

Year End Channeled Session 2014 – Q&As
December 05, 2014

CHANNEL PREPARATION PROCESS

Jeanmarie [0:01] As the channel, Lowell, prepares himself to attune to the Highest level of attunement and awareness that he is capable of attuning to, we ask that all Angelic Energies from all levels of the Angelic Hierarchy assist him in his Attunement process, raising him to the level that is most appropriate for this session. We also ask that a protective energetic field surround him and all members that are part of this Spiritual gathering.

We ask that he be allowed to access and read the “records” that will allow him to answer any and all questions from the multiple Spiritual Development & Discussion Groups present and participating in this 2014 Year End Channeling Session.

Source [00:51] A source can be heard taking command of Lowell’s voice.

Jeanmarie [00:54] When the channel has raised his consciousness to the level that is most appropriate for this Channeled session, then steps aside and allows the appropriate source or sources to speak through him, we ask that the source or sources identify themselves and provide a prayer and blessing upon this gathering.

Source [1:18] We have the channel at this time.

Jeanmarie [1:23] With whom am I speaking?

Source [1:25] This is the spokesperson¹ for the Angelic Council of the higher beings. This is a new level that the entity the channel has prepared himself to bring forth information. There will be multiple individuals speaking as appropriate for each of the questions. The channel has allowed himself to be used in this process in the past, and he has asked and we have granted, his ability to raise his energy level a little bit higher to allow him to gain greater access, wider access shall we say, to information necessary and important for these gatherings. So for these processes, he has allowed

¹ My (Lowell) experience of this was that I was among a large number of very, very high energy beings of light, some identifiable by their energetic appearance, others simply high energetic beings creating a very bright, loving space and the “spokesperson” was not an individuated being, but more like a focusing “process” that focused and brought forth energetic answers from multiple “sources” simultaneously. I was aware that sometimes the answers came from my energetic form.

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himself, shall we say raised himself with the assistance of others, to the level that is most appropriate for this particular gathering.

Jeanmarie [3:01] Thank you for coming to join us again this evening, and for assisting the channel in raising his consciousness to that level that is most appropriate for this gathering, we surely do appreciate it.

Today's date is Saturday December 5th, 2014 at 7:19pm. The purpose of this Special Year End Channeling Session is to provide an opportunity for the members of the channel's ***Indigos & Sensitive's Support Groups***, his ***SFG Spiritual Growth Group*** and his ***Dreams & Spiritual Discussion Group*** to ask questions and seek guidance from the realm of Divine Beings that this channel has the ability to attune to and communicate with. When the appropriate information is available to the channel, Lowell, please provide us a sign.

Source [3:51] Yes we have the records associated with the individuals in each of these gatherings. And we provide a blessing from this most high council upon each and every individual both [locally] present and present [via Skype] in this gathering. The channel in his process of preparing for this event, has gone through some significant strain and blessings are upon him as he raises his energy level for he will be healed as part of this process. We are prepared to answer questions, you may proceed.

Jeanmarie [4:46] Thank you, are there any special messages or words of guidance regarding this gathering before we begin our prepared questions?

Source [4:54] Each and every individual participating in this gathering must allow themselves to be open to answers, allow themselves to be open to explorations, to be stimulated by the information and then seek additional information within self, for you in fact are your own best channel. Proceed.

Indigo's & Sensitive's Groups & Spiritual Growth Groups (5 Qs)

Jeanmarie [5:28] From the ***Indigo's & Sensitive's Groups & Spiritual Growth Groups*** there is a statement from me, Jeanmarie, "Over several weeks last December 2013 and January 2014 the Counsel of Archangels and Masters, working with the local Deva, Lowell, and the group, manifested and anchored a higher frequency vibration into the grid associated with the [Unity of Fairfax] church and the groups associated with the channel, Lowell. Since the time of the anchoring of this higher frequency energy into our time/space portion of the grid, the individual members in the community

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associated with the channel, Lowell, have expanded their spiritual awareness and assumed greater personal responsibility for their spiritual growth.”

Q1) Jeanmarie [6:15] My question is, “With regard to this higher frequency that continues to strengthen, energizing our time/space portion of the grid, are there any instructions for the individuals members of our community for the best approaches for engaging with and using this energy for the highest good?”

A1) Source [6:34] As the channel often articulates, it is very important that you continue a Meditative process, for it is through the Meditative process that allows you to connect to the Divine within and then to connect to the Divine that is universal in nature. The instructions are: to Meditate, to Contemplate, to Ponder upon those spiritual related questions. They can also be used in your everyday life, for they can give you guidance as to how to proceed in business relationships, interpersonal relationships, etc., etc. Do you understand?

Jeanmarie [7:28] Yes we do.

Q2) Jeanmarie [7:30] My 2nd question is, “The FFX Indigos & Sensitive’s Support Group has been exploring meditation and experiencing the energy of our chakra system. Would you speak to the differences and spiritual value of raising the energy directly up from the base chakra to the crown chakra and above and the Edgar Cayce way of raising the energy like a Shepherd’s hook; up from the base chakra, to the throat chakra, directly to the crown chakra and then to the third eye chakra and out.”

A2) Source [8:06] The processes that have been instituted by those of the Hindu and other faiths, many lifetimes, many centuries ago, are the result of the awareness of the energy flow within the physical body. As the energy flows up from the 5th chakra, through the throat chakra, it winds up, up through the head – the back of the head particularly – flowing then into what is known as the Pineal gland, which is often times called the 7th chakra. But it is the Pineal gland that allows the activation of the Pituitary gland, the 3rd Eye center, the one which you get Clairaudience and Clairvoyance information from. So the energy does in fact flow up through the back of the skull, up through the Pineal and then out through the Pituitary, projecting upon the image in the mind [actually projecting upon the inside of your forehead, creating an image in your mind] in much the form of a Shepherd’s hook. So the Cayce process, as detailed, is how the energy flows. The

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purpose of activating the 6th chakra before the 7th chakra is more in terms of helping people understand because many people cannot activate [open up] the crown chakra even though the energy is flowing through same without first activating the Pituitary gland, without activating the inner vision process, because it is the inner vision process that most people rely on as a form of sensing a connection to the Divine, which then helps open up the crown chakra or the Pineal gland. The activation is a synergistic one between those two glands, but that is the explanation we would provide here. Does this make sense to you?

Jeanmarie [10:28] Yes it does, thank you.

Q3) Jeanmarie [10:31] Could you tell me what is next for the FFX Indigos & Sensitive's Support Group as we explore this next year?

A3) Source [10:39] That which you decide to do.

.... Great laughter from group

Jeanmarie [10:47] Thank you.

Q3) Jeanmarie [10:49] From Charles M., should we, as members of a Spiritual Development & Spiritual Growth community, participate in more nature activities and more community outreach programs?

A3) Source [11:04] The short answer is yes but the more broad answer.... The entity who asked the question is of the new vibrational Indigos energy who is exploring his sensitivities, expanding and developing same and he already knows that interacting with Nature and being both sensitive to and helpful to Nature processes is beneficial to himself and it would be beneficial to others as well. As far as outreach. As he has been instructed by this channel, the outreach process is one in which you activate your own connection to the Divine within and then utilize that understanding within yourself to communicate and interact with others in such a manner to allow them to be aware of their connection to the Divine as well. He fully understands that, so his question is more in terms of raising the understanding of the group [rather] than a personal desire to understand because he already does so. Do you understand

Jeanmarie [12:34] Yes we do, thank you.

Q5) Jeanmarie [12:37] (from Denis G.) Is there a Force or Being that is influencing a global movement of people who are creating an evolutionary

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shift of consciousness that in turn leads to a more enlightened society, one built on principles of peace, sustainability, health, and prosperity?

A5) Source [12:56] Has been going on for quite some time. It is what you would term the processes, or the Beings of light, working against the Beings of darkness. For the question is one of trying to identify a specific Being or set of Beings, or a specific Force or set of Forces. One should not be so definitive but simply be aware that there is an increased level of awareness, an increased level of energy which you identify as a Force whose purpose is to create an expansion of consciousness, an expansion of awareness, a greater responsibility, a greater effort fullness to raise the consciousness not just of your self but of others around you. [This is] not [to be done] in a proselytizing way but one in which you help others help themselves. That is the nature of this Force or this Energy that the questions is directed toward or about. Do you understand?

Jeanmarie [14:25] Yes (she is interrupted by Denis G. on the Skype call saying, “Yes I understand.”)

God, Angelic Realm & Prayer, Meditation, and Reincarnation (15 Qs)

Jeanmarie [14:31] Our next group of questions is about God, the Angelic Realm and Prayer, Meditation, and Reincarnation.

Q1) Jeanmarie [14:39] the first question from Pam P. ask, “Please define God. We think of him as a being, but then hear the terms ‘All That Is’ and ‘Source’. What precisely, is God?”

A1) Source [14:54] We will attempt to answer it from a Spiritual perspective rather than a logical perspective, which the entity desires to understand. When you get your cognitive processes set aside. When you allow yourself to attune to the intuitive processes within your being, you gain a sense of understanding of things that you cannot measure. You gain a sense of understanding of laws that exist yet you do not know how to define them. You gain an understanding of the nature, the natural things of nature, and the flow of nature in its own laws, obeying its own un..., own unwritten, un-understood laws by man. Yet they are well expressed, for God is, if you use that term, is all that is. As the channel has often stated, in the Kabbalistic understanding, there is a principle that is known as “the unknowable unknown”, which human beings have a very difficult time accepting because the God that is, is in fact unknowable for it is all that

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exists including thought and the question itself. It is both the answer as well as the question. That is the way we would define God. Do you understand?

Jeanmarie [17:00] Yes we do.

Q2) Jeanmarie [17:03] Pam continues to ask, “What is the role of the Angelic realm in responding to our prayers to God?”

A2) Source [17:13] As the Angelic realm helps this individual channel in his processes, and helps him in an everyday basis, for shall we say mundane matters. The Angelic realm hears the prayers, much like you hear music playing. It [prayers] catches their attention shall we say, and the purpose of their being is to create energetic patterns that are beneficial to the entities asking the prayers. If the entities asking the prayers allow themselves to be open to the energy that is capable of being sent to them from the Angelic realm then there is an awareness of “a prayer being answered”. If the individual is not aware of that, there may not be a recognition that the answer is available for it cannot be implemented without the expressed consent of the free will individual being asking. So if one is to ask for a prayer for something that they know is not appropriate, or a prayer that is detrimental to another being, there are consequences to creating that energetic vibration, for it does in fact create an energetic vibration that is felt through/from all beings, by all being throughout the Universal consciousness that that Angelic realm is a part of. Do you understand that more complex answer?

Jeanmarie [19:32] Yes I do, I just want to ask the group if they have any additional questions about this. Are there any questions? Tucson, any questions? They responded: No. OK good, thank you.

Q3) Jeanmarie [19:49] Mary Joyce F. asks, “Please explain the nature of The Divine in each individual & how to access it.”

A3) Source [19:59] Meditation is the process for accessing the Divine within. As we hear the question and we attune to the energy of the vibration of the individual asking that question, she needs to be understanding that her question is not an idle question but her question is more, shall we say there is a trepidation around same. And that trepidation has more to do with being afraid of the magnificence that she is, and if that were to be made “reality” for her it would shall we say frighten her for she recognizes the tremendous responsibility associated with same. So one, when one recognizes the essence of who you are, and recognizes, not in an egocentric sense but

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simply in an appreciation sense, that the Divine within is all loving and all caring and only wants the best and the good for you, but you have to be open to accepting that, and when you do, accepting the responsibility of accepting that. That is the complex answer that we provide to that question. Do you understand?

Jeanmarie [21:47] Yes, thank you.

Q4) Jeanmarie [21:49] Pam P. asks, Please explain the difference between prayer and meditation.

A4) Source [21:58] Oh yea of little faith. – audience laughter -- Have ye not heard this channel repeatedly tell you [that] Prayer is you beseeching information from God or the Angelic realm or whatever Divine realm you choose to attune to. Meditation is opening yourself up to listen to the messages that come back to you. . . . Proceed.

Q5) Jeanmarie [22:39] Pam P. asks also, “How does sending energy out to the ‘Universe’ to make things happen differ from praying?”

A5) Source [22:49] Simply a matter of intention. Simply a matter of purpose. For prayer is a communication toward the Divine, just like a communication toward a loved one, or a communication toward a co-worker – you are seeking or providing information. So Prayer is seeking information, [or] asking for help. All the other processes that do the same thing [ask for information, or ask for help or healing, etc.], you can call them prayer, you can call them cursing if you wish, it is not a matter of the name that you provide, it is the intention with which you seek that information.

Jeanmarie [23:49] Thank you.

Q6) Jeanmarie [23:51] Pam also asks, “During last years’ Year End Channeling, Archangel Gabriel, replied to a question about prayer with the words: “*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....*” Please explain what is meant by “asking with a genuine interest in wanting to understand.” We want to learn to pray with genuine interest, how should we pray so that God and the Angelic realm respond to our prayers?”

A6) Source [24:29] Pray with intention from the heart, for it is the heart center, the heart chakra, that allows you to tap into the intuitive mind. It is the most direct connection to the Divine realm. True you can think about the

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Divine realm, you can imagine stories about it, you can create visualizations for yourself about same, but you cannot through the mind, the cognitive mind, you cannot understand or connect with the Divine realm. Only through the heart center, only through the heart chakra, only through the intuitive mind can you begin to get an understanding of the nature of the Spiritual realm. Do you understand?

Jeanmarie [25:31] Yes.

Source [25:23] We will further state. The reason the answer was specified in the way it was. When you pray and you simply ask for a new toy. Some children do so but their intention is typically pure. When you pray as an adult, and you are seeking something, and you do not have a clear intention or a clear purposefulness [your prayer is not Spiritually oriented] the level of assistance or the ability for that prayer to shall we say get through and be answered, is limited by the limited intention [or limited consciousness] of the individual seeking same. Do you understand?

Jeanmarie [26:32] Yes thank you.

Q7) Jeanmarie [26:35] Pam goes on to ask, “What is the source of knowledge within the human heart? How can a human tap into that knowledge?”

A7) Source [26:44] It was just explained. . . audience laughter

Q8) Jeanmarie [26:49] (Pam P.) “Does God, or Source, wish for humans to learn the lessons they need to learn through suffering?”

A8) Source [26:58] The Source of your being does not have a desire or wish other than to allow you to experience through your free will choices the lessons that you choose to learn. There is not a God that is judgmental about whether you choose to learn or don't choose to learn. God is all. God is a part of the choices that you make that are positive as well as the choices that you make that are negative, for the positive and negative are only your perceptions of same. God does not change in that process. God is all, and God is all energy and all love. You can create other names for trying to communicate or trying to identify with, but the greatest connection is understanding, as the channel has repeatedly told each of you, that you are not a physical being with a spirit. You are a Spiritual Being occupying that physical body. Once you “get it” and understand, and understand that not just “getting it” but then expressing that on a moment-by-moment daily

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basis, then you will have an understanding that there is no separation between you and God other than what you create within your own mind. Do you understand?

Jeanmarie [29:03] Yes, thank you.

Q9) Jeanmarie [29:07] (Pam P.) Are all entities created for the purpose of enlightenment and growth?

A9) Source [29:14] As has been stated, in the beginning was the *Logos*. It was through the *Logos* and the desire – we will use that word, on the part of the Divine to create companions equal in understanding, equal in ability to co-create with the unique gift of Free Will, allowing them to do what they wished even against the Natural Laws. That is how we would answer that question.

Q10) Jeanmarie [30:03] Pam goes on to ask, “During last year's Year End Channeling session, the angel Gabriel said, “...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...” She asks, Please talk about this, how they are different. In particular, what is the subconscious mind realm?

A10) Source [30:45] We are attempting to try to articulate in a meaningful manner. The subconscious mind realm is the realm of awareness of one's absolute connection to the Divine. And when we say connection, we use that [term] very loosely for there is not a connection and disconnection there is simply being aware of or not aware of. Whether you are aware of or not aware of does not make it so or not so. It exists irrespective of your awareness. The realm of the subconscious mind from a psychological perspective allows entities to communicate subconsciously through the dream state process to all individuals, all sentient beings, not simply human beings but all sentient beings throughout the Universe. We in human form, or you in human form do not completely understand that, or cannot completely comprehend it, unless you in fact have been able to create a communication with an other than human being process and [are able to] acknowledge that within yourself. That process that occurs, occurs in what you would call the subconscious mind realm. That is how we would explain the answer. It is far more complex than that, but we do not believe that if we

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were to explain it from an energetic level perspective it would make it any clearer but in fact would probably confuse you more. Do you understand?

Jeanmarie [33:20] Yes I do and I'd like a follow-up question regarding the various groups and the capacity of the individuals within the groups, through their subconscious minds to be able to communicate with all sentient beings. Are the pathways there?

Source [35:32] Because of the purposefulness with which the channel operates and the purposefulness with which the entity Jeanmarie operates, it creates a synergistic process that provides the opportunity for those who are open to doing so to raise their level of awareness and expand their understandings so that they too can begin to, shall we say, delve within the realm of subconscious processes. It is a process that is very difficult [to understand] from a humanistic perspective for it requires you to attune to things you do not understand and bring back information that you do not have words to explain other than your experience. And as the channel Lowell, and as the entity Jeanmarie have clearly articulated [about this] on multiple times to the gathering, those processes are indeed possible, and in fact doable, and there are entities within both gatherings that have the potential of doing same but it requires a significant amount of effort and purposefulness to carry same out. That is how we would answer the question. Do you understand?

Jeanmarie [35:32] Yes, thank you.

Q11) Jeanmarie [35:35] A statement by Lisa E. She says, "My inner vision of my life seems so clear and wonderful, when I meditate, and it feels so real. Yet when I look around at my physical world, my physical reality does not match that inner vision. The physical reality I am living *feels* "false" to me, and yet I'm living it every day." Her question is, "How can I make the 2 match, that is, how can I hurry up the process of making my physical reality match my spiritual and internal reality?"

A11) Source [36:14] Patience... great laughter... We will express more clearly. When ones has a rich and loving internal dialogue process through their meditation, which any person who is meditating for extended periods will in fact recognize as something attainable. When that reality creates a lovingness and a caringness and an acceptance and you [then] come into the real world as we say, and that [meditative world] does not exist [in your real world], you have to allow yourself to recognize that you are able to create it

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[a meditative world experience] on the inner planes as the channel would say, and it is your duty, your process of responsibility to make same on the physical plane. It is only because of your perceptions of suffering, and your perceptions of limitedness, and your perceptions of challenges as being those words [that is describing your experiences as such]. But if you were to change your perceptions and each challenge became a valuable lesson, and each difficulty became a valuable learning process, and each downward energy became an awareness of how levels of energy change, all of a sudden the difficult processes that you refer to in your physical realm become very interesting, possibly challenging, but very growth producing experiences that begin to align with your experience within your Divine or your Spiritual realm, or where you refer to, “meditative realm.” [You begin to see your experiences from a Spiritual perspective rather than a physical realm perspective and that different perspective CAN help you ‘deal with’ your physical world challenges better]. Do you understand this response?

Jeanmarie [38:43] Yes, thank you.

Q12) Jeanmarie [38:46] Pam P. asks, “What is the nature of sin?”

A12) Source [38:53] There have been many, many articles and books written on same. Fundamentally, sin is error thinking. It is not in alignment with the purpose for which you came into the earth to express. So it might be very minor, in the sense of you say a word that is not kind to another individual, which is not in alignment [for] which you came into the earth plane. That would be considered a sin. It is not a negative mark shall we say, it is simply an acknowledgement of an expression that is not in alignment of your purpose. If you come in and commit a vile act on the other hand, it creates [a] significant karmic process, which is also not in alignment with the purpose for which you came into this lifetime, even if you work out a process. [The] potential for you to work out the process differently than what you did, creates the difference in the Karmic records that are created in the space and time known as the Akasha. This is how we would answer that question.

Jeanmarie [40:33] Thank you.

Q12) Jeanmarie [40:34] Mary Joyce F. asks, “Will major religions ever fully acknowledge the divine essence within the individual, and when?”

A12) Source [40:46] [There] Needs to be an understanding here. The religion, if you choose to call it same, known as Unity, which is that which

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is practiced within this church, has principles that are very much in alignment, recognizing the essence within each and every individual, the Divine nature within each and every individual, and recognizing that it's not just good enough to recognize same, but you must express same. You must make manifest as we say. So this particular religion, it may be considered [a] minor [religion], but this particular religion, and there are others, create energies that are in alignment with that which the lady asking the question is seeking. Do you understand?

Jeanmarie [42:02] Yes, thank you.

Q13) Jeanmarie [42:04] Bob P. asks, “It seems to me that if the faith of the world is lost in the United States, that many other monarchies and elected governments around the world could crumble quickly, is that an accurate assessment?”

A13) Source [42:21] It is a [an] assessment. It is a perception. But from this realm we cannot emphatically say yes. For other entities involved in the process have their own Free Will choices who may in fact not collapse just because the faith that is carried in the United States collapses. We would in fact point to groupings within the Tibetan community, groupings within the Inca community, and the Mayan community, and other religious communities such as the Maori [of New Zealand] and the [Australian] Aboriginals, would not lose their way shall we say, simply because the United States as a nation “loses its spiritual way.” Do you understand?

Jeanmarie [43:29] Yes, thank you.

Wars and Sociological & Other Changes (7 Qs)

Jeanmarie [43:32] The next group of questions and there are seven of them, is about Wars and Sociological & Other Changes. A statement from the channel Lowell, “Since the killing of Osama Bin Laden in May 2011, and the killing of Libyan leader Muammar Gaddafi in October 2011, there seems to be a significant increase in terrorism, and specifically Islamic Jihadism. Will you please comment on the following questions or statements?”

Q1) Jeanmarie [44:04] First Lowell asks, “Is the perception that there is an increase in terrorism accurate, or is it the media that is distorting the reality, or what?”

A1) Source [44:16] It is a little bit of both. The energy, the war, shall we say, that is going on within the inner planes, between the forces of lightness

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and the forces of darkness is in fact a real process – energetically same. Some entities within this gathering are aware of same. To some it is frightening, to others it is simply an awareness. But that increased intensity of that warring factions; the forces of light being more protective; the forces of darkness being very attacking, is in fact very much like the Armageddon spoke of in the Gospel of the Revelations. So there is a real process. It is true that the media has become very, very distorted, where as when the entity the channel was a young boy, the process of communicating information, or News as it was referred to, was a process of trying to convey information that was worthwhile and useful to the individuals or the masses. However, shortly after World War II, the energy of the media became one of not News making, or not News conveying but one of profit. It [the news media] became monetarily oriented, and psychologically oriented, and a great number of psychological processes were examined and tested and found to be, shall we say, easily manipulatable. [That is], the consciousness of human kind became a process, which could easily be manipulated by the news media both visually as well as auditorally and it is the forces of darkness that use that process and that principle to create the distortions within the news media that you see today. That is how we would answer that question

Jeanmarie [47:23] Thank you.

Q2) Jeanmarie [47:24] Lowell goes on to ask, “Are the Islamic Jihadists referred to as ISIL or ISIS simply another terrorists group such as Al-Qaeda, something not to be worried about, or something worse?”

A2) Source [47:39] Much worse. The energy of the individuals involved in that process that is known as ISIS or ISIL are calling upon the forces of darkness just as religious people or spiritual people are calling upon the forces of light. The controlling nature, the lack of concern for life, is very much indicative of the Satanic energy that these entities are expressing in a physical form trying to magnify in an energetic form, utilizing horrific scenes to in fact cause themselves to gather [dark force] energy for themselves. That is the purpose for which they do same. That is how we would answer that question.

Jeanmarie [48:56] Thank you.

Q3) Jeanmarie [48:47] Denis G. asks, “Is the global Islamic movement a threat to a more enlightened society or simply a “challenge to be

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experienced and overcome” and is their goal to dominate ideologically or in another way?

A3) Source [49:13] As previously answered, it is to dominate financially, emotionally, psychologically, spiritually. There is such a distorted view of what they refer to as their truth. But the energy [their truth] creates a significant volatile, violent, energy vibration that needs to be combatted by much prayer, much asking for enlightenment. Asking for enlightenment of those who do not want to be enlightened, for they already feel that they are, but in a very negative way. That is how we would answer that question.

Jeanmarie [50:21] Thank you.

Q4) Jeanmarie [50:25] Lowell asks, “How – what – is the logic and energy of the ISIS group that allows them to gather recruits from all over the world to fight their cause, and what is the best way to fight it, or undermine it, etc., and is that a doable and laudable goal?”

A4) Source [50:44] Education. There needs to be not an imposition of democracy, or an imposition of freedom but a solicitation of same. By that is meant, you need to encourage the individuals who are being negatively affected, and [who] are drawn to this negative energy for they see the division of the ‘haves’ and the ‘have-nots’ and they are oppositional to the ‘haves’ without understanding that there is a responsible way of changing that dynamic. Rather than simply Jihadistly going out and wrecking havoc or creating havoc, creating wrecklessness. There is a difference but the energy is still there – it’s a drawing energy [the ISIL movement] that it gives them an avenue to express their shall we say disgust with the existing paradigms within various societies, including the society of the United States. It is a very complex question and an even more complex answer but that is the answer we will provide for now. Is this understood?

Jeanmarie [52:33] Yes, thank you.

Q5) Jeanmarie [52:35] Alison C. asks, “what force is generating the eruption of evil-doing taking place in the world now, both by nation states and extremist groups? What will it take for good people to stop it, and what happens if we fail?”

A5) Source [52:52] As has already been stated, the forces of darkness and the forces of light are warring within the inner planes. There is also a physical warring among the “haves” and the “have-nots” which is similarly

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based. As has been stated by this channel in the past. In order to change the consciousness of individuals or groups that are of a lower consciousness level you have to provide them the opportunities and help them recognize the advantages of changing their consciousness level, providing them support, providing them encouragement. Those are the things that change people's minds, that raise consciousness levels. It is not simply money or monetarily advantages. In fact, monetary advantages create a, set a, disparity that in fact it creates an even more difficult situation. That is why the phrase, "throwing good money after bad" comes from, for it's not a matter of throwing money at, for the "throwing the money at" creates greed within the dynamic that you are trying to change. It's providing them the opportunity to create their own money in the processes they choose to create same. Creating value for the things that they do, creates value within the individual, creates value within that culture. It is a very complex question with an even more complex answer. But that is what we would provide at this time.

Jeanmarie [55:24] Thank you.

Financial, Economic, and Earth Change related questions (5 Qs)

Jeanmarie [55:26] Another group of questions on the Financial, Economic, and Earth Change related questions. There are 5 of these. First a statement from Bob P. The day after the November Mid-Term election in the United States, the channel Lowell stated that he saw a dark cloud or haze with a lot of shouting happening in the future.

Q1) Jeanmarie [55:49] Bob asks, "Is there a potential of a catalyst event happening somewhere in the world that will have the effect in the United States that the "Arab Spring" has had in the Middle East over the past 3 years?"

A1) Source [56:02] You are beginning to see same in the immediate news forecasting and broadcasting. It is already in process.

Jeanmarie [56:14] Could you please elaborate more on that?

Source [56:22] The division of shall we say [law] enforcement, and the, shall we say the culture [of law enforcement] that has been created over time of an elite, impunity or immune penal system or law enforcement system – they refer to that term although it is not true – has created a lack of trust within many communities for they have seen numerous cases where the

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individuals, whether they be political appointees, whether they be elected officials, or whether they be some individuals with shall we say enforcement abilities, with the badge, with the gun, with other terminally impositional devices. There is a sense among the community – particularly the community that is less fortunate – that they are systematically looked upon negatively creating a diversity, a shall we say a division. They cannot trust the very people they are suppose to be able to trust. That is the big division that is going on now and will continue for some time and is part of that confusing cloud that the entity [the channel] was talking about although he did not know same at the time. That is the answer we would provide at the present time.

Jeanmarie [58:37] Thank you.

Q2) Jeanmarie [58:39] Denis G. asks, “Is the Bilderberg group in control of global financial systems? Is their agenda contrary to fostering a more enlightened society?”

A2) Source [58:54] Yes. The answer is their agenda for that individual group is not egalitarian² in nature, but is very much wanting to, shall we say maintain control at all costs, and we do mean all costs, catastrophically so.

Jeanmarie [59:19] Is this part of the war between the “haves” and the “have-nots”?

Source [59:23] It is.

Jeanmarie [59:24] Thank you.

Q3) Jeanmarie [59:26] What are the potential economic, social, geological, political, financial or other changes that are on the horizon over the next five years and how should we as individuals prepare for them?”

A3) Source [59:41] As the entity the channel has expressed previously to this gathering, or to other gatherings, his ability to “predict” what is to happen is very subject to the forces involved in the process. And he is very much aware that there are so many factors involved that one cannot accurately predict responsibly. So we would say there are several possibilities that are, shall we say, in the process of being activated. Much like seeds. All seeds planted do not necessarily grow, and some will grow

² Affirming, promoting, or characterized by belief in equal political, economic, social, and civil rights for all people.

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better than others. The acts that are being perpetrated, the thought processes behind those, and the individuals and groups counteracting those [forces] all create possibilities. There is a significant possibility of a nuclear process within what's called the Ukraine uprising process, some would say minor in nature, yet it would be nuclear still the same. It is a possibility, [but] all individuals in that process have not yet made their determinations, so we cannot emphatically say it is a reality for it is not a reality until it happens, but the potential is there for same. There is a significant potential of a large, shall we say, Jihadist like experience within several large cities within the United States within the next 14 months. But again, these are possibilities. They may be diverted, they may be uncovered and defused. We cannot tell, all we see are the possibilities. Do you understand?

Jeanmarie [1:02:02] Yes I do. I do have a question of clarification. You talked about the nuclear process in Ukraine. Is this a large nuclear potential process or is this a nuclear process similar to the ones the United States used in South East Asia during the Viet Nam war?

Source [1:02:22] Would be similar to same.

Jeanmarie [1:02:24] Thank you.

Q4) Jeanmarie [1:02:26] Susan P. asks, "Can you give us guidelines or suggestions on what to do with our financial resources? For example using the Stock market, gold/silver, bonds, bank CDs, mattress, etc.".... laughter

A4) Source [1:02:43] As the humor in the group recognizes the understanding. From an economic, financial stability process we see continued financial growth, both within the United States and in other world markets, not all but other world markets. There are potentials interruptions, economically same, so that could alter this outcome, or this outlook, and we say this because there are significant Satanic energy forces attempting to disrupt this, shall we say financial bun... bundle... benefit [the word should be abundance] that is being experienced by many within the financial markets within the United States for it does not serve them [the Satanic forces] to have that process go on. So that force [the Satanic force] is there, but we do not at the present time see it as a detrimental, overriding factor. We would say, be cautious in your financial interactions. Be astute, [and] look more in terms of, shall we say, long term growth processes. For if you, shall we say, do the risking, there may or may not be the reward. That is how we would answer that question

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Jeanmarie [1:04:25] Thank you.

Q5) Jeanmarie [1:04:27] The next question is regard to earth changes. Is the extreme weather going to increase, and when will it decrease?

A5) Source [1:04:36] It is in fact in the process of increasing and will continue to increase over the next couple of decades or so. Not for another 3 decades possibly 4 decades do we see a diminishment of the cycle, but it is a cyclical process partially instituted by man-made processes.

Jeanmarie [1:05:03] Thank you.

Food Supply, Environment & Impact on Health (4 Qs)

Jeanmarie [1:05:04] The next questions we have are about the food supply, environment, and impact on health. We have 4 questions. The first is a Statement by the channel, Lowell.

Statement: The mass production of our food supply processes – planting or raising, growing or feeding, harvesting, slaughtering and packaging, storing, shipping and selling – have changed significantly over the past 50 years or so, and Health trends and our concept of what is "healthy" is changing, and has changed in significant ways as well.

Q1) Jeanmarie [1:05:40] There is a combined question from the group. “Can the source give us some guidelines or suggestions to help us keep our bodies optimally healthy?”

A1) Source [1:05:50] As is being incrementally suggested through media, through some very astute and intelligent doctors utilizing the media as a means of conveying messages. Nutrition, understanding same, is much more important now than it was 50 years ago. The food supply is significantly distorted, is significantly in jeopardy, of not being as presented for there are large forces attempting to deceive the contents and the quality, etc. of the food processes themselves. As a consequence, individuals who used to simply be able to trust that they would go to the market, get what they need and rely upon the veracity of the market itself. That is not true today, for large forces for financial reasons only, are trying to obfuscate and hide the very details of what your food supplies actually contain or are exposed to, etc., etc. Given these factors, we would say one must be much more astute. Self educated as it were, [and] be very much communally based. Rely much more heavily shall we say upon “farmers markets” or things of that nature. For industrialized processing of food has, shall we say,

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detrimentally affected the quality of the food in most situations. That is how we would answer this question although we clearly understand it is somewhat disturbing to many people. Its truth must be however known if in fact you are to begin to take processes [steps] preventative so in helping you create a better health for yourself. Exercise and things of that nature are simply part of that daily process. Is that made clear?

Jeanmarie [1:08:30] Yes, thank you.

Q2) Jeanmarie [1:08:31] Additionally we ask, issues that we face now that we did not face in the past include issues with dairy, GMOs, vegetarian vs. meat eating, etc. Is this dependent on our individuality, our blood type etc. or the energy and intention we put into our eating?

A2) Source [1:08:53] Although not asked this way, praying over your food can in fact energetically enhance it in a beneficial way. Not simply consuming the food but being grateful for the opportunity of having it available to you. Saying prayers of gratefulness for the people who prepared it. Saying [prayers of] gratefulness for the people who raised it, etc., etc. You do not have to know whom but simply being grateful and creating that [gratefulness] energy does in fact raise the quality of the energy of the vibrational factor that the food provides you. And as a consequence creates a greater synergistic process within your body allowing your body to process that food that you've consumed in a much better and helpful manner. Do you understand?

Jeanmarie [1:10:00] Yes, thank you.

Q3) Jeanmarie [1:10:03] Sharon S. asks, “Will our bodies be able to adapt to the chemicals & poisons that are being put into our food supply, our medicines, our soils, and our vaccinations and still remain healthy?”

A3) Source [1:10:14] The short answer is No. The longer answer is depends upon a lot of factors. The amount of pesticides, the amount of chemicals that are added to foods, that are added to the environment as part of that process do in fact degrade and degenerate that process to a certain extent. Awareness, utilizing prayer as part of the process, utilizing attunement when you go to the store, asking for guidance. Use your own energy processes as you understand them. For the channel has taught each of you that you are capable of sensing. Simply put your hand over something and ask, “is this correct for me?” Is this better than this? Do

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these testings and do not be concerned about what other people might say as you do that process. Do you understand?

Jeanmarie [1:11:35] Yes, thank you.

Q4) Jeanmarie [1:11:37] We have a combined question. Can the source comment on what has become known as Autism and Asperger's as diagnoses. Are they a true disease where a foreign organism is causing the symptoms? If so what are the natural – meaning Naturopathic or Homeopathic, or pharmaceutical remedies, or products than can provide assistance in reducing the affect of this ailment? Are they caused by environmental factors, food allergies, etc.? Please be as specific as you can be so as to be personally helpful to anyone here who knows of such cases.

A4) Source [1:12:14] The terms Asperger's and the term Autism. As one knows there is a spectrum of course. Autism and the syndrome Asperger's are not diseases in the sense of an organism causing that factor, but in fact are systematic immune system and other endocrinological system responses to the toxicities that have been introduced over the past 50 years into our [your] society. If one is born and becomes Autistic, due to an over, shall we say, reaction to chemicals in the food, in the environment, meaning the air as well as the food, the land, etc. It creates or can create, an inability of the brain to process certain information, creating for that individual an "Autistic response." As the channel has personally experienced most Autistic children that he has encountered communicate to him telepathically and are often very surprised that he is able to hear them and communicate back to them telepathically. Often times he has stated to them [that] it is important for them to begin to learn to communicate verbally not telepathically because most people cannot communicate telepathically on a readily formed basis. In certain situations – there have been 3 – where he has been successful in shall we say coaxing that individual to become a less Autistic in his communication skills. He may yet be very reserved, and that reservation is in fact chemically based. That is, the toxicities building up in the brain, and the bodies ability to not be able to deal with them – the bodies inability to process them out of his system. It is very much chemically based, environmentally based. It is not an organism disease based process. At the present time, there are certain Naturopathic and Homeopathic remedies that can shall we say, assist in the process of reducing the effect of the toxicities that are creating or have created the process of Asperberger's or Autism. But short of eliminating them from the body in a thorough process, there is

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not a shall we say a reversal process but more in terms of dealing with the symptoms while also addressing the causes of same. Pharmaceutically, the pharmaceutical products do not address the cause of same but simply address the symptoms of same. Do you understand?

Jeanmarie [1:16:03] Yes, thank you.

ET's, Crop Circles & Human Existence (8 Qs)

Jeanmarie [1:16:06] The next group of question we have are about ET's, Crop Circles & Human Existence.

Q1) Jeanmarie [1:16:13] The first general question is, "Please clarify the term ET, and how they are related to humans on the earth."

A1) Source [1:16:22] The expression ET or Extraterrestrial, is simply a generalized term that has come to be used to refer to individual beings from other planetary systems we will refer [use that term]. They do exist. Some are in humanoid like forms, others are in not human like forms. They were all part of the creative process, for when God created the universe and created the souls that express through the universe, to [allow them] to learn to express, learn to understand and before [they] becoming individualized, these entities [just] as the earth plane people, became manifest in a physical form and have existed for many, many millennia. The difference is simply the Earth expression versus the expression of a spiritual entity expressing in a different form, yet it is a Sentient Being. That is why the term [Sentient Being] is used by this entity the channel. Do you understand?

Jeanmarie [1:17:49] Yes, thank you.

Q2) Jeanmarie [1:17:51] We have another general question. There is a rapid rise in the number of books, movies, and TV shows out of Hollywood featuring supernatural events in which ET's or "beings" are offering spiritual information to the masses. Is this information being disseminated to raise individual and human consciousness or is it having a different effect?

A2) Source [1:18:15] There are multiple purposes of course in that process. The affect is due to a consciousness change in the individual creating movies of same. For several decades have passed, and there still exist today, many movies were made where these entities were created as destructive, as shall we say not appropriate or not in alignment with bringing peace and harmony, but in fact bringing destructive energies. The shift in awareness of what is being presented, as entities who are trying to be helpful, is part of

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that shift in consciousness [of humankind] that is happening – has been happening – on the inner planes which the channel has referred to in the past. Do you understand?

Jeanmarie [1:19:17] Yes, thank you.

Q3) Jeanmarie [1:19:19] Regina S. asks, “Will there be full disclosure in the US about the ET presence in 2015?”

A3) Source [1:19:27] The short answer is No. The longer answer, there cannot [be disclosure] because of the very basis of how governmental bodies work and how controlling bodies work. The an acknowledgement of an expression [of] entities, ET’s if you wish, that are capable of far superior technologies than exist in our [your] process. There is a cover up if you wish [to use that term] of the acknowledgement or understanding that there are technologies that other entity beings are capable of utilizing and expressing that the current technological understanding of the earth plane peoples is significantly, millennia, behind in understanding. But those entities we do not see as being destructive in nature. For to get to that level of understanding required them to get rid of shall we say, the egocentric controlling aspect that has been projected upon them through the mass media over the many decades of understanding. Do you understand?

Jeanmarie [1:21:01] Yes, thank you.

Q4) Jeanmarie [1:16:04] Krysta Y. asks, “How are the aliens (ETs) and Angels going to work together to help the earth, human kind, and the universe?”

A4) Source [1:21:14] As this channel has expressed to her in the past and has expressed to others in as well. The Angelic realm are expressions of the Divine that are part of that process that has been referred to as the Angelic realm. It is separate from the physical realm. It is separate from the individuated conscious beings that we know as Earth people or Spirits occupying physical bodies in the Earth plane. The individuated spirits that come and go as part of recycle, the reincarnation process, are separate and apart from the Angelic realm, as are the ET beings separate and apart from that Angelic realm. However, the ET beings are aware of the Angelic realm just as this channel is aware of the Angelic realm. They have a higher level of communication ability to the Angelic realm or with the Angelic realm than many individuals within the earth plane. So to ask how they are to interact, it is your responsibility as this human being who is desiring to

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connect to and understand the energies of the ET's that you might encounter and recognize they are not Angelic beings even though they may appear to have Angelic being kind of qualities and characteristics and/or abilities to create and co-create. That is how we would answer that question.

Jeanmarie [1:23:14] Thank you.

General Questions (2 Qs)

Q1) Jeanmarie [1:23:15] I have just two more questions. The first one is a general question that Linda-Meade T. asks. "How should we view Barack Obama's actions as president from a metaphysical perspective?"

A1) Source [1:23:32] As the entity the channel answered questions regarding the entity known as Barrack Obama when he first was running for president, and then in fact was elected as president. The entity the channel in answering questions about that entity stated that he had the potential of creating a great healing process within the United States of America. And a potential of [creating] a great economic coming together process within the world. From an evaluation process, and we do not make judgments, but from an evaluation perspective, he has fallen far short of what was the potential that he could have done. Much is not of, shall we say, his own limitation as much as the limitations imposed upon him by the individuals and/or the processes that are part of the American system of government. Does that answer the question?

Jeanmarie [1:24:49] Yes, thank you.

Q2) Jeanmarie [1:24:50] And the last question is from Lynn S. As human beings turn more and more dependent on technology, what can we do to help keep our elements of humanity? Specifically the definition of relationships via computer and relationships involving human interaction are impacting our everyday lives, is there a way to expand our consciousness in this situation?

A2) Source [1:25:15] We will answer this from a metaphysical perspective. The technology that has resulted from the understanding of the increased awareness, technical smarts if you wish, but also spiritual understandings. That knowledge has brought forth the ability to communicate in very, very different ways than our parents, your parents, your grandparents etc. As with anything, it is a matter of how it is used. It makes it beneficial or detrimental. The beneficial use of that technology is to allow individuals to

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learn more rapidly, to discern what they chose to look at and what they choose to understand. It provides a much greater, expedited, technological communication awareness. Meaning, one can convey a lot more information in a lot shorter time period than could have been done one decade ago or even two decades ago. It has allowed extremely rapid understanding of things that were not understandable. Things that could take you months to research even 20 years ago, can be done in a matter of seconds today. That is the beneficial aspect. The detrimental aspect, it would take you 20 years to steal a million dollars, yet it would take you two 10ths of a second to do the same in today's technology. For there are benefits and there are oppositional energies. It is a matter of utilizing that technology to enhance life and to enhance understanding, not to take advantage of or set one's self apart from. That is how we would respond to that question. Is that satisfactory?

Jeanmarie [1:27:37] Yes, thank you. Before closing are there any other remarks that the council would like to share with the group?

Source [1:27:46] As this council stands before you in an energetic fashion, and acknowledges the presence, and the participation, and the, shall we say, the awareness of each of you in this process. We acknowledge you for taking the time, for creating the interest within yourself. We are grateful for this channel for allowing us to do this in this manner and we hopefully have answered the questions that you have that will be most beneficial in helping you create for yourself and your family and your loved ones a greater understanding of your connection to the Divine and a greater understanding of the importance of the love and caring that each of you must share with each other. For it is in that interrelationship among peoples that you get the real understanding and appreciation of the Divine within yourself when you are able to see that Diving within the other. That is how we would respond to this group. With that we bless each of thee. We are grateful for the opportunity to express in this manner. Are there any other questions?

Jeanmarie [1:29:09] Are there any questions from the group? Yes we have one question from here.

Unknown female voice [1:29:09] [Very difficult to understand what she is saying but this is what I got.](#) "Thank you for opportunity, and uh, in the middle east, the situation is not well, and uh Turkey, in the Turkey is a democracy falling apart and what do you see about Turkey in the future?"

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Source [1:29:41] The country that you refer to as Turkey, is a country that is divided both economically but also religiously. And it is the division of the religious process that is creating economic advantages for certain individuals and groups that are utilizing that religious differences to create economic advantages and disadvantages. It creates a greater division of the “haves” and “have-nots” as it were. It will depend upon the ability of the government to recognize that and to shall we say, enforce a process that says, your religion is your religion but you are not allowed to impose that religion upon others. If they so choose to seek it out, then they choose to seek it out, but it must not be imposed, it must be offered as an opportunity. That is the greatest challenge that we see within that country you refer to [as] Turkey. Does this answer your question?

Unknown female voice [1:31:03] Yes

Jeanmarie [1:31:04] We’ll just take a couple more questions. Over here.

Sandra O. [1:31:07] There is an expression that Healing is not linear. Can you enlighten us with a higher understanding of what the law separating the experience of pain from the experience of suffering?

Source [1:31:25] We would answer the question in the following manner. Suffering is a choice. Pain is not a choice. There are many kinds of suffering and every single kind of suffering that you can state or articulate is in fact a choice. If something happens – you break a leg. They say you suffer pain. That is not true. You choose to experience pain in a suffering manner. Suffering is a perception about, a perception about an experience. The experience [of pain] is real, the [experience of] suffering is not real. It [the suffering] is your perception about that suffering [experience] that causes you to create it as a suffering.

As the Buddha said, suffering is part of the human experience. It took him a long time to understand that, to recognize that. He put himself, his physical body, his emotional body, through a great number of difficulties that he did not have to do but he chose to do so. Many people feel he was very strong in that process. We simply see it as beating yourself over the head over and over and over again. . . much laughter. . . The Buddha now understands same as well. Life is experiences. Some experiences are painful. Some experiences are emotionally painful, some experiences are physically painful, but they are simply experiences. When you change your perception about the experience, from a suffering process to a learning process, to a

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gratefulness process even – [for example] “Thank you Father for the opportunity for me to experience this challenging opportunity so that my soul can grow in the way it needs to grow, even if I do not understand same.” If my [one’s] attitude is that I am [you are] grateful for the opportunity to experience this so that my [your] soul can learn what it needs to learn. I [one] might not cognitively learn same, but if I’m [you are] open to allowing my [your] soul to learn same then I [you] will in fact grow as part of that process.

We [the Council] understand [that] the answer provided is not specifically addressing the specific question that the entity asked, but given that opportunity, we needed to provide that explanation. As regards your specific question, the entity asking the question has had many experiences in her lifetime of significant physical and emotional pain. There is a heartfelt understanding for your soul choosing to provide you those multiple opportunities. From our perspective you have done well in shall we say, embracing and holding on to, and shall we say, beginning to understand the purpose or attempting to understand the purpose behind same. So your question was a small [personal] question but behind it was a significant attempt on the part of the entity [asking the question] to truly seek out and understand why certain things happened to you and why certain things have happened to others. [As regards] the why certain things have happened to others, if you allow yourself to become an empathic kind of person you create for yourself additional difficulties that are not necessarily yours. You can choose to make same, but they are not necessarily yours. When you understand that, you can be an empathic person recognizing and sending light and love for that individual, but it is not that burden for you to carry it is the burden for that individual to carry, no matter how difficult it may seem to you. That is what we are expressing as an answer. Is this satisfactory?

Sandra O. [1:36:23] Yes, thank you.

Jeanmarie [1:36:26] And there was one more question from over here? Yes.

Rita D. [1:36:30] Yes. [The sound is so weak that I could not really make out the full content of the question so I called Rita and asked her. The following is her question.](#) “I was wondering about the political and socio-economic changes going on in Russia and what the impact is on other countries around Russia.”

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Source [1:36:44] The entity asking the question about Russia. As a country, its peoples are desiring to create a much better life for themselves and a much greater future for themselves than the government of Russia is capable of, shall we say, understanding [providing]. The forces within the individuals within the governmental bodies [i.e., the people running the country] are creating such energies, that they are what [we would] refer to as a very myopic, a very territorial, a very individual expression kind of energy. [There is] much control, much manipulation, much, shall we say, subterfuge, what you refer to as bribery, things of that nature. It [the way the Russian government operates] has become a cultural difficulty that the people would like not to have yet it exists for them. What will happen future wise depends upon the synergy of the people involved [in the government]. There are attempts but the non-democratic process seems to be very restrictive in even allowing those attempts to even come to the surface. That is how we would express the answer to you. Does this make sense?

Rita D. [1:38:22] Yes, thank you.

Jeanmarie [1:38:24] Thank you. That is the end of our questions for this evening.

Source [1:38:31] We would say to the group. Be grateful for being alive at this time. Be grateful for allowing yourself to be open to being drawn to this gathering and this [these] groupings. The opportunities to grow and to expand your understanding and to share your spiritual understanding as well as your logical understandings has been given to you as a gift. You are the ones that contribute to the group, the channel is simply the one that holds the space, and holds the ideal for the group itself. He prays for each and every one of you each and every day either at the conscious level or at the subconscious level for that is part of his purposefulness in this earth plane, which he is attempting to accomplish. The channel would like to provide a blessing upon each of thee. He would also ask that each of you provide a blessing upon him.

This council is grateful for the opportunity to express in this manner and we bring forth the energy of Archangel Gabriel at this present time to bring a special blessing upon this gathering, upon this channel. And Gabriel wants to acknowledge, and wants each of you to understand and acknowledge, the synergy, the spiritual connectedness that the two entities Jeanmarie and Lowell have with each other has been as a process over multiple lifetimes

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and it exists in this lifetime. It is simply an acknowledgement by the Council and by Gabriel in particular so that you can understand [that] when in a communication, they communicate with each other in group and yet much more is happen[ing]. Some of you are aware energetically, yet may not understand. The channel's attempt is to help you become so attuned that you can do that with each other as well.

With that we bless each of thee, we ask that you bless this channel, and we are through.

RETURN PROCESS

Jeanmarie [1:41:21] Thank you Gabriel and to the Council for your presence and your love, strength, and the wisdom you have shown us. We ask that we/you help guide the channel on his return to the consciousness state. Restoring his body and his mind to the fully waking state.

To assist Lowell in returning to the fully waking conscious state I'm going to count from 1 to 5 and with each number I say Lowell's conscious mind will picture that number and begin the process of returning to the fully wakened conscious state.

One – Begin to become aware of your physical body sitting in this chair and see the energetic connection from your higher state of being to that physical body.

Two – Allow your energetic body to slip back into or reconnect with the physical body and as it does so, we ask that healing flow throughout Lowell's body healing what ever needs to be healed; physically, mentally and emotionally.

Three – Feel your body sitting in this chair as the healing energy of spirit flows throughout your body creating a very relaxed state while your conscious mind becomes aware of the energetic and physical presence of the people in this room as well as those who are electronically connected into this gathering. Also become aware of noises and the climate of your immediate surroundings.

Four – As you return to the fully conscious wakened state, we ask that you be allowed to remain connected to the source and the associated records of information associated with the questions asked this evening so that even when fully awake you will be able to remember that information that was

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shared here that is most important for you to remember and to be able to re-access those records as needed.

Five – When you are fully present in your physical body and fully alert mentally, (you can hear Lowell begin to “wake up” or come back) open your eyes, take a deep breath and stretch as you are guided to do so. You are fully awake and alert. Welcome back. **[1:44:20]**