

The Arcturians Speak

My Life With Loving ETS

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by

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ABOUT THE AUTHOR

Excerpt from the Introduction:

DIVINE INTENT

“Dear one, write a book about your experiences with us. We want you to help us to be known as loving ETS with the purest intent to serve earthlings for the good of all,” said the Arcturians. This telepathic message came as a surprise, during one of my morning meditations, from my Extraterrestrial Guides from the light--from the star Arcturus.

Excerpt from Chapter 5

TONING AND THE LANGUAGE OF THE LIGHT

It was November 1993 and my friend Elizabeth from San Jose was vacationing in Sedona. When I was playing tour guide and taking Elizabeth to the one of the healing centers in Sedona, she noticed an interesting flyer on the bulletin board. As we were driving home, Elizabeth expressed her desire to go to the toning workshop on Tuesday evening. Having an open mind and wanting to accommodate my guest's wishes, I called the facilitator.

Jane was very friendly on the telephone, as she informed me that she needed to have at least six people attending to hold the workshop. I heard myself saying, “Okay, I'll have six people there Tuesday night.” I was surprised at my response, but I knew that I was once again being divinely guided.

I immediately called my hiking friends and sure enough six of us, including Elizabeth, showed up for the event. We all sat there in the dim lit room as Jane introduced herself and demonstrated what she referred to as toning. She closed her eyes, tuned in for a few minutes and then allowed strong vibration sounds to flow through her. This was my first experience of toning and I found it to be interesting. Then Jane proceeded to tone specific sounds towards each one of us as she went around the circle. She explained that the healing tones were different for each person so that everyone could receive a personal healing. Then Jane guided us all to tone with her.

After the workshop, as we sipped our hot drinks in a coffee shop, my friends and I discussed our feelings about the experience. The consensus was that we didn't think we got much out of it. Then I heard the words come out of my mouth, “I think more happened to us in the workshop than we are conscious of.”

At the time, I was not aware of how true these words really were. Only two days later, something weird happened to me. I had just awakened, and I was walking into the bathroom when suddenly sounds came out of my mouth. I immediately flashed back to the toning workshop. My thought was, “Could I be toning?” I instantly heard, “Yes.”

As I was standing under the waterfall of warm water in the shower, my inner voice said, “Dear one, allow the sounds to come through you.” With the Arcturians' encouragement, I continued to let the spontaneous sounds flow out of my mouth. It was fun and I thought that the tones sounded pretty good.

After I dressed for my morning walk, I heard, “Go into the forest land and practice.” I knew what they were doing. No one was around in the shower or the land which helped me

to be less self-conscious. It felt wonderful to stand on top of one of the red rock cliffs facing a massive formation called Cathedral Rock and, without any inhibitions, allow the spontaneous tones to vibrate my vocal cords. The ETS were careful to remind me to sing from my abdomen so that I would not hurt my throat.

I noticed myself making specific body movements in alignment with the specific tones. For example, as I was singing a high note my hands and arms moved up alongside the ascending vibration. I felt like an Italian opera singer. In fact, as I was toning, I sometimes had an image of a heavy set woman singing on a stage. It felt very familiar and comfortable to me. It could very well have been a replay of a past life.

It wasn't long before syllables were also coming through me. The ETS informed me that I was speaking and singing the Universal Language of the Light. They said that everyone knows this language and the vibration goes beyond the mind and speaks directly to the cell memories--the DNA. Therefore, it is deeply healing as it instantly reminds people of their truth of who they are, divine light beings. I felt deeply touched, honored and grateful to channel these powerful healing frequencies. I was pleased that it was amazingly simple and I didn't have to take any training or memorize any words.

This powerful new tool was another cosmic gift that would help me to accomplish my mission. That is, to help as many people as I can to "love themselves to peace." A bonus effect was that I also received a healing as these sounds vibrated through my body. Since I received as much energy as I was giving, I had more confidence that I would not suffer from burn-out again in the future.

When the sounds came through me, I was in a mild trance state, and I felt like an observer. I felt like I was serving as a radio station, broadcasting the frequency of these wonderful, divine sounds that the Arcturians were speaking and singing through me. I was so grateful that I had the courage to allow my body to be used as their vehicle of transmission for the good of all. I was also grateful that my prayers were being answered, that I would be able to serve many people deeply, quickly and easily.

Excerpt from Chapter 9

THE ARCTURIANS SPEAK

Greetings, dear one, we are the Arcturians. We are from the fifth dimension and we are of the light. We are very grateful and honored to be with you now. Through this book we wish to share some of our thoughts and feelings with you many beautiful earthlings on planet earth.

We came here many eons ago to settle this planet and then we evolved to the fifth dimension. So we know what it is like, dear one, to live on planet earth. Although we must say that it wasn't as "civilized," as you call it, as it is now. But we lived here, we bred here, learned here and worked here. And we have much compassion for you now as we know and understand much that you endure. That is one reason why we agreed to come when God requested our appearance. We came to assist you at this time as we had been assisted when we went through this transformation.

We are beings of the light. What does that mean, dear one? That means that we do not have fear controlling us, or guilt or resentment, or anger or even sadness. We see clearly, as there are no more illusions up here in our dimension. We see everything as light.

There is nothing of darkness. We see that we are all one with God and we are all one with each other. There are no doubts and there are no concerns as we can see the divine truth in front of us, and all around us and inside of us. We see the truth. We see the wisdom of the universe. We see the divinity of all there is.

We see your love and light, dear one, even at times when you do not see it because you are clouded by your illusions. But do not feel distressed, as that was all part of the divine plan, dear one. That was all planned so that you could be here in ignorance of the light. Not that you are stupid. You are a very brilliant being. Ignorant meaning that you are not aware of the light because a "curtain" was brought down so that you could not see it. Remember, that was part of the plan so that you could live life on earth as earthlings in the darkness and in the light.

You can continue to choose which you prefer, the darkness or the light as you call the bad or the good. We do not know what bad is. But we understand that you have learned what bad is. We'll take it down to the smallest part of bad. You know when you do something and you just don't feel right about it. That is not a bad act, but you know that it is not of love, it is not of light, it is not of the divine for that being or for yourself. You know deep in your gut that that was not love. So, dear one, anything that is not love is "bad." It is "bad" only because it doesn't feel right. It doesn't feel in alignment with who you really are--divine light beings, children of our universal divine source, God.

Others call the divine source by other names. It matters not. What matters is that it is all love, it is all pure light--it is gold. There is no darkness in the gold. It is pure gold and that is what you are, dear one. Deep in your cell memories you know that; you know who you are. You have glimpses of it sometimes in your dreams; sometimes when you love a person and you completely let go of the illusion. But then you may forget. Again, that was part of the plan.

But we are facing a new eon, a new time, dear one, beautiful earth being. Earth is evolving and becoming a star, and it is time for you to graduate. It is time for earth to graduate into its brilliant star. It no longer wants to play the darkness and the light. There will be other planets who will do that for those who wish to still play this game or wish to grow in that way.

There are many ways to evolve higher and closer to the divine source. That is just one way. Beings love to come to planet earth. They love the emotional beingness of it, but it also brings them much pain and drama. So yes, up in the light there is a lot less emotion in the sense of the intensity of feeling. But there is the constant feeling of peace, joy and love.

So can you, dear one, release your addictions to the great intensities--the ups and the downs? Can you conceive a life on planet earth where things are always in alignment--where there is an inner peace? Where there is the continuance of peace and joy. It is not very "high" and it is not very "low." It is just Isness. It is just beingness; it is oneness. And it is nothingness at the same time.

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