personally and collectively, humanity has a bright future with many exciting achievements. Be patient with and guide those who are emerging from their darkness. They are your brothers and sisters. The Light is approaching. It has always been there. Namaste.

#### **148. A group with a world view that is needed**

Jan. 6, 2017 B

JANU: We are organizing an approach to what is to come. The challenges to the civilization of the United States are not the only significant issue in world affairs. Russia, China, and other small nations are going through many upheavals, some not understood by the people. It is, in fact, our brother, a world economy and, without the confidence of the people, it will crumble and start over. It is possible for re-organization to take hold. The President-elect is only part of the problem. But he is part of the problem.

The vision for re-organization exists by a small group of men and women. Their time will come as world affairs begin to crumble and national leaders will realize that they must embrace new ideas or not survive. This small group is not just oriented to the United States, but holds the world view. There is wisdom there that comes from within. The inner resource has a perspective not shared by unawakened consciousness. They understand the flow of life and operate within it, realizing that their resources are vast indeed.

The real power, our brother, is behind the scenes that most are aware of. These are 'team players' in a much larger way and can easily read current conditions and those to come. They are a gift for humanity and we support them. Namaste.

#### **149. Opening to the presence of who you are**

Jan. 10, 2017

JANU: We are exploring if you will the subtler realities of life, mainly the relationship and conditions of existence between the True Nature and the incarnate consciousness. How does a physically oriented incarnate consciousness, identified as such, embrace, sense, and understand their nature that is more than these? Moments of identity shifting reveal through experience that presence of non-physical reality that you are. Letting go of the somewhat isolated human identity to something that is so much more, not to the exclusion of the human experience, but embracing it and encompassing it. The difficulty, the challenge is to embrace the experience without comparing it to physicality, even though it is present, has a relationship with, a direct connection to the human ego.

Now, how does one describe the presence of a thought and explain its reality? Some attempt to by analyzing the brain, but the brain is an interface, our brother. It is the

mind we speak of here, that exists whether incarnate or not. Yet the two are contained as one for purposes of understanding. What is the source of a thought? How can it exist? What of an insight, a revelation, a blessing? Awarenesses not to be explained physically.

The challenge here, you see, is to accept that the incarnate experience is a product of, a result of non-physical consciousness, a mind in harmony with the nature of life. An incarnate consciousness, by the veil, sees itself as a separate reality, on its own. Its whole world and being understood and described as a separate being, unaware of the connection with the rest of life.

So, what is your frame of reference to shift to an embrace of a larger identity? What is your model for becoming and remembering? Of course, your model is who you are. Awakening serves this, you see, revealing its significance, its importance to what we are discussing. The truth has always been there, our brother. Namaste.

### **150. A vision for the future of nations**

Jan. 11, 2017

JANU: We are examining the possibility of providing comfort and some security through peace of mind to world leaders. Their inspiration of their people is significant. We cannot say with certainty that this will prevail everywhere, but it is a worthy challenge and opportunity for the advancement of human consciousness and society.

What we see at this point belongs to the organization of those skilled in diplomacy and leadership founded in the principles of integrity. We have seen this challenge looming for some time and, as we have said before, challenges are opportunities to excel. Most leaders of the world have a common theme in their motivations, that is the viability and growth of their nations and their people. Building a strong alliance between national leaders of common purpose is what we endeavor to achieve, with their agreements.

So let us put our attention upon integrity and leadership, insight and purpose, and encouraging each other, realizing with vision that this path of consciousness raising and evolution is what helps guarantee the future of humanity. This vision is what's needed, puts resources to common benefit and reduces waste and counterproductive conflicts. As each one achieves, confidence builds, insight is gained, creativity encouraged. Let the true power of peace on Earth prevail. Namaste, our brother.

### **151. Problem solving through the power of peace**

Jan.16, 2017 B

JANU: We welcome again this opportunity to be at peace. When encumbered with the demands of incarnate living, it is a challenge and opportunity to be at True Peace. It's not something you create, our brother, but allow. And when doing so, the demands of living in the incarnate life are not reacted to but understood peacefully and clarity comes. That's part of the wisdom that enriches the True Nature, you see. The demands of incarnate life being related to in an enlightened and awakened way. Far more effective than reaction. Allow yourself to see the solutions, not just the challenge. Know, without a doubt, the solutions are there.

The so-called 'flow of life' is the path of freedom. Life is always in motion, our brother, as are challenges and victories. Calm peace of mind is the thread of clarity when awakening. The memories that continue to return to you are there to be dealt with in this way. Not to distract or disturb. Thank you, our brother, and namaste.

### **152. Merging the incarnate and discarnate**

Jan. 23, 2017

JANU: We are accommodating that which belongs to an ordered science that delivers truth and understanding to the masses, so to speak, the “huddled masses.” What we refer to here, our brother, is the strong urge on the part of many to align themselves with that which belongs to the more chaotic elements of life, of human society. The science of revelation we speak of has to do with the orders of peaceful negotiations between incarnate society and the consciousness of its elders.

Now, ‘elders,’ you see, are both incarnate and discarnate and what we speak to is the common understanding that is evolving and maturing on both sides of what is called ‘the veil.’ Part of the awakening we speak of is the merging of the two. The destiny and future of humanity is served by this and we are enjoined by this reality, bringing clarity to the potential of the human journey. Let there be, then, the discovery of that which belongs to the tradition of evolving and maturing consciousness across the perceived barriers of awareness.

This is part of, our brother, what awakening serves, for the answers, the solutions that humanity seeks are not limited to incarnate consciousness. Many in the history of humanity have known this and lived their lives in this way. Be a companion for freedom of consciousness and embrace of potential. Namaste, our brother.

### **153. Understanding associations & collaborations**

Jan. 25, 2017

JANU: A commanding view of Life, and your own, reveals destiny, potential, and your nature. It is true, our brother, that useful living is a collaborative reality. Strengthening your role in life and that of life itself is through associations and collaborative effort. When the elements of life come together consciously, more intimately, creativity and potential are fulfilled and enhanced. No one aspect of life is aware of all of it without these connections. Always stronger together than isolated.

Now, all of life is connected, our brother, whether conscious of it or not, but decisions to be made and fulfilled are richer when conscious of what is. As your associations and collaborations gain depth, learn from each other, teach each other, value each other, and, yes, love each other. Namaste.

### **154. Understanding the flow of life**

Jan. 29, 2017

JANU: We are taking advantage of this opportunity to pronounce an agreement upon the natural flow of life, recently represented by your imagery of fluid dynamics. This being a three-dimensional image in motion, it is symbolic and not fully representative of that reality of discarnate life, Spirit if you prefer. But enough similarities to be a foundation for understanding. We know this intrigues you and is worthy of pursuit in a life experience where physicality, with limits and borders, tends to dominate perceptions.

Now, we are talking relationships here, parallels, even though there is much more to understand. Individuality still exists but the flow of life includes physicality and those relationships, but non-physicality as well. Allow sensitivity in perception of the flow of life, similar to the fluid dynamic imagery but with a life of its own. Intelligent life, not just reactionary. The energies of thought, the emotion, ideals and zeal, compassion, and love embracing many realities of great subtlety, traditions, countless consciousnesses and endeavors.

Separation and isolation are created perceptions. A bubble reality within the flow of life that is still changing. But everything touches everything else, in one way or another. Life in motion, ever changing, always connected, enriching and being enriched, mutual learning and experience and wisdom-gaining. How can it be otherwise, our brother? Namaste.

### **155. Experience the presence of your True Nature**

Feb. 2, 2017

JANU: We are encouraging then that which belongs to a consciousness of presence of the totality of being. We encourage this experience for those in doubt, uncertainty, confusion, and isolation. The presence in your consciousness, in your awareness, of the rest of your being—Yes, that’s correct. Your True Nature, all that you are—is a wholesome experience that reunites everything of who and what you are. Your potential, your creativity, your experience and wisdom. You become aware of and connected with the True Power of Life in the face of apparent power of circumstance.

In the presence of the true power of your nature, nothing seems impossible. And, yes, you sense that you own what you desire, what you can be, what you can understand and know. The Truth of Life becomes yours. The truth of who you are becomes yours. The truth of others becomes known, without judgement or condemnation but with understanding. Fears disappear, for all fear is based upon being separate, being disconnected, being alone. When filled with presence of who you are, fear has no place. It is replaced with understanding, with direct experience.

Some will ask, “How does one achieve this?” Even in the smallest measure, even for just a moment, love it into your life, our brother. You now have a focus to return to, amplify, extend, revisit and hold dear to you. Why would you want anything less?

Experience and feel the presence of your own True Nature and its connection with all of life. See more clearly than you can ever remember. Find peace that is vibrant and self-sustaining. Reach into the Light that lives within you, again and again until it seems natural and as constant as you desire. Namaste, our brother.

### **156. Intimacy 2**

Feb. 2, 2017 B

JANU: We say “Welcome” to that which is described by two words: We are one.

The Truth of Life, our brother, exhibits much intimacy. Oneness is an intimate reality. Intimacy does not require a loss of identity, but contributes to the evolution of identity. How many truly explore the depth of what they hold as their identity? Life in motion includes identity, you see. Identity from the human perspective is somewhat isolated. Life is more than one perspective and identity changes with awakening.

Profound reality is what we speak of here. The intimacy of oneness is a very personal experience. It flourishes when at peace. There is no part of you, memories, experiences, attitudes, philosophy, principles, that is not known. Intimacy with life reveals everything and no fault is found, no condemnation, only the love that supports and embraces everything. Allowing yourself to experience true intimacy in the presence of your own being, the True Nature, is part of the path of awakening.

The Family of Life is everywhere. And, in a larger truth, so are you, by way of the intimacy of your True Nature. Each one’s capacity to understand, awaken, love, and embrace life is greater than they know. Your life is not limited to human experience, even though it seems so. When observing the many conditions and realities of the human



condition, of relationships and social norms, where are the alternatives, the models for living, the wisdom that honors and unites differences into a humanity becoming one? These models exist, our brother. The understanding is there. Find intimacy with the Truth of Life in the presence of your own being. Namaste.

### **157. What is reality?**

Feb. 6, 2017 B

JANU: Once upon a time is a favorite phrase when beginning a story. The story of life, our brother, is beyond time and space and limitations. Reality beckons to the inquiring mind and the soul that longs for the truth and the adventure of ongoing life. Realities are created, our brother, through desire, commitment, and a loving spirit.

What is reality, then? Everything is reality, every possibility, every imagination, every created impulse. When aware of life beyond the limitations of so-called laws of nature, so-called scientific principles and truths, so much more is opened up to you. That is part of reality and adventure without limits. The unawakened experience in incarnate life makes excuses for ignorance by imagining that life has secrets the mind is unable to know or fathom. This is true for a limited state of consciousness, you see. Awakening changes all of this. Life does not keep secrets from itself. Nor does it destroy itself. The changes that occur in understanding and experience and the constructs of existence are accessible and your creativity can be part of this. So the question is not so much “What is reality?” but “What realities are there?” and “What can they be?”

Yes, there are so-called relationships in life, some call laws, principles, requirements to understand and explain reality. They are all mutable, our brother. Creativity, the life you choose to experience, participate in, and create, is not limited. The awakening consciousness slowly grows into unlimited thinking, understanding, and participation in life’s potential. Some would say that without these so-called laws, these rules of life, there would be chaos, no order, no structure, no predictable outcomes. The nature of life is not predictable absolutely, other than it continues, evolves, recreates, and is one. Even so-called physicality, the illusion of substance with borders and limits and relationships, is a limited truth.

Your own True Nature is testimony to unlimited life, unlimited possibility. Even love is vaster in scope than any understanding of it. So ponder this question. Listen to the truth of it. What is reality? There will always be more to understand and experience as you awaken. Namaste, our brother.

### **158. The miracle of your existence**

Feb. 7, 2017

JANU: What is a miracle, then, our brother, and what is not? For many, a miracle is something positive, unimaginable, not understood, bestowed on them they could not do for themselves. The existence of life, your own being, every moment is a miracle. But an even greater miracle is your consciousness that can embrace all of this and more.

Let your life become a more complete co-creator in the flow of life. When you contemplate your reality, open your consciousness to your full potential. Become more aware of it, not just to understand but to be proactive as a co-creator, discovering that every circumstance of your existence can be mastered: the freedom to be, to express your consciousness, and even to choose your transition with wisdom and sensitivity to your destiny. We are not speaking of suicide here, but of conscious and loving transition while even in perfect health, our brother. Leaving the body is not limited to illness, old age if you will, but a choice that is made as a spiritual being.

When we speak of your existence, we do not just speak of incarnate life, but your entire being. The human form is not the only expression of incarnate life.

What does it mean to be a co-creator? How is this possible? What is the scope of it? Why does it exist? How do you realize its full potential? The answer to these is in the nature of your being. Discover it. Own it. Love it. Allow your consciousness to be one with it. A living miracle, yet normal in every way, is who and what you are. Open to miracles in your life as a common occurrence, yet filled with wonder, amazement, delight, and joy as you become more of all you can be. Namaste.

### **159. Order and limitlessness**

Feb. 8, 2017

JANU: Part of life's richness are these qualities of order and limitlessness. Now, don't confuse limitlessness with chaos. More limitless order, cause and effect, balanced creativity but balanced in a limitless way. Life interactions, patterns of life, are still patterns, which can be replicated, codified, replaced, terminated or begun anew in limitless ways. Your thoughts, inspirations, insights, imagination are part of this as well. The more awakened, the more conscious you are, the more aware, order can be perceived in the midst of unlimited possibilities, expressions. Not just in physical life but the rest of the Orders of Life. Change in the flow of life is part of this as well, but limitlessness and diversity have no bounds, so everything is possible. But order is a component with such diversity, nuance, subtlety, it is unlimited as well.

Order does not fly in the face of freedom. But freedom and order are two sides of the same coin, so to speak. So, do not see order as limiting, but facilitating freedom of expression, creativity, and existence. Explore both elements of reality. Each has much to teach. They live together in harmony. Witness your own existence. Namaste.

### **160. Patterns**

Feb. 9, 2017 B

JANU: Awakening, then, quickens communication across the strata of life such that mutual benefit occurs. When speaking of human consciousness, one must also consider consciousness of other forms of life, other realities, when pursuing awakening and enriching life, and being enriched by it. What is communication, then? What can it be? Communication occurs when life touches life beyond words, but includes words as well. How does a mother know when her child is in pain or confused? How does anyone know anything they are not privy to? Exchange of understanding and experience and good will, becoming aware of the patterns of life created by its creations that exist as life interacts between and within creations.

Patterns reveal themselves, their nature, their structure, purpose, and capacity. People speak of 'lifeforms.' Patterns of existence that come and go are 'lifeforms' and communicate with each other and have offspring. Life is rich beyond imagination. See the patterns in your own life. Understand them. Change them as you will. Replace them. A thought is a pattern, our brother, as is an emotion. They are configurations of life in motion.

As you experiment with communication, create patterns through inquiry that are revelatory. Patterns in your consciousness, created by experience and your True Nature, are miracles of communication. See these as elementals. Create them with wisdom, tolerance. These energetic patterns are everywhere. They are part of awakening, our brother. As your sensitivity grows, all is known. Life is precious. Be respectful, patient, and loving. Namaste.

## **161. Memories and patterns**

Feb. 10, 2017

JANU: Recapturing a memory of a current sojourn is not unlike recapturing a memory of a past one and, beyond that, of another reality. You allow it as a natural experience. Attuning to something, to a memory, is not a technique as much as the thought behind taking a next breath. It's that natural. It's effortless.

The memory includes perspective, perceptions, experience, like meeting an old friend, discovering a part of yourself. Of course, there is wonder as to meaning, source, interpretation, but at times just enjoying the moment, the beauty of it and its clarity. These seem 'out of the blue' without a larger context. Some are brief. Some linger. Once recalled, can be returned to, to experience more fully. They can be triggered by many things. See them not just as hallucinations but real and valid memories, patterns of life that continue to exist and are part of your larger reality and experience. In time, these open doorways to memory can be stepped through and continue to unfold as your interest continues.

Now these memories are not limited to personal experience. They can be those of others, of circumstances in the memories of others. One can explore past, present, and future by way of these patterns of life, even patterns of imagination projecting creativity. Discernment of source, meaning, and relativity can be explored. Being aware that the memory or the pattern is yours or another's is known.

These are the records of life, our brother. Everything is recorded. Care must be taken not to confuse these patterns with your present orientation and frame of reference. There are many realities in life. Discerning each one and their relationships is part of sanity. Choose to know which is which and the truth becomes clearer and your wisdom deepens and your life finds balance and meaningful purpose. Namaste.

## **162. Living in peace**

Feb. 14, 2017

JANU: The theme today is peace, the peace that makes these journeys possible. Peace in the presence of any challenge brings resolution, success, and strength. Peace is a powerful tool on the journey of awakening. And when one discovers new vistas, new opportunities and challenges, in a sense peace is the victor here and it is part of you. Exploring the reality of peace in your being brings great revelation into the nature of life. Peace-filled living, adventures, service, and embrace lifts the tone, if you will, of every experience. The Christ has been referred to as the 'Prince of Peace.' What does this suggest to you?

No longer thought of as an absence of violence, but a powerful engaging reality, the kind of power that facilitates everything. Your journey through life is complemented by this. Peace is a condition of consciousness that allows people to embrace each other, your ideas, your philosophies, your cares and desires, your passions, and leaves fears behind. They are replaced and no longer needed. The health of the physical body and the emotions are maintained with the presence of this.

Everything in your being enjoys peace. Everything in your being has, in its foundation, the need for harmony, mutual support, and a oneness as peace understands. Life is in you, around you, everywhere. Peace is part of its nature. How can oneness occur without the reality of peace? Ambition without peace creates many eddies in the

current of life and the struggles ensue, leading to more. Seeing the light at the end of any tunnel is through the eyes of peace.

Consider what the word means to so many. Not well understood. True power is channeled by true peace. Allow this to be part of your life and everything improves. Namaste.

### **163. Universal being or identity**

Feb. 17, 2017

JANU: We are moving along the path of awakening and service, reaching out into the depths, so to speak, of the meaning of life and its endless opportunities—some call challenges—to evolve, to master, to become one with.

Identity shifting is a grand one for a sense of identity limits you to that identity. So what term would best describe or represent unlimited identity? Being one with life is a good beginning, for that includes all perspectives, all so-called identities, all understandings, all wisdom and knowledge and True Power. The glue that holds all of this together, our brother, is a love of Life, of which you are a part. The peace we speak of so frequently is an element of this. I am, We are one. Being one with all of life plays no favorites, no comparisons, no good or bad. Pure Being, a subject we have alluded to but never moved this closely to. A grand opportunity, our brother. Being a consciousness no longer limited to any identity, called ‘universal being.’

Identifying your consciousness as one being or another, one reality or another, limits you. This is not a bad thing. It helps you explore a reality, being intimate with it. But it limits you to that reality at the same time, our brother. For some, a sense of identity is also a sense of security and familiarity and purpose. All true, but limited. So, when asking yourself the question “Who or what am I?” consider carefully any limitations you are programmed by the example of others to accept. This sheds a larger light, does it not, on the words ‘freedom’ and ‘peace’?

Dwell on this. Grow in your experience of its presence, its reality. You will not be the first, or the last. It is the path of awakening. Namaste.

### **164. What does freedom mean to you?**

Feb. 20, 2017

JANU: We are realizing freedom, unlimited by limiting principles, protocols, and procedures, which all have their place. The freedom we speak of here has to do with formless consciousness, being. Some speak of the freedom to be, but to be what, our brother? One form or another? One principle or another? One identity or another? But what is doing the being, you see? Consciousness identified with the realities of borders and form, structure, hierarchies is limited reality. This limited reality, even incarnate existence, does not require that consciousness, Pure Being, is limited to that.

What is formless life, our brother? A difficult concept for the incarnate consciousness identified with form and structure. The limitations of the body seem to defy this understanding. How well is existence understood? The existence of what?

Seeing identities as transient experiences, free to move from one reality to another, is a beginning. Simultaneous awareness of many realities is a freedom. Time that is fluid, co-existing as many moments of it, is a freedom. Time and space completely fluid, manifest and unmanifest, is a freedom. Health and ill health, always in motion, to be chosen is a freedom. Ignorance and understanding as a choice is a freedom.

How free is your life? What freedom do you own? Nothing is required of you by Life itself. Freedom to choose, to be, to create and un-create, to change. What does freedom mean to you? Namaste.

### **165. Finding joy in awakening**

Feb. 22, 2017 B

JANU: We are savoring the moment, so to speak, rich in detail, rich with life, rich in scope, rich in depth. The element of life your attention is upon is the joy, the reality of being one with the larger life, your larger nature. The associations are many. The collaborations are unlimited in variety and their contribution to life.

By far, most of your existence is beyond time/space. Each physical sojourn is so brief in the scheme of time but the memories linger always and are timeless. The joy is from the richness of limitlessness. Yet, when looking upon each sojourn, one sees the patterns of evolution, of consciousness, creativity, the patterns of life. A living repository of life in motion. Any sense of loss is left behind, for nothing is lost. The patterns of incarnate life are retained and their reality can be explored, as you have many times.

These expanded journeys reveal inclusive consciousness of a rich life. The power and presence and reality of True Peace is part of your memory of being. Find joy in awakening, our brother. Namaste.

### **166. The future of consciousness**

Feb. 24, 2017 B

JANU: We are looking into, if you will, the future of consciousness. Future is an interesting perspective when one considers that beyond time/space past, present, and future are one. Yet life evolves, changes, expands, and embraces more of its potential. So what is the future of consciousness, founded in this understanding? It is part of life's own awareness of its potential and the wisdom that is realized.

When contemplating the so-called Larger Life, reality does not ignore the smallest reality. So, to truly discover the future of consciousness, even the singularity must be allowed to reveal its reality. Awareness does not exclude any part of life. So, as we journey into the Larger Life, all that means, our brother, is all of life, excluding nothing. Unlimited being, unlimited consciousness is not exclusive in any way, but completely inclusive and foundationed in the power of True Peace, allowing all of life its truth.

When considering your universe, many think only of its seemingly vast physicality and a few of the energies involved. Science is exploring beyond this but it cannot be explained in the terms of physicality. There are those who are opening to nonphysical insightfulness. The Truth of Life is revealing its nature more and more. Namaste, our brother.

### **167. The inclusiveness of reality**

JANU: There are realities, our brother, larger than your True Nature and the adventure of journeys you are experiencing, which the True Nature is experiencing as well. Being 'born again' so to speak, a phrase others use, is a limited understanding, for in the larger life there are realities that are new to you. Not to everyone, but to your being.

As these journeys take on these new realities, it will be like a door opening to a larger life, putting everything you have become aware of or considered in perspective. Time/space reality, our brother, has its links to larger realities. So imagining a barrier or border around time/space is a limited point of view. It is one life, no matter the range, the

scope of it, and everything is connected in some way. So, as you open to and experience new vistas, none of them deny the existence of the rest of them.

So, you see, any identity based upon one reality can bind you for a time to that experience, which is useful to explore and experience it. But there is so much more, as you are discovering. Namaste.

### **168. Expanding your consciousness**

Feb. 28, 2017 B

JANU: Expanding the consciousness is a basic theme in realizing potential. Awakening is this adventure. Exploring this reality does not mean turning your back upon incarnate life, but expanding your consciousness to be aware of its more profound realities and possibilities, as well as the larger life.

So then consider: What does an expanded consciousness reveal about the incarnate life? It reveals the root of its reality, which is the foundation of not only what it can be but what it is, beyond human understanding. The so-called laws of life or properties of the currently perceived incarnate life become more fluid and alterable.

How then does one know an element of truth directly, without conventional communication? Many struggle to understand more, to push the boundaries of perception and experience. When one wishes to remember a name or experience, seemingly forgotten, the more the struggle the further the answer seems away. Yet when you let go of the request, at some point you remember. This is true, our brother, when expanding consciousness. The postulate is made. The pattern created, of inquiry, the desire to know. Then it is released through the systems and realities of life that you are, to have their way. Micro-managing your experiences and awakening is counterproductive. Make your desire known then release it, remaining alert to the response, even while considering something else.

Your desires are part of life and are recorded, so to speak. There are many memories from many sojourns and discarnate existence. No need to re-invent them. They are a repository of experience and wisdom-gaining. Allow your consciousness to pattern-match with these as needed. Effortless inquiry, our brother, but in harmony with the flow of life always in motion. Whatever your understanding or awareness, there is always more. Being at true peace agrees with these realities, is in harmony with them. Namaste.

### **169. War or Peace**

Mar. 2, 2017

JANU: You have been preoccupied recently with the issue of constant warring in human history and alternatives. Shall we say at this point that living peacefully individually is one thing but when groups of society, local and national and international, wrestle with resources, economics, power, the challenge seems beyond control to not have warring. As we observe other worlds and their cultures, this is not unique to Earth. But others have risen above this with models of living that are mutually supportive to the factions of that society. A major contributing reality is awakening to the truth of your being, which does not seek individual power and advantage over others, but functions quite well, we would say, in the larger life.

Awakening plays a role in this path of peace, but “awakening to what?” we have asked before. Awakening to the truth behind and at the heart of, at the cause of all conflict and greed. Accomplishing this reveals how more can be gained individually and collectively when the elements of society, those species combine resources, combine genius, imagination, creativity, into a mutually beneficial society. Waste virtually

disappears. Resources blossom. Warring solves little, but is wasteful, not only in resources but in people as well. “And to gain what?” we say. A piece of land? Part of a world you don’t own anyway? No one does. It’s all illusion and self-destructive.

Societies work best when all of its components work together, take care of each other, combine the genius in each other. The challenges of warring are resolvable but it takes insight, honesty, and courage to choose a better way, explore alternatives, possibilities. Peace is a powerful resource. It is a position of greater strength than any warring can produce.

Consider those children and those adults who knew nothing but warring and conflict in their lives. What is their model for a different life? What do they employ to change things? The so-called hidden truths of being reveal everything, you see. Let the vision to a better life come from deep within you. Have faith in this. Demonstrate it by application and its fruits. Namaste.

### **170. The resolution of grievances**

Mar. 3, 2017

JANU: Resolving grievances is a challenge when the so-called grievance is only perceived superficially. The emotions involved can hardly be called “being at peace” and the results of these emotions are not peaceful, as well. So how does one find satisfaction in the form of peace of mind and the freedom to move on? What is a grievance then, but a conviction, a feeling that wrong has been done? And there is the desire for payback, getting even if you will. Getting even is an illusion, our brother. For when all is said and done, the pattern of the emotion, the memory, the results of the grievance remain, still playing out, always there.

Now, avoiding the repeat of such grievance is valid, for without the emotional reaction much to be gained in learning and wisdom, making you more secure, if you will, in your integrity. Discovering the causes, the sources of the so-called grievance is the path to victory. Understanding not only the cause of the grievance but any role you may have had, why you attracted this experience into your life, ownership. No longer victim but master of any situation is victory and freedom. Be not owned by the grievance. Be the master of it through understanding, wisdom, and management of your circumstance.

These elements of mastership are revealed and employed through awakening. Life is not an accident. So-called chaos has reason to discover. Take the time to explore and process any grievance and become conscious of the elements of its existence. There is understanding to be had for everything. Gain the wisdom to reshape your experience through wiser choices. These have always been your prerogative, when discovered.

### **171. How to begin intentional awakening**

Mar. 6, 2017

JANU: Enormous then is the journey ahead, and seemingly so for those to begin their journey. The challenge, recently asked by another, “How do you begin?” A very reasonable request.

You begin by asking yourself “Is there more to life than this?” and then “Who am I? Is there a purpose?” And then allowing desire and commitment. Understanding the life around you and the life within you go hand in hand. They are one, in the deeper understanding. What would give you joy in your life, if you had the freedom to choose? Which, of course, you do. What is your dream for happiness and fulfillment?

Focus upon this and the understanding will come on how to begin. Life around you will demonstrate opportunity, as will the lives of others, building an inner peace that

allows for listening and recognizing the truth within you. Practice this with repetition whenever it occurs to you. The outer life is fulfillment through expression of the truth within you. Make the two one.

The journey is without end, as is Life. It evolves, being ever more challenging and fulfilling. Sharing your lives with each other genuinely, with patience and kindness, builds unity. Many journeys, many beings, one evolving Life, benefiting from each other individually and collectively. The revelations come, new thresholds of being, understanding, and service. Do not forget patience and peace. Namaste.

### **172. Integrity and trustworthiness**

Mar. 6, 2017 B

JANU: Let us speak of integrity, then, and its far-reaching ramifications. Honoring another that trusts you without question is a grand service and supports and encourages the continuing trust in the honesty of others. Standing in your own integrity, no matter what, encourages your own inner nature to reveal more of life to you and inspire you to meet challenges that others would succumb to. Leaving your integrity can bring regret, disappointment, and a sense of failure. Saying “No” to temptation, even though clearly there would be no external consequence, the internal ones are precious. They build your path of awakening.

The rewards for these decisions aren’t just for your benefit, but the grand service they accomplish in building the integrity of others by example. It matters not the magnitude of so-called importance, significance to each moment, but the patterns of life that are involved cannot be measured. These are teachable moments, our brother, without saying a word.

These examples of living and relating to others endure. Life has many such opportunities. Being trustworthy always is a grand investment in the future of humanity. Another reason for awakening. Namaste, our brother.

### **173. Inclusive reality**

Mar. 7, 2017

JANU: We are sequencing, then, that which belongs to the arc of time into a unity that transcends but includes the elements of such. We speak of awakening as a process, the processing of elements that build a foundation of understanding, compatibility, and the reality of oneness. Let us now delve into that which is inclusive reality.

Human separation consciousness explores life with boundaries, limitations, countless identities and descriptions, personalities and egos. Strange it seems when one is presented with inclusive reality to where it is all of that, previous perception applied or exists. It still exists, our brother, but is included in a consciousness beyond identity, but includes all identities, and all possibilities. Focusing upon one element of inclusive reality is still valid, but the perspective includes so much more. The oneness describes the connection, at all times, between all elements of inclusive reality.

Therefore, where does the human perspective of identity come into play? Inclusive consciousness is what we speak of here. Linger as this. Be this. Your world of consciousness no longer subject to injury, dissolution, the so-called ‘ravages of time.’ You become, you are, timeless limitless being, no longer requiring individual identity, that being only a small portion of your reality. You are more alive than you have ever been, in your awareness, for you are one with everything.



We don't just mean the so-called 'fifth dimension.' We speak of beingness beyond questions and answers. Inclusive consciousness includes all questions and all answers. They are always present. You are part of each other, freer in consciousness than you have ever known. Linger in this, our brother, as the journeys continue. Namaste.

#### **174. Hold to the vision of the Founding Fathers**

Mar. 8, 2017 B

JANU: We are coming at this time to present to you an anomaly that brings together the quirks of life into reason. These anomalies occur when circumstances precipitate them. The current political situation with your national leader is confusing to many. The anomaly allows perception past the confusion, to plumb the future beyond the confusion.

The current state of affairs, politically, is temporary. Hold to the ideals of the founding principles in the building of the nation. The principles that shaped the nation are the anchor in these times. See them as powerful in the presence of the confusion of leadership. The gift of insight into awakening serves this purpose and many others.

The early planners and architects of the nation were inspired with a vision that extends past these disturbances. Turn your attention upon the vision of these architects and find clarity and larger purpose. Think long term with confidence and commitment. The nation is still a leader in the world, so lead with these fundamental principles that created it. Namaste.

#### **175. Making a right angle turn into another reality**

Mar. 9, 2017 B

JANU: Succumbing to the distractions of incarnate life is supported by the veil, but the veil is not permanent, our brother, and grows thinner as you reach for and experience the Larger Life. This has been demonstrated by many in human history. Right angle, so to speak, to the reality of the veil is a pathway to the larger life consciousness.

The reality of this pathway is achievable by seeing it as real as the veil, you see. What is reality, then, but perception and agreement with parameters of existence? The veil can endure for an entire sojourn, succumbing only to leaving the body. But, at the same time, the reality of awakening is an agreement of a different nature. So, instead of seeing the veil as something to penetrate, see it more as an alternative to the reality of awakening and, more so, the reality of being awake. Simultaneous multiple consciousness is a reality as well, our brother, existing behind the veil. Our being aware beyond it is a choice, but identification with the veil limits the choice, you see. The need for identity shifting becomes obvious.

Our journeys walk the path we speak of. The path behind the veil takes acclimating to as well, for early in the sojourn, but still a choice, you see. These two realities at right angles to each other are not the only alternatives to consciousness, but a good beginning, you see. See it as conditioning to an alternative consciousness.

So, life is not just one or the other, our brother, but these two and more. And you are free to choose. Why continue with the perception that incarnate consciousness is any more real than the consciousness that is aware of so much more? There are countless realities in life. We're discussing only two of them, but a good beginning to explore them while still incarnate. It adds to the richness of the sojourn, and deeper perceptions of its reality, for it co-exists with many realities, you see.

Your True Nature is not a stranger to this but your anchor on these journeys. No part of life, our brother, is your enemy but your opportunity.

## **176. Finding sanity and confidence for today and the future**

Mar. 20, 2017

JANU: We are opening then to the question of the day by so many: Where is the sanity in life today, with everything that is going on—politics, war, poverty, suffering, disease? Where is the heart and soul of life?

We'd say this to each one, our brother: All of this you request lives within you, is your nature and the nature of life. No matter the occurrences in the outer life, have this as your foundation. From that perspective, you can see through the illusions of the day. Find your peace there, and then bring your peace to the life around you. Infuse the external life with that of the internal, of larger life. The miseries, challenges, and difficulties of humankind are self-created, but they are created from the life that's centered in the True Nature. These occurrences, these choices, are meant to bring wisdom through experience from a range of life.

But there come times when each one says, "There must be something better. I am no longer happy or confident in today." These awakening series are meant to answer those questions, and encourage people that they already have the answers. Rediscover them, own them, and apply them to your life, transforming what the outer life has become into a reflection of expanding inner life full of creativity and, yes, love.

Patience with each other, encouragement between each other, service between each other, sharing of wisdom, experience, and confidence. These are the earmarks of an awakening society. Let it be known through your life patterns that this is so. So many hunger for it. Even in the midst of apparent insanity, your potentials are a bright future. Discover them. Commit to them. Manifest them, and change your life. Namaste.

## **177. Co-existence**

Mar. 21, 2017

JANU: We are celebrating, if you will, thresholds in consciousness, becoming more aware of your True Nature as an identity. It is the path to grand journeys. The larger life, which includes incarnate life, is vast indeed. How can you accomplish that which you are unaware of, experience it, own it, achieve the wisdom? Allow your perception to include a larger reality filled with life, memories, achievements, other consciousnesses, networks of existence, and the coexisting nature of these realities.

Many people's perceptions consider the universe only physically, as vast, great distances separating one part from another. The larger reality in consciousness is not limited in this way. Co-existence is a theme of life. It is a worthy study.

You coexist with many. The illusions of living perpetuate themselves and bring about an orientation and identity that they describe. It's like consciousness in a box, you see. It identifies as the box to the exclusion of the co-existence of that that exists according to the perception outside the box. Co-existence is the theme here. The box, our brother, is an illusion, perpetuated by its own limitations.

Allow your attention to focus upon co-existence and the reality and dynamics of that. Many and one at the same moment, coexisting. Life experience is a kaleidoscope of new and changing perspectives. All real in their own way, coexisting. As with a kaleidoscope, a slight change changes your perspective, seemingly without end. This take on the flow of life is most revealing. Namaste, our brother.

### **178. The larger life**

Mar. 22, 2017

JANU: We offer another perspective on the larger life which coexists with you in your incarnate experience. Embracing coexistence and its reality can still leave behind the emotion that the larger life is separate from you. It is not. Your consciousness, your awareness can be as large or restricted as you choose.

Awakening does not suggest that you explore everything at once. Awareness comes here and there, as there is need and desire, of course, for the human mind is not yet conditioned beyond this. Whenever you become aware of something more, your life is larger. Even just one perspective, one element. So avoid putting off 'having a larger life to be aware of' as some enormous undertaking, restricted to a few.

And the larger life, our brother, continues to evolve, to grow, to expand. So the perception of achieving a larger life has nothing to do with knowing all there is. It is everything to do with the freedom to become more aware. The reality of incarnate life has been misperceived as separate from, distant from, disconnected from the larger life. They coexist, our brother. How can this be true, other than perception?

Now, awareness is not just education and information, but experience, ownership, evolutionary consciousness and the freedom to explore and achieve. Allow freedom in your experience, no longer identified with perceived concepts of borders and limitations. The consciousness is not limited in this way, ultimately. The larger life is now, coexisting, dynamic, real, and present.

Your True Nature exists in this way. Embrace it once more. It is who you are, after all. Namaste, our brother.

### **179. What do you and the Earth have in common?**

Mar. 22, 2017 B

JANU: We are realizing then that the circumference of the range of consciousness belongs to the ideal that each one holds within their integrity. What we mean by this is that your world of consciousness is a product of all you have known. Restoring your consciousness brings peak experiences of memory, of understanding, and awakening. Perceiving the reality of your consciousness in this way tends to achieve a more global awakening than just this or that element of awareness.

Consider your world and its vast elements of being. And it is conscious of these. It exists in many realities, coexisting as one. To better understand its patterns of existence, appreciate it in this light, and you will learn more of your own and relate better to the life of the Earth. Forget not, our brother, you exist in an Earth body, which allows for profound connection and experience with the so-called 'forces of nature.' Your physical body and many of its energies are one with the Earth. The Earth has a long history, and many patterns of existence and experience possessed by it. It has had many visitors and contributors to its evolution. And so have you.

Consider carefully the parameters and contracts, if you will, of your existence incarnate and what does that truly mean. What is the scope and the depth and the potential of incarnate life and the reality of awakening? Namaste, our brother.

### **180. Encouragement on the path of awakening**

Mar. 23, 2017

JANU: We often speak of peace, its true power and role in awakening and in well-being. It goes hand in hand, connecting with the nature of your being and the deeper mysteries of life. Awakening is not a bargain you make with life or yourself. It has to do with a trust and a faith in the Truth of Life. Awakening is not just self-serving but contributes to

the serving of all of humanity. Everything being connected reveals that what you engage in to build life, to create it, to evolve it, to realize its potential is service that touches everything. These journeys are such a service, as are many other endeavors of those who serve.

More and more, there is expansion of consciousness inspired by the truth within. The evolution of human consciousness is the composite of all of these, the movement from darkness into light. Even those possessed of their destructive ways are purging their systems of Light, their consciousness, of the darkness that seems to consume them. Changing the direction in your life can seem difficult, for how do you replace it with something you don't understand and, as a result, fear? Make the choice to change from within. Allow yourself to see life differently. Ask yourself what can you be that would be more fulfilling.

Large changes, our brother, begin with small decisions. Your outer life is filled with opportunities to apply those decisions and see their result. Confidence builds with each application and experience. Learn to recognize the patterns of energy, emotions, thoughts, with each decision, each application, and each result. It strengthens the connection with the Light that lives within you. Do not be in a hurry. Be patient with yourself and life's responses. Get used to the changes, and they will become a way of living.

This is the path of awakening. Start small and build. The rest will come, and you will discover you are not alone in this. And your True Nature will bring you insight, encouragement, and strength. Namaste.

### **181. Cooperation and competition**

Mar. 24, 2017

JANU: We are encouraging at this time the theme of cooperation. When examining human society and social consciousness, one observes cooperation and competition, both seen as healthy and productive aspects. Cooperation seems clear and its path to productivity and evolution. Competition, on the other hand, appears to have one take advantage of the another, not to the advantage of the other, you see. Now, this sharpens skills and the development of abilities, but it can also be very destructive when serving warring and so-called criminal behavior. So, how does one achieve competition in a society, that is perfect, where the outcomes benefit all?

Relationships are healthy when all parties prosper. This is clear in cooperation but not so clear in competition. So we see an element added here of perception or attitude, where one in competition with another includes in their perception that both prosper. What this leads to is a merging of cooperation and competition as one instead of a dichotomy. The relationship becomes evolutionary. So competition with another is not seeking their demise or poverty but a sharing of insights, creative ideas, and mutual benefit. So competition and cooperation modify each other, you see, called the flow of life. This merging can be revealed through process, more efficient, more productive. Creativity and ideas making it obvious that change is beneficial in one or both parties. But not so keen to see when one is destroying the other, suppressing the other's creativity and prosperity.

In this way, this old way, cycles are repeated and few lessons learned. But life moves forward and continues to evolve. So choose wisely your path experience and what it includes. Namaste, our brother.

### **182. Exploring identity**

Mar. 24, 2017 B

JANU: The trajectory of the human journey encompasses many journeys of identity. As humanity awakens to its True Nature and more and more what that means, the perspective and experience of many incarnations, not always human, will be resource. Not easy to manage at first, but will help a great deal when exploring other worlds and species. Awakened humanity is the composite of many identities. When traveling abroad, parochial views give way to other perceptions, other realities. Such will be the case when an awakening humanity engages other worlds and other realities.

Being prepared for these changes is one of the functions of these many journeys. Your frame of reference for appreciating and interacting with other perspectives will be visited by many changes in your sense of being. Personal experience is only one of many sources. The experiences of others can be appreciated when letting go of the limitations of identity, or only one identity, we should say. Identity that sets you apart from others sets you apart from their experiences as well, their wisdom, their perspective.

Consider the path carefully of the meaning of identity and its range of possibilities. Explore this as well as your own. Namaste, our brother.

### **183. Awakening to the genius within**

Mar. 27, 2017

JANU: We are assembling a team to portray to an awakening America a path to their own genius. The visions and truth that they seek, the insight to their potential is the model for their inner guidance. We would have them see that the current social situation is a gift in the sense that it stirs up the pot, so to speak, of complacency, frustration, ambivalence, clearing the way for new insight, not just as a nation but individually. The model of success for any nation is the inner vision and conviction of its people. The opportunity at this time is to restructure, reassess, reaffirm your ideals and manifest them. The quality of the leadership is created by the collective consciousness of the people. When vision and truth and leadership is left to a few, seldom is the best realized.

This team would encourage humanity to probe their own natures for fundamental truths and real possibilities. Listen to each other's hopes and dreams and creative ideas. Be inspired and encourage this in others. The collective genius of humanity is the true power to build an evolving and successful future. This team will assist in reflecting to you your inner genius. Namaste, our brother.

### **184. Inquiries from the Brotherhood**

Mar. 30, 2017

JANU: We are opening this session to input from those who observe. Each opportunity to serve life, including those that occur within the consciousness of incarnate beings, does not go unnoticed. We of the Brotherhood of Light accede to these.

The first request, our brother, is to understand the motivation of those who resist this change into awakening. Identity is a strong issue here. The human equation includes the focusing of the experience through isolation from the seeming distractions of the larger life. But when engaged deeply and long enough, memory of the larger life fades and substitutes are created, called belief and faith and religion. They keep the attitude open to something more, but at a distance. Direct experience occurs here and there but the social norms are not fertile ground for them to blossom. This channel's desire has always been there, waiting for majority of consciousness to open the door to awakening. Being available to help inspire maturing consciousnesses is a grand service for those who observe.

The second inquiry has to do with a natural love for each other which is part of the dance of life, but distractions can push this aside in favor of power, survival, possessions, influence, control. These shadows of life are a dim reflection of larger truths that have been forgotten.

The third inquiry has to do with the illusion of power. In the absence of awakening to the larger life, true power is not understood. What seems more immediate and tangible is that power over others equals power of your own destiny and goals. Externalizing, you see. Becoming an illusion of power that seems to work but the results are destructive. Not recognized immediately.

The fourth inquiry has to do with the dichotomy in consciousness of right and wrong, good and bad, love and hate, so-called 'peace' and war. The extremes of consciousness perception are easier to observe and require little inspection as to everything in between. The binary mind has a tendency to observe these dichotomies as termination points, rather than part of the Circle of Life of which everything is a part. The current efforts at awakening attempt to bridge these gaps in the continuity of life, in the Circle of Life. Grand opportunity, Brothers in the Light, for service, inspiration, and illumination. Welcome.

### **185. The Art of Awakening**

Mar. 30, 2017 B

JANU: The art of awakening is the theme and there is an art to it, our brother, conditioning your consciousness to be more free of limited social concepts and perceptions. Any art form has elements of conditioning, perception, commitments, and follow through, usually accompanied with passion and respect for the beauty of it. Understanding something of the destiny of awakening helps make this possible. Many art forms have a purpose of conveying something to the observer that is meaningful, uplifting, and revelatory.

The art of awakening consists of many forms but the elements, or at least some of these, are fairly unique to each individual. Deep within your being, but always present, is your True Nature. It has beauty as well and the source of conditioning the consciousness in the art of awakening. As you observe, connect with, and appreciate the qualities of your True Nature, you learn of your connectedness, your oneness with everything, and see beyond the scales of social consciousness. Awakening beings can see the magic of life and wonder at its wisdom, diversity, and creativity.

Be in a state of forgiveness for your life and those you observe. It brings peace to the consciousness and opens the path of understanding. Patience, another virtue in the art of awakening. Processing new understandings and experiences prepares one for the next ones. Namaste, our brother.

### **186. The Circle of Life**

Mar. 31, 2017

JANU: We are at peace with our journeys, for they constitute a contribution to the growing efficacy of human awakening. Would that more of humanity was aware of its progress and the future that progress supports. Many are gathered, whether incarnate or not, drawn by this opportunity to serve and witness the awakening of a world. The opportunities presented by this awakening not only serve humanity but those of any association. Humanity's growing creative capabilities not only serve life but the growing capabilities of others on other worlds benefit humanity as well, for all of life can be drawn upon and contributed to. A universal exchange for creativity and mutual benefit.

Remember the surge of freedom, flow of energy and wonderment you have experienced when learning of a new truth of life and your own being, realizing an accomplishment for the first time. This is part of the path of awakening, our brother, the thrill of something new to you added to your consciousness and experience, the wonder of unknown opportunities as a result. The reality of these experiences add to longevity and a facile mind, for one anticipates new adventures. And there is a natural tendency to share these joys with others. So enjoy your awakening. Anticipate more. And apply what you have gained. The Circle of Life continues, our brother. Namaste.

### **187. Solutions**

Apr. 3, 2017 B

JANU: We are celebrating, if you will, with you moments of love and compassion for each other. This occurs frequently with humanity, more frequently when people are kind to each other, less frequently when they are not. The challenge here is obvious: those that seem unlovable need your compassion and caring even more. This is obscured in their lives through their own experiences. This is one area where the patience we refer to so often generates miracles. Caring and compassion when it is difficult is a model of strength. Applying this perspective in life draws upon life's innate wisdom and the gifts of your True Nature.

Life has many choices which seem to conflict with no apparent solution. Too often, the seeming conflict stymies the flow of wisdom. Moving toward a more inclusive consciousness reveals solutions not foreseen. When adding something to your life, to your experience, this does not always mean it has to replace another, for life is inclusive.

Have as your foundation for understanding and insight a conviction that there is always an answer. Honest and caring communication opens the door. Patience keeps it open. Life is not inert, our brother, but very active and responsive and filled with solutions. Namaste.

### **188. The art of peace**

Apr. 5, 2017 B

JANU: Let us begin with making peace with oneself. Many tensions exist in the consciousness of some people: goals and ambitions, worries over well-being, financial challenges, concerns about time, loneliness, and a longing for something more. The fine art of peace is a foundation for all of these things and more, without reactions emotionally, physically, and mentally that drain you, creating disturbances in the flow of life of your being. Putting these concerns into perspective that is centered in a perception of timelessness, the larger life, and the presence of your True Nature, builds a pattern of living that finds solutions. Peace of mind is an art in itself and belongs to a group of parameters of existence that embraces possibilities and a flow of guidance from within to engage them.

You ask, "Can one have many involvements in life yet remain with peaceful mind?" Yes, our brother, but it takes practice and a sensitivity to the nature of your consciousness, learning to recognize the anxieties, frustrations, confusions. Peace of mind does not make dullness or inactivity, but a confidence in your own nature and the life you are part of.

Look at what humanity has endured so far, yet it is still here. Be aware of happy people. Choose to understand their peace of mind, their simple joys, their

accomplishments in relationships with the ingredients of their lives. Change is natural, our brother. Flow with it, with peace of mind. No matter the change, life continues and so do you. Namaste.

### **189. Self-forgiveness and self-love**

Apr.6, 2017 B

JANU: Many have within their consciousness memories, present and past, what they call regrettable conduct, interactions. Lingering, condemning oneself, to varying degrees, as unworthy of loving oneself.

Self-forgiveness is part of the art of self-loving. The larger, more powerful reality in everyone's nature is self-love. Allow the compassion that Life has for you, which is eternal and all forgiving, to be your own. Emulate that reality. Be the channel of this quality of being that is your nature. Be the instrument of inspiration to others confused in this area. Be what they have within them that seems unattainable through self-forgiveness and self-loving. There is nothing in your memory that condemns you.

Awakening to the larger reality of who you are and why you are and your potential to create beauty is available to everyone. Self-forgiveness and self-love go hand in hand. Allow the experience. Own it. And feel renewed. A fresh start, if you will, that is valid. Some use the phrase "born again."

Be a living example of the freedom of renewal through these two experiences. Let your inner sight reveal to you this model for living. Stand in the truth of this and encourage others by example. Love each other in a new and deeper way that brings true freedom to the consciousness. Namaste.

### **190. Gaining wisdom in a diverse world**

Apr. 7, 2017

JANU: We are surveying with you the diversity of human behavior. You ask to see sanity through or behind all of it, ostensibly to see hope for its future. The manifestations of life in consciousness in the incarnate life are temporary when embracing the larger life, but in a sense, our brother, they are foundation building through experience in individual and collective will. Yes, many unpleasant and brutal experiences. What you hope for is that wisdom is gained, alternatives and foundations for future decisions. Creative consciousness is still present and viable. Humanity still has the option for a richer life.

So hold to this ideal, our brother. Be a gentle emissary for it. Others will be inspired in their own way. Find peace in the knowing of what humanity is capable of as it awakens. The timing for this, our brother, is not one sojourn. The larger view is the clearer vision. Be the evolution in consciousness that you long for. Enrich life as you may, even as we may. Namaste, our brother.

### **191. Living in the Now**

Apr. 11, 2017

JANU: We are addressing this morning the focus of your interest: living in the Now. The reality of this is the constant miracle of life, for in this focus of consciousness, this reality, you are actively at one with, even consciously, the miracle of the flow of life.

You ask, "What of the future?" The future is unmanifest, our brother, exists in your potential and that is where it is dealt with, embraced. When living in the Now, one focuses upon the state of being at that moment. In that reality, our brother, life is eternal, not subject to the whims of perception, misperceptions, conflicts of interest, mismanagement, hoping for the occasional miracle. The miracle of life is now. Its true power is now. Your True Nature is now. The truth is now. Its potential is unmanifest, but



its reality, its life is in the potential of everything. Your physical well-being has the advantage of the purity of the moment, uncluttered with concerns and worries, negative anticipations, imagined calamity. It finds true peace in the moment.

The Now we speak of is not described by time. Time is a manifestation, fluid, changing. The potential of life, although evolving, is an eternal flow of the moment, of the Now. Thoughts become clear, perceptions more harmonious with each other. The imbalances in life experience are a departure from symmetry. Life is symmetrical, our brother. The unawakened consciousness, isolated to a degree from its nature, is a teachable reality. But where is the core foundation to perceive it from? Where is the reference for sanity, reason?

It will take some practice engaging the Now more fully, for the human experience is more rich with the patterns of uncertainty and confusion as a way of life. Namaste, our brother, and be at peace.

### **192. The symmetry of life**

Apr. 12, 2017

JANU: We are enumerating again the climax of a belligerent attempt to control life. What does this mean, then, our brother? It has to do with self-determination in the face of the flow of life.

Quite often, the human consciousness, perspective, ego, sees its destiny, its purpose as exclusively self-determination. In the smaller view of life, this appears to be successful, but over time there is an accumulation of discord, disharmony, and misinterpretation of the symmetry of life that includes every individual. Peaceful attempts at harmonizing with life combined with purpose--the purpose being a piece of the puzzle of the picture of life--the balance between the picture and the puzzle piece working together to form something greater than the individual pieces, you see. Both needed. Working with life as an agent, so to speak, brings collective benefit to its elements.

We strongly urge consideration of this point of view. Working together as a whole composed of elements brings symmetry to the life. For the moment, not understanding the interactions of the elements of life into symmetry does not mean they don't exist, but trusting this influences perceptions, choices. Even homosexual anomalies, our brother, as witnessed in others, is part of this. There are many more seeming anomalies that are part of the symmetry of life. Understand them in this way and much is revealed. Coming out of the shadow of limited thinking, unenlightened preferences, is challenging but rewarding. Namaste.

### **193. Love**

Apr. 12, 2017 B

JANU: Wholesome news, then, to be had from an engagement of a liberated consciousness that learns of love as Life loves all that it is. There are realities that co-exist with incarnate life, that many are unaware of as they ply their relationships and endeavors.

What we speak of this evening has to do with more harmonious living or life. Now, some people wander in and out of this reality, seldom understanding its existence or aware of it. When inquiring as to more of the nature of life and its realities, it is difficult to let go of the models of existence people have created for themselves in what is called social consciousness. The fears and concerns and entanglements of that model of existence are not harmonious with the realities we speak of. When exploring and seeking to experience the range of the reality of love, let go of, to some degree, more limited

concepts or understandings and open to the co-existence of simpler and yet more profound presence of love. Allow all of your being to embrace and be embraced by simple, pure, accepting, without conditions, love. Loving yourself is easier to realize when your pattern for this is in harmony with the presence we speak of. See forgiveness and the love we speak of as one. Everything becomes clearer.

There are countless discarnate beings who see you and humanity in this way. Allow any sense of being “alone in life and on your own to survive” give way to the Family of Life, of which you’ve always been a part. It will change your model for living, your perceptions, and deepen your appreciation of life. Namaste.

#### **194. Memories and wisdom**

Apr. 13, 2017

JANU: Memories show patterns of living, the building blocks of consciousness in the life. Always with you, coming to the surface, in droves at times. What do they serve you as? What to do with them? Many are episodes you prefer to forget. To do so, our brother, is to deny your existence. Yet they still keep coming, triggering emotions that are re-lived. Choose instead to absorb the wisdom they contain and cherish the wisdom. For that is their legacy, that you carry with you as you make choices in life and engage new experiences.

The wisdom we speak of is growing understanding of the dynamics of life. Cause and effects. Creativity. Redemptions. Merits. Seeds planted in the lives of others as well. They reflect the tapestry of life, interconnectedness and influence. Choose to seek and understand the wisdom of these. They reveal much. Be grateful that they linger with their opportunity to grow and evolve. They are part of the richness of living. No matter the memory, our brother, all of living has the gift of wisdom-gaining. Wisdom brings peace of mind and a growing sense of eternity, the flow of life. Namaste.

#### **195. Associations**

Apr. 14, 2017

JANU: Enormous then, in reference, is the propensity for association in the lives of many. Association with each other takes many forms, as does association with the Larger Life. The hopes, dreams, and prayers of those who explore these larger associations are referenced or founded in incarnate associations, not realizing that, in each one, lives the Larger Life and the references for these longings must be lifted as well. Personal integrity is one key factor. A deepening clarity of purpose or motivation is another. Life seems complex, obscure, and its mysteries, magic, out of reach. Associating, then, more consciously with your True Nature and its many realities is the one association that serves you best. Or, should we say, more completely.

You ask then, “How does one associate with their True Nature?” Begin the process, you see, by loving yourself and, through this, identify with the source of your being, where the love, the understanding of love, exists and is reciprocated. Yes, you are one life, with many elements. Love yourself as a whole being, excluding nothing of what you truly are. Association with your True Nature includes insight, perspective, creativity, new understandings, well-being, clarity of purpose and its many phases.

Associate with the Larger Life and each other from this foundation. Find peace and strength, wonder and resolve, faith and commitment, and trust in life. The Family of Life includes your many facets of existence. The potential for associations is unlimited. Consciousness is not limited to the incarnate or discarnate, so wherever you find yourself in life’s scheme, the truth of who you are prevails. Namaste.

### **196. Freedom and the flow of awakening**

Apr. 18, 2017

JANU: Exacting details of the evolution of consciousness are the quest of the human mind; however, this is not the nature of revelation. It's more a flowing, evolving, a quick experience in understanding. To evolve in consciousness one needs to—shall we say, it is useful to—be more flexible in your perceptions, in your inquiries, in your pursuits. Grasping the many nuances of life, layers of reality, and ever-changing nature takes a tolerance for movement such as the wind. Being in the flow of awakening is a term that more describes reality.

These journeys of which we partake can be seen from different perspectives: the rational thinking human mind looking for details, structure, form or the super-conscious reality that is one with the flow of the nature of life. Living in the Now is sometimes expressed as movement in this direction. Human consciousness has a tendency to put timelines on things, looking for repetition, continuity, and continuation. The flow of awakening, our brother, has a theme of patience, openness, structure that does not limit or attempt to have tomorrow look like today. For in that scenario, our brother, where is the change, expansion, the evolving, the adaptability, renewal?

The nature of a journey, our brother, is in flow as well. Words are relied upon almost exclusively for communication. They are limiting and not experiential. “What then do you convey to another?” you ask. You convey the living presence of the flow of life, the flow of awakening. Not to dictate structure or confined purpose, but freedom to be, to create, to understand. Allow awakening. Allow perception and understanding. Allow communication beyond words. Radiate the Truth of Life, its peace, its true power, its eternal nature. Namaste.

### **197. Communicating beyond words**

Apr. 18, 2017 B

JANU: We are gathering then a portion of the understanding that precedes and is a catalyst for communication beyond words. Allow a growing sensitivity to the presence of others that is unspoken. Allow understanding to flow as awakening continues for all who are involved.

Sensing the presence of another is the beginning. The purity of truthful consciousness goes beyond even thinking in words. The communication we speak of is more instantaneous than words can accomplish. It is a kind of direct knowing without a process of translation. Connecting with someone, whether incarnate or not, in consciousness is natural. Be patient with yourself and with others. Part of the flow of awakening, you see.

Eventually the religions will change as such. Communication is beyond words. Words are and can be misinterpreted, which creates circles of misperception that continue. What we speak of here is less likely to be.

Even at this moment, our brother, allow awareness within your integrity, the integrity of your True Nature. Yes, you can sense people in pain, confusion, and isolation and others in service, even as you choose to be. The Family of the Larger Life is vast, present, and ongoing. Continue with this, our brother. Namaste.

### **198. Nonlinear awakening**

Apr. 19, 2017

JANU: Let us proceed with the reality that the presence of life, whether in the form of beings or energies or your own Nature, fills the experience and is ever present. The sense of void, separation from, or distance to, the presence of life is a chosen perception to

serve a purpose. But selective awareness is always available and it serves a purpose. So, you see, our brother, awakening is a wide-ranging state of being, from total void to the fullness of life, from the human experience of separation and isolation to the intimacy of the Family of Life. Your position on this range of reality is a function of your true desire.

The flow of awakening is very fluid and nonlinear. Understanding the nature of this supports the freedom to be. The path of awakening may not be empirical as linear mind assumes. Allow your consciousness to roam life, connect with it whatever its reality, with the joy of its discovery and the integrity of your True Nature. Enjoying life in this way is forever rewarding. Namaste.

### **199. Co-existence 2**

Apr. 20, 2017

JANU: We are encouraging then a foray into the realm of direct communication with the Family of Life. This is not a journey for the human consciousness alone, but the unified team that comprises your being, the seat of your integrity and sovereignty. In this configuration, the human consciousness is more directly involved in the connection with the so-called Family of Life. Maintaining integrity supports the integrity of the Larger Life. Being viable in a larger way yet at-one with other consciousnesses, other realities, is a challenge in understanding for the human consciousness. For what is the frame of reference for understanding to those identified with individuality? The foundation, our brother, is the integrity and reality of the many elements of the True Nature, which includes the human consciousness.

Look at the diversity of your universe, and not just physically, yet it remains one universe, among many. Co-existence of life is the theme. The 'co-' part of this acknowledges diversity. The 'existence' acknowledges expression. Life is viable as this relationship. Your own being exists in this way. So your integrity is one with the integrity of life itself. There is a common reality for everything and everyone. Understand this deeply. Namaste.

### **200. Awaken peacefully**

Apr. 24, 2017

JANU: Let there be a growing allowance for departure from the seeming bliss of ignorance to the joy of awakening. The mind set that awakening is a sudden experience, a giant step, is an attempt to compress a fundamental process of life.

Awakening is a process larger than one lifetime, our brother. Best experienced peacefully, allowing absorption, assessment, understanding, and a gentle unfoldment of experience. The recent symbolism of difficult hills to climb or navigate is the result of the tendency of human consciousness towards impatience that bypasses natural elements that are part of the journey. We are not saying that one must or should let go of the quest, but combine it with peace and patience and attention to natural process.

Realize, our brother, that elements of your Nature are processing as well. Allow the balance to continue between all of these processes and allow them to support each other. Gentle awakening is superior to impatient struggling, far longer lasting with fewer reversals, building a strong foundation well equipped to master challenges to old ways of thinking and perceiving life. Awaken peacefully. Namaste.

### **201. Patience and peace allow for a richer awakening**

Apr. 26, 2017 B

JANU: The realities of incarnate life tend to obstruct the view of the larger life, the larger reality of your being. This is intended to be so, for a time. It focuses the consciousness on identification with the incarnate life, to endure its challenges and opportunities. The degree of this changes with a growing relationship with the consciousness of your True Nature and the rest of your being. As understanding filters through and quickens the larger realities in your understanding and experience, your identity expands, slowly so that the attention on the incarnate life is not dismissed, and the entire reality of your being includes everything. Applying the awakening understandings to all of your existence reveals the 'jewel in the crown' that you are.

We speak in this way to encourage the evolution in consciousness and the merging of the many realities of who you are. Peaceful movement into the Larger Life helps ensure the continuation of the opportunities of incarnate life but with greater depth, mastership, and service. Peace is referred to so often for this reason. Patience allows the enjoyment of the wonder of this journey to the fullest. Move too quickly and these are missed, not allowed to have the influence they are there for. So the awakening continues steadily, but fully as well.

Add to your awareness, to your consciousness, to your wisdom, to your experience, dismissing none of it. Your quest is not founded in phenomena of awakening but the richness of it. Thank you, our brother, and namaste.

### **202. Freedom to be**

May 3, 2017 B

JANU: Incarnate life was always destined to be a physical experience, merged with the larger consciousness, the wisdom of the True Nature, working as one not only to experience but to enrich. The destiny has not changed. The veil is transformed into clarity when no longer needed. When the larger life is merged with the incarnate life, consciously, both are enriched.

Yes, there is one life, our brother, in the larger sense, but with many realities co-existing. The human identity or spiritual identity is a limited understanding. Your identity in the more complete sense is fluid reality, changing based on involvement, desire, and the freedom to be. Your True Nature includes the human experience, and that of many other realities. As the veil dissolves, it is no longer a life limited to one thing or another, but one thing plus another, and another, and another. Being limited only to human identity serves a purpose. However, reality is larger than that.

Letting go of limitation and embracing inclusiveness is a transition in consciousness. Freedom to be. Namaste.

### **203. Being both teacher and student as one**

May 4, 2017

JANU: 'Sailing into the wind' seems to describe our current adventure, but that's what the learning is, our brother. Reaching for the Truth as you embrace it is the balance of intent and desire. Being the master of your journey, of your destiny, includes many things. Peace brings the grace to embrace them.

Life is graceful in its nature, and grace is adaptable to the circumstances of awakening. Grace allows for the diversity of life without judgement and is always loving in its nature.

All that you are learns together and Truth reveals its beauty, its symmetry of being, its wisdom. You are learning that journeying does not always include

conversation. Direct understanding and experience more the theme here. These journeys into what has seemed obscure in the past reveal the truth of the circumstances and conditions of incarnate life. Teacher and student are one in the truth of your nature. You are Life itself. Namaste.

#### **204. A string of pearls**

May 4, 2017 B

JANU: Relevant to our journey lies the perception that all is well. This fundamental truth of being is a prerequisite and a precursor for letting go of the limitations of old patterns and embracing the new. For the conviction of these things puts the consciousness at peace and all is well, our brother. We are progressing nicely.

These breakthroughs in understanding are treasures that add value to your perceptions of everything. They are a string of pearls, each with a hue of their own, adding light to your circle of life. Choosing to learn and to grow and to serve life brings freedom to these journeys. Choosing wisdom is choosing wisely. Life is so rich with opportunities for creative involvements, one is blessed by them. Cherish these. Allow them to be yours. Share them with life and more will come.

These journeys are a treasure waiting to be discovered and understood. No, you are not alone in this. Many enjoy these journeys and bring their own contributions. Namaste, our brother.

*Editor's Note: May this more personal journey help others understand their possible motives for incarnation on Earth.*

#### **205. Preamble to incarnation**

May 5, 2017

JANU: Preamble comes to mind as to motivation to begin the incarnate experience. In this case, it describes experience on another world, leading to a series on this one. You have experimented with two other species of incarnation—this one being the third—in an attempt to understand more of life. As revealed a moment ago, knowledge is not power so much as freedom.

Of the two other species of incarnation, they resembled each other but not this one. The departure from the experience of the other two was triggered by awareness that this one had greater potential for more diverse expression and creativity, setting it apart from the other two. Of course, your associations with others revealed their experiences with other species. This experience was suggested by one who had journeyed this path, and it appealed to you.

This species is on the path of super-consciousness, which you desire to explore. Your quest for this is not unique on this world, but not common, either. Your agreement to the veil experience was to help guarantee exposure to the finer points and distractions along the way.

You are correct. This path of awakening includes more than one sojourn. This may or may not be the last one, before moving on. Your journeys are extensive. Your True Nature is aglow with them. Discover what you may. Namaste, our brother.

#### **206. Inspiring others**

May 8, 2017

JANU: Inspiring others into their freedom has a certain delicacy to it. Example is the best form. A life of challenges successfully met. A growing radiance of peace and confidence. A deep understanding that inspiration comes from within, primarily. And timing, guided by the wisdom of the True Nature, is key. These things are not dictated to

another but form within them. Exposure to understandings and the potentials of life provides atmosphere as opportunity. Stimulus, though, is from within. The magic moments of beginnings are the blessings.

There will always be more opportunity waiting to be considered and engaged. The resources available for everyone are without end. Time/space thinking, perceptions, is a small part of reality. Urgency interferes. Namaste.

### **207. More guidance on awakening**

May 9, 2017 B

JANU: Assembled, then at this time, there appears to be a congregation of those who are interested in the alignment of incarnate species' consciousness and the larger reality of being. This occurs on many worlds, the nature of which has many variables. What we seek to observe or learn here is any variation on the theme that sheds light on the journeys of others, for we are composed of those who assist here and there, based upon our understanding and experience.

The expressions of your being are becoming more united in this, seemingly a single purpose but with many realities. From one point of view, each individual is on a personal journey of awakening. But, in reality, one is never truly alone, for life does not separate itself from itself. The consciousness will grow in the direction of community. Associations and collaborations are growing connectedness in the midst of the flow of life, with many mutual benefits.

Like the infant struggling early on to explore, understand, adapt, comply and conform with the patterns of life it has emerged into, awakening has many parallels that stimulate a more complete you. Allow your reach to expand as well as your associations from the foundation of your integrity as a complete being. Enjoy the journey, our brother, as do we. Namaste.

### **208. Allow the process of awakening**

May 12, 2017

JANU: We are forming conclusions that pertain to the desirability for awakening, generally speaking, to humanity at large. We are not professing here a scenario where the quickening of awakening takes over the progression of consciousness chosen individually and collectively by humanity. Too often, progression is based on time, linearly, perception that does not allow for natural process with the best long term results.

Commitment to this process is admirable but, once again, patience allows for harmony with all the elements of awakening. For full wisdom comes from experience, which includes so many elements. The goal here is for engagement of opportunity and a peace of mind that the opportunities exist regardless of time. So as contemplation considers possibility, allow for unfoldment of intimacy with the larger life. Be at peace, our brother. Namaste.

### **209. Inner and outer balance of awakening**

May 12, 2017 B

JANU: You see the evolving perspective on awakening as a growing experience called upon when there is need. To be in incarnate life for the conditioned human consciousness takes equilibrium between the subtler and gross realms. What is evolving here is a balance as the two merge into one expanding identity.

What we are describing here is the journey of awakening. The commitment here is the quest of the journey. Not some grand singular achievement, but living in the moment, remaining alert to the deepening balance between the two. Your True Nature always knows what's in your heart, what drives you, what brings you joy. The journey is the thing, our brother. Be grateful for it. Namaste.

### **210. Understanding awakening**

May 15, 2017

JANU: Let us presume for the moment that integrity is a key word or reality in the forming of meaningful journeys. Employing more of your True Nature, your total being, as emphasis changes in the experience brings into view, brings about patterns of life and experience that are sustainable and catalysts for reaching into the larger life.

You would ask, "How large is life?" Cannot be measured, our brother, for it is ever expanding, a journey without end but ever richer.

Let there be no mistake, then, that reaching into the larger life is a journey into integrity. Fanciful variations have their own form of integrity but are limited. These are patterns, cycles of anomaly, with beginning and end. They are a part of life but journeys that circle in on themselves, as with all fanciful identities and perceptions.

Now, integrity, our brother, is not a rigid concept or philosophy. It is in motion as well. But it is in harmony with the flow of life and is sustainable. Discernment and recognizing fanciful anomalies comes from integrity. That is unlimited. Rely on this core understanding as we journey further into the larger Truth of Life. Namaste, our brother.

### **211. What is life?**

May 18, 2017

JANU: We are exploring with you your question: What is Life? Not to be flippant but an answer is: What is not?

When one explains the question through form, there is truth there, but not all of it. When one explores life without form, there is truth there, but not all of it. One speaks of the so-called Big Bang, the beginning of your universe. Before that occurred, was there life? The answer is Yes, but what kind of life? It cannot be described by form, words, or limits, even character. You ask, "Is that Life aware of itself?" The answer is Yes, but in a different way.

So even a universe is an expression of life, an opportunity for discovery as to its nature. If you were Life without form or creation, how would you become self-aware as to your nature? By allowing your potential to create, with intimacy, for the creation is of you.

You ask, "Is there a beginning to Life, that has such potential?" The answer is No, our brother, for that potential, and its potential, are beyond time. The body of Life is not described by words or the perceptions of its creations. The evidence of its existence is all realities, whether physical or not. Creations serve as a realization, but life is not a thing, not a power. It is subtler than your most subtle perceptions or imaginations. Even your universe cannot describe it, and there are countless universes in the body of Life. Even the word 'body' is a limitation.

So, the answer to your question, our brother, does not lie in words, even though the question does. Being in harmony with the realization of potential, as a oneness with all that is and all that can be, is the life that you are. So, expand your consciousness, your understanding and wisdom, create, serve, enjoy, and be the Life that blesses you. Namaste.



## **212. The NOW of your destiny**

May 19, 2017 B

JANU: Your concern is with the resolution of seemingly distant scenarios having to do with performance and potential while incarnate. These stem from fear-based thinking and denial of change. Why not embrace any circumstance with positive influence anticipating benefit? When one is confident with the presence of intelligent life, insight into circumstance resolves opportunities into new ones. The flow of life continues on.

This is a fundamental principle in creating one's own destiny and linking opportunities into new ones. Co-creation means just that: a cooperative reality that transcends realities of existence. The peace we speak of resembles this relationship with life, its changes, its progression.

The so-called larger life, or big picture if you will, exists in the moment. Searching for the answers is an externalization of the depth and understanding of the moment. Difficult to communicate this to the individual who is constantly looking down the road. Living in the Now is a reality, our brother, and is timeless. Be at peace. Namaste.

## **213. Realizing potential and True Power**

May 24, 2017

JANU: We are overseeing, as it were, the enriching of life. In a large overview, it is the realization of potential. Individually it is the same thing. Enriching one's life enriches all of life. So how does one enrich their life, dear one? By realizing their potential, which is part of the larger life.

“What does potential include, then?” you ask. It includes the results of service, expression of love in countless forms. It includes consciousness raising to levels that can realize, be aware of, greater potential. It is giving confidence and inspiration to others to realize theirs. As each one awakens more and more, these realizations of potential are part of their resource for inspiration.

The so-called evil in the world, its manifestations, are attempts at realizing potential from a limited point of view. Experimentation, if you will, motivated by power—the illusion of it, a limited imitation of True Power sustained by ignorance. As each one discovers and realizes their own potential for true freedom and an expansion of, a deepening of, a love for life and each other, True Power is manifested and embodied.

The power of destruction is exhibited throughout the cosmos as suns explode, planets and other bodies collide, but out of this is rebirth. For life, our brother, is the creator of everything, at the heart of everything, including so-called evil or false power, apparent power. So your faith and trust is in life itself. It is the source of everything, every reality, with inherent wisdom, flow, and continuation. Find peace in this, for life continues.

The seeming insanity in the world is in the presence of the evolution of consciousness, the manifestation of love, and the true power of life itself. Apparent power is an illusion, a misinterpretation, existing in cycles of life with beginning and end. True Power is eternal and will always survive. Dwell in that understanding and all else will take perspective in your perceptions, in your emotions, and in your relationships. Find peace in the Life that is the heart of everything. Namaste.

#### **214. The future is now**

May 25, 2017 B

JANU: What is happening currently is a result of continuation of the urgency and insurgence of those forces that are benign in the world. The destructive nature of some, in their consciousness, predetermine themselves as instruments of recycling society. These manipulations in the codes of life shall bring about, or hasten, the new forces of creativity that are in store for humanity. So this is the time for girding oneself up, so to speak, with deep rooted conviction and commitment to that which is to come and begin to formulate, so to speak, a model of consciousness that not only embraces but embodies the best in human consciousness as it is at this time, and will be.

Peace is the theme again, our brother. A most powerful reality in reformation. Be not distracted from this by those who have yet to understand your current roles in life. Build the future now. There are many who support this, incarnate and not. The future is now, our brother. Namaste.

#### **215. Embellishment, discernment, integrity**

May 26, 2017

JANU: We are embracing at this time the embellishment of life by so many. Intentional and subconscious embellishment of experiences, capabilities, relationships, self-worth, private and public events, by individuals and groups to create impressions, advantage, denials, fly in the face of integrity. These are experimentations testing life and the consciousness of others to find limits, as a child does with parents, discovering the patterns of life that work or don't work. These attempts at control are revealed for what they are ultimately, if not to others then to the perpetrators.

When presented with these, one should be reminded and encouraged to develop discernment based on one's own integrity. This is a good example of how Life teaches. Life is rich with opportunities to develop discernment and refine integrity. Monitor your daily conduct, no matter the form of expression, for embellishment and discernment and integrity. Namaste.

#### **216. Listening**

May 29, 2017

JANU: We are listening with you, for the tone, the beat, the rhythm of life can be heard. Yes, there is an art to listening. Not so much with the ears but with your sensitivity and consciousness, your True Nature, the elements of your existence. This capability can be extended to sensitivity to others, whether incarnate or not. All of life has a presence that communicates to the one who listens.

Listening to the Earth is one example. The Earth is teeming with life of countless variety, each with their own pattern and rhythm. As in a symphony, one can focus upon the collective reality of that symphony or any instrument. Such it is with the Earth, our brother. So, you see, there are patterns within patterns, in the symphony of life. And these exist in your own being. The body has many such patterns, making up its symphony. Come to understand them. Hear their song. So-called 'music of the spheres' includes the smallest thing.

Practice listening and you will hear and be conscious of the omnipresence of life, even as it is aware of your presence and consciousness. Listen well, our brother. Namaste.

### **217. A free being**

May 22, 2017 B

JANU: We are overcoming once more limitations of the incarnate life. Forgiveness is the theme of this journey. Let there be known that forgiveness clears the slate, so to speak, of emotions imprinted in the psyche as a result of certain experiences that are troubling when remembered. As enlightenment and awakening ensues, the Biblical statement “go forth and sin no more” holds sway. But realize this, our brother: those experiences are not ‘sin’ in the consciousness of your True Nature. They are excursions into incarnate life, colored by ignorance and human motivations of the unenlightened consciousness or mind.

The True Nature chooses wisely to absorb what it needs from any journey. There is nothing held against you in the incarnate life, and you have always been free to move on anew. This is life in motion, our brother, so move on with it, free to be whatever you choose. You are what you’ve always been: a free being at all times. Namaste.

### **218. Cycles of evolution**

May 30, 2017

JANU: We are sounding out, if you will, that which belongs to the tempo of human evolution. When looking at the pulse of the evolution of humanity, one must remember that not so long ago the pulse was stronger than it is at this time. It has its cycles as well. Based on these cycles, the next upsurge of this pulse will occur in two more generations of humanity. The word ‘renaissance’ comes to mind. And the peak of that cycle will transform what is seen at this time. The challenges to this will come and go, as they always have, for these cycles exist within individuals as well.

Now, these cycles are not separate from the rest of life but occur even as we speak on other worlds and in the nature of the cosmos. Be not discouraged by the seeming mayhem of the moment. This will pass. Anticipate this next upsurge in evolution, not only in consciousness but in so-called supernatural capabilities. Empathy, direct knowing, the larger life, improved health free of such negative and destructive emotions, attitudes and conduct. A better life in every way. Humanity coming closer to meeting its opportunities to serve life even more fully.

Be part of this at this time by reaching within the self for the True Nature to reveal your potential. These cycles of evolution are anticipated by life as well, and prepared for. Be part of that preparation. No need to wait. It is already begun. Namaste.

### **219. What influences you?**

May 31, 2017B

JANU: What might seem like an urgency to journey is born of timing, the coordination and synchronicity of movements in the patterns of things leading to evolutions in human consciousness, which are the precursors to social development. Humanity has yet to fully grasp the presence of many subtle realities that are part of the reality of Life. That includes influences in human society. These influences are more enduring and influential than the behavior of those consumed with the illusions, or should we say ‘delusions,’ of power. Many human realities can be influenced by others, but as consciousness evolves the inner truth of being sees more clearly these limited influences, and the genius that lives in the True Nature of each one finds its place in society.

Awakening includes a sensitivity to these patterns of life and their influence from within. Understanding that, that each one's true being is who they are, the human consciousness being part of that. Awakening reveals the truth of the nature of everything. The changes that are coming are worth knowing, our brother, including the revelations of your True Nature. The answers are within. Namaste.

### **220. Listening to the patterns of life**

June 1, 2017

JANU: We are listening, then, with you to the patterns of life, broadcasting as they may their vitality, their configurations, and their consciousness. As do we. All of life is alive, our brother, vibrant, interactive, mutually influential. Any imbalances can find remedy within each pattern and the resources that exist. So listening, you see, is connecting with all of life, selectively as you choose.

Explore the reality of your pattern of life being observed or related to by others. We are not just speaking of people here, but all of life. Even the subtler realms, for they are part of your existence as well. You are far more than a physical being. Awakening reveals this and the opportunities that are provided. Patterns of balance, symmetry, coordination, harmony are available to the body, emotions, the mind.

Moving through life alone, unaware, disconnected, perceptions of isolation are not required and continue by choice and ignorance. Reach out with your listening. Life is all around you and within you. Namaste.

### **221. The art of listening**

June 2, 2017

JANU: We are celebrating as such this new threshold in consciousness called the 'art of listening.' The scope of this being revealed step by step, realizing that consciousness in the larger sense includes awareness by way of every faculty of your being. Mental cognition is part of it, but not all. The vehicles of communication exist or, should we say, co-exist in the oneness of your reality. The incarnate conditions of awareness are valid but limited.

When a mother experiences the distress of a child at distance, this is consciousness in a larger way. Embracing a loved one communicates a great deal without words. Embracing life in its countless realities is the same. Embrace your own being and listen, with honesty, integrity, and love. Much to be gained without words only. Words are useful to a degree. Listen to what's behind them. Many different meanings for the same word in the consciousnesses of those you encounter.

Listen to the creatures of the world. Allow them to listen to you. Plant life included, our brother. Even the Earth with its vast resources of life. The fine art of listening even extends to the other worlds and realities, for distance does not limit. Listening transcends time.

The illusion of being alone in life is from the veil. Discovering the truth of who you are transcends the veil. Welcome to the Family of Life. Namaste.

### **222. Humanity is maturing**

June 5, 2017

JANU: For today's journey, we beseech the coming of the progression of the life that is born of the destiny of humanity to embrace a vigil among the stars. What this means, our brother, is that on the horizon can be seen a significant evolution in human consciousness to embrace the universe in a larger way. Not just exploration, but an understanding that promotes a commitment to serve life in a more inclusive and larger way. The fledgling

attempts and efforts to explore must give way to a maturing responsibility, not only of understanding and being in harmony with other worlds and reality, but to see the Earth in the same way, demonstrating proficiency beyond professed service and caring.

This approach to life will give insight into taking better care of each other and the world they live on. The larger view, when embraced, always serves the smaller, and realization occurs that they are both the same in principle. Awakening oneself also includes awakening to everything else, for they are one.

The physical universe, seeming so vast, is only part of reality. Be not confused by perceptions of size and vastness, for co-existing with this reality is life not limited by time and space. And neither are you.

The journey of awakening is never just personal, but inclusive, and that includes the awakening of others, realizing their connections with each other. Humanity is maturing and they are not alone in this, and never have been. Namaste.

### **223. Past & present species revealed through listening**

June 5, 2017 B

JANU: An enclave has persisted these long years, seeing to the performance of endangered species on the Earth. Many have come and gone over many millennia, with significance not plumbed fully by humanity. The species have come and gone, but their memories and imprints remain, to the point that reanimation is possible. The protocols for this in the Codes of Life remain, fervently held by co-creators with Life itself.

What is to be understood here is that the qualities and character of consciousness exhibited by these still can imprint and influence other creations, and not limited to your world. Species that have been initiated in the Earth, and will be, draw upon this reservoir of patterns of life. The listening we are developing with you renders available an awareness of and exploration of what has transpired and what still exists, not only in the subtler realms but in physicality as well. As we explore life together, this is part of it. Namaste.

### **224. Look to smaller nations for the future of civilization**

June 7, 2017 B

JANU: Reaching into the current patterns of human consciousness, we see several course corrections or, should we say, directional shifts in national leadership. The next few years will be very confusing and seemingly unmanageable politically speaking. The processes that continue, from leadership styles, will bring about crises of conscience, not to mention population confusion.

There are a few national leaders around the world, mostly in the smaller countries, that see more clearly the role of power to serve their countries. These models of behavior of the larger powers are what not to do. Once again, choice has its way, but look to the smaller nations for greater political success, healthier growing economies, happier populations. They will find ways for the larger economies to fund their development.

We will assist through inspiration and enlightenment. The smaller nations are more capable of changing direction. Armies are not the keys to power. A united people with values that live in their hearts are more powerful as creators. Watch the smaller nations. Namaste.

### **225. Denizens of the deep consciousness**

June 8, 2017

JANU: We are reaching into, if you will, that which belongs to the so-called 'denizens of the deep,' troubling issues that foster confusion in the mind, in the body, in the emotions. These denizens, for the most part, are of one's own creation, unresolved issues that belong to the present and the past. Rare is the individual not subject to these. There have been those who have renewed themselves and are free. The memories persist but are no longer denizens deep in the consciousness.

Purging oneself is accomplished through purification described by absolute forgiveness and a love for self and life. No longer doubting self-worth. No longer self-condemnation for the stumbles that occur unwittingly through living. Life does not condemn you. Only the moral conviction of right and wrong, good and bad, righteous and evil do. These dichotomies are born of separation consciousness, social conditioning. They are not who you are.

Be as angels regard you: a being of Light experimenting with life to gain wisdom and to serve, grateful for every opportunity to experience and understand. Namaste.

### **226. Stability in the midst of change**

June 9, 2017

JANU: We are forward looking at this time as you ponder stability and consciousness in the presence of continually changing flow of life. Stability, our brother, is achieved when the consciousness is in harmony with the changes in the flow of life. This perception opens the consciousness to the reality of it.

Now, all changes are not perceivable at once, but reveal themselves to the need of the moment. Seeing one's self in the midst of change, on any level of reality, is a freedom that cannot be measured by time. Living in the Now of reality is what this is a part of. So, as each change unfolds, attune to the moment of it and see what it reveals. Let that guide you. For even the task you focused on in the moment can have a changing perspective, seen anew in the moment of change and its reality.

Life reveals itself to itself. And you are part of these changes by your interests, desires, and involvements, and the flow of life responds to these. So you are part of these changes. They are part of you. Finding peace in this, our brother, is liberating. Namaste.

### **228. More on the Larger Life**

June 13, 2017

JANU: We are enumerating, if you will, on the subject of your interest: the blending or merging of the larger life with the incarnate human experience. We are one in reality but not well understood by many. Faith in this reality is one thing, but knowledge of its reality is another. Conscious choices prevail when administered by truthful understanding.

A purpose of these journeys is to bring to the consciousness this larger reality. Journey into the larger life consciously and deliberately, with a growing purpose and commitment. After all, this is more who you are than just the human experience. The art of listening goes a long ways toward a growing understanding and the wisdom that comes from it.

Bridge the gap that is an illusion. Find deeper peace in a larger perspective. Understand each other to the benefit of all. Re-acquaint yourself with your larger family, not incarnate. The human experience is only one of many. Your larger family of life has embraced these, a reality of richness, of understanding, and wisdom. Experience the meaning of oneness. Namaste.

### **229. Gratitude**

June 13, 2017 B

JANU: Incarnate life is an opportunity to proceed along the lines of co-creation. Choices seem arbitrary until more awakening occurs and life can be understood in a fuller way as an opportunity to co-create. Cooperatively speaking, being conscious of your True Nature helps you be conscious of all that you are, including the incarnate experience. Cooperating with your own flow of life, consciously, is a more coordinated endeavor than being unconscious of it.

Now, gratitude for opportunity can be on a global basis, but moment by moment, day by day, it seems more real and immediate. Gratitude is a key to rejuvenation, clarity and the blessings of life. Gratitude is the whisper of hope to the rest of your being, which responds lovingly. Gratitude unites the elements of the moment, coordinates them, unifies them. It inspires others to see their lives in new ways, no longer limited to looking to the future for a better life, but finding the path to it in the moment.

Focusing on lack, disappointment, frustration, deprivation does not marshal that needed for opportunities to be understood, seen, and engaged. Gratitude is a joy-filled experience. All that you are benefits from this. Gratitude radiates and touches others. Namaste.

### **230. Challenges are part of awakening**

June 15, 2017

JANU: We are appraising at the moment a challenge to the attunements. Physical discomfort, our brother, is a distraction if allowed to be. Taking command of any challenge or circumstance requires the benefit of presence of mind, commitment, and inner strength. Today's minor discomfort is an opportunity to master this lesson. The conviction that your True Nature, which includes your human consciousness, is the master of your life reveals, again and again, what is possible.

We are created, our brother, to meet challenges, overcome them, and move on, becoming stronger as we do. A valuable lesson in a world filled with challenges. So much of life can be a struggle, but life goes on anyway and the struggles are part of it. Inspiring this realization in others helps pave the way for continued awakening and self-mastery. This realization can be applied to so-called diseases as well, leading to the rejuvenation of the immune system and what it can accomplish.

Awakening is eternal, our brother. Challenges are not. So let us continue with these. Namaste.

### **231. Love thy neighbor**

June 15, 2017 B

JANU: We are capturing, if we may, the essence of viability of world politics. Those of the U.S. seem challenging. Those of the rest of the world are caught up in this as well. This idea of 'U.S. first' no longer applies to world politics. Mutual well-being and prosperity is the key to what is to come. Being instrumental in, and an inspiration for, the blossoming of other nations is one key to the future.

In a manner of speaking, all peoples are together on one ship, with too many captains, concerned only for their small part of that ship. This old model of leadership is becoming archaic. National empires can fall like dominoes, you see, no longer viable on their own merit alone. Too many links around the world, economically and otherwise. People understand this, more than the national leaders. These changes will come. A victory for some, devastating for others as they perceive it.

Models of governing exist, moving in a more global and healthier direction, mostly in a few smaller nations. Your pope is correct: building bridges is a foundation for global unity. The walls are coming down, our brother. They may fall on those attempting to keep them up.

There is always time to change, for that is the nature of life. What is the meaning of ‘love thy neighbor as yourself?’ Namaste.

### **232. The middle path**

June 16, 2017

JANU: We are encouraged, then, by the treatment received in your media for the victims of the recent violence. What does it take, then, to resolve the seeming schism between violence and peace? Violence is a product of society and will remain as long as there are those who are despised, treated unfairly, unlovingly, and those who find safety and comfort in the obscurity of social norms. Even your media feeds both. Where would your media be without this dichotomy? The people are conditioned to hear more about violent news than the prosperity of true peace and its power.

We find this dichotomy exists in many varying degrees in most of society. Each identified with one extreme or the other, either for or against consciousness. Where is the model for balance, unification, the middle way? It lies within, our brother, within the core nature of each one. The benefit of evolving consciousness is the growing clarity of the truth of everything.

In a reverse-engineering perspective, the dichotomies of life reveal the middle path. Fear exists in both extremes. The fear of loss in one, the fear of being alone and without resource in the other. The middle path resolves these with presence and clarity and peace of mind.

Choose your path with wisdom. It is the path of True Peace. Namaste.

### **233. Destiny, obligation, integrity**

June 19, 2017

JANU: We are engaging, if you will, the personal obligation to one’s own destiny and the patterns of life that each one creates to enable him. You ask, “What is destiny, then, for an individual?” It is to explore life, their own consciousness, their own potential and its relationship with everything, including other beings.

Destiny and potential are one. What that involves is up to choice. Life seems complex but it doesn’t have to be, our brother. You have within your True Nature wisdom and genius to have revealed to you the wise and simple approach to these complexities, according to maturity at any moment. As we have said, destiny is not a destination, other than one of the moment.

The imperative of life itself is your heritage. And, through the oneness of life, the destiny of others in reality is yours as well. And yours is theirs, for the potentials of each one are part of the potential of all of life. Unique, individual, and at one, simultaneously.

Choosing to live has no alternative, our brother. The manifestations of the choice are yours to embrace and explore. So, you see, obligation in higher sense and meaning is of your True Nature, which is who you are. Allow your human consciousness to taste this reality within your True Being and understand the measure of it.

You have destiny beyond your imaginings, potential you’ve yet to dream of, wisdom from experience yet untapped. And it is all evolving, our brother. Allow yourself



to be conscious of each other, whether incarnate or not, through the integrity of your being. Limit not your consciousness to the confusion of others, by the truth that lives within their integrity. Namaste.

#### **234. Building an edifice of understanding**

June 19, 2017 B

JANU: We are adapting to the moment of reality as it pertains to the absorption of understanding of new experiences. These thresholds in consciousness are a train of realities that build larger patterns of life than what they are made up of. As blocks build an edifice, patterns build a consciousness that delves into broader and deeper elements of life.

This is what we are building, our brother: an edifice, so to speak, that evolves, that touches realities, brings them closer. Not to lose yourself into, but to embrace yourself in a larger way. Building a strong foundation for understanding creates a foundation to build upon. One does not have to be remembering each pattern at all times. They can be drawn upon individually or globally, to facilitate other understandings and experiences. We of the Brotherhood are one such edifice of collected understandings, which we share with you. Everyone you meet is an edifice in the making, whether incarnate or not.

Fine foundation building has been a lost art for many, but it is returning. Consider the possibilities and the capability of an edifice of understanding built by all of humanity. The Earth will be transformed and join other worlds on this journey. Namaste.

#### **235. A loving life**

June 20, 2017

JANU: We are enumerating the skills needed for awakening. Fundamentally, our brother, it is a love for all of life, including the self. The mystery some attach to being conscious in a so-called supernatural way is born from the belief that the unknown is unknowable. Even for those who are convinced of this, there are moments of insight, transformation, and even peace of mind.

Now, realize that love, in the larger sense, is much more than self-gratifying possessive love. It is open, unlimited, ever growing, ever inclusive, ever at one with the beauty of life. Acknowledging this in every part of it, for unlimited love and life itself are one. Loving life as life loves you is the great liberator.

Words do not describe this quality of being fully, for words are based upon experience and understanding that is limited. But allowing this direction of experience and knowing opens the door for anyone to enter. Putting this into words no longer seems necessary.

Living in the joy of being is rich, powerful, yet quietly peaceful, and free. Your True Nature knows this and lives this, and is you. Allow this to grow in your experience of living. As the veil lifts and confusion fades away, live your life in freedom. Namaste.

#### **236. An overview of these journeys**

June 21, 2017

JANU: We are summing up, then, these journeys as an overview. We consider these tantamount to the leveling, if you will, of the seemingly chaotic ups and downs of life for many into a more understandable and a little more predictable progression up the ladder of consciousness and the serenity of achievement and fulfillment of destiny.

Now, our manner of awakening is only one of many, but becoming more conscious enhances the gaining of wisdom and elevates the contribution to life and each

other. Let us say this, our brother: we are not suggesting an end to the challenges of life but an elevation of the experience, the reality, and the possibilities. Do not confuse 'confusion' with 'being unaware of what lies ahead.' One seems without direction and purpose. The other is filled with a growing purpose, sense of commitment, and anticipation of discovery into a larger life. A journey of journeys, you see. To this end we serve, in one way, humanity. There are many other opportunities as well.

So continue to reach into the depths of consciousness, potential, and realization, being filled with a love of life, its beauty, its magic, and its wisdom, its love with and beyond understanding.

### **237. A look at human destiny**

June 21, 2017 B

JANU: Rich are the prospects for humanity. It longs to visit and explore other worlds, other civilizations, other species, but is yet to understand and commit to taking better care of its own world so that it brings a foundation of wisdom, understanding, and skill as a benefit to the worlds they visit. The motivation currently to leave Earth for another planet is to escape what it has created and start over again, and re-create what it has created on the Earth.

Being in harmony with the flow of life includes the Earth and its potential, destiny. Helping the Earth reach these ideals can be a grand gift for other worlds. Much awakening needed here and the raising of consciousness. Life has a way of sorting out challenges and opportunities and is intimately aware of what is.

Fear-based destiny of the 'end of the world,' whether by nature or self-imposed corruption, is counterproductive. Whatever idealists in the human community would envision for another world, let it begin on the Earth. Life has great distances between worlds physically for good reason. Yet opportunity does exist to move beyond these limitations. Namaste.

### **238. Being the artist of your life**

June 23, 2017

JANU: We are signaling, if you will, in a new way the arrival of clairaudience. Now, clairaudience can appear in the mind or aurally as well.

All things are possible, our brother.

'Unlimited possibilities' is the theme here. As you have observed, there are many examples of extra-natural possibilities. Seemingly miraculous health and well-being in a consciousness unlimited by social conditioning of those yet to explore this. See disease and death as a common experience, but not a natural one in the sense of inevitable. Moving in the direction of a consciousness that is free of accepting limitation is a grand journey. Ignorance is replaced by knowing. One does not discard ignorance but embraces awareness and understanding. One does not discard disease and death from disease, but embraces life, balance, harmony, limitlessness. Even though cycles of destruction and renewal exist in the physical reality, rejuvenation, vitality, continuation are real as well. The consciousness of humanity that exists beyond limitation is a great healer as co-creator.

Letting go of limitation is part of the path into the larger life. "But what replaces it?" you ask. Limitless understanding, freedom, awakening to the whole truth of who you are and what you can be. Society, social consciousness does not design you, our brother.

The unlimited presence of your True Nature, of the palette of Life itself, does. You can, as the artist, paint a new image of yourself, of your future, your experience, with that magic loving brush of super-consciousness. So pick up your palette. Fill it with understandings, desires, imagination, and start painting the life you choose. And marvel in gratitude for what you create. Namaste, our brother.