

## FAQ - Tools of Enlightenment

**Q.** You mention that feeling is only a reliable tool of discernment when all personal identification is gone. How do we know when this is so, and how do we discern the highest course of action in the mean time? I clearly use how I am feeling as a guide to discerning whether I am living impeccably (following my highest guidance).

**A.** Identification or labels are gone when the mind is silenced. To my great surprise I recognized recently, having lived for years knowing that I was a being as vast as the cosmos having a human experience, that that was also a form of personal identification. My being extends beyond the boundaries of the cosmos. That a vacuum exists is but an illusion. In every, smallest portion of space, there is only the one Infinite Being expressing as the many. Understanding that we are everywhere, far beyond the cosmos, is our second form of losing personal identification. I suspect that this never ends and that there is no point of arrival in shedding personal identification. However far we can see, there is always a distant horizon beyond that. Therefore, purging ourselves of identity so that our feelings can register purely and clearly, is ongoing work. Since August of 2006, opposite energies are repelling. Things that worked before and associates that seemed acceptable may now cause body truth (such as nausea) to tell us otherwise. The body will respond negatively by tightened muscles, etc., to opposite physicality and energy in its presence. What was hidden before will have a very difficult time escaping these detection tools. The core advice would be to slow your life enough to be able to pay attention to the feelings of your heart as well as the reactions of your body, telling you what no longer serves your highest path.

As for weeding out feelings that are tainted with unresolved issues, ruthlessness with self in determining your motives, is the only answer.

**Q.** Your website used to carry Merkaba material. Is the practice of spinning the Merkabic fields around the bodies not a good thing to do?

A. The actual configuration of the Merkabic field has changed as Mother removed the linear transference of information as part of ending duality. The field now consists of dense sub-atomic particles - building blocks of existence. There is nothing to spin; She has furthermore removed the ability for any spiritual practice to do unintentional harm. They just won't work.

Q. Has Mother made any changes to our beautiful mineral kingdom during the ascension process?

A. She has indeed. The minerals have a direct affinity with the chakras in man. Those chakras have changed and so have some of the minerals. Additionally, Mother has restored to Earth minerals that had been removed by members of alien races. In the near future we will know of at least two minerals not previously present on Earth which Mother is bringing from other planets.

Q. How do we allow our innocence to be open and receiving when we have for so long kept this part sacred and hidden?

A. You do it every day. First in the safety of your home among those you trust, then with your light family and finally, with the world.

Q. Why is there a screening process for access to the video clips on one of your website?

A. The 'screening process' is in no way a determinant of someone's worthiness. Rather, it gauges their familiarity with the terms and concepts of the teachings. The site in question is the only one where those teachings can go to a much deeper level because the background of terms and concepts does not need to be defined or clarified.

Experience has taught that when someone feels confused by a body of information, they tend to blame the information rather than the fact that they have not acquired the foundational knowledge. Therefore we ask that those requesting access to the site have read at least one of my books. This introduces them to terms such as 'assemblage point', 'the bands of compassion' or 'the sub-personalities of man', all necessary to understand the ongoing development of the information.

Q. What is the best way to stay connected to Mother and Father? I desire to feel more at peace during my daily life and more able to function during work hours in a state of contentment. What I have been doing, as the easiest way for me, was to actually set my alarm for every two hours at first, just to remind me to stop whatever I was doing and pause for several minutes to really feel Mother's presence around me, really connecting to Her as my eternal energy source.

A. That will certainly make your light grow!

Q. I have been feeling that, actually. I highly recommend this practice. What else?

A. Take 10-20 minutes in the morning and 10 minutes at night before going to sleep and put on music that reminds of the Divine. Just focus on the being that gives us all life, the Mother that has become as One with the Father. Then set a time for every couple of hours and take a few minutes to reconnect. If you do this for three months or so, it becomes like a song in your heart. It will be there constantly.