

KONA TeaM, Hawaii Collection

Group: Kona TeaM

Facilitators

Teacher: SigEl, Norson, Michael, the Guide, Michael, Landor, Ham, Andrew, Thought Adjuster, One Without Name and Number, LorEl, AlfanaUnknown

TR: Sonny, Judy, Jerry, Greg, David Saunders, Pati, Unknown

Session 1

Lesson

Moment

Unseen Friend: The path is made ready for us to follow. Let us be ever open to our guide for if life pressures overtake us we can not pursue the goals which are our destiny. Quiet and more quiet to focus on the way of the Lord and He will be there to guide us. The moment, yes the moment is what should concern us. Let us be ever in the moment. It is our destiny to love one another. What else could be important? All things follow the way of love. Reach out to your fellows. They need you and you need them. The way is clear, crystal clear. Delight in the simple pleasures of knowing one another and service. Bear the fruits of the spirit, patience and tolerance. Love is the flower which grows from fertile soil. Water the garden of your soul. Drink in the beauty.

Session 2

Sunday December 13, 1992

Lesson

Second Coming

SigEl: My light surrounds you and guides you on your way. Have not fear but courage for what lies ahead. Seeds have been planted, the flowers are appearing and soon the sweet fruits will be ripe.

It is good that you want to write this down. Follow your impulses. You know of the goodness ever present that is with you and will be a friend to you in your need. I have come to tell you of the good news of Michael's return to our planet. He will appear before you. The days are plenty but few (You like paradox!). Patience for what is needed. Be you ready. Our love will guide you and uplift you. We will ever be by you.

I am Norson. I come to you in great power and joy. You are ready for this. Do not doubt. Open your heart and squelch the doubts.

Session 3

Early December, 1992

Lesson

Stillness

Unseen Friend: Fear not. Believe. The truth is ever advancing. Your mind is becoming more open. Time will become available. Priorities will become clearer. The stillness beckons. God beckons. Your spirit is ever eager to minister. The angels are always there, again to minister. The light will forever shine deeply in your mind. Consecrate your will. Devote yourself to these higher tasks. You will not fail. You have chosen to go forward. Step by step, as you advance in the truth, a great peace will fill you fuller than you can imagine. Have faith, these

things take time. There is eternity. Let the love that you find inside flow through you. Use the stillness to give you strength in your dealings with your friends. Be friendly. Fear not.

Session 4

December 16, 1992

Lesson

Sig-El: My light surrounds you and keeps you. I have come to assure you of my ever present love and guidance. Be not afraid but filled with the love and friendship ever present beside you. Love is the key and every guiding light. Your path is made ready for days to come. You will not falter. Be assured of this. Love those near you and fill their hearts with the love within you.

The time will come for all things to fit the puzzle together . Wait and contemplate its meaning in your life. The goodness which comes from your diligent seeking will bring much light to those around you. Be assured of your time and keep the patience that is needed for all things that will come to pass. The Father loves you and all in your group and his glory will well up in all hearts as you seek to know him.

Rest, your work is well done.

Session 5

December 1992

Lesson

Unseen Friend: My peace I bring to you. You are the children of God. He is a loving Father. He gives you love and life. He is always there to guide you. You need only ask and the way will be shown. Your answers are simple. It will always be to love.

Session 6

December 20, 1992

Lesson

Sig-El: Peace be with you and with your fellows. The light surrounds you and ever draws you closer. The day is near when the planet will surrender unto the glory of our Father. Our associates are thrilled at the opportunity to serve the Father and Michael in these capacities. Keep the faith and new avenues of service will be open to you. Never doubt the overwhelming power of His love which spreads through you and reaches out into the unknown realms of human need. This is the way for all to realize the plan, by sharing His messages of joy, good will and friendship. As you receive, reach out to extend the Father's loving light to shine out in all its glory to those who hunger for its warmth and healing rays. I say to you, nothing is impossible in the service paths of the Almighty, All-knowing Father of all bounteous and never ending joyful service.

I am Norson. Your loving and ever faithful teacher. My light is near at all times and my messages will begin as you have in your hearts longed for. Your group is unique and not seen to be lacking.

The glory of our Father is ever present and abides in all your hearts. Seek to be faithful to your ever present Adjuster, who without fail, dwells in the very center of your being and seeks unfailingly to uplift your thoughts and lead you into new channels of growing and expanding service. The time is nearing and the excitement grows for us all. We are in tune to the desires of Michael, our Brother/Father of inexpressible power and love.

His mercy is the door to ever open paths of eternal service and fulfillment. Lead your fellows to the door and with arms spread open they will be gladly received into the joys of eternal bliss. The path is ready. You have much work and the time is here. Seek to know when opportunity is knocking and let it come in with full knowledge of what the Father....

Michael: Love your fellows as I have loved you. Reach out for those in need and I will be with you now and forever. My peace and love are with you. I love you.

SigEl: As your teacher whom you are beginning to trust and love, I say with unfailing authority, you will share my friendship with your fellows. This will be a great blessing to all. It will increase your faith and abilities to have this inter-relationship with your fellows of whom we see have exhibited a desire and have made known the abilities to bring about the necessary commitment and love of service to be part of the greatest exhibition of power yet to be seen on Urantia. The time is near. The trumpets are hailing the glories of our Father's loving will to become clearer in all men's hearts.

Session 7

December 1992

Lesson

Parenting

Unseen Friend: Be a better parent! Just as your Father loves you, love your children. Listen to them attentively. Enjoy them. They have much to share with you. Be not foolish or sarcastic, control your tongue. Master your guidance to them. Be patient. They love you. Much will be gained by loving them more each day. Remember how Jesus was with the children. Be stern but not base. Again, control your tongue. You have a great opportunity, do not let it slip away. Live as an inspiration and an example to them. Above all, be loyal. This is what they will remember most, your loyalty. Be a good parent.

Session 8

December 23, 1992

Lesson

Patience

Unseen Friend: Patience is a virtue. It is not a gift but a fruit of your labor. You do not have it by chance, but by choice. You must dedicate your will to being patient. There is plenty of time in eternity for all that needs doing. Sometimes you must wait until the season for harvesting is upon you. Things do not happen for no reason. There is a purpose for everything. This is why you must wait upon the guidance, allowing your mind to adjust to the situation at hand.

You must believe in the final outcome. This is how patience is made easier, faith must come first. Then you wait, the answer will be forthcoming. Sometimes the answer is to wait longer and again faith, believing, trust will see you through. God's plan is unfolding. His children will rejoice at the outcome. Be patient and believe!

Session 9

December 23, 1992

Lesson

SigEl: My light surrounds you. I am your ever present friend. The time has come for the doors to be open and the love of the Father to find its way inside. I have come to aid this group, including yourself, to adjust to the demands of the times to come. Rejoice! Remember the joys of your commitment. I am here for you and together we will iron out the difficulties inherent in such a path as we are embarking upon. Remember the Father loves you with the love that far surpasses the imagination of earthly love. This in itself should stabilize your faith and erase your doubts.

I am your friend and my name is unimportant at this time.

Pray for understanding. The world will receive the long awaited shower of the rain of heavenly blessings. It is so and what is to come is a blessing beyond your hopes.

Talk to your Father, live by the moment, glorify His name in your deeds. Look for the beauty in all you see. Remember what you know. Love your fellows. Ask for guidance. Seek to understand and have fun in all you do. The Father loves you and all his sons who are blessed to embark on this adventure with you and rejoice in our service to the people of Urantia and look forward to the days ahead with fond feelings for further love and growth.

Judy: What can I do to facilitate communications for my group?

Paraphrased answer: Keep practicing and believing what you know and the feelings of these communications. It will be clearer.....Couple, few (??) in your group are ready. Sponsor their belief, help them-assure them of the joys of what is to be had. Tell Jerry to keep on. He is greatly recognized for his sincerity and his long belief and striving. He is to be especially blessed in days to come.

Session 10

December 24, 1992

Lesson

Materialization

Unseen Friend: Rejoice in the dawning of a new day. Treasure these times when you believe without seeing.

Soon this will not be the case. Soon you will see and touch your celestial helpers and gone will be the days of sightless struggle. Again, enjoy these times for you will remember them for eternity. Continue to seek the stillness daily, pray, worship, commune. Great peace will fill your life as you pull the weeds of falsehood and turn them into compost to be used to grow your vigorous soul tree.

Soon your work will be to help those who doubt. Let them see what your partnership with God has done. Let your love light shine. Encourage others to seek the Father, to meditate, to listen for His guidance. Remind them that He is always there, ever reaching down to pull them up into the spiritual life. His goodness abounds, His truth ever growing, and His beauty ever flourishing. Remember that each has his own path, that the truth is living and being personalized in a unique way by every believer. Be tolerant. Accept your role with good cheer. All are blessed by the Father's love.

Session 11

December 26, 1992

Lesson

SigEL: My light surrounds you and guides you. I am ever present with you and beside you. Your longings are well recognized.

What is to come is a process of divine instigation and the realities of that which is far beyond your material grasp are in process of coming into your dominion of conception and are difficult to fit into your timetable of reality. The patience is essential for everyone in your group. The teachings which are available are beyond what one can immediately process.

Love your fellows. Serve the needy. Help those who long for that peace which you are able to feel in your hearts and ever long for more and more of that understanding of that feeling in your heart as the days go by.

The kindness and compassion, the devotion to the supernal realities. Hold fast to your faith. Seek me as your friend. The days go well. The Father never rests in his quest for your perfection. What a task for you to fulfill as you go about your daily duties and seek the ever present joy that is provided for all. The peace that passes all understanding is available to you. Moment by moment, step by step, you may realize this in your life.

Be Joyful! I am ever present with you. You know the feeling. I am ever ready to guide you onward and upward in new paths of perfection. Listen to me when you can. Will this in yourself. You have been doing well. Keep up

the good work. The path is there, the joys are plenty. The Lord knows the way. His light shines for you and those around you. Look for his light. I love you. I am your friend. Don't be shy. Let your light shine and those around you will join in your parade of the glories of heaven. Love the children. They are truly your blessing. They love you with unquestionable faith. Learn from them and rejoice in their pleasures. Keep the faith. Spread His love. Make it available to all. Do not doubt these words for they will guide you to the heavenly staircase of divine love. Follow its steps and bask in its light. Love is the greatest single tool for the people of Urantia . It's contagious.

Do not doubt or put limits on your friends. They know the way. It is becoming clearer for all to see. Pray for the way to become clearer. You should tape what I say if you can. Share it with others. Don't make it another job. Rejoice in the beauties of His work. Enjoy your life. It is full of surprises and joys of service. Take time to rest. This is very important and easily overlooked by all due to your amazing lifestyles. Keep simple and love the glories of giving to all who ask.

In Michael's name-I leave you.

Session 12

December 26, 1992

Lesson

Unseen Friend: Yea, though we pass from time into eternity, Love encompasses us and we are filled. Listen, the time has come for truth to be the most sought after reality. Let your light shine, fear not. Peace is at hand. Michael comes with great power, you will provide the power. You will be a part. Rejoice, this is a blessed time. The Universe is exuberant at the possibilities for Urantia and the other worlds that had fallen astray. Yes, the correcting time is now. Live in the present. Expect not the future, but keep hope. Remember to always seek the silence. Here you will find the answer, the guidance. Listen quietly, gently and allow the truth to flow. Now listen, there is much work to be done. The Father's children are looking for you.

You must be open to the opportunities to share His love. You must follow the leadings. This is all for the great plan of Michael, to reach everyone on the planet, to pull all back into the fold. He wishes to lose none. Can you not see the urgency in the task to be done? Rejoice at the chance to meet someone new. Take hold of each other and let the blessings flow.

Believe in Him and each other. Remember your beginnings, your destiny. Always seek the light. There is only warmth, only goodness. It is not a burden to smile, to laugh, to say hello. Show concern for your fellow man. He is God's child, our Father dwells within. The Father has willed great things, His power is behind this marvelous undertaking. His Love has freed the minds of those who know Him. He reaches out as I reach out, to let you feel the grasp of love. (I am grateful) Our Father, we are grateful.

Remember, we are with you. We know your desires, we know you wish to do the Father's will. Have faith, keep on, it's easy, love to live - live to love, be poetic, enjoy the beauty. Do not miss the light. Peace abounds. There is great joy. Harmonize your friendships. Congregate, share, remember, pray, exclaim, rejoice, proclaim, decide, unite, enjoy. Yes, live your life ever in the present, in the moment dominated by the urge to do the Father's will. There is always time to consecrate your will.

Hello Greg, I am glad to be here with you. Please tell Sonny that he should begin receiving messages soon also. We have much work to do. There have been many times we have tried to contact you. Wonderful things lie ahead for us all. Have faith and do not lose heart. We know this type of communication is new to you and it will take time for you to be able to distinguish your thoughts from ours with increasing confidence. We have many things to share with you and your group.

Seek the stillness as often as you can. Do you know what this is? This is telepathic communication. We are transmitting our thoughts to you and you are receiving them. It is the same voice you have "heard" before in your meditations.

Session 13

December 26, 1992.

Lesson

Norson: Greetings, I am Norson, I bring you word from the Most Highs, we want to assure you all is going well in Michael's Kingdom. All is going according to plan. Keep the faith. Hold on to what you know.

God is love, the Heavenly Father is love, love one another. Keep the peace. Try harder tomorrow/today. I am Norson, I am your teacher and friend. Be at peace.

All will be made clear. This is good for a first try. Keep up the good work. You are growing much faster now. All is well. Farewell.

Session 14

December 27, 1992

Lesson

Perseverance

Unseen Friend: Today's lesson is on perseverance. Be not discouraged by your limitations. Proceed with the practice, this will not hurt. Trust in God. He is not there to deceive but to fill you with faith. If the messages were not subtle you would need little faith. The Father has ordained these techniques not only for the benefit of Michael's plan, but also to allow you to exercise that faith. Be not disillusioned by your immaturity in these undertakings. You are blessed with plenty of time. Take that step of faith, feel the winds of truth, the gentle breezes of love that fill your heart and make you long for perfection. Lift up your faith sails and let the spirit fill them with power. Just believe and continue forward. Let the teachings flow, relax, you have opened your mind, you have dedicated your will, now receive the blessings and be thankful. Never let the doubts get in your way, seek the silence, commune with your Father, He is always there. From here, go forward, knowing you are His son, knowing He has blessed you with the knowing of His divine goodness, and feeling His glorious beauty.

Once again, persevere, be patient, but aggressive in the truth. Be open, share your thoughts, share your writings, for in sharing will come more assurance. Be not afraid of acceptance. Our Father accepts you as you are. Sing praises to Him.

Session 15

December 27, 1992 (Meeting with Judy, Connie, Debra and Donna. Asked to speak with SigEL.)

Lesson

SigEL: I am your ever present friend and lover of life. I hold the truths of eternal glory at my fingertips. The blessings you ask for are already upon you. You are such beautiful children of the Almighty and Heavenly Father of us all. He basks in your desires and willing urges to be about His business. Do not doubt His love or the light that is there for your uplifting at all times. You are right in your seeking to understand the events at hand as a group. Together you can feel the power of His Divine Love in the ministry you provide for each other. The love and patience and tolerance that you must seek will be so rewarded that the effects on each soul will be overwhelming. Do you feel this love there for you? Share it. I am happy to share with you. Your company is the service that is needed. We'll talk again. His blessings are always with you for you to grasp. Ask for guidance. We are at your call. Aloha.

Session 16

December 28, 1992 am

Lesson

SigEL: You have many concerns on your mind. Let them go. All will work for the good. Be not afraid. Go about

your work and ever feel my presence. I will not let you down. Have you the courage? You know you do. The details of all this will find their place. You are certainly blessed. You can feel this. This is your present.

You need to care for yourself. Others have their work to do, you have yours. The concerns of the day are minor. Really! Share your joy. You will know. You do know. Take my hand, I will lead you. Listen as you go about your day. Have faith and it will be rewarded. Let others in. Feel that which is there for you. Your angels are busy. Don't deny them, love them. Bring in to your being the presence offered to aid your well being. The task is abounding in power. Hold my hand. Seek the time to-----

This is for you.

The deepest darkness of the night

Cannot hide His glorious light.

Seek to find within your mind

The secrets of the endless kind.

Love and Peace for you abound

It's waiting quietly to be found.

(Judy: Thank you SigEL)

Session 17

December 28, 1992 pm

Lesson

SigEL: My light surrounds you and draws you nearer. Peace be with you. Rest assured in the plan of the heavenly hosts. You wish a teaching.

The garden of life is vast. Plant your seeds and water them diligently. Allow others in your garden. The weeds will need to be pulled, the soil cultivated and the plants nourished.

Did you like my poem? I can only give you what you desire. Spark your enthusiasm. The time is here. The flowers of friendship will unite you as you care for them together. You have strength but it needs nourishing and ever will the days go by when the food for thought will be provided for you.

Go among your friends with your seeds, spread them freely. Do not wait or the grass will grow. Love is the guiding light. Bring your friends together. Remember the kindness in your heart, it will not fail you. Do your work. You are blessed as we are in your friendship. Thank our Father for His ever present love and guidance. Tap into it freely and often. Enthusiasm and humor are your friends. Be content with yourself and others. His love grows and grows and you will, too.

Session 18

Dec. 28, 1992.

Lesson

Norson: Hello, I am Norson. I am here to help you along the path to the Father. You have provided the necessary equipment to allow us to communicate through you and use you to further the plan of Michael. Relax, enjoy the process and be confident in knowing that you know. All is going well. You will be asked in the future to do many things that only you are able to do, and this will be a great blessing for you and all your fellows. Be patient, we know you are willing and desirous to share with your friends. All in good time. You will see.

Session 19

December 29, 1992

Lesson

Norson: Listen, hear my voice. I am with you, I am Norson. Praise be to God. He is the Almighty. His love fills us to the very core of our being. You are chosen to be His servant. Your time is for the doing of His will. We will work together to spread the light of His Love. We will be patient knowing that there are many paths, some will hear the news with open hearts, others will be guarded. Many have opened themselves already and are receiving renewed blessings made available by the opening of the circuits.

Ours is not to judge but to rejoice in the truth. Believe, make ready for the dawning of a new awakening. Your planet is soon to achieve new heights in spirituality.

You and your group are forerunners of the great time. You have all recognized the presence of the Great Adjusters. You all have devoted yourselves to the doing of our Father's will. Time will tell what joys will come from such a commitment. Your group is recognized throughout the planet by the celestial hosts as a special congregation of believers. You all have been led and have duly followed to where you are now. Believe that this is just further guidance that comes in answer to your prayers as part of Michael's plan and the Father's will. Rejoice in the great blessings you receive from the associations made available by this unique amalgamation of personalities. We cherish you all and look forward to further contact. Continue to share what you receive. You have been freely given, freely give. This is good. May your day be filled with joy. I love you.

Session 20

12/29/92

Lesson

(Michael?) I am with you in all that you do. I am with you in the love that surrounds you, in the love which you share with your brothers and sisters as you go about your daily doings. Be assured that even though you do not see me nor hear more than steady sound, it is more than you shall need to pursue that service which I ask you. Be at peace with yourself and know that together we can accomplish all things necessary to the unfolding of the plans which I bring to this venture.

I am ever with you and you need not concern yourself with empty fears that you give life to anything but good. Be assured that you are ready and have all your needs met. Be still and know. You have been being prepared for a long time. Be patient with yourself. All is well.

Session 21

December 30, 1992

Lesson

SigEL: My light surrounds you and ever guides you. Have faith my dear one. Listen with the ears of your heart. I speak to you from authority on high. You have no need to worry yourself with the feelings of those around. Capture yourself and feel the ever present love that will guide your footsteps. Michael is there to hear your restlessness and bring peace to your rising anxiety. Seek that which is precious to you and all things will follow, trust, openness, patience, and peace with yourself. The tides of friendship are high and the ocean of love is near for your pleasure. Stroke the water of kindness and float in the sea of goodness.

I am your friend. You can trust in this and help those around you understand the tasks at hand. Fruit for the picking, sweet and ripe, is ready to be shared by those who would gather by the bushels the glories of His tree of life.

Pick yourself up and dust off the threads of doubt. Listen to your Father. He loves you. He will not hesitate to bring you the assurance of what you need to hear. The moments of the day are filled with His love. Let go and

give them over to Him. Take His hand and run into the blessed fields of His pastures. You are His shepherd and many are the lost sheep to be brought into his fold. You know what he would have of you. It is the easier path. The rocks to climb are not there to encumber you but to rise you up to new heights of faith and understanding of his divine will. What a glorious task to unite yourself with His love and bring together His shepherds to sing together the anthems of His mercy and living inspiration for those who listen but do not hear. Unification of your group is your goal. You seek much but have much to live up to. Hold on to the love. Its power will magnify in your hearts. With the Lord all things are possible. I will give you a lesson later today. Feel my presence and the Father's guidance and devotion within you. Work with your angels. Love them. You do well and are not alone in your quest to reach the mountain tops of new hope and glory. You are blessed among men and only need to let go of the pressures of your doubt and let His light shine for you and thank the Father and be about His business.

I love you and as I speak our group makes ready to shower your group with blessings which you will receive and carry with you as banners of His ever glorious presence. Do not worry about what is to come. The way is clear and you must make ready to pursue the journey which will lead you and your fellows to your destinies as torch-bearers for the coming of the Lord.

His love I leave with you to surround you, uphold you and fill your heart. Talk to me, you do well. As always, SigEL.

Session 22

December 30, 1992 pm

Lesson

SigEL: Plant your seeds. Watch them tenderly as they sprout. The love is for all. It will be harvested as the days go by.

Session 23

December 30, 1992

Lesson

Norson, we welcome you to our earthly plane.

I Norson, come as a friend to you and wish your attention at this time. Begin to write.

In this time as friends we begin our relationship in your terms. We speak to you with consistency and direct manipulation of your Thought Adjuster. At this time we pursue those who are willing to receive our communications and who will transmit them to the others. Teachers are necessary at this time and you are a chosen one. You have always been a chosen one. Good. We find you transmitting quite nicely. As for our terms, we request you be willing to let go of understanding momentarily and transmit exactly as you hear. You will receive more information later.

As we see the plan now, you and your fellow patrons of Urantia are doomed to create a world full of hate for a short while. Yes the light will shine, yet it will have a shattered window to shine through. Our job is to minimize the injury at this desperate time. We can create a prism of the shattered glass. We understand it's difficult to receive communications of negativity, yet it is a piece of the picture that must be seen. We will provide support for the highest good, of course.

When in dialogue with your fellow colleagues we will transfer/transmit information for their healing through you.

Do you have any questions?

Dialogue

PATI: Yes. I wish to discover my own energy. Any suggestions and will channeling support me in this?

NORSON: Yes, inner knowledge is important. Your inner self is very wise. You have a special gift, Pati. You have the talent to see, of vision. Develop it and you will be of great purpose and service. Your own energy is that of the Divine. Discover this and discover your SELF. "Channeling" opens your channels for the Divine energy to come in. Whether it is us or some higher being of the infinite is all up to you. It is all the same source and in and eternal sense we are all of one nation. A nation of light beings that thrive on LOVE. Love is our uniting source and to focus on this is to know oneself and know one's own energy.

PATI: Thank you.

NORSON: Any other questions? We want you to dissolve your curiosity so you can remove blocks to your openness and create trust.

PATI: What is my purpose here and how can I be of service?

NORSON: We understand you are a complicated being. Not all may understand you. Sometimes you feel alone. We can be a source of love and light for you, Pati. Reach to us and receive our blessings. Your communications will become more clear and the teachings more direct, when you are ready.

We know that it is love that you want. Open yourself to it Pati, to receive this is very important for you. Learn to truly take in the good in your life and you will begin to receive much, much more.

Session 24

December 31, 1992

Lesson

Listen, I am Norson. Be not afraid.

Allow me to fill the openness of your mind. Relax, this task is for the benefit of Michael. This is a service and you know you enjoy service. Continue to seek the stillness, this is your strengthening time. Trust me and yourself, neither of us are interested in deception. Your doubts are natural, you struggle but you persist. You listen, I instruct. Your cup is filled with the blessings of the Father until it is overflowing. Share this abundance. Quietly, gently, patiently, take this good news to them. Their souls are hungry for the truth. Great peace is to be found in the sharing of truth. Your mind becomes more confident. Your heart becomes more pure. All souls wish to grow, this is their nature. They crave the water of life and the bread thereof. With this new knowledge they are able to become the selves they truly want to be.

Many stumbling blocks may fill their path, but these will be easily overcome with blessings of increased faith, faith that fills their sails of dedication to the Father's will. As the gentle but steady breeze of spiritual ministry powers them through their lives, they will be drawn to rejoice.

Their cups will be filled to overflowing, they will enthusiastically proclaim the good news of the gospel. Rejoice in this new time when the ministry of truth is heightened.

Share it, believe it, live it.

Go forth with a light heart to do your work, rest assured that in doing so, you also are doing the Father's work. My peace I leave with you as I know this is difficult for you. God blesses all His children. I love you.

Session 25

December 31, 1992

Lesson

SigEL: My light surrounds and draws you nearer to the perfect light. Our Father holds the key to eternal perfection. Only through the doors of enlightened service may one enter the portals of his kingdom.

Soften your friends with your kindness. They will find the way and one by one be led into this service of our Fa-

ther on high. Go with renewed energy and peace. I truly love you and feel the same fondness for our relationship. It is true that the answers come to those who truly seek.

Session 26

12/31/92

Lesson

Unseen Friend: I am here for you at any hour, I am ever present for you to turn to and share your reflections. I am in need of every opportunity you provide to aid our growing together to support the plans which are being carried on most strongly and steadily in every part of your planet.

I am in need now of your strong heart to keep the love of the group focused on joint activities and common goals. Be not afraid to ask guidance in difficult times but try to rely upon the knowledge already stored within. I know you have the prerequisites to do right and timely acts.

Be ever ready for the day you have long awaited. Live every day you wait to the full experience it contains. Be at peace in all things and it will be easy to accomplish much with little loss of energy. My peace is with you everlasting.

Session 27

January 1, 1993

Lesson

Sincerity

Norson: May the new year on Urantia be one of momentous growth for the souls of the children of God. I am Norson, I am with you to guide you, to ever instruct you in the paths of the healing truth. Always will I impart to you lessons that will uplift your mind that you might see clearly the pathway to soul growth. The Kingdom of God is within. The keys to the Kingdom are sincerity. These things you already know. Sincerity originates in the heart. One can feel it. Sincerity is manifest in your thoughts, words, and actions. To truly love someone, you must be sincere. Always allow the purity of the spirit to fill you before you act, speak, even think. Purity and sincerity walk hand in hand. Feel the blessings of sincere motivation in the reaction of those you contact. People are superconsciously uplifted when met by a sincere greeting or a pure deed.

Go in Peace.

Session 28

Jan. 1. 1993.

Lesson

Norson: Greetings from the Most Highs, I am Norson. You have been called to service along with your fellows to be about your Father's business. Be of good cheer as you help your fellows with the tasks that lay ahead. Fear not, you are adequate for this mission. Turn to the stillness as often as you find time and all will be made clear through this process. Doubt not.

Your teachers are near and love you very much! We will guide you and light your way. Follow our guidance. Much help is on the way and also available now for any who wish to utilize it. We will continue with the lessons as you make yourself available to receive them. Do not worry about your own interference, this will pass as you learn to relax with this process. Fear not, all is working well now. Hope for the best and you will see, all will be better then you can even imagine. Keep the faith, continue to meditate and seek the silence, you will find us waiting there/here for you.

The light of Heaven is now shining down on your planet and it will not be dimmed. Much good is even now occurring. Can you not see this? Of course. Enjoy your life, enjoy your fellows, and be of good cheer. This will be a marvelous year.

Yes, this process seems slow, but it will not be long before it starts to flow. Be patient, be at peace, enjoy this process of growing in grace. Keep up the good works. Continue to support your fellows in love and light. You are of best use as a guide when you are at ease, so continue to have faith in Michael's plan and pray for His will to be done. All is going well. You are in the love and light of the Father and nothing of any import can go wrong. Continue to shine this loving light out upon your brothers and sisters and they will assist you also to be about our Father's business. Do not hide this light away, just continue to share as you go along, as you always have done.

Peace be with you now and always.

Session 29

1/1/93

Lesson

(Unknown): Your prayers are all answered at the time most appropriate to fulfillment. Your appeals are heard and known and given attention in accordance to their position in the greater plan being brought into action in our immediate experience.

You must have patience in all things, prepare yourself and be patient. The rewards of patience are beyond comprehension and will be felt as joy expressed. "Though you see not now how the confusion clears, it will. (interruption)"

Greetings. You are doing fine, do not rush the process, it is not necessary to hear our words as sounds with which you are familiar, it is not that, it is other than that, it is thought made clear. You need not be anxious, you need be at peace without concern that you are pushing, relax and it will begin to flow in. Trust yourself that this is right, you will not be disappointed. Trust me and I will not disappoint you. I love you. Know how easily we can work together for the project at hand. All is well. Be assured my methods are most productive. I will work with you whenever you avail yourself. There is no rush involved in this process or anything we do. It is in time, and the time is right. Know this to be true and all is made easier.

I love you.

Session 30

1/1/93

Lesson

Compassion

(Unknown): Greetings, The subject of your lesson tonight is compassion. Sometimes when we see our brothers and sisters in desperate need, our reaction is to turn away so as not to have to feel their pain. But to be compassionate, we must look honestly at them and allow ourselves to feel what they are feeling. Only then can we be truly compassionate. The Master has said "so as you do to the least of thy brethren, so you do also to me."

So when you show compassion to those around you, even to those whose circumstances make it difficult even to look upon them, then you are showing your love for Michael/Jesus, and loving your fellows as He loves you.

Only by feeling the plight of those less fortunate can we have the wisdom and ability to minister to their needs in ways that can effectively make a difference in their lives.

Compassion is the key to learning to love your fellows.

Session 31

1/2/93

Lesson

Unseen Friend: (Landor): Rejoice, the Father-God loves us, the truth of Michael and the Spirit of our Mother

nurtures us. These are great times, so much fruit is ripe, all await a new beginning, a time for true peace, a time for real families, a time for spiritual realities. Pray daily for guidance, for opportunities to share, to encourage, to love. Be at peace with yourself. Have courage and behold the faith-comfort that is there for you. Do not hold back, relax and enjoy. So many blessings are filling the minds of so many as to make your world spin. Go forth and give your blessings to your fellows. Fear not. Michael says "Fear not!". Educate your children. They are a great aid to your development. Seek the perfect peace and tranquillity that is to be found in the presence of God.

Reach out, share your blessings. Be enthusiastic, exuberant. Enjoy your language, communication is a vital part of the universe career. Impart the truth, exhibit the goodness, and enjoy the beauty. I am your teacher. I am Landor.

You can believe, just continue to write, feel my presence, you have noticed something different. Continue your progress, daily seek our Father. His ministry, as seen through the lives of our angels, is one of ever expanding opportunities to serve. More knowledge of angelic life is an important part of growth. Angels work ceaselessly to impart to you the ways of beauty. Service is the most beautiful of the arts as it is an expression of one's heart that truly manifests itself as growth of the Supreme. Angels always rejoice at the choice of a mortal which will eventuate in the growth of that mortal's soul. They are in continuous communication with each other. This being Seraphim - Seraphim and Cherubim - Sanobim communication. Relax, your angels sing praises now.

Session 32

January 2, 1993

Lesson

Children, Health

SigEL: My light surrounds and ever draws you nearer. Have faith and all will take its place in your lives. The lesson is on health and sanity. Put your children as a priority. Their lives depend on you for their nourishment in more ways than one. Be you ever faithful in providing for their needs as they arise. The tenderness which you can exhibit as mother/father can show them the paths of loving service. Take the time to tell them you love them each day at least once. You who are not parents reach out and show you care to all the children you contact. The children are important. A few small words can make the difference for the rest of their lives. Hold on to their pleasures as they hold the keys to unconditional love, the keys we need to open doors of unquestionable love for those around us. Feel your brothers needs, hold his hand, give him what has been given you..

Health is but a shadow of your spirit. Healthy living is in the breath of life. Breathe in the glories that surround you each day as you realize the potential of our planet in a state of heavenly bliss. There is much work to be done for all. Lift up your enthusiasm to a level un-before registered. Make the thermometer of your love register hot. Only love can be gained by sharing it. The Lord knows the way and he has sent us to share it. Hop on the bus that is headed to new highways of service. The opportunities await you at every stop. Praise the Lord, His goodness is ever abounding in the hearts of those you meet at every turn. The angels of destiny are holding up the signs that will hold the messages of love, friendship, caring, compassion, joy and peace. Take a chance to let someone know you care. Michael awaits you now. Will you catch the ride or turn back in fear?

Sanity is being about your Father's business. Sharing what you know about His friendship, and feeling His warmth inside yourself. It is there just for the asking. Ask your Father to surround you and feel His peace. He is ever there for you to feel and He is ever willing to give you words of comfort and lead you into higher and better thought patterns. Let His light warm you. Sincerely ask for the adjustments you need and ask for Michael's goodness as you reach into your sleep. You are blessed. Good night.

Session 33

Jan. 2, 1993

Lesson

Norson: The love of the Father enfolds you, the love of the Father enfolds us, the light of the Father shines upon us and all is well, I am Norson.

Behold, the plan progresses. All is going well. Hold fast to your faith. It will save you and keep you safe. Michael is near and loves you. You need fear not. He holds you in love and light. You should even today try and do the Father's will in every moment of existence. Why not? It is the best way and brings much joy! Be about your Father's business and all else will follow along.

I know you wish for more proof that this is not only you writing this down, all I can say is "you know that you know". Each day all will be made clearer. Have patience. We love you and know your future is bright. Just do your best, and you will be amazed at the results. How you try your best is to listen to your inner voice and follow its leading. You then can not go wrong, only joy can come of this!

I leave you now, but hopefully not for to long, for I wish to continue this process, do you? Of course. Peace and love.

Session 34

January 3, 1993

Lesson

SigEL: My light surrounds you and ever draws you nearer. As you go about your day be assured of the path that has been made for you. You know the goodness ever beside you that longs to bring about the days of our Father's will to be made known on this world of strife and grief. The pleasures of His love are available to you who seek. It will be made known to more of His children as this correction time is implemented and the hearts of His children are uplifted in accordance with His almighty plan. Seek the stillness and be guided by the fragrances of the flowers of His creation. The truth and goodness that blossom in your life are your assuredness that your paths are leading the way for all to follow into His heavenly kingdom on earth.

Speak to your fellows of His divine love that will join you together and the hand of Michael that reaches out to guide each of you to reach new plateaus of understanding of His will. You have heard the messages of our unfolding plan and you know His love and peace that will be a pattern for the children of this planet to follow. The doors are opening, the lessons are provided. Your group will hear these messages personally and hopes will be uplifted to their highest expectations. You will not be disappointed. For with the living spirit of truth as your guide, the glories of His love manifested into your lives cannot fail. We are with you forever. Our impact on your lives will remain with you forever as you go on into eternal service and your fondest dreams will become a living inspiration to bring about the peace of His living truth to all men.

Session 35

Jan. 3, 1993. am

Lesson

Hello, I am Norson, Peace be upon you. I am glad to see you are here again to plan with us. Yes, plan out your future mission, in liaison with our mission. You are a welcome member of our team, and teamwork is what we are looking for in all of the members of our corps. Try and listen closely as possible to what is in our lessons, and you will know what you need to do to be a part of our team.

First and foremost, seek for the Father in your meditations, this will be of most benefit to you all. Second; seek out your brothers and sisters, so that you may all share what is happening for you in your spiritual lives. This is of utmost importance too! Third; love your brothers and sisters with a fatherly love, for there is no better way to be.

This will align you with Michael's plan, and you will be of best use to the corps.

Love one another as you know you are capable of and all will grow in love and light in your lives. Does this sound good to you? Of course it does.

Try it, you'll like it! This is Aflana, welcome to the Reserve Corps. You know that you knew. Be of good cheer. All is going well and is about to get better! I am here to help also. Be unafraid to call on me, as you have in the past. I will come if I am able. Yes, I am lighthearted, I enjoy my mission very much, and I love to work with persons like you when ever possible.

(followed by Aflana giving me a quick paced practice lesson on speaking out loud while she spoke to me. It came very fast, then ended abruptly).

Session 36

Jan.3,1993 pm.

Lesson

Greetings, I am Aflana,

The love and light of the Father surrounds us and shines as bright as a star in our hearts. If you want that star to shine brighter in your life, you must strive to allow our Father to live your life with you. This can be done on a continuous basis if only you will it to be so in your life. You alone control your destiny, you alone will make that decision to do the Fathers will.

All the stars in the heavens shine out their light as a result of the Father willing their existence. How great is He? He is the greatest Being in all existence! and yet He wishes to share your life also, so that some time in the future, the two of you will be as one. How marvelous a future, much more so than you could imagine, I'm sure. So hold fast to your faith in these events and continue to seek the silence. We will talk again soon. Peace.

Session 37

January 4, 1993

Lesson

SigEL: My light surrounds you and ever draws you nearer.

You do well, my child. Keep your faith at these new levels. The mission is well under way and we are proud of your accomplishments. You needn't worry for the future. It is taken care of for us if we all join hands and celebrate our Father's will growing clearer for all men. Rejoice! The times are truly changing. With this message comes our devotion to you as a signal to you to know what is to come is in accordance with the divine plan of Michael who never rests in His pursuit of His glorious plan to bring about peace on earth to all men.

(Sometime later)

Greetings. Love is that factor that keeps us going onward into new paths of growth. Please live each day for what can be gained in that special time. Hold up the light for those who would gain from the reflections that glow out and find homes in hearts of those who are beside you. You know of this and needn't be afraid of your imperfections. Rest assured in the power of His perfect love and the guidance provided you on new levels of existence for you and the ever present guide who is the perfect presence within you and anxiously awaits opportunities to express the love he holds for you inside. The power of love is what holds you and guides you. You have much to learn and this is what keeps you humbly on the doorsteps of the doors of new revelation of deeds to be done and lessons to be learned that will grow your soul.

Yes, I say you are honored to hold this key to further revelation. Why do you keep resisting? This is your natural state that soon will be replaced by higher thoughts of revelatory insights that will beam you into new modes of insight into the desires of your soul.

Session 38

January 4, 1993

Lesson

Norson: When we spoke to you last, you made a commitment to meditate. We support you in this endeavor and hope you will continue to be open to us. We love you and only wish you well. This is safe.

Words

Greetings from Norson. We have brought you a lesson today. The teachings are of Christ. Our lesson is of speech and of correct usage of words.

The correct usage of words: Today we speak to you of allowing the freedom of truth to come through the voice of the human mind. When we speak through you, it is important to allow your heart to open and to free your mind of your daily thoughts and concerns.

It is not a question of worthiness, but of openness, and expression of oneness, of hopes, of dreams, of knowing who you are.

We have come as assistors to aid in the bringing of light to the planet. Trust yourselves, know your inner being is of Divine Love. Know that we are one with you and bring you the teachings that will guide you to move forward and come forth in the coming days. These are important times for the stepping onwards, moving forward the evolution.....the time has drawn near. Continue to practice and you all will be teachers, bringing the light, showing the way.

It is important to let go of concerns for survival, for your needs will be taken care of. The fear is one of loss. For you, Pati, it is the fear of letting go, safety. We trust that you will begin to trust us and allow yourself the quiet time to know who you are, what you want to be, and who you will become.

Begin to write again. (Pati does).

Our surrender to the Father's will has brought us here today. We are the leaders of a mission. This mission is to give guidance to those who wish to know the Father. You have stated this purpose in your life and we wish to assist. Do not concern yourself with worthiness of teaching for this will be a natural outcome of your practices. Yes, discipline is important but not as a rigid rule.

You are doing fine.

There is indeed a great deal to be learned, for when we surrender to the Father's will, we have given ourselves a full and embodied life, one of joy, one of peace, one of love and surrender. When our wills are in line with the Father's and we know what the Father's will is, we have an understanding of our own lives. When we understand our own lives, we come to appreciate our brothers and sisters and know the love that we are capable of receiving and giving to each other. Once we surpass the knowingness of the mind and the survival of the body and we are one with the Father, we are able to appreciate, to give and receive from one another without reserve. In this letting go, in this knowing, in this appreciation for one another, we surrender. We surrender to the Father's will. To know the Father's will, you must open your heart, open your mind, open your soul. The first step is in the willingness. The willingness to know your own inner self, to trust, to hear.....When you speak, you can learn from your own teaching.

The darkness comes from denial, it is the pure and simple process of allowing the light to shine in on places that have not been seen. When you allow yourself to be open to receive the teachings then you will shine, then you will clear yourself of the densities necessary (fades off).

I release and let go and allow the joy to flow through in my life today. For life is a joyous thing to be appreciated and lived with the grace and the knowingness that God exists in our world. The fear is the illusion of waste and that knowing is a product of spiritual endeavor and that with this practice, with this knowingness, you can trust in the days to come. And now for the teaching on trust.

Trust

To trust is to know one's self. To trust is to love the Father. To trust is to be guided by the angels and to allow them to be of service and to serve our brothers and sisters with the love of the Father that shines through in our hearts.

I know that you have come to hear the teachings of the Father and that you wish to know the Father's will. Ah yes, this a life's endeavor! For making the wish is a good place to begin. The action, the experience, the knowing is where the trust begins. We fill your hearts with love, we grant you gifts of peace and wonder, not the material, not the success but the inner knowing that is the true treasure of the spiritual world. For this world is temporary and when you move on and when you know the other worlds, you will come to appreciate and know that the treasure of the heart and the soul are the true treasures. The true worthiness, the true sense of knowing is what makes one great. This is the greatness that you seek within, for within you lie the secrets, they are truly not secrets, but are of the love and the light. They are what flows through you and not what stops and ends in this world.

For what is manifest is manifest and come to an end, but what is developed and grown within is what will continue on, it is what will come with you and travel with you as you move on to our other worlds and discover the other beings that want to know you and love you and give you the hopes and the dreams that you so miss here on Urantia. For when you know the Father's love and you share it with each other, these are the greatest gifts that you on this planet will know. These are the treasures, the true treasures, the gifts the Father brings for the special place, the special place is within and with each other, and the special day, the special day is today. It is now and it is forever, forever with us, this spirit guide, this guidance that you receive.

We wish to speak to you more. Are you open?

PATI: Yes.

Trust in your fellow beings, support each other. Know each other and share your hearts desires. Let each other know what your wishes are, what your heart would bring. What fills your heart with joy? Share this with each other today. Share with each other what makes you happy so that you may increase the power, the force, the positive force that will create this in your lives.

It is not so much the knowingness. The sharing is what is important.

We will adjust you. (Pati gets adjustment and sighs a few times). Know that we care. Aflana leaves you now and with you she leaves the love and the trust, the beauty, the appreciation for life, the honoring of the knowing within and sharing. Farewell!

Norson, wishes to speak to you once more.

We appreciate and thank you for your transmissions and hope that you will continue to trust and to develop our friendship, for we know that you have the ability to share and to receive and to give this love to others for it increases your love by ten-fold. It brings you the knowingness and the joy that you deserve in your life, that you may know your own worthiness, for yourself and the Divine Father are one.

We bid you good-bye, farewell for now, and hope that in future times soon you will be with us again and know that we are truly here and yes you may see us if you wish. We do not come in the form of humans but we do come in a form that you shall know. The light will shine and you will know that our presence is here. You will see our presence. And yes, share this, my friend...(Fades).

Session 39

1/4/93

Lesson

(Michael): Our Father's LOVE encompasses all that you do in His name. His BLESSINGS are abundant. There is

no place you can be where He is not giving you His full attention. His Love is living and lightens everything. He is ever present everywhere to be with His children, no fear is ever founded that He should not be here for you under any circumstances.

I am here present in every act you live out in my name. I help you when you need me, I answer those needs in ways most suited for the time, no call goes unanswered 'though the time may not be in accordance with your desires.

Perfection of trust grows in response to its use. Try to live each moment in the full belief that I am accomplishing everything necessary for the best it can be.

Trust Me, that I will ever be working to bring your thoughts in line with the actions that are to bring about the long awaited plans for the rapid uplift of remaining darkness on your home sphere. Michael is busy executing his vision of his perfecting universe. You are truly blessed to be a part of these events now appearing on the horizon and growing more clear with the expanding light given for this purpose.

I urge you to persist in all your efforts to be helpful to the fulfillment of this ongoing event. My strength is here for you to share with each brother and sister that you recognize as in need. Do not be selfish, everything is here for you in great abundance and is impossible of depletion. Act accordingly. There is no wastefulness in giving all you have been given.

I implore you not slacken your efforts to work with me in this great venture. You can trust that I shall not. Be of good cheer, live the moment and love everyone with the sincerity of love you recognize I live as your Partner.

Session 40

1/5/93

Lesson

(Unknown): God is good, God is great, He leads me to the still waters of spiritual joy. Have faith for He is ever present, continuously reaching out to fill you with His love. His kindness is never failing. His mercy is abundant. He accepts you as His true son, He beckons toward perfection. You will follow as your heart is wanting to feel the goodness of the life He has planned for you. Your doubts are like the stones in a running stream that thrust the water here and there.

Your task is to paddle your canoe over and around them, and as you pass them by, you will feel the exhilaration of triumph. You have chosen to enter this stream of His divine plan.

You must accept the rough water and the still water. What an adventurous journey for you and your brethren.

Go in peace and let it be!

Session 41

January 5, 1993

Lesson

In these days to come, there will be many trials. We wish to give you the strength to become the leader you are. Sharing the love and knowledge with others, speaking your truth at this time, expressing your heart. We are with you now, our presence is here. We wish you to know us. (Relax and be free.)

Yes, the communication is important and you must be prepared for the hardship, you must know all sides to know this process.

Yes, the higher good will prevail, but the pieces must be picked up, it is part of the bringing together to create the prism for our light to shine through. If you bring together the pieces and show this, all will see the light, not just the few...???? (some lost). . . . time for the planet to come together, not just the stars that shine, but the comet

streams as well and to share the word.

We love you ????? only bring the goodness to uplift you. Sharing the light is important for this is the life that will bring you all together and bring you to the connection, to the Father. We are the gentle spirits (Pati sees angels). Bring the angels into your lives, they are great assistants, they will help you piece together..???

NORSON: I bring you the knowing. Repeat this to others. The “bringers of the enterers” have come to share their knowledge and yes, these beings will descend and have descended and will bring information to your group. I will be here to transmit their teachings and to give you the translation of their knowledge that you will understand. They are of a higher wisdom and have much to share.

I transmit now a teaching of Christ, for this is what you ask. “To know one’s self is to know one another.” (Pati laughs).

The heart is an important place to focus attention. The words are not as important as the vibrational quality of your love. To create this vibration, focus your attention on the Father. This is how Christ was able to love everyone and set Himself aside. This is not sacrifice, this is giving of the Father’s love, it is quite a simple matter. The practices are important to adjust yourself. Practice daily and know yourself through the Father’s love. As time goes on this becomes easier.

The younger family will experience your joy and want to share in your knowledge. Share your teachings with love and they will understand in love. Remember it is the vibrational quality that will transmit the remembrance and not the forgetfulness. Remember this quality in your teaching. Communicate with heart and soul and this will awaken the true memory which is within us of God’s love.

Dialogue

DAVID’S QUESTION: Will this pairing be helpful to you?”

ANSWER: Yes, this practice is good. Self discipline will play a roll in understanding the knowledge. Support is necessary to continue the desire.

Aflana will speak to the group through this transmitter. If they desire, guidance will be given. Understanding (???) another teacher will be given and other T/R’s will be in the group and this light will ripple outward through all. We shall come again. Know that we love you. We are here to heal you. Melchizedek Norson is available for questions...one more.

DAVID’S QUESTION: Is our group being prepared for similar mission or ?

ANSWER: Ah, yes. The nature of this mission is quite the same, yet individual for each person in the group. The soul evolvment will grow in each of you as a result of this group. It is quite important to continue your meetings and know that your purpose is one of love, surrender and joy.

Yes, your mission will carry outward and in the sharing you will grow. Support each other in knowing the Father’s will.

Practice the silence for all missions are important. More information will be given later. It is time to bid farewell. Peace shine with you now...always.

Session 42

Jan. 5,1993.

Lesson

Hello, I am Aflana. I bring you greetings from the Most Highs. All is going well as expected. You can rest assured things are as they should be. Pati is a great blessing to us and to your group. Please support her in all ways. She will be a bright light to all who behold her and love her.

Do not make the mistake of doubting these events at this time, for all is going according to Michael's plan. We would like you to begin practicing speaking at this time. Just continue to write, also talk out loud as you write. This will be of great help to us soon, as we then can utilize you as a transmitter-receiver. This is of course if you wish this to occur.

Sonny: I do.

Thank you and know it is greatly appreciated. You will be used soon.

Sonny: Do you have a lesson for me?

Tolerance

Yes, the lesson will be on tolerance.

Tolerance is that quality of maturity that we develop as we learn to live in love energy. If you wish to grow in this love energy, you must allow yourselves room for the Father's spirit also. This will allow the Father the ability to help you see both sides or all sides of issues. If you see both sides or all sides of what you are judging, tolerance is then the inevitable result of fairness. Live in the light of your Father's love. This light casts no shadow. This light illuminates all things for those who have an eye for these things. Can you not see? Of course. Know that you know, and many blessings will follow. You can be the Father's light, for it shines in each of you. Just share this light and all will be fine. Just share this light and all will be divine.

Doubt not my ability to send you communications. This is obvious, doubt not. We are here to help you. We are here to guide you into love energy and divine joys. This is our way of helping to complete Michael's plan. Hear me loud and clear, you are loved, as all others too are loved. We are here to help you to learn to love one another also. Do your best then to love your brothers and sisters and we will be able to work with you through your acts of love, as well as through communications.

(some time later).

Hope is an important factor in our plans. Hope is undying in those who know God. And it is the hopes and dreams from your heart that you are known by.

Session 43

January 6, 1993 (Unknown) Method TO Receive Transmissions and Vision
Lesson

When we speak to you it is good to relax and allow our transmissions to be received with love. Worry not for we are bringers of happiness and joy for all.

PAT'S QUESTION: How is it I can develop the vision and share it with others?

(Pati's abbreviated notes)

1. Relax and center.
2. Open third eye-6th chakra.
3. Develop trust of what one sees-know it is real.
4. Speak to angels daily.
5. Meditate and ask for guidance and assistance and give them permission to assist/help you.
6. Seek the silence.
7. Develop imagination.
8. Use visualization.

9. Understand the mechanics of the third eye-- books.
10. Communicate with us when teaching.
11. Use other source beings to affirm and acknowledge sight.
12. Know when to stop.
13. If tired or unhealthy/ill, do not force vision.
14. Create illusion on purpose for this will develop 6th sense . . fantasy outside reality.

That is all for now. We bid you farewell and we will be with you again soon.

VOICE TAPES begin

- [Transcripts from tapes Jan 6, 1993]

Aflana

Ah, yes, you have returned with us. We are pleased that you have come to be with us. Allow yourself to be at peace. Aflana wishes to speak with you.

Truth

AFLANA: Today we speak of truth. Our lesson on truth begins with the daily practice. To know the inner self is to begin to know the Father. When we know the spark within is the piece of the Father which motivates us to do the good in our lives, then we are able to develop and grow this part of ourselves in union with the Divine, with the loving and with the knowing. When we trust that the truth is held and flows through our inner being, then we will know the Divine, the will of the Father, and this will sprout and develop within our souls. When we allow ourselves to be at peace with the spark within and to allow this to encompass our entire being, to integrate this with all of our selves, then we will know the Father's will and flow with this in our lives, in our actions, in our speech, and it will touch the others that we come in contact with. When this touch is made, a spark of truth is created, and when this spark is ignited, it catches afire, and spreads the ring of truth that may encompass Urania and send you whirling into the cosmic connection that keeps you in the Father's love. When this connection is made, your power source will be known. You will know that the Father is the Divine entity that is the ruler of your universe. And when this connection is known, you will find that light and life will surmount on your planet. It will be the peace in Armageddon that many search. It will be the peace of the planet that the many seek, the circles of light that come into being and sees the truth to be the way of light and life. These circles of light, these circles of love, these circles of truth will encompass the planet and hold each other in the peace, in the knowing that is within your hearts of the true love of the Father. Yes, we bring peace, we bring peace to your inner life, your inner selves, for this is the center of the circle which surrounds the Father, and its' love is blessed, and will become the truth of this world. It will be known to you and love will flow through these circuits and it will be this love, this connecting source that will be the bonding for all, and all will be within the circuits. All will know who they are, what they have come for and will live this out with joy.

This is the precedent of knowing, for when you are plugged into this circuit, when you touch others it will be spread. And as for the coming of the Melchizedeks, of Norson and the others, the teachers that will follow, they will play a part in this to help in the hookup, to help in the knowing connection that you shall all receive. They are the bringers of these teachings and will assist you in the adjustments that will be necessary in your beings to hold the vibrational quality. Yes, this is a higher frequency that will require attunement.

We love you, and only bring what we know to be and we have received as the Divine plan for your planet. Trust in us and the evolvment in your times will be readily speeded to a source connection that will be known throughout the Universe. We trust that you will accept us in body...???...envelope. (Pati comments that she doesn't know that word) It is quite all right to speak in those tongues you do not understand, for the understanding will come later and you will know and you will understand and you will embody all of those truths that come

and you will know your inner source. Yes, your inner source, for it is you, the individual you's that will surround the light that will embody the light and bring forth these truths. Yes, teachers, you will know and you will share these truths, and it is through us that some of these teachings will come and you will embody them and you will share them, and it will not require our transmissions all of the time. Yes, some of the time for teachings, for our teachings are important for you. It is the sharing through your own hearts that will spread and will bring the knowingness and the truth to others. It is within your daily lives, ah, simple times, the simple times are of great importance, for it is when we share in your daily life that these truths surmount and grow and come into being. Trust, the truth is here. It is now, it is always, it is forever, and it will be known.

We love you very much and we know there will be challenges, there will be times when you may forget, you may not know that we even exist, you may forget, but ah, alas, the remembering does come and trust yourselves during these times, for it is these times you may rely on to bring together all of those parts of yourselves, the faith and the non-faith, bring them together and let all of your selves know, let yourself know that it is good to be one with the Father. Trust in this, trust in life and you will know when the time is right. You will know, the Father will speak to you through his love and He will hold you, embody you. He will share in every moment His Being and all of His Being. Be not afraid...just allow...(break).

Transmitting

And now for a teaching on speech. When we speak we wish you to communicate in as much exactness as you receive, this is important for the transmission to others. Allow yourself to let go of understanding. Allow yourself to let go of knowing what it is that we speak of and judgments of the worthiness of the speech...break...

Session 44

Jan. 6, 1993

Lesson

Unseen Friend: Hello, we are here. Welcome back, we have been waiting for you. All is well, is it not? Pati is a delight. We are so very pleased with her progress. Help is here for you now. It will help much to have another T.R. so close by. You will aid each other.

Hear me, all is well, and getting better. Fear not. Your purpose in the plan will soon be known. Until then, continue to practice meditation and stillness. All is clearing now. Hope for and expect success. Your turn will come to be of great help to us, and you have already been of much help. Just continue and all will be well. Melchizedek Norson salutes you, and asks that you be patient for right now. Sit in the silence often so we may continue with communications.

Session 45

Jan. 7, 1993

Lesson

I am Aflana, I am here. I greet you and wish you well. Yes, life is difficult some times, and joyous at others. The important thing is to be in the Father's love, and to be in the Father's will. This you must do by allowing His presence in your life and living in the presence of His life. This you do when you incorporate these lessons in your life by loving your brothers and sisters with a Fatherly love.

Norson is here, and wishes you well. We are aware of your personal relationships and know one is now disturbing. You know that you know that all is well and will work out fine. So allow this to be out of your mind for now. Increase your understanding by letting time be the teacher.

Pati is growing each day in her ability to be about her Father's, our Father's business. She is a clear transmitter-receiver and will be of much guidance to you. Encourage her as she encourages you. You will all anchorage each other and help each other feel safe and strong, and light and life.

Norson was very pleased with Jerry and his ability to speak for him. You also will be called to do this, to speak for him. Just allow it to happen. Do not fear, do not judge, just relax and it will happen naturally. It will be okay, it will be fun and bring much joy. Try to speak loud and clear and precise. Repeat the message as best as you can hear it. All will be well, all will be fine. You must follow your heart when it comes to speaking to others about this communication. Speak to them openly if you feel this will do no harm to them or others. Be cautious only if that is their desire, but do not fear for yourself, no harm can come of this, you are safe in your faith, in your love of the Father.

Sonny: thank you

All is well. Go about your business. Worry not. You are in the love of the Father, and we love you too.

Farewell and Aloha.

(long pause).

Yes My son, you are right. It is I who give you life. It is My joy to share my life with you, My boy, My son, My friend. Let your life and your light shine, smile, share, be loving, represent Me, represent Me well. Live your life as I would live it if I were you. Live your life according to Michael's plan. We will send you that information. You will know what the plan is.

Sonny: Thank you Father.

Allow yourself to speak, allow yourself to meditate and find the stillness. You will find Me waiting there. You are never alone, I am always there, I am always here. Find Me here. Fear not. Listen to Norson, listen to Aflana, listen to the teachers, listen to the teachings. Share the teachings and live the teachings. These teachings are of love, are of light, they will steer you right. Day or night.

Have faith. Allow your faith to be as large as, as big as, as long as, infinity.

Yes you hear Me. Doubt not. I am here for you. Together we will enjoy life. We will enjoy the adventure, we will enjoy the flow. We will be one as we grow in the Father's love, in the Father's light, in the Father's life.

Try, try, try, keep on trying. I know you won't give up. I know this will all work out for the best. For the Father's will to be done. For us to be one.

There is a light shining on Urantia brighter than ever before. We are standing at the door, and it is open. Help others see this light, this openness. Help others know the truth that the love is available. That it is all around. Open your heart. Rely on your faith. They will guide you. I will guide you. You won't get lost. Fear not. I leave you in love. I leave you in peace. I leave you in light. I am here. Call on Me. Rely on Me. Trust in Me. Have faith in Me. Know Me. Know that you know Me. We will grow together. We will be one.

Session 45

January 7, 1993

Lesson

Unseen Friend: The truth ever draws the truth seeker into higher levels of consciousness, finalizing in the super-conscious recognition of the Divine Spirit, the fragment of the Eternal God residing in the upper levels of the mind. Ceaselessly seek to find this presence in your life. This magnificent light is there to show you the progressively higher levels of love and true affection. Love is a continuous outpouring of the innermost feelings towards those that surround you.

A great joy and supernal peace is to be found in this sharing of oneself for the purpose of doing the Heavenly Father's will. A child cannot blossom into a fragrant adult without the nurturing of this love. A mind cannot grow into a well balanced and vigorous source of reality without the truth.

A great deal of dedication is needed for one to live the truth and unfailingly give the blessings of love. All people

are touched by the generosity of unselfish love. One cannot achieve this openness of giving love without a supreme desire to do the will of God. The presence of God in the mind insures, if the desire is there, love will flow, for God is Love. Just as love will not flow, truth cannot be lived without that truth being exalted to the understanding of the living God.

The life of Jesus was a living example of how truth combined with love can lead man to God, to eventually come to know Him and finally become like Him. Accept these realities and your life will take on new meaning, becoming filled with joy, health, stability and true happiness. Let your love light shine and carry the truth wherever you go and be exceedingly glad. My peace I leave with you.

Session 46

1-8-93

Lesson

Norson is here. I wish you well my friend and know the beginning may be difficult or a struggle for you to believe in our communications. Trust in us. We believe in you and know you are prepared for this mission. We have guided you for quite some time and have provided this opportunity for your support and caring.

We wish to speak to you of trust, and hope you will understand we mean well. Know that we are here. Feel us in your heart. The vibrational frequency will increase.

We will continue to speak with you at these times of lulling doubts and will support you when you need it. When in doubt, Trust. Know we love you. Open yourself to us. Love the Father and know we are the bringers of His love.

As for misinformation, we understand this to be a problem for you. Challenges will be had and a necessary part of the process. Know we mean well and if you can allow us to continue to come through, all clarification's will be made. The necessary adjustment in communication will maintenance themselves. Thrust in us Pati and all information will be made available and understandable.

We go for now, but know we are with you at all times and will continue to disseminate information through you and the others.

We love you Pati. Norson.

Session 47

1/8/93

Lesson

Unseen Friend: Choice

Peace be with you. We come to confirm for you the events of recent days. This work is of utmost importance at this time and we are happy to see you are well ready to give yourself fully to this task, to this opportunity of service on a broader field. We recognize the difficulty involved in rendering this decision which so largely depends on your faith and the keen discernment of the differences in this reality from the realities of your everyday see and touch world. You will continue to experience hesitations in total acceptance but this is not really a problem, it is truly a process of evaluation, of truth discernment, a necessary part of the path to experiential trust. We value this tool in you for it lessens the possibilities of being fooled or tricked into illusion confirmation.

May we give a lesson?

David: Yes.

Free will

This lesson is on choice.

Growth in the spirit is the prime undertaking of all ascending beings. Training to make right and timely choices begins in the earliest stages of soul evolution, it continues on forever keying and elevating you to higher vibrational levels, to higher planes of spiritual existence until the goal of attaining perfection of attunement is reached and the Father Himself greets you in the fullest of glories. You have come the faith path, the highest choice road to the final and full recognition of your Heavenly Father. Your Adjuster having come full circle, has returned home bearing and being One with you the soul of His choosing.

Choice, choice of the Adjusters, choice of the new born souls, choice of the fused Father fragment/Soul/Personality/Beings, continual choice throughout the entire adventurous journey to Paradise. This may seem like a tremendous, near endless decision making process, yet, though it is, it is not. The choosing of doing the Divine Will, of aligning your will with God's, simplifies into one all encompassing decision. Decide now to know your Perfect Parent by molding your will to match.

If this is your personal choice, and this is what you desire most in life, this attitude of acceptance will forever lessen the difficulties and eliminate all hesitations, for you have begun reaching for the highest goal, becoming part of the perfect plan.

Attainment is thus assured from the beginning by this one all encompassing choice. The choice is yours, the repercussion resounds throughout the Universe, the joy is felt by all creation, and the word goes out, "A new child has been born unto Us and has chosen to be as One of Us." Thus, this willing choice you make evolves into a Perfection of Reality.

Session 48

1/9/93

Lesson

(Norson?) Timing

Peace be with you. The adventure is never dull. The exciting uplift in confidence and exuberation which was your experience last night will charge you, your brothers and sisters for quite some time. It was the fully open receptive nature of each of you which permitted the successful penetration to reach each one in its own way of expression. This was deeply rewarding for all the personalities present, seen and unseen.....everyone had an uplifting and unifying quickening. It is times like these which provide all of us an opportunity to clear away hidden darkness which disappears in the presence of so much light and love as was last night displayed to everyone's full satisfaction.

Timing — The lesson is on timing.

When we who have your permission to act as guides, teachers, helpers and friends are given the opportunity to work with you, to share our knowledge and share our experiences, our wisdom of your exact needs, we never rush or force our thoughts upon you, we can only exercise our patience, easily waiting and watching for the propitious moment that you individually choose to be ready, available and attuned to receive the guidance that you pray for. The timing is not in our control at all, but in each of you, individually and collectively, in groups of your own choosing.

We are ever ready to act upon your signals, to act upon your actions. This is what dictates that the hour has come for any specific activity to begin. We can watch your individual growth, your opening, your unfolding, and thereby have some indication of when each of you may be coming into a complete acceptance of being on the right pathway. But the exact timing is unknown to us, only in the complete and perfect plan of our Paradise Parent is the exactness of all things known.

Timing will play a role in all of our lives, for all of us are living and growing in a time space universe. As we grow onward and upward into the higher realms of our journey God ward, we learn more and simpler ways of perfecting our timing. This perfecting, this exactingness comes to full and final fruition upon our complete embrace by

our Heavenly Father. He personally enfolds you and takes you into Himself and you fully experience the Oneness that has been the long sought prayer come true, and you will know the timing was absolutely perfect.

Session 49

1/9/93

Lesson

(SigEl?) Greetings. The love of God surrounds and upholds you. I am here to re-assure you that what has been happening is genuine, and that you are all a part of Michael's plan to save the planet. Whenever you seek the stillness remember that within Michael's plan there is room for all, no matter what shortcomings you may have or think you may have. It is very important that you not let your own feelings of inadequacy or unworthiness keep you from experiencing God's presence. Those things about yourself which you need to change will change with time, as you focus on God. The positive aspects of your spiritual experience will gradually overshadow and displace your lower desires and material concerns.

You need not be concerned with changing your employment right now. You know that this job will be over relatively soon anyway. Use this as an opportunity to meet the challenge of continuing to keep your focus on God amidst the incessant demands of your job and other worldly duties, and at the same time as an opportunity to learn leadership skills and to reach out to your co-workers and share with them God's love. Use this as a testing time as a challenge to keep your faith and focus on God amidst confusion and burdensome demands on your time.

You will be called upon in the future to serve under even more demanding and challenging circumstances.

Reach out a little more each day to spread the love of God, and the message that His love is there for all, to all those you encounter.

May the Peace of God be with you and the presence of the Father enfold you.

Session 50

January 10, 1993

Lesson

Greetings to you my young friend, I am Ham. You have asked to be my student. I will teach you. First, you must know I love, I believe in you, you are good. Believe in yourself. It is well known here of the difficulties you face due to your nature. Remember the nature of God is merciful. He is not impatient of you. He understands all. His desire is that you grow daily. It is not for you to be perfect today. You have eternity. I have been working on my perfection for what would seem eons to your mortal mind. I had one of these minds also, I know the difficulties you face, these are necessary to grow your character. God's ministry is always there for you.

Goodness

Your angels work diligently towards helping you progress toward your spiritual goals. The Father's presence illuminates your mind, giving you clearer vision of the path. The Spirit of Michael is always there to help at the crossroads. His Truth has emblazoned the whole universe with goodness. This goodness is what I would share with you tonight. Goodness is service in action, it is being of good cheer as you perform your tasks, it is giving to others that which you have. Goodness develops as a person chooses to be kind, considerate and courteous. It grows as one practices sharing the values of one's life. One may always be aware of goodness if one wishes to see it in others. To reach out and touch someone, this is good, to listen to their story, to care for their concerns and to help where ever one is needed is a blessing. A gentle fragrance arises from a person as they take Truth and Love and combine it into an act of friendship. Friends can be your greatest source of comfort, next to our Father and Michael.

You can find much goodness in the love of your wife and children. Family life is full of opportunities to see God

The Supreme in action. All the interaction and activity that is there for you, so many different circumstances to draw you and the others to taste the fruits of the spirit. Understand the oneness of your family so you can lead it toward more happiness. So many opportunities for kind words, chances to guide, times to listen, and ways to serve. This undertaking of yours is a great blessing, not only for you but for many others also. Keep the doors of your home open, let others see your fruit. Be proud of the goodness of your family. Use what you have gained from this experience to improve your character. Allow the growth that you have obtained to create a more confident person, one with many blessings to be shared.

Your group is full of loving personalities, seek them out and entrust your heart with them. They will be grateful. You have received much good from all of them, return that good. Give them what you can, use your talents, express your openness, share your love. Always remember the presence of our Father in their minds and the presence of Michael at your sides. These are spiritual realities of which you can be assured. Let this Light bring forth Love and happiness for you all. This is a special time for you. Much is to be done in the near future. You will be asked to do specific things, services to the angels to help bring about a more spiritually receptive atmosphere for the events to come.

Be at peace with this, we will be with you and you will work as a team. Continue to gather in strength from the stillness. There is so much support in your group, so much affection, that if you choose to work together, phenomenal things can happen. Your friends are free, their spirits rise, their hearts are open, they all have, in their own way, been craving this chance for service for a long time (by your standards). Go to them and allow us to guide them. You have help, you needn't worry, just open up, follow the leading, let us work through you. We love you. We mean you no harm, we are exhilarated by the chance to help you grow your souls. Be Patient. (undated, in sequence)

Good day. I am glad to be here with you. You have passed through a trial. You have judged yourself correctly and you look forward. The wisdom gained will be of great benefit to you and of service to us. Today I will teach you the art of ministry. Begin each day by finding the Father within. This need not take long but is essential to live His will in your life. As you go through the day, always be on the look out for openings to minister.

Key words or phrases spoken by another are your signs for action. Just as in soccer, you cannot score without shooting, or in surfing, you cannot ride without dropping, one is unable to serve without acting. Make the choice quickly, the longer you wait, the greater the chance for your animal defenses to block you. If you will do this, you will immediately notice increased faith and your day will be filled with joy.

Never doubt that the angels are preparing these opportunities for you. If you truly love them, show them by action. You know you cannot be responsible for the outcome, but you can have an effect on your own soul. This is the Father's will, that you reach out and share His good news. When you go to bed at night, find the Father again and be thankful.

This is all for now, you have done well, we will talk again soon.

Session 51

1/10/93

Lesson

Welcome, we are glad that you have come to be with us today.

Pati: I feel your presence and know that you are here.

We are glad that you have chosen to allow us to be with you, to make these communications through you. We embrace you with love. Know that in each moment, each day, the more you allow us to be with you, the more you allow us to love you, the greater our service to you will be. This benefits all. Know the trust is building, know the trust grows within you, that in the days to come, we will grow to love each other and continue to share in these transmissions in a way that serves all. Know that we are here, always available for your assistance and ser-

vice. Yes, the angels are here, you have two angels protecting you, watching out for you, know they love you. Be kind and trust us.

Greetings, I am SigEl. I am pleased that you have opened yourself to receive me. I know that you have some concern. Do not worry, all is fine. I feel you, and know you, and will be of assistance to you and the others. Trust in me, know me, we are preparing you to speak with others. Trust in me, open your hearts and know that all is fine, that we are here to be of service to you, this is why we have come, to serve you in bringing light and life to the planet. We know that this takes trust in evolution, of the times to come, we know that this will take moving forward, require you to move beyond what is usual for you. (pause)

Discernment

I speak to you of knowing oneself. The way this may be done, is to listen to the inner voice, to know the feelings that come with these voices and to trust each one as its own entity. Listen to these voices, know what parts of yourselves they come from, know when it is your inner wisdom, when it is your body-self, and when it is one of us, your teachers, counseling and assuring one another. You have many voices you may hear, discrimination is important. Discriminate, for the voice is heard through knowing the quality of each vibrational frequency. We speak of this quality, not as feeling but as a sensation that moves outside of yourself. (pause of a minute or so)

Guilt

A different personality speaks here) Yes, we will speak to you of guilt. This is actually quite a simple matter, it requires trusting one's own sense of righteousness. It requires trusting oneself to know that all is being taken care of and that you do not have to control your outer circumstances. Yes, doing and action are important, but the first requirement is following your inner knowledge. To know this, be still, trust your heart. This does not have to be a complicated thing. To free yourself from guilt, tune into your heart and forgive all those involved, including yourself. Forgiveness is a key factor and is what will free you from these feelings. Forgive yourself for all things past and let go of the future. Know that the moment is now. Trust in us Pati, we are working through you. Alignment is happening, know greater teachings will come through you and others.

All the teachings are important, they are to be shared among you. Each individual will receive teachings that are in line with his own needs as well as the needs of others. To share them will be of great benefit. Lessons learned through each other are all part of the teachings, and to embody these teachings is the goal at this time.

Practice, practice, practice. It is important to practice. Practice these in your daily life, each morning as you wake up, tune into the Father, yes, this is good, yes this is true. Sigel wishes to allow you to better know his energy. He brings a brotherly and sisterly love, one that may be shared and easily accessed through knowing your heart, this is the entry way of the soul and is the access point for transmission much of the time. Allow him to come into you, allow his love to penetrate your being. Let go of the fear, know that we are here. (pause). Yes, the teacher is here and he speaks to you through his own words.

Pati, speaking to herself, says: "I have allowed this teacher to embody me, he resides within me now".

Then a rather loud "Hey, who is that, that speaks now? Is it I, is it he, is it the one who knows?")

It is I Norson, I have come. Yes, the greater teachings are here, greater teachers are arriving on the planet at this time. The power is increasing, the power is great. (pause)

We wish to make room for more teachers, the time is here, the time is now, the teachers have come, they are here to disseminate, to bring the teachings. Know that we are here, accept us, open yourselves, know, trust we are here, we love you. Be open, be kind to each other and sensitive in this time. Allow yourselves to share even the most mundane things, things that you think will be trivial, may be important to this process. Indeed, a great bonding is happening. This is true.

Love

We wish to speak to you of love. Love is the answer to all. Love is accepting the guidance of the Father. Love, of

course is to love oneself and to share with each other the feelings of the moment, not to hide behind the facade of character traits, but to fully expose yourself as the person you know you are, not who you think you should be. To love is to accept each other, no matter what thoughts, feelings and words are said in exchange between you, accept one another just as you are, as is. To love, is to know oneself in daily meditation. This is an expression of love, an acceptance of your inner self. This does not have to be done sitting down in a quiet place, this can be done anytime, anywhere. It is helpful for the daily meditation practice to have a quiet place and to be still, but to love oneself does not require always to be in the stillness. It is a reminder of what is available each moment. To love one another is to accept each others faults, it is to accept each others strengths, support them truly with all of your heart.

Support, Trust

Support each other in the things that you do well. Strengthen those things you feel to be weaknesses through accepting and loving those parts. Choose things which allow you to grow in these areas. Stretch yourselves, recognize your weak areas, nurture them. These become your strengths. This is a known thing, good to be practiced.

For example, if you have a brother who wanders off in his mind, suggest meditation practice, show him how, teach him the way, show him the way. If you have a sister who falls in love and gets hurt, suggest to her, to trust in the Father, develop this relationship to nurture herself and be able to more fully love her brothers. Trust in this. Trust in yourselves. Trust is of great importance. For example, if you know someone having trouble in their marriage, suggest to them that they council each other through the words of the Bible, through the teachings of Jesus through the Urantia Book. All have things to share. What a person is open to may be different, adjust your thoughts according to their belief structure. Know that we are one. The truth withstands all words beyond mind. The truth is what will be seen, this is the important factor. Trust in this Pati, trust in us.

Greetings, this is Norson. We are glad that you are doing so well and are willing to continue the process. As we continue to speak through you, the ease and joy will become greater, the worry will cease and you will know and trust that we are here. Many teachers are available at this time, visitations will be often; trust in this, feel the support, know we are here. Sigel has come for a visit, he will not be your teacher but would like to share some of his love with you and the others, his brotherly love. Know him, love him, trust him.

SigEL: We are a spiritual family and this is what we wish to manifest here on Urantia, the coming together of the spirit family. To know that, is to be one with the Father. You will all know each other and who you are, and be able to appreciate each other as such. We come to share the love that we have, that you may have an abundance to share with others, and that we may upstep the quality of love shared with each other. We love you so very much and wish to see evolvment continue and grow in this direction. Support each other with all of your hearts in this endeavor and know that this is truly the way. This is the way to freedom, this is the way to know God within yourselves, to come to know the Father through following this path. We would not lie. Through following this path you will grow spiritually. This is the truth you seek, the truth of spirit, the truth of oneness, the truth of God.

The teachers are here and will be speaking to many of you. Continue to trust in this process, know the mission is on course, the plan continues. Some of you have come to know parts of this mission to be true. We know that you continue to have some thought processes, put these aside for now and listen to the voice that speaks to you strongly, the one that moves beyond your own words, moves beyond your own thoughts and penetrates into your being, for we speak to you through your being, not just your mind. Resonate with us, resonate with the presence of God. Resonate with the presence of His bringers of light and life. These are the teachers, they are the bringers of love and joy. It is simple to know their presence, you will feel them, you will know them, you may even see them, open your eyes, open your eyes and see.

Trust in us, this is the message. Continue to know, continue to know oneself, and ones own energy in the Divine. Continue to dissolve the ego. This is not a reduction of self esteem but a letting go of the blockages that keep you from knowing spirit. The intensity of our communications continues and will increase. You will know, even more

clearly than you have to this point, our presence is true, affirmation will continue to grow. When we speak to you, allow yourself to let go of your judgments, this we have spoken of before and would like you to hear it once again. Remember, embodiment of the teachings is the key. We are glad you are enjoying this process. We know that you will begin to see how often we interplay/interact in your life. We leave you now and will be with you again soon. Remember trust, trust in us, love the Father, fear not. We bid you farewell and thank you once again for being here with us, helping us achieve our mission. Our love continues.

Session 52

Jan. 10, 1993

Lesson

Hello, Welcome. The light of the Father shines brightly upon you. You are of great service to the Father. He loves you. Be about His business in all your dealings with your brothers and sisters, and smile when things get tough, for you know of the love of the Father in your life. Help others, share with others. This will feel the best to you.

The love of the Father is the secret of eternal joy. This is the lesson of today. Love one another with this Fatherly affection. Try hardest to accomplish this one task. It will benefit you the most.

The group is growing quickly. This was foreseen, yet we are still very joyous at its progress. This will continue to happen. Receive all new members with open arms. There is always room for one more brother or sister. You will all be directed, if you will, to be about the corps business, which of course is our Father's business of Michael's plan. Be not anxious. You will know in time. All of us are doing our best to set the stage of action to ready for these future events. Just be available, we will do the rest.

Worry not. Share as best you can that all will be made clear soon. Until then, continue to study and learn from our teachings. This is best for now. Continue to shine the Father's loving light out from your heart. All will then know the truth of these lesson. For they will be living in your bright lives. (followed by a lesson in speaking out loud).

Session 53

1/11/93

Lesson

Light and Life

We are with you as you are with us. We are here to work together toward the success of our project, Michael's plan for Urantia's upliftment into the preliminary stage of rapid spiritual enhancement. Light and Life days have begun. Do not question this reality, it is daily unfolding in front of you, and very much is happening that as yet you cannot see.

Trust that our accomplishments are ongoing in all quarters. You are performing your assignment as we pray and expect. We are pleased that this is so readily a joyful experience for you, this is as it should be, this is how it is with us, and we are able to share the uplifting rewards with each other as you do with your team of enthusiastic coworkers. It is a most important undertaking, which is being fed from on high in ways we have never before experienced.

These emanations and contacts are not like anything you have previously encountered. It is most satisfying, it is anything but ordinary, and it is a lifting of darkness in ways with which we are not familiar. It is truly exciting to be out on the borders of Michael's creation, working enjoyably on his plans concerning the corrections so needed and prayed for on your planet. Your march through space is being watched by the many sons and daughters of his vast domain, they too are receiving upliftment from these experiences we are in the midst of accomplishing. Yes, there is great joy in all creation as a result of the unselfish efforts in which you mortals are engaged in the actualizing of the plans for the planet now in progress.

Be about your duties, wade into your Father's work without hesitation, with the same enthusiasm and confidence you have shown in the past. Do this with the power, intention and the love that your onetime brother in the flesh, Jesus lived and enjoyed. There will never occur any doubt as regards the validity and perfect timing of this performance. We love you and join you in everything that is here and now being done in Michael's domain.

Session 54

1/11/93

Lesson

Greetings. Tonight I wish to tell you how happy we are that you are all pursuing your meditation so diligently. Much growth will result from your persistent dedication to the worshipful and communion with the Father. Reach out to your fellows and help them get started on the path to the Father.

Session 55

Jan 12, 1993.

Lesson

Unseen Friend: Hello, We are here. Welcome. We have been waiting. All goes well as usual. This is due to all of your group trying so very hard to be about our Father's business. Our thanks to all, and you too! There is much growth taking place. It is good to see you all trying so hard. Keep up the great work and all will continue to proceed as hoped. Many teachers are here and ready. Remind all to continue to meditate and find the stillness, so that we may touch bases with them/you all.

Tell all your brothers and sisters to keep studying their lessons. This will provide much growth and pleasure. This is best for now. Soon there will be other more demanding assignments, such as helping with Michael's mission on a larger scale. This will include disseminating the teachings to others who will come along as a result of events that are soon planned. You will know more soon. So study now that time is available. This will be of much help later. It will build your confidence.

Know you are loved very much. Feel this in your heart, feel this in your soul, feel this in your life.

Know, not all things can be revealed to you as free will choice is yours and yours alone in your personal matters. True, we do guide you, but you must want to go where we guide you for that guidance to work out for you. So seek for your inner guidance, your Thought Adjuster for information and direction in your personal affairs. No one else knows you better or loves you more. Does this help?

Sonny: Yes, thank you.

All is well, seek for your Father always. Doubt not that all is going well, for it is! Relax, feel comforted, we love you. And this love of ours is eternal. We understand your personal dilemmas and pray for you.

Sonny: Thank you.

It is our pleasure. You are our friend and fellow corps member. Doubt this not. You are one of us. The Family of God! This is eternal, this is infinite. We will always love you. We will always be with you. We will always help you along the bright pathway to our Father.

The light will shine on all. All will be given their light of truth. Each of you will have to make a choice. For you this will be easy, for others more dilemmas are necessary. Yet all will have a chance to choose the Father's way. None will be lost by accident. All are guided if they desire our help. Fear not for anyone. Pray for any you are concerned about. This can only help. Hope for everyone to come to know these truths, for this will someday happen. Each one will decide when they are ready. This is their free will. We are ready anytime. Love everyone to the best of your abilities and no more can be asked of you except to enjoy this process and share the light heartiness you feel. Laughter is a great medicine, so lighten up for best results. Share your joys and laughter, and all will see

clearly the truth of our words. We leave you now for awhile. Don't forget to smile.

Session 56

1/12/93

Lesson

Love

I will speak to you of Love. Love is spiritual power emanating from the First Source and Center. Love is an energy and pattern unlike any other displayed throughout the whole of our Master Universe. Love builds strength in those through whom it passes, Love heals all ills, Love refreshes and renews as it is accepted into your heart. Love accomplishes its purposes and more than this, Love multiplies itself when it is used; the capacity of the well from which your personal love springs expands. Love is more than a healing, more than a renewing, more than a permeating, uplifting, wonderfully fulfilling, incomparably satisfying expression of Divinity, Love is the essence of the feeling that our great Creator provides and perpetuates in perfection to all who wish to share this great blessing.

As you each seek to share this freely given gift, this most powerful, magnanimous projection of Divine affection will increase ever more. You are literally flooded with abundance as you attempt to shower your brothers and sisters with love.

Love attracts unto itself those who sincerely search for those with whom they may share their Love.

To accept this offering of strength and sustenance is also a signal that you are willing, more than willing, yes, filled with a burning passion to pass this love on to the many whose hunger you perceive as needing your very love to move them on to greater places of understanding, renewing and likewise sharing their multiplication of this all encompassing and personal display of the Father's presence in their lives.

As God works in mysterious ways, love works and penetrates into the most dense darkness, disappearing any trace of doubt or disbelief into the all consuming light of its presence. We, you and I, and every living growing perfecting personality would be completely without meaning or purpose, would be completely at a lost end without this all important quality of God's great outpouring of Himself.

It is His sharing of love that makes Him the greatest. It is your sharing of Him, your sharing His love that leads you into a likeness of His greatness. As you strive and work and practice the duplication of this most powerful, most necessary, most cherished gift being constantly given by God, you become more like the gift and more like the Giver.

I love you, we love you, God loves you. Go now, share your limitless share. Consciously share your God likeness. Love and be loved.

Session 57

January 13, 1993

Lesson

Norson: Greetings, I am Norson. It is good to sit and write. You do need more confirmation and it is fine that you take it easier in your pursuits. The way is not easy but so filled with the rewards of love and joy returned for your efforts. Have faith, my little child, you are in need of more and more of time to feel the fruition of this plan in your heart. It is there. The times ahead are filled with your longings for more growth and it will come.

(later)

Greetings, I am Norson. Love, I keep telling you of love. Love for yourself is also needed. Feel the spark of divinity within your soul. Do you not love this entity? Blend yourself with this and have faith that you are ever guided to become one with Him. Love this part of yourself and you will better love and understand yourself. You have

what is needed to fulfill your destiny. It is undeniable. We see it. Have faith. You are destined to become a great teacher because it is your desire. Unite yourself with Him who leads you and have courage that the path he leads you on is the one for you. Each day you grow in your awareness and knowledge. You are but a child but one with the desire necessary (and that alone is what you need) to become mature in the leadings of doing the Father's will.

Keep opening your heart to us. You do.

Aloha sister. You are doing well. We are here for you. The future holds great joy and abundance. Seek your friends and lift up their hearts. Only have time for what is needed and your time will be filled. The lessons we will bring will deal with great harmony for every one. Peace is yours. Count your blessings. The windows of his mansions shine the light, your windows do as well. Open your windows and let all the feelings of your heart out. Seek to know your Father in others. Lift them up by acknowledging the purest motives of their hearts and bring to them more acknowledgment of His desires for his children to live His love and peace in their lives.

Peace

Ham: Good day, my friend. The lesson is on peace. Peace for you is what you would have in every moment of your life. The glories of this task are sweet fruits that require much dedication for the planter of these seeds. Simple and true is this dedication to bearing these luscious fruits. Sweet is their fragrance, in the lives of those who choose His way. Great are the tasks for you but joyful is the time. Lift up your heart and imagination. Have courage for the truth. It shines in all the lives of your friends. Un-bendable is the reality of His love. Strong is the heart of the courageous men who grab on to the hope of new ages of light. Great is the need. We will bring you all you desire and more. Go about each day with complete assurance of the plan and your part in the unfolding of love to be offered to all.

Michael loves you. He reaches out to you and desires your hand. He is there for you. His peace surrounds you at all times. Rejoice that the days ahead hold new levels of hope and understanding and growth for us all. You do well. Your mind is ever diligent but gracious in its desires to remain pure. Lift up your happy face. It shines! What a glorious task we have taken upon us. We delight in you and those beside you for the Father has marked you for this. He knows of the capacities and probabilities of each of you. Together we will conquer new grounds of enlightenment to be shared by those who would want to listen and be uplifted. Your part is not in the uplifting so much as in the planting the seeds of desire. Openings which you have made in people close to your lives are well rewarded for their lives are sure to be enriched with new truths and desires. My friend, I can tell you of the path, you must walk the steps.

Session 58

Jan. 13, 1993

Lesson

Hello, Thank you for your openness. We are happy to commune with you again so soon. All is well, is it not? You are starting to live in the light of love energy more often than not now and it will continue until it is all consuming if you are willing to proceed in this process of God finding and Son serving. Michael is pleased to have you involved, and sends you His aloha and blessings.

All is proceeding quickly and well with Michael's plans. There are many to be served and much of human will to deal with, so many have to be adjusted to evolve needed events. So you see, patience is realized as a necessity on many levels of reality.

Soon you will see things that will amaze you. True, amazing things are now happening within your personal group. We are expecting worldwide recognition of our mission soon. This will be accomplished in a most amazing way. Look for this to happen soon, yet be not apprehensive or fearful, it will be a joyous event for all of you and us too. Enough said for now.

(followed by a lesson on speaking out loud).

When you speak the lesson, there is much to learn. There is much to do. These lessons will help you to learn and to do. Each lesson is designed to be multi-faceted. To be of use to you the student who is communicating, and also to use for all others who have a wish to learn from this method.

By living in the truth of these lessons, you will be forwarding the mission of Michael. You will be about your Father's business. This I know is your greatest desire. Life of course is busy, so it takes much time. But this desire can fill in around that, to consume all of your extra time, for this will be best for you. Do not hesitate to be about this business. Do not hesitate to try to love all you come in contact with, in this new way, in these new instructions, in the way the Father would wish you to love, to be about His business. We will guide you, we will help you, we will help you if that is your will for us to help you. You will not go far astray. Just listen to your inner voice. Listen to it well. Listen to it closely. It is getting louder now. It is getting more discernible. You all are getting more discerning in your ability to tune into this spiritual message, the message from your unseen helpers.

Help us. Help us spread this news. Help us be about Michael's plan to bring this planet to life and light. To bring each and everyone of you into the understanding that you are the children of the Most High, the Universal Father. Our Father of light and life.

Session 59

1/13/93:

Lesson

Unseen Friend: Just let your fingers type the words that come into your head. Computers are powerful tools for you to use. It is good that you are so willing to try to proceed with this work. This is a good attempt and as you see we can relay very quickly our lessons. Do not worry about the letters. If you can master this technique you will be doing good.

Aflana is here!

Greetings sister. You wish to have me give you a lesson on companionship between a male and a female. One of the more interesting subjects, I might say! You certainly have struggled with it, it's been a valiant struggle. You possess the truth and as your light shines and grows brighter so will your truth and the truth of all your sisters. You must carry on the struggle and you must admit you are having quite a good time doing it! Do not doubt these words-I am Aflana of whom you've heard spoken. I am here with you to teach, to prepare you to instruct these teachings. You are, of course, part of the plan. We wish to utilize your expression of our teachings, much good will result from that. Particularly in the realm of relationships between a man and a woman and men and women overall. You are definitely being led. You are much loved and we are always with you. Practice more patience and be willing to spend the TIME; it will take time. The potential outcome of the path you are choosing should result in a magnificent array of heavenly fruits. Your light is reaching some places that have a great need of your light-yes, your light. You are that unique-you are that worthy. Continue to shine in ALL you do, you know what I mean! Aloha.

Session 60

1/13/93

Lesson

That was very fulfilling, was it not?

David: Oh, yes yes yes.

This is a part of the new connection to aid the reception; increasing the magnitude of love energy with which you are filled, that you may share with all. You are beginning to visualize, to see the trinity effect as it flows from Father through Michael through you and others, finally returning back to the Source. This is not something new,

though it is in your visual experience. I am most pleased that you now “see” this multiplicity in action within yourself. I know this is reassuring and the sharing of this will increase the assurance and faith strength within each of your brothers and sisters who are near you in growth. All this is, is spirit growing. Growth in the spirit is becoming our attitude, it is our direction. It is our ongoing perfecting of spirit which to you is the perfection of self needed to reach our goal of oneness of being.

You are ever being made aware of all that you need to accomplish each day’s effective realization, actual discernible new growth evolving from the potentials long resident within. Yes, it is exciting that this is happening, exciting for me and most rewardingly exciting for you. Of course, this is joy producing as well as love attracting. So much overflowing love floods you, it cannot be contained, it spills over, emanating from your heart in wave like simulations which will be felt by all with whom you share. Michael is here with us in this wonderful moment of participation of growing in unison.

Session 61

January 14, 1993

Lesson

(Pati is the TR for Norson, David is asking the questions.)

David: Well, first of all, Norson I know that each of us down here that are part of this active, working group, we know and feel that we are part of this plan and you are a part of this plan. What are the things that you might suggest that we activate as a group to be most helpful at this time, at this juncture, on the Big Island, what shall we Do?

Norson: Getting together as friends is helpful and also spending time sharing one another’s fears and discomfort about the processes you are going through as well as sharing the times of love that you understand to be a part of your process. You can spend time together individually or as a group in addition to your TR meetings. If you wish, you can spend time with the children and share some of the teachings with them, as well as giving each other understanding and compassion for those things you feel you don’t understand or are afraid will happen. Have compassion for each other at this time. You are at the beginning and there are tender moments to be gentle with and not to be misunderstood for weakness. Thank you for asking this question. There will be a fuller answer to come but not right at this moment.

David: Ah, we’re all just kind of curious, I’ve worded the question “Do we have at this time a temporary or permanent teacher assigned to us, or are you alone running our group activities at this time?”

Norson: Yes, indeed I am in charge of your group activities at this time. You will be sent two more teachers that will work with you individually as well as speak to you within the group. It will be just a short while before this time comes, we still have many of you in preparation. As for the coming of a new director of your group, I will be partaking in most of your activities although not all of the time. Eventually, I will have less of a function of receiving your questions and giving you the transmissions, for the teachers will take over partly in this matter. For request of teachers names, this will become available fairly soon, and Andrew may be one of your visitors that will come to introduce himself as well as SigEL continuing in his communications with Judy and also perhaps with Pati. Any other questions?

David: Yes, in some of my writings and I’m not sure where it is coming from, but at one point it seems to say that because I have a strong heart and have some other qualities that one of my duties is to be for the TRs, to hold them together, to reassure them from this side. Is that how you see it?

Norson: Yes, you will continue to encourage the one on one transmissions which is very helpful for clarification as well as support in the continuing of the process. You will also be an emotional support that will be crucial for the continuing of the process, as well as seeing through the completion of the mission, of the assignments.

David: Thank you. Still a little bit more that I’d like to have cleared up about the TR meetings with the teachers.

I have the feel, or it has been sort of working around this way, that our group in a sense will be a little bit smaller and held with a different format, the format that is coming to me is out of the teachings of Welmek where he says to his group that it would be good for the T/R's and those present to clear questions first, then go into the teaching, and when transmissions stop, we have discussion among ourselves and relate about what is happening. Is this a good plan?

Norson: Yes, in order to continue with a format that will be workable for your group, I suggest that you do meditation first holding hands and then request if any teachers would like to speak to you and give you guidance for that particular evening. You may request your teachers at this time to give you information on what it is that you need to be doing in your group meetings that evening. You may also afterward, be with each other in such a way that you share your feelings as well as transmissions you have received. Emotional support at this time can be crucial to hold the group together for there is a certain tenderness involved at the beginning when the sprout is starting to grow.

Norson: Yes.

David: Do you have anything that you personally would like to share with Pati and I at this time?

Norson: No, there does not seem to be any issue at hand that is of great importance, although we would like to share that it is important to keep the communication lines open, at all times if possible, and release your fears of being absorbed in this project, for it is truly of greatest importance at this time to forward this mission with ease and expediency. We would like to share that in order for your teachers to come through more clearly, you may wish to increase your meditation time to 20 minutes without receiving transmissions. This will assist you in your connection with the Father and allow you to better share Him with others; you will be crating a center within yourself that holds a well for this love. It will not be a stagnant well but one that will be the continual flowing of the in-river and the out...and the in

Pati: I'm getting a picture of the buckets coming up.

David: I have no way of knowing whether you were present at my meditation the other day that I had not visions, but put together pictures that showed me a Trinity between the First Source and Center, our Michael Son and myself. Myself at that time I felt to be one with my Adjuster and that it was ah, I felt a connection, a new connection for me, new in my experiences, not new for my Adjuster, and that this was a connection of love. Could you perhaps elaborate?

Norson: Ah yes, you're making it a bit more complicated than it really is. There were angels present that were giving you a gift of this vision. At that time you were able to have a taste of what vision is, what you will be able to see. Expand on this and you will eventually be able to witness our presence. This is a good step in your process.

David: Thank you. We really really really thank you. I wonder at myself sometimes because the excitement is so great and yet it is as though I'm very calm about it. Ah . . . it's new. We truly thank you for all your efforts in working with us. We still can't get over that this is happening. Our doubts are not really present, we are just getting over the fact that THIS IS HAPPENING to us. Our thanks goes all the way up the line to the Father, we don't want to leave anybody out. We are overjoyed, we're continually pumped up. Thank you.

Norson: You are very welcome, and we do love you very much and support you in all of your endeavors. Know that we care and that we bring the Father's love and we will truly always be with you here and beyond. We bid you farewell and invite you to visit, to be with us again some time soon. Farewell.

Session 62

1/15/93

Lesson

Blessing

Unseen Friend: Blessings.

In times of darkness, in times of doubt, when dealing with despair, count your blessings, they are nearly without number. If you were able to recall the many times you were steeped in tears, the painful encounters with life's terrible trials, difficult decisions and seemingly endless experiences of sorrow and suffering, you will remember, or at least you can now recognize, these have all dissolved been replaced by joyful enlightening's which raised your outlook to a point beyond the reach of pain. At that time you may not have made a conscious effort to recount your abundant blessings, but deep in the reservoir of mind recollections, it was clear that no real (permanent) damage had been done. Most certainly nothing had occurred which could interrupt the continuous flow of God's love.

Love is your greatest blessing. Love is an un-interruptable rushing river which helps usher in all the other great gifts you have been given. This is undeniable. Surely you must recognize all these wonderful happenings. It is true, in the midst of your moments of sadness, you rarely realize anything else, but before long, as you overcome this state of un-remembering who you are, an awareness of your true self begins to shine within, the darkness dissipates and the fears disappear.

Count your blessings, recount them and feel their resilient power lift you from the mire of self doubt and self deception. Recall their fullness and beauty. The more you examine the bounty of blessings resident in your heart, the higher you soar in confidence.

Blessings are like the steps on the stairway to heaven, as you accept them, use them, make them yours, they lift you over the dark chasms of uncertainty into the bright and beautiful skies of lightness and truth.

Your world Urantia and some of the more recently evolving spheres in this system have undergone deep deprivations which lead to chaos and confusion rather than unrestricted communication and clarity. These conditions have changed, each of the previously darkened planets are rapidly receiving the blessings which have so long been prayed for and prepared for the changes now being experienced.

Begin to trust, begin to believe, begin to know that these blessings of change will soon overcome all the residual evils and ignorance that so long reigned and wrought ruin in the lives of the unsuspecting inhabitants of your Earth. You can count on us to enhance and increase all of your blessings; in truth and reality, we are among your blessings, count us as a blessing, rely on us to be ever faithful to help teach and guide you throughout your Universe career. We will help you achieve your most difficult challenges as though they were nearly non-existent. Use your blessings as fuel. Fire away every last holding grip which attempts retard your un-retardable growth in spirit. We love you.

Session 63

1/16/93

Lesson

Experience

You can bring much happiness into the lives of others by reaching out to them and sharing with them those things which have been meaningful to you in your experience. All real learning comes from experience, primarily from our own experience, but we can be challenged and inspired by the experiences of others, and learn from them also. We can love and receive love only to the extent that we are willing to share our experience - "who we really are" - with another. We are a product of our experiences and our decisions shape our experience.

Only by respecting the uniqueness and individuality of each person can we realize the goal of the spiritual unity and brotherhood of all beings. There is much work to be done to realize this ideal in the experience of the inhabitants of Urantia. As a teacher you can be most effective by illustrating your lessons in terms of your own experience, or in terms of the experience of your students.

Let the love of God flow through you to all those around you. Share this love and your experiences of God freely with your fellows. We can minister to you, but only you (the planetary mortals) can change the world by the power of your individual choices. Replace hate with love, and fear with self discipline, and rejoice in your destiny and the opportunities of this life in the flesh.

Embrace the angels and spirit helpers around you with the love energy in your hearts, and feel the loving embrace of Michael's (Jesus') Spirit around you.

Session 64

Jan. 16, 1993- The Focus Upon Urantia

Lesson

Urantia, Spirit of Truth

I am here. Begin to write. We will transmit to you now. All goes well. We enjoyed the Urantia Book meeting last night. You read our teachings well and they were well received by all there. I know this pleases you, and know it also pleases us to no end. Be at peace in your heart for we will be continuing to transmit through you. All will be helped by this process, so know that you are appreciated for this work.

Tell all that soon Michael's plan will shine brightly upon Urantia. All will recognize this shining.

All the love of the worlds will soon be focused on your home planet of Urantia. Many beings throughout Nebadon will be praying for your world all at one time. The energy of love that this will generate will bring much light and life here. This will be the start of a new epoch, the age of light and life. Expect this to happen as soon as all preparations are made ready. Yes, this will be very exciting and an amazing time to behold. You will all feel this love energy. You will all know that this is happening. Yes, it will be something like the coming of the Spirit of Truth 2000 years ago, but much more universal in the recognition by all. We will continue to prepare you for this time. You will be ready. You all will be ready if you continue to study and seek the stillness. We will ask you to be about our Father's business as usual for now. The time will come when we ask more of you.

Love one another. Continue to share our teachings without fear. Expect the best to happen, for it will!

We leave you for now. Peace and love.

Session 65

Jan. 17, 1993.

Lesson

Greetings: Welcome. We are glad you are here. All the love in your heart is now directed to me. Thank you. I love you too! I hope we can keep this process flowing in this positive direction. Do not worry to much about your personal problems. They will clear like fog in the bright light of day. We know you will succeed. Just keep up the stillness practice, and encourage others to do the same.

Continue to help us by reaching out for others. Let everyone know of our mission. Some will believe, others will come when they are ready. All in good time. You will receive help. You plant the seed, we will help it grow. Don't forget to pray also for those who need guidance. This will help the most!

All of God's children will be saved. None will be lost. All will feel the love that is theirs for just the asking. An opening is all that is needed. So help them to desire this opening, help everyone to open their hearts to our Father. You will be of most good if you allow this truth to come forth from you more often. Overcome your fears

and just allow it to flow from you. Know that this will work more often than you now think it will. Just allow it! All goes well.

This is not a game. Many will be helped by this mission. The planet will be helped by this mission. Your help is needed. Slack not. Keep up the good work. You are a valuable member of this team. Know it, believe it, and do it. You will be helped. Doubt not.

Session 66

1/17/93

Lesson

Abundance

Greetings. My lesson tonight is on abundance. To those whom much has been given, much will be asked. The greater the depth of your experience, the more useful you are to the Kingdom. And what an honor it is indeed to serve our great and loving Father in Heaven. Nothing will be asked but what is given willingly.

In the cosmic perspective, wealth/poverty - pleasure/pain -etc. in this life are of little consequence in and of themselves. The only real value is in the decisions of the individual and how the mortal reacts to the circumstances at hand - how they affect your spiritual growth.

Our Father has abundant love for all His children and through realization of this love will come the end of cruelty and deprivation on your world.

This then is your greatest and most urgent mission :

To spread the love of God and bring about the realization of the brotherhood of man on Earth.

We are working hard to bring this about. How long this will take is not up to us but depends on the decisions of the peoples of your world, but that day will come and the bloodshed and suffering will come to an end.

Fear of losing the "material abundance" which you have grown accustomed to will greatly retard your ability to let go of your own will and to embrace the will of the Father.

You must trust that all will be well and let go of your fears and act on the truths you have come to know but have only haltingly put into action in your life.

The will of the Father is the best possible outcome for all, even if pain or discomfort result in the short run, in the long run the best of all possible outcomes awaits you. Trust in your Father, have no fear, there is an abundance of joy in serving God and your fellow men.

Session 67

1/17/93

Lesson

(Michael?)

Good Morning My beloved.

Light

You please me in your renewed efforts to join in the activities so near at hand. I ever watch and wait on you to open yourself, opening your mind, opening your heart to my leadings. You may perceive this to be a rather slow process. In truth it is not, it is exactly right for you. I give you this assurance in answer to your doubts, to help eliminate the doubts which yet drift in and out of our time together. Fear not that these negative thoughts can have any real life existence. They dissolve and disappear in the clear light of spirit insight. They are but an illusionary figment of imagination which acts as a temporary block which has no power except that which you give it.

Remain still, feel my light flood you, free yourself of everything which might attempt cloud the clearness which I share with you. Know that doubt is not real, it does not exist other than as an unclear thought not yet resolved. Be patient with yourself. Seek gently to awaken in my presence unencumbered with this residual denial of your true worth.

You are human, you are at the beginning of spiritual growth. Recognition of your imperfections is necessary before you are able to achieve the changes which you desire, the changes I have long ago initiated in you. Do not hesitate to seek further help in this pursuit. Ask for aid from brothers and sisters whose experience in these matters is greater than your own. Learn from them what they are most willing to share. Learn from them that which they have slowly developed and now use in a more efficient way than that with which you are as yet familiar.

Everything here is ready for you, I am ever ready for you to join me in this adventure, but know now that there is no rush, there is only time, good time, sufficient time, even perfect time for all this to be made real in your life, made one in our life together.

Doubt not that the doubts disappear, they are not real, they are imaginary, have no substance, no true means of remaining in your mind, unless you empower them to have this hold on you. Release these doubts and fears into my light with the full assurance they will become non-existent. They have no life within them. They are as the shadows which disappear in the dawn of each new day.

Awaken now. This is your new day, your hour has come to be filled with the light of life. It is yours for the willing. It is yours forever.

I love you.

Session 68

January 18, 1993

Lesson

Greetings, I am Norson. I come to you today with fond greetings. You are becoming used to my power and it is good. Often one can become entangled in the process and lose the messages. You have seen. Let your mind relax and reach into your heart, the place of your Father. You may continue later.

Balance

Your lesson is on balance. Balancing the pursuits of life are initially all encompassing. Youth holds many lessons for you as the pressures of life are almost overwhelming. As one grows in the harmony and pursuits of a more spiritual nature the longings for material rewards lessen and thereby one is drawn to let the balance of one's desires to be weighed in the direction of growth. This is easily understood by you.

The balancing is of such a nature for your developmental stage that much faith and patience is required to fill the harmony of your goals. In this you will see opportunities to draw lines of delicate feelings in your book of life. Read into your pages the timely lessons which balance the everyday pressures of your life. These lessons for you include what is required of you to walk the balanced life of service and love to your fellows. Draw the pictures of compassion, silence, reflectivity, knowing, desire, patience, timing, listening, helping, hoping, sincerity, privilege of friendship, and renewed zest for challenges of ministry. The goals of reaching out to your fellows must balance with the common place needs of life. The rest, study, stillness and of course the recognition of that Father Fragment that leads each partner of humanity into their own path of desire and ability to see what is asked of them. The whole does exceed the parts but each part balances the whole. Balance yourself with hope and sincerity of purpose. Feel the oneness of yourself and bring your own needs to others in that you show them what it is you are about. By asking for assistance in understanding one is led to serve and much may be brought into balance; emotions, desires, timing, and attunement with our Father's will.

Let go of impatience. It is a weed that will choke out the growing of your flowers of delicate array. Only by balancing the time about you can one be assured of a garden of irresistible aroma. Thank you. I love you. Aloha.

Session 69

Mon. 1/18/93 (noon)

Lesson

Aloha and greetings from Norson and friends. We have come to wish you well and are glad that you continue receiving our transmissions. Today we come and speak to you of the love you have been sharing with one another. We are glad that this is increasing and hope you will continue to share your friendship. We thank you all for participation in this mission and will continue to support you and your friends, spreading this bond of love is part of our mission. It is important that we continue to progress in sharing our love with you; by touching you, we touch many. We are glad to see that you have been adjusting your focus on the Father, strengthening your intent in this direction. We are also glad that you have continued to be of service in ways such as education, through sharing the Urantia Book. This is a good practice to continue and we will always support you in this. We are with you during these meetings and are available for teaching at any time. Be not afraid of exposing these connections with your fellows, their openness increases daily. The light continues to shine through your hearts and this is the key to opening other hearts. The work is good, the openness is good. We are glad to see that you are willing to be yourselves with this matter. Once again, we appreciate what you have been willing to accomplish in these short days. The time is new, we can begin to train you for greater use in the mission. We are in the beginning stages of this new time, the mission has just begun.

Pati : I don't know who I'm speaking to right now, but I'm willing to be open to this communication.

(pause) Aflana is here and she continues with her training.

Aflana: In this beginning time, you have all received some communication, even those of you who have not recorded or written down these communications are indeed receiving our messages and our guiding light. We are with you always, all of you, and are available to all of you. We reach out to you, to hold your hand, to be with you in times of trouble. To guide you and show you the way of love, the way of the Father. Draw on us, call on us, ask us to assist you and give you the energy and support you need to merge into your daily life. We are an available resource you may draw on anytime. Continue to be with us, share in our love, for we love you very much. (small break)

Connie, we appreciate the good work you have done with your computer and hope you will continue in this service; be open to our guidance during these transmission computer times. We will continue to raise your vibrational frequency. This may happen periodically as the time goes on. This is part of the plan to enable the spread of love through the planet. Allow yourselves to speak the words that come to your minds, allow yourselves to be with the feelings that come, that may seem strange to you or make you feel uneasy at times. There may be toxins releasing or adjustments in posture, even voice changes, your voice may deepen, become more sincere, more solid; this is the sign that you are speaking your truth; even the slowing down of your speech, becoming more clear, becoming more pronounced is a sign of speaking a greater truth. It is an expression of the sincerity of your heart. (short pause)

Norson: The question was just asked if I would manifest in physical form. Yes, my presence is here, I, Norson, have shown my presence to this transmitter, but I will not manifest in physical form in the near future. I will be available, of course, continuing in my purpose, but a physical form will be not necessary. You may continue with the transmission with Aflana.

Aflana: Yes, there are many joyous times to be experienced now; the pleasantness and the comfort in knowing your teachers are here, sharing this bond with one another creates pleasures for yourself and others. Enjoy this, take advantage of this, trust in it. You will come to know each other quite well, you will come to trust in each others transmissions. This will be an intricate part of our plan and will strengthen the forward movement of our mission.

We love you very much and we hope that you will continue in your progress. You are doing well, and we are with

you and available for your questions. If you wish to do so this evening, you may, and I will be available to answer your questions. Norson will also make himself available if Jerry or any of the others would like to speak for him. His presence will be available, and yes, we will be sending you more teachers. The teachers will be necessary to experience the various transmissions, the various qualities of teaching, and we will be available at this time as well. The new teachers may be sending themselves fairly soon. Their names will be Andrew, and Sig-El plus one other. They will be visiting you shortly, you may trust in them and accept their love. Andrew has some specific messages for you and may be coming very soon through this transmitter. We trust that you will be open to this Pati and accept the love he has to share. We understand this to be a new energy for you, but we know it will be an enjoyable one. He has been available for some time and will continue to be available and come to your Hawaii and be with you soon. He will give you the lessons of Christ, give you teachings on love and how to be in this space of love.

All are equal in their love of the Father and the Father loves all equally. It has given Him great joy to experience the increase of love flowing through His children more each day. To speak with God the Supreme is a good thing. He provides much guidance and may speak to you directly through feelings and occasionally words made available through translation, through the teachers, and will be an expression of His love through you. (pause) We love you very much. This is a time of change, we are changing you slowly each day so that you may adjust yourselves in this transition time. We realize your energy may be low at times, we provide a foundation to spring from during times you feel low. You may open yourselves, keeping with the Father during low points, you may better understand His teachings, His will, because you are vulnerable at these times.

Take notice when low in energy, that you may take care of yourself the best way you know how. During these low times of vulnerability, you may feel subject to other peoples negativity. In order to avoid absorbing any of this negative energy, focus on the Father's love, it will create around you, a love barrier that is not a wall. It is a permeable barrier that cleanses the energies coming in, it provides a task for others to experience this permeable membrane through you. It provides a teaching for them indirectly, it is done without words, but they will experience you in a way they have not experienced before.

At these times you may ask us to be with you, to give guidance as to what to say to each of these people, to better understand yourself as far as knowing why you have the reactions you do. It is quite all right to not feel like you love someone, or that you care for them, but if you feel hate for someone, then look to the Father for forgiveness, ask Him to enlighten you to the true nature of your own being, as well as that of the other. This you do in prayer, this is always the way, apply this to your interactions with the people in your lives. Yes, at the grocery store, at the school, during your massage sessions or on the street, any of these places, anywhere, accept what we have to offer, experience the vibrational quality that will come through you, even when you feel like you don't want to.

Chakras

When you have this experience of not wanting to hold and be in the light, again you can ask the Father for forgiveness and draw on His love. This is why the daily meditation is important, to feel the flow of His love, and to keep your well cup filled. When you are feeling low in energy, you may stop for a moment, focus on the Fathers' love and receive His love. Draw it into your solar plexus, draw it into your heart and to your third eye. Also, release negativity through the bottom of you spine, this is the 1st chakra and is part of a system good to know for releasing and receiving energies. These may enable you to have greater control, access to the energy available.

We understand that some may be resistant to these practices, for they are not mentioned in the Urantia Book, and to some, may be considered psychic practices, but do not worry, these are expressions of Gods' love flowing through you. Understand how this works. Receiving energy through the crown chakra at the top of your head is an access point for this energy to come through. You act as a divining-rod, literally, divine rod, you are like a radio transmitter or an antenna To adjust your frequency and alignment to the Father, you may clear each of these chakras.

More information will be given on this and the availability of these services and this education may be a step in

understanding how this energy is playing within you. Of course it is not a requirement, it is a free will choice if you wish to develop this. We offer it as a greater understanding of what is actually happening if this is something you desire. We appreciate your patience in all of our subtle attunement, know that the vision of this greater mission will come into line with your own minds in the not far future. Trust in each of the small steps, trust in your new vision to come. You all will be embodied with this vision. Accept the practice and training that will come with it. You will be able to see us and experience our energy in a more direct way. This may seem strange at first, you may doubt the reality, it may seem like we are not really there or you do not see us, but you do. Trust the subtlest of visions and communications. Trust in even the subtlest of voices, the quiet times, the quiet voices, the quiet vision. It is up to you to open yourself to receive this experience.

Prayer

I have come to you at a time in which much hatred is in the world, a heavy weight for the planet to continue spinning on its' axis, a balancing will be required to continue the receiving of the light. We realize that it is difficult to understand why there is so much destruction happening on your world. This can be a heartfelt matter which may cause you pain; many of you have a deep compassion for your brothers and sisters. The children are the ones who will grow to know what they have been taught. Teaching your children love is of course of greatest importance, for they are the future of your world.

On Urantia, in this time of desperation and lack of caring for one another, you may occasionally be deceived by those who claim to be doing good. In these cases you may wish to transfer your guidance to the angels, they have much power in this world to manipulate events, times and places. Angels are available for service. We mention this again, know the extent they are able to assist you, just ask them for the highest good to be done in situations that are occurring in other countries on your planet.

By praying for the enlightenment of other cultures and other world peoples, you will be assisting yourselves in creating the light circles on the planet. In addition to circles of prayer for places on the planet that are suffering, Om circles are positive and worthwhile. Joining together, bringing forth, giving of yourself is an effective tool to be used in creating greater enlightenment on Urantia. In order to do this it requires a focused intention on your purpose. Having a facilitator state this purpose before you begin a meditation can serve all of you in adjusting your focus to the intent you wish to create. You may choose one person to say a short prayer, or you may wish to send light to some specific place or to some person, especially leaders and their people. This is an effective way to create change, to effect places that are in the darkness.

Yes, to shine your inner light toward one another through this focused intention creates a tunnel for the light to pass through your time and space into the light dimension, and is forwarded to where you focus your intention. You create this opening for light to flow through with guidance of the angels. Its' passage will be a safe one, a protected one.

You may also wish to understand that by creating these prayer circles you offer each other guidance, support you need in your individual lives. When a time of struggle comes in school, at work or in family affairs, you can get together to create a circle of light that can increase your abundance, increase your love, increase your understanding, increase your general enlightenment of the situation so that you may be in alignment with it. When you come to understand the mechanics of the powerful group energy, you will know that your circuitry is being hooked up; you create a greater wattage of light power, produce a greater channel through which to flow.

In a group situation, we may come through more powerfully, at a vibrational level stronger than in your individual sessions. Notice the strength of the energy field when you create a circle, then feel us during your individual sitting times, the vibration will be milder, not because we are less present but because your circuitry is weaker, it is not as strong as when you are hooked up with the others. We understand that you want to be able to experience this vibration more, and you will but it takes a strengthening of the nervous system in order to receive such communications.

You are all in training for this and will be able to increase the energy and light you are able to receive through us and of Gods' nature. But this will take development. Trust in the process, I'm sure we have much information to share and are glad that you are able to receive our technologies at this time. Not all these traditions are new but they are being received in a new way at this time. It is crucial that you open yourselves and that you understand we come with much love and with deep, deep caring for you and the people of your planet.

We know you see our leading you at this time, we know too you are appreciative of our coming. We too very much appreciate you being here for this mission. We gain much from these communications, Know that when we are with you, we are learning as well. This may not have been known to you before; we want you to understand us better. Ask questions at this time if you wish. We will share with you our experience of this mission. It may help you now and in the future as you advance, progress on your soul path and better understand where we come from, what we have to share and how we may help you in this time. It may be beneficial also to have a little bit more understanding of the source of this information. We are open and grant you this time.

(pause) (perhaps Pati asks silent questions, she is alone, on tape.)

By understanding us, you will better understand yourselves, your true nature. We know you wish to discover your own true selves, the true path to know the Father is one of the goals on this path, it is not the final destination on your journey but is a landmark, it is a spirit mark in time, non-time; it is a transition to a much, much greater way of being. (pause) Yes the angels are available for your healing, it requires that you be in a relaxed state. We recognize that there may be distractions and disbelief that they are actually there helping you. We ask you to open your third chakra to receive light. This is a place we tap into; through the angels, you receive healing through this place. (pause)

We have much more information and wish you to continue at this time. We understand you may be having an issue of trust with your neighbors; in order to overcome doubts of how and when to share the information coming through, we ask you; (1) to tune into the Father, open yourself to His love, flood yourself with His love, then flood them with your love. This is always a good safe step to take; flood yourself and flood your neighbors with His love. (2) Trust in what you feel in your heart. Again, another simple practice, but the subtleties of this are yet to be discovered. Your sensitivity is increasing and you will grow to know to understand the subtler signs and symptoms when you are in alignment with God's will. (3) Trust in your intuition, know when you are going off course. When you feel discomfort, especially on your right side, right foot, this may be a signal that you are stepping in the wrong direction. (interruption, end)

Session 70

1-18-93 - Kona TR Mtg.

Lesson

Kona T.R. Group Meeting with: Jerry, Sonny, David, Connie, Judy, Pati, and Donna.

(Note: The three previous T.R. Meetings where not recorded.)

Meetings start out with a prayer and then a group seeking of stillness.

Norson (Jerry):

Good evening to you my children. I feel your welcome. I'm here to help. I am here to teach. I am here to love you. I feel your love for me, I am Norson.

Sonny: Welcome Norson. I also felt your presence and it is a wonderful feeling!

Norson (Jerry): You all feel me. My power is the power of Michael. The power of love. The love that you freely share. The love that I freely share with you.

You are doing well. You progress daily as you seek the Father daily. Together we will work and we will accomplish good things. Some good things, some may be great things. You will all remember this. Peace will fill your heart

as you come to know the Father more, as you come to love Him more, as you come to desire to be more like Him. This is our goal. To help you to illuminate the path, find the Father more clearly, more purposely. Trust in the guidance that you feel, and emanate from your heart as you go about your day, with all your associations with people. When you come upon difficult situations, relax and go forward, accepting the truth, feeling the truth, remembering Michael's presence. Always remember Michael's presence. His presence is with you now. Sig-El wishes to speak through Judy.

Sig-El(Judy): Michael loves you. We share in the wonders of what is to become and bring about light and life on this planet. It can be made whole, and great is the glory that will come. You have offered yourselves and we are grateful to work with you. We are your friends. The times we share will be of great comfort for all of us.

David: Could one of the teachers avail themselves to one of our T.R.'s so we may ask some questions?

Aflana(Pati): Yes, Aflana is here to answer your questions. David, do you have a question?

David: To start with, I love you and we are so happy to have you here. I think that to start, the question Connie was voicing earlier on. How do we get ourselves more together to be able to do this work?

Aflana: What you must do will come naturally, and in order to proceed with the process at hand, you can not only trust in one another and experience each others words as your own experience, but continue in sharing your feelings and doubts, the little ones that may be left there, and also to understand that the prayers and the circle meditations will be part of the process.

Connie: So we should carry on?

Aflana: Carry on!

Sonny: And holding hands is good?

Aflana: Yes, holding hands is good. Continue to hold hands.

Sonny: Thank you Aflana. I have a more serious question. Talking with Patije in Sarasota. She mentioned that in the early process originally occurring, that the group was originally together and then split apart. I wonder if there is any danger in our group, and if so, what the danger would be of our splitting up?

Aflana: There is no danger and even in the case of a parting, it is always for the highest good. You can trust in this process and know that your heart will lead you in the way that is best for all. In the case of a parting, you may give understanding to each other and support each other in your decisions. This is not something to fear but something that you know is of your free will choice at any time and you may choose to be with the group or not to be with the group. This is something that your own heart will lead you to, and if someone in your group does decide to leave or to chose another way for a short period of time, then support them in this and let them know that you still love them and you will be there for them at any time.

Sonny: That sounds very loving, very open. Thank you!

Aflana: Connie, do you have a question?

Connie: Well I am not sure. I have a lot of questions Aflana. And I know that you are going to give me a lot of answers.

Aflana: Yes we may speak to you directly, or we may speak to you through your computer. All it takes is a simple yes and we will answer all of your questions if you wish. This is an opportunity to clear some of the space so you may open yourself to these communications. If you have any concerns that you wish to clear at this time in order to open yourself to this, you may do so.

Connie: I would ask you then, were you asking me if I would speak your words earlier?

Aflana: Yes we were, this was a bit of a test, and know that you have been on the edge of this for quite some time and we support you with all of our loving and care and will continue to act, for we know that this is your hearts desire.

Connie: Thank you! Thank you!

Aflana: David?

Names

David: In the Welmek group at different times, it would seem that they would be having outside guests or people not directly affiliated with their T.R. group or their group at large. And so many of them were asking about their spiritual name. I took this somewhat humorously because I felt it wasn't something that I would ask if I had the opportunity, and here I find myself wanting to know if there is any significance in our spiritual names, and if so, might you share them with us.

Aflana: No there is not much significance in the actual syllables that make up these words. There is a certain vibrational tone that each of you is known by throughout the universe. But this is not translatable through the English language or any other language. It is a quality of sound that resonates in your world, but to repeat it in finite words is not a palatable way to express your true nature. You will come to know this name as you progress in your spiritual involvement, but it is not necessary or significant at this time.

Sonny: Aflana, I've been hearing the name Andrew.

Aflana: Yes! Andrew! And yes that is a communication that will be coming through this transmitter and through some of the others. You may be open to receiving Andrew's loving messages, for he is quite a special being and has much to teach you.

Sonny: I look forward to His coming.

Aflana: Yes, He does as well.

David: Who is Andrew. Where does He hail from?

Aflana: It is not necessary at this time to know the original origin of this being, but I will say that he is a special teacher for you that will have much to share and has been involved with the Melchizedeks and some of the other greater unity teachers, or teachers of unity, and will be involved in the bringing together of your circles of light as well as in the bonding of your hearts with the Father. He is quite a loving being and will be of great support individually as well as for the group.

David: Wonderful.

Donna: I was getting that He has another name other than Andrew. Is that true?

Aflana: There is a certain quality of truth to that. The name Andrew is sufficient but yes your question is accurate in the sense that this is a simple translation in terms that you can understand and are familiar with.

Donna: Thank you.

Sonny: We have been contacted by Allene, and she would like us to share with her for the T. R. newsletter, including putting our name on a national list. Is this profitable for us at this time?

Aflana: Profitable no, not in the money sense, but yes profitable in spirit, and you may feel comfortable in sharing your information and your names, and whatever parts of yourselves, experiences that you have with this group. It is a safe endeavor to partake in.

Jerry: Aflana, does the name Landor have any significance to this group?

Aflana: Not much at this time, although there is a possibility of his energy being on the outskirts of your group. You may tune into him, but he probably will not be a big part of your teachings, although his energy is one of strength and you may call on him when you feel weak or need to feel strong. He does have a powerful energy and may be of support during times you may feel there are trials you are dealing with and need a stern voice or hand.

Jerry: Can you explain the phenomenon of the messages that many of us receive that come from Michael?

Aflana: Yes. We understand this to be one of love and compassion. This is one form that you may receive teachings of the heart. It is not necessarily the Michael that is the caretaker or ruler of your particular universe, but it is a smaller energy form that is an expression of the heartfelt teachings. They are just as valid as any others teachings and the name Michael is a useful one because it resonates within your minds that you can accept His teachings wholeheartedly.

Another question?

Sonny: Yes. I would like to know that when I receive transmissions, I often heard the name Norson, and I've heard your name Aflana, and I am in question of whether I am hearing them correctly, or interpreting it correctly. Can you help me with this?

Aflana: Yes, you are interpreting this correctly and trust yourself to know that what you hear is for real.

Donna: I'm sure it's the same self doubt but I've been wondering about Solonia. Can you tell me about Salonia?

Aflana: Oh yes, Salonia! She is a beautiful being. Quite a beautiful being. She has again a loving nature and brings beauty and enthusiasm and spirit into projects that you may undertake, and provides the subtle energy to continue your motivation during times that are lagging, and may be called on for qualities such as trust in taking steps forward in projects that you may not be clear about at the moment. She can provide a clearer visions for projects that you may have ideas about and give you insight into people you may connect with in order to make this project go forward. And also give you insights into what may be obstacles in the way, and give you suggestions as you go down the road later on, how to overcome them. You may also call on her for support in dealing with others one on one, when you come into conflict with them, and you can also ask her for guidance when dealing with children. She's very good with children.

Donna: Thank you very much, you've been more helpful then you could know.

Judy: Aflana, can I ask a question?

Aflana: Yes.

Judy: Do you have any messages or connection you can give me as far as my part in the mission and how I could do a better job?

Aflana: Yes. There are some specific instructions that we can give you at this time. You may continue your meditations practices, especially in the morning is a good time for you, this is when you tend to be clear headed and not as tired as at the end of the day. It may cause more stress for you to do your transmissions after work and before bed. So even getting up earlier in the morning before anyone else is up and taking that quiet time would be beneficial for you. Also at work during your lunch break time, you can receive supportive, loving energy. Draw in the Father's energy at this time and fill your wells. It will give you greater strength during the day to go on and you won't become as tired and feel dragged out by the stresses of your day.

Also giving support to your husband and accepting more love from your children, really allowing them to love you and letting them in, will free up some of the minor little blockages you may have been feeling.

Judy: Thank you.

Connie: I have a question but it will be the same question that Judy asked.

Aflana: Yes. I feel the sadness. This is a good time to experience your vulnerability. It is a good time to make a breakthrough with your relationship with the Father. It is a good time to let go of many fears that you may have had set deep in the path. Come forth and flower into the being that you have always known that you are. Let this light shine through in your faith, and in your body, and in your soul. And let your own self know, let your mind speak to your own self, and let yourself know that you are the beautiful being that you are, and that you support yourself in allowing yourself to fully receive all of the love that is available, so that you may continue in your life endeavor. That you know that you have purpose, you know that you are here to serve and to be one with the Fa-

ther, and that you can open yourself to this, you are worthy. You are worthy of all of God's love. Allow everyone to love you, your friends, your family, the flowers the trees, even the cars that go by. Know that when the cars go by, the people in them are sending you love. That everyone loves you and all things root and unite in this love.

You can allow yourself to be in this oneness, and experience this oneness with the joy of every cell of your being. Allow this to flow through you and you will be healed, you will know your true self and you will shine, shine like the brightest flower, the brightest star, and everyone will see your light, and you will bring much joy into the peoples lives around you. Part of your purpose is experiencing this joy. Just allow yourself to taste, allow yourself to fully embody this love. And this is your task at this time.

Connie: Thank you Aflana.

Aflana: Speak Jerry, your blocking your throat.

Jerry. Perhaps you can shed some light, will Machiventa Melchizedek (rest lost due to softly spoken).

Aflana: No that is not the issue at hand right now. There is something within you that wishes to come forth. It may not be right at this time.

Jerry: Well, its my feeling that I do not feel as though you are properly representing Michael right now. I did not hear the Spirit of Truth when I asked you about Michael and how He comes to us. Your answer was wrong. Your answer did not ring true because I know I've spoken with my Creator and He has come clear into my heart and filled my soul with this truth, and I needed to know whether it was His presence or whether it was coming through the Spirit, and such was not the case as what you had said, and I know that it had to be one of those two things, and so I am sitting here feeling ripped off. And if no one else feels that way, I will gladly get up and leave.

David: It is not our wish that you leave, but I will share with you that that is not my feelings.

Aflana: This is quite all right Jerry, and we understand your concerns. Part of this is a misunderstanding when we were transmitting about Michael. What the explanation was, was that yes, this was Michael, but that the energy.....

Jerry: I don't want to be part of this right now. I feel as though I am not being led to God. I will go seek Him in my own mind. I love you all. I love you Pati. I pray for you strongly. (Jerry leaves room).

David: This too is all right. As we know this is not a problem that could be solved by anything but the light of truth and we all have this. There is no real problem.

Aflana: Yes. These are the differences that we may speak of. With Father's guidance, love will prevail, all will be in peace.

Donna: Can I ask you a question regarding this business of the individual transmission. Because with the experience that I have had, I have observed before, different people channeling the same energies and having slightly different mindal changes. Isn't that the way that it is with individual transmitting and receiving?

Aflana: Yes this is true.

Donna: And the business about Salonia was answering specific fears that I had regarding her being the bearer of bad news like you made a mistake or this isn't the way to do it, and you'd better change what's happening here. It's almost like a caution light from the universe. Does that make sense at all?

Aflana: Yes, but there is an issue to resolve first before that question may be answered. And that has to do, for future reference, about the essence of Michael. That this essence of Michael is a very powerful essence and in order to receive transmissions, they come in a funneled down form so that you may receive them. This does not deny the pure essence and purity of Michael's words. It has only come in a form which you may receive.

Now, in reference to your question. Yes, this is part of the process that we spoke of before. Shinning light, even a red light, or a warning light that you may not be going in the right direction is part of forwarding yourself in

this process. It is okay to trust in even what may seem to be a negative transmission. Even this transmitter has received negative transmissions and it is okay to trust, but of course, use your discretion.

Note

Notes From the KONA Group to This Collection

We the editors of the Kona Transcripts would like to present a short description of the history and circumstances that brought about these papers.

Our Kona Urantia Community dates back to 1971, when several of the founding members settled coffee and macadamia nut farms on the slopes of Mauna Loa just above the shores of historic Kealakekua Bay. As the years past, many UB readers from the other islands and the mainland joined them and soon many children joined too. Most still live here. Study groups meet each week as they have for many, many, years. This is a loose association of independent like minded people who have truly grown into a community.

Our group became aware of the Woods Cross Transcripts in July, 1992. These were soon followed by the Will lessons, Aflana and friends, Daniel and Welmek. Then in November of 1992, we were told about the hot pen method of writing while in the meditation stillness. Many of us decided to step out in faith and see if it would work. These papers are the result.

Also included in these papers are the transmissions received by Pati who was not a member of our study group or a Urantia Book reader, but overheard us talking about the hot pen method, tried it, and as you can see by the results presented here, she was very successful.

All of us have come to enjoy the process we are experiencing, and we all agree it has been a positive force for spiritual change in our lives. As Aflana would say, "Try it, you'll like it!"

As many of the transcripts were first recorded on tape, there has been a loss of continuity in some information received due to low volume or static problems. We choose to leave them in and hope that the general meaning can be gleaned.

We close for now. Go to your rest. You do your best. You are guided well. Good night.