

***Q&A From Year End Channeled Session 2013***  
**December 14, 2013**

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***Introduction***

The induction process is eliminated for brevity.

In the following, AG refers to Archangel Gabriel, JM refers to the facilitator/conductor, Jeanmarie, and HG, EA, KS, etc. refers to the initials of the individuals asking the questions. Elapsed time is indicated in brackets as [MM:SS] or as [H:MM:SS].

***Channeling Session Q&A***

**AG [0:02]:** We have the entity the channel. Blessings be upon each of thee, as the channel has given us the opportunity to communicate to this very special gathering. We provide a special acknowledgement and blessing upon this channel for his continued dedication to providing loving, caring service to each of the members of these gatherings.

**JM [0:52]:** **Can I ask who it is, who's talking with us?**

**AG [0:56]:** As you have requested, the angel, or archangel, as you know it, known as Gabriel, who is an angel of guardianship for this entity the channel. It is still so, and he is able to communicate directly to us and we honor the opportunity to be able to communicate to you through him.

**JM [1:32]:** **Thank you Gabriel for coming to join us this evening. We greatly appreciate it. Today's date is December 14th, 2013. This is a special channeled reading for members of the channel's Fairfax, VA Indigos & Sensitive's Support Group, and his Spiritual Discussion Group, as well as his Indigos & Sensitive's Support Group in Lima, Peru, and his Dreams & Spiritual Discussion Group in Tucson, AZ. This channeled session is being conducted as a year-end review for the members of these groups and to provide guidance for the channel in facilitating these groups.**

**AG [2:20]:** We have the references associated with the individuals associated with these gatherings. You may proceed.

**JM [2:32]:** **Thank you. First, Gabriel, I wanted to ask you if you have any special message or words of guidance regarding this gathering before we begin with our prepared questions.**

**AG [2:47]:** As there are many questions, in the hearts and minds of the individuals in this gathering, regarding this source and regarding this channel, and the mechanisms of how he has allowed himself to be so connected. As has been stated in several of the meetings that this channel has been a part of, his purposefulness coming into this earth plane has always been to be an open channel between this domain, that you call the earth plane, and the domain of the

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Angelic realm. He has been dedicated to, shall we say, making that understanding of connecting in that way. Not just for himself, but to provide the information necessary for all members of each of his gatherings to begin to do so as well. As he has often stated, meditation is the primary source, or the primary vehicle, from which that connection can be made and understandings be transmitted. We would simply concur that that is the most appropriate vehicle or channel, for that process to occur. Do you understand?

**JM [4:50]: I do understand, Gabriel, and I understand how important it is for each of us to take on a meditation practice. And we actually have several questions tonight about that, and I'll get to those later. What I'd like to do is start with the questions regarding some previously channeled information. These were from the channeling session that was carried out by this channel on January 25th, 2012.**

**AG [5:26]:** We have those references.

**JM [5:30]: In the referenced channeled session, it was stated that we could expect significant geological changes, sociological changes, and significant economic changes as a result of the winter solstice event of December 21st, 2012. Specifically, it was stated that these major geological shifts will be occurring over the next 12 to 15 to 18 month period. Yet, none of these have happened. Why was this information so incorrect?**

**AG [6:03]:** The correctness, or the inaccuracy of that information is more complex than simplistic. First of all, the period of time has not totally transpired. And that time period was highly dependent upon the amount of energy and the types of energy that would be brought to bear through prayer and other forms of supplication, other forms of attunement, other forms of trying, shall we say, re-alignment of the energies associated with that process. It was also a part of the process that, shall we say, the channel himself was not so much concerned about, but more in terms of wanting to express a cautionary awareness thereof. The channel, in his waking state, questioned that answer as well. (If) That was the answer or information that was available to the council at the time that the question was asked.

**[7:37]:** Much of what happens in life in this earth plane is highly affected by the interactions, of the thoughts, and the minds, and the hearts, and the prayers, etc, of the entities involved in the situation. And much of what would be predicted could easily be not so because of a shift in consciousness, or a more powerfulness and prayerfulness is the way we would word it, that causes the dynamics of what is to be, to create a different outcome. But from the perspective that we were able to observe at the time the channeling was done, the probabilities, if you were to use that term, although we do not like that term, the probabilities, were such that there was a lot of energies around those possibilities.

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**[8:51]:** However, much healing, much prayerful healing process, was done by peoples throughout the world throughout that time period. That is the reason why the outcome did not match what was predicted. Is that understood?

**JM [9:14]:** Yes, I understand that Gabriel. And it makes me want to probe a little bit further. It sounds like the work of the humans, as well as the Masters and Angels and other enlightened beings, has helped heal the earth, but that we have not yet completed that healing cycle. Is there some more work to do? Interrupting and over talking JM, AG says, "That is the nature... ??? – not completely intelligible?"

**JM [9:14]:** It has been so over millennia of time, from the dimension from which we observe things, we know that it is going to not be as we observe it for we know that there are influences that can create differences in what we are observing at the time we are observing it. We accept those as normalcy. The earth plane humans tend to want that to not be normal.

**AG [10:23]:** And therefore.... **JM interrupts and says, This is so true! (laughs)**

**AG [10:26]:** And therefore acceptance of possibilities seems to be difficult for them.

**JM [10:39]:** Thank you, Gabriel. Another question regarding the same channeled session. The question was asked about the Afghan war, and whether the United States would be embroiled in the Afghan war for the next 30 years, and the answer was: "We do not see an ending of that war for at least 2 more decades." Is that still an accurate statement or assessment?

**AG [11:06]:** We will want to be clear in articulating an answer that you can understand. As has been stated in the past, that region of the geography still has the energy of the conflict between Cain and Abel, from the original uprisings, shall we say ego-central uprising. That remnant energy, if you were to say it that way, still influences tribally many of the peoples of those regions. And it is that consciousness that continues the conflict. The other aspect of that, that conflicting energy provides the opportunity for some sections of society, shall we say, to use it as a form of economic beneficiary to the few. Wars, in their opinion and in their mindset, are about making money. The casualties of war are considered acceptable consequences. It is that kind of mentality that needs to be refuted, needs to be brought to justice, shall we say.

**AG [13:11]:** When the economic advantage of war becomes a disadvantage, then wars will cease. But the capitalistic mindset has created the opportunity to make great quantities of money and there are those factions, or those forces, that are shall we say taking advantage of that, yet not being held accountable for doing so. It is more than just individuals, but it is groupings with similar consciousness and the governmental bodies that continue to allow that. It is through the governmental bodies that that continuance happens. The governmental bodies need to be

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changed in consciousness to make that reality a un-, shall we say, unsatisfactory, a un-financially viable process. Those are the terms and words we would use to answer your question. So from our perspective, we cannot see an end to that conflict for many more years until the consciousness changes. Do you understand?

**JM [14:53]:** I do. I'm going to open it up to the floor to see if anybody has any additional questions about this topic. It looks like we have understanding all around. Thank you. JM

**JM [15:07]:** The next, last question about that channeled information session. There was a comment and an acknowledgement that the channel Lowell and the entity Jeanmarie are both highly psychically sensitive and able to telepathically communicate on both sides of the veil, including between themselves. There was then a question about what that needed to do, they needed to do to help their fellow travelers upon the path develop greater awareness as well. The answer provided seemed to imply that both Lowell and Jeanmarie already had the necessary understanding, ability and willingness to teach, but that, in quotes: *"it is simply a matter of others being so dedicated to an expansion of their own understanding and a desire to ask the deep questions, to go into the deep mediations and seek out that information to the level, and to the degree that Lowell and Jeanmarie have done."* It was then stated that what will expand individual understandings and individual consciousnesses within these gatherings. The question here is, is there any additional information that needs to be provided that will help the individuals present who might hear this question and answer understand this better?

**AG [16:31]:** As has been stated, the entity Lowell the channel, and the entity Jeanmarie do in fact have the ability to communicate as has been stated. And it is through multiple lifetimes, both together and individually, as shamanistic leaders and students, who have dedicated multiple lifetimes, as well as dedicated aspects of this lifetime, to a continuation of that awareness, through a dedication of their purposefulness to that awareness. And as has been accurately stated, these two entities already have the ability to teach. But it does in fact require equivalent dedication on the part of the students, who would be students to these individuals. If they [the students] choose to put in the effort, in the questioning, in the intensity of purposefulness, for they too could create the same awareness as within themselves if they were to do so. Is that made clear?

**JM [18:04]:** Yes. Is there any follow-up question from the group? So, what I'm really hearing you say is that it's the dedica...., the internal individual dedication that is necessary?

**AG [18:21]:** That is the truth and the reality.

**JM [18:24]:** Thank you. The spiritual world, earth changes, consciousness advancement, meditation and prayer questions. We have 14 of these. In the January 25th, 2012

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**channeled session, the question was asked about prayer and the power of prayer. Does the Source, or the Archangelic Council, have any additional comments to make about what we as individuals and as a community can do to become more effective in our prayer time?**

**AG [18:58]:** The entity the channel emphasizes on a continual basis to all of those he gets the opportunity to interact with, to emphasize the important of prayer, to emphasize the importance of asking. For until the entity puts forth an effort to ask with a genuine interest in wanting to understand, the Angelic realm is not, shall we say, will not respond without the energy of a questioning with intent, a sense of sincerity around that question. Questions should not be, shall we say, simply curiosity, for that simply provides an intellectual satisfaction, but not a spiritual growth understanding process. That is the way we would answer that question.

**JM [20:15]: Is there a way for individuals to understand the difference between the questions that they're asking which are more curious, curiosity type questions, versus the ones that are more sincere?**

**AG [20:33]:** As the channel himself--who happens to be a very curious person--has learned over the years, it is when his curiosity has behind it an understanding that in fact an answer to that curiosity will provide him information that is beneficial to his understanding, and that he is then able to share with others. For the channel does not ask questions that are only for himself. He asks questions for his understanding that he might be able to share it with others. For it is in the enlightenment, or the purposefulness of being an enlightenment to others that, shall we say, provides the beneficiary access to those kinds of questioning. Is that made clear?

**JM [21:45]: Does anybody else want to ask a question about how to ask questions, and how to be sincere in meditation and in prayer? Okay. Yes, thank you. In the referenced channeled session, it was stated that society was going to move more from a competitive paradigm to a more cooperative paradigm. Is that happening?**

**AG [22:15]:** It is indeed happening.

**JM [22:28]: Do you have anything else to say about the cooperative paradigm and how we might be able to participate more?**

**AG [22:37]:** The cooperative paradigm, as the channel has articulated in the past, is one in which you understand that you are to exercise your mental capacity, your spiritual capacity, and your, shall we say, emotional capacity through the physical expression that you are, in such a way that it creates betterment and enlightenment for others in that process. Yes, it creates beneficiary to you, but the importance is not that it creates beneficiary to you but that it creates beneficiary to you so that you can be a better channel of blessings to the individuals that you get to interact with. That is the difference that we would like to articulate here. Is that understood?

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**JM [23:51]:** Yes. Any questions about this from the floor? Okay. The next question is: **Although individuals have free will, it is believed that Spirit has begun experimenting and creating widespread earthquakes and weather disasters, etc., causing significant population decrease on a massive scale in order to shake up the human status quo. The questioner asked if this is a correct understanding?**

**AG [24:24]:** It is not, and we shall elaborate. Spirit does NOT interfere with the domain that you call earth plane. The earth plane processes have their own processes, although mankind has throughout history, as you call it, millennial history as we term it, has done many things to disrupt life forms, to stop processes. The current concern, although not directly stated in the question, is that humankind has in the past 50 to 100 years timeframe, done significantly more, shall we say, ecological, environmental damages to the environment than has occurred over the past 2000 years. That is a significant change. And that change has not been for the betterment of mankind, although betterments have occurred as part of the processes. The consequences of, shall we say, the impact of pesticides, of herbicides, of alterations, of what they call genetically modified organisms, have been done and are being done more within an intent of creating, shall we say, profit, creating benefit to a few, yet without an understanding of the effect upon the masses as the result. This is what must change if human form is to, shall we say, survive, for survive in a beneficiary way. The understanding that Spirit would interfere in this process is an inaccurate understanding. Spirit will observe, Spirit will understand, but it is not Spirit's role to shall we say, step in and prevent, but more in terms of Spirit's role to make aware, to make individuals aware, and then be supportive of those individuals who are aware in helping others become aware. For it is through human action that these things must come. Not due to Spirit interaction. Do you understand?

**JM [28:16]:** Yes, I do. Any questions from the floor? Yes?

**HG [28:23]:** Regarding humankind's poisoning of the earth, and all different inhabitants, is there any chance that we can heal and resolve the poisoning, and heal the planet, or have we gone past the tipping point?

**AG [28:45]:** The question and concern of the individual asking [the] question. The tipping point that you refer to is not a point, but a very blurred line, shall we say. The processes that have occurred that have, shall we say, degraded the environmental process, have created a toxic environment for the earth plane peoples that is detrimental to their health, shall we say, from the very early ages, and as such, it will take at least three more generations for that possibility to be turned around, to shall we say be lessened. But it is going to require a shift in consciousness from a quote "making money" to a "making helpfulness" for the peoples of the planet Earth. When it becomes financially beneficial to be, shall we say, holistic, or shall we say, to be a more environmentally conscious, when it becomes financially beneficial to do that and less financially

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beneficial to pollute, then those changes will begin to occur. But we say begin to occur, for as we are being shown it is going to take at least two, possibly three more generations before that impact, if in fact that reality is grasped, and that reality is implemented. Right now, we see it as a possibility. We do not see it as a de facto reality as the channel would terminology that. Do you understand?

**HG [31:24]:** Yes.

**JM [31:26]:** Thank you. The next question, the questioner states: **It is my understanding that there is a thinning of the veil between the physical and Spirit worlds, so that Spirit can more easily reach through and guide humans directly. Is that a correct understanding?**

**AG [31:45]:** It is not. The correct understanding is, through the veil between the physical realm and what the channel refers to as the inner planes realm, what some people refer to as the subconscious mind realm, what others refer to as the realm of the deceased. And they are different, and we can talk about that, but that veil has in fact been thinning for many, many hundreds of years. The Mayan calendar process was included in that an understanding that there would be a shift in understanding because of that thinning of the veil. But that thinning is not so that Spirit can talk to humankind, but more in terms of so that humankind can become more aware of that domain of understanding. So that domain of understanding is no longer simply that of those individuals who happen to be sensitive enough to see through that veil. That sensitivity is becoming available to many, many more individuals. But the purpose of the thinning of the veil is the consciousness rising of the individuals in human form, not for the benefit of spirits. Do you understand?

**JM [33:32]:** Yes. Is there any follow-up question? The next question is: **It is my understanding that there has been a recent entry of a large wave of spiritually, high functioning entities, the New Age Kids, who came into this plane with the intent of steering humanity from within. Is that a correct understanding?**

**AG [33:56]:** We would say partially so. As the entity the channel, and many others who have been aware of this, what you term new age consciousness beings coming into the earth plane, that is true. That is a reality. As the channel himself was, shall we say, instructed during an early time period in which he became aware of these new energies coming into the earth plane. And he was told that that was simply the initial wave of many others to follow. And as he observed, it has been so. These, shall we say, New Age Kids as you refer to them, or New Consciousness Beings, they are in fact Spirits who from a spiritual understanding perspective recognize that their role is to be a Light Being, to become aware of the spiritual aspect of their selves, rather than simply get caught up in the earth plane and revert to what has sometimes been referred to as a physical being with a spirit. It is not, shall we say, a foregone understanding, that these entities coming in will necessarily not get caught up in the materiality aspect of what has

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gone on in this earth plane. They must be encouraged to their sensitivities. They must be encouraged that their purposeful is far much so beyond themselves. That their purpose is to be of service to themselves as well as others. That is the purpose of these entities coming to this earth plane, for they hold within them the fundamental understanding of the oneness of all beings. Yet to be made fully manifest in physical form. Do you understand?

**JM [36:41]: Yes, that's very beautiful. Does anybody have a follow-up question? The next question is: Why is enlightenment in human form, beyond the basics of learning to live loving lives, so important when our higher spiritual selves already know the answers and our time in human form is so temporary?**

**AG [37:08]:** The individual asking the question seems to have a limited understanding of their purpose [of] being in physical form. For it is in this physical form process that we get the opportunity to make manifest the spiritual aspect of who we are. And to make manifest the love of the Oneness of all that exists. These are not simple things, but very valuable to the raising of consciousness of beings in general. It is considered to be a great opportunity to be in physical form and work through the processes of mental and emotional instabilities, creating stability, and work through the process of understanding that you are not simply a physical being with a spirit, but a spiritual being in physical form. These are great opportunities, and the process you call enlightenment is simply becoming aware of that very thing. That in fact as Mister Buddha, the Gautama said. He is simply enlightened.<sup>1</sup> What he meant was that he was simply awake to the understanding on a conscious level awareness process, that he was not separate and apart from anyone, but in fact was one of the very essences that was part of the whole. So he could in the presence of someone who was not aware of that, by him being aware of it and then communicating to those who was not aware of it, activate that awareness, that spark, shall we say, within that individual that would allow that individual then to pursue that spark and become aware of his own enlightenment. That is the true purpose of being a channel of blessing in this earth plane. And that is in fact a true gift of the Divine. Do you understand?

**JM [39:59]: I see people nodding, yes. Any questions? Thank you. Well, we're getting to some of my questions here, Gabriel. And I had a [question], regarding meditation, from the words of the Buddha we are advised: "Wisdom springs from meditation. Without meditation, wisdom wanes. Having known these two paths of progress and decline, let one so conduct oneself that one's wisdom may increase." Science has been confirming that what has been known by mystics for generations, meditation is good for our health. The words**

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<sup>1</sup> This is actually a mis-speak. The Buddha, or Siddhārtha Gautama when asked why he was able to do the things that he did, is often quoted as saying. "I'm simply awake." And in fact, Buddha means "awakened one." However, it also means "the enlightened one." The term "Buddha" is also used as a title for the first awakened being in an era.



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**of the Buddha guides me deeper than health, to the understanding that wisdom only comes from meditation. So my question is, what is it about the processing experiences using meditation versus other methods that creates this connection to wisdom?**

**AG [41:02]:** The process of meditation, as the channel has so attempted to articulate to his gatherings, it is not simply that you have the intention to meditate, and then not conduct same. But in fact you must follow through the process of setting aside the time to allow yourself the opportunity to become aware of that that is available to you. For those new to meditation, it must be made clear: it is not something that happens in a moment, but more in terms of happening over time, much like a muscle in physical form. When it is exercised, it gains strength not in a moment, but it gains strength after repeated attempts, after repeated trials. Some successful, some not successful. But it is the effort, the intention followed by the effort. That is the process of meditation. However, we will say going far beyond that, once you get to the point where meditation becomes a part of your life the way breathing is a part of your living, when you cannot live without having meditated, the way you cannot live if you choose not to breath, then it will be that important to you and will become as breathing is, second nature as you say. When you get to that phase, or that stage as it were, it sets up the opportunity of going into far distant realms, as you would refer. Distance is an inappropriate terminology, but it is one we will use for this explanation. For the channel, and the entity Jeanmarie, go and explore much more advanced realms of understanding, but it has taken a great deal of effort to get to the point of being able to meditate, and then from that state of meditation to go beyond those realms. So the importance, as the entity has understood, the wisdom as you refer to it, is simply an understanding, an awareness that you are not simply a physical being, that you are not simply your mind, that you are much more complex than that. And with that understanding comes a responsibility of being open, to being allowed to be used as a vehicle of expression, as a vehicle of understanding, to help others want to seek out that awareness, that understanding that you have gained through your processes, and then you are given the opportunity, to shall we say, be a mentoring kind of agent for those individuals. That is the complex answer that we would provide to your question. Does this make sense to you?

**JM [45:22]: Yes, it does. What is the best way to bring an experience into a meditation, to have the greatest value, achieve the greatest wisdom from the experience?**

**AG [45:37]:** When one desires to, shall we say, understand and embrace the experience, from what that understanding will allow you to additionally do in your opportunity to serve the greater cause. That would be the most appropriate avenue or way to go about doing same. Do you understand?

**JM [46:06]: Could you speak a little bit more about this concept of embracing the experience?**

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**AG [46:14]:** When one has an experience, be it a simple experience of meeting someone that you've never seen before, and there's an awareness of some form of recognition. Some individuals would experience that and look at it as strange, and not wonder why it was strange. Others would be aware at a very deep level that there is a past life or other form of energetic connection as a result of that experience. So if one were to take the meeting into a meditation process, and simply curiously ask what was that all about, the kind of response they would most likely receive is one that would either create a curiosity of wanting to know more, or simply an answer that would not be understandable to them. However, those who are more dedicated to seeking an understanding, to seeking a wisdom about each experience, that is what we refer to as embracing the experience in the meditative process. You intend to understand for the purpose of being able to share that understanding with others, and bring understanding and enlightenment to them as well as to yourself. Is that well understood?

**JM [48:13]:** **Yes. Questions? Okay. It would seem that wisdom blossoms differently depending upon what frequency or energy center we are attuned to when we are meditating. My question is, are there any guidelines for entering meditation to expand our inner experience and gain wisdom?**

**AG [48:39]:** As the channel has explained in the past, understanding your Chakra system is, shall we say, not a prerequisite to meditate, but one that is necessary if you are to go beyond the very basics of setting aside the time. For when one meditates, that natural process creates an activation in each of the Chakras of the individual. Some very positively and powerfully, some very, shall we say, detrimentally and powerfully, where in you have a, shall we say, a spontaneous Kundalini rising process. Those are rare. But the intent is to understand what is each of the Chakras, the purpose of them, the reasons you have them, what they are to be thought of, in terms of if I activate my third Chakra what am I really doing physiologically to my body? What am I doing energetically to my Spirit and my body? Once you understand each of those, then you have the opportunity as the channel has led several gatherings through, of raising the energy the energy in each of those Chakras to shall we say, be in alignment with the purpose of that individual at that particular time. When that is done, there is a natural synchronicity that occurs, vibrationally speaking, with each of the Chakras and they can be aligned that will greatly increase the physical energy of the individual, the emotional energy and stability of that emotional energy within the individual, and a sense of peacefulness about being content with your connection to the Divine which is the purpose of mediation in the first place. Is that understood?

**JM [51:21]:** **Yes, thank you. I have a question regarding the best use of our Guides. As we enter the spiritual frequencies of the fourth, fifth, sixth and seventh Chakras, gaining experience and wisdom from these frequencies, and learning to hold consciousness steady**

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**in these frequencies, it's clearly easier when our Guides lend us assistance. Are there guidelines for when and how frequently we should ask for assistance from our Guides?**

**AG [51:53]:** Each and every opportunity that you have to communicate with your Spirit Guides should be taken advantage of for they can assist you in helping understand subtle energies that might not be completely understood, for they see those energies in a different format than do you, and have the ability to convey that perception, shall we say, that they have the advantage of being aware of that you from a conscious perspective do not have the advantage of being aware of. So we would say utilize, or try to communicate, or attempt to communicate, and be open to receiving communication from your Spirit Guides at all times.

**AG [52:57]:** As the entity the channel has often stated, when he states that he walks in both worlds simultaneously, it is not an exaggeration. It is his way of communicating to you that he is aware that he has awareness of Spiritual beings, of the Angelic beings, on a continual time basis as you would refer to it. The same way that he is consciously aware of the noises, of the energies, of the physical presences in physical form that are around him from a physical perspective. So from that perspective, he is very much aware in his physical realm of his physical surroundings, and he is very much aware of the spiritual realm and his spiritual surroundings. Where his consciousness resides provides his reality, and sometimes his reality is so disconnected from physical form because he is so concentrated on spiritual form that he may appear at times, and in fact react at times as he'd be quote "not here," unquote. That is the answer we would provide. Do you understand that answer?

**JM [54:48]:** Yes I do. I guess one of the questions that arises in me from that answer is, it sounds like the entity the channel is deep within the Divine and Oneness, and unable at times to see the differentiation between Oneness and individual expression.

**AG [53:18]:** It is true, and it does create difficulties from a, shall we say, consciousness perspective, or physical reality perspective for the channel. For oftentimes, conflicts, emotional, social interactive kind of conflicts that may be in existence within his gatherings are literally not noticed by him, for he sees the Oneness rather than divisiveness and that can be somewhat of a challenge for him in his process. We attempt to, shall we say, help him recognize that aspect of the divisiveness so that he can deal with it in a way that brings, shall we say, cohesiveness rather than divisiveness. Do you understand?

**JM [56:29]:** Is there anything the entity the channel can meditate upon to help him become more consciously aware of this derisiveness, as you referenced, as well as holding on to the Oneness that he feels?

**AG [56:53]:** It is a balancing thing that the channel is continuously in process of doing. No additional instructions are necessary at this time.

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**JM [57:07]: Thank you. Is how we feel, and how we feel as we move through our daily activities, the best way for us to know how steadily we are holding a frequency?**

**AG [57:23]:** We would say that if you were to go out in the night, and were to simply close your eyes and feel the awareness of the starlight that is all around you, or you were to go out into the sunlight on a bright sunny day, and again close your eyes and become aware of both the heat and the other energies associated with the sun, that is the kind of awareness that we would say one must be able to discern to understand that there is a difference. It is a matter of how we interpret that difference, and what emphasis, either positively or negatively or judgment about, that creates the difficulties and or the easynesses that we would say, in an individual's life. That is the answer we are being told to provide you to help you understand from your physical reality perspective. For at this particular junction, it is difficult for us to understand the channel's understanding of same, for it does appear to be different than the entity that's asking the question.

**JM [59:12]: Hmm! In what way?**

**AG [59:16]:** The channel does not make those discernments. The channel is more, in terms of, simply aware without making a positive or negative judgmental aspect about same.

**JM [59:32]: Hmm. Okay, thank you. Gabriel, can you guide us in a meditation where we can experience how our Guides assist us in what it means to hold our consciousness steady in a spiritual frequency, such as the sunlight or the stars you were talking about?**

**AG [59:53]:** There are things that we can through the channel provide you guided meditation insights, shall we say. But that cannot be done at this particular point in time.

**JM [1:00:07]: Okay, thank you. Regarding the creation of a toolkit for growth, gentleness, kindness and appreciation for the self seems to be powerful qualities for growth, wisdom and letting go. There are many other qualities such as willingness, allowing, trust in our higher or spiritual selves, and peace. We are a group that is committed to understanding our inner lives and our spiritual growth. Would you please talk to these qualities and others, to help us understand the mechanisms for how they work and the best ways for using them?**

**AG [1:01:02]:** The question is complex, the answer not so. For the qualities as listed, in fact are positive quality aspects that if focused on, if seriously understood, and if emphasized in one's life, will in fact bring balance, will in fact bring one closer to the Divine. So from that perspective they are simply positive qualities that one should acknowledge, one should attempt to implement, one should be aware of. What more does one need to understand?

**JM [1:02:04]: So, the best ways for using them is to understand them, acknowledge them, implement them.**

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**AG [1:02:11]:** You are correct in that statement.

**JM [1:02:15]:** Okay, thank you. Any questions from the floor at this time? And on Skype, do we have any questions? Okay. We have a group of questions about the New Age Kids. How do we enlighten the New Age Kids, the Indigos, etc. I've been told that I came into this life, at least in part, for the purpose of aiding in their enlightenment, and while I understand the concept of helping to reach those who have psychic experiences to help them understand that they're not crazy and that they have those gifts for a purpose, how do we enlighten those who aren't aware that they have psychic gifts? The young adults who consider themselves perfectly normal? Do they even need to be enlightened, or by virtue of their personalities will they do the work they came to do regardless? And what exactly does enlightenment mean for them?

**AG [1:03:14]:** 'Tis a very complex, multi-faceted question. We will address the understanding that the entity has about, shall we say, the New Age Kids as has been referred to. These entities, as has been stated, by this channel, by many other individuals throughout this life process, do come in with specific purposes, and in fact are in process of making many of the changes that are both desired and necessary for the furtherment of consciousness of human form. The best way that the entity asking the question to help these individuals, is to be a part of the channel's gatherings and/or create her own gatherings similar in nature. It is to be of constant service, shall we say, if you want this mental concept, consider yourself a vehicle of opportunity. And as you express in life, whenever and under whatever conditions you get the opportunity to acknowledge and recognize the spiritual qualities and psychic sensitivities of others, that you do so in a loving, encouraging manner. That is all you need to do. To be that supportive agent.

**AG [1:05:27]:** The entities coming in have their own understanding and their own awarenesses. As the channel would sometimes say, those awarenesses are sometimes wrong, in the sense that they don't really understand what it is they're sensing or picking up. But yet they are highly sensitive and need to be taught, need to be created an understanding for them to, shall we say, put in a perspective that which they are already currently aware of. That is the purpose of the channel, that is the purpose of the channel wanting to create that within everyone in his gatherings so that he is not just the channel that's being, shall we say, a helpful person for these entities, but creating that helpfulness within each of the members of his gatherings so that they, shall we say, multiply his effortfulness and his energy in their own daily interactions with these gathering individuals that are referred to in this question. Is that made clear?

**JM [1:06:48]:** Yes. What makes these New Age Kids different in this incarnation than they were in their last when they weren't Indigos? And then an aside to this was that Dr. Doreen Virtue says that most New Age Kids have never before incarnated as humans. Is this true?

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**AG [1:07:09]:** We will answer the last question first. Although Dr. Doreen Virtue has created for herself a great understanding of connection to Archangelic realm, and has created a great authoritativeness in that process, her statement that these New Age Kids have not incarnated is not correct. For as the channel has often stated to individuals in his various gatherings, he is very aware of multiple lifetimes of many of these individuals. So the reality is that these individuals, some of them in fact are new to this dimension. But those are rare. Those are not many.

**AG [1:08:23]:** The other thing we would say is that although the other individual lifetimes of these individuals may not have been expressed with an Indigo, or Crystal or other form of energy pattern [Aura or Aura pattern], their purposefulness in the lifetimes they were in were at times highly spiritually oriented, yet their pattern [their Aura] as the channel would refer to it, would not have been what would be termed today an Indigo or New Age pattern. It would have been a different pattern. Just like the channel himself states that there are many characteristics in his Auric pattern and in his lifestyle pattern that are very consistent with the Indigo energy pattern, and that are very consistent with the Crystalline pattern, and are equally consistent with the pattern of what are known [as], what the channel refers to as Star Children. Yet his pattern in this lifetime is none of those. As he has referred to it, and we would not, shall we say, refute this, but more in terms of, it may not be the most accurate way. But he refers to it as being an Ancient Atlantean pattern, or Ancient Egyptian pattern. We will say that he uses those terms because of the significant important lifetimes he had in those time frames. And those significant important lifetimes have been highly influential and continue to be so in this lifetime in terms of his purposefulness. In those lifetimes, he was highly focused on attempting to bring enlightenment to as many people as he had the opportunity to interact with and that is very consistent with the energy that the channel conducts his life in this way in this lifetime as well. That is the answer that we would provide to thee. Is that understandable, and is that sufficient?

**JM [1:11:10]: Is there any questions from the floor of the answer?**

**EA [1:11:28]: I have a question.**

**JM [1:11:29]: Yes, sorry**

**EA [1:11:30] Um..., so um..., talking about these ancient ones, they didn't have this pattern before. So that means that their uhh, kind of evolution in a spiritual, as spiritual entities?**

**AG [1:11:49]:** That would be a correct assessment. Just as, shall we say, anthropological evidence, and archeological evidence, has shown an evolutionary biological in nature process within the human form. If one were to do a study of the psychological mindset of individuals in the 1700's, and then compare it to the psychological mindset, and sociological mindset of the individuals in today's society, you would see a great, and then do one overtime, you would see a

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great evolutionary advancement in some respect, and degradation in other respects of that process. So the pattern, energetic wise of the individuals has equally, shall we say, advanced in some respects and degraded in other respects in terms of the Auric pattern that has been displayed or that is displayed. Do you understand?

**EA [1:13:17]: Yes, I do. Thank you.**

**JM [1:13:19]: Do you have any additional follow-up questions?**

**EA [1:13:22]: ???**

**JM [1:13:27]: Okay, thank you. The next question is: I understand that Indigos and Crystals have a group soul purpose, but what about their individual life purposes? Are they as diverse as other entities, or are they generally tied in some way to the group soul purpose? Can you give examples? Are the New Age Kids more likely to accomplish their life purposes than other entities, and why?**

**AG [1:14:06]:** We are being instructed because of the channel's mental processes to give an analogy. The entities within the American cultural system of the early 1900's up until about 1950-something were much more individuated, rather than collective. The entities born into the 1950's, and even those entities born into the 1960's, were much more group consciousness, or collective consciousness entities. Their purpose in physical manifestation form would be articulated as Flower Children. And the concept of, shall we say, defiance of known systems, recognition of the destructiveness that, shall we say, capitalistic society was begin[ning] to create, because it was during the 40s-50s timeframe when a great deal of difference between the "haves" and the "have-nots" was beginning to be made manifest. And these individuals in that time period were very much aware and sensitive to that divisiveness. It created a great deal of sociological upheaval from a manifestation perspective, sociological in nature. But it also created a great shall we say, riff -- that's rift, in the economics as well.

**AG [1:16:46]:** The consciousness of the New Age Kids, as the channel refers to them, for they began coming into this earth plane world-wide in the early 70s, some in the late 60s, but mostly in the early 70s. And then a newer, softer age energy began coming in, in the early to mid-80s. These entities are much more group consciousness oriented than were the gatherings or groups in the early 1900s, and different, yet much more grouped, shall we say, than the 60s. The energy of these individuals has the potential of making a significantly more powerful change than the physical reality of change that was created at the result of what you call the Flower Children, or those children of the 50s -60s timeframe. They made noise, but they created little follow up with that noise.

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**AG [1:18:21]:** The energy that is creating, being created, and will continue to be created by the entities of these New Age consciousness beings. There is much more, shall we say, movement, much more change is possible. And we emphasize "is possible" for the oppositional forces are greater in number, and more powerful understanding wise, and can utilize the technologies of manipulation of media and other technologies than was possible during the timeframe of the 50s and 60s. These are some of the challenges we see, but it is our attempt to explain to you the differences in that energy form and purposefulness form. Do you understand this explanation?

**JM [1:19:41]:** Are there any questions? Yes, we do. Thank you.

**JM [1:19:51]:** I'd like to change us to some questions around the U.S. government and the economy. In the January 25th, 2012 channeled session, there was a question about the great financial upheaval in our country, which began in 2008, and seems to be continuing today. What is the best financial way forward for our society to create the society that is in line with the higher spiritual vibration that many believe is coming?

**AG [1:20:23]:** As the channel has articulated to these gatherings in the past, each of thee must become more adamant and more vocal in your adamancy about your willingness to continue to allow, to continue to put up with the divisiveness that the divisive energies are creating. They are creating a greater difference between those who have and those who have not. And it's not simply a financial one, although the financial aspect is becoming more dominant. The educational aspect has broadened in many respects, as we shall say. But the financial discrepancy is the one that is being the most divisive, the one that is being the most destructive. And it is a very difficult thing for this dimensional process to really understand, for there is a human motivational aspect, what we deem competitiveness within the human consciousness that creates a desire to be better than. From a spiritual perspective, we would have you begin to understand, it's not a matter of being better than, it's a matter of being of greater service. For from this dimensional reality, the greatest quality, if we can use that term, is to be of greatest service, not to be better than. That is how we would answer that question. Is that sufficient?

**JM [1:23:14]:** Let me just continue here. So, one of the things that a number of people in this group, we got more vocal, and began calling and e-mailing our representatives. But it didn't seem to help change anything. So, is there something that you would suggest or recommend for this group to be of louder voice to achieve the change you're talking about?

**AG [1:23:46]:** When you become so loud and so, the word we understand the channel would use would be vociferous, to the point that you observe that your vocality and your vociferousness is causing change to occur, and when you recognize that the change that is occurring is creating for you and for society the necessary changes that need to happen to reverse the trend towards the "haves," and bring more in terms of the "have-nots." And we are not saying that those that have should not have. We are saying that those who have need to acknowledge the opportunity



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they are given that allows them to have, and be more gregarious, sharing wise, in their sharing that ability with others. Be mentoring agents to help others achieve. And the have-nots need to be held responsible for part of their quote “have-notness,” in that when those individuals who have not choose to allow others to simply provide, without them in turn providing equal amount to others below them or others equally in other ways. That is the difference that we are referring to here.

**AG [1:26:02]:** So, the purposefulness of being vocal is not for a day, or for a week, nor for a month, nor for a year. But the vocalness is about how you express yourself. And when you find yourself, shall we say, talking to a wall, then stop that perception and become even more vocal. Find other avenues to convey that message until those responsible for implementing the changes that you desire recognize that they in fact are being obliged to do the things that you are asking them to do. This is not simply a temporary measure. It is a shift in consciousness, of creating a sense of responsibility on the part of those who serve us from a governmental perspective, and us being adamantly aware that they **MUST** follow that which we desire because it is their responsibility to do the will of the people that they serve, even though that may be a complex and conflicting will. It is their responsibility to sort that out and implement same. Is that betterly understood?

**JM [1:28:01]:** Yes, thank you.

**JM [1:28:06]:** We don't have much time left so I'm just quickly going through to take a look at what questions... What can each of us personally do to help change things economically for the better for all of us?

**AG [1:28:29]:** Has already been stated.

**JM [1:28:31]:** Okay.

**JM [1:28:37]:** Have all of us around the world through prayer and energy work for Mother Earth help thwart some of the possible impending weather related or tectonic plate related disasters?

**AG [1:28:47]:** Indeed, has been so.

**JM [1:28:50]:** And we talked about that in the beginning.

**JM [1:29:57]:** Are there other ways that we have overlooked that we can continue to take care of Mother Earth while we are here?

**AG [1:29:05]:** When you can say that in each moment while I was awake, I have attempted to understand and be attuned to the spiritual domain aspect of myself, and the possibility of

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messages that might be available to me that would be beneficial for me, and beneficial for me to share with others, then you can say that you have been doing your part. But until you can say that, there is always additional awareness possibilities available to each of you. Do you understand?

**JM [1:30:03]: Yes. Can you speak to us about humanity's health and the use of organic foods versus non-organic foods?**

**AG [1:30:14]:** It is a very, shall we say, energized question. As has been stated previously, there has been a great deal of destructive processes occurring within the food process of not just the American, but worldwide process. And it has been most energetically caused due to the process you know as profit. For if it is not profitable, the consciousness of those individuals of those corporations is such that that becomes their God, as it were. That cannot be allowed to continue. There has to be, if there is going to be significant change made, evaluation on the physical, emotional and spiritual health of individuals, in what the channel terms deference to financial gain of a corporation or individual. It is complex, but that is how we would answer that question.

**JM [1:32:07]: Thank you. The channel was wondering if there's any specific guidance that the Archangelic Council has for the channel's Indigos and Sensitive's Support Groups in Fairfax, in Lima, and the Fairfax A.R.E. Spiritual Discussion Group, and/or the Tucson D&S discussion group at this time?**

**AG [1:32:40]:** The channel, in his process, is constantly asking for guidance as to what he should do next that will be most beneficial for each of the gatherings. Each gathering has its own vibrational awareness and consciousness, and the channel is very much aware of that. The channel has already articulated to the Fairfax Indigo group that he will attempt to help them understand Meditation as a process, and help them determine which of the various Meditation processes might be most beneficial to each of them. That is one of the steps that he will be taking, and that we have encouraged him to do so for that particular grouping.

**AG [1:34:03]:** The Lima, Peru Indigos & Sensitive's group has been one in which they have their own purposefulness. And the channel has chosen to be connected to them in a way that is beneficial to them on a, shall we say, interaction process, whether it be weekly or bi-weekly, or whatever. So depending upon what the needs of that individual grouping is on the specific evening that the channel conveys with them, he has chosen to allow himself to simply be guided in that manner, rather than, shall we say, implement some form of plan, or some form of instruction. That gathering is not to the level that they are desirous of that at present time. If that changes, then the channel will be guided appropriately to be helpful to them in the way that they need help.

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**AG [1:35:24]:** As regards this Tucson grouping, known as the Dreams & Spiritual Discussion Group, there is much that the channel does with each of the grouping gatherings, and he is guided in that process. He has allowed himself to be open to be guided. And when he is present within that gathering, he does things slightly differently, for the personal interaction allows an understanding to be conveyed in a much greater way and greater manner. There are questions within that grouping, for we are aware of the channel's consciousness and are able to read that understanding. There will be instructional processes that the channel will be guided to provide those individuals, instructional wise, that will help them in their own personal evolutionary process. That is the answer that we would provide.

**AG [1:37:02]:** For the Search for God Study Group, as it's sometimes referred to, is a simple..., has evolved into a discussion of understandings from various topics. There is no necessary change in that or to alter that at the present time. That is the answer that we would provide to the question that was asked.

**JM [1:37:33]: Thank you. For the Tucson Reiki Share Group, there are questions around whether or not the Reiki help is helping some of the advance, and about whether or not the Reiki Share group is the most appropriate and beneficial format for those within that gathering.**

**AG [1:37:58]:** We would state that there is an over-emphasis within specific individuals within that gathering that are, say, qualitatively being asked, evaluatively being asked. The Reiki Share Group itself was created as an opportunity to share an understanding, and to share a gift of healing by the individuals who began that grouping. It should not be looked upon, as the Reiki Share is an educational tool, but more in terms of the Reiki Share gathering is an opportunity to allow individuals to express their understanding of the healing process, but also to implement the healing process as they best understand it. Sharing freely that gift with those who desire to be a part of that, or who are drawn to it for healing purposes. It must be very emphasized that there cannot be an evaluative process put upon that process. In spite of the human factor form, where one evaluates, "I feel I did a good healing that day," or, "we got a lot of positive feedback that day regarding, therefore I must have done a better job." That conceptual process needs to be altered. It is not about evaluating your effortfulness. It's about being the channel of blessing that you need to be for the individuals that are there. The successfulness, if you wish to evaluate that process, the successfulness is irrespective of your intent. The intent must be simply to be a clear channel of blessing, and that the result is up to the Creator. For ultimately it is the Creator who creates the results within an individual. And whether that individual experiences that or not is up to them, as to whether their willing to be open to that. Is that understood?

**JM [1:41:08]: Are there any questions from the Tucson Group?**

**Tucson Skype [1:41:12]: No questions, not at this time.**

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**JM [1:41:15]:** Okay, thank you.

**JM [1:41:08]:** Um, there were a couple questions about ETs and UFOs. The question is for those of us who are aware of ETs and UFOs, is there anything we can do to further develop a beneficial process for interaction with them for the benefit of all entities everywhere?

**AG [1:41:39]:** For those individuals who have either experienced or desire to experience an awareness of and/or an interaction of what is determined as UFOs and/or alien beings, we would say the following: As the Master Himself stated, "In my Father's house are many mansions." That terminology refers to many dimensional realities, and in many of those dimensional realities, or shall we say in all of those dimensional realities, great mansions of understanding exist. The entities that, shall we say, convey themselves to what you would determine as an alien in some respect, is simply an inter-dimensional being who is attempting to communicate to those who are aware of those entities in this dimension, and in this time frame. The emphasis should be more on your awareness of them, and then questioning how can you be of assistance to them in their understanding of their connection to the Divine, and what messages they might have from their dimensional reality and level of understanding that might be useful to you and your fellow individuals in this dimensional reality. For it shall not be, or it should not be, simply a curiosity of questioning about their world versus your world. But more of a questioning, how can you be of service to them, and how they might be able to provide information that you would find beneficial or that others would find beneficial as well. That is the answer we are being provided to the question. Does this assist the entity in her understanding?

**JM [1:44:34]:** Is meditation a beneficial process here?

**AG [1:44:46]:** We will attempt to answer that question from a more philosophical perspective, for the initial reaction that we would have is that, do you breath, and do you find breathing beneficial? We ask a more physical, from a more shall we say understanding perspective, Meditation is an attempt to communicate with the dimensional reality that you are a part of, yet you must become aware that you are a part of it, and must become desirous of understanding that awareness to the degree that it will help you understand any dimensional reality beings that may be attempting to communicate to you. Do you understand?

**JM [1:46:01]:** Yes. I'd like to open this up. Is there any other questions that someone would like to ask? Yes, please.

**KS [1:46:08]:** My question is, I've heard through some spiritual teachers that this place that we understand, this place we seem to be living in, is not real. Can you comment to the validity of that question? Is this real or not? And if not, what is real and how do we connect to it?

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**AG [1:46:33]:** The entity that asks the question is already aware that there are things that are very real to her, that have no reality for other individuals in the earth plane. Yet her reality is not unreal to them, it is simply not... they are simply not aware of that reality, or understanding of that reality. And that even if they were to be able to experience that reality, they might find it unreal, for their mindset is in a different vibrational or dimensional reality in some sense of those words. So your question about the statement that has been made over millennia of time, for this is not a new question, the statement has often been that we are dreaming or in a dream world, or words to that similar effect, that the existence of human beings is a non-reality, and that the reality is more vibrationally oriented, or energetically oriented. And we would say the following: If you were to take your physical body and place it in front of an audience of 100,000 people, a great portion of them would be able to articulate language that would create a commonality of understanding of what you look like, how you appear, what you may be thinking, and a whole bunch of other questions. But the question I would say, or the question that we would pose, they would consider that as a reality. And yet within that grouping of 100,000 people, if 20,000 of them were blind, their reality of your existence would be significantly different than the reality of those who are sighted. And the reality of the deaf people would be significantly different of your oral [or aural]<sup>2</sup> presence than those who could orally convey, or shall we say, interpret the information you provided orally. Which is the more correct reality? Both are correct from the perspective of the individual's consciousness or ability to perceive. Visual individuals perceive your presence, yet they may not be able to express what that presence is in a way that someone who is [NOT]<sup>3</sup> sighted also experiences your presence. So this is the way we would answer your question. Does this provide sufficient understanding.

**KS [1:51:02]:** **Not really because what I'm hearing is that truth is based on perception, and maybe that is the answer. Is that what you are saying?**

**AG [1:51:13]:** Perception is a word within the language that you use that allows you and me through this channel to convey an understanding. What you understand on a personal basis because of your attempt to understand things at a, shall we say, more intense level than some individuals. You are open to recognizing that your perception may in fact not be, shall we say, solid. That in fact, your perception at one time of an object, or a person, or an energy, may create for you a different reality than at another time when you have a different awareness level, if I can use that terminology. That allows you, in your reality, and your world as it were, to create for you a different world than it does for someone who is, shall we say, paranoid schizophrenic. Or someone who is multiply challenged in other ways. Which perception is

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<sup>2</sup> The adjective *aural* refers to sounds perceived by the ear. The adjective *oral* relates to the mouth: spoken rather than written.

<sup>3</sup> There is a mis-speak here. It was supposed to say, "... someone who is NOT sighted..."

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correct? All are correct. And once you understand that, it allows one to begin to be open to the fact that your perception needs to be evaluated by me if I am someone who is trying to understand from your perspective. And I need to be able to be open enough to allow my perception to at least partially incorporate your perception so that I can understand quote "where you are coming from" is the terminology that you use. So, the words that you use that says, "then you're telling me my perception is not a reality either." And we would say, from some dimensional realities that would be true. It leaves a great deal of conflict, mentally so, within the individual. And yet, as the channel would say to you, yet you understand that there is a reality around that, that you may not be able to completely understand, yet internally within your being you recognize the truth of this statement. That is the answer we would provide to thee. Is that sufficient for now?

**KS [1:55:00]** Thank you, yes.

**JM [1:55:04]:** Archangel Gabriel, thank you so much for being here with us tonight and answering our questions.

**AG [1:55:10]:** But it has been such a short time! Much laughter by the audience....

**JM [1:55:16]:** Are you through with us, or is there anything else?

**AG [1:55:20]:** Proceed.

**JM [1:55:25]:** Thank you for all your answers, and for the information, your wisdom, and the loving caring you have expressed in answering our questions, Gabriel. We ask that you help guide the channel Lowell on his return to the conscious, waking state, restoring his body and his mind to the fully waking state, allowing him to remember that which is relevant and necessary for his understanding and enlightenment, allowing him to remember his complete connection to the Archangelic Council and the energy of the Angelic realm, and all expressions present, as that connection and those beings continue to bathe his body and mind, healing his whole being in whatever manner is needed.