

Transcript of Annual Channeled Session 2016
February 17, 2016

Induction Process

Jeanmarie K.: So tonight is February 17th, 2016, and Lowell the channel is beginning his preparation and once everybody is sitting down I would like everybody to sit up straight, feet on the floor, and I'm going to go ahead and read the 23rd Psalm. As I do this I ask that you get settled in yourself and bring yourself into your heart chakra and you can breathe into the heart and breathe out of the heart while we read. So we'll begin with Psalm 23, a Psalm of David.

*The Lord is my shepherd, I shall not want
He maketh me to lie down in green pastures
He leadeth me beside the still waters.
He restoreth my soul:
He leadeth me in the paths of righteousness for His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil, for Thou are with me;
Thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies:
Thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life:
and I will dwell in the house of the Lord forever.*

I'll now commence a count from 5 to 1 and we may or may not complete this entire induction as we wait for the Source to Join Us.

Picture each number as you hear it Lowell, and feel it draw you deeper, relaxing you, and making you more and more comfortable. When I reach the count of 1 you will be completely relaxed, in a very, very deep state. The physical body will continue to function very, very normally. The mind will completely release itself from the earth plane during this reading. The spiritual will become at one with the God force. You will remain calm, happy and at peace.

We begin – (Five) Picture the number now. Feel it relaxing you. Relaxing the feet, the legs, the hands, the arms.... Interrupted by the channel speaking.

[2:54.6 min] Source: We have the channel at this time.

[3:01.0 min] Jeanmarie K.: Thank you.

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[3:02.9] Source: We ask a Blessing upon each of thee. As [each of] you bring your awareness to the center of your being, for it is through that process from which you will hear that which you need to hear. Listening with your cognitive mind will do you no good. [However,] listening through the source of your being – your heart center will provide you the clearance, clarity, understanding that will be needed. The entity the channel, in his preparation process this morning requested that the entire Council be present and available to answer the questions, so though although Archangel Michael has been a Guardian Angel, as we shall say, for this entity, and the Archangel Gabriel has been the spokesperson who has most efficiently communicated to this channel. This channel has raised his level of awareness and his level of communication ability to simultaneously communicate with multiple entities and utilize the channels processes [speaking ability] to convey that information in a, shall we say, humanly fashion so that you might understand.

We are prepared for the questions for the channel has already created a list of entities present in both locations [FFX and Tucson] and as such has already gathered the information from the [Akashic] Records associated with each member of this gathering, so at this point you may proceed.

[5:38.9] Jeanmarie K.: Thank you, and thank you to the entire Council for joining us this day. We surely do appreciate it. I would like to start with some questions that the channel [Lowell] had.

Regarding the FFX Indigo's & Sensitive's Groups

[5:52.2] Jeanmarie K.: He states over the past year – 2015, there have been many changes in the format and leadership of the FFX Indigos & Sensitives Support Group partly due to the dynamic traveling process of the channel Lowell. His question is, *“Has Lowell’s absence been seen by the Archangelic Council as somewhat detrimental to group members development? And if so, in what way or manner, and are there specific instructions for the channel Lowell?”*

[6:25.7] Source: In answering this question it needs to be made clear to this gathering that Lowell’s absence shall we say, from [his] personal presence within the gathering has not in fact been detrimental but in fact has caused the group to grow in the way that it needs to grow. For this

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gathering has its own consciousness, supported, and instituted by this channel, yet each of thee contribute to that process. So the process of the channel being absent has in fact been helpful for the group dynamic. Yes when the channel is present, the energy is, shall we say, raised to a higher level, but it is simply because he has done this for so many lifetimes, and in this lifetime he has done it consistently with an intention of creating the dynamic, the energy that is most appropriate for each particular meeting. As some of you may notice, that changes from meeting to meeting. At times some people do not like that, for they want the same thing. Yet the channel is clearly observant and knowing that each meeting needs to be the dynamic of that meeting. And by getting himself out of the way, getting his agenda out of the way he allows the process to flow as need be for that particular gathering. Does this answer the question that you were asked? [that you asked?]

[8:27.2] Jeanmarie K.: Yes it does, thank you. My 2nd question is, “the channel Lowell created an extended Meditation Study and Practice in early 2014 for the FFX Indigos & Sensitive’s Support Group in which he led an exploration of various Meditation techniques and Modalities to help members experience the energy of their Chakra system and gave them “tools” designed to help them develop and/or strengthen that system as well as tools to help them raise their vibration or consciousness to a higher level to help them become more attuned to the higher levels of consciousness. Would the Source speak to how effective that process was, whether it has continued to be helpful and whether he should create a similar extended Meditation Practice and education for the FFX Indigos & Sensitives Support Group as well as his other groups.”

[9:21.6] Source: When the channel articulated that question he already knew the answer but for your clarification we will help you. The process, the extended Meditation and [chakra] alignment, attunement process for each persons energy was in fact extremely helpful for many, both within this gathering and many who are not present at this current gathering. However, not everyone has kept up the intensity or the dedication, shall we say, to following up and/or to utilizing those tools. To doing the meditation processes on a regular basis. There are several, some within this gathering, who have in fact done that and as a consequence have gained significantly in their spiritual development,

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have gained significantly in their abilities and their sensitivities. So yes it has been very valuable. THERE IS A LONG (40+ sec) PAUSE with background noise or activity that has been deleted from the recording.

It would be appropriate and would be beneficial for the energy of this gathering – the Indigos & Sensitive Group gathering – to be re-instructed in Meditation, in an in-depth process similar to what was conducted previously. So it will be up to the channel to arrange to do so for it will benefit many, but there needs to be a greater commitment on the part of the participants to use the information that is gained, not simply be an absorber of the information [that is gained] and then not utilize it, for that is in fact a sin we would say – an error thinking process. You do not put pearls before swine as has been said in the [Holy] Bible. We would more gently say you do not provide information that is very useful to others only to find it not be useful for yourself. You must use that which you have been given. Does that satisfactorily answer your question?

[12:8.7] Jeanmarie K.: Yes it does, and can I ask if there someone here that knows Skype well enough who can help us solve the current problem?

[12:19.9] Source: We will interject here. The entity the channel has created a connection that can be interrupted and then [be] re-established on a moment's basis, so we will release the channel momentarily and allow him to fix the problem as you call it – MUCH LAUGHTER.

[12:40.9] Jeanmarie K.: Thank you we appreciate that.

There is a pause/interruption of about 1:30 – 2:00 min that was cut out of the recording as Lowell comes out of channeling, fixes the computer/Skype connection and then re-centers himself.

[12:45.2] Source: When you are ready the Source is ready to communicate.

[12:52.8] Jeanmarie K.: OK, so let me go ahead and ask my 3rd Question. “Are there any words of wisdom that the Source has for the channel Lowell or any individual members in that group?”

[13:06.3] Source: We find it of interest, of humor, shall we say, for the channel in his current state is laughing at the word ‘wisdom’. Because wisdom is simply an understanding of [the] awareness [one has]. An understanding that as Spiritual beings, one has the ability to tap into, to be aware of, to be communicated with, in alignment with, energies that

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human beings would find “wisdom”. But that communication, or that level of understanding or connection is considered normal at the Spiritual level. So as for does this grouping, that is the Archangelic Council, have any advice for the individuals within the FFX Indigos & Sensitives grouping and in other gatherings that the channel is a part of?

We would say [that] when you dedicate yourself to coming to the groups, and you dedicate yourself to remain being open to listening, not just to the channel but to other individuals within the group, and then follow your own inner guidance, and DO NOT shut yourself down, DO NOT deny that which you know, that which you experience, that which you see, that which you sense, but be bold enough as the channel would say, to simply express that which you understand, that which you see, that which you hear, that which you sense, [then you will expand your sensitivities and gain in awareness). Because it’s in the communication of that information by yourself that may help another individual in the gathering that you may not know about. Understand what they experience [and] validate for them what they understand.

So the advice, call it wisdom if you wish, but the advice is to be a part of the gathering – integrally so – that is partake in, be a conscious participating member while staying attuned to the subconscious aspect of your being. These are the words that we would provide you as to the answer to the question that was asked. Does this make sense to you?

[16:25.1] Jeanmarie K.: Yes it does. Are there any questions from the floor, or Tucson regarding the response? – PAUSE – We’re good to go. The next question. The question is, “Over this past year, several member of the FFX [Indigos & Sensitives Support] Group have questioned the channel or commented on being aware that there is a Specific Force or Being or group of Forces or Beings that are present in the FFX [Indigos & Sensitives Support] Group. Can the Source comment on this and/or identify [those Forces or Beings] for them, the members, so [that] they can become more aware of or sensitive to them [those Forces or Beings]?”

[17:09.3] Source: The purpose of the question is that the channel has been told by several individuals in various gatherings that they have been aware of energies, or forces or presences – beings as it were – and questioned – asking for validity essentially – as to whether that [their

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awareness] was true. Some individuals actually interpreted that information to be negative in nature. We can assure you that wherever this channel goes he is constantly surrounded by Light Beings. He is constantly protected, not in a sense of needing to protect but in a sense of assuredness, in a sense of knowing that he can do what he needs to do and be supported by the Archangelic Council and all Higher Level Beings.

He is aware in every single meeting of multiple entities who come and go – different ones at different times. [However,] he does not always actively participate, in the sense of telling other individuals in the grouping that those energies are there, but relies on people in the grouping to be bold enough to ask about, and/or bold enough to make a statement about, in which [allowing him the opportunity to] he can then share his own personal experience and [then] draw from the individual what their experience was all about and/or help them understand how to interpret that which they are experiencing in the sense of sight, in the sense of vision, in the sense of auditory nature, in the sense of sensing nature. For the channel is constantly connected to this domain, sometimes to his, shall we say, detriment, in the sense of overwhelmingness. Yet he constantly calls upon the higher [awareness] level forces and knows that they are absolutely always there. Does this answer the question that was asked?

[19:45.9] Jeanmarie K.: Can you comment on the identity of the group [these Forces or Beings], for the group members, of these other energies that are there that do not seem to be Angelic energies but also very high level, high frequency energies?

[20:02.7] Source: The example we will give is when we [Lowell] called upon energies in a group meeting several weeks ago in which the entity that you know as Mr. Gandhi expressed himself, that is presented himself, and the entity the channel identified that entity. There are other, shall we say, Ascended Master energies that can be very powerful in the sense of their energy is very powerful, which can often times be misinterpreted as a negative energy, [but] it is simply a powerful overwhelming energy, not a negative energy. For you can be assured that in no gathering that this channel is facilitating are negative energies allowed to be in, around or connected with this entity [the channel] or the, shall we say, the space this entity [the channel] creates. For whether

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he actively calls upon the council, or actively calls upon Archangelic Beings in general – Metatron, or Michael, or Gabriel, or Raphael or any of those such energies. The very presence and the very purposefulness for which he holds these gatherings, those entities – those Archangelic Being energies, as well as other high level consciousness beings that are not of [the] Archangelic or Angelic realm but are of a highly Spiritual realm, do come periodically to the gatherings. Each gathering may be a different energy so it would be appropriate if an entity [individual] in this... in a gathering experiences a powerful energy, to ask about that energy and the channel can [then] guide them through understanding what it is they are experiencing and identifying that source with which they experiencing that energy. Does that satisfactorily answer your question?

[22:48.7] Jeanmarie K.: Yes, thank you. We have a question from the floor.

[22:56.1] Liz A.: Hi, I'm Liz and my question is about the answer you just gave us. How, when we are not here in this gathering, how can I clear, I don't know which word to use, but how can I clear my connection when I'm asking questions in my mind? My intention is always to ask the Archangelic Council, but I seem to get answers from other entities that I really don't know who they are. I can sense their energies [are] not necessarily of a low vibration but they are energies that sometimes just like to joke around and tell me the wrong thing or they are directing me to the other way than I wanted to go. Um, and, but it's just when I'm asking, that it happens only when I'm asking questions in my mind. When I'm actually fully channeling it's completely different. I rely more when I channel than when I ask in my mind. How can I do that?

[24:04.6] Source: We would say to the entity [asking the question]. You have already been properly trained – properly instructed by this channel – in how to connect to the Higher Level Beings. Your openness, your willingness to be used by Spirit has been very well noted, and the purposefulness for you doing so has drawn to you additional resources, Angelic in nature, but has also allowed you to be open to other resources, what would be termed as the Ascended Master energy forms, and other higher level [energy] beings – Guru's per se is the way it would be best presented to you, who are not of the greatest energy level, but of a great purposefulness in a sense of wanting to be able to

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communicate to you. The, shall we say, playing around, or the misleading aspect is your ego mind wanting to take a message that has been conveyed to you through your subconscious mind and distort that message causing you some, shall we say, disconcertment [disconcertion or uncertainty]. It is the ego mind that is creating that, shall we say, subterfugal [deceptive or evasive] kind of energy. You need to use the affirmation that the channel has taught you, and that is *“Not my will but thine. Help me get my ego out of the way. Help me get my desire to be correct out of the way. Help me get my need to be ‘whatever’ out of the way and let me simply become a clear channel of blessing so that the messages I receive, and then my interpretation of those messages are from the highest source, not my ego mind.”* Is this clear?

[26:41.5] **Liz A.:** Yes, thank you.

[26:45.4] **Jeanmarie K.:** Julia, would you like to ask a question?

[26:48.2] **Julia M.:** Yes, my name is Julia and my question is very simple. It has been mentioned that beside Angelic energies we also experience the energies of Ascended Masters, and I’m wondering what kind of Ascended Masters visit our meetings, especially the one which meets on Thursday – the Edgar Cayce group?

[27:10.1] **Source:** There are, shall we say, Ascended Beings that were a part of what was known as the Gnostic peoples. The energy of those beings, because of the study of that gathering, are drawn to that gathering to attempt to clarify, shall we say, some of the textual information that is, shall we say, expressed, read, talked about, etc. The channel has been aware of these entities [although] he has not always articulated his awareness for several reasons. Some of which he and the entity known as Jeanmarie will sometimes [mentally] communicate that information between themselves and not share it with the gathering for different reasons. So the entities that you can become aware of in those gatherings are often times high level beings who are wanting to make sure that the information that you are reading is understood from the information perspective from which it was written, from which they were a participant in that process. Do you understand this answer?

[28:47.9] **Julia M.:** Absolutely but could you give me the names maybe of some of those entities? Have they been incarnated [reincarnated] on the

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earth? Because you are saying that they are Gnostics, so probably they have been incarnated [reincarnated] on the earth.

[29:03.8] Source: There are... the energies that this channel is conveying to you at this moment is relative to the energy of that being during which time he was the, or she was the, Gnostic teacher or the Gnostic scribe as it were. Those entities have long since multiply incarnated and passed on and incarnated and passed on. No only in this dimension but in other dimensional realities as well. But the energy, because of your study, calls [comes] forth the energy from that time period. Do you understand?

[29:51.0] Julia M.: Oh absolutely, but what were they called at that time period when they wrote the Gnostic scriptures?

[30:02.5] Source: One of the scriptures that this channel as well as the entity asking the question have been particularly interested in is what is known as the Secret Teachings of the entity known as John [*The Apocryphon of John*]. That entity is one of those who presents himself – his energy presence. The energy of the Master, the Yeshua [Jesus] as you would know him or as was known when he was in incarnate form is also present to bring clarity. There is an entity whom you would know as Mary Magdalene. That energy presence is also present in those gatherings. Those are some of the energies. It is not important to identify them all. Only your conscious mind wants those answers. Do you understand?

[31:13.4] Julia M.: Yes, and I'm very satisfied with the answer. Thank you.

The A.R.E. Spiritual Discussion Group

[31:18.4] Jeanmarie K.: Thank you. For the A.R.E. Spiritual Discussion Group, this group recently studied the work of Dr. Claude Swanson regarding finding a Scientific Basis of Paranormal Phenomena, and chose to shift to studying the works of the Early Gnostics via the Nag Hammadi Scriptures as well as the work of Zecharia Sitchin. My question is, "*Was the study of Dr. Swanson's work studied sufficiently to make it useful to all members of that gathering, and do the group members need to study his works further?*"

[31:55.3] Source: We would answer that question in the following manner. Is there usefulness, additional material, shall we say, within the 2nd

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volume of Dr. Swanson's work? We would say interestingly useful but not usefully useful, shall we say. So, from an intellectual understanding perspective, the channel for example can easily verify for himself whether what is being stated is valid or not. He does not need it to be written so for him to understand so. There are others who can do the same. For some it simply becomes boring, therefore not productive, and not useful. The switch to other material, spiritual in nature, helping to find a greater understanding of self and connection to the Divine, is the most appropriate way for that grouping to, shall we say, migrate to this new material. Do you understand?

[33:22.5] Jeanmarie K.: Yes, thank you. My 2nd question is, "Is the group process, as currently being followed, sufficiently helpful to all members of that gathering and/or are the things – the books, videos, and audios etc. – that are being studied sufficient to provide the desired clarity of understanding for all members of that gathering? Are there any helpful hints or ideas of clarification so that all members can gain a better understanding as to which Cosmogony or Mythology is the MOST correct one?"

[34:00.4] Source: As the channel himself finds the information very interesting, and has allowed him[self] to, shall we say, correlate information, not just from the Gnostic perspective but from the theological Biblical perspective, from the Judaic mysticism, Kabbalah perspective, from the perspective as presented in the Zecharia Sitchin material regarding the early Sumerian writings and their understandings, concepts, etc. The process of studying the Nag Hammadi has facilitated the ability, or shall we say, offering the ability of the channel to help correlate these pieces of information to, shall we say, stretch the understanding of several other members in the gathering, providing them additional insights. One can logically ask, "but to what benefit?" and the benefit is clarity of understanding for even the channel does not necessarily know all that is correct, but [he] is open to being, shall we say, made aware of the various information.

The one thing that needs to be, shall we say, emphasized is [there needs to be] not just a reading of the material; not just an understanding of the words that are articulated there, but understanding the purpose for which that material was written, and then through meditative processes, through attunement processes, shall we say, as the channel does, go back

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in time himself. So individuals [should] go back in time themselves, and reconnect to the material from the timeframe within which it was written. The channel clearly understands that that is how one goes about really discovering the truthfulness about the matters that have been written. But it requires an effortfulness, a deep sense of meditative processes, a deep sense of connecting to the Divine material. Not just the, shall we say, the written word, but the meaning behind, the purpose behind. That is the advantage that the channel and the people like himself have in this understanding or this studying, as you would call it. Do you understand this answer?

[37:22.9] Jeanmarie K.: Yes, and I have a follow up question. Would it be helpful to the group then to have some short meditations as part of their study, [their] group study time?

[37:33.8] Source: Would be most appropriate, yes.

[37:37.6] Jeanmarie K.: Thank you. In the study of the cosmogony or cosmology that is presented in the Gnostic Gospels, there seems to be a very complex creation process that is significantly different from the one presented in the Christian Holy Bible as well as the Hebrew Bible, yet the channel seems to be able to correlate the “creation myth” stories to what is presented in the Kabbalah sources and [that] the channel Lowell has studied, as well as the Cosmogony “stories” presented in the works of the Ancient Sumerians. Is the channel correct in “realizing” or creating correspondences, or is he simply trying to put pieces together that don’t really fit? So is the puzzle coming together properly or ??? do you have – INTERRUPTED BY THE CHANNEL.

[38:30.5] Source: We will answer the question in a, shall we say, a complex manner. As the entity the channel has been exposed to this material, that is the ancient Sumerian text material from previous lifetimes, not just this lifetime, not just from the information that Sitchin has provided and other, shall we say, scholarly individuals. His ability to draw correlative information, to shall we say, take puzzle pieces and fit them into what may not appear to normal individuals as fitting together. He has [developed?] a perspective, is able to raise his level of consciousness to provide that level of perspective, and is thus able to find correlations that many simply do not see. It is not simply trying to fit puzzle pieces that do not fit together. He did that much earlier in this lifetime and found it

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to be non-useful. He realized that when it becomes trying to mechanically, or cognitively fit pieces that make sense together, and not tune into the, shall we say, vibrational nature or the vibrational level, it is at the vibrational level that the channel [now] is working and folding these pieces of information together.

And on a humorous note, in a process that the channel conducted several days ago, in which he seriously asked the question, “Of all these cosmologies as you refer to; the mythological stories as we would sometimes say; these creation stories; these cultural realization stories [which one is the true one or most true one?]”

When he asked that question seriously as to were there correlations and were they correct and if one was correct was the other incorrect, he was very surprised to begin to understand for he was shown that all are true from different perspectives. And as the process that sometimes occurs for him he was simultaneously shown those perspectives and has been trying to un[derstand or] wrap his mind around that process for it is very complex and cannot be understood from a cognitive perspective. That is why he has not said anything in-group about that process, for it is very, very confusing to the normal mind. That is the answer we would provide. Is that sufficient?

[42:22.5] Jeanmarie K.: I have a follow up question and that is, is there benefit being received by the group in studying this material?

[42:33.5] Source: Each individual in that gathering has come there with their own purpose and to the degree that that purpose is in alignment with which the Ideal that is held by the channel, and others familiar with the Ideal of that grouping. That Ideal being:

“To raise one’s level of awareness, and raise one’s level of consciousness. To become a better channel of connecting to the source of their being, and from that connection gain the information that is most appropriate for their understanding as to how best to communicate to others so that they [the other people] can have a greater sense of their [own] awareness of being a Spiritual Being in their physical bodies.”

So each individual in that gathering is in fact gaining information that has the potential of being very helpful in that process. In that process of, shall we say, learning that Ideal, learning how to make manifest,

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[learning] how to make practical that ideal that is held. Do you understand?

[43:57.0] Jeanmarie K.: Yes I do. I'm going to ask the group if there's any other questions before we move on. – NO QUESTIONS WERE ASKED

Tucson Dreams & Spiritual Discussion Group

[44:05.6] Jeanmarie K.: The next group of questions are about the Tucson Dreams & Spiritual Discussion Group and I want to make sure they hear this. The Statement is that the group has been studying the Kabbalah via a John Van Auken DVD and the book, as well as resources that the channel Lowell and other members have suggested. My 1st question is, "Is this the best study for the individual members of this group and at this time to help them realize or create or experience a greater, higher or more intimate connection to the Creator, or would other topics be more beneficial to the members of this group?"

[44:46.1] Source: We will state that there are some individuals in that gathering that initially would have preferred a different topic as it were. And yet through the teachings, through the guidance that the channel has provided in understanding not just what the Kabbalah is, but how it can be used as a resource for this raising of consciousness level. The entity the channel created a series of documents that were, shall we say, guided [he was guided to provide these documents] to provide instructive information to help individuals understand the vibrational qualities of each of the Sefirot from the Kabbalah Tree of Life, but also help them understand it in a personal way. [In a way] in which they vibrationally understand the energy and therefore it allows them to have a greater sense of a connection to the Divine that is in that energy of each of those Sefirot. That is how we would answer that question. Is that satisfactory?

[46:11.0] Jeanmarie K.: I'm going to ask the Tucson group. To the Tucson group, I cannot see you but I'm hoping you can hear me. Do you have any follow up questions to the answer to that question?

The Audio is barely audible but you can barely hear the following.

[46:22.7] Tucson Group: "No I guess not. Nope, nope, no questions".

[46:26.3] Jeanmarie K.: OK, my 2nd question is, "Is the material that the channel Lowell worked on and prepared for those members sufficient in

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depth and clear for the group members to follow and will his prescribed use be sufficiently beneficial to allow those members to advance on their own?

[47:50.5] **Source:** Has already been answered.

[46:51.2] **Jeanmarie K.:** Although barely audible, you can hear Jeanmarie say, “Tucson group, are you ready?” Then you barely hear them say, “Yes”, and then Jeanmarie says “Thank you OK”, then Jeanmarie says, “Is there and specific advice or clarity that the Source can provide to that Gatherings members who are present via a Skype connection?”

[47:07.1] **Source:** As the entity the channel has said to them often, each of them have the opportunity to expand their own consciousness, to expand and raise their consciousness level, [but] it requires Meditative practices. It requires a dedication to doing the things, the exercises that have been instructed. Once those exercises are followed as prescribed, one should be able to significantly benefit on a personal level and therefore become more assured in their connection to the Divine, and become more assured that they are constantly being supported by the Divine, both within and without. That is how we would answer that question.

[48:11.0] **Jeanmarie K.:** Does the Tucson group have any questions regarding the teachings, the methods, the tools that you’ve been provided? Are there any questions of clarity that you might have? You can barely hear Sven say, “We’re OK”, then Jeanmarie says, “Thank you.”

Wars and Sociological & Other Changes

[48:28.4] **Jeanmarie K.:** OK, other topics. Wars and Sociological & Other Changes. In the past, several questions were asked of the Source as to what individuals need to do to more fully understand the Wars & Sociological & Other Changes that have been taking place in the world. My 1st question is, are there any additional clarifications, advices, or comments that the Source would like to make regarding this topic that will help clarify what perception each of us need to have that will benefit each of us AND be helpful to dissipate or dissolve the Islamic Jihadists or other Terrorist groupings energy or their negative effectiveness on others in the world?

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[49:11.5] Source: As has been previously stated on a number of different occasions, but in specific to the answer in last year's channeling process. The Jihadist's, shall we say, groupings, the Terroristic groupings are part of the Inner Planes War between the Forces of Evil as you would refer to and the Forces of Light or Good. They [these Groups and the wars] are an outward manifestation of that energy. Darkness cannot exist within the presence of Light. It [that statement] is simply a Universal Law, for Light dissipates Darkness; darkness does not overcome the light. It may cause it to dim but it does not overcome it. Light on the other hand dissipates darkness, emphatically so. Darkness cannot exist in the presence of abundant Spiritual Light. So as has been stated by this channel, or through this channel, each of thee have the responsibility of creating a light within yourself and then sending that light out to both embrace and surround all Darkness in what ever form [you find it], in what ever part of the world [you find it], at what ever level of awareness [you are able to express], that is your responsibility! Your responsibility is to create the Light, then send that Light out in a Loving, Caring, God centered fashion with the intent of dissipating and/or eliminating the Darkness that does exist. It does not [your role is not to] ignore the Darkness; it simply says that in spite of your Darkness, we will create Light, which must force your Darkness to be dissipated. That is the shift, shall we say, in understanding or awareness that needs to take place on a daily basis by every single individual who hears these words. Proceed.

[51:55.7] Jeanmarie K.: Is there a practice that each of the group [members] should incorporate into the group time?

[52:03.5] Source: Has already been described.

[52:06.6] Jeanmarie K.: Thank you. Are there any specific things that individuals in this gathering need to do or ways we need to begin thinking that will begin to bring peace to all warring situations and warring parties in this world? AND can you give us a time frame when we can expect the warring situations in the Middle East to reverse and become Peaceful factions or situations?

[52:30.1] Source: As has already been described, the processes are to create an energy [a Loving & Caring Spiritual energy] within self that connects to the Divine Light within, and then responsibly send that light out to all

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Terroristic, all negative, all Jihadist, what ever term us use, to dissipate the Dark energy, the negative forces that they are creating. That shift in consciousness, to an accepting of that as a responsibility. When you can do so the way your body simply breathes for you without having you to tell it to. When that [way of thinking about this] can become a part of your normal breathing process – that that’s just what you think about on a moment-by-moment basis, then we will find it becoming more and more effective. As to a time frame? Several years ago the channel was asked when the end of the Warring factions in what was known as the Pakistani war process would happen to come to an end. It was stated then [that] it would be several decades. We do not see the ending of that [war] within the next two decades. Although the possibility exists if all humanity were to do this process. If all humanity were to become aware of their responsibility to create Light and to then send Light out to disperse, or disseminate, or dissolve the negative energy, it could happen, shall we say, tomorrow. That is how we would answer that question.

Food Supply, the Environment, & The Impact on Health

[54:55.8] Jeanmarie K.: Thank you. I have several questions on the Food Supply, the Environment, & the Impact on Health. The channel and many others believe that American corporations such as Monsanto, and other Agricultural businesses, as well as Pharmaceutical companies are “deliberately” creating products [that] they know are harmful to people & animals. “Can the source comment on the veracity of this belief and if it is true what can individuals realistically do and should do about it?”

[55:32.8] Source: As the channel actively knows that the statement is an accurate statement of what is realistically happening within those businesses; within the consciousness of the people who participate in those businesses. It is very depressing, shall we say, to the entity the channel to recognize that that is part of a, shall we say, “reality”. And [although] he does his part in the sense of attempting to surround those energies – those entities – those corporations and the people involved in same, to help them become aware of the deleterious effects that their greed for power, their greed for control is having and has had upon the world, upon many peoples within the world. As for what can be done by the individuals in this gathering and/or the individuals throughout the world. There needs to be more vocalization. There needs to be more,

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shall we say, focused vocalization, focused articulations in the terms of writings to the people who are responsible for managing, for controlling. There needs to be more articulations to the News Media, for the News Media are in fact part of that process in that they are controlled in a monetarily fashion. They are controlled in the sense of how they produce their information. How, shall we say, how they are prevented from openly and actively presenting information. [Unfortunately] that is a reality, it is not simply this channel's mind or trying to put pieces together that don't really fit. It is far worse in some [other] places than in the United States. But that is in fact a reality that the world is facing, and as individuals within the world each of you have a responsibility of doing your part in an articulation process [speaking up or out publically], as well as in a thinking process, as well as in a generating Light to, shall we say, surround and bring Light to those individuals as well as the corporations themselves, for they have created that kind of negative energy. That is the long, shall we say, question, answer process that we would provide here.

[59:05.8] Jeanmarie K.: One of the counters is that there is a belief by many that the products made by these companies are necessary to produce the amount of food needed to fill... to feed all of the people on the earth. That without those products there would be many more people go starving. Is this an accurate belief?

[59:29.8] Source: Inaccurate is the way we would put this. The process of creating food supplies for individuals throughout the world. The ability for the land to produce the amount of supplies that are needed can be sufficiently sustained by [using] environmentally sound processes, but those environmentally sound processes would be more expensive. They have chosen to make it less expensive but in the process of doing, creating toxicities that have significantly long term effects and no one is, shall we say, taking responsibility for the long term effects, therefore it creates an unsustainable life giving process. Would be far better to be environmentally sound and yet have to pay more for that process than to be toxically prolific and cause the deaths, and disfigurements, and unhealthy processes that are caused by those [toxic] events. Do you understand?

[1:01:18.8] Jeanmarie K.: Yes, thank you. In the past the question was asked about Autism and Asperger's as diagnoses and the Source said:

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“...the syndrome Asperger’s & Autism 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 society.”

Can the Source provide further clarity on the answer and be specifically helpful to individuals that are working with children or other adults who are experiencing this “syndrome”?

[1:02:00.7] Source: As has been stated, those two processes are not, shall we say, induced, in the sense of being a disease, but are really, shall we say, the results of toxic processes that have accumulated. As for those individuals who are experiencing those processes of Asperger’s and the processes of Autism, and those individuals who have to work with those individuals [we would highly recommend using “organic” that is non-toxic food and cleaning products]. The term “organic” meaning non-toxic is the best form of not simply providing a healthful process, but in fact if it is used on a consistent long-term basis, can reverse, can, shall we say, undo the toxic process that has accumulated, even if passed on genetically. And [additionally] through prayer and meditation begin to literally reverse and make non-manifest those syndromes as we would refer to same for individuals. It is a long process. It is not quick. It is [an] expensive process for it requires a careful, a very careful understanding of what each individual is toxically sensitive to. Some individuals are toxically sensitive to some organisms or, shall we say, toxic products, others are more toxically sensitive to other products. That needs to be worked out on an individual basis. But the syndrome of Asperberger’s, and the syndrome of Autism can in fact be overcome through very careful, environmentally sound, environmentally pure, [and] energetically pure, shall we say drinking products, food products and breathing products. This is how we would answer that complex question.

[1:04:52.1] Jeanmarie K.: Thank you. I’m just going to ask, Anne?

[1:05:30.1] Anne B.: This is Anne and I wanted to go back to a few questions ago we were talking about how we can best communicate to Big Pharma, Big Food, to the Big corporations. And also to be... to one be safe about, want to be effective about it. Also to protect ourselves and I’ve read a number of articles about people who have been

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murdered, and especially there was a series of murders that happened within the past few months, and they were linked to doctors that were speaking out. Um, to, particularly to Big Pharma. And I wanted to know how we can be the most effective in making change and speaking out but also protecting ourselves?

[1:06:30.8] Source: It is noted that the entity asking the question has both a serious and a personal stake, shall we say, in this process. We would first say, “be not afraid for you are protected by many Angelic Beings. You are protected literally by the purposefulness for which you exist. You must take precautions in the sense of learning discernment, knowing when and when not to push and to how far to push. But your conscience requires that you inform your patients, that you inform those whom you know and care for [about information] that which you understand, that which you have, shall we say, a reasonable scientific basis. Pass that information on to those that you are responsible for. [However,] it is not within your role to be, shall we say, the whistle blower for a large Pharma process. It is yours to be aware of same and to inform the clients that you have and/or the friends that you have of your understanding, but it is not your roll in this lifetime at least to be one who tries to, shall we say, undo the what you refer [to] as the Big Pharma energies. It would be best for you to simply hold them as you would a, an attack dog. Put them on a short leash in the sense of do not allow them to interfere with what you do by doing the things [that] you know to do, yet also energetically holding them accountable. And that energetic accountability is being able to, shall we say, hold the balance of, shall we say, as the channel has said, “hold them responsible for what they do while sending them light, that they might see the light and begin to not do what they do”. That is how we would answer your question. Is that helpful to you?

[1:09:10.0] Anne B.: That’s very helpful, thank you. So the education that I’m about to provide other people, hopefully that will, that will spread thru those things (???) ... interrupted by the Source.

[1:09:30.6] Source: That is what is for you to do. If you do that, and simply let God do the rest you will be doing your part. If you are called to do a greater part, then you will be called to do a greater part. Follow your heart and your own guidance is what we would say. Do you understand?

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[1:09:46.3] Anne B.: Yes, thank you so much, I appreciate that.

[1:10:50.3] Jeanmarie K.: It is getting close to the end. What I'd like to do is take this question here on the floor here and then I'm going to turn it over to the Tucson group to also be able to ask some questions.

[1:10:04.2] Fiorella P.: Hi, this is Fiorella. My question is regarding um, when we were talking about food. And I've heard in the... and I know that there are some people that have been cured by a vegan or vegetarian diet, ... we also talk about organic [diet], but I don't know if vegan or vegetarian might be even better or not and also there's certain groups, like Yogi's or other Indian groups that claim for a vegetarian or vegan diet to be better for the vibration, to be high vibration and create a better connection.

[1:10:40.8] Source: We will answer that question for it has been asked many, many times, over many, many decades. Whether one becomes a vegetarian, or uses a vegetarian diet, or in fact does not use a vegetarian diet but is in fact what would be considered a carnivore, a carnivorous diet. The key thing is balancing. That those who are carnivorous diet peoples, some peoples including this channel, survive best, or, shall we say, thrive best where there is carnivorous material – fish, fowl, lamb has been the primary process [for this channel] as well as vegetables, as well as fruits. Salads, things of those natures – raw most appropriately. For the channel, a vegetarian diet would not provide him the sufficient resources, supplemental wise, whereas some individuals would in fact thrive. As the channel found out many years ago when he tried to do a vegetarian process, it was not appropriate for his mechanism [system or body] for his physiogomy [incorrect word usage, should be physiology] as we would call it. Where as it was appropriate or is appropriate for some individuals. So we would not say that a vegetarian diet is better than a non-vegetarian diet.

Certain people are lactose intolerant, other people are not. Some people are diabetic and have to control their sugar process more than others do. It is an individual case basis. But to help you in understanding whether you or another individual should become a vegetarian? We would say, ask within your own meditations, “is that the appropriate vehicle for you to get the nutrition that you need, not simply to survive but to thrive?” If it works for you, if that is what [the answer] you get, try it. If your body

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responds negatively, re-ask [the question and add] “is there something I need to do slightly differently and still remain vegetarian”. Such as, “do I need to eat more legumes for the protein process? Can my body process what are referred to vegetable protein vs. meat protein?” These are [some of the] things that you would have to discover through your own investigative processes with the help of perhaps a dietician and/or a doctor of some form, whether it be Naturopathic or some other form. But do not simply believe that a vegetarian diet is better for, than a non-vegetarian diet. It depends upon each individual’s physiology, we would say, as well as what their mindset is about same. Do you understand this long, shall we say, answer?

[1:14:40.5] Fiorella P.: Yes, thank you.

[1:14:43.4] Jeanmarie K.: I’d like to ask the Tucson group if you have any questions that you’d like to ask source at this time?

[1:14:51.5] Sven S.: Hi, yes we do Jeanmarie. First of all we have submitted several questions, in fact multiple questions and we don’t believe any of those have been brought up at this time. Is there a chance that you pulling those specific questions and dealing with one or two of them? And then I have one person that would like to – here – that would like to address his question when ready.

[1:15:19.0] Jeanmarie K.: OK. We don’t have much time. We just basically finished Lowell’s questions so I’ll go ahead and ask a couple of the questions that you submitted. Uh, this, this one is from Judy.

This is of a political nature but the outcome affects all of us in the United States and the world on some issues.

1) The United States is currently so divided in how to move forward with some discussions, changing or taking away the rights of citizens, and impacting the strength of this country.

2) The believability of politicians is at a very low level.

3) With the election of a new president and the nomination of a new Supreme Court justice, What do you see in the future of this country, as these elections can change the course of humanity in a big way on many levels.

4) What are the potential scenarios and what can we do to support the most beneficial option or outcome.

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[1:16:20.9] Source: Yes, we understand the entity's question, and we understand the, shall we say, fear behind the question. Uncertainty. For some [of you] for me to say fear, would be too strong and therefore we will say uncertainty.

There was as much uncertainty during the time of what you refer to as World War II within the political system, yet it was not shall we say advertised, for media oriented processes were much, shall we say, softer, were not as invasive, were not as, shall we say, dramatic in their covering of the information. But politically there was a very strong divide. The divide that is occurring today within the American political system is, shall we say, coming to a head. A process of extremism within the political realm, within the American form of governmental processes has emerged over the past, shall we say, seven to... three to seven years we would say. One can easily argue it was before then began probably shall we say – the channel is interfering here, we will step aside for a moment.

In answer to the question as to what this volatility that people are experiencing in the political realm can do? It has already been stated and we will re-state [it] again. That process; that destructive, negative, what was referred to as attack processes, is the result of the over manipulation of what are referred to as legislative bodies due to excessive amounts of monetary influence, as the channel recently articulated. The legislative process was never intended to be a bought process. That is, when individuals voted, the person they voted for followed the guidance of his constituency. The American process of greed – the capitalistic process – has created a mechanism whereby votes are bought. That is decisions are made based upon monetary processes, not upon interest of every ordinary citizens processes. So the entity is accurate in saying that it [the American political system] is very disruptive. But the real question comes, what can you as individual beings do about that process. How can you as an individual create an energy that is equivalent to the energy that is created, the influence, shall we say, that is created by a much more powerful, in the sense of monetarily powerful Lobbying effort or individual effort, etc.?

We would say [that] by holding the consciousness that is [spiritually] higher. By holding the reality that this is not what is in my best interest or the best interest of individuals that I know; of my children; of my

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grandchildren; of your grandchildren. It is the holding of the Ideal that we must maintain, for to give in to the Ideal that the, what is referred to as the 1%, get their way and the 99% get the rest [or leftovers, which is often nothing]. That has been a reality for quite some time. That is the reality that needs to be, shall we say, undone, made to dissipate. And it must be done at a holding of consciousness level; a holding of Ideals level, and creating an energy around implementing that Ideal, for it is in the best interest of everyone, not just me [or the few]. When we, when you all, when the individual entities, not just [the entities] asking the question but within the entire voting population, realize that it's not just about them, but in fact it is about them, but their interest is in the interest of everyone. When everyone understands that they are all interconnected, that is when the consciousness will begin changing.

In the meantime, there is going to be a very disruptive road ahead for many individuals, not just the political entities, but the people who will have to make decisions in how they chose to vote for those individuals. We understand that this is perhaps not a complete or comprehensive answer to the very complex question, but there is so much negative energy in the question itself, not because of the individual asking the question, but because of the, shall we say, the turmoil that it's asking about. But that is how we would best try to attempt answer that in some form of satisfactory answer. Is that understood?

[1:24:01.4] Sven, S.: Yes it is. Thank you.

[1:24:05.5] Jeanmarie K.: I have one last question and this is a question from Denis, and he asks, will the stock market stabilize and improve this year. A question [that] many are asking.

[1:24:22.8] Source: Although we understand the purposefulness, the intention behind the question, we can only say that the volatility that is caused by the increased greed... the political process system creates the opportunity for what is referred to as capitalism to... creates an impetus, shall we say, to allow greed to propagate, to expand. It is only when individuals "don't worry about" what the stock market is doing, because their intention is not to, shall we say, to make money at the dis... at the advantage of others, but more in terms of allowing Spirit to guide us [them] in that in which we will invest in that's to the benefit of ourselves AS WELL AS to the benefit of others. Not at the expense of others.

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That is the greed factor that makes it so difficult to answer what will happen. For greed begets greed, begets greed. It is only when you consciously choose to NOT allow yourself to be pulled into same – if necessary withdraw from same – but do not allow your consciousness to, shall we say, bounce the way the market is bouncing, or will be bouncing. There will be an up and down battle because it is a battle of negative forces as to who is to get the greatest – Politically, economically, Power wise. Those are the negative forces that the political system that is occurring right now is adding to that, shall we say, enormous fire that is burning in what you would refer to as Hades [or hell].

[1:27:21.0] Jeanmarie K.: Thank you. Before we come to a close, is there anything you would like to say this group or say to the channel before he returns?

[1:27:33.1] Source: We greatly respect and thank the channel for stepping aside, making himself available, preparing himself to allow us to communicate as clearly as possible to this gathering. To respectfully answer the questions that were asked. And although we understand that there are individuals within this gathering who still have questions that they would like to get answered, we will attempt after this recording is finished to attempt to answer some of those questions, for some do not want to have that, shall we say, recorded. We apologize as a Council for creating a sense of doubtfulness; a sense of unsuredness about the political outcome, about the economic outcome, about the sociological [and] environmental outcomes. But these are realities that you all are indeed facing. These are the realities that this channel has attempted to help you find the ways, find the tools, find the mechanisms for raising your level of awareness, raising your level of consciousness to a spiritual purposefulness. Not just getting along best in your physical world but raising your consciousness so that you're getting along very well in the spiritual world as well.

For when you get to the point of getting along in the spiritual realm and we do not just mean surviving in the Spiritual realm, but we mean thriving in the Spiritual realm, as the channel would use that term. When you get to the point of being so consciously aware of your being a Spirit interacting in this physical world, you begin to be able to bring forth energies that go far beyond any physical thing you can do. And

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[that ability] allows you the opportunity to begin changing incrementally, incrementally very much so, the consciousness of every one that you get the opportunity to interact with on a daily basis. Those are the important things that we hope [we] were able to communicate to this gathering this evening in an upliftment, in an enlightening way.

You are far more powerful in an energetic way, in an enlightenment way than you realize. But as the channel says, you have to claim so. You have to claim so in a non-egocentric way. You have to claim so in a way that says Not my will but Thine, for it is when you are able to do that, that you then become a clear channel of blessings for whatever situation you are dealing with. These are the pieces of information that this gathering, that this shall we say, the Source, this Council would like to convey to this gathering. And we ask that a special blessing be upon each of thee for we see the light that you do not see. We know the channel is capable of seeing that light as well. We know that the channels purposefulness is to help you see that light within yourself and then begin to become more open to seeing that light within others. That is the purposefulness for which the channel does this work.

So with this we say, “we release the channel back to his normal processes and we bless each of thee. We are through.

[1:32:58.8] Jeanmarie K.: We would like Thank you for your advice, wisdom and your love and the strength you have shown us. We ask that you help guide the channel on his return to the conscious state. Restoring his body and his mind to the fully waking state, allowing him to remember that which is relevant and necessary and his understanding and enlightenment.

I am going to count from 1 to 5 and with each number I say, you will picture it and begin the process of returning to the conscious waking state.

(One) – feeling very relaxed, begin becoming aware of your conscious mind and your physical body – 2-3 sec PAUSE

(Two) – become aware of the chair you are sitting in and the noises and energies in your immediate surrounding. Invoke the Robe of Light protection prayer to protect you from any entities or energies you might become aware of on your return to this space and time – 2-3 sec PAUSE

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(Three) – feel your body in a very relaxed state while your mind is very alert, yet very calm – 2-3 sec PAUSE

(Four) – when you return to the conscious waking state, you will remember that which is relevant and necessary for your understanding and enlightenment – 2-3 sec PAUSE.

(Five) – become aware of the people in this room as you open your eyes wide and take a deep breath in – you are fully awake and alert!

[1:33:31.9] Jeanmarie K.: Welcome back.

[1:34:33.2] Lowell: Thank you all.