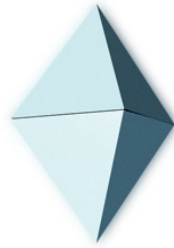
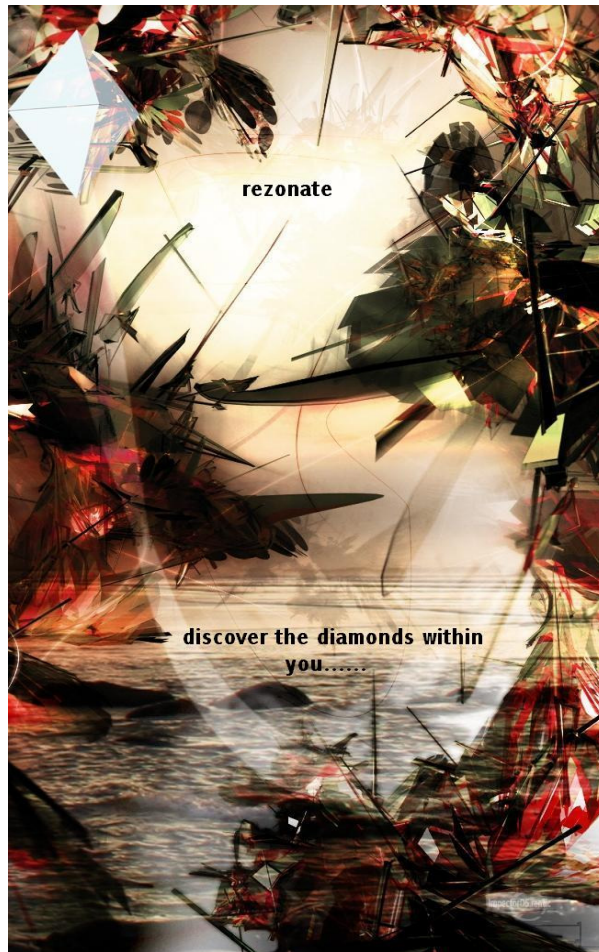


Rezonate / Diamond Light World



Newsletter
March 2009



Begin with the possible; begin with one step

Rezonate

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Hello everyone

A very big welcome to all the new newsletter subscribers that have joined us this month! I hope you will feel the wonderful energy that is building in the Diamond Light Community. I don't always talk about diamonds – I like to provide a broad spectrum of insights and support through these newsletters, but this month I do have some special info to share on the Diamond Light Codes.

Wow, what can I say about the influencing energies with which we move through March?! It is an amazing time ! When I look out of the window and see the crocuses, daffodils and the trees with their spring blossoms, I cannot help but be uplifted and inspired. There also seem to be more birds and birdsong around this year in the UK which is a delight. Added to that, we have a few wild rabbits who have taken up residence in our back garden, and owls who have begun roosting in nearby trees, and everything feels particularly alive and fresh this year!

We are breaking through into the true energy of this 11 year and all the promises of miracles are becoming evident for many this month. I have already spoken to a number of people who have been experiencing breakthroughs, amazing synchronicities and insights and opportunities simply 'dropping' into their laps – myself included (more about that shortly!). We have been told that the energetics of this year are aligned with events such as these, and if you have not yet experienced this for yourself, then don't give up!! This is your time, and it is also your opportunity to connect more fully with your Higher Self and tune in to the subtle messages and guidance it is providing. In fact at times it is not so subtle as I experienced a few weeks ago – sometimes I literally get shouted at! Listen and follow. Don't hesitate. No matter how illogical it may seem, listen and follow!

Towards the end of February, I had an impulse (higher self prompt) to play with my Diamond Light Codes (I use the word 'my' here very loosely, as we do not own anything in the universe!). The result of this was the very first Diamond Light Code Transmission and wow, has it elicited so many amazing responses. For it to have been the very first 'video' I posted on youtube, I was thrilled indeed to see that it had almost 8000 views in the first 10 days, with some amazing support from Celia Fenn (www.starchildglobal.com) who had immediately recognised the energetic signature in the transmission.

The first 'article' this month is specifically about the Diamond Light Codes, so find out more below.

I am also delighted to be able to introduce you to Kay Proudfoot, a Canadian ascension guide who will be visiting our shores in April. Kay has been working with the light codes to create sacred movements that will assist in clearing blocks, and anchoring in the new energies. Called "The Sacred Dance of the Light Codes", these moves she will be guiding you through, although subtle and similar to known dance moves, are working at a deep level, so are powerful and can create a lot of movement on many levels. They are simple movements combined and a lot of fun. It is also a wonderful new way of working with the Diamond Light Codes – don't miss this special event as Kay will be running this evening workshop only twice while she is here (14th & 15th April – same workshop repeated) . At £30 for the evening, it promises to be a special experience! See details in the events section below.

As always, I have a selection of articles, links and introductions this month so I do hope you will enjoy your reading.

With magical rainbow blessings

Julie

ARTICLES AND LINKS

1. The Diamond Light Codes

by Julie Umpleby www.diamondlightworld.com

*“For those who have the symbol, the passage is easy”
Alchemical Saying*

Well maybe the passage was not quite as easy as the expression above implies! However, my journey with the Diamond Light Codes has certainly been filled with wonder, miracles and magical synchronicities as well as deepening the connection with soul.

Early in 2003 a series of geometric images presented themselves to me during a particularly deep meditation. I had seen the odd symbol or image in meditation before, but never had I experienced the kind of ‘slide show’ event that happened one afternoon in March 2003. After approximately half an hour of focused breathwork and meditating, I experienced a burst of light and then one image after another was displayed so clearly on what appeared to be an internal TV screen – there were 31 images in all during that first encounter with them! In the week that followed, many more came forward and I found the pages in my journal filled with hastily scribbled pictures of relatively simple geometric shapes. Needless to say, I was intrigued and I felt deeply that these patterns were trying to communicate something to me that I couldn’t quite hear or understand. Of significance was the fact that the diamond (octahedral) shape appeared quite frequently in the designs.

Over the weeks that followed, I would sit with these shapes whenever I had the opportunity and would simply trace them over and over again with my finger saying “talk to me, tell me whatever it is I need to hear”. Thank heaven I was living on my own at the time as I think anybody watching this strange activity may have been seriously concerned for my mental health! The information gradually began to filter through in bits and pieces and short phrases – Light Codes, DNA repair, consciousness, unscrambling faulty genetic codes, combine colour/sound and frequency – and so it went on. Over time, the information became more coherent and definite and one thing was certain. I simply could not ignore these images. For a number of months they simply demanded a great deal of my attention!

When I originally saw the light codes, they had appeared almost as flat 2-dimensional images and I was awestruck when after a few short weeks, I saw the first code appearing to me in 3-d as a glowing structure of light – it is difficult to describe the feeling that it brought with it. This first actual “Light” code is the one I call Freedom, and a few days after this vision I experienced the Release code in all its magnificence as a structure of light that was actually moving. It was then that I realized that these amazing images represented something that was alive and conscious. And so, the Diamond Light Codes were born.....

As I continued working with the codes, each of them seemed to speak to me in a different way – I began drawing them out with colours, and was given a single word that seemed to define the energy they were bringing through. I was ‘told’ that each had a specific colour as well as a background colour and these were important in helping to adjust the frequency of our energy fields to accept the consciousness of the code. The knowledge base was growing and I was intrigued to say the least. I had a growing library of light codes and yet no idea of exactly what I was supposed to do with them!

In 2004, I received yet more information from Spirit about the Diamond Light Grid and began another stage of my journey in understanding the significance and meaning of the diamond relative to our evolving energy fields and electromagnetic environment. I was further told that the grid and the Light Codes worked together to assist our evolving consciousness. It was another few years before I had an inkling of the depth and meaning in this information.

Towards the end of 2007 I met an amazing graphic designer, Heather Garrett, who instantly connected with the energy of the Diamond Light Codes and could translate what I was 'seeing' into the beautiful images that we now have. As this design process has unfolded the energetic signals of the codes have become stronger, to the point where myself and a few other people have even heard them singing! The entire process in bringing all of this into being has been incredibly challenging and humbling. As Heather and I have said in our discussions, "we are in service to the codes" as they seem to always communicate exactly what is needed next!

I often refer to the Diamond Light Codes as the codes of creation, as that is what they feel like. As such, it is my understanding that by working with them I am being of service to the one Divine Creative force that gave birth to them. It is my delight to share them with you now, although the journey is far from over!

You can view the Diamond Light Codes currently available on my website at www.diamondlightworld.com (Gallery 1 and Gallery 2). They are also available to purchase via the e-shop or on the Monthly promotions page.

The Diamond Light Code Transmissions

By Julie Umpleby

A very recent development with the remarkable Diamond Light Codes has been the production of a range of energetic transmissions which blend the light codes with music and words to create an amazing new support tool.

It is important in these energetic times to not only maintain physical health and relieve stress, but also to maintain the integrity of our energy fields. Many lightworkers are also finding it harder to keep their vibrational levels high as we are faced with the enormity of the collective shadow which is resulting in waves of fear-based energy coming forward to be healed. While we have many tools at our disposal, it can at times be difficult to hold the higher vibrations without enlisting some external help and support. We all know the importance of looking after ourselves and regular treatments or sessions with others can be expensive.

With this in mind, we have created the **DIAMOND LIGHT CODE ENERGY TRANSMISSIONS** as a downloadable tool for you to use on a daily basis. These 5-6 minute sessions will help you to shift into a higher vibrational state and with daily use will strengthen your core ability to maintain this state. Not only this, but working with the Diamond Light Codes in this way also helps you to connect with the Diamond Light Grid, further strengthening this energy body which is a vital part of our evolving energy fields.

The Diamond Light Codes have been seen to produce a holographic field that extends approximately 3-4 feet around the image. The images themselves represent aspects of living consciousness that are associated with the vibrations of numerous ascended masters, and many individuals have had the experience of actually connecting with the 'master' through working with the codes. Further, the power of the Light Codes has been seen clairvoyantly as flames of light and confirms the alchemical, transformative effect they actually bring into our energy fields.

The Diamond Light Codes are here to remind us of, and to re-connect us with our own mastery and with our true core essence, and these very special transmissions deepen our experience of this. We know that all of life is energy and we can transform our physical, mental, emotional and spiritual state simply with a change in energy.

There are many benefits of working with the Diamond Light Code Transmissions, including :

- **It requires no special effort on your part! All you have to do is sit for 5-6 minutes and watch the transmission and you will automatically be bathed within the holographic projection of the energy field. The Light itself enters through your eyes, helping to re-code the body, the affirmations provide a mental input and helps to shift thinking and the music is programmed to enhance the benefits as well as supporting the re-programming.**
- **Ease of Access. By having the downloaded transmission to hand on your computer you no longer have to wait for appointments to have an energy balancing session if you are feeling out of sorts or off centre. You simply load up your media player, sit back and allow the codes to do their work!**
- **anybody can use them. You don't need to be an energy worker or know what they are in order to experience the benefit**
- **each transmission is comprised of a special selection of 5 Light Codes that work synergistically, enhancing the overall effect**
- **the codes 'speak' in the language of our Highest Self through patterns and geometry. We therefore don't need to figure anything out or sit in analysis, we simply need to allow the energy to synchronise without fields.**
- **you can use them to assist clients in centring their energy prior to any kind of treatment. This will enhance the benefits of further energy work, massage etc**
- **and MOST IMPORTANTLY, they are a daily gift from yourself to yourself ! It is an opportunity to meet with your Highest Self each day (schedule a meeting into your diary!)**

If you haven't already experienced them, there are 2 free transmissions for you on my website via the link below:

<http://www.diamondlightworld.com/Subscriptions>

The first transmission is called DIVINE LOVE and has been coded to help awaken the sacred heart.

The second, and our newest contribution is CALLING THE SOUL, a journey to recover the many facets of your soul energy, bringing them home! This second transmission also features the exquisite voice and music of Marcome (www.marcome.com)

2. A LIFE AFTER DEATH JOURNEY

by Patricia Diane Cota-Robles

<http://eraofpeace.org>

Note from Julie – This piece is rather long, but it is absolutely worth reading to the end!

Jim McAndrew, a dear friend of mine, made his transition into the Inner Realms of Light on February 20, 2009. The day after his passing, I received a beautiful E-mail describing another person's near-death experience. This information is profound, very inspiring, and comforting. I would like to share this with you now.

As you read these words, go within to the Divinity of your heart. Ask your I AM Presence to help you follow this near-death experience as though you were on this sacred journey yourself. This is truly a mind-expanding and a consciousness-raising opportunity for all of us.

By expanding this sacred knowledge through your Heart Flame, you will anchor this profound Truth into the Earth's Crystal Grid System, and you will expand it through the mental and emotional strata of the planet. This wisdom will then be tangibly available to the masses of Humanity, and it will lift all Life up in energy, vibration, and consciousness.

In the midst of the chaos and confusion that is surfacing to be healed at this time, this information will be a powerful, healing gift to ALL Life on this planet.

A JOURNEY THROUGH THE LIGHT AND BACK

Near-Death Experience Story of Mellen-Thomas Benedict

Mellen-Thomas Benedict speaks:

In 1982 I died from terminal cancer. The condition I had was inoperable, and any kind of chemotherapy they could give me would just have made me more of a vegetable. I was given six to eight months to live.

I had been an information freak in the 1970s, and I had become increasingly despondent over the nuclear crisis, the ecology crisis, and so forth. So, since I did not have a spiritual basis, I began to believe that nature had made a mistake and that we were probably a cancerous organism on the planet. I saw no way that we could get out from all the problems we had created for ourselves and the planet. I perceived all humans as cancer—and that is what I got.

That is what killed me. Be careful what your world view is. It can feed back on you, especially if it is a negative world view. I had a seriously negative one. That is what led me into my death. I tried all sorts of alternative healing methods, but nothing helped.

So I determined that this was really just between me and God. I had never really faced God before or even dealt with God. I was not into any kind of spirituality at the time, but I began a journey into learning about spirituality and alternative healing. I set out to do all the reading I could and bone up on the subject, because I did not want to be surprised on the other side. So I started reading on various religions and philosophies. They were all very interesting and gave hope that there was something on the other side. I ended up in hospice care.

I remember waking up one morning at home about 4:30 AM, and I just knew that this was it.

This was the day I was going to die. So I called a few friends and said goodbye. I woke up my

hospice caretaker and told her. I had a private agreement with her that she would leave my dead body alone for six hours, since I had read that all kinds of interesting things happen when you die. I went back to sleep.

The next thing I remember is the beginning of a typical near-death experience. Suddenly I was fully aware—and I was standing up but my body was in the bed. There was this darkness around me. Being out of my body was even more vivid than ordinary experience. It was so vivid that I could see every room in the house. I could see the top of the house, I could see around the house, I could see under the house.

There was this Light shining. I turned toward the Light. The Light was very similar to what many other people have described in their near-death experiences. It was so magnificent. It is tangible; you can feel it. It is alluring; you want to go to it like you would want to go to your ideal mother's or father's arms.

As I began to move toward the Light, I knew intuitively that if I went to the Light, I would be dead. So as I was moving toward the Light I said, "Please wait a minute; just hold on a second here. I want to think about this. I would like to talk to you before I go." To my surprise, the entire experience halted at that point. You are in control of your life-after-death experience. You are not on a roller coaster ride.

So my request was honored, and I had some conversations with the Light. The Light kept changing into different figures, like Jesus, Buddha, Krishna, mandalas, archetypal images and signs. I asked the Light, "What is going on here? Please, Light, clarify yourself for me. I really want to know the reality of the situation." I cannot really say the exact words, because it was sort of telepathy.

The Light responded. The information transferred to me was that during your life-after-death experience your beliefs shape the kind of feedback you are getting before the Light. If you were a Buddhist or Catholic or Fundamentalist, you get a feedback loop of your own stuff. You have a chance to look at it and examine it, but most people do not. As the Light revealed itself to me, I became aware that what I was really seeing was our Higher Self matrix.

We all have a Higher Self, or an oversoul part of our being. It revealed itself to me in its truest energy form. The only way I can really describe it is that the Being of the Higher Self is more like a conduit. It did not look like that, but it is a direct connection to the Source that each and every one of us have. We are directly connected to the Source. So the Light was showing me the Higher Self matrix. I was not committed to one particular religion. So that is what was being fed back to me during my life-after-death experience.

As I asked the Light to keep clearing for me, to keep explaining, I understood what the Higher Self matrix is. We have a grid around the planet where all the Higher Selves are connected.

This is like a great company, a next subtle level of energy around us, the spirit level, you might say. Then, after a couple of minutes, I asked for more clarification. I really wanted to know what the Universe is about, and I was ready to go at that time. I said, "I am ready, take me."

Then the Light turned into the most beautiful thing that I have ever seen: a mandala of human souls on this planet. Now I came to this with my negative view of what was happening on the planet. So as I asked the Light to keep clarifying for me, I saw in this magnificent mandala how beautiful we all are in our essence, our core. We are the most beautiful creations.

The human soul, the human matrix that we all make together, is absolutely fantastic, elegant, exotic, everything. I just cannot say enough about how it changed my opinion of human Beings in that

instant. I said, "Oh, God, I did not know how beautiful we are." At any level, high or low, in whatever shape you are in, you are the most beautiful creation.

The revelations coming from the Light seemed to go on and on. Then I asked the Light, "Does this mean that Mankind will be saved?" Then, like a trumpet blast with a shower of spiraling lights, the Great Light spoke, saying, "Remember this and never forget; you save, redeem and heal yourself. You always have. You always will. You were created with the power to do so from before the beginning of the world."

In that instant I realized even more. I realized that WE HAVE ALREADY BEEN SAVED, and we saved ourselves because we were designed to self-correct like the rest of God's Universe. This is what the second coming is about. I thanked the Light of God with all my heart. The best thing I could come up with was these simple words of total appreciation: "Oh dear God, dear Universe, dear Great Self, I Love My Life."

The Light seemed to breathe me in even more deeply. It was as if the Light was completely absorbing me. The Love Light is, to this day, indescribable. I entered into another realm, more profound than the last and became aware of something more, much more. It was an enormous stream of Light, vast and full, deep in the Heart of Life. I asked what this was.

The Light responded, "This is the RIVER OF LIFE. Drink of this manna water to your heart's content." So I did. I took one big drink and then another. To drink of Life Itself! I was in ecstasy.

Then the Light said, "You have a desire." The Light knew all about me, everything past, present and future. "Yes!" I whispered.

I asked to see the rest of the Universe, beyond our solar system, beyond all human illusion. The Light then told me that I could go with the Stream. I did, and was carried through the Light at the end of the tunnel. I felt and heard a series of very soft sonic booms. What a rush!

Suddenly I seemed to be rocketing away from the planet on this stream of Life. I saw the Earth fly away. The solar system, in all its splendor, whizzed by and disappeared. At faster than light speed, I flew through the center of the Galaxy, absorbing more knowledge as I went. I learned that this Galaxy, and all of the Universe, is bursting with many different varieties of LIFE. I saw many worlds. The good news is that we are not alone in this Universe!

As I rode this stream of consciousness through the center of the Galaxy, the stream was expanding in awesome fractal waves of energy. The super clusters of Galaxies with all their ancient wisdom flew by. At first I thought I was going somewhere, actually traveling. But then I realized that as the stream was expanding, my own consciousness was also expanding to take in everything in the Universe! All creation passed by me. It was an unimaginable wonder! I truly was a Wonder Child; a babe in Wonderland!

At this point, I found myself in a profound stillness, beyond all silence. I could see or perceive FOREVER, beyond Infinity.

I was in the Void.

I was in pre-creation, before the Big Bang. I had crossed over the beginning of time/the First Word/the First Vibration. I was in the Eye of Creation. I felt as if I was touching the Face of God. It was not a religious feeling. Simply, I was at one with Absolute Life and Consciousness.

When I say that I could see or perceive forever, I mean that I could experience all of creation

generating itself. It was without beginning and without end. That is a mind expanding thought, isn't it?

Scientists perceive the Big Bang as a single event which created the Universe. I saw during my life-after-death experience that the Big Bang is only one of an infinite number of Big Bangs creating Universes endlessly and simultaneously. The only images that even come close in human terms would be those created by super computers using fractal geometry equations.

The ancients knew of this. They said God had periodically created new Universes by breathing out and recreated other Universes by breathing in. These epochs were called Yugas. Modern science called this the Big Bang. I was in absolute, pure consciousness. I could see or perceive all the Big Bangs or Yugas creating and recreating themselves. Instantly I entered into them all simultaneously. I saw that each and every little piece of creation has the power to create. It is very difficult to try to explain this. I am still speechless about this.

It took me years after I returned from my near-death experience to assimilate any words at all for the Void experience. I can tell you this now: the Void is less than nothing, yet more than everything that is! The Void is absolute zero, chaos forming all possibilities. It is Absolute Consciousness, much more than even Universal Intelligence.

The Void is the vacuum or nothingness between all physical manifestations. It is the SPACE between atoms and their components. Modern science has begun to study this space between everything. They call it Zero point. Whenever they try to measure it, their instruments go off the scale, or to infinity, so to speak. They have no way, as of yet, to measure infinity accurately. There is more of the zero space in your own body and the Universe than anything else!

What mystics call the Void is not a void. It is so full of energy, a different kind of energy that has created everything that we are. Everything since the Big Bang is vibration, from the first Word, which is the first vibration. The biblical "I AM" really has a question mark after it. "I AM—What am I?" So creation is God exploring God's Self through every way imaginable, in an on-going, infinite exploration through every one of us. I began to see during my near-death experience that everything that is, is the Self, literally your Self, my Self. Everything is the great Self. That is why God knows even when a leaf falls. That is possible because wherever you are is the center of the Universe. Wherever any atom is, that is the center of the Universe. There is God in that, and God in the Void.

As I was exploring the Void during my life-after-death experience and all the Yugas or creations, I was completely out of time and space as we know it. In this expanded state, I discovered that creation is about Absolute Pure Consciousness, or God, coming into the Experience of Life as we know it. The Void itself is devoid of experience. It is pre life, before the first vibration. Godhead is about more than Life and Death. Therefore there is even more than Life and Death to experience in the Universe!

When I realized this, I was finished with the Void and wanted to return to this creation, or Yuga. It just seemed like the natural thing to do. Then I suddenly came back through the second Light, or the Big Bang, hearing several more velvet booms. I rode the stream of consciousness back through all of creation, and what a ride it was! The super clusters of Galaxies came through me with even more insights. I passed through the center of our Galaxy, which is a black hole. Black holes are the great processors or recyclers of the Universe.

Do you know what is on the other side of a black hole? We are; our Galaxy, which has been reprocessed from another Universe. In its total energy configuration, the Galaxy looked like a fantastic city of lights.. All energy this side of the Big Bang is Light. Every sub atom, atom, star,

planet, even consciousness itself is made of Light and has a frequency and/or particle. Light is living stuff. Everything is made of Light, even stones. So everything is alive. Everything is made from the Light of God; everything is very intelligent.

As I rode the stream on and on, I could eventually see a huge Light coming. I knew it was the First Light; the Higher Self Light Matrix of our Solar System. Then the entire Solar System appeared in the Light, accompanied by one of those velvet booms.

I could see all the energy that this Solar System generates, and it is an incredible Light show! I could hear the Music of the Spheres. Our Solar System, as do all celestial bodies, generates a unique matrix of light, sound and vibratory energies. Advanced civilizations from other star systems can spot Life as we know it in the Universe by the vibratory or energy matrix imprint. It is child's play. The Earth's wonder child (Human Beings) make an abundance of sound right now, like children playing in the backyard of the Universe.

The Light explained to me that there is no death; we are immortal Beings. We have already been alive forever! I realized that we are part of a natural living system that recycles itself endlessly. I was never told that I had to come back. I just knew that I would. It was only natural, from what I had seen during my life-after-death experience.

I don't know how long I was with the Light, in human time. But there came a moment when I realized that all my questions had been answered and my return was near. When I say that all my questions were answered on the other side, I mean to say just that. All my questions have been answered. Every human has a different life and set of questions to explore. Some of our questions are universal, but each of us is exploring this thing we call Life in our own unique way. So is every other form of life, from mountains to every leaf on every tree.

That is very important to the rest of us in this Universe. Because it all contributes to the Big Picture, the fullness of Life. We are literally God exploring God's Self in an infinite Dance of Life. Your uniqueness enhances all of Life.

As I began my return to the life cycle, it never crossed my mind, nor was I told, that I would return to the same body. It just did not matter. I had complete trust in the Light and the Life process. As the stream merged with the great Light, I asked never to forget the revelations and the feelings of what I had learned on the other side.

There was a "Yes." It felt like a kiss to my soul.

Then I was taken back through the Light into the vibratory realm again. The whole process reversed, with even more information being given to me. I came back home, and I was given lessons from my near-death experience on the mechanics of reincarnation. I was given answers to all those little questions I had: "How does this work? How does that work?" I knew that I would be reincarnated.

The Earth is a great processor of energy, and individual consciousness evolves out of that into each one of us. I thought of myself as a human for the first time, and I was happy to be that. From what I have seen, I would be happy to be an atom in this Universe. An atom. So to be the human part of God—this is the most fantastic blessing. It is a blessing beyond our wildest estimation of what a blessing can be. For each and every one of us to be the human part of this experience is awesome and magnificent. Each and every one of us, no matter where we are, screwed up or not, is a blessing to the planet, right where we are.

I went through the reincarnation process expecting to be a baby somewhere. But I was given a

lesson on how individual identity and consciousness evolve. I was so surprised when I opened my eyes. I do not know why, because I understood it, but it was still such a surprise to be back in this body, back in my room with someone looking over me, crying her eyes out. It was my hospice caretaker. She had given up an hour and a half after finding me dead. My body was stiff and inflexible. She went into the other room. Then I awakened and saw the light outside. I tried to get up to go to it, but I fell out of the bed. She heard a loud “clunk,” ran in and found me on the floor.

When I recovered, I was very surprised and yet very awed about what had happened to me during my near-death experience. At first all the memory of the trip that I have now was not there. I kept slipping out of this world and kept asking, “Am I alive?” This world seemed more like a dream than that one. Within three days I was feeling normal again, clearer, yet different than I had ever felt in my life. My memory of my near-death experience came back later. I could see nothing wrong with any human Being I had ever seen. Before that I was really judgmental. I thought a lot of people were really screwed up. In fact, I thought that everybody was screwed up but me. But I got clear on all that.

About three months later a friend said I should get tested, so I went and got the scans and so forth. I really felt good, so I was afraid of getting bad news. I remember the doctor at the clinic looking at the before and after scans, saying, “Well, there is nothing here now.” I said, “Really, it must be a miracle” He said “No, these things happen; they are called spontaneous remissions.” He acted very unimpressed. But here was a miracle, and I was impressed, even if no one else was.

During my near-death experience I had a descent into what you might call Hell, and it was very surprising. I did not see Satan or evil. My descent into Hell was a descent into each person’s customized human misery, ignorance, and darkness of not knowing. It seemed like a miserable eternity. But each of the millions of souls around me had a little star of Light always available. But no one seemed to pay attention to it. They were so consumed with their own grief, trauma and misery. But, after what seemed an eternity, I started calling out to that Light, like a child calling to a parent for help.

Then the Light opened up and formed a tunnel that came right to me and insulated me from all that fear and pain, That is what Hell really is. So what we are doing is learning to hold hands, to come together. The doors of Hell are open now. We are going to link up, hold hands and walk out of Hell together. The Light came to me and turned into a huge golden Angel. I said, “Are you the Angel of Death?” It expressed to me that it was my oversoul, my Higher Self matrix, a super ancient part of ourselves. Then I was taken to the Light.

Soon our science will quantify spirit. Isn't that going to be wonderful? We are coming up with devices now that are sensitive to subtle energy or spirit energy. Physicists use these atomic colliders to smash atoms to see what they are made of. They have got it down to quarks and charm, and all that. Well, one day they are going to come down to the little thing that holds it all together, and they are going to have to call it...God. We are just beginning to understand that we are creating too, as we go along. As I saw forever, I came to a realm during my near-death experience in which there is a point where we pass all knowledge and begin creating the next fractal, the next level. We have that power to create as we explore. And that is God expanding itself through us.

Since my return I have experienced the Light spontaneously, and I have learned how to get to that space almost any time in my meditation. Each one of you can do this. You do not have to die or have a near-death experience to do this. It is within your equipment; you are wired for it already. The body is the most magnificent Light Being there is. The body is a Universe of incredible Light. Spirit is not pushing us to dissolve this body. That is not what is happening. Stop trying to become God; God is becoming you. Here.

I asked God: "What is the best religion on the planet? Which one is right?" And Godhead said, with great love: "I don't care." That was incredible grace. When Godhead said, "I don't care," I immediately understood that it is for us to care about. It is important, because we are the caring Beings. It matters to us and that is where it is important. What you have is the energy equation in spirituality. Ultimate Godhead does not care if you are Protestant, Buddhist or whatever. It is all a blooming facet of the whole. I wish that all religions would realize it and let each other be. It is not the end of each religion, but we are talking about the same God. Live and let live. Each has a different view. And it all adds up to the big picture; it is all important.

I went over to the other side during my near-death experience with a lot of fears about toxic waste, nuclear missiles, the population explosion, the rainforest. I came back loving every single problem. I love nuclear waste. I love the mushroom cloud; this is the holiest mandala that we have manifested to date, as an archetype. It, more than any religion or philosophy on Earth, brought us together all of a sudden, to a new level of consciousness. Knowing that maybe we can blow up the planet fifty times, or 500 times, we finally realize that maybe we are all here together, now.

For a period they had to keep setting off more bombs to get it in to us. Then we started saying, "we do not need this any more." Now we are actually in a safer world than we have ever been in, and it is going to get safer. So I came back from my near-death experience loving toxic waste because it brought us together. These things are so big. As Peter Russell might say, these problems are now "soul size." Do we have soul size answers? YES!

The clearing of the rain forest will slow down, and in fifty years there will be more trees on the planet than in a long time. If you are into ecology, go for it; you are that part of the system that is becoming aware. Go for it with all your might, but do not be depressed. It is part of a larger thing.

Earth is in the process of domesticating itself. It is never again going to be as wild a place as it once was. There will be great wild places, reserves where nature thrives. Gardening and reserves will be the thing in the future. Population increase is getting very close to the optimal range of energy to cause a shift in consciousness. That shift in consciousness will change politics, money, energy.

After dying, going through my near-death experience and coming back, I really respect life and death. In our DNA experiments we may have opened the door to a great secret. Soon we will be able to live as long as we want to live in this body.

After living 150 years or so, there will be an intuitive soul sense that you will want to change channels. Living forever in one body is not as creative as reincarnation, as transferring energy in this fantastic vortex of energy that we are in. We are actually going to see the wisdom of Life and death, and enjoy it. As it is now, we have already been alive forever.

This body, that you are in, has been alive forever. It comes from an unending Stream of Life, going back to the Big Bang and beyond.

This body gives life to the next life, in dense and subtle energy.

This body has been alive forever already.

This E-mailing Newsletter is a sharing from:

Patricia Diane Cota-Robles
New Age Study of Humanity's Purpose
a 501 (c) 3 nonprofit educational organization

Website: <http://eraofpeace.org>

3. Marcome Music

I am especially delighted to be able to introduce you to Marcome!

One of the really special developments of the past few weeks has been an introduction to the amazing music of Marcome, a Canadian musician with stunning vocals. She is the creator of some really beautiful music and we are currently exploring working together using some of Marcome's music together with the new Light Code Transmissions. There is a high degree of resonance between Marcome's music and the energy of the codes, and when the two elements are blended, there is a marked enhancement in the vibrational transmission of the Light Codes – it is a real wow to experience!

To categorise Marcome's productions is not easy to do, as some tracks have a distinct new age feel, some have a jazz component, some are reminiscent of Enya, and others very ethereal. It is unique and very, very special.

Check out a selection of Marcome's music with videos on her youtube channel at <http://www.youtube.com/user/Marcomemusic> and on her website at www.marcome.com. Her two albums are available online & you can download mp3's of specific tracks or the whole albums. I cannot recommend her highly enough – a truly beautiful and gifted soul.

You won't be disappointed!

Julie

4. Kay Proudfoot

As I mentioned earlier, Kay has the special ability of being able to reach into your core and hold you in a sacred space while she is working. Kay also does healing work, and many have reported an amazing absence of pain while simply in her presence. Don't miss this special one day workshop she is offering while in the UK in March & April.....Julie

Accelerate Your Awakening To Your Divinity
Sunday, March 29, Letham, near Cupar, Fife, Scotland

As the energies increase in intensity and frequency it is more essential than ever to merge with your Higher Self/ Source, to retrain yourself to live in the present and feel your Creator essence. Join Canadian transformational and inspirational ascension guide, Kay Proudfoot for a magical day as she assists you to accelerate this transformational ascension journey to freedom. For further information click on link:

<http://www.proudfootconnection.com/page/page/5669551.htm>

5. Optimum Health

We often know what we need to do in order to improve our diet, but how many of us really choose foods for optimum health? Julie Silver offers workshops and individual consultations to help us to choose the right foods for correcting health issues and restoring vibrancy! See Julie's website for the services she offers in your area or why not invite Julie to run a workshop where you are?

FOOD FOR THOUGHT

Nutrition Workshops and 1-2-1 sessions

Find out the thinking behind a healthy diet, the principles of nutritional therapy and stress management. It's not just what you eat, it's also the times, attitude and the emotional side too.

You will be shown how to:

Increase energy	attain the ideal body weight
improve digestion	alleviate acute and chronic
reach a state of calm and	health problems
happiness	reverse the ageing process

FOOD FOR THOUGHT Learning Lunch Workshops 11.15am - 1.30pm

Tuesday 24th March
Wednesday 1st April

Be inspired to make delicious and easy to prepare foods which will revitalise and heal you. Learn how to cook and then enjoy eating the energy promoting alternative foods that will enhance your wellbeing. Wheat/gluten-free, dairy-free, sugar-free foods. Suitable for vegetarians, vegans, coeliacs, diabetics, energy depleted people and anyone wishing to get healthier & happier.

Julie Silver runs the Optimum Health Consultancy and has appeared on Channel M breakfast show and lifestyle programme. She has also been featured in the Manchester Evening News and other publications and spoken on local radio. She has been helping many companies such as **IKEA, Colgate Palmolive, PZ Cussons, Manchester Airport, Shell UK** etc. to be more productive, educating about stress management and nutrition in and out of the workplace. Julie runs healthy eating workshops and also does consulting and healthy cooking coaching on a 1-2-1 basis.

Julie works with integrity and intuition. She is passionate about her work and loves to empower others to live to their true potential.

If you would like her to run a Food for Thought workshop in your area, then contact her via the website or email below :

www.juliesilver.co.uk
julie@juliesilver.co.uk

6. Living on the Edge of Succeeding by Gillian Macbeth-Louthan

(Printed here with permission)

We are of the Sananda Council of Light. Within our Triad, there are 10 Councils of Light including the Lords of Karma and Restructuring Councils. Many of you walk stagnantly through your life. Doing what you need to be done, saying what needs to be said, all without attachment. It is all so mundane as if you're reading from a script not allowing yourself to become fully part of life. You feel less buoyant and denser. Everyday you collect more stress and confusion allowing it to gather in the body anchoring you like a rusty weight from a freighter that has been sunk.

You blindly walk through the passageways of your life entering each door, and each situation with little to none expectations. 'The thrill is gone' and all of life shows the stress lines. How much of your day is bringing you any joy or laughter? Even those that your heart belongs to, do not bring you the joy that you once knew. You feel null and void of energy and purpose. You can blame life, or them or you can take credit for that yourself. As a child you were told you must grow up and be responsible for your actions, your words, and your bills. Taking that responsibility to heart you have been stifled, choking on what you are supposed to be, gasping for air.

Many of you sit on the merry go round of past injustices changing horses but never getting off. You walk slowly through the labyrinth of your mind trying to figure out why someone said this, why someone did that. For too long, humanity has sat licking the wounds of the past. Not allowing that area of hurt to ever be healed. The human soul is starving for nourishment.

The neuro pathways of your brain has many cul-de-sacs, and dead-ends. When you have an intuitive thought, electrical impulses are released in your brain. A passion runs through your body Adrenaline spurts in the blood and you feel alive. Usually passions are short lived. Sometimes it is you that aborts the passion other times it is just one word from another that stops you dead in your tracks. Your spirits are dampened, the passion is extinguished, the lights go out, and you give up on what once brought you joy and a reason to live.

How many times have you given up on an idea, an invention, a new home, a new friend, because you aborted it before it could be birthed? Your brain has a file cabinet of disappointments. You keep a photocopied molecular file of these same disappointments in your heart. Everything and everyone that ever disappointed or hurt you is kept spinning around and around in the neural synapses of the brain and the heart. You base your future experiences on these disappointments.

Imagine a very old machine that has sat there and never been used. Then one day someone decides to use it. The machine sputters and chokes on this new electrical connection not knowing what it is to do with it. Your brain is now receiving electrical cosmic input in order to trigger it into firing up sections that have been dormant for eons of time.

Each day instead of thinking about what you did not achieve, think about what you did achieve. you succeeded in waking this day, many did not. You succeeded in going to work and many do not have a job. You succeeded in driving to work; many had to take the bus. You succeed on many levels throughout the day but you do not see that success as important. You reference the places that you have failed, the places where you were disappointed. Your future is based on a 'labyrinth of failures' and disappointments. Each failure is an opportunity to shift the future into a place you desire to be.

Each and everyday remind others about their success instead of their failures. As this re-patterning of the brain is occurring, a doorway within your crown is making itself available to higher levels of light. There will be an issuance of new light beings, masters, angels, and guides. They come forth to give you a lift into the next level of your light contract and instructs that lives within your heart.

Each of you tends to sabotage yourself. It is this continual sabotaging that keeps you less than and running in circles of difficulty. When you feel like destroying something that you have worked on or worked for or worked toward --that is a sign that there is a need to press harder, to do more, to go

past previous boundaries. *It also represents that you are at the edge of succeeding.* The edge of succeeding is booby-trapped. At the very edge of succeeding and success, there is an 'initiation via potential sabotage'. You watch yourself do this and you wonder what is wrong with me? Why do I try to sabotage success? Many times the human being does not want to succeed. Many are comfortable in succeeding a little bit, but not totally.

We the Sananda Council have come to explain that it is important that you walk in peace in all of your actions and re-actions. You all come from the body of Earth. Your flesh is from her flesh. You process what she processes. That is part of your journey. When you make peace within self, when you feed your own starving child, – then your world receives the same blessing. You must fight your own war and achieve internal peace inside. Then and only then have done your part.

Visit <http://www.thequantumawakening.com> for more insightful messages from Gillian or to subscribe to her newsletter

7. Recommended Reading

I have particularly enjoyed the following two books during the past month.....

1. Love Yourselfand it Doesn't Matter who you Marry

by Eva-Maria Zurhorst

I was sent this book as a gift by a friend and have found it to be amazingly insightful in matters of the heart and relationships at all levels. Whilst it focuses primarily on the issue of marriage, the issues discussed are applicable to all relationships, and ultimately takes us into our relationship with ourselves. In a very clear way, Eva takes us into a deeper understanding of the truth of "mirrors" in relationship and our internal longing for wholeness.

It's a great book that will provide insight no matter what our level of self-awareness or where we are on our journey of awakening.

2. Living in the Heart

by Drunvalo Melchizadek

This wonderful little book seems to have been eclipsed somewhat by Drunvalo's Flower of Life workbooks and was published some years ago. In it, Drunvalo explores what it means to enter into the space of the Sacred Heart and takes you on a journey through a number of amazing synchronistic experiences. This journey is one through the wisdom of the tribal leaders holding access to ancient knowledge, and leads into an understanding of the Sacred Heart. A small book with a really big HEART!

Both books are available at www.amazon.co.uk