

Human Potential and the Larger Life

1. An Introduction to new series	Page 1
2. An introduction to experiencing the inner life	Page 1
3. Coming home	Page 2
4. Fulfilling the moment while moving on	Page 2
5. Share what you own with the wisdom of insight and be guided by the experience	Page 2
6. Your own awakening can assist others to believe in theirs	Page 3
7. The joy of awakening	Page 3
8. Open to unlimited future possibilities	Page 3
9. Always take the larger view	Page 4
10. Is life exact?	Page 4
11. Enthusiasm and hope occur when a vision for the future emerges from potential	Page 4
12. The tail wagging the dog	Page 5
13. Peace is the great communicator	Page 5
14. The purpose of life	Page 5
15. Transcendence and transition	Page 6
16. Exploring integrity	Page 6
17. Humanity is a variation on a theme of Life	Page 7
18. Potential, networking, and synergism	Page 7
19. Understanding integrity	Page 7
20. Exploring integrity	Page 8
21. The journey of journeys	Page 8
22. Reality is in the eye of the beholder	Page 9
23. Choosing to remember all that you are	Page 9
24. Reality beyond the five senses	Page 9
25. Freedom from ignorance	Page 10
26. Precipitation and the law of attraction	Page 10
27. A larger understanding of individuality	Page 10
28. The nature of perpetual existence	Page 11
29. Integrity in conscious union	Page 11
30. Unlimited possibilities	Page 12
31. Opening to the truth of your Nature	Page 12
32. True Peace: in harmony with the flow of life	Page 13
33. Progressing human potential	Page 13
34. The questions of an explorer	Page 13
35. All is possible	Page 14
36. The Larger Life includes everything	Page 14
37. Symbols and meaning	Page 15
38. Sharing unlimited exploration	Page 15
39. Freedom to choose	Page 16

40. What is freedom?	Page 16
41. Absolute truth	Page 17
42. Awakening is a universal & ongoing process	Page 17
43. Towards a more peaceful and harmonious life	Page 18
44. Freedom beyond the veil	Page 18
45. A journey of peace	Page 18
46. Coexisting with everything	Page 18
47. Recognizing opportunities for growth	Page 19
48. Benevolent existence	Page 19
49. Regulating distractions on the path	Page 20
50. All of life is awakening	Page 20
51. Human destiny	Page 20
52. Partnering in awakening	Page 21
53. Conscious coexistence with Earth	Page 21
54. An introduction to the Larger Life	Page 22
55. The beauty of the Larger Life	Page 22
56. Who are you?	Page 22
57. Choosing a life of many experiences	Page 22
58. The bell tolls for you	Page 23
59. Wisdom and leadership	Page 23
60. Collective Service	Page 24
61. Heritage, tradition, and life in motion	Page 24
62. The progression of consciousness	Page 24
63. Spontaneous awakening	Page 25
64. The larger view of life always tempers the smaller view	Page 25
65. Quality as a theme for all your endeavors	Page 26
66. Experiencing the coexistence of the larger life	Page 26
67. Unlimited mind and freedom	Page 26
68. Truth can seem ambiguous & confusing	Page 27
69. Hoping there is more to life	Page 27
70. What do you want most?	Page 27
71. Processing regrets	Page 28
72. Understanding Conscious Union	Page 28
73. The grail reality and experience	Page 28
74. Conscious union and the Grail journey	Page 28
75. The coming together of conscious union	Page 29
76. Self-transformation	Page 29
77. Observing others without bias	Page 29
78. Appreciate everything in a larger way	Page 30
79. Being life in motion	Page 30
80. Building blocks of intimacy & identity	Page 30
81. Happiness and humor	Page 31
82. More exploration of integrity	Page 31
83. Universal consciousness	Page 32
84. We are all part of each other	Page 32
85. The magic and power of kindness	Page 32

86. Becoming conscious as	Page 32
87. Learning from a non-technical life	Page 33
88. Simultaneous and coexistent realities	Page 33
89. Exploring identity	Page 33
90. Merging Larger Life with physical life	Page 34
91. Understanding coexistence	Page 34
92. Elements of awakening	Page 35
93. The process of being	Page 35
94. The quintessential modality of exploration	Page 35
95. The Middle Way brings balance to life	Page 36
96. The nature of existence	Page 36
97. A conscious relationship with potential	Page 37
98. An identity of ‘being’	Page 37
99. The beauty of empathy	Page 37
100. The evolving reality of potential	Page 38
101. More on the True Nature	Page 38
102. The fragility of human existence	Page 38
103. Honoring the so-called prophets	Page 39
104. Identify with life in motion	Page 39
105. Inner strength through conscious union	Page 40
106. Goals	Page 40
107. Life allows all things. Choose wisely.	Page 40
108. More on the joy of awakening	Page 41
109. Who or what am I?	Page 41
110. Mastery	Page 41
111. The journey of awakening	Page 42
112. More on the nature of existence	Page 42
113. Rebirth and conscious re-union	Page 43
114. Fulfilling the promise of life	Page 43
115. There is genius in everyone	Page 44
116. A living adventure	Page 44
117. Is life larger than you know real?	Page 44
118. Being in the flow of life	Page 45
119. Why not pursue...?	Page 45
120. Time/space	Page 45
121. Finding truth	Page 46
122. Energy	Page 46
123. Research and exploration	Page 47
124. Loving yourself and being loved by larger You	Page 48
125. Each one is precious as they are	Page 48
126. Enriching life with our life patterns	Page 48
127. Being an explorer	Page 49
128. Freedom to choose	Page 50
129. More on the power of peace	Page 50
130. Fundamentals of awakening	Page 50
131. Access to resources	Page 51

132. Experiencing unconditional love	Page 51
133. Understanding the Earth experience	Page 51
134. Oneness and diversity	Page 52
135. Love is the teacher	Page 52
136. Diverse and unique destinies	Page 52
137. True Peace is accepting all of life as it is	Page 53
138. Life is perfect as it is	Page 53
139. Aging body--still a youthful adventurer	Page 53
140. The nature of all realities is energy	Page 54
141. The joy of exploring the Larger Life	Page 54
142. The blessing of awakening	Page 55
143. Stay in motion with a fluid consciousness	Page 55
144. Love is the great teacher within	Page 55
145. Consciousness <u>as</u> all that you are	Page 55
146. Coexistence, a key element of awakening	Page 56
147. Individuality and coexistence	Page 56
148. Larger understanding of the Rapture	Page 57
149. Together we are strong, no matter what	Page 57
150. The conscious emergence of the True Nature	Page 58
151. Life has many wonderful gifts	Page 58
152. Exploring consciousness	Page 58
153. Embracing a rich future	Page 59

1. An Introduction to new series

Oct. 29, 2018 B

JANU: Randomizing appeals to the free-wheeling nature of atomic structure. The Larger Life includes this, but these life patterns, though randomized, are free to be patterned for purpose, creativity, and evolution. Atomic structure in all of physical creation is patterned to include the nature of postulates of life. So let us conclude, then, that structured thought is part of co-creating; therefore, human potential has an ally in the formation of the universe. Propagation of everything, including the species, is accomplished in this way, not limited to human thought but far beyond, throughout the nature of conscious life.

Let us assume, then, that the evolution of species with every level of conscious existence is part of co-creation. Experiencing the reality of this lends one to connect with life and its creations intimately, with many elements and levels of its reality. So Larger Life and human potential are one and always have been. Not just human potential, but the potential of everything.

Co-creation, evolution, propagation, re-creation, and even memories exist and will always be part of life, existing in one way or another. This is why we say there are no secrets in the Larger Life. This is an illusion in an unawakening state of consciousness referred to as “the veil.” A temporary reality.

Let this be a beginning point, our brother, in this series “Human Potential and the Larger Life.” We agree wholeheartedly. Much more to come. Namaste.

2. An introduction to experiencing the inner life

Oct. 30, 2018

JANU: A summary, then, of the initial awakening to the freedom of the Larger Life. One can see the wisdom in having a consciousness not limited to the veiled human experience, but more in harmony with the wisdom of the flows of life. The natural order of larger realities all coexisting, mutually beneficial. A consciousness at peace. No need to boast, not seeking self-aggrandizement, but in love with the beauty of life. The Larger Life, our brother, is at one with itself. Being part of that life makes it obvious it is your nature as well.

What then of the quest of the human veiled experience to set oneself apart and above contemporaries? It is a misperception of the True Nature that coexists with all of life, without secrets and power struggles, emotional obsessions and mis-emotions. Returning to the experience of the Larger Life from the human journey is a transitional one that brings order to the life, balance, perspective, and a peace that is free to discover the truth of every potential and every creation. How many, then, are prepared to release their obsessions? What does it take to accomplish this? It’s a choice, our brother, choosing freedom in place of obsession.

This suggests the question, ‘Why would one choose to incarnate in the first place, to create their own veil? What does the True Nature benefit from this?’ The benefit is ownership of experience and the wisdom gained through it. Why else does Life manifest? To realize its potential.

“And what is wisdom?” you ask. It is the foundation for further realization of potential, expansive ongoingness. Namaste.

3. Coming home

Oct. 31, 2018

JANU: The awakening of a species of a world is not new and is still occurring, from one world to another. This is a process with many elements of discovery, of realization. This process is becoming more noticeable through the expression of these elements. As you are witnessing, the few who demonstrate these changes will appear as unique, special, and sometimes feared to those who have yet to experience what they demonstrate.

So, awakening, you see, is a difficult time for many to adjust, to make their own internal changes in what is acceptable and what is not, and how to function in the midst of these. Let us continue, then, to explore these regions of awakening as they come together here and there, creating an atmosphere of new thresholds of life.

Coming into understanding, bringing understanding to others, is an important service to the awakening of humanity. Dealing with fears, finding solutions to a changing society, changing in every way. Finding peace in the midst of change overcomes fear and opens the consciousness to understanding.

Part of awakening is the reuniting of relationships, both incarnate and not. Those who are unaware of each other in this sojourn come to recognize their larger associations, as will you, our brother. Something to look forward to: coming home. Namaste.

4. Fulfilling the moment while moving on

Nov. 1, 2018

JANU: Moving forward, then, as you have interpreted, brings into view what you see: human potential and the Larger Life always in motion. We of the Brotherhood of Light see challenges in an enlightened way as life in motion, opportunities, revelations, renewal, new beginnings. Moving forward in consciousness and expanding that consciousness, to be at one with that movement, is in harmony with the flow of life to such a degree that all potentials blossom, manifest in one way or another, and build upon each other. Live in the Now. Fulfill the moment, while moving on. That is life; that is living.

How can the body be well when the consciousness is stuck in the past that perpetuates old thought patterns and their progeny? Fulfill the moment, while moving on. That is human potential and the Larger Life, embraced as one. It is like a breath of fresh air to all that you are and are experiencing.

Life is richer than you imagine. Potential greater than you imagine, unlimited, unbound. Human potential and the Larger Life are one, our brother. They exist this way. Freedom to choose, explored previously, is a hallmark of this reality we speak of. Fulfilling the moment while moving on. Namaste.

5. Share what you own with the wisdom of insight and be guided by the experience

Nov. 1, 2018 B

JANU: We are once again climbing the ladder of awakening, bringing more profound understanding to the architecture of life in the consciousness of those who desire to know and experience a larger freedom of being. This is not an automatic process. The character and tenor of each one's journey has its uniqueness, its timing, its elements of revelation, its realization of its own potential. The individual personality can avoid this but, as time moves on, the avoidance becomes more and more difficult. For the True Nature has its own agenda, as does the personality/ego, but the personality/ego is an aspect of the larger being.

So how does one address these scenarios when desiring to share their experience in this direction in a useful way? Feedback is a great teacher, our brother. Drawing upon

insight, share a little here and a little there. Monitor carefully responses. In time, intuitive process will prepare one more successfully in your endeavor to serve.

The nature of human consciousness is an understanding a little different in each one, common ground as well as unique characteristics. Draw on intuition, examine motive, clarity of purpose and mind, sensitive to opportunities. Life is an experiment, an adventure. So experiment in your own experiences with a growing wisdom, fulfilling the opportunity of the moment at the same time, taking a step forward. Namaste.

6. Your own awakening can assist others to believe in theirs

Nov. 6, 2018 B

JANU: We are alerting then the consciousness to examine post-operative techniques for analyzing and understanding the dynamics of life. By 'operations' we mean circumstances of events that play a role in awakening. What this means, our brother, is that life has opportunities responding to the desires of individuals and groups to be more successful in their relationships with the circumstances of their existence. Many hold their experiences close to the vest, so to speak, uncertain of how to form any conclusions.

So when does the journey of awakening bring revelations? It does so when the attention of the individual or group is on understanding and heart and mind are open without pre-judgement. Most have little idea of their true nature and true power, and identify with 'not knowing.' The circumstances of their existence are rich with triggers to understanding, insight, clarity. However, the human consciousness claims its confidence and its power when demonstrated by another successfully, for if one can achieve this so can another.

So find your successes in deeper understandings and they will find theirs. What you grow to understand can be useful to others; however, what is most useful is their confidence and belief in themselves. Namaste.

7. The joy of awakening

Nov. 7, 2018 B

JANU: We are assuming, then, that there will be an end to ignorance—or, should we say, the pursuit of it—replaced with an embrace of discovery, self-realization, and a return to conscious union with the Larger Life. What greater journey, our brother, in store for humanity, all of humanity? Making your world of awareness a little larger every day, your wisdom gains a little every day, your well-being gains, your love of life itself, the quality of relationships and service. What a wondrous journey!

Each one has, within their Nature, everything they need to awaken more fully, becoming more aware, more conscious of a larger measure of what life is. Once begun, it is difficult to choose less than this, to return to the veil of unconscious ignorance. The five physical senses are wonderful but limited. There are many more. You have each other to learn from, grow with, to help each other.

The possibilities are without limit, as are the rewards and the joy. Come walk with the rest of us into the future, into the Larger Life, into destiny. Namaste.

8. Open to unlimited future possibilities

Nov. 7, 2018

JANU: We are surveying, our brother, as you had posited, the future of technology. Let us begin with an understanding that the flow of life that includes this is imaginary in its wonderings. The possibilities you urge through imagination, in being open with desire, do move understanding forward. Technology resides in the domain best described as functionality of possibilities. So let us emerge into discovery triggered by these imaginings, these wonderings. Rare is the mind that can grasp a possibility seemingly without relation to current existence, for without this the possibilities are tied to what

already exists. If one already knows what a ship in the ocean looks like, how it functions, how it is constructed, then transportation on the ocean will always be held back to look like what is already known.

So what is the foundation for the unknown beyond current awareness? It is potential and the creativity that manifests it without limit. So the future of lighting compared to the technology of the moment may not include hardware at all but from another source. Is your consciousness open to this? The next rung up the ladder, our brother, need not resemble the one before in any perceivable way. Namaste.

9. Always take the larger view

Nov. 13, 2018

JANU: Slogans are useful in some situations for perpetuating an understanding, even though indirectly. What pertains to human potential, in this sense, is the slogan “Nothing is lost, everything to be gained.”

Taking the larger view of life brings into focus the overall pattern of life, the trending, the progressions, and the fields of creation. The human heart is abundant with these. The consciousness potential exceeds even these. So, as we examine and deal with these moments in life, we agree with what can be accomplished.

The word ‘sacred’ gets used a lot in religious understanding. What is sacred, our brother, is life itself. Everything else are moments of realization, seemingly scattered and disassociated, but the larger view shows the pattern, and the pattern is life in motion, one form giving way to another. Expressions come and go but the flow of life continues as it will always be.

Reach into seeming darkness with the power of truth, the power of understanding, and the power of the love of life. We are one in this. Always take the larger view when observing each moment of life, each challenge, and each victory. Namaste.

10. Is life exact?

Nov. 13, 2018 B

JANU: Exactitude is an interesting concept, for it denotes on the one hand absolute precision but obscures on the other hand the diversity of life, experimentation, the diversions and corrections and re-directions. There are those who have this tendency to require precision in everything. Even when you observe their lives, the only thing precise about them is the flow of life, which includes everything.

So, how does one, then, wrap their mind around the diversity of life and its constancy, its inclusiveness, no matter what? Life, through all of its creations, is an experimenter, a researcher, and benefits from everything one way or another. So what does one identify with in the world of precision when it includes so much diversity? What is success, then, but that life continues no matter what?

Peace in the midst of unpredictable diversity goes a long way towards mastering life and achievement. Gain wisdom from all experiences, all experimentation, all of your differences, for they are the one life and they all co-exist and synergism abounds. Be at peace in the midst of this, our brother, and you will understand. Namaste.

11. Enthusiasm and hope occur when a vision

for the future emerges from potential

Nov. 14, 2018 B

JANU: We are rectifying this evening the doubtful patterns as to personal potential. Let us agree on one thing, our brother: potential is not manifested all at once, but it is a foundation for future planning when understood to any degree, keeping hope alive in the

consciousness and in the emotions, as when one has a vision to work towards. Decide to know your potential. This is a blessing for anyone and brings enthusiasm to the moment.

Life in motion is the process of the realization of potential, and not just for human beings. Decide to know and it shall be. Namaste.

12. The tail wagging the dog

Nov. 16, 2018

JANU: We are reckoning, once more, that which pertains to enormous opportunity to progress the lines and forces of prehensile movement, namely the 'tail wagging the dog' scenario in the affairs of state. World government and leadership is the tail wagging the dog, as it is in the individual lives of many.

Let us begin by understanding that the source of motivations in people and in governments is not the leadership of enlightened consciousness but of emotional self-interest, struggle for power, self-aggrandizement, and comfort. Where does enlightenment enter into this scenario, but through the dialogue of insight founded in the understanding of True Nature? So the human journey becomes the 'tail wagging the dog' of the larger life of the individual.

Awakening is the path to priority. Seeking enlightened leadership in one's own existence, one's own consciousness, is the key. Examples of this can be observed, from time to time, of the beauty of the moment, in the lives of others and oneself, that enrich the spirit, bring joy and peace to the heart, and are naturally rich in pure joy. Consider this carefully, our brother, when ascending to serving humanity. Include the wisdom of those who understand. Namaste.

13. Peace is the great communicator

Nov. 20, 2018 B

JANU: Intriguing, then, is the element of consciousness that prolongs the inevitable, slowing down, so to speak, progress in the evolution of consciousness. That element is persuasive and traditional but becomes problematic in due course, for the True Nature, the inner quest for awakening, brings insights of possibilities yet realized, inspiring another step forward in the quest to understand and realize potential. It is a form of denial to change, for change brings anticipations of uncertainty in letting go of traditional perspective and realizations of uncommon awareness to be challenged by others.

This is where courage is called for, commitment, patience, tolerance, understanding, and love for all life. Every cherished perspective is subject to change, to evolving, to discovering new synergisms with other realities. Nothing stays the same, except change and growth, and maturity. Everyone faces this, our brother, and everyone finds their own way.

No matter how you grow, how deep your understanding becomes, review what you have in common with others so the connection with these is not broken. What do you have in common with others as you increase your experience, always alert to opportunities to share effectively? Give up, so to speak, on no one as your explorations expand. Learn from each other, as you follow your own truth, destiny, and potential. Find peace in all of these. It is a great communicator, and it keeps the mind and the heart open. Namaste.

14. The purpose of life

Nov. 21, 2018 B

JANU: Reaching then into the depths of the rigors of searching to discover the meaning of life, we discover that life exists as a perpetual opportunity. It makes more sense the larger your consciousness becomes, the more of life that is included. What was once a mystery and unknown becomes, through the process of awakening, the reality that is the

meaning of life. This means, our brother, that through awakening one realizes they are the meaning, they are the answer to the question.

Life realizes and discovers its purpose not as a reason for being but more in the direction of pure being without reason as a requirement. The purpose of life is everything that life is, whether physicality or not, whether energetic or not. Even the singularity experience is just a beginning. Life is larger than reasoning, our brother. All expressions of life fall into the area of reason and purpose. But life is larger than that.

Allow your consciousness to expand and experience a bit of its purity, the purity of being. No limits, no borders, no definitions, nothing to analyze or name, nothing to create. Even 'isness' is a limitation. Leave all words behind, just be. Namaste.

15. Transcendence and transition

Nov. 22, 2018

JANU: Transcendence and transition are themes that coincide with the flow of life, change, evolution, awakening. Transcendence is transcending limitation, close-mindedness, any particular cycle of life. Transition is the movement into beingness that does not escape any reality, but expands to include more reality, becoming conscious as an inclusive being no matter what is discovered.

You ask the question, "Does everything exist to be discovered?" No, our brother, life continues to evolve and create, expanding its potential and self-mastery. So being an explorer to the nature of life has no end goal. Transcend limitation and transit into unlimited being. Allow everything to exist in its own reality, included in the one Life. Explore, if you will, these realities, whether physical or not. They extend greatly throughout the flow of life.

Exploration, our brother, but transcendence and transition are the way to the fuller life and in harmony with its flow of change, movement, expansion, realization, and potential. True freedom, you see, rich in peace and love of life. Namaste.

16. Exploring integrity

Nov. 28, 2018

JANU: Integrity, the focus you have chosen and are exploring, needs comment on where it touches upon reality and its nature. What is truth? Is there integrity in truth? Yes, even though truth is fluid and evolving, ever changing, inherent integrity abounds. Is there integrity in peace? There is, our brother, but see not integrity as a fixed reality, a constant unchanging nature of everything, but that which evolves as well and adapts to it is a part of.

Integrity is a foundation for exploration, for being, for expression, for creativity, even love. Integrity looms large when examining any principle of life or expression thereof, for where is perception and discernment without it? Integrity keeps the door open to expand understanding and experience and wisdom. Integrity is not a thing. It is a reality of being and allows for variations of expression as life evolves. This includes consciousness, for what is not conscious of the complexity and diversity of the elements of life, their relationships, their interactions, their collaborations, and their seeming conflicts?

You ask to understand pure integrity, its essential nature. Its pattern is a derivative of the nature of Life, always in motion, both practical and elusive. Being at peace, true Peace, reveals integrity without bias or preference or judgment. Continue to explore this, our brother, and we will with you. Namaste.

17. Humanity is a variation on a theme of Life

Nov. 23, 2018 B

JANU: We are adapting then to a new lease on life, so to speak, belonging to the tradition of returning home and moving beyond. Let us see at this time that this transition in consciousness fulfills its potential with many explorations and discoveries along the way.

Human identity is a shadow of this larger reality, valid in its own right, but see it as a pattern with relationship to the Larger Life. For many, these journeys would seem nebulous and a bit vague, not realizing that through direct experience these realities have the integrity of the Earth human existence identity. Variations on a theme of life, our brother, are these identities.

Humanity is a variation on a theme of life, with many variations and expressions, but by no means explains everything that is real. Remember, all of life co-exists, meaning there is relationship, crossover patterns, and are knowable. The larger your consciousness of the Larger Life, the more you will encounter these co-existences and understand their relationship and mutual benefits.

The time of isolation, of individuality only, is passing. Life is one and diverse, simultaneously. Namaste.

18. Potential, networking, and synergism

Nov. 27, 2018

JANU: We are savoring with you the delightful edibles of life, the consuming of enrichment based upon revelations of the Truth of Life. Human potential breathes these expressions of life into existence by way of desire, opportunity, and the triggers life brings to experience. Human potential is one of many throughout Life, and worthy of much study. How does one study that yet unmanifest? It is done through insight, the sight of an open consciousness with a passion for discovery, and the consideration of possibilities. Yes, integrity is key in this, that the focus remain pure enough that the flow of life finds expression.

Human potential and the Larger Life are one, you see, and as potential is realized, the life becomes larger still. They are hand in hand, one. This reality extends itself to many other venues of life, not the least of which we are about to explore in the region of Andromeda. There is a synergism to all of this. So far as potentials are explored and realized everywhere, the network of Life is enriched and unified. For Life is the composite of all of these, not just humanity.

Individual potential and discovery, networking with others, respect for every journey of becoming, and appreciation of the beauty of it all. The integrity of each journey brings to conclusion each opportunity and prepares for the next. Live as one, our brother, in the integrity of life, this networking of its elements, and the synergism of it all. Namaste.

19. Understanding integrity

Nov. 27, 2018 B

JANU: Let us settle on one focus this evening, our brother, that being the convergence of that which holds true in the presence of integrated consciousness of the True Nature.

You speak of integrity and discernment when seeking leadership. All of these begin at home, so to speak. Rich then is the journey of life that includes these principles, and more.

You ask, "What is integrity?" It is the peaceful coexistence of the nature of being, the focus of which is life expression. Reach then into what some would call the abyss of unknowing and choose to know. The light of understanding transcends doubt and confusion. The principle of integrity is life in motion. As with everything that expresses

life, it evolves and re-creates itself from potential. Not separate from life, but part of it. So see your integrity as one with the Larger Life, but an integrity that is complex and fundamental.

We have integrity, our brother, re-focused from time to time in the midst of distractions. But exploring life's possibilities need not be a distraction. With the living, behold the integrity as a principle. Refocusing need not be a duplication but an evolving principle. Life patterns have living expression, fluid, if you will. Integrity is a powerful building block to proceed with any adventure of discovery and service. Strong yet fluid, changing, evolving, Namaste.

20. Exploring integrity

Nov. 28, 2018

JANU: Integrity, the focus you have chosen and are exploring, needs comment on where it touches upon reality and its nature. What is truth? Is there integrity in truth? Yes, even though truth is fluid and evolving, ever changing, inherent integrity abounds. Is there integrity in peace? There is, our brother, but see not integrity as a fixed reality, a constant unchanging nature of everything, but that which evolves as well and adapts to it is a part of.

Integrity is a foundation for exploration, for being, for expression, for creativity, even love. Integrity looms large when examining any principle of life or expression thereof, for where is perception and discernment without it? Integrity keeps the door open to expand understanding and experience and wisdom. Integrity is not a thing. It is a reality of being and allows for variations of expression as life evolves. This includes consciousness, for what is not conscious of the complexity and diversity of the elements of life, their relationships, their interactions, their collaborations, and their seeming conflicts?

You ask to understand pure integrity, its essential nature. Its pattern is a derivative of the nature of Life, always in motion, both practical and elusive. Being at peace, true Peace, reveals integrity without bias or preference or judgment. Continue to explore this, our brother, and we will with you. Namaste.

21. The journey of journeys

Nov. 28, 2018 B

JANU: We are celebrating, if you will, a common term echoing the larger meaning, rejoicing, if you will: 'Peace on Earth.' Goodwill, the so-called Second Coming, the awakening of Christ Consciousness, commitment to each other, an opening of the consciousness to the larger reality of Life, including human existence, in the life of the planet. These things occur and spawn a journey into the Larger Life of which the Earth is a part, not only a physical reality, you see, but with consciousness, energy, and its own brand, if you will, of creativity. Everything you are aware of has a larger reality.

We have spoken of integrity. Now we speak of fraternity. A brotherhood of humanity is not the only brotherhood in the universe, our brother. Andromeda has one as well, in fact many. There even exist fraternities of worlds of longstanding. And there are those who are conscious of worlds beginning to emerge consciously into the Larger Life, of which the Earth is one.

How does one describe realities beyond the words of one reality? It is by employing the larger reality of one's own being to discover and connect with what coexists. Not limited to journeys of so-called machines of space or physical limitations

of the body, you see, but using the faculties one was born with and will have after passing, so to speak.

Discovering and connecting with the rest of your Nature, whether incarnate or not, is the journey of journeys. Namaste.

22. Reality is in the eye of the beholder

Nov. 29, 2018 B

JANU: Reality, then, is definitely in the eyes of the beholder, for each one's perception is uniquely theirs. Belief systems, memories, histories of experience, awakening to potential, exploring beyond the physical five senses with subtler senses. More unlimited, discovering the richness of life, its incredible diversity, its coexistent realities, and the potential for inclusive consciousness, sorting through wide ranging experiences. Human potential and the Larger Life are one, experiencing potential as a reality that supports creation, manifestation, and the evolution of consciousness.

You ask, "What is practical in the life, gaining such experience and wisdom?" Is it not practical to understand, making decisions based upon potential outcomes, understanding the dynamics of creation, communicating with other intelligences whether on Earth or not, sharing understandings, gaining clarity about everything? No question that can't be addressed and responded to. The five senses are part of this experience but the potential exceeds them with consciousness yet to be explored.

What does it mean to be a co-creator? Driving a nail in a piece of wood to what end? To fulfill a vision or something to be created? To what purpose and where does the vision come from, our brother, but the inherent creative genius. Nurtured from within, it is at one with the rest of Life. Think and experience a little larger each day. Add to your understanding and experiences. Allow the Tapestry of Life to be a reality for you as you collaborate in the weaving of it. Namaste.

23. Choosing to remember all that you are

Nov. 30, 2018

JANU: We are remembering, then, that which promotes and prolongs hesitation upon the consciousness of elements of the Larger Life, including your own. These changes you see in others awakening are yours as well. Remembering is significant in that it is a catalyst for revisiting, or visitation of, the scenarios of living that recall a much larger reality of experience, that reaffirms and refreshes identity beyond the human experience.

What we reach into here, our brother, are the Records of Life of which you are a part. As they say, nothing is lost, but everything is gained. The genius within belongs to everyone, for each has achieved wisdom through experience in the process of evolving.

Choose to remember. Choose to relive. Choose to employ that you are. Choose to know. Choose to connect. Choose to be your potential. The future, our brother, is now. Your potential is now. This they have in common. Life is now. Your true identity is now. Remember all that you are. Namaste.

24. Reality beyond the five senses

Nov. 30, 2018 B

JANU: One probes the questions: "Is what is imagined real? Is the unseen, from the human perspective, real?"

How does one explore reality beyond the physical senses? You attune to it with an open mind and heart, centered in integrity and peace, with a desire to know. Yes, we are real, our brother, 'we' meaning the larger you. Testimony to this is your experience within a human form by a consciousness growing in its awareness of more.

Inner sight, direct knowing of that beyond the five senses, the experiences and abilities of so many awakening, the evidence is growing. Whatever you manage to

observe changes with each visit as more is revealed. Not contradicting each other, these visits, but adding to each other. Memories of past existences; spontaneous awarenesses; insights into the well-being of the body and its needs; the healing of the pain or suffering of others, including their choice and concerns; reaching out to the creatures of the Earth and understanding them and their response to your contact. And the list goes on, our brother.

Dwell on your own reality and experience its evolution. Namaste.

25. Freedom from ignorance

Dec. 3, 2018 B

JANU: We are celebrating with you the demise of ignorance. The future of humanity, the future of human potential is a greater freedom from the current limitations and concepts of physical life. Each one will magnify individual discovery, adding to the tapestry of reality that others may peruse. Potential, peace, desire, willingness, freedom, confidence, wisdom gaining are on humanity's doorstep. They need only walk through any opening that is presented. A love of life and their own True Natures paves the way to success.

Enriching life is the theme, for what isn't life? So personal enrichment is an element of unlimited enrichment. It is one thing to demonstrate phenomena. It is quite another for each one to experience their own revelation. Ownership comes from experience and understanding, undeniably so. Stepping out of the abyss of ignorance into a greater life, which is the Truth of Life, is everyone's prerogative.

Be no longer a prisoner of obsessions, misperceptions, and limitation. Be the free spirit you have always been. Rediscover your own nature. This is a journey that you are never alone on, for you coexist with everything and everyone. Namaste.

26. Precipitation and the law of attraction

Dec. 4, 2018 B

JANU: Correct and proper is the premise that the law of attraction follows the attention. The one who reaches for their divine nature through the journey of awakening is beset with many blessings. Holding this ideal for self and others is on the one hand the path of enrichment, and on the other the path of service. A coalition of the two encourages enhancement of this direction.

The journey of life reveals potential through creating, not just physically, our brother, but in every way. Creating is a partnership with the flow of life and the creative forces involved with every manifestation, whether physical or not. Life and its creations are always beautiful. How can they not be, when appreciated for their intrinsic qualities and the presence of life they are imbued with?

One grand journey after another awaits the journeyer on this path. The courage and strength to embrace more of the Larger Life comes with the measure of Light that is embraced. If one falters, so to speak, or stumbles or becomes confused, reaffirm, reassert the law of attraction and the ideals desired. Be persistent as life always is. Witness the growing weed in the most barren of places, the harshest of conditions. Even the weed in the garden, our brother, has its beauty by what it represents. So it is with your cherished thoughts and desires, no matter how obscure or alone they may seem. Allow life to flourish in your experiences and embrace their progeny. Namaste.

27. A larger understanding of individuality

Dec. 5, 2018

JANU: We are welcoming the opportunity to begin a discourse in a new direction, one of many to come. This direction being the embracing of significant new developments in the progression of sponsored life. Now, by 'sponsorship' we mean the integrity and

desire of the True Nature. More to be revealed in this direction that accounts for coming changes in the relationships throughout the being.

If you realize the significance of the diversity of the nature of individual existence, this portends an evolution in consciousness as to the diversity of the collective life. So-called individual beings are not completely individual, you see. There is, in a sense, an overseer, a reality of presence that transcends but includes individuality. So it is with each one, you see. This new direction is embracing and relating to this reality, which affords a synergism of the Larger Life in the consciousness of the so-called individual.

Be it known that the Orders of Life will be better understood and related to and engaged. We of the Brotherhood of Light acknowledge this, for it is part of our existence as well. Everyone is related in the Larger Life and is known to each one superconsciously. Allow this reality to reveal itself to you, our brother, and in due course we shall respond as will you. Namaste.

28. The nature of perpetual existence

Dec. 6, 2018

JANU: We are enumerating once more the need for collective conditioning of the human psyche for larger explorations of life while involved with the Earth venue. What we promote here is the beginning of transition into something larger than human-centered consciousness, restoring, then, the embrace of larger realities.

So if not human-centered consciousness, our brother, then what? Your interest in exploring other cultures on other worlds is in this direction and we concur. Exploring life beyond current identity is revelatory and proceeds along the lines of an open and fluid identity, allowing for intimacy with more than a limited sense of self. What's in store for these explorations is a growing confidence in the more eternal nature of life, the ongoingness of life beyond sojourns.

Human consciousness has been, in some ways, imprisoned and obsessed with a smaller world. How can self-esteem be based upon limitation and still evolve and grow? Explore the sense of life within you, unlimited life that reaches into the breadth of its own Nature, which is still growing. Perpetual existence is not in physical form, our brother, but in the collective consciousness of diverse life.

We beseech you then to explore the cultures of other worlds and other realities. We are one in this and will proceed as you wish. Namaste.

29. Integrity in conscious union

Dec 7, 2018

JANU: More than you realize, our brother, we are one. To begin with, your thoughts, desires, behaviors, relationships, and, yes, feelings or emotions are known instantly to the rest of your being. Effective embrace, conscious union with more and more of your Nature is a recipe for the end of the dominance of human ego and social consciousness, giving way to grander existence.

Evolution in consciousness, our brother, changes everything. It is true, the rungs on the ladder of change need not resemble each other. So making these changes takes courage, integrity and, yes, faith. Trust in the tapestry of life that is your own.

Integrity is the theme though these changes, the integrity of the being, of the True Nature. Your goal and your guide are the same, so let us bring into focus with greater clarity the true nature of awakening. Remembering more and more in the progression of understanding the intimacy with life as one identifies with it. Persistence will win out. Life itself is testimony to this. Namaste.

30. Unlimited possibilities

Dec. 10, 2018 B

JANU: Reality is in some ways what you make of it, for the Orders of Life are fluid and adapt to prevailing consciousness for the purpose of exploring possibilities. You recently considered quantum theory to describe larger than life reality, direct experiences. It is true, but not the whole truth of it. There is much more. A good beginning, though.

As you have considered before, through presentation of another, there is life not controlled by theory or laws or structure of any kind. All of these creations are for the purpose of developing experiences and exploring the possibilities without end, of life reality, coexistence, and presence. Life is realizing its own potential through its own creations, from which these possibilities expand. Realization without limits is not easy to place one's mind in harmony with, but it's an enriching pursuit. What then is 'unlimited mind'? Unlimited possibilities, eternity, larger and larger truth that is evolving.

Conscious union, the path of awakening, includes identity of expansion into the reality of the totality of your being. Certainly not limited to the human journey. Anything beyond physicality seems vague, elusive, and indefinite. But understand this: it is real. It coexists with all that you are aware of at any moment.

Let us continue, then, reaching into unlimited possibilities. A larger consciousness absorbs wisdom through experience and wiser choices ensue about any part of reality on any level, including one's own Nature, destiny, ideals, wonderings, and certainly relationships. Live in peace. Find harmony, meaning, depth, and wisdom through all of life. Namaste.

31. Opening to the truth of your Nature

Dec. 11, 2018 B

JANU: We are encouraging the journey into the larger truth of your own Nature. It is true that patterns of life, of perception, have accumulated, filling a repository of limitation from limited perception, not only within one's own experience but absorbing the experiences of others as normal. They are common, but not normal.

Opening to the larger truth of your Nature opens the consciousness to more unlimited life patterns of experience, memory, perception. One focus dear to many is their own physical, mental, and emotional health. Spiritual health being the least understood of these, but that is where the Light is, the truth of your Nature, the larger view, freedom from limitation.

So let us continue our journeys in this direction, promoting well-being, clarity of insight, and understanding, service through relationships and co-creativity, and serving the discovery of love for oneself and others. Loving oneself unconditionally, no matter what, is the journey worth taking. A phrase difficult for many is that 'I love myself without reservation or condition.'

Love is the bond that holds life together. It is the vehicle of understanding, intimacy, nurturing, rejuvenation, and ongoingness. It is expansive, liberating, and freedom. Much need for this in the world at this time. Witness human behavior, from the small to the large. Where is love? A word used by many but to what degree is it owned, not as a symbol through a word, but as a reality in the life? Where is the peace and the freedom from anger? It lives within and is your Nature.

Many feel that what they sense with their five senses is what is real, and everything else is a fuzzy possibility, misrepresented by many for their own purposes. Conscious union is the path to awakening into your awesome Nature, a source of wisdom, compassion, and understanding. Let there be no mistake. This is the Larger Life and always has been. Return to what you've known before, and what you've known is who you are as well as the rest of Life. Namaste.

32. True Peace: in harmony with the flow of life

Dec. 12, 2018 B

JANU: We are at peace in the flow of life. And what grander peace is there? How magnificent each one is, yet unaware. Rich then, beyond words, beyond limited perceptions, beyond confusion, beyond ignorance.

Experience a sense of richness having nothing to do with material wealth or human power, perceptions. Experience the freedom of richness. Experience the intimacy of conscious connection and union with any part of life your attention is upon. The richness of memories of all experiences from all sojourns, whether incarnate or not. Not only rich with blessings but the richness of sharing them, loving the beauty of each one's nature into the freedom of their own.

The true power of peace is freedom to be. All of life coexists, including the so-called individual. Co-creation and co-existence. Diversity and oneness coexist, unique expressions of oneness.

A consciousness at peace, we are that we are. I am that I am. An inclusive identity, with unlimited integrity. Namaste.

33. Progressing human potential

Dec. 13, 2018 B

JANU: Let us pretend for a moment that everything is as it will be. A progression, if you will, of current human reality further into its potential. What we see here has a possibility based on that potential: A more sublime consciousness, more at peace with the nature of life, incorporating many of these characteristics into the consciousness and the complex content of a mutually beneficial, collective society.

Science will be extended to include co-creative possibilities, not limited to current physical science. Life co-exists in layers, overlapping in many ways, including science. Terraforming is one element. Configuration of life in motion for preferred experimental outcomes, revealing many other possibilities on the way.

The arts having a revival as a more integral part of a well-balanced and productive society, revealing and inspiring perceptions and commitments to help create a better life for everyone.

Music produced not just with instruments or the voice, but co-creatively for direct influence lifting the consciousness. Frequencies, patterns, emotions, insights, enhanced faculties. A symphony of realized potential still evolving.

Joy, happiness, peace of mind, integrity, good will, service, and love of each other and self. A strong foothold in reality. What is their decision-making? Many of the vagaries of life are self-induced, mutually created with corresponding illnesses, confused thinking, and a closed heart and mind. An open heart and mind is a beautiful experience to behold; isolation from others diminishes; fear of the future becomes absurd.

A life filled with possibilities and the consciousness to create them awaits humanity in a larger way. Changes are coming but the potential is there. Awakening is happening. And the resources of life need only be embraced. Namaste.

34. The questions of an explorer

Dec. 14, 2018

JANU: We are holding humanity in its potential in the ideal of its awakening. The awakening of humanity is not limited to the desires of humanity, but to the larger venue of life and the role it plays in the evolution of other venues of life. Human awakening, as such, reveals other potentials of life as well, for they coexist in this realm called the Body of Life.

Individuality consciousness isolates perception from that which coexists with all of life. So the struggles that ensue can benefit individuality from that perception but do not take advantage of, in the consciousness, the larger synergism of life. Mutual benefit. Grander wisdom. Diversity of cultures, philosophies, ideologies, perceptions. Human awakening is part of the symphony of life, the music of the spheres, so to speak. Unique coexistence with diversity is a step forward for the grasp of human consciousness of its own reality. Expanding the consciousness to include that of others, grander destinies, the micro- and macro- coexisting as one, is an endless adventure of discovery, realization, creation.

What is a co-creator, then? What is the reality of coexistence? How far does potential go? What are the creative powers available to a co-creator? Is anything permanent, unalterable, or real only in its current reality? Is there anything that can't be modified, re-created, or uncreated? Is all of Life fluid in its beingness? What are the larger meanings of identity, purpose? How does life self-perpetuate? What is the motivation of continuation?

These are the questions of an explorer. Humans are not the only explorers in life. Humanity itself is an exploration. You ask "Why?" and the answer is "Why not?"
Namaste.

35. All is possible

Dec. 17, 2018 B

JANU: Awakening is progressing life, which amounts to serving all of life. It matters not to what degree, or what form, or its timing. Life naturally sorts this into its tapestry. Understanding awakening is a larger issue than humanity's journey. All of life is awakening in the sense of realizing its potential. Even potential evolves. The looping reality of life supports this. Such is true for an individual as well. The flow of insights, of possibilities to explore, to ponder, to apply, to experience is part of the evolving consciousness and an evolving True Nature and beyond.

Awakening is becoming more conscious of more of life, for all of life coexists. You ask, "What is Life?" Life is the vitality of being, the motivation to continue. But understanding and being conscious of life is a journey in harmony with all of the realities of one's existence. Even the subtler worlds are not as isolated from each other as one might think. That is perception of limited consciousness, so-called individuality, the less conscious individual focused on the human experience.

As one becomes more conscious, one can sense the ocean of life, the heart, the mind, the consciousness of another, and their thoughts as well. One becomes aware of the origin of one's own perceptions. Co-creation, intimacy, with the flow of life, all things are possible. Namaste.

36. The Larger Life includes everything

Dec. 17, 2018

JANU: Opportunity is the best descriptor of what we can achieve. Serving opportunities is part of the path of awakening. Practical application. "Application of what?" you ask. The application of wisdom born of insight into the nature of that that is, that is becoming. Humanity is included in this, for each one is in the process of becoming. Helping each other and inspiring each other to explore potential, to create and realize. What can you share with others other than that that you are and are exploring? Not to lead them so much as to inspire.

There is more to discovery than information and understanding. There is intimacy, compassion, love, patience, giving, and receiving. The art of listening is not just to hear but to connect, to experience the concerns and the potential of another.

Relating to another does not mean agreeing with their current patterns, but allowing the flow of understanding from your own True Nature and, through that, theirs as well. No judgement here, or condemnation. No criticism. No opinion of shortcomings. No impatience with the steps taken on their path, including your own.

Time is not what is important here, but the realization of potential and the wisdom that comes from experience, the embracing of opportunities, the joy of discovery, the breath of freedom to explore. Understandings need not compete with each other; through the larger view, fulfill each other. Coexistence of the diversity of life seems incompatible; the larger your view, to be more inclusive.

The larger life you seek includes everything. Individuality is only part of this. Namaste.

37. Symbols and meaning

Dec. 18, 2018 B

JANU: The reality of symbolic representation as to the nature of life is little understood, for symbolism—including words, which are symbols of meaning—is an alternative to direct knowing, direct experience. They bring comfort to those who seek meaning and understanding in their lives.

Symbols represent desire to be connected, to be conversant while experiencing the veil that acts as a boundary to the consciousness of incarnate identity. Temporary icons of elusive meaning, subject to interpretation individually and collectively, which is as varied as there are individuals. ‘Deity’ is such, providing comfort and hope to be led into understanding, to fulfill the desire for a better life in every way.

This inner calling, if you will, to reach for something greater is a result of the veil of forgetfulness. The choice awaits the consciousness from the divine True Nature. But these times are changing. The veil is lifting, here and there. The consciousness is maturing and the veil is thinning. Many are reclaiming their power by accepting responsibility for their circumstance. The insights are coming. The understanding is emerging. The joy of discovery and realization of potential illumines the journey.

No longer the sense of aloneness, that prevents remembering and embracing the Family of Life. This takes courage, honesty, faith, and commitment to grow, to awaken, to return to the Larger Life, of which incarnate life is a part. Be patient with each other, encourage where you may, have compassion with yourself and others. Your True Nature is you. Namaste.

38. Sharing unlimited exploration

Dec. 18, 2018

JANU: Life is real. Every reality of it, all coexisting, all interacting, all present, and all now. Separation consciousness under the veil of individuality, individual identity, sees boundaries and layers, this or that, has difficulty embracing the perception of this and that and that and that, without limit.

Peacefulness is when one is in harmony with the natural coexistence of life, the flow of its relationships, the larger synergism of everything. Time and space no longer the definition of its ‘isness.’ The concept of secrets is a limitation, a product of individualization, the veil interpreted as isolation and secrecy, privacy. It has its purpose as an experiment of consciousness to focus exploration within a portion of life, reducing distractions, but need not remain. Awakening is the path of restoration of consciousness, awareness, reclaiming the larger identity of being in the Family of Life.

Respecting each other’s illusions in their perceptions of life is important. But when one begins to reach for a larger sense of being, a return to all that they are, help each other on this path. Learn from each other. Claim all of your powers and the

responsibility that goes with them. Privacy no longer needed, for you are within your integrity of being.

Share your peace with others, encouraging them to find their own. Be encouraged by others who are sharing theirs. Be the larger family that includes each other. Everyone experiences so-called reversals on their path of awakening. This is natural and provides opportunities to gain clarity and wisdom. Time is not a measurement of this. Be free to explore, unlimited by limited perceptions. Life is diverse but there is order. Honor the integrity of life, including your own. Namaste.

39. Freedom to choose

Dec. 21, 2018

JANU: Choices deserve understanding as to their nature and their influence on the circumstances of living. Freedom to choose can be limited by what is accepted in the circumstances of living. What is a choice, then, that is not completely liberated from convention, tradition, distraction, and preferences born of social consciousness? Being free to choose with greater wisdom is a worthy pursuit. Looking at, then, the source of any choice, is it controlled by social convention and traditions, the personality-ego, or something more, something greater?

The journey of awakening to the True Nature results in freedom beyond limitation. From this, your source of wisdom for making choices is the reality of who you are beyond these things. In the larger reality of your being is the wisdom gained from countless experiences. Climbing the rungs of the ladder into conscious union with your True Nature finds many rungs, each with their own focus and progression leading to the next. How does one recognize the next rung on their ladder, when it has little resemblance to the rung that you're on? The insight into this already exists in the larger You. The desire to know and be more than your current reality is a good beginning. The larger You welcomes this. This reality is possible even while incarnate in the human experience.

Listen to your innermost desires. They live in the heart of your being as well. Be true to your destiny and all that it can be. The Larger Life is real, more real than you might be aware of. It is magnificent in every way and brings such peace and joy to the life. Why would you want anything less? Fear not discovery, new understandings, the liberation of perception, and the embrace of new life. You need only desire it, leaving doubt behind and the ignorance of others. Namaste.

40. What is freedom?

Dec. 24, 2018

JANU: What is freedom? To what degree is this understood? What is peace and its true power? What is choice? What is wisdom? What is sanity? What is life? What is love? What is consciousness? What is sovereignty? The answers to these questions, and more questions which are beyond number, are present and coexist in the Larger Life. The human existence and consciousness are a portion of this.

The veil brings the sense and experience of individuality, disconnectedness, isolation, aloneness, leaving the rest of life a vague and faint memory of wonderings. There is nothing wrong with this but it has its limitations. The answers to a growing number of questions about life and existence are not contained in the veil experience, but they coexist with the incarnate life, seemingly out of reach. Questions without answers is an illusion, for inherent in every question is the answer, is the solution, or, should we say, many answers and solutions.

What does it take to begin the journey of awakening consciously to this larger reality of life? It takes desire, patience, commitment, focus, and confidence that all can be

known. Your heritage as a being is the rest of life. What is unlimited mind? What are limitations? Do you recognize them and understand them and own them? Or do they own you, temporarily? The larger your consciousness, the freer you become to explore, to create, to redirect, to experience, to gain wisdom, to choose.

Your power to master all of this, and more, is through accepting responsibility for all of your circumstance and experience, blaming nothing else, which opens the window or the doorway to understanding responsibility. To owning it, and through the ownership, the power to move on to shape and create your life, to enrich it, and to magnify everything. Sharing your life with others is an art and beautiful experience. Not just for you but for them as well. Mastering this is a growth experience for everyone. And through this, the reality of oneness reveals itself.

Be patient with yourself and with others. Respect the choices. Understand the results and create anew. Namaste.

41. Absolute truth

Dec. 26, 2018

JANU: We encourage the denial of distraction when focusing upon the Larger Life. Choosing, then, clarity, presence, revelation, and understanding. The path of peace and this choice coexist. What is there to discover but the truth behind everything, including one's own Nature? Let us spend our journeys in the pursuit of clarity, of revelation, gaining familiarity already achieved beyond this incarnation. And during others, we might add.

Absolute truth is not absolute. It evolves with the realization of potential and the reality of creativity. Layers, degrees, perspectives of truth are part of the flow of life. So what does one reach for, then, when exploring the nature of life? One explores life in motion, constantly changing, evolving, the coexistence of countless realities. Absolutes do not apply. The only limit is perception and understanding. But being in harmony and at peace with the flow of life reveals the truth of this.

So, when communicating with others, emphasize this. Every consciousness perceives differently, yet together they help reveal the larger truth of the mystery of life. Honor each other's perception as you explore this changing tapestry. Namaste.

42. Awakening is a universal & ongoing process

Dec. 27, 2018 B

JANU: Awakening is a natural process but it has its ties to the flow of life and to the mutual support of each other and other venues of life. What we call our attention to, at this time, is the stimulating nature of awakening that brings with it an assemblage of order and proprietary decision-making. In other words, timing relation to opportunities and mutual benefit. This describes our journeys as well.

So let us put our attention upon the network of awakening. Yes, even when not incarnate, the network continues, for awakening occurs on all levels of consciousness. Think not of your individual process of awakening as standing on its own, completely individual. This process quickens relationships, bringing together harmonious accord. So, you see, there are levels and degrees in the nature of this.

Awakening does not have a conclusion. It's an ongoing process throughout the Larger Life. It has thresholds, shifts of focus, a changing basis and timing. In other words, synchronous opportunities created by developments, progress made, revelations and realizations. Seeing the awakening process in a larger way promotes respect and tolerance of the journeys of others and insight into the nature of this reality. Namaste.

43. Towards a more peaceful and harmonious life

Dec. 28, 2018

JANU: America seems to be adrift in the eyes of the world, bringing confusion and uncertainty. And to the Americans, as well. Xenophobia raising its ugly head, with walls and barrier, denials of freedom to those who wish a better life. Ancient struggles for power and influence by the major powers. Old ways of thinking. The weather seeming to have gone awry. The Earth in growing turmoil—volcanoes, earthquakes, tsunamis, weather. All of this adding to uncertainty, bringing confusion to purpose, tradition, and common understanding.

What light can this shed upon the present and the future? It sheds light upon the frailty of tradition and perception, relationships, unawakened life. The alternative is the process of awakening into a larger reality of insight, direct knowing, True Nature; the larger realities of life throughout the universe and beyond; intrinsic value of life; unlimited potential, possibilities, alternatives to everything. Traditions serve their purpose but only until understood and the inner light beckons to embrace new paths, new perceptions, natural instincts to be helpful, to enrich yourself and others, to heal, to bring hope, to cooperate, collaborate, and recreate the experiences of life in a new way.

These seemingly chaotic realities of the moment draw attention to the frailties of ignorance. Encourage each other. There are always alternatives, new possibilities, an innate potential to be something more. Help each other point the way to a more peaceful and harmonious life. Namaste.

44. Freedom beyond the veil

Dec. 28, 2018 B

JANU: Your True Nature is the authority for being and is who you are, human perceptions notwithstanding. The expanding individual identity into the larger reality of your being is a return to freedom. The True Nature creates the veil to incarnate a portion of its identity, of its nature. A thing created can be uncreated or modified. The creation always returns to its creator.

Individual human identity expands in the direction of universal consciousness. Peaceful harmony with the creative forces and the Family of Life rests with the intuitive nature of your true being. Struggle is replaced with unlimited and natural achievement, unending discovery. The service element of this grows as well, a natural part of your True Nature and the Larger Life. We are on this journey as one, meaning all that we are. Namaste.

45. A journey of peace

Jan. 1, 2019 B

JANU: We are orchestrating, if you will, the movement of peace throughout the being that plays like a symphony, bringing harmony on all levels. The ripples of which are scattered to mingle with others in the Larger Life.

The significance of peaceful consciousness is its intimate relationship with that of others, fruitful communication, the sharing of understanding. See your being, your consciousness, as a member of a hierarchy, a family that patterns with each other to bring about the evolution of life, with countless destinies creating beauty. So, you see, peace is, in a larger sense, a powerful relationship with the rest of life, which includes the True Nature that you are.

Return to this often and remain as you may. The Larger Life takes getting used to, from the veiled incarnate existence and its limited perceptions. Namaste.

46. Coexisting with everything

Jan. 3, 2019

JANU: We are singling out then the reason for incarnating in this sojourn. Let us presume that the narrative to follow is of the True Nature.

We are one in life, which includes physical life. Therefore, the lowering of consciousness, so to speak, into this octave of life is a natural and necessary occurrence befitting the inquiring nature of the existence of being. No part of life left alone or ignored, for everything coexists. The intent of the True Nature is to coexist with everything. The shift here, the paradigm, is coexistence. Not just individuality or uniqueness, but the coexistence of all uniqueness.

The Tapestry of Life is built upon the threads of these realities. It is vital. It is alive. It is ongoing. It is ever changing, and is one with everything. The reason for being is the oneness that we are. Therefore, all of life, all realities coexist in peace and in harmony, a symphony, if you will, of peaceful coexistence with a growing sense of the collective reality of life. The realization of potential, the endless discovery of countless possibilities. Each one, each part of life, journeying as they choose, establishing their own relationship with opportunities.

There is nothing wrong. Live in peace. Have trust and faith in life, confidence in its wisdom and its beauty. Namaste.

47. Recognizing opportunities for growth

Jan. 3, 2019 B

JANU: We are searching that which belongs to the progression of human development and consciousness and society. What we see here is the endurance of prolonged desire for a better life. Even though concepts may prove limited, they are the catalyst to move humanity forward or, should we say, in a more conscious direction. The reason, partially, for continued mayhem, warring, and mistreatment of each other is ignorance of the tools, if you will, needed to re-create circumstance that is more rewarding. So, humans live in fear of dire consequences, lacking confidence in their own power to create change.

We of the Brotherhood have long been proponents of individual insights into the presence of the Larger Life where the creative forces reside. These forces coexist with the incarnate life, so the creation of new life patterns is always available. These opportunities are seldom recognized for what they are: brief moments of insight; or the unexplained synchronicity of events; the appearance of opportunities unpredicted and unexplained; a piece of literature, an overheard phrase or comment triggering query into possibilities not thought of. The opportunities abound and are catalysts for inquiry, if the interest is there.

For many, the Larger Life seems unreal, if not impossible, based on current veiled experience. Inner promptings to explore and discover touch the consciousness. Seed thoughts, if you will. Recognizing these as having value is part of the process. Humanity is evolving, as is all of life. Benefit from the rewards of journeying together. Namaste.

48. Benevolent existence

Jan. 7, 2019

JANU: We are revealing, at this time, that which is needed to progress along the lines of shared enlightenment. The contribution of each one to each other as to their knowledge and understanding of the deeper and the larger realities of life goes a long way towards 'benevolent existence.' A valid inquiry into one's Nature as to the benevolence of their participation in the social construct of society.

Now, this is a matter that bears insight in deepening layers of perception and understanding where the source of these is experience, and the wisdom that generates, and the True Nature. No one individual being has all of the insights and wisdom to benefit everyone. That resource is each one's True Nature, but we can be of helpfulness to each other.

You speak of feedback to determine effectiveness. Everything about you provides this, when allowed to express freely and honestly. Being overly cautious to be expressive

is a limitation. Being expressive without guidance and wisdom creates confusion. So the balance here is created by sensitivity, wisdom, and feedback, direct insight into the moment.

Why not, then, embrace life more fully? Reach for the stars, so to speak, in enlightenment, in awakening, in understanding. Everyone deserves this from you, as do you. Be as benevolent as the moment allows. Love each other. Be patient with each other. Care about each other. Understand each other. And serve each other. Namaste.

49. Regulating distractions on the path

Jan. 7, 2019 B

JANU: We are regulating, then, that which belongs to destiny, meaning commitment, focus, clarity of understanding, insight, delivery of service. What we reach for in these exercises is strengthening of bonds, conscious bonds between elements of being and the Nature of Life. These bonds are in motion, interacting, pulsing if you will with the flows of life within the destiny unfolding, a very dynamic reality. These regulations are designed to redirect what have been distractions of memory, daily activities, thought processes, dealing with the pressures of incarnate life. Reaching for something more that includes the distractions but orders their appearance in such a way as to bring synchronicity to experiences.

Let us continue with these regulations of focus and commitment. The rewards are the feedback that you long for that reveal effectiveness and progress. These markers on journeys in consciousness are natural and recognized when attuned to. Life is a dynamic presence, filled with everything needed to explore itself, to manifest its potential, to realize everything. Continue the adventure. Be at peace with the presence of Life and your own Nature. Namaste.

50. All of life is awakening

Jan. 8, 2019

JANU: This journey of life called awakening belongs to the history of all of evolving life. It is a partnership on so many levels. It agrees with the imperative of everything to continue, to evolve, to create, to mature. The journey into incarnate existence is part of this and focuses the intent, the process, by virtue of the veil. Isolating the consciousness, the awareness, to a more limited portion of life while still being motivated by the larger True Nature to experience and, through the experience, awaken, gaining the wisdom of the journey, adding to the wisdom of the True Nature, serving life on the way.

Awakening is a continuing process that had never ceased but went through changes in the process due to incarnation. The bigger picture here is inclusive of all of this. All of life is awakening, maturing, growing, becoming more and, as potential is realized, the process deepens and expands. Everything in motion. The only absolute is life itself. There is more to the reality of life than one can imagine. Individuality and oneness do not conflict in any way; they are one. Namaste.

51. Human destiny

Jan.11, 2019

JANU: Speaking to the destiny of humanity, what an intriguing journey humanity has taken. Not just this world, but on others as well. Peace seems to be the theme eluding humanity the most, prolonged struggle, suffering, confusion, and conflict. But sprinkled throughout this destiny have been moments of joy-filled peace, gratitude, service to others, evolving love, the desire to awaken more fully, to know and understand, to discover and to create.

So where does all this leave the human destiny? Seemingly mired in traditional struggles and conflicts, but make no mistake: humanity is emerging. Peace is becoming

more prevalent in the hearts of many. As the attention focuses more on this, collectively, this becomes the dominant reality and the struggles are revealed for their origin and their destinies. Striving for a more fulfilling life on every level need no longer seem illusive.

The message of the moment is commitment, clarity of vision, determination to experience. Confidence that beliefs become reality not dogma, not doctrines of the past, but belief and the beauty that life possesses and delivers. Each one is so imbued with the potential for such a destiny. Focus on one's own potential, the richness from within. Open mind and heart to the reality of the True Nature and its relationship with the Larger Life. Allow your identity to blossom and be the light that it is. Namaste to all.

52. Partnering in awakening

Jan. 18, 2019

JANU: We are raising issue again with the dynamics of human awakening. A continuous process, since the beginning of the human experience and not unique to human consciousness, by any means.

Partnering in awakening with others, not only incarnate as humans but others as well, is a vast opportunity, for consciousness is not limited to time/space nor is it predictable other than by its potential. We see opportunity here. Let it be known that we agree with partnership and that it be born of a sense of community in the Larger Family of Life. We recognize 'treaties' between groups to correspond, to relate, to aid the diversity of progression as it brings about insight into expansiveness of life.

Let us reach together—together meaning 'unity of being'—returning to relationships that are ongoing and that have progressed, even while incarnate, whether conscious of these progressions or not. Life is in motion, always evolving, as are we. Namaste.

53. Conscious coexistence with Earth

Jan. 21, 2019

JANU: Congratulations to the evolution of Earth consciousness among the hierarchy of worlds in the solar realm of this system.

How then does a world evolve, in what manner? The evolution is concerned with its contribution to life. Certainly this is demonstrated by coexistence of physical humanity, which is of the Earth, and the consciousness of those who incarnate into them. This symphony of life, called population, is not just for the human components but all of the creatures of the Earth and their many destinies.

The Earth is evolving. Some would say, "Well, without the physical Earth, what would be the reality of Earth consciousness?" The same question could be asked of the human being. Without the body, what becomes of the so-called consciousness of humanity? Humans do not appraise the significance of the world they live upon in any way resembling that of themselves. Exploration of this reality is overdue, for co-creator and progeny have a mutual dependency. There would be no human existence without the planet Earth.

So, when exploring the expansion of consciousness, becoming more intimate with the Larger Life, include the Earth as well. There is a bond yet to be discovered. A conscious relationship is possible with other worlds. The Earth communicates with other worlds and the Larger Life. Much to be learned here, gained in experience.

Individuals have challenges coexisting with each other. Much can be learned from the coexistence of humanity and the Earth. Opportunities abound. Richness surrounds you. Partake of it and contribute to it. Namaste.

54. An introduction to the Larger Life

Jan. 24, 2019 B

JANU: We are reminding you again of the virtue of awakening to the truth of your True Nature with so many divine qualities that are an inspiration to the incarnate life. Let it be known that each one has, at the source of their being, everything needed to understand, engage, and enrich life, including their own. The fundamental power in relating to the larger You is true peace, peace that is in harmony with fundamental reality of life. Returning to loving who you are beyond the limitations of incarnate identity. Individualism and oneness with the Family of Life coexist in peaceful harmony. One Life with many lives as its nature.

Be not owned by the limitations of social consciousness that is not conscious of the Larger Life. People fear for their existence, for their lives, for their sustenance without realizing they have the innate power to create. Create their circumstance and their experience in harmony with their own larger life. People search for answers. Understanding exists for everything. There are no secrets in the Larger Life.

Desire to awaken more fully. Decide to know. Choose to serve life. Be at peaceful harmony with your existence. Be not afraid to love each other and be kind. Namaste.

55. The beauty of the Larger Life

Jan. 25, 2019

JANU: Realize the tradition of so many in and out of incarnation enriching life with unending diversity, layers of beauty beyond imagination, and always creating. A beautiful existence that is unlimited, ever-changing, always new, full of wonder and possibilities. A co-creative life limited only by imagination and desire. True freedom to be, to become, and to share, to be inspired by so many. Bringing this freedom to the incarnate experience on Earth is a grand service. Not an easy one, but one that requires patience, wisdom, and love.

The essential nature of any being is part of the Larger Life. The purpose of these journeys is to inspire each one to awaken more fully, getting to know who they are and the richness of their nature. This process is universal, not limited to humanity. As one awakens more fully, associations are renewed and developed and the incarnate journey is seen more clearly, along with its richness and creativity. Namaste.

56. Who are you?

Jan. 25, 2019 B

JANU: Self-examination, then, is a key element in awakening, for the discovery of who you are and conditioning by society, others, traditions. For the question becomes: Who are you beyond all of these influences? What do you own from your own True Nature and its wisdom and capacity for experience and remembrance? Remembering that what we speak of is who you are, truly.

Who are you? Where are your values? What is your integrity? What is your model for being? What are the origins? An interesting opportunity to learn by growth through experience, appraising the models for living around you, parents and society. And what influence is there? Who you truly are setting the stage for experiencing incarnate life. More than “What do you believe in?” but “What do you know?”

As you engage your life each day, listen for, touch the source of your being for a taste of reality. Wiser decision-making gives wiser results. Choose to know who you are and all you have been. Namaste.

57. Choosing a life of many experiences

Jan. 28, 2019

JANU: Experience is the teacher as we progress along these lines of understanding. The nature of experience is being one with, being in harmony with, understanding the nature

of everything and its principle, its progression and evolution, and its relationship throughout its reality. Experience is the memory generator. Memories for the purpose of reconnecting with experience, exploring more fully.

To experience life in all of its diversity brings mastership of consciousness and an affinity for every part of life. Service truly is ennobled through the intimacy of experience; the experience as a choice of intent, attention, desire, attunement, consciousness. Let not today's experience be a duplicate of yesterday's. That is stagnation, lack of motion. Change is life in motion, the nature of life. A valid ideal is to experience something new, giving more meaning and purpose to the ones already achieved, moving with the flow of life as it evolves and realizes its potential, the life that you are.

The Earth is part of this. Why not choose to experience it, intimately? Understand, relate to it, and serve it as part of life. The Wheeyah Codes (**LINK**) series refers to this as remembering how to communicate, be at one with the Earth consciousness.

There are many legacies in the skeins of time to encourage intimacy in a life of experience and awakening. Words are a kind of experience but oh, so limited. So much more to be revealed. No substitute for intimate experience and the wisdom that is revealed.

Choose to experience all that you truly are, for all that you are is connected intimately with the rest of life. Cherish every experience. Be grateful for the next. The journey is without end. Namaste.

58. The bell tolls for you

Jan. 29, 2019

JANU: The nature and experience of conscious union progresses in the direction of active neutrality in the presence of the destiny of others. Service supports that opportunity, which is the birthright of everyone who incarnates. From the larger view of life, any moment on the path of destiny for humanity is held in life's presence for its own beauty, its own fulfillment of potential, for life always senses what can be and is enriched by what is involved in getting there and becoming what can be. So, how can one not be loved? The bell tolls for you; everyone is included. Experience being loved and find true peace as the mystery of life reveals itself. Namaste.

59. Wisdom and leadership

Jan. 30, 2019 B

JANU: We are surveying with you then that condition known as ignorance. A catalyst for confusion, lack of vision, isolation, aimlessness, conflict, and, yes, war. The hope for the future of humanity is realized in enlightenment as to the nature of any condition or circumstance. Common ground and individualism can coexist through enlightenment, meaning "to be in knowledge of."

Wisdom is the result of knowledge applied to experience. So where is the wisdom in current human society? It exists especially when incarnate human embraces the Larger Life, for the repository of individual wisdom is owned by the True Nature and is in harmony with universal wisdom.

Humanity is gaining wisdom, but finds itself in a morass of confusion, longing for guidance but confused about the source of it. Trusting in elected leaders whose wisdom does not bear close examination, reflecting the collective consciousness of the electorate, you see? So leadership and wisdom are a team effort between the electorate and the so-called leaders. Unhappy circumstance is the creation of all involved, each in their own way, to their own degree. The same is true for positive and productive circumstance.

So choose, with the wisdom available, the collective consciousness you serve. Stand in your integrity. Be open to enlightenment. Awakening is a process, supported by commitment and courage. Namaste.

60. Collective Service

Jan. 31, 2019

JANU: Shifting identity includes moving from a sense of ego that is in some way superior to another to an ego that is at one with the larger collective of life, committed to service. Now, the service we speak of is the promotion of life, the promotion of opportunity for the expression of potential. This service congeals in the form of creation, bringing about spearheads, if you will, of unique pursuits that spawn many more. A collective in service to life brings about the transformation of mayhem into constructive purpose.

Now, collectives occur in groups of a few to groups that include everyone, for all of potential is synergistic, so the few and the many exist under the umbrella of Life and coexist in this way. Aspire to serving life in this way. You and your Nature are partners in this. And, yes, you are loved, as you love in return. Namaste.

61. Heritage, tradition, and life in motion

Jan. 31, 2019 B

JANU: Heritage and tradition are the earmarks of a foundation for exploring the human journey. Heritage and traditions have molded human consciousness, advancing it and limiting it at the same time, for heritage and traditions seem immutable but the layers of understanding and meaning are evolving. “How can this be?” you ask. Because life is in motion and the layers of meaning when these two principles were created and advanced were unknown even at that time, and they have evolved as well.

Traditions and heritage for the most part are superficial perceptions perpetuated into a comfort zone of acceptance. Keeping pace with the flow of life, one must probe, explore, walk in the footsteps of life in motion. As life evolves, the structure of meaning, of reality, changes to allow for additional layers of reality. So, as one studies the documents of history that seem stable, unchanging, and validated by this, the point of these traditions is missed, for life is a living thing. Nothing stands still. Everything changes. And, to advance your consciousness, it must change as well.

Consider the power in this, the freedom. To be ever growing, to be in ownership of more of life, for your identity to be more intimate with larger realities and therefore become an identity re-creating itself. In other words, become consciously life in motion. So the question is, “Is your life in motion, and how conscious of it are you?” Namaste.

62. The progression of consciousness

Feb. 4, 2019

JANU: We are welcoming again this opportunity to speak as one in the midst of the progression of the elements of the human journey. Let us make no mistake, then, that these progressions are in no way in concrete, so to speak. They are malleable, but they show tendencies, propensities, specific possibilities that are achievable. Of course, all progressions are subject to modifications as desires, interests, and passions inspire change.

So let us begin with the progression of consciousness or awakening. What we see here in no way implies predetermination but does point to a more expansive, joy-filled, and peaceful journey into the Larger Life. Struggles have their day, but must eventually give way to achievement. And achievements give way to opportunities and to greater possibilities. Synergism of the journeys of so many yields a life movement that on

reflection appears to have a destiny of its own, so individual destinies coalesce into a larger collective destiny, and the opportunities correspond in significance.

Life is evolving, changing, creating, becoming, realizing its potential through the destinies of so many. And not just of the Earth, you see. Life is everywhere, in so many forms, humanity being just one. The Larger Life includes all of these. Allow your consciousness to grow in acceptance of so much more. Be true to your estate, but allow it to mature through exposure to other estates as well, you see. Be at peace. Be in motion. Be evolving. Be true to your destiny and serve life. Namaste.

63. Spontaneous awakening

Feb. 4, 2019 B

JANU: We are organized to communicate and channel the larger life reality into the human experience. This portends the future of humanity, and other cultures as well. There will be observed more spontaneous openings amongst people. These capabilities, not always accompanied with profound understanding, that are examples of the bubbling up, if you will, of innate capabilities with understanding yet to come. Mysticism being revealed, occultism to follow. Ability first, to a degree, understanding compelled by experience. It is the natural order of things.

Humanity is awakening not just by desire but the flow of life and its larger timing, so to speak. Phenomenon is not the goal here, but it triggers interest in how life works, purpose of being, and the wisdom and maturity to make awakening practical. What we see here is the emerging of spontaneous awakening, much as a seed is planted and the first shoot breaks ground and everyone wonders, "What is this miracle? What does it mean and what will come of it? And if there is this miracle, is there one in my future?" Nothing unnatural about it, but the True Nature understands.

The incarnate life is evolving to outpicture more and more of the Larger Life, for they coexist and are one. The future is bright. Namaste.

64. The larger view of life always tempers the smaller view

Feb. 5, 2019

JANU: Life is larger than most realize. It behooves one, when ready, to incorporate a larger appreciation and conscious union with more of life. There are many confusing areas of incarnate living, many mysteries of existence, causes and effects, circumstances, opportunities, and seeming closed doors, so-called stumbling stones on the path. There are answers, so to speak, to every question, every concern, but not all of these answers exist in the limitations of incarnate perception. And these questions arise because life is larger and coexists with incarnate life. Your own Nature is multi-dimensional. The incarnate consciousness is unaware of these larger realities, so the understandings seem unattainable.

A valid question is why the confusion exists at all, if there are not secrets in the larger life? It is because of the agreement made with the True Nature to the structures of life to incarnate, called the veil. The veil's purpose is to focus the consciousness on the incarnate life, for a time, to focus on individuality, which leads to a limited identity and persona. Instead of a consciousness coexisting with everything, one seems isolated, singular, and to a degree distant. Even when observed by the five senses, the distance sense is there, isolation, privacy, secrecy, and survival that is challenged.

There comes a time when this is no longer satisfying. The True Nature knows this and seeks to explore incarnate consciousness, at one with the larger life, for this venue is full of unlimited possibilities for exploration, experience, and wisdom. More universal consciousness leads to a more universal contribution to the enrichment of life and each other.

Time frames are based on a single lifetime of incarnate life. Your Larger Life perspective is far more patient and less limited. Engaging life with a larger perspective frees one from impatience. The larger view always tempers the smaller view, and the normal flow of life is understood. Namaste.

65. Quality as a theme for all your endeavors

Feb. 5, 2019 B

JANU: The theme chosen for this evening by your query is quality in consciousness, by way of the integrity of the total True Nature. And even 'quality' as a descriptor has many flavors.

So, what is quality, then, in the truth of life pursuit? It is an even-minded and balanced experience, which affords meaningful appraisal of any element of the truth of life. Quality has endurance, connectedness to larger and smaller elements of life. Quality is a revealer of substance and the endless layers of meaning to the many realities of life. Quality is in the moment and in the changes and in the evolution and creativity of a maturing consciousness. Quality is.

Choose then to apply quality as an evolving and growing understanding to decision-making, to relationships, to thought processes, to your emotions, to your utterances bringing peace to your journeys. Quality and clarity of perception, 'til quality is a theme, not a fixed state but a living evolving reality that carries your journey into a brighter future and a brighter moment, which is now. Be 'quality' on your path without a fixed notion of its presentation.

Even your True Nature is evolving in this way, for life itself is in motion in this perspective. But this theme will serve you well and everyone you relate to, every circumstance you contribute to, every enrichment you contribute to life. Namaste.

66. Experiencing the coexistence of the larger life

Feb. 8, 2019 B

JANU: Enormous, then, the opportunity that exists for the burgeoning human consciousness into the larger life. No longer restricted by perceptions of unreachable distances, limited existence physically. Understanding out of reach, physical science insisting upon complexity, for they attempt to understand and analyze with limited tools, if you will, mathematics and such.

There are no secrets in the larger life and the awakening consciousness incarnate returns to its natural state of unlimited awareness, of freedom to explore life that is constantly changing, evolving, creating, and so many cultures, beings, worlds with so much to reveal. The Earth experience is one of many worlds, cultures, species. That is only physical life; many other realities coexist. The perception of distance across this galaxy is only real for the restricted perception of reality. Time/space does not describe everything. It is a small portion of reality. Real in its way, but its way is limited.

The more you are aware of, the more you understand, the wiser your choices, the greater your freedom. These journeys are there to encourage this, to suggest countless possibilities to ponder, explore, and experience. Everything to gain, nothing to lose, except fear and confusion and ignorance and all that they bring. You are more than you know. Keep journeying. You never have been alone and never will be, for all of life coexists. Namaste.

67. Unlimited mind and freedom

Feb. 11, 2019

JANU: Open-minded, then, yes, you see, that which pertains to freedom. Freedom to be. Freedom to create. Freedom to absorb. Freedom to understand. Freedom to relate. Freedom to connect. Freedom to love and serve. Freedom to exist in peace and harmony

through the flow of life. Freedom to explore, even as life explores its potential, for are we not life exploring its potential? Freedom from ignorance. Freedom to choose. No longer limited to time and space but free to explore. Freedom to coexist. Freedom to communicate beyond words. Freedom to discover the endless layers of truth behind everything. Freedom to remember everything you know and have experienced. Freedom to be conscious as all that you are. Namaste.

68. Truth can seem ambiguous & confusing

Feb. 12, 2019 B

JANU: The truth resembles what some may call ambiguous and confusing. For the interpreter and observer, the truth depends upon perspective, experience or lack thereof, preferences, traditions, points of view. When investigating any so-called truth, be prepared for diversions and distractions that are difficult to reconcile.

The closer one comes to enlightened consciousness beyond the five senses, the more revealing the reality of any pursuit. Therefore, observe with patience and caution the perceptions of others, relying upon a growing power of discernment that one would be wise to continue to develop. Take everything within. Shine the Light of the Larger Life upon them with patience and openness. Much to be learned beyond what is being presented including the origins of that presented.

Listen carefully, both within and without. The layers of truth are there. The Larger Life is rich with understanding. There are no secrets. Namaste.

69. Hoping there is more to life

Feb. 14, 2019 B

JANU: Hoping, then, that there exists reality beyond the five senses is a key, a trigger to discovery. Why would one hope such a thing? Because of an inner suspicion that there is more to life than is currently known. Where answers to unanswered questions reside. Where deeper understandings make for wiser choices and greater happiness and success in physical life endeavors. Where the urge and desire to explore the unknown is possible.

The Larger Life reality includes everything, as well as incarnate life, for they coexist and are mutually influential. But in what ways, to what degrees? And can this relationship be managed? And is the answer to the question “Who or what am I? Why am I?” available?

If you can ask the question sincerely, the door to knowing is open. Any question, on any subject, at any time has an answer. In fact, many answers, for the layers of truth of reality extend deeply. Is any part of your existence, your thoughts, your interests healed with exploration, inquiry, and discovery? The grand adventure is realization, the becoming.

Decide to know. Listen with patience and without doubt. The understanding exists. Love it and embrace it into your life and move on. Namaste.

70. What do you want most?

Feb. 20, 2019

JANU: We are encouraging then at this time the resurgence of the desire for awakening, for life expansion, for realization of potential, for true happiness and freedom, for loving oneself, and for helping each other. What we focus on at this time is the beauty of life, its richness, its capacity, its eternal nature, its diversity, its genius.

The reality of this lives within the Nature of each one. The wisdom of it is revealed to the individual through the experience of the incarnate life and the veil, chosen by each one, created by each one, overcome by each one. Realizing more of the totality of being is part of the destiny of incarnate life. But this leads to so much more, for incarnate and discarnate life is not all there is.

Expressions of being are without limit. Unlimited mind explores this. An open heart embraces this. A valid question, ask yourself: “What do you want most in this moment?” Then embrace it as a co-creator with Life itself. Namaste.

71. Processing regrets

Feb. 25, 2019 B

JANU: We welcome this opportunity to proceed along the line of borrowed regrets. What is meant by this is: regrets are borrowed from old traditional thinking, finding fault with the process of living and learning.

When something occurs, an experience, and regret ensues, turn the coin over and learn from this. Turn it into a blessing of understanding, change, insight, and meaning. Regrets are old patterns of thinking, and resolve nothing, and continue themselves in unending circles.

Learn from everything, every experience. Deny nothing. Embrace the truth of your path in life. Move forward with the wisdom gained. Forgiveness is a wonderful substitute for regret, for oneself and for others. Be patient with the learning process. Re-create your life, moment by moment. Observe others in this same way. Learn and move on, grateful for the opportunity to grow. Namaste.

72. Understanding Conscious Union

Mar. 1, 2019

JANU: We are handling, if you will, the enabling of expression referring to the wisdom of the Larger Life when it comes to the affairs of the human incarnate journey. Let us assume, then, that it is true that there is much to be gained through the experiences of the human journey, even as they are at this time. How can one understand what they have not experienced? And that gives rise to wisdom and to perception of what can be and what will come.

What we see here clearly are new realities created based on potential more than old patterns of consciousness. Understand this, that potential, the nature of potential, is creativity in motion, not a fixed reality, in harmony with the flow of life. The difference between horizontal and vertical thinking. Allow new and unique perceptions not limited to memories.

You seek conscious union with the Larger Life. The union with what, our brother? Union within the reality of your total being. Namaste.

73. The grail reality and experience

Mar. 4, 2019 B

JANU: Enjoyable as it is, the path of awakening responds directly to the internal call of destiny. A large measure of the awakening experience is memory. The vistas to be experienced are part of memory that still lives in the consciousness of the True Nature.

The Holy Grail is the Mother Life that nurtures, reveals, creates through you. It is your True Nature, the union of polarities of the incarnate life, Earth and creativity, life in motion, bloodline as a symbol of the lifeline that exists within and for each one. It does not have a name, only the symbolic references have names, yet it is. Direct experience does not need a name. The names are limitations, obstacles to experience. Each one has, as their Nature, the grail experience that is nameless yet present and real. Let not symbolic words of meaning limit the experience. True Peace is the freedom to be. Be one with the truth of the grail reality that is you. Namaste.

74. Conscious union and the Grail journey

Mar. 5, 2019

JANU: We are remembering the purpose of the human experience: regeneration with the flow of life that brings about endearment and refinement of the True Nature. Enrichment

of consciousness, no matter the level, brings clarity to the love of being. The human journey adds to this through experience of the duality potential of the total being. Now 'total' does not suggest any limits, for that totality is evolving. Duality is an experience of incarnate life promoted by the male/female experience, the ying and yang, the positive and negative. This human experience is only part of the larger excursion into life and its potential but, due to the synergism of experiences, it contributes greatly to the larger Nature.

Conscious union is a fundamental theme or pattern of awakening. It is accomplished through many paths, supported by the quickening within the consciousness by the vitality of the True Nature, its coexisting presence with all of the expressions of life it participates in. Understanding the duality of existence in the incarnate life is a pathway to embracing, consciously, conscious union within the being. The so-called Holy Grail, from the human perspective, is an attempt at verbalizing, conceptualizing conscious union with one's own Nature.

Move beyond these simple lessons. Let them not limit you. Embrace the reason for their existence and merge a life in union that includes the human experience. Unlimited potential means just that. Namaste.

75. The coming together of conscious union

Mar. 7, 2019

JANU: Identity is the key here, is it not? For we all belong to one truth: the resolution of being, the profound oneness, the One composed of many, the 'vesica pices,' the Holy Grail, the path to oneness in consciousness and identity, the merging of all, the balance of peace, the resolution of potential, the intimacy of knowing, the service of life to life, the freedom to be. Conscious union. Namaste.

76. Self-transformation

Mar. 11, 2019

JANU: Transformation the key, then, in awakening. What does self-transformation appear as?

A more balanced and happier physical body, to begin with. Peace of mind. Optimism. A peaceful relationship with the flow of life. Harmonious creativity. A joy in the so-called small things in life. Rejoicing in the happiness of others. Empathy and understanding for all the creatures of the Earth. An expanding identity with life beyond the self. The realization of unlimited potential. Co-creativity. The realization that life itself is transforming continuously. Understanding everything in new ways, at greater depth, and many perspectives. Being conscious as Life that is inclusive beyond human identity. Being free to transform everything about you as you choose. Loving life more fully.

Transformation begins whenever you choose, and for as long as you choose. Journey in freedom. Namaste.

77. Observing others without bias

Mar. 11, 2019 B

JANU: Analyzing the self, then, becomes the prerequisite for clarity when engaged in attuning to others. Otherwise, the bias influences the observation.

So how does one gain clarity of one's own influences, memories, agendas, preferences, perceptions? By owning them. Allow all of them to return to their creator and peacefully and intimately appreciate each one. Embrace the wisdom, understanding the root of each one. Find liberation in the revelations. Freedom from bias and conditioning is a window into the power to choose and create without limitations imposed by the past.

Embrace them all. Own them all. Understand them all. And release them all. And with them as heritage of understanding, move on. Not all at once, but as they emerge. Circumstance will trigger them. Even the ones hidden behind denial become stronger through this. How can one see clearly, without bias, the life of another when so encumbered with one's own memories, prejudices? Cull everything you have created. Find liberation and freedom in embrace of each one, including those not from this sojourn. Namaste.

78. Appreciate everything in a larger way

Mar. 12, 2019 B

JANU: Beauty is in the eye of the beholder, so let us see what we can see. "Rich in appearance." "Rich in meaning." These attributes speak well of moments of insight during the expression of special moments in the incarnate life. Moments such as these are created on many levels, not the least of which is the human expression of inner quality.

Moments such as these are accompanied by consciousnesses that are connected. This is why we say that these moments come to life in a fuller way. Share the joy with the Larger Life. A beautiful bonding with the more transcendent qualities of life.

These moments exist throughout humanity and find their way into the other kingdoms of incarnate life. The innocence and simple joy of an infant, a puppy, an offspring of any creature, is at one with the Larger Life.

In all walks of life, there are moments such as these of loving sacrifice, of caring, of dedication and commitment, of understanding. Human conflict and sacrifice are strange bedfellows, but they have their role in the richness of life. An inspired larger view of life expressions reveals much. Appreciate everything in a larger way. Namaste.

79. Being life in motion

Mar. 13, 2019

JANU: Assuming then that the popularity of insight, forecasting of the future and the nature of occurrences, is the best path for balanced awakening, the balance, our brother, occurs when insight matches creativity or creation and observed changes for evolution in life expression. Direct knowing suggests that what is being experienced is a stable reality, predictable in outcome. It is not. Life is possibilities super-imposed on each other, the choices of which, or selections, are not only possibilities but combinations of these. Opportunities are the same way. So success in awakening is founded in choices, choices based upon current perceptions and potentials of the moment, conscious awakening in a field of reality with many layers of coexistence, co-potentials, and ever changing and evolving outcomes.

So successful awakening is what works for you, and even that is changing as you evolve. So what you hang your hat upon is life in motion. The so-called successful or 'right way' as a path of awakening is what inspires and fulfills you in a limitless variety of choices and outcomes. If you are at peace, find happiness and joy, rich in love of life and its potential or future, you're successfully awakening. Be at peace. Continue on. Explore. Evaluate. Observe and gain wisdom, whatever it may be. Be life in motion. Namaste.

80. Building blocks of intimacy & identity

Mar. 14, 2019

JANU: We are foundation laying once more on our journey of awakening to the Larger Life. What meaning then can be gleaned from this journey?

It is a larger expression in the mastering of the incarnate life for, without this, mastership is incomplete. For they are one, coexisting, interrelated, holistic in nature, inseparable. Only in perception are they separated. Focusing on the incarnate life by way

of the veil brings intimacy and identification with an experience. The same applies in the Larger Life. Intimacy and identification are some of the building blocks to a larger expression of one's Nature.

This is normal 'beingness' but not that common yet. But humanity is moving in this direction. More and more unlimited as experiences and understanding deepen and broaden. Incarnate life is part of the Larger Life. Giving up on it is not an option. It will always be a part of who you are, for you are imbued with the experience and the wisdom gained. Relationships matter. They form bonds, chains of connection, find expression in other realities and venues of life, including the incarnate life.

Intimacy and identity with life opportunities are profound connections on the path of mastery. Embrace everything masterfully. Yes, even your integrity is evolving. Live your life more fully every day. Discover and experience what that means. Own it all, which is a never-ending quest, for life is evolving—all of it. Namaste.

81. Happiness and humor

Mar. 14, 2019 B

JANU: Humor is an integral element of a balanced life. It brings lightheartedness and an easy, flowing manner of exploration. Seriousness is appropriate at times, but humor should always be available. It calms and balances conflicts, uncertainties, and doubt. The phrase "laughing at one's self" is of great value. Better even still, laughing with yourself. It is never a so-called putdown, you see. It lifts. The two are so intertwined in the reality of the Larger Life that the incarnate life, so often seriously taken, would do well to be infused with these qualities.

There is much that is worthy of humor, worthy of humorous perspective. Happiness and humor are good partners. They are a taste of true freedom. They open the consciousness to the richness of being. Lightheartedness floats, so to speak, in the sea of life, moves freely in harmony with the flow of life, its many currents and eddies. They see life as wholesome, healthy, and wise. When expressed, they are infectious to others, for it is in their nature to appreciate the influence from within themselves and be reminded. Even the creatures of the Earth respond well to a happy and joyful presence. Playfulness ensues.

Seriousness seems powerful but it is limited. It's confining. It is focused and narrow. Happiness and lightheartedness open the consciousness to unlimited possibilities. These attributes we speak of do not replace commitment, dedication, intimacy, while engaging life and its possibilities. So, allow humor into your observations as you experience more and more of life. The Larger Life includes the incarnate reality. Experience all of life in this way and true peace seems more natural and present. Namaste.

82. More exploration of integrity

Mar. 15, 2019

JANU: We do stand in our integrity, not just a foundation for existence but a point of embarkation to embrace the rest of life and its integrity.

Life does have integrity, which supports its evolution and realization of potential. Integrity belongs to a genre of life that focuses relationship and all of life has relationship, for all of life is one and no part of it is alone. Integrity has a voice and the voice is simple, with the fundamental truth: We are one.

Even corruption and recycling of creation has integrity, for life creates by recycling, re-creating, and modification. Part of exploring potential, with redirection when chosen.

Integrity allows for intimate and accurate feedback and revelation. Integrity is peaceful, balanced, yet diverse and inclusive. Integrity challenges misguidance, manipulation, and false witness. Integrity reveals layers of reality for any life expression.

Creation has structures. Integrity is in harmony with them. Yet everything is in motion and changing, even integrity. Namaste.

83. Universal consciousness

Mar. 15, 2019 B

JANU: Universal consciousness is the purview of the Family of Life, all that is known. No announcements needed. Attune to what already exists. Nothing to create. The human consciousness struggles to achieve what has always been. Allow memory. Memories of experience, of relationships, of understanding, many worlds, many realities, many sojourns. Whatever your attention is on, you are connected to, in both directions, you see.

Yes, there is kindness everywhere. Namaste.

84. We are all part of each other

Mar. 18, 2019

JANU: It is true, we are indeed part of each other in the wholeness of life. The natural caring, one for another, is from this reality. The quality of that caring is developed through the raising of consciousness: being aware of more of life, what it includes, its potential, its relationships, its oneness. Being part of someone else's life is enhanced through mastery of your own. The same applies to them, you see. So, as one evolves the opportunities for involvement are enhanced in others. Realizing the connection of this brings peace and purpose to one's existence.

So, in a sense, we are all related, whether incarnate or not. We of the Brotherhood understand this and this is why we perceive everyone as part of us. Oneness, uniqueness, brotherhood, caring, coexistence, service, mutual realization of potential, and awakening to the larger life are included. Find peace in this, and purpose, and justification for your journey of awakening. Namaste.

85. The magic and power of kindness

Mar. 18, 2019 B

JANU: Kindness is the key when opening the door to communication. Empathy, understanding, lowers the human defense shields from each other. Trust ensues. Openness to follow. Honesty, for there is an innate desire in others to judge another's understanding with their own, partly for validation, also for clarity and new insights. Patience, listening. Everything you value from others, they value from you.

When one feeds an animal, it is seen as kindness, safety, looking forward to the next encounter. Fear diminishes, replaced by trust. An innate desire to return the kindness.

Kindness speaks volumes. Do so without agenda, freely. Cherish it, for it is life speaking to life. It is magical in its power to communicate. There are always opportunities for this. It brings great peace to one's own life. Everyone benefits. Namaste.

86. Becoming conscious as

Mar. 19, 2019

JANU: 'Conscious of' is founded in boundaries, isolated identities, limited perception. 'Conscious as' shares more than understanding, but a union as life itself. 'Conscious as' experiences being part of everything, and everything being part of you. Not just connection, but a more inclusive identity. Evolving together, benefiting from each other's potential, discoveries, experiences. Yes, unique expressions of oneness, not just one or

the other, you see. Coexisting realities. Not just being in the same room at the same time as someone else, but coexisting. Experiencing this is a teacher.

Experience is always a teacher. ‘Conscious as’—experiencing not only the reality of another but the reality of everything. Who and what you are is so much more. The veil no longer a thing but a perception that is changing, giving way to the freedom of universal being.

Much to explore here, and experience—becoming conscious as. Namaste.

87. Learning from a non-technical life

Mar. 22, 2019

JANU: Building blocks in understanding others’ and your own motivations. Let us speak of this in terms of more sophistication. Interaction with the Larger Life promotes expansion and knits the building blocks together into a larger foundation. The sophistication we speak of is the merging of these into larger understanding. So building blocks trigger more profound experience.

This one you ponder, bereft of technology, finds herself compensating in other ways. For many, technology is a distraction from Essential Nature. So she asks herself the deeper questions: “Who am I?” “What is real?” “What more is there?” She is aware of others judging her for seeming lack of interest in the technical life, but she has her reality to explore and find meaning. So learn from this one of her reality. Namaste.

88. Simultaneous and coexistent realities

Apr. 8, 2019 B

JANU: ‘Being here now’ brings focus to memories, traditions, influences, and distractions. It is in keeping with being in step with the flow of life, meaning the changes and evolution in relationships, patterns of existence, and the realization of potential. ‘Being present’ forms this reality.

So let us look at being present in the Now. The next issue becomes scale, on what scale one observes anything. This varies, of course, depending upon the observation. Consciousness not being limited to time/space leaves the door open for unlimited excursions into possibilities, many of which are simultaneous. This is a fresh look upon the nature of existence and unlimited interactions and influences.

Can life paths be varied and simultaneous? Expanding consciousness to include larger realities reveals this possibility. In many ways, your own incarnate existence at this time exists this way. Simultaneous paths of awareness are more realistic in observing life than the linear ‘one thing going on after another’ approach. Simultaneous coexistence is reality unlimited by duality consciousness, seemingly isolated from the complex flows of life. Namaste.

89. Exploring identity

Apr. 9, 2019

JANU: Personal identity is a mixed bag, for varying degrees of identity and types of identity exist among people. To identify as one race or another can even fly in the face of physical reality. Many causes are fueled by senses of identity. Conflicts between genders, races, economic status, realities, politics, romance, even artistic abilities are fueled by different shapes of identity. And these change, providing a myriad of interpretations and expressions.

So the question becomes “Who are you, in this moment, in this circumstance, in these relationships?” Probably wise to say that your identity is what you choose in the moment, based upon personal agendas, social pressures, degree of awakening and understanding. So, grow in the freedom to identify as you choose, reaping those benefits

or challenges, free to experiment with realities of identification, testing the waters socially and introspectively.

“Who are you?” then is a question for the moment. And what are the complex identities and their relationships that exist in that moment? Are you identified with your experiences or more towards your True Nature? And what is that? What’s the reality of it in your life, in your consciousness? What levels of familiarity exist in conscious relationship?

Much to explore in the world of identity. Find wisdom, richness, peace and joy in the quest. Namaste.

90. Merging Larger Life with physical life

Apr. 11, 2019

JANU: Coalition of attributes might describe the reality of conscious existence, merging the Larger Life with the incarnate life. How is the incarnate life enhanced by a larger perspective?

Wisdom in choices affecting health, peace of mind.

Insights, wisdom.

- Understanding love beyond emotions.
- Smaller decisions in the face of eternal life.
- Perspective that includes many layers of reality including the physical.
- Insight into potential, possible futures.
- Understanding memories, even those not born of this sojourn.
- Understanding others and yourself.
- Freedom to use identity as a tool, to pick up or put down.
- Being in harmony with natural Earth changes.
- Understanding the coexistence of realities, not limited to the Earth, and their influences.
- Perceiving humanity globally.
- Gauging the nature and purpose of change and manifesting it.

These and many other qualities exist as potential through awakening to the Larger Life. Namaste.

91. Understanding coexistence

May 6, 2019

JANU: We are surveying with you the reality of peace among human society. The manifestation of discord and its correspondence to nature is seemingly endless, the need to consume or be consumed, one of the basic instincts in human consciousness that perpetuate this amongst themselves and with the natural kingdom. It comes from survival, survival with a limited view, ignorance of life ongoing beyond the physical. Survival seems threatened by each other, by nature, by infestation.

How can this change and society change with it? By not only realizing but owning and experiencing the larger reality of your own being, the eternal nature of existence, a consciousness free of limitation and a growing oneness with all of life, realizing that we survive together or perish separately.

Variations on this understanding exist throughout the universe. Peace is coming to terms with this, owning the understanding and reality of coexistence, exploring the reality of coexistence and all that it means. What does the “co” part of coexistence mean? Observing another individual and experiencing the reality of coexisting. This is the

Larger Life, no longer just individual existence but coexistence, partnerships in life, a higher form of co-dependency, Essential Nature.

This is the theme for this journey: Humanity learning and growing into peaceful coexistence, where everyone benefits from everything and each other. Namaste.

92. Elements of awakening

May 14, 2019

JANU: We are continuing with our discourse and development of the elements of awakening. We are best suited for this, due to the fact that there exists within the human consciousness trace memories of the Larger Life and the reasons and choices involved in reincarnating at this time in human history. There is a growing need amongst humanity to more completely realize its potential, indicated by its achievements and growth in understanding and embracing life through service to each other, reinforced by the dichotomy of conflicts, human suffering, and ignorance to opportunities.

We of the Brotherhood of Light persist in integrity of consciousness, true nature, and life's flow of opportunities to evolve and awaken. Let us restore, then, that which has been set aside as humanity moves towards the realization of its own potential by way of awakening and experience. Opportunities are created by the consciousness and the wisdom that is becoming increasingly ready for fulfillment of potential.

The adventure continues, rich in deed and ownership of integrity. Namaste.

93. The process of being

May 14, 2019 B

JANU: We are summoning, then, the Powers that Be that bring about change. Change is nestled in opportunity, which is nestled in potential, which is nestled in the Larger Life. Much has been spoken of individual reality but not as much, so far, as to the reality of coexistence, the collective potential of Life itself, which includes all of individuality.

What we focus on at this time is a peace offering to those who struggle individually reaching for meaning, purpose, direction, and survival. Conflicts arise from this. Attempts to interpret spirituality, even document it, write books about it, and presume to speak for it. The agnostic is moving in the right direction, endeavoring once more to have a clearer perception of reality, what consciousness can be.

The forces summoned at this time address this, the forces of change and evolution. We speak this with clarity, to and through the True Nature of life expressions. All is well, for life is in motion, change is in motion, wisdom is in motion, love is in motion. Nothing is lost. This is the process of being. Namaste.

94. The quintessential modality of exploration

May 15, 2019

JANU: We summarizing, even in these early stages of development, the quintessential modality of exploration, assimilation, and distribution of the nature of life and its expressions.

Yes, we are in the 'peace business' if you want to call it that, the harmonious flow of life in motion, which includes an endless array of coexisting elements. Being at peace allows the flow of these that are being explored to be absorbed in their natural way, through clarity of perception and assimilation of understanding and influence.

We perceive these things, our brother, as you requested by seeking to know the truth of the Larger Life and engage it in consciousness and in service. Trust that the unfoldment and evolution of this has intelligence and wisdom and is filled with an ancient yet evolving tradition of life in motion. Shine this light on any doubts that arise. The revelations will come. Namaste.

95. The Middle Way brings balance to life

May 22, 2019

JANU: Perception, then, does apply to the power struggles in government. And these exist throughout the world, not to mention other venues of power. Relaxing into daily routines perpetuates normalcy for most, but not those in so-called power. Each day is a challenge to maintain and build that power, not from within but through manipulation of external realities and other people. It is as intoxicating to them as compulsive eating, smoking, and drugs. They become addicted to that power, or that sense of it, because it is relatively easy in terms of relative maturity and the evolution of consciousness. There are situations when life allows these scenarios to run their course, so to speak, for inspirational learning begins when the outer expressions of life collapse on themselves, but not before. The challenges and opportunities, then, are for those who choose a different way—the inner life of true power—to avoid these bullets of power struggles.

Walking the Middle Way on the path of life, not only physically but emotionally and mentally as well, brings balance to life's many experiences and challenges. This applies no matter the scope of your life involvements, whether parochial or global. And what is the Middle Way? How does one recognize its characteristics?

- Even-mindedness, emotional sensitivity, has a strength that brings clarity to understanding through experience.
- The overcoming of extremes yet allowing a range of experiences with a foundation of wisdom and integration.
- A greater ability to perceive the progression of scenarios of life and their likely outcome.
- A vision for the realization of potential.
- A life of patience and tolerance for journeys of others.
- A love of self, of life, all of it.
- Being joy-filled and happy without needing a reason to be.
- Confident in the future, as the present reveals it.
- Being at peace with a growing understanding of its reality.
- And much more.

Namaste.

96. The nature of existence

May 27, 2019 B

JANU: The nature of existence is a worthy focus. There is the minutia and the overview, and they coexist as one. The nature of existence is 'being.' The significance of life is even beyond its manifestations, not usually grasped by individual human consciousness. But how does one relate the evidence of existence from incarnate perception to that which is more encompassing? For the microscopic, you see, is by comparison part of the whole and there is purpose in everything, whether manifested or not.

"What is the nature of existence?" is a key question in awakening. The union of coexistence does not blend purpose to the point of eliminating individuality, for even the atom has purpose, each one as part of the Larger Life. All components, all elements of existence are connected. The nature of existence and all of its components coexist and are part of each other. Realizing this, between people and their human egos, is challenging. For that which is not physical, you see, exists; that which is beyond energy exists.

"What is the reality," you ask, "of non-existence?" "Is there beginning of life or has it always been?" These types of questions open the consciousness to larger understanding without prejudice or preconception. Use every challenge as an opportunity to ask a larger question, putting all of life in perspective. Having a question of this nature

does not mean one is identified as ignorant of life. All consciousnesses, you see, ask questions, are awakening. Part of the nature of the Family of Life. You're among good company.

Many fear for their physical existence, unaware of their larger nature that continues on, long before and long after incarnation, and it coexists as well with the human journey. Identify with life, which you are. Namaste.

97. A conscious relationship with potential

May 28, 2019

JANU: What we encourage and look at, at this time, is the sequence of events that march towards universal awakening. Awakening is a lot more wide-ranging than the human journey, you see. All of life is evolving, becoming more conscious of its diverse expressions and the nature of each of these. All of this enriches life that is larger than creation, for in the larger reality potential exists as evidence of life, potential being more than an unmanifest collection of life pattern possibilities. But potential is a life with its own nature.

Potential absorbs the essential nature of life that realization can take place, in all realities. Potential is the signature of possibilities. But possibilities have their own existence, whether manifested or not. Relating to potential in this way brings about a curve of ordered expression that feeds back to evolution of potential. There are evolved consciousnesses that communicate with potential as a life expression, enriching their awakening directly.

When sitting at the dinner table, so to speak, the main course is potential with all its diversity and never seems to repeat itself, the menu constantly refreshing itself. So, dine on potential. Experience what you may. Your table manners are the protocols of access. Coexist consciously with potential. Namaste.

98. An identity of 'being'

May 29, 2019 B

JANU: We are surveying then your query into purpose of this incarnation and the memories. Recent events tell us that the organization of spiritual reference within the consciousness agrees with the postulate that all life is created equal, but what sense 'equal,' our brother? Equal in the sense of opportunity to be, to exist, to evolve in consciousness by way of the composite of life patterns, experiences.

The purpose of life is to be. Out of that comes creation, evolution, realized potential, fulfillment. Isolation due to the veil, different parameters of existence, builds content, diversity, and equilibrium throughout the system of life. Change is creation in motion. Wisdom is the foundation for choices. Life's capacity to build upon itself seems without limit. There are cycles and orders in life, thresholds of change, parameters of existence, content and depth that go on and on. So one fulfillment is not defined by another. The reality of all of these is a much larger reality.

Now, this perception does not dull or mask each moment, each element of content, each expression. Life is vibrant and is beyond the limitations of entity identification, individualism. Can life know itself with unexpressed potential? Knowing has many forms. The answer to the question is still being fulfilled. An identity of 'being' transcends confusion and doubt and brings peace. Namaste.

99. The beauty of empathy

May 30, 2019 B

JANU: Empathy is a natural element of coexisting consciousness. It belongs to a tradition of oneness, of unity. Empathy is a vehicle for transference of conscious

experience. It is a love expression, shared by coexisting elements of life. Experiencing it in the incarnate life has its counterpart in the larger life.

Empathy communicates without words. It is the origin of prayer. Allowing empathy to find root in your consciousness brings beauty into the life of all involved. Empathy is not limited to one species. It communicates across apparent divisions of separation. Empathy resides in memory, even when one reviews their own. It is a healer of relationships. It has a partnership with forgiveness. It is a messenger of understanding and promotes tolerance and patience. Empathy exacts nothing. All creatures experience this. It is the strong expression of awakening. Namaste.

100. The evolving reality of potential

May 31, 2019

JANU: We are encouraging that which pertains to the enormous responsibility of personal growth. Enormous not by comparison with others but with the scope of potential, for the potential of human growth in consciousness is not measured. Where so many elements of incarnate life have beginning and end, completion, this does not. Exploring potential in terms of social achievement, technology, professions has merit, but potential in terms of a more universal consciousness not limited to physical life expands everything.

So, when we speak of human potential, we include potential beyond the human experience, remembering that all realities coexist and are mutually influential. Because of the veil, most contemplate incarnate life physicality as the primary platform of existence. It is one of many, and your True Nature can explore them all. But each must take the steps they are suited for, fulfilling their desires, their inspirations, what gives them joy.

Life is vast, ever changing, growing, and so is your potential, your True Nature. Be an explorer in whatever venue you choose. Fulfill your nature and do so in peace. Namaste.

101. More on the True Nature

June 5, 2019 B

JANU: Further instruction it is, further revelation as to the nature of life, the nature of being. Humanity is an extreme example, with so many diverse elements of development, seemingly chaotic on its march to awakening. Many seeming reversals, side trips, conflicts of interest, and brutality. But mixed in this is a desire for peace, love, discovery, service, family, and a future worthy of this.

So where does one stand in their relationship with all of this, that is sane, productive, supportive, innovative, creative? A growing foundation of conscious relationship with the qualities of the True Nature and the vast resources of life available through that Nature is a good beginning. What is greatness, then, other than the realization and expression of the divine that you are? The True Natures of each one are a projection of the nature of all of life, for these patterns exist from that resource. And all of these coexist as one.

Always refer to the larger view of the minutia of life. This brings balanced perspective and universal support. Stand in your truth and your integrity. Grow in the expression of these. Be truthful, patient, and loving, for in the larger view you coexist with everything and it with you. Namaste.

102. The fragility of human existence

June 6, 2019

JANU: Fragility is your inquiry. We of the Brotherhood speak to this issue of the fragility of existence. Why not look at it this way: Is a thought permanent? Its state of

existence is not. Its essential nature is. So it moves with the flows and ebbs of life in motion.

Such it is with the physical existence. Its Nature is ongoing. Its manifestations are cyclic, inter-reacting, mutually influencing, modifying, re-creating. The fragility you speak of has to do with the flow of life, change, not its essential nature. Yes, even worlds collide, destroy each other, but the essential nature of existence still remains. Once again, the limited view and the larger view seem to contradict, but only from the smaller point of view.

So, when one tends to identify with physical existence, there enters into the consciousness the fear of the loss of consciousness, the loss of life. Life is not lost. Physical existence changes. Manifestations are not permanent, the ability to manifest is. So choose your identification with care, for the sense of identity becomes the so-called world of experience that you have chosen, with its parameters of existence.

Awakening to a larger identity, embracing the Larger Life, changes perspective about everything. You are not fragile. Your existence physically is. Namaste.

103. Honoring the so-called prophets

June 10, 2019

JANU: We are summarizing the focus and intent of Life to pursue expression. Part of the nature of this are the so-called prophets in human history. Each in their own way portending the different thrusts of life into realization, expansion, continuation. Each one has tapped into the nature of this, as do our journeys. Each of these share the nature of humanity and its purpose, its potential with a slightly larger view of life that includes the rest of humanity.

Setting each of these on a pedestal, so to speak, as unreachable or beyond the ken of their neighbors does a disservice to their core nature of service. Enlightenment being one of these. The evolution of humanity another. Realization of discoveries and the ownership of experience.

So see each of these in a new way, as a companion. Both journeying through life, serving in each one's unique way and, of course, present as everyone is. United in the bond of True Natures. Time cannot separate you, only perception. They are emissaries of the Larger Life, as is everyone. Honor their service by fulfilling your own. Their truth that they lived is knowable. Namaste.

104. Identify with life in motion

June 11, 2019 B

JANU: We are organizing that which comforts the 'iliad' in the psyche of individuals. By this we mean, that which refers to predisposition to doubt and speculation. The fundamental issue here is a strong conviction and faith in the legitimacy and the all-encompassing presence of the core principles of life. Determination based upon this principles, conviction and commitment to their unfolding and revelations.

These journeys call for such, no matter the circumstance, subject, or result. Put your attention upon 'core nature.' Life has been existing beyond time and is still present. Incarnations come and go, yet True Natures continue. Potential, revelation, manifestation, outcomes never cease. Hang your hat, so to speak, on the eternal flow of life, no matter the concern. Call on its presence to make things clearer, and for whatever is needed for the flow to continue to create.

We of the Brotherhood are mindful of these things. Be not identified with any form of limitation. Changes in direction or outcome are the opposite of limitation. Move

with change. It is part of the flow of life and allows for re-creation. Change in every sense. The reality behind these is your strength, whether incarnate or not. There is always a solution, though it may not appear as what has existed before the change, you see. Identify with life in motion, for you are in motion. Namaste.

105. Inner strength through conscious union

June 12, 2019

JANU: With conscious union, challenges, obstacles, confusion, doubt have no power in the presence of our inner strength. Some understand this. Some experience it. Owning it as a conscious experience is more fulfilling. Applying it to the challenges of life, the opportunities, reveals its truth and endurance.

You ask, “What does strength mean, in this sense?” It means the maintenance of integrity, determination, experience and outcome. It means preparation for what is to come. It means enriching life and contributing to its evolution. It means peace and true power.

Many of the contrivances from human perception of life are the quest for power and peace, but are an inadequate substitute for conscious union with your True Nature. Realizing this is the path to freedom. Namaste.

106. Goals

June 17, 2019

JANU: Goal-centered exploration is the theme here. “What is wise goal setting, then?” you ask. It is that which is in harmony with a growing consciousness of integrity. Exploring the truth of life. Self-observation and discernment. An openness to understanding and experiencing the nature of life and its creations. The relationships between all of the elements of life and their integrity. The larger views of life, potential, destiny, achievements. Freedom of sovereignty and choice. A desire to serve and enrich life, meaning everyone and everything in it.

A worthy question for everyone: What are your goals in your life? How clearly to you understand them? What has been achieved up to this point, and how well do you understand these achievements and their potential? Life can appear as a grab bag, of sorts, of possibilities. The organization of these is lack of consciousness, wisdom, maturity, and understanding of that which engages them. Life is not linear or empirical. It is coexistent, simultaneous, and progressive. Even the consciousness of your body has goals of survival, well-being, service to the occupant, enriching life as it may, and living its integrity, and responding to the life patterns of the occupant.

Measuring all of this is through observation and experience of the results of these interactions and manifestations. That is the mirror of life. And, as with a mirror, life reflects you to see who you are, the results of your choices and interactions on every level. Acknowledge your coexistence and listen. Namaste.

107. Life allows all things. Choose wisely.

June 18, 2019

JANU: We are remembering when there were among us those that serve the Light in dominant ways, that prolonged the future expression of potential. Doing this by way of the pretense that there will always be one.

Now, by ‘pretense’ we mean: performing or functioning as if your goal was already being accomplished, removing all doubt or hesitation. “Fake it ‘til you make it” is an oversimplification but carries the idea. These beings still exist, performing as they may. Their legacy is this understanding that in life all things are possible and to navigate your existence with this in mind.

There are protocols that respect the freedom of choice of each one and the freedom to change their choices as they see fit. Creatures of the Earth deserve the same respect. The evolution of human relationship to these creatures, and to nature, is by no means at an end. Now, the wisdom to pursue this comes from experience, not just human experience, but the wisdom and experience of the entire being. And not just your being, but the beingness of all the expressions of life.

All things are possible. Life allows this. Choose wisely. Namaste.

108. More on the joy of awakening

June 24, 2019

JANU: It is joyous to experience the freedom, the understanding, the intimacy with the Larger Life, and the physical life as well. Intimacy with all of life includes the physical life, filled with coexisting realities. The joy of awakening is the sense of sovereignty, of being whole, no longer frail and subject to the vagaries of unenlightened existence. Finding the loving nature of everything, including your own. Peace in the midst of change, everything in motion, which speaks to the permanence of life. The conflicts that ensue when one attempts to hold on to life as it is in the moment and not let it flow and be part of that flow. The freedom to be and experience change as a breath of fresh air, renewing, rejuvenating, liberating, revitalizing, and revealing. The joy of discovering and understanding and, above all, intimacy with the true nature of life.

Yes, there is joy to be had. Experiencing life is an adventure. What lies beyond the horizon, connecting with others in new ways, finding freedom together. Namaste.

109. Who or what am I?

June 24, 2019 B

JANU: Identity, then, is a worthy journey in understanding and experience. The question “Who am I? What am I?” originates in the perceptions of physical identity. The words do not capture the reality of the larger existence.

“So, what words would capture this?” you ask. They would be words like ‘essential nature,’ ‘unlimited being,’ ‘peaceful embrace’ of any reality, ‘explorer and lover of life’—all of life. Someone who cherishes the essential nature of another, whether it be creature, sentient being, part of nature, or an entire world and beyond. An identity that cannot be identified but can be understood and experienced and shared.

This is your nature, and ours as well. Namaste.

110. Mastery

June 27, 2019 B

JANU: Your use of the word ‘master’ poses interesting questions. What is a master, then? Someone with great command of some part of life or their own? Does ‘master’ speak of humility, of love and respect for the Larger Life or the life of another? Is one a master of their own destiny? The answer is ‘yes’ and ‘no’ for their destiny is yet to be revealed. Yet their destiny thus far they have created, whether conscious or not. What better describes one’s journey, their consciousness, their ability? Is it not that of a journeyer, an explorer, participant in the flow of life, always learning, always serving, always enriching?

One grows into mastery, but it is a journey without end. Awakening is the path of mastery, a path without end, for life is evolving, always changing. One may see another as a ‘master.’ All that means is that they perceive this one more in command of life than they are. Conscious union with all of life and your own True Nature fulfills one’s destiny. As Kahlil Gibran wrote, “Let the greatest among you be the servant of all.” Namaste.

111. The journey of awakening

June 28, 2019 B

JANU: We are accustomed to the procedure of the awakening of the species—in this case, humanity. Troubling, then, for those who begin to see the light, so to speak, and shine that light upon their perception of society around them, and their own limitations within themselves, meaning the one who is awakening. The tendency to perceive awakening as an abrupt miraculous opening of awareness and consciousness does not understand the nature of it in application. Now, there are many variations on this theme, but there is always a correlation between maturity, wisdom, and the availability of deeper and deeper insights.

In a sense, Life meters out power to its elements. Beyond the limitations of time/space, potentials and destinies are known. Progressions of behavior and performance reveal the wisdom of choices and their outcomes. There is nothing haphazard about life. Its movement, its unfoldment, sometimes called the flow of life, is a progression of realities, interactions, outcomes.

“What is wisdom, then,” you ask, “in the guidance of perception and decision-making?” It shapes perception, understanding, and appreciation of the Larger Life and all of its components, venues, if you will. So the quest for awakening and its realization hinges upon these elements, these factors, and the opportunities that are created. What a grand symphony of process! Constantly changing, evolving, creating, re-creating. Transformation, renewal, forgiveness, and love.

Embrace awakening and enjoy the journey. Namaste.

112. More on the nature of existence

July 1, 2019

JANU: Let us examine the nature of existence, to include the physical existence. For most, the nature of life is a physical reality, due in part to the veil which each one employed with their own choice. And, yes, it is a protocol for incarnation in this particular Earth venue. The nature of existence is life expression, realization of potential of all of collective life. Now, expression of life exists more than just physically, some have said the densest of realities although this is a limited point of view.

Eventually, the question arises: “What is life itself? What are all of these expressions an expression of?” As we reach for an understandable answer to the question, we realize that the human consciousness has not evolved to the point of comprehending the simple reality of this. The nature of all of life expression is beyond the ken, for it requires an opening to reality that contains all realities, or should we say, initiates them. For one’s human perception of physicality is vastness, unlimited diversity, complexity and simplicity combined to create a reality, when the nature is life is not described in space/time. The Source of Life is unrecognizable to those oriented to space/time reality, or even subtle dimensions beyond them. Yes, in the larger understanding, the deeper understanding, life has beginning, but the beginning is beyond life, more primal, more causal. The verification of its reality is all the expression you see and are.

So the nature of existence is not contained within the ken of most. There have been those who’ve had glimpses of this, but even those glimpses are superficial. Knowing there is a nature to reality, to existence, serves the purpose of confidence in the ongoingness of life, purpose, destiny, realization, which extends to your own existence, you see, as the nature of life continues its journey of expression, evolution, realization, beingness.

A worthy subject to consider with an opening mind, deepening perception, and conscious union with life itself. A calming, stabilizing, and unifying consciousness development. Find peace in this, and namaste.

113. Rebirth and conscious re-union

July 3, 2019

JANU: Rebirth and reunion, conscious reunion,* is an underlying theme when presenting unalterable truth, when extending identity to live the Larger Life consciously while incarnate. The miraculous benefits of conscious reunion are not limited to life beyond the physical body, but wherever the consciousness resides, the Larger Life coexists.

Experiencing coexistence with more than the physical reality is a major step in expanding your identity to include all that you are. Living under the veil serves its purpose but it's limiting and confusing. Instinctively, each one seeks wisdom, a guiding hand through confusion and unanswered questions. All of this exists, and much more, in the Larger Life. Separate from you only by the perception of separation, through the veil experience. In truth, you coexist with all of life, whether conscious of it or not. And consciousness is the key.

So conscious reunion is so much more than you understand, fulfills your destiny, your potential, and your ability to enrich life and each other. It is like rebirth. Experiencing unlimited reality, freedom to be whatever, to gain insight into any interest, to experience with integrity. Helping others without interfering is a delicate balance. To have discernment as to usefulness when observing something new, something different, speaks to maturity, wisdom, experience of ownership of what you gain. This understanding is not to escape from the opportunities of incarnate life, but to enrich it. Grow in awareness of beauty and potential of physical life, remembering that it coexists, is integrated with the rest of life. Any sense of separation is an illusion from the veil experience, which is temporary and gives way to enlightened consciousness. Namaste.

**Conscious union has been discussed in many past journeys. The use of the word "reunion" is to emphasize the fact that this union has occurred before and will occur again, and, in point of fact, has never ceased except in our incarnate awareness*

114. Fulfilling the promise of life

July 5, 2019 B

JANU: Finalizing an understanding is the application of it. It gives the truth wings, so to speak, to fly in and about and through the realities of existence. Incarnate consciousness currently is a grand opportunity to apply an understanding. We of the Brotherhood of Light are doing this with you, on these journeys. Challenging, yes. Confusing at times, for the understanding as it applies to physical existence is yet to be revealed fully. That's a process of revelation through experience.

Awakening into the Larger Life is a grand adventure. It is a consciousness exploration. Explorers traditionally do not understand, before exploring, everything that will occur or be discovered. They have an idea, an inspiration, an inkling, if you will, that the journey has grand potential and is worth the effort. Even to the risk of their existence, you see. They are that driven, that committed. Even if no one learns of their adventure, they are convinced it needs doing.

The Larger Life is an adventure without limit and constantly changing, evolving. And the exploration enriches it, for others explore as well and collectively they are Life in motion, realizing its potential, and evolving. Being an explorer on this path is not easy but what grander journey, what more rewarding journey is there? Now, there are explorations within explorations within explorations. All are worthy and contribute. Are we describing an ultimate exploration? No. What we are describing is new thresholds in discovery that enhance the existence and fulfill the promise of life. Namaste.

115. There is genius in everyone

July 9, 2019

JANU: A good theme, you see, for presentation of the expansion of consciousness reality is that there is genius in everyone. And there is. The genius they are conscious of in their human existence, and the genius of their Nature in the Larger Life. Let us bring it to the fore, then, this understanding as a key to, a catalyst to an expanding conversation into exploring life. Genius as a personal experience is a grand inspiration.

This awakening, piece by piece, plants seed thoughts that grow and their offspring are more seeds. And as the garden grows, so does its diversity, its strength, its endurance, its potential. So, plant seeds. Allow them to grow wherever they find fertile soil. Nourish them in your own journey of awakening by employing what they produce.

Life beyond the five senses of the physical life includes them as well. And, as those senses mature, the five senses are no longer a limitation, limited to misinterpretation, blind to subtleties, but partners in the journey of awakening, for the physical existence and its opportunities are connected to, and are included in, the Larger Life.

Genius in everyone. Accessing this is a reason for awakening. Namaste.

116. A living adventure

July 12, 2019

JANU: As you bring order into your physical life, whether it be materials or procedures or relationships, there is benefit to bringing order to your awakening, your Larger Life relationships, explorations, discoveries, understandings, and service. One does not arrange the existence of these things, but chooses those that are relatable, contribute to the evolution of consciousness, and promote a loving relationship with life. For, make no mistake, the Larger Life is life in motion, evolving, realizing potential, creating, recycling.

Now, there already exists much order in the Larger Life, for many have participated and are participating. Let it reveal its order to you. Understand it. Perceive its merits. This experience can enhance your own immeasurably. Attune beyond time/space, not to the exclusion of it, but to the Larger Life it is a part of, in the nature of the coexistence.

Now, life is so diverse it may not seem ordered in your perception, for life is not linear but simultaneous. Many coexisting realities interfacing in their own way. A certain spontaneity in perception is compatible with this reality. A first time experience does not mean the reality of it has never existed before. Experiences yet to come are proof of pre-existence, present and future existence of countless realities. So, the element of adventure, surprise, and fascinating discoveries is real. Be open to journeys of this nature. Anticipate more to come. Find peace and confidence in the ever present nature of life. Namaste.

117. Is life larger than you know real?

July 15, 2019

JANU: Is the Larger Life real? What would be convincing that it is? Is your individual reality larger than human experience, human existence? Is there a larger life reality to the Earth and its creatures? If this were so, how would this change or enhance your perception of life and the life you are currently aware of?

Valid questions, you see, when confronted with what lies beyond current perception. Enormous are the possibilities. What does life include? Is there reality beyond life? Are you open to the possibility that life is larger than your current understanding? What is reality? What is life? Who or what are you? What is your relationship to a larger existence? And why do you exist at all?

The more you know, the more you are conscious of, the more you are connected to, the wiser your choices, the more fully your potential can manifest, your powers of creativity expand. You enrich life in new ways. Health and well-being can be realized.

Food for thought, thoughts that open windows of understanding and experience. Own your potential. Allow it to flourish. Find peace, beauty, joy, and profound love of life. Namaste.

118. Being in the flow of life

July 16, 2019 B

JANU: What is the flow of life, then, but life in motion? With eddies and currents and protuberances, seeming reversals, creations, re-creations, change. What then of 'being in the flow' in a moment of challenge, which is an opportunity in disguise? The flow we refer to at this time is that which occurs throughout the total being while your life is in motion. Your understanding is changing, evolving, growing.

So it is in group work. Being in the flow of the moment, being rigid about nothing, being spontaneous, centered in the Truth of Life, whether yours or that of another. Questions, responses, exchange of ideas and experiences. Possibilities to be explored, manifested, and observed. Being in the flow with others is a relationship between each one's flow of life. There is wisdom everywhere, in countless forms. Each one has a story to tell, questions to ask, wonderings and experiences. Honor this in each other and when conscious of the larger flow of life that includes the consciousness of discarnate beings as well and the archives of life.

The flow of life is everything in motion, coexisting, relating, evolving. See through these eyes as you speak and as you listen. Namaste.

119. Why not pursue...?

July 18, 2019

JANU: "Why not pursue" is the theme here, and might we suggest to humanity, individuals and groups, that:

Why not pursue new possibilities, new understandings, new perceptions of reality, and the foundation for current perceptions?

Why not pursue the larger life, the larger you, the destiny of humanity, the true nature of the Earth and its destiny?

Why not pursue living consciousnesses, whether incarnate or not?

Why not pursue a more conscious relationship with the creatures of the Earth?

Why not pursue so-called supernatural capabilities that exist here and there among humanity?

Why not pursue happiness, peace of mind, wellness, generosity, oneness?

Why not pursue communication beyond words?

Why not experience all of these, and more?

Why not pursue direct knowing, your powers of creativity, discernment, and more profound understanding and experience of love?

Why not pursue all that you can be?

Namaste.

120. Time/space

July 23, 2019 B

JANU: It is definitely a limitation that we speak of time, the sense of time, the limitations of time. And to align the consciousness and the flow of life in a never-ending expansion of life to the concept of time traps reality in an illusion of limited purpose.

Perception is transformed when letting go of any sense of time-based urgency involving achievement, discovery, purpose, performance, realization, creativity, and the

like. Humanity seems obsessed with the limits of one sojourn, that everything must be completed in that time span, which is unpredictable. The larger consciousness of your True Nature is not so limited. It experiences and records the perceptions of the time-based human consciousness and understands it for what it is. But allow yourself to sense the difference, how a timeless perception of life—and timelessness—can be a real experience, with all of its benefits, even while incarnate.

The opportunity of awakening has many phases. Distance is another. Well-being is another. Conscious union with any part of life, in any reality, is another. The coexistence of life's realities includes the perception of time/space, but so much more. Your own being transcends these limitations, which is why these journeys can take place.

So marshal all that you are, in your perception and identity of being. Allow any sense of limitation to be transcended in a natural way. You are the truth you seek. Choose to be free and allow the freedom to unfold, and all that it offers. Experience the peace that opens every door to understanding. Namaste.

121. Finding truth

July 24, 2019

JANU: Your request has been heard, to explore the reality of finding truth. Interesting challenges that reveal much about the truth seeker. Recanting preferences, biases, prejudices, misperceptions, preferred outcomes, personal motives is not easy. For many, these conditions are natural and normal. Definitely common.

“What is truth, then?” you ask. The ‘isness’ of reality. An accurate observation of life and its patterns, according to the limitations or strengths of individual consciousness, powers of perception, and discernment.

So, where does one begin on the quest? The continuing best response is a growing conscious relationship with the Divine within you, your True Nature, your true being, the source of your integrity. Truth always exists. Even the question asked has bias, unclear patterns of motive, that must be sifted through for a response as revealing as possible. But the beauty of life is, even though imperfect, and the questions can be asked repeatedly, allowing for processing, the evolution of consciousness, and the maturity of the questioner. For there is always another layer of truth to be sensed, to be understood and processed.

Truth is not a destination. It is a process of life in motion. One tends to define truth as absolute, unalterable, eternal. The Essential Nature is, but not its many manifestations and evolving reality, which must do so, for life itself is evolving, changing, maturing, deepening. So, finding truth is finding the level of truthful reality that works for you, that is understandable, that can be processed and applied to enhance understanding, to strengthen the foundation and purpose and meaning for your life.

Even in the midst of all these influences, finding truth is the path of conscious reunion with all that is, including who you are. Namaste.

122. Energy

July 29, 2019

JANU: Energy, then, being the theme for this morning's discussion, is a fundamental principle of life in all creations, every level of reality. For most reality has structure, which are the properties of energy, but there are many forms of structure and energy realities. Yes, we agree. There is life, there is that which lies beyond energy, as we have said, that which creates energy but does not use it. And that which lies beyond that.

But to understand life expression through the energy creations, it is essential to open the consciousness to fundamental reality of the nature of everything. The physical

body, which so many identify with, and the physical existence of their environment have a nature of energy.

“What then is energy?” you ask. It is life force with, as we say, parameters of existence, of expression, that creates structure as opportunity for relationships, patterns, cycles of expression. The body and its components one of many.

But, as we have said, life is in motion. Everything changes, whether the physical faculties of perception can detect these rates of change or not. Experiments with visual perception demonstrate that color exists beyond the physical capability of the eyes, which you have seen, so to speak. All of the physical senses have their limits in the presence of life expression that is well beyond their capabilities. Your own identity is part of this.

The consciousness is not limited to physical reality. Exists in it and beyond it. The veil makes this difficult to perceive but it is a temporary limitation. It is a protocol of incarnate life, created by the incarnating entity. It can be uncreated through discipline and the evolution of maturity.

The entire physical body is composed of atoms, particles of energy with their own parameters of existence, science having demonstrated that they come and go, seemingly out of nowhere. Which means that your human identity is not who you are; it is what you are doing. But begs the question “who’s the ‘you’ doing this?” How conscious are you of who you are, in the larger sense?

This is why it is possible to roam the physical universe, move through time and space, yes, even into the potential of the future, gaining insights and understanding and experience. Energy is the vehicle for all of these structures of life. So, in this sense, everything is connected to everything, on one level or another.

Explore energy and its reality, even the energies you’ve yet to understand or observe. Remember, whatever your attention is on, you are connected to. Become more aware of these possibilities. Explore the life that you are and its connection with everything. Namaste.

123. Research and exploration

July 31, 2019

JANU: Research, then, is the theme, exploration. And what is the catalyst for research and exploring? It is a curiosity of wondering: What about? What if? How does this work? What is the connection? Where is life heading? What are the venues of understanding that flourish? What correlations exist between discoveries and realities? How do different parts of life influence each other? What controls are in place that the flows of life are not interfered with but play out? What levels of reality coexist with the physical body with results that communicate relationships, health and well-being, disturbances, and the flow of life force?

Research usually has a theme or focus. What do you wonder about, with commitment? And how open-minded are you, that allows something new into your consciousness, into your experience? What preferences and prejudices are behind the question or interest? What are your motivations? What is the character and nature of your current identity likely to do with new information, new capabilities, new faculties? Do you respect the life flows of others’ inquiries, existence, life journeys, and needs to understand, explore and evolve? How well do you understand and accept the oneness of everything and everyone, that everything is connected, influencing and being influenced?

Many issues arise in the field of research and exploration. One is never truly alone. Many beings hear your requests and monitor your explorations. Life is aware of everything. There are no secrets. So, ask your questions. Do your research. Awaken with concern and a sense of responsibility for the role you play in the flow of life. Namaste.

124. Loving yourself and being loved by larger You

Aug. 1, 20019

JANU: An interesting theme at this time is: Do you love yourself and are you loved by who you are?

What this means is: the sense of aloneness in the veiled incarnate existence is overcome by loving yourself enough to experience being loved by who you are. Conscious reunion is a liberating experience from an identity of isolation and limitation. Time/space thinking is limited thinking. Useful for exploring time/space life, but limiting discernment, the scope of understanding and experience, and the love of your consciousness, of your awareness to those limitations.

Now, the deity created by the consciousness of individuals and collectives is to replace what has been lost by the veil experience, and that is: the conscious reunion with your own divine nature and attempt to return to experience before incarnation. Now, the veil is neither bad nor good. It serves a purpose, but that purpose is experienced through the limitations of that scenario of life.

So loving yourself is the journey of expansion beyond the veil, realizing that this expansion is into the totality of your being, which contains the wisdom of lifetimes and journeying between them, the love that is at one with the Larger Life, Life itself and beyond. Even this universe, physically, is one of countless other universes that exist within the reality we call 'the body of Life' and that is not the end of it. There is more. The physically oriented, identified mind is unaware of these things. But the total You, the complete You, is at one with this and can explore any of it and bring it to the experience of the opening, awakening incarnate consciousness. How many experience, and own the experience, of loving who they are and being loved by all that they are? A worthy journey on the path of awakening. Namaste.

125. Each one is precious as they are

Aug. 2, 2019 B

JANU: People are precious as they are. They are an expression of life. They hold a potential and are on their journey, their path in life. Coping as they may, desiring more, groping for meaning and a glimmer of purpose, experimenting with possibilities. Wondering about Spirit, about Deity, about their own nature and reason for being. They represent life in motion. Not limited to a timetable, they are precious as they are.

See each one this way. Help them believe they are such. They are worthy of everything life has to offer. They are evolving, whether perceived or not. They are life in motion and deserve respect, love, and patience. This applies to the self, as well, and all who are incarnate and who are not.

Explore this perception and see how it changes you and opens the doors of understanding, insight into each one and yourself. Namaste.

126. Enriching life with our life patterns

Aug. 5, 2019

JANU: We are one. The True Nature is not separate from any of its facets, its elements of reality. It is many of these, and it is one. The human experience is portion of the totality of being. The assumed identities and role playing of the veiled incarnate life are a challenge and an opportunity to mature the consciousness, evolve the spirit, and serve life in the process. Enriching each other's lives, inspiring and encouraging your potentials, enriching life.

"How does one enrich life?" you ask. "In what way, what manner?" By co-creating with it life patterns that contain within them revelation, understanding, wisdom, love, peace, creativity, insight, patience.

“What is a life pattern?” you ask. It is a creation made of patterns of energy, consciousness, life force, being initiative with every thought, action, experience, hope and desire. The corresponding ripples radiate throughout reality during the creation of a life pattern, where everything coexists. Contributions to life are more far ranging than most realize, for when one entertains an idea, a possibility, their consciousness touches and is touched by corresponding patterns that coexist everywhere, always.

An ocean has many drops of water, yet the ocean is all of these and they are one. Each with their own patterns, but they are one. So it is with the consciousnesses of individuals. They are one life, enriched by many, all coexisting. Each one’s life patterns are valid and in motion, as is the flow of life. So each one matters, creates, contributes, discovers, and evolves.

Share your patterns with others, as inspiration not requirement, as opportunity for new ideas and expansion of choices. Always free to choose and encouraged to do so. Even though a limited identity makes one seem alone and private, this is an illusion. So benefit each other with openness, honesty, integrity, clarity, patience, and respect, and yes, love. Namaste.

127. Being an explorer

Aug. 8, 2019

JANU: Exploring these things, then—such as procreation, the nature of the genders, the pre-programming, the purpose, the depth, the richness of all of this—pertains to the Larger Life as well. For where do you think this came from, its origins, its design? And continues to serve Life’s expansion, co-creation.

An awakening co-creator is what is explored here. What does that mean, exactly? A co-creator gaining wisdom through experience, through the process of creating and experiencing and wisdom-gaining and re-creating, re-experiencing, and gaining deeper wisdom. Many times, in variations that are inspired by the wisdom gained. Life maturing, evolving, fulfilling its potential and destiny.

We are all part of this. Physical procreation is only one part of the larger reality of life. There are many realities that counterpart other realities. Explore manifestations, patterns, elements of consciousness, cycles, the essence of everything, interactions, seeming collaborations and oppositions. Where does this lead you, but into an appreciation and experience with a life that is larger than you currently know.

Humans tend to see life through human eyes and perceptions. What of other species on other worlds? How do they see life? What are their perceptions? What about those on other worlds, who have experienced other species on other worlds? Has their outlook matured, deepened, become more complex and wiser? Of course it has.

Humanity is awakening. Early on its path compared to what lies ahead. And humanity is not the first species to go through this, to continue to go through this. Now, the scientific community limits these excursions into the Larger Life, physically, with time and space perceptions. But your True Nature is far more capable and can be anywhere, anytime, and demonstrates this in small ways in daily living without you understanding what is taking place.

The Larger Life is never far away. It coexists with every reality. So where does that so-called ‘first step’ come from? Yes, it comes from the True Nature. Sneaks in, so to speak, to the consciousness of the moment with an insight, a seed thought, a wondering fed by a desire to know.

Yes, an explorer, a discoverer, a finder, but the quest never ends for there is always more to understand, experience. A grand adventure into the nature of everything. Namaste.

128. Freedom to choose

Aug. 13, 2019

JANU: Choice, then, aptly stated is a driving force in the fulfillment of destiny for anyone's journey through life. The power of choice is insurmountable, but the questions arise: Where is the wisdom in making a choice? What are the motivators? What are the possibilities of outcome? And what other choices are triggered by any choice?

Decision-making is based upon available information and understanding but shaped by emotions, preferences, life patterns, foundation building on perception, perspective. How does one move through these, beyond this, to enhance choice making? Desires play a role here, but preferring the truth to self-deception and denial, choosing integrity or the honesty to see more clearly, the freedom of perception unbiased, open-mindedness and a love for freedom to fulfill potential. Many reasons direct choice unconsciously.

Sanity enters the picture. How sane are your choices? Are they in harmony with anything? Does experience enhance discernment? And, does one listen for the truth within from a consciousness of their True Nature? Yes, one considers the lives, the experiences of those around them, but they are not the final choice-maker.

No matter the choice made, learn from the experience. See it for what it is. Grow wiser. Understand the process. Have confidence that life continues, no matter the choices. Always another opportunity to choose again, on some level. Always having freedom to choose. Namaste.

129. More on the power of peace

Aug. 20, 2019 B

JANU: Welcome, again, to an understanding as to the true power of peace, the path to understanding the resolution of every challenge, every confusion, every disturbance in the flow of life. Peace reconciles, brings balance to conflicts. The life patterns that are generated when not at peace perpetuate the challenge, for they are reactions to this and they return to the challenge, perpetuating conflict, disturbance. Peace restores symmetry so that understanding is part of the foundation for resolution.

Peace is a life pattern that creates a scenario of cooperation, eliminating the need for frustration, anger, and the damaging blame game that brings joy to no one. Allow others to feel at peace about cooperation, where all parties find agreement and move on without regret.

Being a peacemaker is described in this way. True power, not the apparent power of conflict and anger which brings no joy or harmonious resolution. Experience the true power of peace and observe its benefits. See everything in this way and far more will be achieved on the journey of life. Namaste.

130. Fundamentals of awakening

Aug. 26, 2019

JANU: Each so-called individual True Nature is an immense repository of experience and wisdom, but these repositories coexist as do the Natures of each being. We are speaking of more than human being here, many species, many worlds, many realities. All of life coexists. Life is rich with diversity beyond imagination. Its destiny a collective of destinies beyond number. Each so-called individual is the Family of Life. In the larger consciousness, species or types of manifestations do not limit the size, complexity and collective nature of the Family of Life.

The Earth human experience is but one of countless others. The distance or seeming isolation between worlds is not unlike the veil protocol while incarnating. It allows for individual creativity, experience, evolution, growth, without conscious

impingement. But individuals eventually evolve beyond this limitation as they mature and their own veil dissipates, no longer needed, you see.

In elevated larger consciousness, there is no distance between cultures and worlds, for consciousness is not limited to time/space. Awakening, then, you see, reveals life beyond imagination, beyond limitation, diverse and miraculous, rich beyond words. Yes, even these concepts are fundamental to awakening. They are only the beginning. Namaste.

131. Access to resources

Aug. 29, 2019

JANU: The theme is accessing resources. This principle applies in all realities, but the effectiveness, the subtlety, the nuance of access varies greatly. In the Larger Life, the consciousness beyond time/space, the process is more instantaneous, multi-leveled, more subtle in nuance, and is applicable to more levels of reality, including the physical life. No longer perceiving life as one reality separate from another, as does the incarnate perspective, but more a perspective of complex coexistence without barriers or limitation, without secrets.

Protocols, yes, but all achievable. For all that life is infinitely diverse, it is just as equally ordered, protocols of existence and relationships. This is why we stress the power of peace over frustration, anger, any sense of deprivation or lack. More a sense of abundance, accessibility, confidence. This applies in all levels of reality. The deeper truths are revealed in this way, as one becomes compatible with, in their consciousness, their natures of existence. The truths we refer to here are as they exist.

Let us be clear then. The enormity of this perception of reality need not dissuade approach and acquisition. All that is needed is available, but in a manner not to overwhelm. Just as all of life is processing reality, so is growth and understanding and relationship a process. Patience and peace are a strong foundation for evolution in consciousness, expansion of identity, and effective co-creating. True power versus apparent power. Namaste.

132. Experiencing unconditional love

Aug. 29, 2019 B

JANU: Love is being employed in a much larger and profound way than most understand. Entire being open to accepting the true nature of love that binds everything into the symmetry of existence. Compatibility of coexistence. The expression of all potential. Allows for instant communication, conscious union, co-creativity, and embrace of the Larger Life throughout the being.

Love is the source of forgiveness of personal regrets, self-condemnation, perception of wrong-doing. Love is the healer, for it is in harmony with Life itself. Love is a living presence, a liberating experience bringing peace to the consciousness, and allows for profound peace and the true power of that peace. A worthy reality to experience ever more fully. Namaste.

133. Understanding the Earth experience

Aug. 30, 2019

JANU: The human experience includes linkage to the consciousness and reality of the Earth, for is not the body, the physical body, made of the Earth and other energetic coordinations as well? Many abuse the planet, consume its resources without thoughtfulness or consideration, disturb its peace with wars and weapons, and find confusion in its violence of nature, weather, physical movements. Is it not wiser to understand, relate to, have empathy for what the Earth needs, of which your body is a part, for balance, survival, continuation, well-being?

These qualities are relatable to mental and emotional health, function, evolution, as well as the subtler bodies involved in the human experience. And your own True Nature, your own spirit, is connected to, at one with these realities, for everything coexists. What can you point to that is completely separate from the rest of life? The collective of life is extremely wise, rich with patterns of experience, memories, creative expressions, relationships. Awakening to these with direct experience enriches your existence and your contribution to everything you touch.

Life is in motion, always. Live in harmony with this natural flow of life. Find peace through this, awakening into genius, the full measure of the reality of love and all of its qualities. Love who and what you are as Life loves itself. Namaste.

134. Oneness and diversity

Sept. 2, 2019

JANU: Oneness, then, a subject little understood by many. It belongs to the category of being best described as coexistence in the presence of the one Life. Life itself, you see, is an example of this, for all the realities of existence, even beyond the physical life, coexist as one Life but many.

What is oneness, then, but a unified reality of diversity? Diversity of expression, destinies, moment to moment change. Even consciousness is in motion and coexists with all others. Love and compassion cannot exist only in one individual without being part of the potential of life expression in all others.

Many perceive only differences, but not their root cause or being. The awakening process reveals this more and more. The question has been raised before: Awakening to what? The rest of life, to oneness, connection with all of it. One's purpose or meaning in life is not isolated from another's.

They're all part of the puzzle of life, the picture to be seen and understood, contributed to, participated in, and the scene is in motion, always changing, always renewing, always evolving. For all of life has potential, our brother, to be realized. And this is a process, even beyond time/space.

There is no end to the depths to be plumbed in exploring this reality. And isn't it wonderful that this is so? Be at peace. Be in motion. Be awakening. Be realizing your potential and connecting consciously with whatever interests you. Experience more and more of life and absorb the wisdom that that offers. Namaste.

135. Love is the teacher

Sept. 2, 2019 B

JANU: Simply stated, then, the reality of love is little understood. It transforms everything into harmonious relationship with the flow of life. It is life's outreach to all of its creations. It is the vehicle of communication through revelation of understanding, the vehicle of rejuvenation, the peacemaker. The true power of love (LINK) brings equilibrium to the forces of creation. Endless is the diversity of its nature. It is your eternal friend with no judgement of any kind. It is the foundation of continuation. It is the teacher. Namaste.

136. Diverse and unique destinies

Sept. 9, 2019

JANU: Arrangements proceed along the lines of your current experience at oneness, a collective or composite reality of multiple realities, identifying as a composite being, a holistic perception of existence and presence. Let us reach then into the possibilities of such a living condition.

Being at peace is enhanced by being conscious as all that you are, all that we are. Dwell in this reality, to the point of it being natural and comfortable and constantly

available. In time, you will observe life and your own existence through this composite reality of perception. It is becoming the default, so to speak, way of living.

Each one chooses their path of awakening, their timing, Each one's experience is only an example to another of one of many possibilities. Each one's True Nature is the true inspiration, is the teacher. This understanding of unique destinies is fundamental that speaks to the diversity of life, which is part of its strength, its substance, its continuation. Namaste.

137. True Peace is accepting all of life as it is

Sept. 11, 2019

JANU: It is true, the nature of peace is being at one with everything as it is. And its "isness" is dynamic, ever changing, ever creating, ever re-creating. The nature of love includes this as well. Be at peace with everything, all of life, as it is. In this perspective, in this reality, all can be known and experienced without judgement, condemnation, or interference. Appreciate every part of life for what it is. It is being what it chooses, and that is changing.

Appreciate others, and by 'appreciate' we mean observe, understand, and love them as they are. Not too many role models in your experience for this perspective. Life does not find fault with you. Why would you with it? This is True Peace, a powerful reality for it reveals the depth and breadth of everything. Live this way. A powerful way to live life. Namaste.

138. Life is perfect as it is

Sept. 12, 2019

JANU: Welcome to a meeting of the minds, for we are in agreement that life is perfect as it is. And so are we, as we are. Life has unlimited potential, as do we. Evolving, awakening, creating, re-creating, all of it is life in motion and has been successful. Life has been successful always.

Now, limited consciousness may find fault with this or that, wishing things were different, but that's a small perspective, very limited. For all of these observations are of elements of life in motion, changing, re-creating, influencing each other, realizing potential, gaining wisdom through it all. There is no fault to be found here. Life is. You are.

Opportunities for experience and wisdom-gaining and service are constant, beyond number. So where does the perception of a missed opportunity play a role in this Larger Life among so many opportunities? Time constraints are a limited point of view, as is the sense of isolation by way of distance. Consciousness is not limited in this way.

All of life is as it is, changing, evolving, filled with a love that perpetuates everything. Every element unique yet all one, for every element of life, every expression, is life. Each uniqueness speaks to the collective strength or presence of life. So, whatever your interests, your focus, your involvement, your concern, choose to see life as the essential nature of it all. Namaste.

139. Aging body--still a youthful adventurer

Sept. 17, 2019

JANU: We are enabled once more to continue to promote the ongoingness of life and its true nature. Incarnate life is beset with a sense of time, beginnings and endings, time progressions, loss of opportunities, inadequacy, and unattainable distances. What we speak of here is the Larger Life, which understands all of these and experiences them through incarnation and observation, but also has the perception of eternal life, ongoingness, new adventures, patience not understood by incarnate consciousness, and judgement-free relationship with all of these.

Timelessness is a threshold in consciousness, challenging at first, but it puts life in a perspective that accepts a freedom to explore many realities without urgency or competition of any kind. There will always be more opportunities as even they coexist. Life is not limited to a linear path, straight line empire building. It is the coexistence of all realities, with opportunities of collaboration. Allowing your consciousness to open to these larger perspectives of existence, of life, opens the door to experiencing the richness of life.

So, as the physical body ages, the consciousness does not. The richness of life continues. The body benefits from these excursions of experience and understanding, for the mindset of aging is through physical identification, not identification with the True Nature and the Larger Life. So continue to be an ageless youngster, exploring and anticipating more to come. Be at peace. Namaste.

140. The nature of all realities is energy

Sept. 19, 2019

JANU: The fundamental of coexistence is energy. Energy with many patterns of coexistence, the physical being one but *only* one. So any existing behind the veil to consciousness perceive the physical life as solid and material. This is a property of the energy essence of physicality, a parameter of existence. It is not its nature. Its nature is energetic, as are all of the subtle bodies, coexisting, interrelating, mutually influential.

Conditions in the physical are no more permanent than in any other reality. All of life is subject to change, manipulation, co-creation. So are the energies of physical existence. Disturbances in the physical are energetic disturbances. They can be brought into balance, re-energized, rejuvenated. Diseases are energetic and have their own relative existence and can be focused, redirected so that the integrities of individual expressions of reality in the physical can be maintained and they can fulfill their destinies and potentials.

No longer see maladies as permanent or inalterable. Neither is the lack of perception behind the veil. All of these are energetic in nature, subject to change, redirection. Everything is possible, under the right conditions. Choose to grow in this direction with wisdom, guidance from your True Nature, and a growing conscious relationship with true peace. Namaste.

141. The joy of exploring the Larger Life

Sept. 19, 2019 B

JANU: This life you have reviewed, of the one called Shivapuri Baba,* is a wonderful example of being at peace and growing in consciousness, absorbing wisdom beyond one lifetime, but also serving humanity by giving counsel to others from around the world who visited his hovel in India. Still vital and relevant and conscious at 117 years old. A life committed to, dedicated to expanding his consciousness in the direction of his potential and the Larger Life. Journeyed on foot for thousands of miles to visit leaders in different countries, obtaining private counsel time where others were not invited.

Each one has the potential for wondrous journeys. Choice, commitment, dedication, sincerity, and the joy of discovery and sharing with others is available to everyone. Life is rich beyond imagination, just waiting to be explored. Time and space is not a limitation to journeys in consciousness and direct experience, although time and space are part of the larger reality of life.

Follow no one. Learn from each other. And choose the direct path within to explore all of life. Find peace in this, not understood by many or experienced but, more than this, embrace the wonders life offers. Namaste.

**For more information see the book Long Pilgrimage by John G. Bennett*

142. The blessing of awakening

Sept. 23, 2019

JANU: Performing the tasks one has assigned to themselves in this sojourn bears the responsibility of enhancement as a service. So, how does one then become a focus or a messenger of enhancement into the lives of others and their world? This is due to performance, the qualities of consciousness attained.

What a delicate and intricate nature of life that we all journey in! Everything from the obvious to the most remote nuance, coexisting, intertwined, finding equilibrium so that integrity is maintained in all of these. It begins by performing as life does: allowing 'isness', without judgement, condemnation, characterization. Just allowing. But from the allowing comes revelation as to nature, the nature of everything, including one's own being.

It is interesting to observe when an element enters an arena as a light of reality attempting to perform what it has gained. Those to see, who can see. To leave memories of the performance to be explored another time.

Awakening is. Its diversity of expression, realization is unlimited. The blessing of awakening takes all of this into account. The wisdom of Life itself is the distributor, the caretaker, and the enricher. Namaste.

143. Stay in motion with a fluid consciousness

Sept. 25, 2019

JANU: Exactitude is an imprecise reality, for the nature of life is flexibility, interaction, diversity, randomness and order as an experiment in determination. So, the call to attend to life and its situations is fluid at best. As the wind is constantly changing direction, and going in multiple directions at the same time, so are life movements. Circumstances come and go, as do eddies in the stream.

So hanging on to any moment in the life for any reason flies in the face of flow. Change is constant. Life continuation is constant. Remain in motion. Remain flowing. Otherwise, the most productive and natural involvements can be missed. Trust in the wisdom of life, the omnipresent intelligence, the moment by moment consciousness, grateful, of course, for every experience. Stay in motion with a fluid consciousness. Namaste.

144. Love is the great teacher within

Sept. 26, 2019

JANU: Laudable, then, is the understanding and embrace of the universal nature of love. It is common ground, common virtue, for everything, for all of life. It's the peace regulator; it supports peaceful harmony with the essence of all of life. It knows no bounds or time limit or limits of space. Space exists within its purview. Even the so-called 'Big Bang' was loved into being. The energies of existence, creation, destruction, the power of all of these is loved into existence. So, in that sense, love is the source of all of these powers.

Loving each other, placed in this perspective, brings integrity and balance and, through these, realignments, rejuvenation. This is indeed a larger view of life that brings clarity of perspective, reveals the truth of everything, transcends limitation, and is the great teacher within. Namaste.

145. Consciousness as all that you are

Sept. 26, 2019 B

JANU: Coexistence, then, means just that. The veil gives the illusion or impression that incarnate life and the Larger Life, the True Nature, are separated in some way. They are not. You exist holistically while an incarnation is an added dimension or element of

experience and consciousness. One does not need to leave the body to exist spiritually. One already does. Most are not conscious of this, and this is why awakening serves you.

As the veil dissipates, one's identity expands to include all that they are. That includes incarnate consciousness as well. The beauty of this journey is the destiny that unfolds. A complete consciousness as all that you are deepens and broadens not just the understanding of existence, but the embrace and experience of relationship with more of life. Awakening is natural, individual, liberating, empowering.

Life 'as it is' is life as you are. One does not have to create what one already is. Just become conscious of it and live life in a larger way. When one loves oneself as they are, it is natural to love others as they are, free to enjoy the journey of destiny supported by one's potential. And even that evolves, you see. Life is rich, and so are you.

146. Coexistence, a key element of awakening

Sept. 30, 2019

JANU: The coexistence of Life and its elements is a theme of understanding that is central to awakening to the Larger Life. The human mind, dealing with life behind the veil, is not conscious in this way. A major change in consciousness through awakening is this understanding that all of life coexists. Unique properties existing all through the body of life, each with their own integrity but each coexisting with each other. This is the beginning understanding of the nature of life and the nature of your own existence.

In this larger way of consciousness, there are no secrets, but there are protocols of engagement in order for integrities to be maintained and evolve. Life loves all of its existence, loves itself, you might say. Each one awakening moves in this direction as well, loving all that they are. Peace is experienced without regrets, disappointments, frustrations, or sense of lack. These are some of the elements of ignorance, where in this nature of each one there is so much more to be discovered, realized, and evolved. Coexistence, then, is a theme of exploration, even when exploring one's own nature. A good place to begin, you see. Namaste.

147. Individuality and coexistence

Oct. 2, 2019

JANU: Talk of super powers makes one wonder what to believe in, what is possible, what is only fantasy. Conscious union is a super power, but only in the sense that the veil has hidden this from most people. Times have changed. Awakening is occurring, not as a function of time but as the evolution of consciousness.

One may ask, "What is the benefit of the veil experience? Why would one agree to it?" The answer lies in the larger life of the individual. Another blessing of awakening is revelation. The veil is an opportunity to explore intimately incarnate life, which is a life expression, without distraction. Identifying as such brings intimacy of experience, which is recorded in the larger Nature and so enriches the larger consciousness.

This does not mean one is isolated completely from the Divine Self, the True Nature. Urgings, inspirations, subtle guidance still occur, even with the veil. There even occurs a time when one is called home, so to speak, sometimes leaving incarnate life, and others awakening while incarnate. There is wisdom to revelation and what is revealed and when, for this is not the first experience of the True Nature, of the total being.

A growing respect and confidence in the incredible wisdom in all of life. Individuality, being alone to any degree in the journey of life, is a very limited point of view. Individuality is only part of reality but it has a purpose. It fosters a sense of individual responsibility, dedication, commitment, honor, integrity. But with this collaboration, cooperation, came partnership, community, as the depth of the integrity of individuality.

Can you not see the wisdom in this? It speaks of wholeness, balance, the strength of diversity. Individuality is real but exists within a much larger reality, all coexisting and mutually beneficial. Together we are strong, in a larger way. Namaste.

148. Larger understanding of the Rapture

Oct. 2, 2019 B

JANU: Rapture is a term used by many while describing being risen into what some call heaven. Some forms of this exist but mainly due to preconception and limited understanding. As we journey during these attunements, they are journeys of experiencing the beauty and the peace and the wisdom and the power, the liberation. A completely natural experience, a tradition of varying nuances and experiences best guided by the larger reality of who you are, the Divine Self, so to speak, which includes the consciousness experiencing incarnate life.

This is not a one time event. It is a process of unfoldment into the Larger Life that is always changing, evolving, realizing potential, gaining wisdom and capability to help enrich life. This experience occurs whether incarnate or not, for even in the discarnate existence life is evolving, a reality in motion. While incarnate, these journeys in consciousness bring perspective and wisdom to awareness, dispelling ignorance and limitation. This you have called 'awakening' and it is.

All we have spoken of coexists. All one need do is put their attention upon their True Nature and the Larger Life and the connection grows. Love this into being. It is your heritage. It is your destiny. It is who you are. Namaste.

149. Together we are strong, no matter what

Oct. 14, 2019

JANU: Supposing for a moment that the rest of humanity were fully awakened to their True Nature. What would life be like, in incarnate life? Yes, there would be peace, for a while, but then dissatisfaction would arise at the lack of struggle, the lack of challenge, the lack of the mystery of life in terms of co-creating. Manifesting your needs without building anything does not foster wisdom through experience. Where would be the diversity of incarnate exploration, the discovery of why life functions as it does and the grander functions that can exist?

The veil does not produce disharmony. The veil only blocks memory. The veil demonstrates the reason for conscious union, the coming together, the coexistence, the quest for collaboration, and the understanding through experience of disharmony. So, you see, from one point of view, awakening as a goal is not the only magic in life. It is one path of many, and all paths of overcoming challenge, of different destinies are part of the richness of life.

So, as you look about you at the whole gambit of society, individual and collectively, the magic of this is that it compounds discovery, continuation, fulfillment of wonder. Not something to be eliminated but to be realized. Awakening, then, to be seen in a different way: the diverse fulfillment of life's potential. That is the magic and the beauty of living. Even though not conscious fully of all the Larger Life, all of life is one and cherished.

The True Nature cannot be lost. The expressions of potential in any realm come and go, but the wisdom, the magic, the beauty of life flourishes. Inspire others and yourself to be successful no matter the interest or endeavor. And what does success mean? It means fulfilling potential, potential of wisdom gaining, enriching life, diversity. Together we are strong, no matter what.

This has become a new series/category of its own: Together we are strong

150. The conscious emergence of the True Nature

Oct. 28, 2019

JANU: Emergence is that which dominates in the quest of many for a better life, for happiness and peace, for understanding, for enlightenment. The emergence of the True Nature, consciously, into the human experience, otherwise called awakening. Now, the desire for this is not the human ego alone, but the whole Nature. It always has been. Understand that this quest for emergence has always been present, since the beginning.

Loving the experience into the consciousness is a key to realization. Human consciousness tends to perceive their circumstance is initiated, controlled, changed, modified, developed solely by the human ego and consciousness. This is only part of the story, you see. The True Nature is the overseer, the initiator, the realizer, the potential for a structured existence and evolution. Loving your True Nature is loving who you are. And who you are loves the human consciousness as well.

So, awakening, you see, is a normal reality but not common yet. Not to the point of being conscious of it by most. Everything in your existence, your experience, is enhanced by awakening in a manner that goes hand in hand with your particular evolution in consciousness. Allow yourself to perceive life as it is, as it can be, as it was, as clearly and fully as your current perceptions allow.

Add consciousness to your human experience. Love it into ownership. Find peace, wonderment, joy, the thrill of discovery, anticipation of more, the fulfillment of all desire for a fuller life, which includes enriching life. Enrich each other by way of this. Be patient but engaged. Dream always of a larger life, a deeper life, a more meaningful one. Namaste.

151. Life has many wonderful gifts

Nov. 25, 2019 B

JANU: Forecasting gloom and doom has become a growing concern among those without larger vision for human potential and its future. Rightly so are the needs of those to contribute to society the reality of the generosity of life, its forgiveness, patience, love, wisdom, and tradition, evolution and enrichment beyond time. What we spoke of earlier, in terms of peace and forgiveness, helps to cement, if you will, the gifts of life into the experience of those who live it. Each one travels along on the heels of another when without vision and the conscious wisdom and insight of their own True Nature.

Humanity is not alone in this quest, this scenario of evolution and discovery. For human consciousness has a heritage of many beings not incarnate, many with a history of connection with incarnate life on the Earth. It is difficult to understand how the seeming chaos of society, unenlightened as it is, clears the way for enlightenment and the richness life has to offer. But it does, by way of experiencing the results of the chaos and learning from these. Humanity will still have challenges and struggles, but with different face, you see.

When one tastes honey for the first time, the memory of the experience is strong and natural desire for more is compelling. So it is with the experience of bliss, true peace. This is why moments of joy are shared. The journey of kindness is one of many that enrich others. Continue with these and namaste.

152. Exploring consciousness

Dec. 27, 2019

JANU: Exploring consciousness is exploring the presence of life in everything, every reality. Yes, even past, present and future. Life exists. Human conscious is one thing. Animal consciousness another. Earth consciousness another. Solar consciousness another. Solar system consciousness another. Light, the Truth of Life, is conscious. If this

be so, what possible relationships can exist consciously between human consciousness and everything else, everyone else, every reality? The so-called modern magicians who manipulate matter are exploring this consciousness. Some are aware of the dynamics, the reality of that relationship. Some less.

Human potential of experiencing consciousness of their species, of their environment, of other realities moves beyond personal identity to cosmic consciousness. Many would ask, "How does one begin this journey?" By understanding their own, exploring it, experiencing its capabilities and its presence, by experiencing its response to desires, interests, questions, wonderings, observations of life around them and the interactions. Patterns after patterns of life in motion.

Questions are a powerful force. They are part of a mind that is opening, considering possibilities, experiencing something new. Revelations of truths behind current perceptions. Nothing fixed or locked but everything in motion in ways yet to be understood. Connecting with every part of life, every part of creation in a more intimate way. Being aware of something is one thing. Being aware as something is quite another. Identity shifting, expansion, even progressing to the point of no identity at all, opens the consciousness to the rest of life. Start your journey by asking a question on a subject of sincere interest, and listen, knowing that an answer, a response, already exists. Namaste.

153. Embracing a rich future

Jan. 3, 2020 B

JANU: Looking forward, then, to the future, one can see this reflected in the current potential of humanity, which includes potential of the incarnate being.

There is coming a time when brotherhood, unity, cooperation, collaboration, mutual benevolence, will explore the richness of life and its potential and become an inspiration for other species and other worlds. The reality of this already exists in different ways on other worlds. Resources, natural and otherwise, will be regarded as life's blessings, to be honored and respected and made efficient use of. Improved conditions of well-being, peace of mind, happiness and joy, wonderment, anticipation, and goals realized will change the human condition into one of greater health and well-being.

Humanity's potential is still a healthy experience. Focusing on these things more and more leaves little room for doubt, despair, and confusion which disturb the balance of energies, the harmony and symmetry of existence, leading to disease. The future and its beauty are hard to perceive when focused upon the opposite. So taking time, now and then, to put one's attention upon the beauty of life to come is a great healer.

Let us do this together. Be filled with these things and the system, the energetic system of the life that you are, will be harmonized in preparation for manifestation of potential. Life is in motion and always will be. Focus on its potential and be part of it, consciously. Namaste.