

Almine's Answers to Your Questions

Q. I don't seem to be dreaming at night, or at least not remembering my dreams. I also find that I feel more tired during the day than usual and my physical body has lots of aches. What is going on?

A. To answer you properly, let's take stock of some of what we have accomplished so far since the Earth's ascension began in 2005:

- We have successfully gotten rid of the major six perpetrators that have plagued cycles of life for eons - they simply no longer exist. The magnitude of this accomplishment is a source of gratitude for me every day of my life.
- Earth's historic and epic journey through space and the cycles of the Fall have been described in *The Gift of the Unicorns*. And there has been a re-emergence of the many lost kingdoms and the gifts they held.
- During the last week of August 2007, the earth changed planes of existence, rising with a huge jump in frequency.
- The genetic codes of all life have been re-written to reflect a more complete evolutionary expression, raising all life.
- The magical Orders of the Earth have been established on the Earth and 129 sacred libraries have opened, activating the higher functions of areas of our brains.

These are enormous steps forward. Each of us who have, as the major lightworkers on Earth become the pivot points of creation, have worked diligently throughout the nights. This

means that you do not dream as much and creates the feeling of not being able to remember what occurred at night.

We have been working with other timelines and different planes of existence during the past few years, and the work has left us exhausted in the morning. This, in large part, accounts for the symptoms you describe, as well as the detoxifying of the body as you rise in frequency to accommodate these changes.

Q. Why have so many people been experiencing accidents lately?

A. For a short while, at the end of August 2007, we lost much of our electromagnetic shields as our matrix changed into a whole new one and we ascended into a higher plane of existence. During those times doubts, old belief systems, and negative thoughts tended to manifest more quickly - even those we are not fully conscious of but may have been planted in the mind by a movie or television.

Q. You have said that healing modalities that heal with energy are no longer effective. Why do they still seem to work? Is it one's belief that makes them effective?

A. Anything that relies solely upon energy, or energy associated symbols will not work, since opposite energies repel as of the cosmic pole reversal. If, however, a practitioner of a modality which does rely on energy has great faith in it, it will. The reason is that faith is a light-based form of healing, which, as we have stressed in all our discussions of Belvaspata, is very effective at this time.

Q. With so much to accomplish within each day, and with time still seeming to be speeding up, how can one best prioritize and be efficient?

A. The linear prioritizing that we did before is changing. Things we used to see as insignificant may now become key issues of the moment. Thus, as we write our tasks down and underline which ones need to be done that day, stay very alert and aware because a seemingly insignificant event may contain your next step. The rule of thumb for all life right now is 'flexible structure'.

Q. How does one get into the flow or alignment you seem to be inferring with your previous answer?

A. By living in eternal time, which means living without opposition to life, as opposition to life pulls us into linear time. If we are living with full awareness of the moment, we are living in eternal time. It is there where all things reveal themselves.

Q. I imagine this would entail a certain degree of gratitude.

A. Gratitude is the result of living with full awareness of the moment.

Q. It seems to me that the way we currently achieve abundance is somewhat backwards. Those with greater awareness seem to some degree dependent on those with less awareness to sustain themselves (for example, through selling their products and services). Would it not be a more accurate expression of Mother for those with more awareness to simply be given abundance, severing any dependence on others' receiving it?

A. Mother has written in The Book of Life¹, that this be so. If we can let go of our previous belief systems, this reality is available to us.

Q. In The Ring of Truth you discuss how, since the change in polarity in August 2006, opposite energy and matter now repel each other. What makes something an opposite energy or matter?

A. One example would be where the twelve pure pairs of physical expressions are expressed in one body, whereas in another body, they are not. This would produce opposite physicality and energy.

Secondly, bodies can hold memories of illusion, unresolved issues, unexamined areas of living, trauma, etc. A body such as this, versus a body of someone who has done their work of self-examination and learned their lessons, would be considered opposite.

A third consideration is that the holding of old patterns of illusion also produces toxins. So, there is a large difference between how toxic some bodies are versus the body of a lightworker who has cleared his or her life. This would also be opposite matter.

Q. If negatives like 'not' and 'no' do not register in the subconscious mind, is there ever any reason to use them?

A. Negatives do not register anywhere at all, including in drawing forth the necessary awareness to create the circumstances of our lives. Awareness is, in fact, 'the substance of things hoped for' spoken of in the scriptures. It is one of the building blocks that form

¹ The Book of Life is written about in the Book of Revelation in the New Testament. It determines reality as the Mother and Father write in it.

the circumstances of our lives. It responds only to affirmatives. Some think that because only positives register, negatives are harmless. Unfortunately, a person says the opposite of what he means when negative words are present. For example, “I am not nice” will register, instead, as “I am nice”. The danger of negatives is, therefore, that it produces effects opposite to those intended.

Q. How can we discern when someone’s lower consciousness is part of the Divine Plan rather than it being part of the Divine Plan to help that person raise his or her level of perception?

A. In August of 2006, all the unknown portions of the Infinite’s Being (illusion) were solved. The very purpose of life, turning the unknown (illusion) into the known (light) through experience, changed. At that point, the purpose became to reflect the divine attributes of the Infinite Mother of all life as fully as possible through our own. Up until that point, many lightworkers lovingly and knowingly contracted with the Infinite to take on certain blind spots in order to lower consciousness so that we could mirror to others involved in the contract, certain portions of the illusion. Some of us deliberately volunteered to become perception givers so that the perception getters could solve certain portions of the mystery. In that instance, it was our duty to get the lessons they were mirroring as rapidly as possible, thus helping them to get off their treadmill. It is now different. It is the birthright of every being who has earned the right to be at these higher levels into which the cosmos and the earth have been ascending since February 2005, to live at their highest possible levels of perception. Deliberately

taking illusion as part of our service, is no longer required. We've all been helped off the treadmill.

Q. I generally feel inclined to study far more than I meditate, not only to satisfy my mind's desires, but also to build a repertoire of knowledge and symbols for more refined communication with Spirit. Do you feel it is in my best interest to continue following this inclination until it changes on its own or to choose to spend more time with meditation? Is there a healthy balance you recommend?

A. Overbalancing into meditation will cause as much stagnation of growth as overbalancing into study. Our ascended mastery realms are a very good example of this. Until 2005, when the Infinite Mother of all life changed these realms, they had stagnated into beingness and expansion. At that time, She said that the only place as stagnant as the ascended mastery realms, where the ascended masters had over-polarized into the light, was what was then left of the remnants of our underworld, which had over-polarized into the dark. Growth stops when we are only in beingness. Therefore, it is important to pulse between doingness and beingness, which applies to your question.

Balance is not equilibrium. Equilibrium is that moment of perfection before growth continues on its way. Growth comes from dynamic balance. All that grows at optimum levels needs to pulse between the positive and negative poles of existence. As you reach higher levels of Mastery study, however, can be replaced by direct communication with the Infinite. It has been more than 8 years since I have read any book, yet I am producing increasing numbers

of books through automatic writing. This is because my mind has been silenced for information to pour through. This combines study and meditation.

As you silence your internal dialogue (the method is explained in *Journey to the Heart of God*), you become a master. This means that you can have a fresh stream of knowledge from the Infinite, rather than the regurgitated teachings of those still trapped in their world of ego identification. Many students end up feeling disenchanted by spiritual teachers because they have been led around and around a fish bowl in which the teacher himself resides. At this point, it is time for them to graduate to a teacher who has left the fish bowl.

Q. How does one overcome the pain of the past?

A. There are two ways. The older, linear way which, although not entirely obsolete, has yielded to a higher way, entails gaining the necessary perception to help you understand why you volunteered for that specific role of being the one injured. In many instances, the major light-workers have agreed to play out certain illusions that have plagued human kind for a very long time. Gaining the perceptions changes the perspective for all, if they choose to embrace new vision. The Mother of all Creation gave me the following as some of the oldest forms of illusion in existence:

- The illusion of being valued by appearances (money, image, looks, etc.)
- The illusion of being able to belong (to a group)
-the only constant is flux

- the only place we can belong is in all-encompassing Oneness
- The illusion that any true victimization can occur
 - that any harm can come to one without them co-creating it
- The illusion of wishful thinking
 - seeing the exterior and interior reality the way we want to see them rather than the way they are
- The illusion of fear of our vastness/greatness
 - causing us to pretend to be small in order to fit into this illusory reality
- The illusion of aloneness
 - the result of thinking the exterior world to be more real than the interior one
 - all live within us

Understanding our roles in bringing the drama of illusion to a close (which occurred in August 2006 when all unknown portions of the Infinite's being were solved through experience in material life) makes us very willing to have gone through what we have experienced. The pure sacrifice of lightworkers volunteering to solve these issues through past ages, has minimized the suffering for those of lesser consciousness by millions of years.

The second way, that has recently become a far greater way of change, is to understand that the past and the future just recently blended into one moment due to a cosmic event that took place. Living the moment by putting in good and beautiful experiences and walking a path that makes your heart sing makes

everything change, both in the past and in the future. In other words, a moment well lived, can change the past and the future.

Q. How do we discern whether to embrace negativity (I imagine this means allow it to come and go) or to not allow negative thoughts and feelings to enter our being as some teachers advise? Is there a time for both approaches? Am I creating a distinction where there really isn't one?

A. In August 2006, the polarities within the cosmos reversed themselves necessitating, among other things, new healing modalities because some of the old methods no longer worked (for this reason the Mother gave Belvaspata which heals with frequency and light). Suddenly opposite energies started repelling each other. Before that, opposite energies attracted, this meant that light-workers were often surrounded by deceit and dysfunction masked behind smiles.

Since that time, opposite energies repelling have created a situation where compassion is now something entirely different. It means that we no longer have to be associated with those of lesser energy as a means of 'saving' them. The highest form of compassion we can now exercise is to surround ourselves with relationships that reflect who we are versus who we are not. In essence, it is no longer the highest choice to remain in situations where negativity is directed at us.

If, however, we find ourselves in a situation where someone is acting negatively in our environment, another method is used -

helpful in relationships with younger children, where we cannot just walk away.

Negativity can be a source of energy, which in turn can enhance consciousness. The key to using negativity as an energetic source lies in the stomach. Many masters no longer need to eat, but the stomach still serves a purpose of digesting negativity into energy. Imagine the negativity entering your stomach and being tumbled like laundry in a washing machine until it turns into pure energy. As you practice this regularly, you will find negativity producing fewer undesired results in your physical form. If it is overwhelming and you cannot digest it, the principle of conductivity is applied. Allow it to flow through you as water flows through a pipe.

Q. How do I treat unwanted thoughts that enter my mind, when I don't even know if they are my own?

A. The answer to this question has more than one tier because more and more of us are picking up the thoughts of others in our environments as though they were our own.

- The first tier is to determine whether those thoughts are our own or someone else's. The more silence of the mind is behind our everyday living, the clearer it will be whether these thoughts are ours. Slowing the pace of our lives enough to be able to take the time to see whether we originated the thoughts is important. Making notes of things to examine later is helpful when we are in the middle of work that cannot be interrupted.

- If we determine that the thoughts are our own, the nine steps of recapitulation (mentioned in Journey to the Heart of God) are used to extract the necessary perceptions.

If they are not our own, there still may be a reason why those specific thoughts are accessed by us. Our entire environment answers our questions day by day; we have to but know how to read it. As a good beginning, see if the theme of those thoughts pertains to any portion of your life that needs to be examined. If you have indiscriminant abilities to simply hear others' thoughts, allow them to come and go like the waves on the surface of the ocean while underneath it all you remain in stillness.

Q. I am studying sexual/spiritual techniques in which it is advocated during oral sex to swallow the man's semen for the enhancing of life force and energy. What is your opinion about this practice?

A. The body fluids during sex act as telepathic communicators for hours afterwards. In other words, the semen will communicate to its owner what it picks up from its environment. The ideal is for the fluids of the male to stay in the vagina for at least six hours. In this way, the love existing between the partners is being communicated and their essence shared. For semen to be put into the extremely harsh stomach acids is highly detrimental to the male and causes messages of distorted frequencies, resembling cancer, to be broadcast to his prostate. It is definitely not advised. Whether it benefits one partner or not is, therefore, beside the

point. One cannot benefit at the expense of another - all life is interconnected.

Q. Are you then suggesting that oral sex is not advisable? Do sexual fluids always transmit telepathic communications of their environment, even if a non-living environment?

A. Not at all, I was merely referring to that particular practice. Yes, it does, but water, even if it has to be a toilet is far less hostile than stomach acid, which is caustic enough to eat its way through a rubber tire.

Q. How can I draw more energy into my life so that I can enjoy life more and give more praise, love, and gratitude to the Divine Mother?

A. Until early in 2007, the cosmos consisted primarily of the four directions: four vast frequency bands as described in *Journey to the Heart of God*. These frequency bands consisted of uniformity, socially lived as tribal life; diversity within uniformity, which entails codependency versus the dependency of the previous band; total diversity, as lived out in Western societies and expressing independence. The ideal was then to create a more advanced way of interacting together, unity within diversity, which is interdependency.

About midway through 2007, Mother eliminated the first three bands of compassion, or frequency bands, as reality within the cosmos. The growth in these bands was too slow. Unity within diversity as a vast frequency band of Creation was kept. To this, Mother added autonomy, which is diversity within unity and implies

being of one heart, even though each person pursues his or her own dream. Unity within diversity has one ideal, or one vision, while everyone brings different expressions to it. The third band to be put into place was Divine Sovereignty.

Understanding how to work within these bands is the key to all the energy one may need. At this time, Divine Sovereignty is a way of relating which is meant to be lived between all of Mother's creations and Her as their primary relationship. Our first and foremost place of comfort, love, and energy comes from having Mother, who created all life, as our primary relationship.

How this is cultivated is by taking four to five weeks to learn how to bond with Mother in this most sacred relationship. To be in this relationship is a never-ending source of power and energy which rejuvenates the body and replenishes life: the key to immortality.

When I first adopted my little girl, I carried her on my back during most of the hours in the day for three months. At other times, she sat on my lap. I wanted her to grow used to my frequency, to know of my love and the care that I am constantly prepared to give her. In other words, we had a bonding period.

Take five weeks to bond with the Divine Mother, to establish this never-ending source of energy and consciousness. Take twenty minutes in the morning to listen to music that makes you think of the most glorious divinity you can possibly imagine. This is the Mother. Play inspirational CDs in the car on the way to work. At work set a timer for every hour and half to two hours and when it

goes off, take five minutes to think of beautiful things on Earth and how they reflect facets of the Divine Mother - in the unfolding of a lily, see the purity of Her heart. See Her face in the glory of a sunset. At first, take the time to truly feel Her every few hours until her presence becomes a song of love in your cells. This is the true secret of immortality and a never ending supply of perception, energy, and power.

Q. I am confused about illusionary reality. As god beings, is our only task to focus on creating true reality and to ignore the false holograms? Do the perpetrators still have power to create reality?

A. We have changed the old to a new reality, but the old isn't there by accident. It has something to teach us before it will go away. That is why we should look instead within ourselves to see what is keeping it in place. The perpetrators are gone.

Q. What differences are there in the experiences of those who have studied with you for extended periods in the past and those who have attended your classes most recently?

- Students who have been with me for a long time have been able to accommodate the rapidly changing perceptions gained when working at the cutting edge of developing awareness - a tremendous achievement.

They have trusted in the unfolding process, though over the years truth has not always been palatable as that cutting edge revealed more and more of what is not.

- Currently, in every class we discern more and more of the deepening mysteries that reveal the perfection of what is. The

leaps in consciousness occurring among participants in Pods (or classes) are increasing exponentially. Not only the Masters, but many of the new students in my classes, change so dramatically at this point that even many of those who have walked this journey with me for years may find themselves at the same energy level as others who have only studied this work for six months.

Growth is no longer linear. It is exponential and that is why this scenario is playing out. After the tremendous elevation in consciousness that occurs in the classes, if participants do not change the dysfunctional parts of their lives that drain energy, their energy level will lower. Opposite energies repel. That lower energy could cause them to feel repelled by classmates who have maintained their energy levels.

Q. What has been the most dramatic change in the way you teach?

A. First, 'teaching' has become a misnomer. The work I do is profoundly enlightening, opening hidden gifts, providing information beyond our wildest dreams and bestowing tools to build an enlightened life.

In the past I have produced the esoteric information for my classes and they had to assist in understanding and interpreting it. This has reversed. Students are now bringing in the esoteric information. Their miracles and stories are starting to create my books. I am now providing the interpretation, much like fitting puzzle pieces into a picture.

In the most recent 5-day class, all participants became Masters (those who were not already) and entered into the silence of the mind. They were either speaking the languages, accessing information from the sacred libraries of Earth and/or receiving the written languages. To illustrate my earlier point about exponential growth, it should be noted that at least one-half of the class were first-time students.

Many of these students brought cameras to class. They took hundreds of inter-dimensional photographs of beings who manifested. As we watched the slide show of these photographs many of the static images changed before our eyes.

Q. What is the most successful way for students to stay in touch between classes?

A. Maintaining that flow of communication from class to class has been my deepest desire for many years. We are now beginning to see that fulfilled.

- As I noted, groups of students have begun to access and assemble information to be put into books. They share that information with me and I interpret and comment on it in return. This is frequently a daily exchange. Masters from all over the world are part of this effort.
- There is now a great deal of free information, regularly updated, available through YouTube, iTunes and internet-accessible radio. This information has multiple layers of meaning so that it is equally valuable to both novices and Masters.
- I share high points of my journey through periodic emails.