

A Message To All Those Working for the Transformation of Humanity: August, 2009

From: Narayana and the Spirit of QuietStar (through Elaina Geltner) and the Arcturians (through Yvonne Roza)

Intro from Elaina and guides: Ahhh, things are changing, aren't they? Well, you know, we asked for it! As co-creators of the evolution of humanity, some of us are feeling like all we ever do is logistics (planning, cleaning, hosting groups, helping loved ones) Wondering what happened to that blissful connection we had a while ago? I know that I had become used to the higher vibrational states and was wondering why all the focus on the physical world and "logistics" at this time. So, I asked the guides. They answered. Then they asked Yvonne to ask hers...Here's what came through:

From: Narayana and the Spirit of QuietStar (through Elaina)

We are aware of your fatigue and invite you to breathe in the elixir of life. To allow yourself to attune to the changing forces at a deeper level. To allow yourself to be one with what is and find yourself connected more and more deeply. We are in awe of the power of humanity. Remember about the grand experiment of which you are a part. As for your physical body, what you are experiencing is a glitch in evolution. You will need some time to rest and relax/mediate so we can work on this. We have been working in dreamtime, but there are parts of the process that we cannot do unless you are conscious. This is very difficult to explain to you in terms of your dimension; furthermore it is not helpful or useful for you to know more about the process. You will learn energetically/experientially. We hope this is a satisfying enough answer. If not, perhaps you could make it so. We are working on the integration of the physical systems (bodies as well as societal infrastructure) now to make sure there is a solid base for the next steps. This is why you feel so "mired" right now. It is because your focus was on the higher planes and now the focus is in shifting the denser vibrations to a lighter frequency. It will even require that your definitions and ways of understanding frequency change. Before there was a linear model, now there is a 4(+) dimensional model. So it is as if you have gone from a 2-dimensional understanding of frequency (as shown on an oscilloscope) to a 4+dimensional system, that is very difficult to map using your technologies. If you think of a mobius strip or the double helix of the DNA this is closer. Again, it is not necessary for you to be able to map it; it is useful, however, to find yourself in a state of mind where you are able to imagine that it is way beyond your abilities to record in the old ways. So now you record with your energy bodies (and more), creating an energy template that remembers. Not that you could describe it, but you know when it "matches" a previously experienced template. We would like Yvonne and her guides to work on this; to add some explanation to this. A collaborative effort... (see below for their response)

You are deeply loved. We will take it from here.

Love and Light to you, we are Narayana.



From the Arcturians (through Yvonne Roza)

Dear ones, you see we are in the midst of reconfiguration, realignment, and recalibration on a VERY grand scale. Readjustment, realignment, scrambling, disconnection, limbo, fatigue, and as you say, dissolving convictions, are all manifestations or ways of experiencing this energy that is going on at this time. It began with the eclipses which were affected by the energetic shifts taking place.

There is a disconnect but not as you think of in terms of alignment with the Divine or cosmic energies. It is a disconnect to the previous blue print or Grid print. The old blue print has been scrapped and the new Grids which you were beginning to “get” are being recreated for useful purposes that beyond your current understanding. You can however feel or sense it. So take a moment and tap into the feelings you are feeling...trace them to their source. Just with your intention you can do this. Now with your breath, breathe in and receive the information.

Do not interpret. Just keep breathing in the information, but now breathe in and send the information to your Crystalline system...Just with your intention. Do you sense the reconfiguration?

[Yes I certainly do...it's massive.]

Indeed it is dear one. So you are being protected, sort of held in a freeze if you will. It feels uncomfortable if you resist it. This is where you may use your knowing for the purpose of comfort. If you do nothing, it will be OK. What does not get done will mean nothing in the future, because it is all being changed do you see? If you move in ways as an automatic pilot, it will serve you. You may feel a bit zombie like or robotic. By engaging your knowing place, you will be living and doing intentionally, even though it may not seem like it. When you need to, tap in to the energy as before, follow it to the source of information and breathe it in to your Crystalline system. And meanwhile know that all is well, and serving the light. Your mind will catch up eventually, but as the Master mind it was meant to be. And of course, be certain to drink plenty of water!

[Can you tell me what this reconfiguration is all about?]

The new grids that have been brought in recently were stepped down in some areas for those needing it. As this is an experiment, and it is not yet fully successful, repairs and upgrades are being made at this time so that will serve in a higher manner. It will not be to the liking of some, but will serve the higher good.

Additional resources:

To bend your mind so you can see how “the map” is changing, watch this mobius strip video

<http://www.youtube.com/watch?v=4bcm-kPIuHE>

The QuietStar Band created a CD to assist with the evolution of humanity. More info:

www.QuietStar.com/2012.htm

Crystalline system info and more about Yvonne: www.vibrationattunement.com

Elaina's webpage: www.QuietStar.com/Elaina.htm or call (805) 783-2662.

