

# Awakening into the Larger Life

## (Awakening IV)

*Awakening is a process, and has become the basic premise behind these journeys over the past several years. In 2016, a series was begun on the basic process. This then switched to looking at associations and collaborations with the Family of Life, although studies of the process itself also continued. As this second series became unwieldy and lengthy, it became apparent that a shift had occurred again, more towards a focus on the reality of a Larger Life, so another series was begun. There is, of course, some overlap between these two series, but as many of the journeys had already been posted as part of the second series, it was too complicated to sift them out. The last three journeys within "Awakening II-Associations and Collaborations" are duplicated in this, but don't assume they are the only ones relevant.*

*In case the curious reader wonders at my math, "Awakening III" is a series of journeys which are particular to my personal growth and not of interest to others.*

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## **1. Experiencing who you really are**

Aug. 30, 2017

JANU: Pairing up, then, has to do with connection. How does one consciousness connect with another? It is by means of common interest and compassion. Why does one care for another? And not for another? It has to do with that which binds a family: a sense of being part of each other, connected, and over time a history of relationship. Some encounters remind one of these feelings, these times, and there is a natural motivation to feed and nurture these connections.

You ask if one can turn that attention to oneself to find peace, confidence, and connection with who they are? The answer is yes, our brother. Accomplishing this to some degree revitalizes compassion and connection with others. For most, these connections are personal. To establish them with strangers is a challenge. The larger life of consciousness provides perspective on doing just that. So, loving one's self is a product of understanding who you are, knowing who you are, remembering who you are. Your True Nature is part of this, for there is the wisdom, the memories, the understandings, the history of being, of countless encounters, associations, and performance.

This understanding, this connection is beyond words. They limit you and channel understanding into limited venues. They are poor substitute for direct experience. Allow memories to blossom, re-establish themselves in the consciousness. They bring understanding with them. Do not filter them with words. Choose to know directly. Allow this richness to flow freely from the core of your nature and be, once again, who you are.

Your True Nature is an expression of life, unique yet one. Understand others in this way. Namaste.

## **2. Cycles of Life**

Sept.15, 2017

JANU: You ask, "How large is the Larger Life?" Life is in cycles, our brother. The Larger Life referred to is the current cycle. Even life renews its expression, its presence, its journey, its evolution and outcomes. So even the term 'Larger Life' is in motion. However, the journey in this cycle plays its role in experience and wisdom for the continuation of these cycles of life. There is a thread, you see, connecting all cycles of life that is a theme full of oneness. Oneness in principle and purpose and potential.

You ask if there is consciousness or continuity not limited by any one cycle of life. There is, our brother, but cannot be described in these limited words. Most of the content of a cycle of life is beyond words.

Wisdom is gained through experience. So how does one then experience most fully their journey in any cycle of life? By awakening to the experience, its full depth and breadth, and its potential. The awakening of humanity is essential; otherwise the life cycle continues to replicate itself in smaller cycles until fully experienced by the consciousness of life by those that walk its journey. Awakening is the clearest path to the full experience of living through the cycles of life. This is why 'awakening' is the theme of these journeys, to become more conscious of the Larger Life that you already are.

Now, the grand experiences that are most useful to you do not come with a sign advertising their merit. Follow your instincts, your intuition, your inner guidance when choosing whether to or not engage an opportunity, for there is a part of you that

understands potential and its expression through opportunities. Enjoy awakening. It is a rich path of discovery, realization, and an evolving consciousness. It enriches the cycles of life. Namaste.

### **3. The reality of awakening**

Sept. 18, 2017 B

JANU: We are acknowledging the purpose of these journeys: in a larger way the awakening of humanity. Now, who is to say everything that includes? But the direction is fairly universal: being more conscious of who you are in the larger life, the integrity of the True Nature.

The elements of this vary beyond number, but the theme is the same. Profound connection beyond petty differences, a wholistic view of life and oneself. Understanding the differences that make up the tapestry of life, the changing patterns that create new ones. Understanding the diversity of life and the strength that brings. Exploration and achievement that enriches life. The oneness of the micro- and macro- realities. Awareness of reality beyond space/time. The coexistence of everything and the relationships that exist of these. Generosity, patience, peace, love, endurance, commitment, confidence, and wonder, joy and light-heartedness, the transformation of struggle into achievement. Awakening is all of this and so much more. Namaste.

### **4. A larger perspective**

Sept. 19, 2017

JANU: Being at peace, one can survey any part of life and understand it, without agreement or disagreement, but the isness of it. Each part of life has a guiding principle, meaning its potential. The results of these principles are the diversity of life, its 'net sum' so to speak, and its evolving potential. Walking the journeys of life, some call sojourns, brings direct experience and a measure of ownership. The True Nature records all of this as it evolves as well. True Peace finds no condemnation of the diversities of life, but understands them and their role in Life's tapestry. The net result of life is beyond wisdom and experience, which words cannot describe, but the evidence of it is the life that you can. So the larger view we speak of renders perspective for all that it contains. Namaste.

### **5. Physical and non-physical networking**

Sept. 19, 2017 B

JANU: The term 'domain name' comes to mind, relating to those of the Internet set. Each one has a 'domain name' in their nature identifying their human journey. A domain name is unique to the individual. It can be read by anyone, but not altered. The integrity of the domain name is maintained by the authority for it, which is your True Nature. The domain can receive messages and deliver them. The domain can be added to, modified, enriched, and intentionally blocked to whatever degree from time to time. The Internet is a reflection of a part of the larger life of being and communicating.

Corruption is not a viable reality, but can appear to be so in the realm of human consciousness subject to fears, misperceptions, misdirection, abuse, psychiatric and physical illness. So true identity, true domain reality for each one can always be returned to for restructuring, reorganization, rejuvenation of the human consciousness, the human psyche, and physicality. The natural equivalent of the Internet has many more capabilities and is changing and evolving.

The reason we refer to this is so that many can relate to the larger life, of which the incarnate life is a reflection, in some ways. There is networking, our brother, in non-physical reality beyond time/space. But even there integrity is respected, for without this

chaos would ensue. Eventually, technology in the human experience will render the physical Internet a place of integrity, especially as humans awaken and discover their own. Once again, the benefit of awakening to the larger life. Namaste.

## **6. Life beyond time/space**

Sept. 20, 2017

JANU: Important is the significance of the human journey as it pertains to the expansion of consciousness. Scattered through the universe, incarnate beings exist beyond number. Yes, there are clusters of them in some areas, but most are widely spread, some distance from each other. Humanity is such a one. As consciousness evolves, distance becomes more irrelevant where connection is made, understanding and experience shared, and diversity of life more and more revealed.

Humanity's contribution to this, in its potential, is the quest for brotherhood. Grouping for mutual benefit and strength through diversity are human hallmarks. The seeming isolation between worlds presents a challenge. A challenge embraced by humanity. Distance as a function of time/space is overcome by awakening to the journeys of the larger life. Humanity has these abilities, when awakened to them, taking exploration and wisdom gaining to higher levels.

Humanity's achievements in this direction will be a catalyst for many worlds moving in this direction. Everything will change. As the nations of the Earth fight each other for dominance, physically, economically, grouping will dominate these petty differences as a model for joining other worlds. In the journeys of consciousness, the technology, so-called, of consciousness will contribute to discoveries more rapidly than physical technology.

The distances and their challenges between worlds finding common ground and experience has its purpose. There are alternatives to these physical distances and the challenges they present when employing more of the True Nature. Once again, the need for the awakening of humanity to take a larger view of resources yet to be discovered. Not created so much as discovered and employed. Many possibilities exist beyond a time/space perspective. Only one among many that coexist. And the human consciousness and its larger reality has access.

The human journey and experience is not the beginning of everything, but a step along the way. The True Nature is a wider, larger reality of who you are. Expand your time/space perspective of life to include this and enjoy the discoveries. Namaste.

## **7. More on a larger perspective**

Sept. 20, 2017 B

JANU: We are continuing, as we may, a diatribe on the evolution of life. What sustains it? Does it have a beginning? And is there reality larger than it?

What we see here is an addressing of that which belongs to the arcane of the arcane, reaching into the depths of non-being. You might ask, "Why explore this?" The reason, our brother, is that even-mindedness is useful when observing and experiencing Life's many diversities and apparently or seemingly counter-productive realities that include violence and suffering. How can all of these coexist: self-destruction, regeneration, creativity? And what is love? Does it play a role in the activities, consciousness and perspective, the creations of everyone and everything? And is the role different somehow in non-physical realities?

Life is discovering the answer to these questions through its creations. All this observed, recorded, and continued by choice within the parameters of each existence. For

life is designed to continue, to manifest everything no matter the reality. Awakening to the larger life is a journey into the reason for the questions and the answers, as even they evolve. Everything plays a role in the Tapestry of Life and then moves on, to play another role.

As we journey these many realities, our brother, find peace in their existence. A peace that allows, understands, and serves everything. And yes, every no-thing. Namaste.

### **8. Understanding integrity**

Sept. 21, 2017

JANU: What is integrity, then, that sustains the evolution of life, its infinite diversities and levels of reality? Integrity is a sustaining of pattern, life patterns. Even though they evolve and change, they have integrity. As your thoughts change, your mind has integrity and it evolves as well, you see. Even the illusion of stasis has integrity. The wind is changing constantly, but it is still wind.

So how does integrity relate to your own consciousness and being? Life in motion is the pulse of life, change, evolution, re-creation, rejuvenation, modification, but it is still life. And where does that integrity come from? What is its origin, not as a beginning but as an ongoing presence? Without integrity, what would you build upon as a co-creator? The universe has integrity. With all of its changes, destructions, and re-creations, it is still the universe. When a person, a human, explores life, stumbling and falling, rising again, even if this means death and rebirth, integrity allows this to be. So it is with your True Nature. Its integrity is the foundation for incarnation, but the integrity of this is in combination with, cooperation with, the integrity of the Earth, of which the physical body is part.

So, you see, our brother, integrity is everywhere and all-important. Your life expresses integrity, which gives it meaning and purpose. This is why all of life, all of its creations, all of its expressions, interactions, are allowed. It is the fundamental integrity of life to be and become. Integrity is everywhere, every when, every reality.

Let this understanding guide your decisions, your relationships, your self-love, your caring for another. Namaste.

### **9. More on awakening**

Sept. 22, 2017

JANU: Unencumbered by limited perception, these journeys portray life in a larger way. Human consciousness, for the most part, has a perception of life limited to physical reality with hints of something more. These journeys partake of what brings the consciousness and perceptions of life into realities that shine light upon the truth of the existence of physical life. Possibilities many would call 'magic' are commonplace in larger realities of life.

Seeing life and identity in a larger way brings about many changes. One of the most important is that existence is not limited to the life span of a physical body. One moves beyond this perception; the mind entertains ongoing existence. Putting the sojourn in this perspective makes life planning, decision-making, and a sense of importance or significance revealed in new ways.

The conflicts in the world are seen for what they are. Solutions become apparent, otherwise seen as impossible. Difficult for those identified with the conflicts. The schism between religions and their philosophies and the issues of society can be overcome, both being the products of unenlightened human identity consciousness. All of these created

by people. Yet all of these live with the truth within them, but so identified with old patterns that the truth of their own natures are unknown to them.

Awakening is so important, our brother. It changes everything. Expanding your identity to perceive a larger life is rich beyond measure. So these journeys, you see, will continue to put the attention towards awakening. Namaste.

#### **10. Choosing the larger life now**

Sept. 25, 2017

JANU: We are overcoming, if you will, the illusions, diversions, the deceptions, the distractions of incarnate life, for the true peace of the presence of the larger life and True Nature. Many consider that so-called physical death is a release from these. Yes and no, our brother, for the consciousness is imprinted and until it recovers from these disturbing influences, these patterns, their imprint continues until processed. The notion that suicide is an escape from a troubled life is an over-simplification of the transition process. Awakening assists greatly in resolving these issues while incarnate, making for a more trouble-free transition, even conscious transition, pain-free, a journey into Light.

So, you see, a journey of this nature can begin while incarnate. Replacing these troublesome patterns with ones that are joy-filled, the identity transforms from 'troubled human' to 'free and solid being' embracing the love of life. Choosing, then, is always the prerogative. Knowing what to choose, our brother, is revealed through awakening. Human suffering, conflict, is not the way of the larger life. It only continues by choice, and ignorance.

So embrace the larger life through awakening, even now. Change the imprint in the consciousness, for you do take that with you, to varying degrees. Live in the Light even while incarnate. The afterlife does not require transition. Merge the two into one through awakening. Namaste.

#### **11. The collective genius of humanity**

Sept. 25, 2017 B

JANU: We are portraying for you, if you will, the scenario of heredity. The dreams and hopes and visions of so many will coalesce into a future quite unlike the entanglements of the moment. Part of the key to this is the awakening of humanity to their true power, their true genius, their capabilities as co-creators led from within, creating from that wisdom their destiny.

Many are concerned as to the future of humanity's existence on another world. With time and distance being insurmountable, there is more than one way to travel, you see. Humanity has the potential to overcome these physical realities, but moving to another world to start over, so to speak, is not the reprieve anticipated. Awakening is. Where will you find the wisdom to make these changes successfully? You will find it within you, the larger you that already knows your potential. Researching existence only within the framework of time/space will limit you to it. Reality is so much larger than that.

Humanity has all the resources it needs from the Earth to create a bright future, once it awakens to use those resources more wisely. What seems like insurmountable obstacle can turn around in a moment when a different path is understood and a more conscious humanity moves with it. Life patterns do not have to run their course, so to speak. They can be replaced with a vision and understanding of a better way. The collective genius of humanity awaits. Namaste.



## **12. The Saints of old**

Sept. 26, 2017B

JANU: We are then welcoming that which belongs to the saints of old, meaning their adopted parentage. By this we mean that which they all had in common: the tradition of serving life, enriching it, honoring it. These saints were not the only ones pure in heart and awakening consciousness, for many followed their lead but were unknown to society, to the Church, to those who were not of such consciousness. Turning your attention to the larger life with humility, commitment, while at peace brings about this change in consciousness. The divinity they served was the truth within that they owned by experiencing it directly. They served life not for reward but because it became their nature. Their Family of Life is vast and eternal; associations while incarnate are of the moment.

Humanity is headed in this direction, our brother. It will leave ignorance behind for a more profitable life. Humanity's quest for riches is a no-thing, for there is no intrinsic value. Prosperity is seen quite differently.

The churches honor these but do not own what they experienced. Male and female have passed this way, and will again, for they continue to evolve. Those who struggle to survive and at times succumb will find their peace and be lifted by those who are the Family of Life. Namaste.

## **13. Touching life patterns**

Sept. 27, 2017

JANU: We are encouraging then at this time the prolonged alignment with that which precipitates encounters with other life forms. By this we mean an openness to the patterns of life that exhibit consciousness and contribution to the flow of life. Life patterns have origins, our brother, and so do humans, including their True Natures. Awakening includes this.

When attuning to this reality, the awareness begins with essential nature of these patterns. The form follows in the experience. The life patterns are fluid and take many forms, sometimes simultaneously. So, while attuning to a form it can be a fleeting experience for the patterns we speak of are, in part, beyond time/space. So how does one perceive the essential nature of a life pattern? By touching it with your own, our brother. Whenever one pattern embraces or engages another, there is communication. There is an exchange of awareness. Let not your perception be limited by the human perception that is limited by physical form for there to be meaning and understanding.

Touching life patterns in this way quickens and awakens your consciousness so that the depth of perception becomes more complete. Sensing the presence of another not physically present is a beginning. The same is true for sensing the presence of a truth or reality in understanding beyond evidence of any source. Touching life patterns from this liberated point of view reveals reality far richer than living without this.

So, as a more conscious being touch other life patterns, including your own. Begin slowly, our brother. Namaste.

## **14. A cosmic change in human consciousness**

Sept. 28, 2017

JANU: We are assembling then at this time the notion that humanity is preparing for an apocalyptic event but mostly unaware of this. The event constitutes a cosmic shift in the perception of life. Parochial notions, perceptions, limited to daily human endeavor is going to change dramatically into the universal presence of life and interconnectedness,

personally and collectively. At first, humanity—its leaders and groups—will be confused as to beneficial response. In other words, not knowing what to make of it.

Be assured, our brother, this major change will settle down into a new perspective on life that will open the door to greater harmony and collaboration between the many elements of society. The seeming foolishness of so many in governments is the death-knell of so many misperceptions. Clarity comes from awakening, which is not born of limited and conflicting life. Humanity's consciousness is responding to a catalyst from within, connected to the larger life which is ever changing.

### **15. Evolving identity**

Sept. 29, 2017

JANU: Elevating the consciousness above and beyond the clatter and distractions of the moment paves the way for clearer communication. Not to ignore the elements of living, but to put them into perspective. Choosing, then, the reality you experience is not denial of other realities, but brings clarity to the moment, allowing for intent to be focused and engagement to be more pure. Let us proceed then in this moment of choice as we begin to announce the overtures of peace made by the assemblage from the larger life.

Humanity is destined for changes as other realities of living come to the fore. Identities will be shifting to a larger reality of being, opening the way to more profound perceptions as to the nature one is. The new possibilities and capabilities will be revealed. Life is a continuous process, not to remain stuck, so to speak, but in motion. Humanity is and will be evolving. The nature of identity is shifting. Limitations of perceptions of appearance, of differences, stature, race, intelligence will become far less important. Perceptions of the True Nature of each other will replace these limited perceptions. Mutual caring and respect and honoring of each one's abilities will take their rightful place in society.

The evolution of the elements of society is the result of the evolution of consciousness and the many characteristics of awakening. This vast resource from within is being discovered and put into play. Even the perceptions of what is important in your life are changing. "Who and what am I?" is the question of the moment. No one can answer this for you, except the Truth of who you are. Are you listening? Namaste.

### **16. Exploring sanity and insanity**

Oct. 2, 2017 B

JANU: You ask, "Where does one draw the line between sanity and insanity, between creativity and destruction, between love and indifference?" The line, our brother, is drawn in the reality of your True Nature. Placing your trust in the wisdom of the divinity of your being, the evidence of which is the True Nature of Life itself, can hardly be unwise. Now, when considering the universe, there is creativity and destruction simultaneously. Both have the purpose of recycling life, renewing reconfiguration and exploration of potential.

So how do you compare the reality of this to one's own consciousness and performance during their sojourn? The same applies, but it is easy to lose sight of larger purpose and the evolution of life without awakening to the larger truth of who you are. So, you see, sanity is the truth behind everything, whether understood or not. But it is revealed when the consciousness awakens to more and more of the larger life, the larger truth of your being. So, forgive yourself and others what some call 'mistakes,'

'indiscretions,' hurtful and destructive expression and be grateful for that which recycles and rejuvenates creation, providing for evolving opportunities and deeper understanding to the Truth of Life. Find peace and even-mindedness in this. Namaste.

### **17. True Freedom and the Now**

Oct. 3, 2017

JANU: Certainty in life is a misnomer. Even probability is tenuous. Confidence in endless opportunity, evolution, and awakening are constants to build upon and with. Living in the Now takes full advantage of these for it allows, moment by moment, progression of the constants of life. Difficult concept to inspire in others, and in one's self, for the human consciousness and experience is based upon time and space, limits, borders, identities, definitions. Living in the Now does not ignore these but has a relationship with these and far more.

True freedom, our brother, in thought and understanding is realized once more when no longer limited by the human time/space identity. True peace is found in a measure of this Now experience. These journeys are larger than time/space, not contained within limits. The communication of these is limited by language but their nature is not. Learning, or allowing oneself, to experience life without limits is a journey in freedom to be at one with any reality.

Whether a being is incarnate or not, they are still a consciousness, sentient, pliable, and part of life. Experience the larger Family of Life and your own True Nature through this model of consciousness. True freedom, our brother. Namaste.

### **18. The miracle of oneness**

Oct. 4, 2017

JANU: Self-realization of the oneness of your True Nature is complementary to awakening. In this understanding, your True Nature includes your human experience and others. Prior to this, one is identified as a separate existence from that oneness. Observations and assessments of life beyond your own are more complete with the awakening consciousness of the collective reality of oneness. The duality mind has difficulty embracing simultaneous existence of uniqueness and oneness.

This is not difficult to accomplish. It is a matter of choosing and allowing. Individual identities can distract. The larger understanding of unity of these overcomes this, overcoming the disconnect of the veil. This allows for perceptions of life to deepen, broaden in scope, and become more intimate. Shared understandings are more truthful. The communication moves beyond words, which are only symbols of meaning and are ambiguous.

Journeying through life in this way allows for experiencing the richness of life and its endless variety. And, yes, this applies to your daily incarnate routine, allowing for a more sane relationship with perceived needs and desires and associations. Namaste.

### **19. Adapting to change**

Oct. 6, 2017

JANU: Reaching, then, into the guise of normalcy, one finds a wide range of life expression not limited to the incarnate life. Serenity in the midst of changes is an ideal that fosters adaptability. Change is not stressful by nature. Your chosen relationship to change can be. Hanging on to any part of your life, never wishing it to change, is a fantasy, an illusion of the unawakened consciousness.

So, what does one hang on to, then, our brother? Adaptability, creativity, deepening understanding, and awareness of the layers of reality. Life is in motion. Let your consciousness be also, and all of its attributes. Changing your life is not a failure of anything, but a reality based on the nature of life itself.

So, find comfort in adaptability, not the absence of change. A longer lasting and enduring peace will result. Touching your life in this way, one senses its vitality, presence, and wonder. Miracles have been and are here, and are coming. Be aware of them. Embrace them. Understand them. And move on. Namaste.

## **20. Taking your turn on the wheel of life**

Oct. 6, 2017 B

JANU: We are opening, then, to that which assesses determination and skill when endeavoring to awaken to explore life and one's own nature. One need not seek confirmation of this from any other source, other than who and what you are. The assessment we speak of is continuous and always has been.

Understanding, experiencing, and knowing who you are is a refreshing experience, for it eliminates doubt as to your veracity and builds confidence in proceeding. Confusion is fostered by doubt. How many miracles of insight does one need to overcome doubt as to their larger life? Revelations are part of the nature of life, for life is motivated and your existence is part of this, and so is everyone else. Every creation carries some form of this motivation. Awakening is discovering your own, what motivates you to continue to pursue, to explore, to create, to succeed, to understand, and, in some way, enrich life.

Opportunities for this come and go. Allowing who you are is a reflection of the nature of life. A love of family while incarnate and its many attributes is a shadow reality of the larger Family of Life of which you are a part. Experiencing the results of continuing to awaken, have endless moments of joy, grateful for what you experience but always open to an even richer life. How can one be bored with that for a future? Take your turn on the wheel of life and keep moving. Namaste.

## **21. Experiencing the Now reality**

Oct. 8, 2017

JANU: Assembled at this time, the understanding of the Now experience. What then is this ability to 'be in the now' that transcends time and space limitation, borders, concepts of limits, inevitability and struggle? It liberates the consciousness from constraints, past and future, even the current understandings of the present. For the present, for most, is based upon past experience and projections into the future. The Now lets go of these tuggings at the consciousness, no longer evaluating each other by past deeds, past expressions of living, and future projections.

Entertain the experience that you are a free and pure being and everyone else is, as well. In the Now consciousness, one realizes the reason for the veil. For even though veiled, your consciousness has its roots in the sovereignty of free and unlimited being. The structure from incarnate life is far from peaceful, but the consciousness can transcend this with the larger identity. The path of awakening leads to this. Choose to remember your origin, your true freedom. Be at peace. Namaste.

## **22. Regaining confidence in living**

Oct. 10, 2017

JANU: Reaching into the depths of the human aspect of consciousness, let there be known that anxieties as such are born of a depletion of confidence in one's identity, that identity being fallible, subject to disturbing emotions and perspectives. The remedy for this is success in the life in the sense of compatibility, creativity, and accomplishment. One purpose in incarnating is to achieve these experiences, you see, bring them into the fore of awareness, building confidence based on experience to evolve and embrace more of life.

The most fulfilling support that anyone can realize is their True Nature, for it has the advantage of vast experience and wisdom, and resources with the Family of Life. Taking nothing away from the human identity, but embellishing it with insight. The human might ask, "Why would the True Nature do this?" For the simple reason, our brother, that the True Nature is you and you are it and are one. Do you not encourage the health and prosperity of the physical body as a vehicle for experiencing of life successfully? Well, the human consciousness is such an expression of life, interfacing with physical reality to evolve and enrich the reality of all that you are.

Confidence in the moment, in the future, in existence is encouraged and inspired by all that you are. Restoring confidence in life is part of the path of awakening, for your vision becomes clearer, encompasses more, and understands the layers of reality. No one is permanently consigned to the darkness of life. The Light has always existed and attracts the consciousness into awakening. Namaste.

## **23. Gender balance in society and leadership is coming**

Oct. 11, 2017 B

JANU: 'Matron' saints we explore, for there is coming a time when recognition of these, through their consciousness and grand service, will become a highly honored reality. Human groups in the past found their leadership and their wisdom in this, some Native American tribes and many old cultures. Male dominance was forced into the forum by warring and the use of force. Superficial intelligence of the moment has been dominating humanity's cultures since the change.

The pendulum swings, and male dominance will give way to a balance of the wisdom of genders in harmony as one. Many male bastions will defy this change, but the results of their dominance in human history will reveal their penchant for conflict and brutality as a runaway reality of destruction left unchecked by a feminine perspective. Any individual male or female has greater wisdom and insight when both polarities of consciousness find union. The same is true for human society.

This is a big step for humanity in its evolution, but the deeper insights from a more balanced perspective will change everything. Another threshold on the journey of human consciousness. Namaste.

## **24. Awakening is an inclusive reality**

Oct. 12, 2017

JANU: Scurrying about, as people are wont to do, leaves little time for reflection and introspection. Awakening, you see, is a supportive reality to the incarnate life, providing opportunity for less frantic existence. Inner and outer life merge as one and the qualities of both agendas cooperate as one. As you observe the lives of others and your own, changing society in this direction seems out of touch with reality and an elusive concept.

Hyperactivity and hyper-thinking and emotions have a noisy life of their own and dominate the perception of life in lieu of awakening. Timeframes become deadlines without room for alternatives. Distances seem vast and unobtainable without a larger perspective.

Physical travel is not the only path to experience understanding and wisdom. Physical reality has its merits but are limited. Without awakening in consciousness, they contain you. Life is one and connected, our brother. Awakening serves the evolution of all realities coexisting as one. Experiencing these realities intimately is beyond the limits of physical travel, you see.

Time/space does not define life; it is only a small part of it. Time/space does not define you; your physical journey is a small part of it. Awakening is an inclusive reality, rejecting nothing but the freedom to embrace everything. Namaste, our brother.

## **25. Reaching across the void**

Oct. 19, 2017

JANU: We are entering the next chapter, as you put it, of this new adventure—the reclaiming of a larger consciousness that includes the human experience and many others. Focusing attention exclusively in life refines experience but ignores, temporarily, original depth of understanding and reality. This journey is turning the focus back upon the True Nature and all that that means, returning once more to a home, so to speak, that has always been. Lifting the veil, as it is called, is letting go of it. The ability to do so is your heritage of the original agreement to incarnate.

It is a journey to appreciate the larger life and the journeys of so many exploring it. The human reality is one of many attempting to understand and experience a larger perspective of life with the limited perceptions of incarnate life. It seems at times destined for failure but remember: the human consciousness was never disconnected from the True Nature, which is still growing in its understanding of its own being. Shaking hands, so to speak, across the void is the path of return. This we have been doing, lo these many journeys. All is well. Namaste.

## **26. Celebrating life**

Oct. 20, 2017

JANU: Ceremony, then, is the recall of the victory of your life in motion, also called ‘change.’ Life is a ceremony of sorts, you see, celebrating change, the flow of life. What we experience here in this new series is becoming one with the ceremony of the flow of life. Everything in your consciousness changing, evolving, reviewing, understanding, progressing, deepening, expanding. These changes that are coming herald the next. No need to struggle in frustration and a lack of seeming understanding. More called for is an attitude of celebration that life is flowing and everything is changing. The inherent vitality of life is expressed through change. The True Nature no longer a forgotten memory, but a larger identity of which your incarnate life is but one experience.

This is what is meant by ‘awakening,’ our brother, no longer satisfied with status quo, only tradition, and the awareness of yesterday. The ebb and flow of life is the changing pace of the process of change belonging to your destiny. So celebrate every moment, our brother. Anticipate change, new understanding, new capability, letting go of old patterns that no longer can block your view. No need to attempt to set the pace of change. Micro-management does not work well.

The expression of new understandings manifests changes, but in harmony with the natural flow of life, a product of awareness on many levels. Whatever you know, there is so much more, for whatever there is to know is evolving. All connected, you see. Even as we speak, our brother, you are celebrated, as are we. Namaste.

### **27. The many shades of the veil**

Oct. 20, 2017 B

JANU: Let us presume, for the moment, that there exists a kind of demarcation described by ‘the veil.’ The journey of awakening presumes that there exists a reality without it. This is not so. The veil exists in many shades and many shadows. The purpose of this natural element of life and consciousness is to ensure that creative impulses, desires, agendas, maturity and immaturity are in a healthy balance with all of life. So, when pursuing the so-called lifting of the veil, this applies only to the next experience in awakening to the larger life and, to that degree, it is a continuous process and not limited to incarnate life or human identity experience.

So, understand the veil, our brother, in this larger way. It is a natural part of life linked to the current moment of consciousness and imminent potential. So, as we proceed with this new adventure, keep this in mind and allow for it. Namaste.

### **28. The transition into awareness**

Oct. 25, 2017

JANU: We are easing into, then, this transition to the larger life. A seeming fantasy to many and a known reality to many more, but part of everyone’s nature. Becoming aware of something you are completely unaware of is an interesting transition in consciousness. The insight, the revelation that begins such a journey is allowed by your True Nature for it is always conscious with a vast resource of awareness.

So the focus here, you see, is the transition into larger consciousness. Sensing its presence is one thing; embracing it is another. But the process is the same for both, allowing the memory of, the presence of, the reality of who and what you are to be your awareness. These journeys are a portion of that.

We are not speaking of altered states of consciousness but the expansion of consciousness to include more of everything. Remember, awakening is inclusive, not deferential to any one part of reality, any one state of consciousness. There is much the human consciousness isn’t aware of that the True Nature is at one with. Both of these are who you are.

Conscious union with the larger life reveals its expressions, its creations, its relationships, its purpose, its realities. Even the human experience has far greater depth than many realize. Being part of life, it is rich with history, tradition, principle, creations, and potential. Allow yourself to remember. Open your consciousness to the Truth of Life, for you are part of it. Namaste.

### **29. More on the art of awakening**

Oct. 30, 2017

JANU: Happening, once again, a foray into the art of awakening to your True Nature, to who you are.

Peace brings about many great things, foremost of which is listening. How can one be responsive to revelation when a revelation is unheard? Selective listening brings depth of focus. Selection is guided by the incarnate desire, and the wisdom and presence of the True Nature.

Peace allows for the coordination and balancing of your systems of being, physical and more. Peace clears the path toward happiness. Happiness without the need for a reason to be. Let us say again that the art of awakening includes the art of listening.

We talk of being responsive to revelation. Responding to the presence and insight of your True Nature is a challenge as well, you see, for human consciousness tends to dominate everything, as if it were the pinnacle of understanding. What we reach for here is coordination among the elements of consciousness, including the True Nature.

Coexistence of the realities of consciousness, of awareness, is a rich broth indeed in the so-called nurturing diet of evolving. Many flavors coexist in this broth to be savored, enjoyed, and satisfied. Each sojourn adds to this, as do any other existences. So allow the reality of listening to deepen, expand, and reveal. Namaste.

### **30. Awareness that 'We are one'**

Oct. 31, 2017

JANU: Yes, we are one. Becoming more aware of this is part of the journey. The feelings and emotions are registered, life patterns, memories, thought processes. In a very real sense, our brother, your True Nature is incarnate. The only difference is the veil, to the incarnate consciousness. Experiencing life temporarily includes the veil in incarnate journey. Without this, the patterns of life that build understanding through experience would be more limited. Understanding that all that you are coexists in the incarnate journey as well, you see, becoming aware of this with a more fluid identity opens consciousness to so much more.

We are not suggesting here that the experience of the True Nature is limited to the incarnate journey, but includes it. The True Nature has simultaneous awareness on many levels, you see. This is why the single-minded incarnate consciousness can have access to so many realities through awakening. In some ways, your total being is like the Family of Life, not a single identity or reality. The limitations of form and identity are a small part of life, our brother. You are much more than this. We are one. Namaste.

### **31. The coexistence and synergism of all life**

Nov. 8, 2017

JANU: We are addressing, if you will, the need for combined effort in the area of coexistence consciousness. The importance of this understanding is far beyond any one existence, for it speaks to and addresses through experience the synergism of life. Coexistence is not an acquired reality. It is the nature of life, for all of life coexists, you see; therefore, the one life is an understanding that prevails. Let there be, then, movement in this direction that everything is connected, for everything is from the One. Countless expressions of oneness. Even thoughts and understandings coexist; therefore, the thought of one aspect of life, one being, coexists with that of another and, together, they influence each other and the collective of life.

Why not, then, begin coexisting consciously with everything you observe? Not limiting the concept of coexistence to any one reality or form. So, the peace you profess and reach for coexists with the natural peace of life, of your True Nature. Experience the coexistence. No longer the separate things of limited understanding. The synergism of life is dynamic, evolving everywhere. Namaste, our brother.



### **32. The steppingstone of conscious coexistence**

Nov. 8, 2017 B

JANU: We are coming straight away, so to speak, to the point that acknowledgement and embrace of the coexistence and presence of all that you are is another steppingstone on the path of awakening. We are not speaking here of just understanding, or philosophy, but direct experience. This steppingstone is worth owning through experience. The peace we speak of so often truly begins with this embrace. Let there be, then, no doubt as to this reality, which leads to endless succession of those steppingstones.

Now, think not of this as a linear experience, as one step to another, but a simultaneous one, where the consciousness has many layers that coexist as well. Allow this to be your experience. Let these experiences appear on their own, by being open to them. Allow this to unfold peacefully, naturally, without preferences or limitation. Your True Nature possesses the wisdom for this, which is who you are. Namaste.

### **33. Understand and experience the freedom to be**

Nov. 10, 2017

JANU: Emblematic of the times, so to speak, is the persuasion that life exists in a simple scenario of incarnate life and so-called death, or heaven if you will. All about to change en masse.

Life is ongoing. The expression changes, the form, the reality, the so-called dimensions, for everything is in motion. Life continues, never exactly the same from one moment to the next. The only thing that dies is relationships from expressions of life. And even they linger in memory, patterns of life. So, to identify with any particular moment or expression of life, you can see its limitation. Living your life with a fluid identity, even to the point of no identity in common understanding, always changing, fluid but ongoing, enriching, influencing and being influenced by any part of life, is 'freedom to be' with no perception of limiting any other part of life from its freedom to be. Forms change. Relationships change. Life goes on.

So, what identity do you hang on to, do you insist upon, and why? You're free to do so, to varying degrees, but your True Nature, is much larger than that. Allow your incarnate consciousness to move with that of your True Nature, finding balance in any experience by way of it. If your life—and life is in motion—is your consciousness, are your thoughts, desires, feelings, values evolving? Experience the freedom of this, no longer locked into any life pattern but free to be. Namatse.

### **34. A journey of retrieval**

Nov. 13, 2017

JANU: We are encouraging then at this time the playing of scenarios. The scenario for this journey embarks upon a path of retrieval. The recognition that we are one and, out of one, are many. The simultaneous existence of the elements of being and the unity of oneness is a collective reality that speaks to the dynamic diversity of life, which we represent. This is what awakening is, our brother, the journey of retrieval of the profound state of being in your consciousness that we are all one, united in the purpose of the evolution of life.

Now, for one element of our being, namely the human consciousness identity, to embrace this reality is a process of unfoldment. Impatience does not contribute; in fact, it pushes away, ignoring the process. Embracing and loving the process with profound respect and commitment is supported by all that you are. The revelation here is not of one

philosophy or another, one truth or another, but an understanding of all of life and its synergism, of which we are a part. Wisdom, understanding, and compassion are a foundation for being part of the evolution of life.

Your resources are many. Surrounding yourself with some of them, many more are within and more still to be discovered and explored. We accomplish this as one, our brother, as we continue on these many journeys. Namaste.

### **35. Love as a theme for journeying**

Nov. 14, 2017 B

JANU: The tapestry of the moment is to do with what might appear to some as the 'abyss' for its subtlety and imponderable realities, but a tapestry nonetheless to be experienced, to be explored. But this abyss is filled with Light, the Truth of Life, and from its vantage the outer life can be explored more fully, including the human journey.

Those who are unaware of the larger life are still part of it. Their awareness will come, for a part of them lives this larger life and is not ignorant of their current consciousness, of which there is nothing wrong. It just is.

As with any tapestry, it consists of many threads woven together, forming patterns, relationships, understandings, and creations. One creation is the many faces of love. Its presence is throughout life, a reality of peace, ongoingness, and the evolution of expression through the realities of life. Allow love to be a vehicle of experiencing the larger life, revealing its reality in each experience, each understanding.

Love is so much more than many understand. And we are still discovering its Light. Namaste.

### **36. Cooperation and collaboration**

Nov. 15, 2017

JANU: We are enumerating once more the benefits of collaboration between the elements of your being. Coordination of this nature is essential to the continuation of awakening for it reveals to all the elements of your being your collective True Nature, which includes your human journey. Collaboration affords each element of your being to benefit from each other, no longer relying solely upon each element's contribution alone. We will continue to pursue this understanding and experience. One can understand, then, the need for fluid identity as they discover that their human experience is only a portion of who they are. But the human identity is useful as well as the others for it is a contribution to the collective, the total of who you are.

Everything matters. What we explore here is the perspective of how that can be. This is not only true for your own Nature, but the collective of humanity, the collective of True Natures, the collective of Life itself. Coordination, collaboration, shifting identities to support the need of the moment. This is the foundation for understanding the larger life. The larger life is you, and you are it. Oneness once again, an unlimited reality to understand and experience. Be at peace with this. Namaste.

### **37. Memories, a rich resource**

Nov. 15, 2017

JANU: There is much to remember, our brother, for our memories are many and they continue to grow. Origins, life journeys, cultures, worlds, experiencing the creative mysteries of life, languages, philosophies, the science of life, created realities on every scale. To already evolving nature, relationships beyond number. Journeys of collaboration and achievements.

We begin wherever the interest is and the deep concerns. These journeys are a result of this, you see. They all have their foundation in memories, whether new or old. Experiences of your current interest in Drumvalo are just a part of smaller and greater memories. Each one has their gifts to life and from it, as well. Kindred spirits, we would say. Countless perspectives in the vastness of this tapestry. So, when exploring the journeys of others, put them in perspective. Understand what you may, but always be open to another perspective, for no one journey in understanding captures it all, you see.

The gem of life has many facets that glimmer and cast light upon the mysteries of life. We are one with this and offer what we have gained freely. Namaste.

### **38. A love-centered consciousness**

Nov. 17, 2017

JANU: Love is the theme for journeying and peace is part of this, you see. The reality of the ongoingness of life, the isness of it, the universal and cosmic presence of it. Being aware of love's presence brings well-being to your being. We have spoken of identity. Love and peace are a good beginning for the discovery of, the return to the memory of the True Nature.

We know you have respected these journeys for those qualities inherent in the message. They are a beginning, our brother, to the larger life, being part of all of life with greater connection to explore it. The creative forces have these qualities, and others, as their nature. Attuning in this manner connects you with these more fully. Life creates itself, our brother, and re-creates. It is its nature. The human consciousness is always looking for boundaries, origins, beginnings and endings. You will not find these here. Consciousness is unlimited and not identified by any particular limitation.

Experience the presence of love as a causal reality at the heart of everything. A love-centered consciousness can know any part of life. And own it, but not owned by it. Remember, our brother, for this you know. Namaste.

### **39. More on a loving consciousness**

Nov. 17, 2017 B

JANU: We are Janu speaking, with one voice. This goes hand in hand, our brother, with a loving consciousness, remembering its nature. Reaching only for the mechanics, so to speak, the structures of life and their relationships is devoid of an even greater, more powerful reality. And that is a loving consciousness in harmony with the nature of life itself for, in that reality, all can be revealed. This is not something you create. It already is.

Remembering is awakening, you see. Each one has so many memories, more than they are conscious of, having traveled many journeys. Love them into your consciousness for they are yours.

A loving consciousness survives all challenges, all experiences and experiments with living. Forgiveness is for a consciousness struggling towards this. A loving consciousness does not condemn or judge; therefore, forgiveness is not an issue. A loving consciousness encourages others to forgive themselves and move on. Learn from challenges. Remember your Nature and live peacefully. Namaste.

### **40. Loving**

Nov. 20, 2017 B

JANU: Serving others, our brother, surely is a focus for these journeys. Let there be, then, an understanding of that when we're involved in serving life in different ways, different opportunities. The theme of these endeavors is to inspire the inner journey, the

consciousness of the True Nature, remembering who you are, understanding more of life. Encouraging others that their inner life is real and available, and they are only as limited as they accept.

Life is precious and so is each one. Loving who you are is more powerful than forgiving who you are, for true love does not need to forgive. As the body ages and becomes more infirm, who you are does not. The bodies come and go but you continue.

Allow loving to become more and more a way of living. Loving yourself is the path to loving another, for it inspires them. Every service to love you embrace includes you. How can it be otherwise? Life always responds to pure love for it is part of everything and changes your perspective about everything. Namaste.

#### **41. Capability and opportunity to serve**

Nov. 21, 2017

JANU: We are energized by revelations and understanding as to more of the nature of service. Let there begin, then, an evolution in this area of understanding of the relationship between capability and opportunity to serve. These have always existed; clear understanding has not, on the part of participants. Even the receiver of service does not always understand their role in the opportunity. But struggling with this, one realizes the effort must continue and refinement will ensue. As capability deepens, increases, evolves, so do opportunities. Matching them to each other is not an exact science, for human interpretation has many variables.

Life continues to evolve the way of commitment even in the midst of the awkwardness and, at times, ineffectiveness. Be true to your motives, your incentives, your inspirations. Apply them as you may, gently, with patience and growing and deepening awareness of what is involved. Namaste.

#### **42. Conscious union**

Nov. 22, 2017

JANU: We are moving closer to, our brother, conscious union. We are one, always have been and always will be. Once more speaking as one voice, made of many. This excursion into incarnate existence brings many opportunities to the fore. One discovers and experiences their own True Nature through these excursions. Subtly at first, unbeknownst to the incarnate consciousness but nonetheless suspected on some level. As the sojourn incorporates more experiences, challenges and opportunities, involvement of the entire being, the True Nature becomes known.

By agreement with the protocols of incarnating, the consciousness is only aware of the human experience. Returning consciously to the reality of our True Nature, the human experience benefits from deeper insight, understanding, and wisdom. The essential love of Life itself becomes known more fully. Engaging life consciously takes on many dimensions, many realities. And as one does, one realizes these realities are part of their Nature.

So you see, conscious union is not an isolated experience, but a more universal one, including the rest of life. Embracing conscious union is 'touching the hem of the garment' of your existence and, in turn, the existence of everything and everyone. Namaste.

### **43. A threshold for human awakening**

Nov. 22, 2017 B

JANU: We are calling this meeting at this time to pursue an interest of affiliation with the contingency designed to facilitate the mastering of new thresholds for human consciousness. This contingency elevates vast numbers of worlds into timely thresholds of awakening.

The Earth is on such a threshold, you see. This contingency is responding. It utilizes automatically the consciousness of those aligned significantly with human awakening, to benefit everyone. We are part of this. How could it be otherwise with the theme of our journeys being ‘the awakening of humanity?’ This truly is a blessing for humanity. Namaste.

### **44. Each one is the Holy Chalice**

Nov. 23, 2017 B

JANU: We are speaking in such a way as to lead to the cup of life brimming over. The Chalice so many have searched for is their own being, filled with opportunity, potential, and the wisdom of many sojourns and experiences. Seeing your being as a chalice for Life to fill makes you a brother in the Christ understanding. The Holy Chalice, so-called, has always been who you are. Fill it frequently with the nectar of life by allowing it not just to be filled but to provide for others, to inspire each one to fill themselves from the fountain of life. Set not Divine Truths. Sip it from yourself. The truth of the so-called ‘Great Ones’ is yours as well. Accept nothing less and be open to even more. Awaken to and remember all that you are. Live this to inspire others. Namaste.

### **45. Holding the ideal of awakening**

Nov. 24, 2017

JANU: What we see at this time belongs to guesswork as to the management of awakening. As we have suggested before, awakening is not something you do; it is something you allow, which includes memory and a growing sensitivity to the presence of the larger life of your being.

Hold the ideal of your consciousness as an open door for your True Nature to reconnect consciously with the part of itself called the human consciousness. This seems a stranger to most, for they have been long without this connection consciously. But it is who you are, our brother; it is who we are. Hold the ideal that opens the door for your True Nature to be revealed to you.

We say again: we are one, always have been, always will be. Allow the veil to lift and be at peace. Namaste.

### **46. Peaceful engagement of living**

Nov. 27, 2017

JANU: Peace, then, is the opportunity, and obstacle, for many. Engaging the pressures and hectic nature of daily life in the human journey seems anything but peaceful. Yet peace and engagement can go hand in hand, leading toward greater insight into the management of life and access to inner resources on many levels.

This model of living takes some practice, when unaccustomed to it, but the lesson applies here of holding an ideal. ([LINK to Ideal of awakening, Dec. 24](#)) The ideal here for this opportunity is to be at peace in the midst of challenges, demands of the day, so to speak. There is a great reserve and resource of the nature of this, not only within the True Nature but many resources of life. Peaceful engagement is the theme here, no matter the engagement. Growing in understanding of the true nature of peace occurs in conjunction with this ideal.

Practice being conscious of a lack of peace, different levels of stress, and the energies involved. Peace is not a withdrawing from life but a better way of engaging it. Frustration, hostility, and anger, abuse of any kind, judgement, condemnation, fear are some of the markers of these energies. Recognize them as they begin, not after they've done their damage to your peacefulness. Gratitude, loving patience, tolerance, understanding, contribution, service, happiness and joy, victory accomplished masterfully are peaceful alternatives.

Life allows a wide range, a wide spectrum of understanding and behavior. Take the time to choose wisely as it becomes a way of living. Namaste.

#### **47. Life responds to holding ideal for awakening**

Nov. 28, 2017

JANU: The Light of understanding is inherently available at all times, limited only by perceptions of identity and isolation. These controlling measures by the individual allow for the process of discovery and experience, bringing a level of ownership to the Truth of Life by each participant. But this state of awareness is fluid and a function of maturity of consciousness, bringing a global awareness of the Tapestry of Life.

Now, the True Nature plays a role in this process and is aware of larger issues, in coordination with, connection with many elements of life and their relationship with this process. Holding the ideal for revelations does not mean that all is given at once or that which is still beyond the bounds of the process of awakening. Peace includes a perception and awareness that all is unfolding in an orderly way.

The flow of life includes much yet to be experienced but the flow is there, our brother, as is the Truth of Life some call 'the Light.' Being at peace and in the flow opens the consciousness to its place in the larger life. Namaste.

#### **48. Goodwill**

Nov. 29, 2017

JANU: Goodwill is the theme this morning, our brother. It opens the door to the many blessings of love, including compassion, forgiveness, patience, understanding and wise counsel, even sacrifice, sensitivity to the needs of another. And, through all of this, a growing understanding of one's own nature. Goodwill is the direction to change everything in human society. Lack of this fosters isolation, anger, frustration, 'lashing out' if you will.

Goodwill has a peaceful nature that touches that nature in others. Goodwill is reciprocal and entices another to 'pay it forward' if you will. For some, goodwill creates vulnerability, but only if you expect something in return. Placing a price on goodwill contradicts it. Goodwill is a unifying experience with the creative forces of life, the destiny of humanity, and much larger issues and opportunities. Goodwill is outgoing and not reclusive. Goodwill is the great connector between strangers. Practice this, our brother, and namaste.

#### **49. Miracles**

Dec. 1, 2017

JANU: Enamored as you are of realized potential while incarnate, one must realize that life is not a 'level playing field' so to speak. Each one has different life patterns to work with. Some demonstrative lives, seeming to perform miracles, are only one life pattern of many, those being phenomenon-based. Manifestations of this nature serve to amaze, bring wonderment, but little understanding and ownership of one's own potential. This is useful to a degree, but there is so much more to be realized.

The goal in these journeys, our brother, is individual freedom, awakening, ownership, personal sovereignty and integrity, and an understanding and engagement of the larger life. Not everyone's miraculous life is the same. Realizing what you deeply care about is a miracle. Discovering your contribution to life that inspires you, and may inspire another, is a worthy goal.

Life is rich indeed, with many paths, destinies, and accomplishments. Be not envious of the miracles of another, but grateful for those of your own, for it all enriches life. Be true to what lives within you. Breathe life into it, and do your best to fulfill that potential. Namaste.

### **50. Commitment and beyond**

Dec. 4, 2017

JANU: You speak of commitment to these journeys and awakening. Put in perspective, attune to the commitment of Life itself and those who serve it. The veil experience contributes to this being an issue for incarnate consciousness. Awakening ameliorates this into a way of living, being, becoming.

Limited consciousness under the veil conditions one to consider commitment an option to anything, even survival. Taking of one's own life is a limited understanding, for the reality of who you are continues in spite of this. So, little by little, commitment becomes a non-issue as one embraces the larger reality of who they are. So you see, our brother, the breath of life goes beyond commitment. It is your nature to be one with the life that you are. Commitment is a steppingstone while incarnate.

There are semi-awakened conditions on the path to freedom where choices might appear at issue with commitment. Oneness bridges all of this. So, awakening leads to a oneness consciousness with who you are. Namaste.

### **51. Sensing the presence of life**

Dec. 5, 2017

JANU: The sense of presence, our brother, is one key element in awakening. For this to occur, the subtler elements of your being are awakened to and engaged by the consciousness. The five senses no longer describe all of perception. This quality of being is being re-gained and never truly lost. That's what awakening is: a return to awareness of the presence of the larger life, no matter the scope, the form, or the reality. Sensing the presence of any life--whether animate or not, whether incarnate or not--when embraced grows into its fullness, including your True Nature.

Your True Nature is keenly aware of your human consciousness, your incarnate existence, as a portion of itself. As you awaken to the truth of your being, part of the presence of life you are becoming aware of is who you are. Reciprocate by not closing yourself off to the presence of others, for the awakened consciousness gains intimacy in both directions, you see, with the rest of life.

Allow a sense of presence and the larger life will come alive to you with its vitality and its intimacy. This is part of loving life, our brother, and who you are. Namaste.

### **52. More on sensing the presence of life**

Dec. 6, 2017

JANU: Sensing the presence of life is a theme begun on our last journey, part of the answer to "What is awakening?"

How does one explore a truth of life, a reality, when unaware of it? This key element to awakening deserves its due. A form of listening, you see, to the pulse of life,

its presence, its vitality, its consciousness. Begin by sensing your own, verifying your existence and its ability to touch life and be touched by it. Touching life, you see, removes isolation, separation consciousness, the limiting borders incarnate life can represent.

Once again, one does not create this, but allows it, for it is part of your nature, your memory, your legacy by existing and interacting with the larger life. When your ideal is to serve life and not take advantage in a negative way, life responds. Generosity is returned, as is love.

Touching life is beyond words, our brother. A growing awareness transcends boundaries. Life has its protocols for engagement, with a wisdom that transcends ignorance. Multi-dimensional existence is understood through this touching, you see. Your frame of reference broadens and the journey is unlimited as life continues to evolve and re-create itself. Thank you, our brother, and namaste.

### **53. Conscious union, peace, and freedom**

Dec. 7, 2017

JANU: Finding peace while incarnate through conscious union with all that you are is a grand journey, our brother. It speaks to the true nature of existing while incarnate as a being. Your consciousness as a being—or should we say, our consciousness as a being—is many faceted and active simultaneously on many levels. Your urge to disincarnate to avoid the unpleasantness of human existence is replaced with the reality of being, the superior reality of coexistence on all levels. Finding peace in this way is totally satisfying. The frustrations of the past consume your energies. Conscious union with all that you are is true freedom. Being at peace in the presence of all experiences relieves the depletion of energies through ignorance and unwarranted demands self-imposed. All is well, our brother. Namaste.

### **54. The Family of Life includes humanity**

Dec. 7, 2017 B

JANU: We are observing with you today's exposure to the truth of another. Let there be, then, an understanding that there is truth everywhere of many flavors, perspectives, with many sources. Be grateful for and honor any truth that shines light upon life, any part of life. The Brotherhood of Light understands this and respects and honors all of these sources. When a fearful consciousness is seeded with such, what grows from this is the miracle of life. See in each other these miracles. Allow them to blossom in their own way, and we all reap benefits.

The Family of Life that we refer to includes your neighbors as well, and yourself. Most people are so much more than they realize. That's why our service to life is the awakening of humanity. Sovereign beings free to work together, support each other, inspire each other, and enrich life. The Family of Life, our brother, is incarnate as well. Help each other discover their own Light within. It is the path to freedom and the power to create. Namaste.

### **55. Moment by moment freedom**

Dec. 8, 2017

JANU: Sealing relations condemns one to the limitations of the sealing, you see. Being incarnate is not what some would call a 'done deal.' It is a moment by moment agreement with life, cooperation, association, engagement. All creations are this way, our brother, fluid, adjustable, changing through content at any time. Life is a flexible reality. Nothing is written in stone, even commitments, plans if you will, destinies.



Being in relationships with elements of life is a moment by moment reality, never owned by circumstance. Being at peace leaves one free to understand each moment and its potential, to make choices that reflect desires and enrich the experience. Be not locked into any model of life as an inflexible reality. Continuous renewal, regeneration, and awakening is a life of freedom. Moment by moment, our brother. Even these journeys are engaged in this way. Namaste.

### **56. Profound respect and concern for others**

Dec. 11, 2017

JANU: We are enumerating a discipline for the day, that being profound respect and consideration for others. In today's climate of social behavior, this theme would do well in serving humanity and its social consciousness. So much of consciousness is centered upon self as something separate from another, including all lifeforms on the Earth. Many speak of oneness and connectedness but seldom experience it, especially with a stranger, not to mention another lifeform. Now, some do, our brother, under special circumstances.

Connecting with another consciously and emotionally is a living exchange of the dynamic forces of life as they present themselves through living. Retribution or denial of intimacy is too often the case, for intimacy has a price, you see, and that is reciprocation. Moving beyond this is a liberation of the True Nature, what some would call 'soul,' for it lives a life that requires nothing in return. Altruism has its own reward and that is the love of your own being. And how many can truthfully say they own loving who they are? Many do not understand who they are, meaning their True Nature, that reality of their being.

This series on awakening endeavors to inspire this and return peace to the human experience. Be at peace and namaste.

### **57. The looping reality of life**

Dec. 11, 2017 B

JANU: This journey takes on the form of, the parameters of, willingness to serve. Let each one know that service has much to be understood. Not just the service rendered, but its result and the state of consciousness that allows it. So you see, service is a reality that has a looping quality, with benefit that transcends what some would call the mundane. No service that is true is mundane.

What is service then, but the transmutation of challenges into manifest destiny, not just for people, if you will, but for every part of life? Serving is being served. Giving is receiving. Loving is being loved. Understanding is being understood. This is the looping reality of life and service facilitates this, for service includes all of these qualities and more.

Even as we speak, the flow of life that allows this is being enriched, and radiating, and connecting and communicating with much more than you are aware of, for there are many who listen and are responsive to contributions of various meaning and depth. This looping reality extends to all of life, on every level. Part of oneness, being connected one with another. One is never truly alone with their challenges, their victories.

Be aware of this reality as you may. Grow in your understanding of the looping reality of life. Namaste.

## **58. What is existence?**

Dec. 13, 2017

JANU: We are establishing a beachhead, so to speak, on the shores of human consciousness with a mission of freedom. Awakening to the Larger Life is a reality to be savored and held in esteem. It is an acknowledgement of your existence.

Where does awareness reside? As an expression of life, you are a surrogate for its expression and expansion. Awareness is expanding throughout the universe and many of its realities. You ask if this exists for the creatures of the Earth, no matter their form or species? It does, our brother. Everything is life and all of life evolves.

There are many cycles of expression and experience. How does one know their existence, whether true or an illusion, whether permanent or temporary, and to what degree? Self-awareness is the beginning. The veil experiences begins that journey, or should we say, contributes to it. "What is existence, then?" you ask. It is life expressing, manifesting, realizing, absorbing its truth. Incarnate life is only part of this and does not exist isolated from the larger truths and existence.

The truth of existence is to be pondered, discovered, realized, and lived. Ask the question. Decide to know, and listen. Namaste.

## **59. Universal awakening**

Dec. 14, 2017

JANU: We are focusing our attention upon the deliberations on these journeys and the journeys of others. Let us come together, then, in acknowledgement of this part of the Larger Family of Life, observing the ring of truth throughout. We have many brothers in the quest for awakening, which is not the exclusive experience of humanity, but of other venues as well. Many paths, countless different experiences and destinies. Humanity is part of the family of awakening and makes its contribution along the way.

Understand this, our brother: in a larger sense, life is awakening. All of creation is awakening. Awakening to its potential, its nature, its motivations, its desire to understand and own realities. So, when focusing on awakening, you see, be not isolated in the scope of your perception. Acknowledge the presence of the larger scope of awakening and a growing sense of connection with the universal reality of it.

We are all awakening, our brother. The mystery of Life revealed without end. Degrees of awakening are irrelevant compared to the reality of it. So, enjoy the journeys. Have confidence in the future and in the moment. Namaste.

## **60. A transitional moment**

Dec. 18, 2017 B

JANU: We are favoring, if you will, this moment in the Archive of Time as it represents many transitional moments in the history of humanity that pertain to significant realizational thresholds.

The threshold of this time is true self-awareness and, through this transition, true awareness of each other. The common bond between entities is the true flow of life and its integrity. Presence is everywhere. You may shut your door on your neighbor but that does not block the presence, you see, of the True Nature and the integrity of their being.

This key moment in humanity's journey will extend to other species as well. The consciousness of the animal world is grand and vast indeed. All so-called creatures have their presence to be known. Visitors from other worlds as well. And, in time, with further development, other worlds as well, for time and space are only a moment in the presence of life.

This transition opens the consciousness to the presence of everything, to the awakening consciousness. Isolation is an illusion, and temporary. Connection, oneness continues. Grow in maturity to embrace the larger life in a balanced and peaceful way and all will benefit. Namaste, our brother.

### **61. The Middle Way**

Dec. 20, 2017

JANU: We are responding then to your query as to purpose and meaning in the presence of the dichotomy of life of so-called good and bad, constructive destructive. Where does a person hang their hat and why?

From the larger point of view, Life allows the dichotomy, also allows the middle way. Neither extreme in the dichotomy of good and bad is the answer. The middle way allows for balance, compromise, mutual agreement, give and take, building a foundation to proceed with--that can deal with successfully--the dichotomies of life, yielding evolution, wisdom, maturity, insight, understanding, and the capacity to embrace the full reach of life. So, in answer to your query, ask the question, "What is the middle way?"

The middle way understands and embraces, bringing resolution to the full spectrum of life. Neither good nor bad, but profound in capacity and love for the opportunity to succeed. Namaste.

### **62. Successful living**

Dec. 20, 2017 B

JANU: We recognize the need for prolonged understanding of the true nature of life. Now, beginning life successfully is a function of consciousness. And what do we mean by successfully, you ask. We mean embracing and realizing potential, and potential is fluid, not fixed in any way. The middle way we referred to previously is a beginning. This is a tradition of the evolution of consciousness well-established. Embracing the middle way includes creativity, which includes recycling, which includes evolving any realization of potential or creation and adding more to what has been, and still is. We of the Brotherhood of Light have long agreed with this and embrace even more.

These are steppingstones which lead to that which is more akin to Life. The human journey has much more potential than most realize. Unlimited, unrestricted perception, awareness and experience are part of successful living. Merging the human consciousness with that of the True Nature is an ongoing journey of self-realization. All that you see around you outwardly has reality as its source. The middle way, you see, includes everything in the spectrum of life. The duality existence of dichotomies is a beginning. Namaste.

### **63. More on conscious union**

Dec. 21, 2017

JANU: The range of human experience in conscious union with their True Natures demonstrates many variations, from unconscious to conscious, from occasional to continuous. Much of this exists from human discipline and desire, but much more exists from what resides in the totality of the being. Many have the richness of experience of not only many lifetimes but a rich journey between them. The promptings of the True Nature play a role in this, you see. The challenges and opportunities in living incarnate trigger these responses, for the True Nature, you see, is always conscious, for your incarnate existence is a part of that consciousness.

Conscious union is part of the path of awakening, not to be seen as abnormal but uncommon, a natural part of life, bringing peace to the confusion of ignorance. Yes, this

is a private journey yet still connected to, at one with, the rest of life. Conscious union is allowing your identity as a human being to expand to include all that you are, and all that you can be. Namaste.

#### **64. Conscious Union and the Middle Way**

Dec. 22, 2017

JANU: As you are experiencing, being conscious of the presence of another, whether incarnate or not, lets you experience the nature of their life, their existence, and their consciousness. It takes patience and tolerance, compassion, and a willingness to allow them their privacy and their own way of pursuing life. But compassion remains, without judgement but open to encouragement. Sensing the presence of another is more than just being aware of their existence, but the flavor of their existence, you see, the nature of it and their perspective. There is a balance in observing the life of another without judgement, allowing without interference, service without interference, understanding without interference, respecting the integrity of their own existence, holding them in the embrace of the Life that loves them.

Your own True Nature, our brother, has these protocols, if you will, in its relationship with your human consciousness. Conscious union is like shaking hands across the veil, coming to terms with mutual agreement, bringing peace to the challenges of living. Accomplishing this expands this reality for others, so they pursue this. Yes, our brother, this is the Middle Way. Namaste.

#### **65. Patterns and cycles**

Dec. 22, 2017 B

JANU: We are patterning into what proves to be another stage of development, forecasting the future based on patterns of the presence and inherent potential. We would say this as archetypical in the foundation laid for understanding the nature of this.

Let us begin by shaping this pattern of understanding with the portrayal, a scenario if you will. It is easy to predict the next heartbeat, for there is a pattern and a potential and the conditions for such. This includes a train of thought. It includes any repeating pattern, whether modified or not. It includes our next journey. All of these potential patterns repeating, developing, evolving, are subject to the existence of others, for everything impinges upon everything. No pattern of living exists in a vacuum, so to speak.

So observe life's cycles of repeating patterns, no matter the time changes, fluctuations, and repetitiveness. Some pattern cycles are larger than a sojourn, even the creation of the universe. So be aware of your thought patterns, emotional patterns, behavioral patterns in this way. Some events appear singular for there is little or no memory of a repetition. But the cycles, you see, may be much larger than your memory. Accomplishing this perception reveals the evidence of the oneness of life, the connectedness, and the cycles within cycles.

These revelations are all around you and in you. Ponder this understanding and consider what it reveals. Thank you, our brother, and namaste.

#### **66. Peaceful awakening**

Dec. 26, 2017

JANU: We are encouraging, then, the performance of what some would call futile attempts to embrace the larger life. Futility, our brother, only speaks of frustration and impatience and negativity. Embracing the larger life is natural and normal and a process that takes patience, courage, commitment, and a love of discovery with gratitude for

every opportunity. Setting goals for awakening limits the process. The conscious human psyche by way of the veil cannot see the larger picture yet, you see. New Year's resolutions often fail for they are long range, you see. So commitment to awakening and its realization is in the moment, not measured by time.

Peace is the theme here, not frustration or disappointment promoted by artificial measurements, signposts, deadlines, rate of progress. Be grateful for the awareness that you have and more will come. Acknowledge there is more to life than you currently know and love it into your life. Inspiring others by example does not mean demonstrating miraculous behavior and knowledge, but by living peacefully and meeting challenges harmoniously.

Enjoy the journey. Reflect upon it often. And enjoy today. Namaste.

### **67. All are created equally**

Dec. 27, 2017

JANU: We are assembling at this time the notion that all are created equal. For some, this is meant to be in the eyes of the law of the land. For others, of equal value or love in the presence of the Divine, of what is called 'God.' In a deeper sense, our brother, we are not talking about incarnate life but spiritual existence, True Nature if you will. And all are created equally.

The accumulation of experience and understanding and wisdom varies but is shared by all, for there is no life separate from the rest of life, you see. Once again, each one unique yet one. What we all have in common is each other. Individual, unique, but connected deeply. The foundation for this understanding lies within the True Nature, no matter the species, or the world, or the plane of existence. The differences are the variations that give strength, depth, dimension, and infinite purpose to Life itself. So, when we speak of being loved, and loving oneself, it is a natural experience in reality and all are created equal in a Life that loves itself. Namaste.

### **68. Destiny's call to humanity**

Dec. 28, 2017

JANU: Enormous is the call to all of humanity to assemble in consciousness, embracing the next phase of its journey in the larger life. What is in store, our brother, is freedom from cycles of the path without understanding. Choices remain but choices with a benefit of insight and the growing wisdom of each other.

What is calling is the destiny of humanity, its own destiny, not some arbitrary outside force but its own calling. The journey of humanity is not isolated in the larger life but part of it and the destiny of one culture touches that of another, and another. So, in the larger sense, the call for humanity is larger than that.

So, hold the ideal, you see, that humanity become conscious of its own destiny, which is part of the flow of life. Peace and freedom and a love for life known by the True Natures of everyone. Namaste.

### **69. Exploring identity and beyond**

Jan. 1, 2018 B

JANU: We are coming together at this time in agreement with the elements of our being to begin the journey. Sorrowful for some, for it leaves the comfort and the solitary existence of limited consciousness. When asking, seeking, desiring a larger life, a certain growing maturity is useful. The identity of some is described by the smaller life. Reaching for something larger brings a discomfort to some not wanting to trade what

they know for what they don't know. Know this, our brother: it is not a trade. It is an expansion of current awareness.

It returns us to the curious dilemma of identity, the 'who are you and who are you not' confusion. There is no final answer to that, our brother, that puts your life in a container of borders. So, identity is a transitional perspective from being identified with only part of life to all of it, to where identity has less and less meaning. The term 'identity' is defined by limitation. See the larger life, the larger experience as a greater measure of freedom to express as whatever you choose appropriate to the moment.

Who or what are you? A seemingly timeless question. In truth, our brother, you are whatever you are aware of, as you grow into the Larger Life. Thank you, our brother, and namaste.

### **70. Communication and intimacy**

Jan. 2, 2018

JANU: Let us say that to communicate there needs to be a common ground in consciousness, in understanding, in willingness to listen and to speak. How does one communicate, then, from the human perspective and experience with the larger life, the larger reality of your own being? It starts with desire, our brother, and growing respect for its potential.

Communication has form, to varying degrees. Some are gross, some are subtle, and some yet to be discovered. Direct knowing is one, and intimacy in communication beyond questions and answers, sometimes beyond words. A mother's intuition, a parent's intuition touches on this, but then fear can kick in, if you will, which modifies the knowing. Communication with your True Nature is the subtlest of them all, but it's the window to the rest of life. And that takes profound peace and love of your own being. The model for this experience can be applied to communication with any part of life.

What is true intimacy, then, but oneness, true connection without any judgment. True peace and love and intimacy are one. Even extremes in your weather can be approached in this manner and understood. Communication with other consciousnesses on other worlds and other realities is possible, beyond time and space, for your True Nature is not limited to these and neither are theirs.

There is a 'Family of Life' reality to be explored and understood and embraced. Communication is a vast reality, personal and impersonal. Namaste, our brother.

### **71. Distribution of consciousness within the being**

Jan. 3, 2018 B

JANU: Conscious union, our brother, suggests a perception that one consciousness is separate from another, the human from the True Nature. A limited point of view. The oneness of this reality indicates something different. What we are talking about here is the distribution of awareness throughout the being, which in truth is the True Nature. What you are seeking here is a modification of the distribution of consciousness throughout the being, of which the veil plays a role although a limited one. Human history is rife with those who have sought some form of this, but limited by human identity and convention.

Let us encourage this true union of consciousness. The one who has said that 'there is only you' was quite correct, but the 'you' referred to is much more complete, larger than the human identity and distribution of consciousness. Identity expansion is a difficult concept for many but it is part of the path of awakening. The human perspective is a valid one but can be expanded greatly to include subtler realities of the incarnate life.

Perceiving matter as energy subject to many changes expands the consciousness of the material life into many possibilities. Energy is not solid, but has properties, parameters of existence, you see. When the consciousness engages this truth, possibilities exist for re-creation or restoration. The physical body, our brother, is subject to this as well. But this calls upon a wisdom to manage the larger life and this calls upon experience which your True Nature has in abundance. Namaste.

## **72. Loving who you are brings many changes**

Jan. 8, 2018 B

JANU: We are referencing the edict delivered by you prior to incarnation and after, to begin a life that belongs to enrichment, not only for humanity but the Larger Life as well. A moment of discovery that brings into view with a sharper focus what some would call pre-existence. We are one, our brother, and the state of your consciousness is well rooted in what we are.

Loving yourself is part of the nature of who you truly are. How else could there be peace throughout the being? The most powerful statement anyone can make is to love themselves truly, for only in this purest of reality is it possible to truly love others.

Love is a profoundly intimate reality. Life loves all of creation, no matter the realm, in this way. Truly loving oneself, while incarnate, is a merging of consciousness with the True Nature based on this fundamental principle of intimate reality.

Search no further for some magic key to unlock the consciousness. Love is the answer, our brother. So be it.

## **73. Another string of pearls**

Jan. 10, 2018 B

JANU: Yes, the ‘pearl of great price’ which we’ve touched on before is the truth of who you are. So little understood by so many, or even aware of. Given different names. It is the freedom to embrace all of life, and yes, even your incarnate life, but without fear or doubt or confusion. With your attention on any part of life, it is revealed continuously. The irritant in the oyster is encapsulated with manifestation of creativity. So it is in the life, our brother. The irritants of living in this sojourn are encapsulated with experience, understanding, wisdom, patience, confidence, commitment. These pearls of experience and their creation can be understood in this way. There is beauty here, long lasting, no two the same.

This string of pearls from each sojourn is the treasured legacy that is part of your True Nature. Nothing is lost, our brother, for we are one in all things. Namaste.

## **74. Motivations and the Middle Way**

Jan. 15, 2018

JANU: We are surveying, if you will, the climate for aggressive behavior on the parts of individuals and nations. What we see here is a climate that reflects the struggle that is occurring in the consciousnesses of these between survival, in terms of power, and a global sense of community and service. The power struggle is individually motivated, oftentimes amassing others who align with this to further their cause, you see. Global motivation and identity does not glamorize the individual. The struggle between power and the illusion of power, you see—true power and apparent power—they have many faces. What is power, then, but an expression of the creative reality.

Co-creators create in different ways, you see, different motivations. Self-centered and self-less consciousness is the dichotomy. The Middle Way includes both and brings balance to any dichotomy. The Middle Way is not against the dichotomy, but unifies it

into a larger truth, a truth that endures and evolves. Grand is the consciousness that can embrace a dichotomy in this way. An example is the destructive and creative nature of the universe. In the larger understanding, seen as recycling, re-creating, re-inventing, release and embrace.

This principle can be applied to an individual life or a sojourn. “Where are the examples?” you ask. They are those that live in peace yet embrace society and grow in their understanding and compassion for the countless life expressions, those who do not live in fear, and recognize the illusion of power and true power. A worthy study is motivation. A complex understanding, for many have a mixture of these and they change. The Middle Way is open to understanding all of these, beginning with your own. Namaste.

### **75. Understanding and serving angels**

Jan. 16, 2018 B

JANU: Our area of interest at this time belongs to a region of consciousness reality that is burdened with, so to speak, angels. Now, to explore this phenomenon of life, one must give tally to the nature of their consciousness: A proud tradition of love and service and wisdom. Not human although can function that way. Peace and mercy are hallmarks. Great diversity in the hierarchy. Ancient tradition. Much like companions to those who journey under the veil, but not limited to this, you see.

“What is an angel?” you ask. It is a consciousness so molded, so shaped, as to linger from one realm to another. Consciousness is little understood. Its range of reality seems beyond description. Even a stone has consciousness, our brother, but quite different. Angels have consciousness but more flexible, can be modified, adjusted to need and circumstance. Angels appear in many forms, or not at all to those unattuned. They understand love and live it. They bring peace and comfort to those who would receive it. They are humanity’s companions and champions. And they evolve as they serve. Humanity has given them names but, as with so much of life, these are not needed to relate. The quality and patterns of love shape and identify their existence. They will gladly reveal to you their understanding of loving nature.

It is possible and agreeable to serve those who serve. “How does one serve angels?” you ask. By emulating their service that their manifestation might expand. They find no judgement in their service. Namaste.

### **76. Sensing change**

Jan. 19, 2018 B

JANU: We are summing up, if you will, this moment in flow of life. Change is the theme here. The politics of the world are constantly changing. This moment in this reality has some festering issues. Bringing peace to these will not resolve them, for their motivations are not listening. The ongoing patterns of survival and temporary power, personal gain, still dominate.

When taking the larger view, one can see many changes. Human consciousness is evolving and the True Natures are sensing opportunity to be listened to. There are many forms of awakening, but they are still awakening, you see. Manipulation is not the hallmark of an awakening consciousness in harmony with life. Inspiring the sovereignty in others and oneself is the theme that is grander. A true global consciousness reveals the possibilities, potentials, realities needed for leadership individually and collectively.

The so-called Internet can be useful but much discernment is needed for the Internet is corrupted in many ways, being created by humanity. Awakening inspires the



journey of connecting, direct knowing, with a foundation of personal integrity. Perfection is not the goal here. Evolution in consciousness and the true connections of oneness are what will prevail.

Change is not a linear reality. It moves in clusters, undulations, from the smallest to the largest. One can choose to sense change and understand it. A constant theme in life, no matter the degree or pace. Namaste.

### **77. The power and source of insights**

Jan. 22, 2018

JANU: We are pursuing at this time the agreement that sponsored links to the insights into the awakening on humanity must prevail. These long-term agreements precipitate opportunities for success. Success rate is not the issue, but achievement is. The journeys of your friend led to the encouragement, and are a measure of the success we speak of. This sort of awakening is demonstrated through momentary insights which are the True Nature's response to the timing of the awakening of humanity.

Insights are a powerful tool for the awakening of humanity, created by its own True Nature. The unspoken inquiries each may have into their own nature and the nature of life are building. Part of the changes, our brother. Namaste.

### **78. A world at peace**

Jan. 23, 2018 B

JANU: A world at peace is a far cry from your world at this time. Your current tensions in the world are perpetuated with no other role model to draw upon, emulate, to explore and experience. There are worlds at peace that can be visited in consciousness. Many who serve the evolution of humanity are aware of these worlds and their culture, which adds to their wisdom as they serve.

Now, humanity has qualities of ambition, self-improvement, discovery, altruism, care of one another, appreciation of beauty through music and the arts, and relationships. These qualities also exist on a world at peace, very active, dynamic, involving societies, no longer running in circles repeating the same struggles. Humanity has the ingredients for a better way of life but is plagued by old patterns, afraid to let them go for uncertain alternatives.

Demonstrating peaceful qualities to another is a beginning. Bringing a smile to someone whose lifestyle does not encourage a smile. Peaceful moments do not need a reason to exist. Circumstance is not the source of this. A growing relationship with your True Nature within reveals these finer qualities and perceptions of life. For many, financial power is 'high on a pedestal' to achieve. No intrinsic power in this kind of wealth, you see. It only exists by agreement of those who are besotted with possessing it. It is an illusion.

Being at true peace is a powerful way to exist. No longer blinded by the distractions of possession and influence. A product of awakening, our brother, which we serve. Namaste.

### **79. More on the power of peace**

Jan. 24, 2018

JANU: We are at peace once more, united in the presence of unanimity. Many realities in the larger life, our brother, and they are one as well. The peace we often speak of and embrace is their oneness. So, you see, being at peace is being one with everything. That is the understanding that seems to elude. Being one, connected with everything. This is part

of the nature of the True Nature, you see. Invaluable access to the consciousness of Life itself. So, being no secrets in life, peace explores life far beyond this.

What interests you is the focusing factor here, whether the desire to know is global or finite. Micro and macro are one, you see. They define each other. Exploring the tapestry of life is good symbolism, every thread, every weaving, every color, every image, every essence. Peace is always a theme here, you see. It is our connection, our oneness, the destiny of everything, you see. The power of peace is grander than the words. Namaste.

### **80. Regret casts a shadow on memories**

Jan. 29, 2018 B

JANU: Regret, our brother, when reviewing memories casts a shadow on the meaning to be gained. Regret does not honor the life and consciousness having the memory, creating the memory. So regret not, but embrace the experience to discover its significance, its teaching, its revelation as to the nature of Life.

These memories are profound. Matters not the scale, for Life includes everything, from the smallest to the largest, from the longest lasting to an instant. The presence of Life endures, reveals, re-creates, expresses. These memories do not define you; they enrich you. Your true identity is far grander than any of these and owns these memories yet to be fully understood.

You're free to embrace life how you choose. Memories that touch deeply are rich indeed. Many bury these because of the perceived pain of them. But they are there, waiting to deliver their understanding. This is part of mastering life, our brother, experiencing, creating, understanding, and contributing. Enjoy the pleasant ones as well, the ones that lift your heart, inspire gratitude, that bring joy to others. All of these are there to master life. Regret none of them. They all enrich you. Namaste.

### **81. A loving relationship**

Feb. 1, 2018

JANU: We are one. One being, one voice, one love, one presence. Reaching into the depths of reality, one finds, amongst the many nuances, a shining example of peaceful life. Many such, you see. The individual being at the same time is unique yet one with every other being. So many realities vie for a place in life, each with their tempo, vibration if you will, pace of living. Conscious union with all the realities in the consciousness of one being is a freedom and a joy and a love that cannot be measured. In a sense, awakening, our brother, is ascending into the fullness of being.

Whether incarnate or not, it matters not, for the consciousness of the incarnation is beyond time/space. So much of incarnate life under the veil is identified as physical life only, with vague impressions, aspirations to something more. The something more, our brother, is realized in a union of consciousness with all that you are, all that we are, all that I am. As one experiences this reality, it is no effort at all to touch that reality in another and mutual knowing takes place. Touching another's consciousness with your own is a loving experience that benefits both.

This threshold, our brother, has just begun and will grow, into its fullness. Be at peace. Namaste.

## **82. More on oneness**

Feb. 7, 2018

JANU: Please be aware that to take notice of the Larger Life as you put it, as we put it, one needs a larger consciousness. Instead of the human consciousness exploring the Larger Life, be a larger consciousness that is exploring.

When we speak of oneness of the many realities, oneness is a living experience not just a state of awareness. Oneness is. And everything is a part of this. Pursue your dream of awakening in this larger way. 'We are one' is not just a philosophy, but a living reality. Being self-aware in this larger way reveals a larger self, you see. Oneness has presence and is beyond power. Moving beyond one part of life exploring another.

Allow this understanding to grow and enrich your consciousness as it does ours. Namaste.

## **83. Being transformed by your True Nature**

Feb. 7, 2018 B

JANU: The truth of anyone's existence belongs to the integrity of their Nature, their True Nature. When observing another, council with the truth of your own existence as you observe. Always honor and respect the truth of their own Nature and be at peace with each other. Even-mindedness and emotional-mindedness are the beginnings of true communication. Such it is with these journeys, our brother.

No matter the challenge that comes your way, choose to approach it in this manner and your love and wisdom will bring success. Having a hunch or an insight is the beginning of exploration into new understanding. The tendency to place degrees of importance or significance on any discovery can limit the depth of understanding of all the others. Opening to the love and wisdom of your True Nature transforms the human consciousness as it realizes its potential. Be steadfast on this journey of awakening. Namaste.

## **84. Choosing to awaken**

Feb. 8, 2018 B

JANU: We are addressing this opportunity to expand upon the understanding of the awakening of humanity, for it is time to accelerate this process that so many are contributing to. Humanity has a destiny, and it speaks of joining with others not of the Earth, and not limited to other worlds either, you see. Human destiny is mounting to so much more than small-mindedness, petty differences, conflicts, and self-destruction. The Earth reality, consciousness, is a great resource to understand symmetry, cooperation, collaboration, mutual benefit.

The Earth is humanity's partner in life, as are many others. Humanity is not alone in the universe, for its existence includes subtler realities of being, as well, which extend to many other areas of life. It is time for awakening in many forms, in many perspectives.

The awakening we refer to is to the True Nature, the true identity, the total being. Many resources are available within, by, and through the True Nature. Becoming conscious of more than you are aware of, while incarnate, is a model for realizing your true estate. The incarnate grasp of reality is limited, unchecked thoughts and emotions run rampant through many lives, many people. Awakening brings order, wisdom, and true freedom. No longer alone in perception, but part of the wonderful Family of Life that welcomes you.

Choosing the blessings of awakening is the path to this, and more. Peaceful journeys, and namaste.

### **85. The power of desire and commitment**

Feb. 12, 2018

JANU: It is true, our brother. Desire and commitment lead to success. Success in the sense of continuation of awakening, an ongoing process of realization. Let us be clear on this. Awakening means more aware, more conscious of, more connected to, more at one with, more at peace with, more empowered by the Truth of Life, some call the Light.

There are those who desire financial wealth, possessions, power over others, and are committed to this and, to a degree, they achieve this. But the fruits of this can be bitter and must be dealt with. The awakening we speak of takes nothing from others but enriches them and the journeyer. The darker path has fear embedded in it, the fear of loss, loss of control, being revealed, retribution. The path we speak of is fearless, is enriched by all of life, founded in freedom and peace, a love of self and others.

The choice always remains with the individual. The wisdom at the root of the choosing bears scrutiny. The harbinger of wisdom is the True Nature, an identity larger than pettiness and greed.

Desire and commitment, to what does one assign these, and why? Gain wisdom from those who have gone before. Namaste.

### **86. What Awakening includes**

Feb. 12, 2018 B

JANU: You ask, "What does awakening include?"

It includes being conscious of the nature of every thing and every reality. The balance between patience and the desire to know is a fledgling experience for the neophyte, but remains for the evolved ones as well.

Many times, circumstance demonstrating the need for awareness triggers awakening. When applied to many experiences, the foundation builds. One awareness leads to another, and another, as do these journeys.

Your thoughts and feelings, whether spoken aloud or not, are recorded in Life. Truly caring to understand another's circumstance, point of view, while listening within, can be a revelation.

Many do not realize that the creatures of the Earth are conscious as well, in their own way, and they rely greatly on this ability. Their instincts and their experiences are their tools to navigate life and they read people very well.

Children in the womb are very sensitive to these impressions. Their True Natures are quite conscious, you see, and are already measuring what is at hand and what is to come.

Ask your True Nature direct questions that are sincere, with the desire to know, and listen, not just with your ears but with your consciousness. Listen patiently. Namaste.

### **87. The desire of the True Nature**

Feb. 13, 2018

JANU: Overcoming any regret for having lived the incarnate life frees the consciousness to rise above and own it all. Owning your experiences gains you the wisdom of them. And through wisdom comes clearer choices that benefit the journeyer and their associations.

Integrity exists whether incarnate or not, whether awakening or not, and all of life has integrity, or it wouldn't continue. Yes, all creations can be manipulated, modified, altered, transformed, but life's integrity allows this. The so-called Laws of Life are fluid. Integrity allows this, for the purpose of expression, creativity, and wisdom gaining.

The Middle Way that you endeavor to understand is one with everything, is the source of all dichotomies, and is 'living in the Now.'

The desire of any True Nature is to be, which is fulfilled by engaging more and more of life. Awakening is part of this, our brother. Even the True Nature is awakening.

Be at peace, without regret. Honor your integrity. Namaste.

### **88. Owning it all**

Feb. 14, 2018

JANU: That is the theme for this journey, owning it all, so to speak. Owning all memories, all experiences, all attitudes, utterances, everything, without denial or regret. Peaceful absorption of the records of life fully enrich the journeyer, reclaiming power and the freedom it brings. Owning it all gives access to it all and the wisdom is revealed. Honesty, integrity, perseverance, clarity, sovereignty: living in this way is grander than the veiled human consciousness, isolated from the Larger Life.

The courage to allow this into your consciousness is a choice made in the presence of your True Nature, which endorses this choice. Denial of the truth gives your power away, strains your integrity, delays realization and wisdom-gaining. Life includes everything, our brother, the bliss, the joy, the sorrow and the sadness. Owning it all sets one free.

You ask of the Middle Way. The Middle Way does not avoid the dichotomies of life but owns them all, for all of them are part of life.

Claim your power by owning all of your experiences. Namaste.

### **89. Creating and understanding pearls**

Feb. 16, 2018

JANU: We are enamored of the beauty of every pearl (LINK) of life. What is a pearl in this understanding? It is a gem of truth that transmutes conflicts in life into a thing of beauty. The conflict remains but, through transformation, the truth is produced. The achievements of humanity in its evolution refrain from condemning the struggles but build upon them layer after layer of understanding. These understandings produce richness in the consciousness and the behavior of individuals in society. See not the conflicts as bad or evil, but the instigators of an opportunity for awakening.

Each awakening is as a pearl, to be strung together to form bonds and continuity between the understandings of clarity through experience. They are all part of the flow of life, you see. Life wastes nothing. Not a life of good or bad, right or wrong, but opportunity to build and awaken. Then more of life reveals itself through this process of becoming. Our support of humanity, you see, is based on this and more.

Build on the conflicts. Find understanding. Turn them into gems of truth, cooperation. Create something beautiful that endures and encourages. Another pearl, you see. The pearl remains, but at its core, what inspired it? Namaste.

### **90. A purpose for living**

Feb. 19, 2018

JANU: The reality you pursue at this time, the nature of the relationship within the being of the human consciousness to the True Nature, the larger you, shall be explored more than once, you see, for that is a significant portion of awakening your larger identity. The relationship is a peaceful one, harmoniously participating in the larger life of so many realities. Your human experience is but one of many. We together, as a larger reality, have many interests, involvements, collaborations. It has always been thus.

You inquire as to the purpose of awakening the human consciousness to this larger truth, when the larger you already knows. The wisdom gained through experience in various stages of consciousness reveals more of the tapestry of life. It has always been our interest. Enriching life is a worthy purpose and opportunity for all.

“How does one enrich life, then?” you ask. By living it, experiencing it, being part of it, understanding it, and being instrumental in its evolution. In so many ways, each one is one with all of life more than they know. The human consciousness is only part of this. The larger you, the larger we, is not just enriching life but being enriched by it, to understand and appreciate the so-called ‘ripple effect’ of all that you are on every level throughout life.

How can one consider that life is without purpose? Taking on the responsibility of incarnating, embracing a sojourn and all that ensues, enriches life without even knowing it. Self-preservation, from the human perspective, is much more than survival. It is continuing the investment in the enrichment of life through engagement and experience, which contributes. So, you see, the purpose of incarnating is not just about a singular achievement or awakening, but to enrich life by living it. Namaste.

## **91. Peace IS**

Feb. 20, 2018

JANU: Peace then, again being the subject, exploration into understanding and application. You ask the question, are you at peace with yourself? What better way to understand the nature of this subject?

Peace is the great revealer, even within the self. Peace is without bias, preference, denial, approval, disapproval. All consciousness outside of peace or without peace is subject to all of these and more.

Peace is one with being or isness, life as it is—its history, its potential, its current moment. Peace rallies the forces of life and mutually beneficial harmony into recognition of the presence of each other and the mutual benefit. Peace allows isness.

Peace gives strength to the foundation of everything. When observing the history of humanity and the Earth, all of its upheavals, quiet periods, moments of loving reality, peace is the constant that endures, the foundation of life that life returns to when pushed and shoved in many directions.

Peace is life in order, in the midst of what looks like chaos and randomness. Peace allows.

A world at peace enjoys the give and take of mutual benefit in all its reality. Societies can live this way, should they choose. Every part of life has its unique contribution and need. Peace is the give and take that continues.

Peace is. Namaste.

## **92. Understanding ‘being at peace’**

Feb. 22, 2018 B

JANU: True peace, then, being the theme you have chosen for this journey, experiencing and owning this reality and inspiring it in others.

Guidance of your True Nature is of importance here. Relinquishing the hold of the veil, functioning as a sovereign being is a fundamental approach to this, which speaks of intimacy. There’s a synergism of consciousness throughout the being and a natural connection with others. The guidance for the others comes from their own True Natures.

The impersonal life has a freedom about it not ‘quaquered’ in the illusions of the veil experience. By ‘impersonal’ we mean not centered in personality but in universal

consciousness, that is one with the heart of everything. Embracing, so to speak, another in this way supports their awakening to more and more of the presence of their True Nature, according to their destiny.

Understanding and experiencing, beyond words, is the challenge and the opportunity. This is your natural estate, so embrace True Peace without words that limit understanding and communication, and experience “being at peace.” Namaste.

### **93. Choosing doubt or confidence**

Feb. 26, 2018

JANU: We are encountering, if you will, the nemesis, created by humanity, to its own evolution and awakening.

Doubt is a key component to this: doubt in oneself, doubt in the future, doubt in others, doubt in integrity, doubt in life itself. Doubt is supported by misperception of challenges and opportunities, and isolated consciousness, a disconnect from the beauty and flow of life. Doubt is self-fulfilling and is overcome by choice. Use doubt as a tool to rise above disconnectedness, isolation, by recognizing its character, influence, and patterns. Whatever has the earmarks of doubt, choose the alternative. We know this. Your True Nature knows this.

The alternative to doubt is confidence, based on faith and a desire for being conscious of true connection with the rest of life and to one’s own Nature. Know you are a divine being, with all that that offers and the future that goes with it. And the future is Now. Even the slightest confidence is testimony to your potential.

Sense the power of confidence, faith and trust in your being, and the so-called power of doubt. One is empty; the other is full of life. Let not confidence be shaken by moments of change, circumstance. Penetrate all of these with insight and determination to understand the truth behind everything.

Doubt builds walls. Confidence builds bridges of connection, of overcoming, of achievement, and of victory and new opportunities. Choose wisely, but choose. Namaste.

### **94. The pacifist and the peacemaker**

Feb. 26, 2018 B

JANU: Assembled then this evening is a group of those who represent pacifists. Now, let us understand something here. The pacifists we speak of are not fighters in the human social sense, but are committed peacemakers more powerful than any violence. Their legacy is the cumulative effect of the power of True Peace, for in True Peace the mind is clear, the creative forces are in harmony, the genius of life itself becomes known.

Those who do battle in the conventional sense of human perception will always have another battle to wage, setting back the opportunities for the true power of peace. Look at the carnage of the world at war. The resources gone. The lives wasted. Yet the wars continue, conflicts more brutal.

Those who raise families are arbiters of peace, supporting survival, education, relationships, well-being, the reaching for and fulfillment of destinies. These are the builders, the creators, the pacifists who sacrifice that others find fulfillment. They long for peace and find joy in the achievements of those they serve.

So, when looking for examples of peacemakers, of pacifists, in the larger reality, look for those, and within the self these qualities. Yes, even there are leaders in societies with these qualities, but their challenge is great. But there are those who inspire, encourage strength and commitment in these. Being a peacemaker is laudable. Namaste.

## **95. Confidence**

Feb. 27, 2018

JANU: Confidence once again is the theme for our journey. The object of this confidence, for understanding, is well-being, not just in the moment but in the future. Well-being promotes peace of mind, emotional stability, and the anticipation of success in adventures.

Confidence in your well-being does not mean ignoring that needed for good health, but it does mean the body is able to respond to proper care. Remember, the body is your partner in the adventures of incarnate life and experiences everything you do.

Confidence is like a precision tool that sculpts the experience of well-being into a harmonious system of achievements.

Confidence masters any task, any challenge, including these journeys. Apply this principle at every opportunity and confidence becomes a strong foundation for exploration and understanding. Namaste.

## **96. Those who serve humanity**

Mar. 2, 2018 B

JANU: We belong to a group of those who persist and pertain in service to humanity. You ask the manner of service. It is varied, our brother, depending upon the interest, the experience and wisdom of each one.

There are those who serve awakening. There are those who bring insights. There are those who answer concerns about health, and not just physically. There are those who aid the scientific community in moments of breakthrough understanding. There are those who inspire memories, both of Earth existence and other realities as well.

There are those who create and perform the arts. Many in this group, you see, those who have lived the human experience and those who have lived others. Not all music and art, our brother, originates from humanity.

There are those who respond to the open-minded, and those who serve others because it is their nature to do so. Every creative effort of humanity, including those who serve the creatures of the world, have inspirations and opportunities to draw upon. The human experience is far more diverse than many realize. Namaste.

## **97. The Story of Life**

Mar. 12, 2018

JANU: This scenario of your reviewing leads one to understand part of the structure mechanism of the story of Life and the story of an individual's life. How everything is connected by one thing leading to another. How outcomes and causes are traceable with enough insight. Understanding between peoples would be enhanced if this were part of the common experience, and allows for the understanding of progressed scenarios. Taking away some of the mystery of life, the so-called 'unfathomable' consequences of decisions, thoughts and actions, emotions, communications. Life is connected, our brother. So free will and randomness coexist with connectedness and continuation.

Now, the story of one life and its connectedness to the story of another life is, in a sense, a deeper mystery, but can be understood, for life is a collective, you see. And all of humanity exists in the Story of Humanity, a story of connectedness, diversity, so-called free will, and projections. But a beginning understanding of wellness of the one life made of many.

Consider this carefully when attempting to understand the stories of many lives and their relationships. One thing leads to another, and another, and another. As does one journey lead to another, and another. Namaste.



### **98. The Breath of Life**

Mar. 12, 2018 B

JANU: We are assembling again once more a 'peace initiative' resembling an excursion into the sublime. Such is the nature of True Peace and the True Nature. This reality transcends what some call the 'mundane,' and accomplishes intimacy throughout the being. Yes, including the physical body, which is, after all, made of energy. Dwelling in this state of awareness brings on a continuation of a pulse of life that registers throughout the being. This pulse of life is echoed in different ways through other realities.

Sensing the pulse of life in your being is like the wind, breathing, never stopping. The inbreath and the outbreath occurring simultaneously. It is the Breath of Life, you see. Being conscious of this refreshes vitality, inner peace, and communicates the love of Life. Linger in the reality of this and your whole being finds balance.

This focuses you in a moment of the Now. Namaste.

### **99. The nature of love and life**

Mar. 20, 2018

JANU: Part of understanding the nature of life is understanding the nature of love. They are synonymous when understood aright, engaged and experienced. There is a peace that is more profound and everlasting, a love that allows all expressions of being, supporting them evenly, continuously, for they are expressions of Life itself. Becoming one with what some would call the 'big picture' of life and all it includes, all the bits and pieces if you will, all of the changes, all of the nuances, all of the evolution. Life is at one with its own reality, the entire universe, one of many, and the reality that universes reside in.

You ask, "What is the nature of love?" It is the Life behind all of this, and its relationship with everything and every no-thing. It is Pure Being. The expressions of love, manifestations, are beyond number, but all connected, all at one. Love allows and supports and is Life in motion.

Awakening to your True Nature opens the door to embracing, for the human mind to grasp, what the True Nature understands and is continuing to evolve into. For your entire being embraces many realities, including its own source. A consciousness of oneness. A consciousness without condemnation, value judgements, preferences, dichotomies, yet includes all of these, for they are part of the evolution of Life through its creations. The Middle Way is a balanced approach to all of life. Namaste.

### **100. The dynamics of life**

Mar. 21, 2018

JANU: Reach then into the dynamics of life and find, for your own enrichment, the presence of life that makes these possible. Life is dynamic. The oneness of everything is little understood, seems a contradiction and a vague reality.

The human identity with the physical life is a strong one and serves its purpose for the duration of each sojourn. But there comes a time when the reckoning takes place as to the order of things. The lifting of the veil, through desire and commitment, begins to reveal this. So one hangs on to incarnation for different reasons and not to the exclusion of a larger life. Being at peace in the midst of change is a challenge and an opportunity to human identification for, in your incarnate experience, everything has borders, limits, individual identity.

The reality of oneness, of connectedness is the bond that binds all of life, allowing for relationship, mutual enrichment and benefit, and mutual understanding. We are one, and unique. Part of the dynamic of life, the co-existence of realities, the evolution of life itself. Allow the oneness to penetrate the individuality, the isolation, the separation consciousness, and benefit mutually. The power and presence of life flowing freely. Namaste.