



CRIMSON CIRCLE

ADAMUS



THE (NEXT) SERIES

"SPIRAL EXPERIENCE"

Presented to the Crimson Circle • June 4, 2011



The (NEXT) Series



SHOUD XI: “Spiral Experience”

Presented to the Crimson Circle June 4, 2011

Featuring
Adamus® channeled through Geoffrey Hoppe
assisted by Linda Hoppe

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The (NEXT) Series



Shoud XI - “Spiral Experience”

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I Am that I Am, Adamus of very Sovereign Domain. Welcome to our gathering, dear Shaumbra. Welcome to the energy of this group – all of you here in this Canyon Hall, those watching in from around the world, yes, there you go (he looks into the camera) – greetings, welcome.

Let’s take a deep breath together as we start our day.

I’m going to need a glass of water, and ... just a glass, no water. A clear glass. Afraid I might break it?

LINDA: Yeah! (laughter)

ADAMUS: I knew you would be, my dear, and that’s why *you* broke a glass last night. Hmmm. Ahhh. Ahhh!! (laughter) So that I didn’t have to do it today.

LINDA: I’m so glad I could assist you.

ADAMUS: While I’m waiting for my glass ... and I’ll have coffee, no sugar, cream, please. Ah, thank you. (Suzy brings him a glass) Thank you.

LINDA: Thank you, Suzy.

ADAMUS: So, dear Shaumbra ...

LINDA: You’re going to regret it, but thanks.

ADAMUS: Yeah. Today, we're going to play a little game while we talk. Would you like to do that? (audience responds, "Yes")

LINDA: As long as there's no health safety issues.

ADAMUS: The game is quite simple. You see, you think that you've come here to be filled with something. You think that you're low of something. (he's pouring water into the glass) Is that about half? You think that you're low of something, so you think you've come here to this gathering to get filled up.



Ah! *That* is an illusion. That's a grand illusion, and this is how most people go through life – constantly trying to get that glass filled up, constantly trying to get a little abundance, a little love, a little nookie, whatever it happens to be. (laughter) Constantly trying to fill that glass. Then it gets lower and lower, and you have to go back and get it filled somewhere else. That is not the way things really work. If you would hold that for me please. (handing the glass to Linda)

The game we're going to play today is this. (Adamus draws a spiral on the board)

LINDA: Curly hair? (someone in audience says "Spiral")



ADAMUS: Spiral. This is what it's all about – the spiral. It's not about filling the glass, constantly having to replenish it. It is about the expansion, the constant spiral.

So what we're going to do today – we'll play a little game if you want to – we're going to evolve today. We're going to spiral our energies today. We're going to blossom today. We're not just going to fill a glass; we're going to blossom.

So while I talk, while I give my dissertation – good or not good, it doesn't really matter. As a matter of fact, I could say nothing at all. (pause) I'm just seeing if there was any applause on that. No, good. (laughter) I could say nothing ...



LINDA: That was funny.

ADAMUS: That *was* funny. (laughter)
Humans, at least you can laugh.

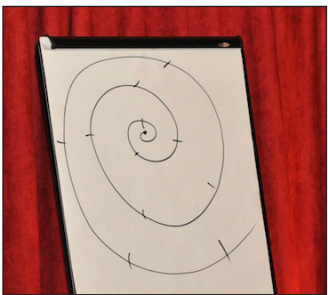
So the game is, today I'm going to talk. Oh, I have several things... I have a *lot* of things. We could go very, very late if we want or we could just go normal time. We'll have a GE – Guidance Energy (channeled by Kathleen Loughery) – join us later, and we'll have a round of “Answer that Question” and see where that gets you ...

LINDA: Uh-oh.

ADAMUS: ... or us. Dare they ask? Dare they ask?

So as we distract, as we talk, as there's this entertainment going on ... I hope you are entertained, yes? I'm thoroughly entertained, Sart. (laughter; Sart is wearing an angel costume)

As we go through the spiral, we're going to take little pauses. You might not even notice them, but a little energy pause. Tobias called it a Point of Separation. It means when you kind of shift, you go to that next cycle. So as I go through the topics today and as we go through each question, we'll be taking just that short little pause, almost



undetectable, so we can keep that spiral going, and we're going to take these throughout the day. (he draws little marks on the spiral) And when we're done taking these, you're going to walk out a little bit different. You're going to *think* that you learned something. Probably not. Probably not. Oh, I may tickle your memory, but you're really not going to learn anything. But you're going to hopefully *experience* something.

You see the spiral here. Have you ever seen a very large building and it looks like it's rounded – either totally round or fully round? It's really not. That building is made up of a series of flat stones or glass panes, and it gives the illusion that the building is round. But it's really not.

The illusion of the spiral is much the same. You go through life thinking that you're here right now (he draws an “x”) and that you're taking this path and at the end

of the afternoon, you're going to be over here (he draws a line to another "x"). Not at all. You're actually in this beautiful spiral, an expansion, an evolution of yourself. You're not filling any glass – I thought you were going to hold this (to Linda) – you're not going to fill any glass, because that's the old pattern: Fill it up a little bit; it gets depleted. (someone gasps as he pours it out on the floor) Oh, it's just water. (laughter) You knew I was going to that. You thought I was going to do it right on your lap. (laughter) Ahhh!

LINDA: He's done that.

SHAUMBRA 1 (woman): I know he has!

ADAMUS: So, absolutely. (he picks up a different drink) This is some power drink. That would be very sticky, so we won't do that.

So that's the game. We're going to talk for the next hour and a half or so, and just stop thinking. Let go. Allow it to happen.

Deep breath. Spiral number one. Point of Separation number one just happened.

Current Energies

Next ... don't think so much! Next. It was an intense few weeks, and it's not done. Well, I would say we're about 40 percent through, Pete. It was very, very intense.

You know I was going to do this. (he takes someone's hat)

SUSAN: I brought it for you.

ADAMUS: Yes. (he takes out some crumpled newspaper that was in the hat) Anything good in the paper? (laughter) Were you assimilating that, absorbing that, as you wore the ...? (laughter) Very interesting way of reading the newspaper – put it in your hat. (he puts it on) Next time a little larger on the hat or I'll get a channeler with a smaller head. (Dave takes a photo) One more. (he takes another one) Okay, good. Thank you.



See, dear friends, a distraction ... eh ... (he looks at Sart wearing the angel costume) What the hell?! (laughter) An illusion! (more laughter) If I died and went to heaven and saw you, I would turn and run the other way!! (laughter) Of course, look, here's Cauldre wearing this silly hat!

LINDA: Come here, Sart. Come on. Just take front and center. Go for it. You deserve it.



ADAMUS: Beautiful. Thank you.

SART: Hello Shaumbra! (audience applause)

LINDA: One scary angel.

ADAMUS: Distraction number two. Take a deep breath.

You see? My point today is it's just that easy. It's just that easy. It doesn't take all the thinking. No processing. We'll talk about that in a moment, but the end of processing.

So this last month, very intense, and we're about 40 percent of the way through. How are you handle ... oh, I shouldn't ask. How are you handling it?

SHAUMBRA 3 (woman): Great.

ADAMUS: Great. I knew that. I can see the twinkle in your eye.

Dear Shaumbra, I want you take a snapshot of yourself in this moment, because never have the energies on Earth been so intense. Never has there been such a transitioning of energies leaving, new ones preparing to come in. Never has there been so much stress on the system. I am actually surprised. If I was a betting angel, I would have bet that things would have snapped by now. The rubber band of human consciousness has been pulled so tight, so tight, especially these last few weeks, and it's going to be pulled more.

Now, there are some who are helping to relieve it, actually. Actually. They're in the news. They're ... I don't want to say they're doing sacrifice sinning for you, but in a way they are. Sacrifice sinning.

LINDA: Like Edwards and Schwarzenegger? (laughter)

ADAMUS: So you read ... *their* life suddenly goes to hell, you read about it and then you go, "I'm so glad that wasn't me." (laughter) But it was you, in a way. But part of what's coming up in the news actually is not the big heavy drama. Of course, there are traumatic things. The market is down lower than it's been all year. How low can it go? We may find out.

LINDA: Shame on you. Don't even say that out loud.

ADAMUS: We may find out. You have basically the economic collapse of Greece, soon to be followed by a few other countries. They're not calling it that. They're just saying that they're balance sheet is off a little bit. Well, we know when *your* balance sheet is off, that is collapse. (laughter) So they're being ... and I'm talking emotionally here, not even financially. (more laughter) So ... thank you. I have many barstools today. This is good. I don't use them, but I have them just in case.

So you have things happening in the news, particularly in a time like this – the sexual energy collapse, the Congress ... Congress ... (Adamus stops to look at someone who is dressed in a "pregnant" costume; as she invites him closer) No... no! (laughter) You know, the last time I did that I found myself incarnated back on the Earth. (more laughter) Right up the birth canal! Damn! I'm not going to fall for that old trick again!

So you have a situation with Congressman ... and please don't laugh.

LINDA: Weiner!



ADAMUS: Weiner. Really. You have Arnold. You have all these different things going on, the economic situations and everything else going on. I'm surprised it hasn't snapped. And you know what? I know you all worry about that. I know there is this ... oh, there is this old embedded fear, a very, actually, a very deep-seated fear, a terrorizing fear, "What if it all falls apart?" And I would like for you to stop for a moment and stop trying to shoulder all this. It's the old Atlantean thing. Ah, (he yawns) Atlantis. But you're still carrying it with you. You're still worried about "What if it all falls apart?"



What if it does? What if it does? Ah! You see, it's not going to fall apart like Atlantis, at all. There is too much – you could say – I'm going to call it here "light energy" that's ready to come in or that's just hanging around. Consciousness of humanity is actually quite ... it's in an interesting balance. You're not going to have the destruction of society in a physical way, but you're going to have the evolution of society in a very conscious way.

Consciousness, dear Patricia, as you know, consciousness is going to be the big word. Talk about megatrends. (speaking to Patricia Aburdene, author of "Megatrends 2010") Consciousness. People are going to start getting more conscious, and some aren't. And they may not continue on this journey on this planet at this time, and that's okay. They may go off, kind of on their own somewhere, but consciousness is the new rising sun here.

Conscious eating, I've heard you talk about, Linda of Eesa. Conscious living. Do you realize how many people live unconsciously? Mostly everybody. Mostly everybody.

Conscious abundance. That's a whole separate topic. Conscious relationships. Do you realize there is this tremendous overlay of hypnosis, which I've talked about, and yet Shaumbra you still tend to get caught in it. You still tend to get put down by it, but you're learning. You're learning. You're waking up. You're learning, right? Tell me you're learning.

LARRY: Yes.

ADAMUS: No I mean like you mean it, like you're learning.

LARRY: (a little louder) Yes.

ADAMUS: You're sitting, your arms are crossed, you can barely get the words out of your mouth. Are you learning?

LARRY: Yes.

ADAMUS: About what?

LARRY: I have no idea.

ADAMUS: About no idea. (laughter) Let me give you a hint. Consciousness!

LARRY: Oh.

ADAMUS: Consciousness. So let's stop, take a moment. We just – whew! – passed through another cycle here. Great. Oh, it takes so much to distract you.

Living consciously! Are you living consciously?



LARRY: No.

SHAUMBRA (woman): Say it ...

LARRY: Alright, yes.

ADAMUS: Yes. Really?

LARRY: Maybe.

ADAMUS: Maybe? You see, there is this haze – and I'm not picking on you, but you wanted me to. You wanted me to. There is a haze, and it's easy to get into. Don't blame yourself. Let me do that. (laughter) My funny slide. (asking for the laughing cartoon)

It's very easy to get caught in that, because you, my dear friend, you still take on things for others. You don't think you do, but you do, constantly, and that's going to put you in the haze.

You ... you ... oh, I'm just going to say it. Could I? You don't love yourself? Uh, yeah. Do you love not loving yourself?

LARRY: No.

ADAMUS: No? Why do you do it?

LARRY: Habit.

ADAMUS: Habit. Absolutely, habit. Perhaps a comfortable habit. What would happen if you loved yourself, if you walked out of here today absolutely loving yourself? Not thinking about it, but really loving yourself. What are the ramifications?

LARRY: Happiness.

ADAMUS: No, your life is going to go to hell for a short period of time. Absolutely. (laughter) *Absolutely*, because everything that you've set up in your life, the whole premise of your life is "I don't love myself, therefore, I'm going to stay unconscious and I'm going to let people keep feeding. I'm going to take care of everybody else but not take care of myself," even though you're in the role to actually be a Standard. And you're waiting for a swift kick in the ...

LARRY: Keister.



ADAMUS: Yes, and here it is. And you realize that you are speaking for everyone. ... for everyone. So if you walked out of here and you really truly loved yourself, absolutely, the life as you know it would blow apart. That is not bad, and I make the relationship here to what I'm discussing – this subject of humanity being stretched as tight as a rubber band.

But everything would change. Everything would evolve, and it would mean a clearing of old energies, stuck energies, and we've talked, you have them. But you still want to hang onto them, because there is an inherent fear, "What if I let go?" It's the old deep, dark abyss fear. "What if I let go? I'm going to fall into it." Then what little fragments that you have of what you would call joy of life, you may lose those also. But, dear Shaumbra, dear Larry, dear friends, I can tell you that it's a different time now. It's time to let go of that. It's time to stop thinking about it, to actually do it, to actually love yourself – hardest thing you'll ever do. The hardest thing *you'll* ever do – love yourself.

So, take a deep breath. Ah, we just went through about three levels right there. I know (to Larry) you just can't wait till I get back up in front of the room. (laughter) You're like, "Leave me alone! Go back up there! It's summer!" but I'm not going to because I'm having so much fun. And you are too.

LARRY: Thank you.

ADAMUS: Yes, okay. Deep breath. Whew!

See? We don't have to think about this stuff anymore. Uh uh. It's just letting yourself go through that spiral. And you, in particular, not thinking, not figuring it out, just going through that spiral. It is so easy. I'll explain it. Okay, thank you.

LARRY: Thank you.

ADAMUS: A big hand for Larry. (audience applause) Oh, I just wouldn't be Adamus if I didn't do things like that. The question is, when is it *your* turn?

So, dear Shaumbra ... (Adamus pauses to take a sip) Ah! Another spiral. It is that easy.

I'm playing with you today or playing 'with' you today, I should say. It is that easy.

I want to call for an end of all this struggling and all this mental stress and all of the makyo. It doesn't have to be that way. *It really doesn't have to be that way, ever.*

Angels and Aliens

I had the time of my – well, life is not a good word for it – the time of my sovereignty one week ago in Warsaw. I loved Poland and still love it. I spent a lot of time there, and in my last few years of solitude on this planet in physical body, I spent a lot of time in northern Germany and northern Poland. Why? Because of the land, of nature, of the energies there, I could commune with myself through nature.

I also spent a lot of time there because I was distressed at what was taking place in these other realms – the interference. Angels can interfere! Don't be fooled that all angels are good. You think ... (to Sart) stand up, please. (Adamus chuckles) That's a good angel! Yeah.

The angels ... you were an angel, and *you* got stuck. Some of the angels do get stuck, did get stuck.

As I told in our discussion last weekend (*Angels and Aliens*), there was this beautiful rock, now called Earth, that was set up as a place of evolvment. Evolvment comes

much more gracefully and filled with much more experience when you can get into physical matter on a planet like this. So when the whole planet was seeded ... there were angels, groups called Seeders, and they came here without physical body, but they seeded it with light that would bring life.

Then there was a group of Watchers who came, and their job was to maintain energetic connections between the Order of the Arc and Earth. The Watchers had a tremendous responsibility: Observe, monitor, help move energies, but do not touch the ladies or the men. Do not touch.

Well, the Watchers, some of them, just couldn't resist. Why? Because angels are sensual beings. Sensual. It doesn't mean just sexy; it means sensual – feeling color, feeling music, (someone touches him) feeling me! Angels love sensuality. That's a whole other channel about sensuality.

And you've repressed your sensuality, because you've been told it's sexuality. It's not. Sensuality is smelling your energy. (he smells someone) Oh! Yeah! Ohhh...



So, let's take another little jump here. Ah, evolving. Yes. It's all distraction, but a beautiful one. What would you be doing otherwise? Watching television?

So the Watchers couldn't help themselves, well, so they say, and they started to interfere, started to play in the dreams of humans who are now on Earth, and from the dreams were able to

do some interesting things. Eventually created offspring called the Nephilim, and those Nephilim are said to have been the curse of Earth. I don't think that's quite an accurate statement, but they certainly did cause a disruption. So we talked about that in great detail – all this interference. So what I'm saying here is just because a being calls himself an angel doesn't mean that they know any better than you.

We talked about the aliens. Uh uh uh uh uh. Why is it ... somebody tell me, why is it that ... (he sits down in front of Edith) you'll tell me. (some laughter) Why is it that humans give their power to anything and everything else? Why is it?

EDITH: I have no idea.

ADAMUS: Ah, I was afraid you would say that. Yes you do. Why would a person give their power to something else?

EDITH: Maybe it's easier.

ADAMUS: Including God ... including God.

EDITH: Right, right.

ADAMUS: And aliens.

EDITH: Oh, then they don't have to take responsibility themselves.

ADAMUS: Oh! You did know, my dear! You don't have to take responsibility! (audience applause) You can continue to be unconscious. You can continue to be ...

LINDA: Is that an Adamus Award?

ADAMUS: Three!

LINDA: Three.

ADAMUS: You're popular. I want to be a Facebook friend of yours. (laughter because Edith is active on Facebook)

EDITH: You're my friend always. I love you.

ADAMUS: So, yes, so they don't have to take responsibility. They can stay in the unconscious zones. They don't have to – Larry – love themselves. They can be asleep at the wheel – the big wheel of life right there. But when that happens, they miss – *you* miss – so much. You miss so much.



Breath; let's go through another little spin. Whoo! See how easy that is. Ah! Much easier than thinking about it. Ah!

Secrets?

I had an interesting question posed to me in Norway, perhaps one of the most interesting, one of the most profound, and one of the most irritating questions presented in Norway. The question was something like this, “Adamus ...” and this person was serious, by the way, “Adamus, what is the secret? What are you holding back? I know you are holding back something. What is it? What is it?”

Now, that was an interesting question because this person absolutely believed it. (Adamus takes a sip) Hmmm. Want some?

This person absolutely believed it that there’s something that I’m holding back – and if it’s not me, it’s some other being, it’s some book, it’s some Ascended Master – like we’re keeping a secret, like we’re holding back on purpose, like it’s a big carrot, like ... and there are some that would even say so that you’ll go to more and more workshops and classes and get addicted to going to those. I’ll tell you right now, you don’t have to go to a workshop or a class. You don’t need to. There’s nothing that you need to learn.

There are no secrets. There are none. That’s the secret – there are no secrets. There is nothing that we – me, any of the beings I work with, Tobias or any of the others – are holding back.

But it was an interesting question from the standpoint that it contained so much mental energy. This was a person, perhaps a little bit similar to you, that’s still trying to figure it out. That’s still trying to figure it out! Like there is this big puzzle and we’ve hidden the pieces all over hell and damnation and the rest of the universe



for you to try to go and figure out. Like we don’t have anything better to do than hide puzzle pieces! No, dear Shaumbra! That’s funny. Funny slide? Yeah, good. (laughter)

So it was an interesting question, but a valid one, because it’s like my glass of water. It’s like always having to get filled up every day, every week, every month with something, needing that fill-up.

Have you ever realized that in all the lifetimes that you’ve had on Earth, with all the fill-ups that you’ve had, that that glass must have a hole in the bottom, or

the whole illusion is faulty? And I would contend that the whole illusion is absolutely faulty, because it's not about getting refilled. It's not about some secret. It's not about trying to fill up and learn and then finally brimming over in some makyo bliss. It's about experiencing. That's all. It's about experiencing.



This person who asked the question obviously was not in experience in their life. They were obviously trying to figure this out. They've read a lot, I'm sure. Would bore you to tears if you had to spend a weekend with him. (laughter as he waits for the funny slide to be shown) Oh, this is a tough group, a tough group. Could I have one of those electronic devices so I can cue my own laughter? (laugh track cued)

So this person was obviously not in experience. They were in their mind. They were obviously filling glasses of water rather than evolving their experience. They were obviously in a type of energy where they didn't love themselves... (he is in the back of the room, being shown the button to trigger the laugh track) Now I know where it is! If you see me heading back here you know I'm going to be doing a funny.

But an interesting question – like there's a secret, like there's something being withheld. I guess the secret would be (a) there's no secret; (b) there's nothing to figure out, and the sooner that you get over that, the better. There is not a damn thing to figure out.

This “figuring out” thing that humans do, it's obsessive. It's disgusting. It is energy depleting. It's very archaic. It's a grand charade. There is nothing to figure out. There is everything to experience.

How often do you hold back from giving yourself an experience – experience to do something that might put pressure on you, that might get you out of your comfort zone, an experience to start a business, to do something crazy, to go on a trip? Some of you in this room have trips that you would love to go on, but you give yourself a thousand excuses for not doing it – you don't have the money, you don't have the time, you're afraid of going to some ... (to the “pregnant” woman) Every time I look at you. (Adamus chuckles)

SHAUMBRA (woman): I'm expanding.

ADAMUS: Yeah, you are expanding. Yes. Interesting... (more laughter) Would you come up here for a moment? You're a perfect example – of God knows what – but a perfect example of something. Somebody might be able to tell me. A perfect example of what I'm talking about here. You are obviously an adorable, attractive, beautiful, intelligent and very conscious being, and I mean every word that I said.



SHAUMBRA (woman): I agree.

ADAMUS: You agree. That's good. So you went out of comfort zone and dressed up, are having fun. You're having an experience. You're putting smiles on many other's faces, but you're letting yourself have an experience. And I commend you. (Adamus moves to hug her, then stops) Oh, I have to be careful. (laughter as she follows him and he tries to get away) I commend you. I commend you for being outrageous and for being able to understand the act of life, the fact that life is an act. Your identity is an act, and the moment you start playing around with it, it's fun. You'll go back home smiling, because you got out of here (head). And your 'here' is very good. You're very mentally astute, but you've balanced it quite well. Don't look at me like that. (laughter) Looks like you're going to beat the crap out of Cauldre.



She's willing to play and have fun and experience. And, see, right now her spiral meter is moving. She's not filling glasses of water that are just going to leak out some ... (lots of laughter as she adjusts her costume suggestively) So she's just spiraling ... (Adamus walks far away from her) Could I sit over here? (laughter) Or I think better yet ... (lots of laughter as he goes outside)

So she's expanding and spiraling. She's having a good time, and ... we just have to

know when to keep our distance here. So is it safe to come back in? (audience says “Yes”) I don’t hear that very ... (someone says, “She’s sitting down”) Okay, then ... alright. (he comes back in) Whew!



So, Shaumbra, ah, take a deep breath. We just went through a few more of these little things, a few more little spirals.

So there’s no secrets; it’s about experiencing life. And experience doesn’t have to be judged as – what would you say – good or bad. Ultimately, it’s all amazing, it’s all beautiful and it’s all expansion.

You don’t have to worry is it going to hurt or not. You know, first of all, hurt – pain – really comes from the mind. The physical body, without the mind telling that (he slaps David’s shoulder) it’s in pain ... Sorry. (slaps David again) It’s in pain ... (David slaps him back; much laughter) Ah! Ah! The body doesn’t know pain without the mind. There are no emotions without the mind. The mind is the center of your emotions.

Feelings – true feelings are not painful. They are fulfilling. They’re intriguing. They’re very sensual, but they’re never painful. A real feeling – the awareness and consciousness – cannot be painful. So Larry, what I say to all the Larrys in you, consciousness is not painful. You’re standing at that cliff, you’re standing at the edge of the abyss, or what you think is the abyss – it’s not at all, it’s another one of those illusions – and you’re saying, “But how much pain is going to come if I take that step, if I stop trying to figure it out, and if I stop giving myself reasons for not doing things that I would love to do?” There’s no pain in it. Consciousness has no pain. Isn’t that an amazing concept?

The mind, the brain, created pain. The brain created emotions – brain created painful emotions – but those aren’t real feelings. That’s not real consciousness.

So let’s take a deep breath ...

There are no secrets. Nothing held. That’s the mind clicking in, in it’s beautiful but kind of insidious way. That’s the mind clicking in saying that “There must be something to figure out.” The mind is programmed. It’s a little robot. It’s programmed to always figure out, and you’re letting it.

Over the last few weeks, in particular, when things have been getting stressful – and a lot of you are getting much better now not absorbing it as your own, you realize it's coming from elsewhere – but you still have the tendency for the mind to click in, to figure it out, to quantify what's happening. It's the way you've been operating for a long time.

It's About Experience



Imagine for a moment there's no mind trying to quantify, or at least if it does, it's like that damn fan that's going up in the front there. You just ignore it. It's there, but you just ignore it, ahem, to keep Linda of Eesa happy and cool.

So the mind has been doing that a lot – but particularly the last few weeks – clicking in, little messages. “What's going on? Is there danger? What do I need to do? How can I put all the pieces together? How can I figure out what's going on?” And you can't. You cannot. Can you be comfortable with that? Can you do that? It's not easy, particularly with a lot of programming. The mind shooting little messages, always having to analyze, box, package and store somewhere.

Can you do this (he points to the spiral), just take those pauses, take a deep breath and just allow yourself to evolve? Can you have an experience without trying to figure it out? I'll put it to you in very human terms. Can you have a minor car accident and not try to figure it out? (someone says, “Hah”) Ha, ha, ha. (Adamus chuckles)

SHAUMBRA (man): Thanks.

ADAMUS: Thanks, yeah. Minor, I said. Minor. See, what happens is you're driving along and somebody smacks you. Not real hard, but they smack you. Suddenly, you go into “What is Spirit trying to tell me?” Now, that's the brain. That's not your Spirit. That's not here. Suddenly, you have a part of your body that starts giving out, hurting, and you're like, “What am I doing wrong?” Nothing! You're just having an experience! Laughter, please. (laugh track)

You miss an appointment, and you try to figure out what's going on. “What did Adamus say eight months ago in,” you know, “page number 14?” It doesn't matter. You're having an experience. That's what it's all about. It's amazing. It's beautiful.

And the minute you get your brain out of that experience, the minute you stop letting your brain *control* the experience, I mean, it's going to be amazing. You won't care how many cars bump into you. You won't care about the aches and pains in your body. And when you stop focusing on them, you know what happens? There's no need for it. You ascend to a new level of experience. Pretty amazing. Pretty amazing.



So you could say that you've got this pattern going here right now of rather painful experiences, repetitive experiences, not very fulfilling experiences. How fulfilling is it right now, really, to have the aches and the pains? How fulfilling is it to be broke? They're experiences but once you let go or stop trying to figure it out, once you stop that mental activity, once you just spiral – whew! – without definition, without definition, now you're just into pure experience. It's a little unsettling at first, if you've had a thousand and 400 and some odd lifetimes on Earth trying to figure everything out, being mental. You're not used to it. There is a fear about it.

But, dear Shaumbra, in the coming weeks, especially as things get a little bit more stressed and a little bit more challenging, let go of trying to figure it out. Let go of all the cute little phrases and cute little words. Let go of the old habits and tendencies. Just take a deep breath, and if you do anything, visualize yourself in that expanding spiral. This is you. This is your life. This is your experience of life on Earth. It makes it *so much easier*.

I said a long time ago ... when Tobias left, I said no more processing – you're still doing it, but a lot less – because processing is mental. Processing assumes that there's something wrong that has to be fixed. What if there's not? What if you're just into old patterns of old experiences that you're really bored with now, but there's really nothing to fix?

Processing. Processing, you know, this mental anguish, this angst that goes on, this ... you know, it's filling the glass for a short period of time. It's putting a little juice in there, a little water or whatever, and it makes those who go for processing feel a little bit better. Haven't they figured out it's leaking somewhere? It doesn't stay in there. And then they pay a lot of money – a *lot* of money – for something that really ultimately isn't serving them very well.

Processing is a mental function. Processing is a form of experience but, again, very limited. Suffocating, actually. Suffocating, because you keep going back to the old crap, your old stuff. You keep going back and trying to God knows what – blame it on somebody, figure it out, put it in a perspective – and you can't! It was just an experience.

Furthermore, as I've talked about many times in this very room ... (he stops to grin into the camera) many times in this very room, the past is not really what your mind remembers it as. I won't go into that again.

Let's take a deep breath.

Let yourself experience life. Take a look at what you're experiencing right now. Are you enjoying it? If not, don't try to figure it out. Don't read another self-help book about what you have to do next. Take a deep breath and feel into the I Am. Or feel into nothing, because nothing is not nothing. Nothing is everything – that abyss. That abyss is everything and it's nothing. It's there, but it's not there. Well, let's not get too philosophical here.

So, dear Shaumbra, oh, let's do another spin here. Whew. Good.

You have been pushing through life. You've been pushing through life, and you know it. It shows up in your body. It shows up in your sleep. Life is like this big push, and every day waking up and seeing if you can push a little bit more, a little bit more. Some days you lose ground, it's pushing against you, but what is it you're pushing anyway? Makyo! Obviously. Makyo. You're pushing a big ball of makyo. You know how a snowball rolls downhill and gets bigger? Well, you're doing it in reverse. You're pushing a pile of crap uphill (laughter), and it's just getting crappier. It's getting crappier. It's what I call "push life." Life of pushing, life of climbing ladders, stairways, trying to ascend through efforting – and it doesn't work. It's an experience, but I know you're tired of it now. It does not work.

Life should not be a push at all. Not at all. Some of you have this weird thing. You think, "Well, I've got to do a little suffering, otherwise I haven't earned it. No pain, no gain." Can you say makyo? Absolutely! No pain, no gain. Who invented that?! People who make exercise equipment, obviously! (laughter) Obviously! Brilliant marketing, but it applies to life as well. You're told you have to work hard to get certain things. You have to study. You have to suffer. You have to go through all that. Absolute nonsense. That's the old trying-to-fill-that-glass-of-water trick. It doesn't work. Life should be brilliantly graceful and easy.

Dull Humans

We did something in Warsaw last week. We just said “No more.” No more. And we sang. We sang, “Hit the Road Jack.” We sang it to the angels, both sides of the angels, all sides, Not just to the dark angels, all the angels. No more! The humans there in Warsaw – they don’t need the angels anymore. The role of the Watchers and the Seeders and the breeders and all the rest of them is done! Is done! There should be tremendous applause coming. (audience applause) Thank you. (laugh track) Not laughter! Applause. (Adamus chuckles)

They were here for a reason a long time ago, before a thing called true consciousness was in place. They were here to make sure that you didn’t get absolutely lost on this planet, and you didn’t. You didn’t.



You’re here now. You don’t need the Cherubims and all the rest of these angel groups. And you know what? They’re pretty much done anyway. You know why? They’re tired of being angels.

SHAUMBRA (woman): They want to be humans.

ADAMUS: They want to be humans. Absolutely. *They* want to come in now. They’ve done their role in maintaining some kind of energy balance, making sure that you maintained these connections with the other realms, with the other parts of yourself, but it’s all old crap now. Angels are old. (laughter) And Cauldre is like chickenning out on that. No! What, are the angel people going to come after you and kill you, Cauldre?! (laughter) They’re angel people! (more laughter) They can’t! Unless they’re dark angels. That was kind of funny.

So Shaumbra, the days of the angels are done, because, well, they’re incarnated right now. They’re in physical body. They’re going through an experience in life, and they’re really right there. You’re right there. You just don’t quite realize it yet. You don’t quite realize it, but you’re really there. You live in amazing times.

Back to my point; humans are dull. Humans are dull. They truly are. They’re dull. Have you ever had to spend a lot of time with one? Oh my god! You know what they do? They process. They process and they talk makyo. It’s like “Shut up and be God also!” God doesn’t talk. (audience cheering and applause)

But they really are dull. I want to say that we did a little ... we had to do the polishing in Poland, the Polish polish I call it, last week – that was pretty funny, wasn't it? – because there was a lack of light there. Now, I'm not talking light versus dark. I'm not talking light as in your bulbs or even coming from the sun. I'm talking about one of the core things – not even energy, true light is not energy – in all creation.

Dear Shaumbra, working with Keahak in this next year, we're going to learn what light is, how to bring it in, how to use it and how not to be afraid of it. How not to be afraid of it! We're going to light up the lives. See, humans, they really are dull. In other words, they're encased in this, the physical. They're encased in here like it's some secret vault. They're dull. They are unconscious. Most humans are really, really, really, *really* unconscious. If you don't believe me, be conscious, go to the store, go the airport and just watch. And this is not a judgment. This ... Cauldre's getting upset. He says I'm judging humans. Well, yeah! That's why I'm here (laughter) to get things moving.

Let's spiral again without thought, without effort. Ahhhh! Ahhhh! Ah. Is it good for you?

LINDA: You're fabulous.

ADAMUS: I don't need to be fabulous. How is your experience?

LINDA: Fabulous.

ADAMUS: Good. Really? Camera, close up on that face. (laughter) She has to go home with him, so I can understand.



So, dear Shaumbra, they're dull! They unconscious! They're not aware. They're hypnotized. Absolutely, they're hypnotized and you know it, I know it, we all know it. So let's not try to sweep it under the carpet anymore. They are habitual. They're obsessive. They are really low in energy.

We went to Poland, to Warsaw, to put a little light, polish off the dust, get that inner light radiating a little bit. You know, they'll screw with ya if your light's not shining. Do you realize that? They will mess with you. They will take advantage of you. They will feed off of you if your light's not bright.

Who's "they"? Anyone. Your partner, your children, the aliens. Aliens are not really very bright. They're not. And as Cauldre told you before, they don't have the heart.

You know, I've never met a good alien that could laugh. Humans can laugh. You can cry, you can laugh. I've never heard a joke from an alien.

LINDA: There seems to be one in the audience.
(someone is playing with an alien puppet)



ADAMUS: An alien or a joke? (laughter) But here it's the other way around. It's the human manipulating the alien. (laughter)

LINDA: Ohhhh!

ADAMUS: That was really funny. (more laughter and some applause)

They don't laugh. They don't cry. Imagine that. They have a soul, yes, but it hasn't been into experience like yours. It hasn't *felt* like yours. Everything that you've ever done, what you would judge as good or bad, has just been part of the experience, and it's given you a heart. It's given you compassion, given you love. There's not a word for love in some of these alien languages. They don't use words. They use beeps – "Beep-beep, beep-beep, beep" (laughter) – figures. No substance.

Let's do another spiral here, a good time for it. Ahhhh! See, it's that easy.

So humans, basically dull, meaning that it's time to light the light – in you. You really can't do it for others, but when they see it in your, oh, imagine how inspiring that's going to be. When they feel it in you, they're going to realize that they really are dull, that they're really not being effective in energy usage.

I'd like to talk about it sometime in detail, but the way energy is brought in and used and consumed is really difficult, challenging. It's hard to be in physical reality, hard to be in a human form with the very old slow way of using energy. It tires you out, wears you out. It doesn't need to be.

Energy is very clean, very pure. It doesn't take a toll on you. We talk sometimes about bringing in large amounts of energy. You could bring in boatloads of energy, universes full of energy, and it wouldn't affect it – it *shouldn't* affect you – because

it's pure. But humans have got un-radiant, uninspired, dull and encased, and so therefore the process by which light and energy come into this reality is slowed down, is put through a lot of rigmarole, to finally end up in your Now moment. And it doesn't need to be that way. I don't want it that way, I don't think you do, and that's where we're going – into energy utilization, brilliant energy utilization.

When you breathe, you tend to radiate. It's taken years of the breathing, of getting you into it – some of you have really resisted it – but when you breathe, you start to radiate. You start to light up, and that's the reason most of you stopped breathing, because initially, yes, it's intense. Initially, it hurts. Initially, it brings up your crap, your makyō. It puts the makyō right in your face, so you say, "Oh, this breathing stuff is so stupid. I'm going to go find a lot of books and workshops and complex things and pretend that, you know, there's puzzle parts that I have to put together. I'm not going to do this stupid breathing. That's so easy. How could it be effective? I'm going to go out and suffer. I'm going to pay big bucks for enlightenment. I'm going to find a guru. Hell, I'm going to find an *alien* guru and pay big bucks to learn." So people stop breathing, because it hurts to light up.

You're learning ... you're doing, I should say. You're experiencing. You take that deep breath and realize it *doesn't* have to be difficult. It really doesn't. And you don't have to process your way out of wherever you were, wherever you are. You don't have to process your way out. Amazing. Brilliant. Brilliant.

Let's take a deep breath and let's do another spin. And that's how easy it should be. Really.

You could be riding your bicycle, you could be reading a book – not a self-help book – you could be ... ah, funny slide. (some laughter and laugh track) You could be doing just about anything. Ah, sleeping; what a great time to spiral, to expand, to evolve, to assimilate all these experiences into your core. What a great time, but no, during your sleep you use it for kind of the same purpose you use your everyday life – try to figure things out. There's a lot of wasted dreamtime. You're not going to find it in your dreams. You really won't, ever. I'm talking about your nighttime dreams. You're not going to find the answer in there. And I see some of you. You go out at night, you sneak out – you really do, you slip out, because you hopefully think that I'm not watching – you sneak out to go somewhere, to some altered dimension, to learn something and hopefully bring it back here. You're not going to.

A lot of the other time in your sleep state, in your dream state, you try to work

through the problems in this life. It's a big waste of dreamtime. That's why you wake up tired. That's why you wake up tired, because there's nothing to figure out! There's nothing to figure it, so it's just an experience. It's *just* an experience – an amazing one; it's a miracle, but it's just an experience. So don't go out there at night and try to figure it out.

Let's take a deep breath ...

What's Inside

It's been said – and most believe, or would like to believe, or think they would like to believe, or are studying their way to trying to believe, but it's been said – that “Everything you need is contained within. Everything is already there.” That's a lie. Oh yeah, yeah, yeah, yeah, yeah. It's a ... oh, I won't drink that water, but no, it's a lie. It sounded good at the time. It sounded great when Yeshua said it, and he actually meant it, but he was talking to you 2,000 years ago. Two thousand years ago it might have applied. Not now.

They say that everything is already there. It sounds good. You'd like to believe it and so you run around trying to find out – “Okay, where is it? If I already have it, where is it? Is it hidden? Is it a secret? Is Adamus keeping me from it? It's already within?” But you don't have it. That's the good news. That's the good news!

Now, I have to qualify this by saying I've not talked about this before and there are very, very few who are going to understand what I'm saying, very few. It will cause some to run. It will cause some to do bad things to Cauldre, but you understand now, and are ready to understand, the concept. There's nothing within. Absolutely nothing, and that's the way it should be. Consciousness isn't energy, isn't things, isn't abundance, is nothing. It's everything. Consciousness is everything but it has nothing. It doesn't need to own anything, including memories. It doesn't need to possess anything, including you.

Consciousness doesn't have its addictions. It doesn't have desires, doesn't have purpose or what you would call passion. Consciousness has no goals. It is that it is. I hate to even use words to define it because then you get mental and you're going to start trying to figure it out.

Consciousness is. Your consciousness is. You could say in human terms that it always has been and it always will be, but that sounds kind of old. It just is. It loves

the experience, and it doesn't hold onto or own the experience, not in the way that you think. In other words, it doesn't keep a chronological history of everything that it's ever done. It doesn't need to.

You could say that consciousness extracts the wisdom of the experience like you would take an orange and put it through a juicer and take that sweet beautiful part. Consciousness extracts the wisdom. It doesn't need the wisdom, doesn't have to have it, and there's no comparison from one entity to the other – "I have more wisdom than you have." Wisdom is nothing and it's everything. I'm sorry, but human words are sometimes not so accurate.

So David, your consciousness, it *doesn't* have all within. It's *not* all within. As a matter of fact, the pure consciousness doesn't need anything, but yet it has a way of calling out to energies, calling out to light, calling out to these things that are there to help it play, to help it experience, and then it brings these energies, not in, but kind of close by, and these energies, in response to the beauty of your consciousness, will align themselves. Consciousness doesn't need to align anything. Mind, brain needs to align. Consciousness doesn't, because it's already done in a brilliant way, in a perfect way, in a totally resonant, radiant and synchronistic way.

Consciousness will never own anything, will never manipulate anything, ever. You – you won't. There's this very old thing that has you efforting into your life, that has you pushing that makyo up hill more and more. You don't need to. You really don't. You don't need to. You don't have to discover anything that's hidden in there, because actually there's nothing in there other than consciousness, love, if you would. I don't like the word love, because I know too many of you were told that you were loved, and then suffered for it. So ... awareness, consciousness.

So henceforth, it is not all within. Henceforth, if you would like to experience it, there's nothing within other than the purity of the I Am. That I Am aligns everything in a beautiful perfect way. You've gotten so away from that, so out of touch with it, so trying to control everything about life, that the I Am in its beauty – it's still there, it's still resonant, still nothing – is letting the game go on, is letting *you* go on. So compassionate, saying, "Play the game if you want."

And it's up to you, Larry, and all the rest of you. As soon as you're done with the game, you let it go. Ah, it feels like you're going to fall into that active volcano and be burned in the flames of hell or whatever. But as soon as you let go, suddenly it all comes together. Not from here (head), but from here (heart). Suddenly, you realize "I Am that I Am. I don't need to have it all in here. I don't need to have secrets and

mystics and all the rest of that.” It’s so simple. It’s so simple. It’s so uncomplex. It is such a brilliant design from Source, from you.

You don’t have to work at anything anymore, really. I don’t want you to. Hopefully, you don’t want to, unless you like that game.

Start feeling yourself ... start *knowing* yourself as consciousness and only consciousness. Not even as all these past lives and all these things you’ve done, anything else. It’s the de-identification that we talked about over and over, letting go of the act. Now start knowing yourself, *being* yourself, as pure consciousness. It’s not all within. There’s nothing within and doesn’t have to be. That’s the beauty. It doesn’t have to be.

I know some of you will debate over this and waste a lot of energy. It’s about *experiencing* it.

So, as we kick off Keahak for the supporters, for the ninety-nine – this is indeed the kick-off – it’s not within. There’s nothing within except the I Am. That I Am, if you can trust that in yourself, brings in all the appropriate energies without effort, aligns them in the most brilliant way that doesn’t cause you any suffering, doesn’t cause you to pay for your sins, doesn’t cause you to have to play games and manipulation and energy. *It just is*. It just is. It’s such a grand way to live.

Very few have done that while in human form, very few. Many have tried. Many have not gotten there yet. Very few have ever accomplished that. There have been what you would call collective beings, brilliant masters, but they were a collective energy of groups, of people that have come here and done amazing things. But true souled beings like you? Very few.

Why is that? Why is that? I’ve wondered that so often. With the billions of people on this planet and billions of other entities in other realms, why is it that so few have done that? Why is it, Linda?

LINDA: We don’t trust ourselves.

ADAMUS: That’s a good one. You don’t trust yourself. I’ll take it one step further. Yes.

ALAYA: I believe we have a collective consciousness.

ADAMUS: Would you mind...? (Linda takes the mic to her) Ah, yes. You're going to get an award, and you haven't even finished the answer.

ALAYA: I believe we have a collective consciousness.

ADAMUS: *Yes!* Yes. That's two for the lady.

ALAYA: And it's very hard to disassociate from each other.

ADAMUS: Is it. Why?

ALAYA: Belief system or [acha] chords? Emotion for each other?

TIM: Disassociation from parents.

ADAMUS: And we'll do this with the microphone, so ...

ALAYA: Thank you.

ADAMUS: Yes. Cauldre didn't bring money today, so...

LINDA: Awww.

ADAMUS: Yes.

TIM: I has to do with the angelic families and our connectivities.

ADAMUS: Absolutely. Absolutely. So you combine these together. Why are there so few that have really gotten to that point of pure consciousness? Because you came here as a representative of your angelic families, and you still have that attribute, that responsibility is a large part of you. You are connected into mass consciousness of the planet, because you love the planet. So naturally you would be very connected to mass consciousness. Tobias started prying you out of mass consciousness, or prodding you out of it, several years ago, but it's addictive. It's sticky. It's hard to get out of.

Mass consciousness is not something that you can do just a little bit of or get a little bit away from. It's kind of an all-or-nothing, and it's difficult to make that kind of split.



And then on top of that there are those who profess the grand oneness. They talk about “You are all one.” Do you really want to wait for the last one to pass through that? No. No, and for a very good reason. They need you. They need to see your light. They need to see the walking conscious Master on Earth, otherwise they’re not going to come through. Otherwise, they’re going to stay back there. And that big oneness, that big Borg, is just going to stay stuck in its big drifting square in the ethers. (“Borg” refers to a collective portrayed in Star Trek)

So, no, no, but it’s very difficult to let go of the oneness, of the spiritual family, of the Order, of the commitment. That’s why there’s been so few. That’s why so many have turned back when they’re – what you would say – metaphorically within sight of the ascension, of the understanding, the knowing of the I Am. They turn around.

I bring all of this up today, everything that I have been speaking about, all of it and this, because, dear Shaumbra – let’s do one of these (spiral) again; a little stickier this time, isn’t it? yeah – because that’s kind of where you’re at.

You’ve done all of this – that big evolution – and part of you is not really sure if you’re ready. Part of you is not sure if you’re even ready to get out of that, because eventually you’re not on that spiral anymore. Spiral, you realize, is an illusion.

So you’re saying, “But what if, what if, what if? What happens to my children? What happens to my friends? What happens to my aspects? What happens to the planet Earth? What happens to the dolphins? What happens to the whales?” (someone laughs) I got one laugh. You get an award for that, yes. (laughter) I have to do laugh awards.

That’s where you’re at and that’s why we’re talking like this and that’s really what’s been happening today.

The mind is trying to fill in right now. The mind is trying to fill in ‘what ifs.’ What if you suddenly had the grand realization in this moment, it all came together; suddenly you’re a true Master and these energies just came flowing in, instantly aligned without efforting? Suddenly, you’re going to be very different than everybody else. A lot of people won’t like you. Look what happened to Jesus. (laughter) Oh now you laugh. You laugh! (Adamus chuckles) That’s where we’re at. That’s, again, a great starting point for Keahak.

Questions and Answers

So I am done with the lecturing. We're done with the spiraling. We're going to invite Guidance Energy through Kathleen to come on up, if you would. A big round of applause. (audience applause) Good. So now lets do a round of applause for Kathleen. (more applause).

(to Kathleen) Would you prefer this?

KATHLEEN: No, I'm fine.

ADAMUS: That's fine? Okay.

KATHLEEN: Thank you very much.

ADAMUS: So we're going to take a deep breath and let's all spiral together. Time for questions and answers.

And, by the way, I have to say I'm very impressed with Shaumbra questions lately. It's gotten much better, and really trying to get to a core understanding rather than just frivolous lifestyle questions. We've only had one grandmother question recently, and ... I won't go there on that one, but your grandmother is dead, if you have to ask. Do you realize she's just ... she's on the other side and she's having an experience. She's going to be back.

So take a deep breath everyone. Time for questions and answers, and this is where lovely Linda is going to take the microphone to the audience. You'll ask a question, and if you would, please stand up and ask that question in your big spirit voice. It can be any question that you want, and Guidance Energy and I will go back and forth, doing our very best to confuse you even more. (laughter)

So, with that, Linda, first question.

QUESTION FROM SHAUMBRA 1 (woman): Hello!

ADAMUS: Hello.

SHAUMBRA 1: I'm so excited to ask this question.

ADAMUS: Good.

SHAUMBRA 1: It's just like brimming.

ADAMUS: Yes.

SHAUMBRA 1: I have had several incidents that are fleeting, where I just know things that I don't usually know.

ADAMUS: Yes.

SHAUMBRA 1: For instance, my boyfriend works on his motorcycles, and I've never really understood the engines and how they work. But the other day, I just *knew*, and it was so simple to me, how it worked.



ADAMUS: Yes.

SHAUMBRA 1: How this two-stroke engine worked ...

ADAMUS: Yes.

SHAUMBRA 1: ... why he needed to put the oil and the gas – everything.

ADAMUS: Yes.

SHAUMBRA 1: And then it went away. But it's happened with other things too. I want to play in that. How can I play in that?

ADAMUS: Yes. Yes. Good, good, good question. And it's also an indication of what's happening with all of you. Suddenly, you don't need to read a book. Suddenly, you're not using your old brain. What's happening is this divine intelligence ...



GUIDANCE ENERGY: Do you mind, we're going to interrupt you dear! (laughter) Because the body we're already using is already in trance and had a panic attack and didn't know what to do in that moment. So we sent her away to the side here. In all due respect, *we* would like to answer the question.

ADAMUS: And where is Kathleen?



GUIDANCE ENERGY: The body we use here has agreed in what we call, for lack of better words, covenant. And the covenant exists in a way that allowed many types of human experiences that we prefer to say have been in the negative polarity rewire the body – we prefer to say calibrate the body – in such a way that it allows for this kind of transference of what we call presence energy. We call ourselves Guidance Energy only because we were asked to give a name, so why not? Yes? Sounds like a good one, doesn't it. Energy that guides, yes.

ADAMUS: Would Kathleen liked to come in a little bit closer?

GUIDANCE ENERGY: The body we use in this way maintains a level of consciousness, maintains a level of understanding. However, many of the things that are engaged here lie somewhat beyond the frontiers of consciousness that the body itself is acclimated to, as many of you here.

To answer the question, what is happening is that your body, dear one, is calibrating to a frequency to engage information beyond the frontiers of the mind. We call it the liberation of consciousness, where your consciousness is liberated to experience what it needs to experience since the mind will not judge what it knew before. Is this understood?

SHAUMBRA 1: Yes.

GUIDANCE ENERGY: And in this case, the body we use – and she doesn't like that term either – engages us in a dialog. So we dialog. And many times it asks us questions and we don't answer and she has a bit of a hissy fit, yes. However, the body we are using has incarnated, for lack of a better word again, to experience this kind of process and has willingly agreed to it.

ADAMUS: And Guidance, I know, as Adamus, I know that I know you, the group of you, and I cannot put my finger on it. You have a different resonance right now, but I know we and your group have worked together before.

GUIDANCE ENERGY: Yes, of course, because, you know, we've been known as other names as well, but we like this Guidance Energy. It's energy, which is really what is going to be moving into the understanding, and why not Guidance, yes?

ADAMUS: Very good.

GUIDANCE ENERGY: Besides at least we're not saying angels. (laughter)

ADAMUS: So you *were* listening.

GUIDANCE ENERGY: And, of course, when we say "alien" the body we're using has another bit of a panic attack, so we don't use that. So we're free to use the word alien and we're delighted, yes.

ADAMUS: And Guidance I do have to ask, with all due respect to my messenger, I love the voice. His is just regular, so what's behind the voice?

GUIDANCE ENERGY: The calibration. You have all understood that harmonics shifts physical reality. For example, this wonderful glass of yours, dear one, if we could bring in a tonal pitch, we'd shatter it in a nanosecond, yes? And so it is the ability of what we call spirit or in this case energy or consciousness, for lack of better words, as you know, dear one, to affect physical reality, yes.

ADAMUS: Good.

GUIDANCE ENERGY: Much like a tone or a pulse frequency would shift the nature of reality, would shift the physical manifestation of, for example, a glass, yes? So we choose a certain calibration in order to engage a service, if you will, to the human exploration here, which is connected to all of you gathered and in service to this calibration we speak of. Yes, dear one?

ADAMUS: Good. Let's take a deep breath, and do a spiral here.

GUIDANCE ENERGY: Ah, they're spiraling, aren't they!

ADAMUS: Yes. Yes they are. So let's go to the next question, and Guidance you take this one first, if you would.

GUIDANCE ENERGY: We intend to, dear one. (laughter)

ADAMUS: I knew that.

ELIZABETH: My question, speaking of aliens, is you share about the intruders, interrupters, and over the years we've heard about the Pleiades or Plei- ...

ADAMUS: Pleiadians.

ELIZABETH: ... Pleiadians and others, who had sent information various ways, which seems compassionate, loving. And my question is, are these interrupters



strictly every alien you speak of, quote, with that terminology – alien, Pleiadians - are they interrupters? Or what am I to realize from this new information?

GUIDANCE ENERGY: Yes, the interrupters. Good choice of words in that one, yes? We call them “the free will meddlers.” (laughter) The ones that meddle in free will, and what we offer as Guidance Energy is that free will is one of the greatest gifts of divinity – the ability to understand, as the entities call, the “I Am.” And so we call them the free will meddlers, which means that, for example, the body we’re using – are we meddling with her free will? Well, we better not! It’s a covenant. It’s an agreement. Understood, hmm?

You speak of the beings from the star system. We can only speak of those beings connected to the human beings that populated the planet in the earlier days of modern world that were closer to nature in their understanding of deification and ritual and ceremony. There are many names for them. We don’t like any of those names, so we won’t call them, but they are those who are known to be perhaps native to the lands in which they were living when it was not quite the modern conveniences of things you have now, yes? And in their understanding of such things, there was levels of service from entities and beings, and an understanding of consciousness in that way. And so these things were engaged then, are still engaged now, and may be engaged in the future. Does this answer your question, dear one?

ELIZABETH: Not really. (laughter)

GUIDANCE ENERGY: Your heart jumped a few paces on that, didn’t it? You were wondering what you asked in the first place, weren’t you?

ELIZABETH: I’m just not clear on that, because I think it’s probably hard for folks, and I used to delve into this about 25 years ago with people that were physicists and doctors, people from all over the world that were very bright would share information and these names were put upon these aliens. And some were reptilian and Zetas and bad guys. And some were Pleiadians – “play at ease” – and they

understood because they were compassionate and loving. So my question was simply, are they all without heart, those that I have listed?

GUIDANCE ENERGY: Dear one, we spoke here of your heart jumping a beat when we answered the question. Do you agree to that? Yes or no.

ELIZABETH: My heart ... if my heart jumped a beat, it's because it is jumping a beat because I'm asking this question.

GUIDANCE ENERGY: Absolutely.

ELIZABETH: Okay.

GUIDANCE ENERGY: And so therefore, if the heart is engaged, then there's an understanding that certain levels of the beings you spoke of – the heart is connecting in a compassion sense to it.

ELIZABETH: Okay.

GUIDANCE ENERGY: Yes? If we say, dear ones, all answers lie within, but it might take a really long time to pull them out, wouldn't it? So we say on to you, dear one, if you ask of something that is perhaps disembodied or alien – oh we like to use that word now – and your heart aligns, for lack of a better word, with the energy in a compassionate way, then therefore is that not your own guidance? Yes or no.

ELIZABETH: If I feel compassionate energy ... for example, we had a channel several years ago when Tobias returned who channeled ... I've talked with a lot of Shaumbra who said they felt beautiful energy from Wendy sharing the Pleiadian energies. They felt love – a misuse of that word perhaps – but they felt the warmth and compassion and vibration perhaps.

GUIDANCE ENERGY: And so therefore, as you feel that and your free will is already aligned with a benevolent loving energy, and therefore, your heart feels that connection, then you, dear one, know and are empowered within to know what is best. Agreed?

ELIZABETH: Agreed.

GUIDANCE ENERGY: And so answer the question, dear one. Do these beings you mentioned have compassion? Yes or no. Answer quickly.

ELIZABETH: Mm, oh my god the pressure! (laughter) I have felt beautiful energy from some of the channels from some of these entities.

GUIDANCE ENERGY: Humanity doesn't always get to experience beautiful energy, so we say on to you, dear ones, if you have moments where you experience it, allow it, and don't let the mind get confused as to what it is. And we turn it over to you, dear one.

ADAMUS: Indeed. (laughter as Adamus takes a moment to respond) Sleeping!

It is more about why do humans give away their power? There are beings in these other realms who have learned a lot, perhaps maybe not as much as the humans, but there's still such a desire to quickly, quickly turn it over to anybody who says they're from some other realm, to anybody who says they're not in physical body. When somebody dies, that doesn't suddenly make them great or all-knowing or all-seeing. So there are some beings who have tremendous compassion, but I put it back and say would you go to a doctor for something that's really causing you great concern with your physical body, a doctor who's never gone to medical school? Probably not. Would you get your advice from somebody who's never been on this planet, who's never walked in human shoes, who's never gone by way of Earth? I think not. I think not.

ELIZABETH: I don't think people are trying to worship ... my question was not relative, and never did I feel when I've heard this information given through one of these groups we've had, that I needed to turn over any aspect of me to their information.

GUIDANCE ENERGY: Yes, and we certainly weren't going to let you by turning the tables and making you answer the question, yes?

ELIZABETH: Fine, and thank you. (laughter)

ADAMUS: Thank you. And to follow up on that, an information exchange with some of the beings from other realms can be very healthy. But when humans – not you – but when humans suddenly put some of these beings on some grand platform, put them up on pedestal, that's when we have to say no, remember you, the human beings, are grand in yourself.

Now, next step, how do we start communicating with the other realms? And not from the standpoint of learning how to run your little life down here on Earth, not

from the ones who are telling you how shabby it is down here, not at all. But now from a place of true consciousness connecting out, because there are things that can be learned from these other realms. Thank you.

Next question.

MARIANNE: Oh, I hate to say this, but I've had an experience that I'm trying to figure out.

ADAMUS: Ah, good. Thank you for your honesty.

MARIANNE: So, I guess for the last eight months, you know, I've been involved in a relationship that has left me depressed and really angry lots of time. And, you know, I've been thinking I should leave, but when I leave I find I'm just as depressed and I end up going back. So on Thursday, you know, I had a big hysterical fit, packed my bags and drove here. So that's why I'm here with my bags packed. But as soon as my bags packed, I'm here, I'm thinking of going back. So, you know, you were saying about just enjoying the experience, which I haven't enjoyed most of it, and, you know, what is it that I would like to do that I'll enjoy. And I've never felt as needy as I have, in all my life, you know, that I've been trying to fill the cup, and all the things I've hated before I find I'm doing now. So what is actually happening? I am so angry at such an ... and you know ...



GUIDANCE ENERGY: So then we'll take this one, if you'd like, yes! (laughter)

ADAMUS: (laughing) Oh, I do! I do!

GUIDANCE ENERGY: Yes – we felt that one – because we love to talk about joy, and not just en-joy experience, but joy in experience, and power and joy in the experience. Well, how do you do that when it's a bit of a mess? And you're feeling it. We will say – and these things we say, dear one, we say them only because the language is, as Adamus over here will concur, is a bit challenging. And, you know, Guidance Energy, we say one thing, and many of you who know us understand we throw it out the window the next day. But the words we use here are meant in service to heal you, dear one, for there is a bit of healing required, and again, that word is overused and we do not mean it in the same way as it has been used before.

What we mean by it is balance, and if you have been suffering, which we know you have, the counter energy to that would be a whole lot of joy and bringing in, therefore, the balance, back to a bit of a thing of power.

Polarity. We'll use a battery as an example, dear one. So if you're the battery and you have a minus on one end and that minus is upright now, because you've been experiencing something that is different than what you were experiencing before and causing a bit of a struggle, and you were to turn that battery over with the plus side up, and the plus would be the positive polarity of the experience. We're not saying find the good in it, because as you will attest, there really is no good in it. So we say simple metaphysics. Just turn the battery up. Allow yourself to have joy in the moment right now, for you are having joy in this group in the moment.

Breathe, dear one. Breathe ... resist the need to struggle.

ADAMUS: So ... and we ...

GUIDANCE ENERGY: We say we like this effort, dear one, this releasing of effort. Effortlessness. She did it. Good job. Take another deep breath. And if you get tired of being joy and you don't feel it when you leave the room, then you can let that battery go the minus side up, because human beings do love to do that, yes? But it is within your power to turn it right side up and engage a level of joy to balance.



Are you healed? Probably not, but it's a good way to engage the balance as something that is what you heretofore prior knew as you. Agreed, dear one? Take a deep breath.

ADAMUS: And also consider when you started the relationship, your desires, your needs at that time, why it began in the first place. So here you are now, in your evolution; your needs are no longer the same, but part of you is still worried that maybe they are. Maybe the things that you were realizing in the early days of the relationship you don't need. So, that being said, you could walk out of here as a more evolved or expanded being, go back to the relationship without the same needs or desires, and still carry on the relationship in a very new way.

GUIDANCE ENERGY: Well said, dear one.

ADAMUS: Thank you. (laughter) Next. Time for about three more.

MARY: I've gone through a lot of experience the last seven days, and at the end of that seven days, it seems like my physical body loses all energy. And it seems like what you talked about just now with an empty glass – that's how it feels. It feels like my body has no energy at all, and I want to know why I'm still allowing this pattern, why I can't seem to rebalance my body.



GUIDANCE ENERGY: Ah, we'll let you go first on that one. Go ahead.

ADAMUS: Indeed. When you've gone through emotional crisis and emotional processes, it is very, very energy consuming. I'll use this as an opportunity to say I'm looking forward to all of you going beyond emotional. It doesn't mean being heartless or without love or depth, but again, emotions are created by the mind, not by the soul, not by the heart. As you start to realize that you'll realize emotions were really very false and very artificial, and extremely energy consuming. So the emotions that you've gone through are taking their toll on your body.

But in a way that can benefit you right now, because it's exhausting you. It's depleting you. It's putting you right at the line – and the line being stay or leave – and at that line sometimes, or that intense pressure, that big decision, then you finally, finally get out of the mind. And even when we talk and when you come to the Shouds, you still analyze. There's something ... you are still resisting experience – real experience; I mean, *real* experience – perhaps out of fear, perhaps because you're not sure if you can handle what comes in. But now you're depleted, and that's probably a good thing, because then you *have* to get out of your mind.

The mind consumes a tremendous amount of energy as well – the mind/emotion portion of you – and when you are exhausted and depleted, they tend to shut down. They tend to close down. That's a beautiful time for your I Am to become present and for you to know that I Am and for it to do beautiful things like giving you the Zen and the Art of Motorcycle understanding without having to read a book, without having to do anything. It is just there. You just suddenly understand. And all these things you've been trying to figure out, you just suddenly understand. The trees, the way a car works or a motorcycle or your biology – suddenly, you just know it, and you go, "Well, damn! I've always known it. What was blocking it?" That's living, living in the light. That's where we're going. Thank you. GE it's yours.

GUIDANCE ENERGY: Oh yes, we call emotions pesky.

ADAMUS: Pesky, yes.

GUIDANCE ENERGY: The pesky emotions, yes? And we say, don't ... the mind has many better things to do than process emotion. The soul, which we call the animating life force from Source, if the mind begins to understand, perhaps, if it can by liberating its consciousness, by pushing the frontiers, it can understand the calibration of the state you're in and determine it as something different than perhaps what you're associating with the state right now, dear one. Hmm? Get rid of the pesky emotions, dear ones! Yes, we know. Easier said than done.

ADAMUS: Yes. (laughter) But, you can always stop, take a deep breath ... let yourself spiral a little bit here. And, indeed, as Guidance said, this whole issue of trying to put meaning or understanding is just going to exhaust you even more.

MARY: Thank you.

ADAMUS: Thank you. Stop ... Mary, stop trying so hard, really, on everything. Next.

DAVE S: Will there be an international federation formed, for and by the people, over the next few years to replace the current governments run by the elite of the world?

GUIDANCE ENERGY: Well, if that's not a question from the mind! Yes? (laughter) Get rid of the pesky emotions and look what comes out!

DAVE S: Please answer the question.

ADAMUS: Would you like to take it?

GUIDANCE ENERGY: We say on to you, dear ones, that these things you speak of are the progression of things connected to what we call now, just for exploration purposes, the changes in the Earth, changes in the understanding of physics, changes in the understanding of science. And as humanity begins to liberate itself into consciousness and expand the frontiers of the mind, and be able to engage wisdom beyond that which it thought prior it could, it will begin in its natural tendency to perhaps organize, because that's what the mind likes to do.

But we say on to you, dear ones, the focus for these things is the shift in the Earth in the cosmos, and as the Earth shifts its place, nature itself shifts with it. And as nature shifts, dear ones, humanity shifts. And as it shifts and as those of us here in service assist and liberate in consciousness, perhaps the words you use in that question, dear one, will be different in the future than the words you use now when you ask it. You understand?

DAVE S: Yes.

ADAMUS: David, in answer to your question, I have been involved in international federations in the past that were trying to bring balance to great imbalances caused by wealthy individuals, wealthy groups. I realized something very important. It was the constituents that were allowing it to continue, for some reason. They were letting it. If there's a dictator in a country, it's because the consciousness of the people are calling for a dictator.

I don't see at this point, no, I *do not* see –strongly do not see – that there is going to be some international federation, for a wide variety of reasons – different agendas, different cultural lifestyles and things. And actually, I would say that the difference now versus 300 years ago is that the individuals, for the most part, could not hold the amount of energy and be in their consciousness, so they had to band together to bring about change. Now is different. The true change occurs in the individual and without even having to know it or to think about it, they are connecting with beings of like consciousness. *That* changes the world. It's not the "Let's all gather together and be in oneness and sing Kumbaya, and ..." that doesn't work. The United Nations – very energy inefficient and very corrupt as well.

But in the individual – you and you and you and all of you – working on your own, on yourself, letting go of processing, and understanding that you are sovereign beings, that makes the difference.

I see in an energy way as humans light up, your light, my dear, it is radiant and sovereign unto itself. You're not dependent on anybody else's, but I see the arc of your radiance come over here to the arc of her radiance. And you're not dependent on each other, you're not demanding on each other; it's a natural occurrence. It doesn't bridge you into oneness; it bridges you into kind of a sovereign or independent resonance that literally is changing the world right now. So, one person at a time. So thank you. (audience cheering and applause)

GUIDANCE ENERGY: We can't make the body clap, but we would if we could, dear one.

DAVID K: I'm in the for experience, actually. I actually don't have a lot of question, because before the question comes I already know a lot of stuff.

ADAMUS: Good.

DAVID K: But part of me still wants to ask, even though there is no question. What the heck is this? This feeling that I still want to ask something, but there's nothing to ask. (laughter) So I'm here asking this.



ADAMUS: Would you like this one?

GUIDANCE ENERGY: The mind has finally quieted, dear one. It is a strange state, is it not? We say when the intuition is activated and you are able to retrieve that which is in your power to retrieve, and the mind receives the emanations and pulses from this wisdom, you are then engaged in what we call balance. It feels good, doesn't it?

DAVID K: Yes.

GUIDANCE ENERGY: Then enjoy it, dear one! Let that joy flow a little bit! (applause)

ADAMUS: Good, thank you. You said it all. Next and final question.

QUESTION FROM SHAUMBRA 5 (woman): My question is about inspiration. What is inspiration?

ADAMUS: Ah! Good.

GUIDANCE ENERGY: Oh, dear one, we have to say the I Am, yes? For the human experience of the I Am and the expression of consciousness, as you create consciousness. Inspiration is not an action. It is not a thought. It is a pulse and a frequency connected to consciousness. And as you express it, as these wonderful words we like now, the "I Am." Oh, Guidance Energy is going to just walk around saying, "I Am, I Am" now, yes? (laughter)

ADAMUS: That's my line. (laughter)

GUIDANCE ENERGY: Yes, dear one! But we're not walking yet. The expression, therefore, creatively in consciousness as the I Am. Speak up, dear one. You have much to offer on this.

ADAMUS: Indeed. Inspiration is when the consciousness, the purity is no longer restricted or held back. It's when you can be in physical form and allow your radiance to come out uninhibited, without suppression. And what happens, literally, in this spiral, is the consciousness so in love with the experience, so in love with the ability to be in this form, just blossoms. That's inspiration.

Inspiration defined from more of a physics standpoint is when there is so much excitement in your soul, in your beingness, that it opens, it expands, it blossoms, therefore pulling in a different kind of light than even the light we were referring to earlier today. Rather than just ordinary light – we'll go into all this later – but now it's even a different ray of light. And it sets everything on fire in a beautiful way. It's the soul falling more deeply in love with itself, wanting to express even more.

And with that, dear Shaumbra, what a day it's been. (audience applause) And to Guidance Energy and to Kathleen, I know you're out there, thank you so much for being with us.

GUIDANCE ENERGY: It is an honor and a privilege, and it is with great blessing that all here engage each other and that which is within them, if they can find it. In peace, dear ones.

ADAMUS: Indeed.

And with that, don't stress. Remember, all is well in all of creation.

And with that, I bid you farewell. Thank you. (audience applause)



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