

Thoughts to Ponder

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A New Year, An Open Book

Our book of life now turns a page.
Another chapter lies ahead,
blank pages which can soon be read,
three hundred sixty-five to fill,
awaiting for the author's quill.

Each page becomes a precious gift,
and how we fill it is our choice,
for no one else can give it voice.
We form the plot and act the part,
and if we pen it from our heart,

each page will bear inspiring lines,
describing thoughts and words and deeds
that o'er the Earth will plant the seeds
to cultivate a better world,
as our life purpose is unfurled.

Cutting the Cords of Past-Life Trauma

As revealed by The Light

How does one disconnect oneself from unconscious memories of traumatic times during past incarnations? The weight of these events remains in one's energy field as emotional baggage that prevents one from recognizing his/her divine nature. This energy affects one's vibratory rate. It is literally a drag on the frequency of one's physical, mental, and emotional makeup. It affects the DNA and, as such, is carried over to the children and grandchildren. The energy hangs as a cloud over the mass consciousness of mankind on Earth.

When negative energy permeates mass consciousness its effect spreads to all life, including so-called inanimate objects such as rocks. Negative energy radiates, just as positive energy radiates and spreads. It hangs in the atmosphere and saturates the ground below. Earth mankind has struggled to overcome the emotional tugs of negative energy for eons. It is time to let it go. Each individual must deal with the weight of forgotten burdens that affects his own being. He/she cannot continue to carry these influences forward from lifetime to lifetime, as the energy, if not released, steadily builds. So it becomes each individual's responsibility to dissipate it, to



erase it from his own field, which has the effect of reducing negativity from the mass consciousness.

This is where help from higher forces is needed and is willingly available. God has given you free will and allowed you to make your own choices. However, He always is available and willing to help you overcome the cause and effect situations you find yourselves in, even if you do not consciously remember the causes. So what is the answer to the problem? Give it to God or to those who serve Him. They cannot interfere with your free will unless you ask them to. God's servants, the Angels, Archangels, Ascended Masters, and all Beings of Light in the Higher Realms are eager to aid in any way. They are constantly helping mankind in answer to your prayers and supplications. Why are you so reluctant to ask?

Archangel Michael, stands at the ready to use his sword to cut the cords that connect you with the negative blocks or attachments that hold each of you in bondage. Call upon him. It is his great pleasure to serve in this manner. And as each individual releases his blocks, the clouds of dark energy in the mass consciousness of mankind are reduced.

Do you realize how much each of you is affected by the mass consciousness? The darkness of negative energy that has massed together is a heavy weight upon all. But, one by one, person by person, this mass of dark energy can be dissolved.

You do not have to be specific in your requests for aid. The veil that prevents you from being overwhelmed by past events does not allow you to remember specific traumas in order to release their effects. Just forgive yourself and others who may have been responsible for creating harmful circumstances and ask that they be removed from your subconscious memories so that you may start afresh. Ask too that this unwanted energy be transmuted into neutral or love energy.

The more dark energies that are dissolved individually, the lighter will be the weight of mass consciousness upon all. So, you see, it will have a snowball effect! You may be among the ones to start the healing. As others follow suit, it will get easier and easier for the rest to follow, for the effect of dark energy in the energy field of mankind as a whole will lessen. As each individual is relieved of negativity in his own electrical field and allows love and light to take its place, that light energy will radiate out and inspire others to gravitate into it. So you see, it is not selfish to call for aid for yourself; it is essential that you do so. Bringing yourself into a higher vibrational state is the first step toward bringing all of mankind back into the Light!

Why not start off the new year with this goal in mind? .

Poem from *Secrets Explored*, 2006, by Jean Warner