She had another dream last night ♥ . . .

This time, it was Javier – in disguise, as a climbing guide!

Why . . . 'disguise'? ♥ . . . We'll be in a position to share this with you 'in a few days' ② . . .

Why . . . such a flurry . . . of 'dreams'? ♥

Many reasons ♥ . . . Including that . . . this is one of the ways ♥ . . . Javier and

Paolo ♥ . . . are 'permitted' ♥ . . . to speak with her ♥ . . .

You see . . . she's in a kind of 'house arrest' 53 . . .

And I, in many ways, am her 'release lawyer'! . . . ♥♥♥♥♥

It's not – at all ∇ – that she's done anything . . . 'illegal' . . . no.

It's the very, very 'opposite' . . . of this ♥ . . .

And so the 'dreams' \lor . . . are one of the ways \lor . . . the *very few ways* \lor . . . they can 'communicate' \lor . . .

Javier, Paolo and Ella, that is ♥ . . .

And the dreams \P . . . are one of the ways \P . . . they can 'reassure her' \P . . . and *keep her company* \P . . .

Dreams ♥ . . . and 'waking . . . dreams' ♥ . . .



A bit of a 'physics' class might be helpful about now!

It's called . . . '1 + 1 = more than 2'!!!!!!

It's called . . . the combustion . . . of Light Ψ . . .

You see ♥ . . . souls . . . are actually *Light* ♥ . . .

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⁵³ Aun San Suu Kyi, the Burmese leader, is perhaps the most publicly known person who has been in 'house arrest' – repeatedly – for years ♥ . . . She was recently released on November 13, 2010 ♥ . . . 'House arrest' is a form of 'prison – without being in the actual fortress of a prison' ♥ . . . It is a state of restriction, endorsed and asserted by those who have been in *fear* ♥ . . . 'Water Lillies' is intended to *dispel that fear* ♥ . . . so that 'house arrests' – both literal and 'hidden' ♥ . . . are dissolved ♥ . . .

And "when two or more are gathered . . . in my name" 54 . . . *Light* is expanded \P . . . And darkness . . . is no more \P . . .



She floundered for a bit . . . when she 'retired' ♥ . . . For half a day! Ella has this amazing ability to tune in . . . and sense her 'direction' ♥ . . .

So quite literally, she felt 'lost', only, for half a day ♥ . . .

A few months prior – when she knew she would be making this enormous personal 'shift' \mathbf{v} ... she noticed a poster in a bookstore \mathbf{v} ... It was for an upcoming retreat weekend – on 'recovery' \mathbf{v} ... She didn't quite know what that meant – and yet she felt strongly called to go \mathbf{v} ...

So she went! ♥

Ella has this way of trusting \P ... It truly is based upon discernment \P – her ability to 'feel in' to something – energetically \P – and to 'know what it is' \P ... It's – quite literally \P – that she 'recognizes it – via its vibrational energy' \P ... She 'knows' it \P ... 'from inside out' \P ...

So with this 'retreat' ♥ . . . this is how she knew she was to 'go' ♥ . . .

The bookstore arranged for participants to carpool, as it was taking place in the rolling hills of Connecticut Ψ . . .

She'd never met *any* of these people before \P . . . Welcoming, they all were \P . . . and cordial, as they drove together \P . . .

They arrived, at the Algonquin Retreat Centre, tucked away in the woods, off a winding road, as it was snowing! Gentle flakes were dancing all around them, wafting each to its landing place ♥ . . .

She – and everyone with her – was mesmerized by this pristine beauty \P . . . It was utterly still \P . . . not a breath, of wind 'stirred' \P . . .

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⁵⁴ 'God', 'Allah', 'Jehovah', 'Source', 'Creator', 'All That Is', 'The Beyond The Beyond' . . . call this, by any name ³ . . .

Once they had settled, in their 'dorm' rooms \P . . . and they had shared, an evening meal \P . . . everyone gathered, around the 'outdoor fire pit' \P . . . And the retreat, officially began \P . . .

People were encouraged, to share their 'stories' ♥ . . . of turmoil, in their early lives ♥ . . . And what spilled forth, nearly 'stunned' her ♥ . . . the depth of trauma, in these people's lives ♥ . . .

Most 'stories', were of 'alcoholics' ♥ . . . and what they as children, had endured ♥ . . . The one that touched Ella, most poignantly ♥ . . . was of a man, in a 'cocoon' ♥ . . . For he was placed there, via his own volition ♥ . . . He was his own 'jailor', of sorts ♥ . . . For 'he' had been, the molester ♥ . . . while he, was morosely drunk ♥ . . . And forgiveness, was not forthcoming ♥ . . . of him, unto himself ♥ . . . He was clearly, deeply suffering ♥ . . . He was living, inside his 'hell' ♥ . . .

As Ella listened, to these stories ♥ . . . she wondered 'Why, is it I'm here?' ♥ . . . For 'her' memory . . . of her unfolding 'story' ♥ . . . it was . . . still barely 'formed' ♥ . . .

And yet, from this 'retreat' ♥ . . . Ella learned, so very much ♥ . . . She learned, that human suffering ♥ . . . can be a very, horrific rut ♥ . . .

Being here, among these people \P . . . did help her, to 'let go' \P . . . And so when the 'chime' rang \P . . . saying 'it is time' now \P . . . her lover, to 'let go' \P . . . she could bid farewell, unto 'the dance' \P . . .

Part of what, did 'reassure her' \P ... was that 'the voice', it 'also said' \P ... that "you will dance again, out in the future" \P ... "and you will know where, and also when" \P ...

So she 'knew', that this was 'temporary' ♥ . . . She 'knew', it would not be 'long' ♥ . . . She was being 'called', for something 'other' ♥ . . . And then she would dance again ♥ . . . This was not 'yet' ♥ . . . her full 'swan song' ♥ . . .

* * *********** * ***********



And so on that 'first morning, without the dance' ♥ . . . she knew . . . 'this' ♥ . . .

That dance, had been 'like no other' \P . . . relationship, she had ever known \P . . . in *so many* ways \P . . . including, 'this' \P . . .

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It fed her, on 'all levels' $\lor \dots$ physically, via its motion $\lor \dots$ mentally, via its 'concentration' $\lor \dots$ emotionally, via its *expression* $\lor \dots$ and spiritually – this was the best $\lor \dots$ For nothing else, she had ever 'encountered' $\lor \dots$ had ever 'met' her, quite 'like this' $\lor \dots$ In dance, she felt so *trusted* $\lor \dots$ by 'some other energy, beyond herself' $\lor \dots$

And so she knew, in her intuitive capacity ♥ . . . that she would need, this to 'accept' ♥ . . . that nothing else, might for a 'long' time ♥ . . . meet each of these, her rich 'requests' ♥ . . . And so she would need ♥ . . . to 'substitute' ♥ . . . a variety of things ♥ . . . to 'fill this gap' ♥ . . . Recognizing this ♥ . . . and accepting this ♥ . . . she set about ♥ . . . to do just this ♥ . . .

She wrote a list \P . . . of 'what else she loved' \P . . . and she began to create \P . . . a 'mosaic with' \P . . . for it would be \P . . . a 'jigsaw mandala' \P . . . that would fulfill her \P . . . from here on in \P . . .

* * ********** * **********



She felt a yearning, to 'go to church' one day . . . which was a rare stirring, inside of her! ♥ . . . She attuned inward ♥ . . . and she concluded, 'Yes! I'll go to the Unity Church today!' ♥ . . .

She had never been there, before ♥ . . .

She sat, in a pew, mid way, towards the back ♥ . . .

And as the minister, he was ministering! ♥ ③ . . .

She began, to be 'led in' ♥ . . .

To a pristine, inner oasis ♥ . . .

Wherein, she felt so safe \mathbf{v} ...

So loved, and so richly cared for ♥ . . .

In this she felt, the 'hands of Love' ♥ . . .

And she knew, in these brief moments ♥ . . .

That 'all, it will be well' ♥ . . .

That 'change, is safe to trust, love' ♥ . . .

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And so this, she did foretell ♥ . . .

That hers, would be a 'lifetime' ♥ . . .

In which change, 'it would flood fast' ♥ . . .

She would become, a 'master of releasing' ♥ . . .

What was stuck, ruts in 'the past' ♥ . . .

She would 'show, via her life path' ♥ . . .

How 'blissful, change can be' ♥...

So that 'others, would release their fear of it' ♥ . . .

So that they too, would set them . . . selves . . . free ♥ . . .

*** * ************** * **************



She had moved 'home', to Montréal now . . . which made the Canada Council, very proud! ♥ . . .

And yet – she was not 'dancing' . . . ? And so what . . . was she to 'do'? . . .

* * *********** * ***********

She had a sense, to enter 'Fine Arts' – and then, she 'changed her mind'! . . . for the 'real' surge, of *inspiration* ♥... came as she opened, wide her 'mind' ♥...

She decided, she'd train in 'therapy' . . . 'dance' therapy, to be precise ♥ . . . for it was in, the 'group therapy' at McGill ♥ . . . that she was 'bitten, by a bug' ♥ . . .

It was in, a 'music therapy' group \P . . . that the therapist \P . . . introduced 'the drum' \P . . . And as he 'showed them it . . . he said this' 0: "When you receive the drum \P . . . hold it 'quietly' \P . . . and simply breathe \P . . . once or twice \P . . . Then let \P . . . 'the sound out' \P . . . just let \P . . . the sound \P . . . 'flow out' \P . . .

Ella pondered, lucidly as she sat ♥ . . . 'I wonder, what sound ♥ . . . my voice, might make?' ♥ . . . She was halfway ♥ . . . around this 'circle' ♥ . . . and so the drum's arrival, 'in her lap' ♥ . . . it was, quite 'slow' ♥ . . .

When she received it Ψ . . . she followed 'orders'! Ψ . . . she did Ψ . . . as she was 'told' Ψ . . . And yet *the sound* Ψ . . . *that pierced out from her vocals* Ψ . . . *it scared the therapist* Ψ . . . *the most* Ψ . . .

For it was a *shrill* scream ♥ . . . a piercing *loud* scream ♥ . . . a primal *rage* scream ♥ . . . that 'she . . . let . . . out' ♥ . . . And as her 'body rose ♥ . . . without her, moving it ♥ . . . and her hands slammed ♥ . . . against the door' ♥ . . . He . . . ended . . . the session.

What she had 'screamed' ♥ . . . in high pitched 'intensity' ♥ . . . was "I . . . Want . . . OUT" . . . Which he? . . . may have 'interpreted'? . . . as 'from his session? . . . at this 'group house?' ♥

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Which was not at *all* Ψ ... what her voice 'meant' Ψ ...

It meant 'Out . . . of this container . . . Out . . . of this torment' ♥

* *********************************

And for the first time ♥ . . . in these moments of 'potency' ♥ . . . she had a faint 'sense ♥ . . . of what this meant' ♥ . . . It meant 'more' ♥ . . . than 'the abuse' . . . my . . . friends ♥ . . . It meant something . . . of a 'cosmic sense' ♥ . . .

* * ********************************

Ella, wasn't frightened by this – no, not in the least Ψ ...

What she was Ψ ... was she was $c \ u \ r \ i \ o \ u \ s \ !$... 'Curious'! \odot ... 'to say the least'! Ψ

*** * *************** * **************

Ella began to sense♥... that there was is a 'bigger picture' ♥... than what 'most people ♥... typically sense' ♥... And that 'she, somehow ♥... was being led to it ♥... to see it ♥... for ... her ... self'



It was in, this 'music therapy context' $\blacktriangledown \dots$ that she began to glimpse what $\blacktriangledown \dots$ is 'holding space' $\blacktriangledown \dots$ for she had witnessed $\blacktriangledown \dots$ in 'her own heart and eyes' $\blacktriangledown \dots$ what can happen when someone $\blacktriangledown \dots$ themselves 'distrusts' $\blacktriangledown \dots$ For it was the 'limit $\blacktriangledown \dots$ inside the therapist' $\blacktriangledown \dots$ that had him 'close $\blacktriangledown \dots$ the session down' $\blacktriangledown \dots$

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⁵⁵ Why 'all the hearts'? . . . They are an essential part, of this code Ψ . . . Just like in a 'Morse' code, the 'hearts' are among the 'rhythmic signals, that secure the message, there within' Ψ . . . They ensure that 'what is writ within the code itself Ψ can't be tampered with' Ψ . . .

And within a 'few' years ♥ . . . not a 'long', time ♥ . . . she would ♥ . . . be 'holding space' ♥ And what she swiftly ♥ . . . 'discovered' ♥ . . . is that 'space! ♥ . . . can hold itself'! ♥... when the 'holder' ♥... is un... a... fraid ♥... of what in ♥... this space is 'held' ♥ *************** * ************** Ella didn't 'go to school' ② . . . for 'dance therapy' ♥ . . . She 'went to school' ♥ . . . for 'something else'! ♥ Call it an 'astral school ♥ where beings teach other souls ♥ what precisely ♥ they need to know ♥ to fulfill ♥ their soul's calling ♥ to escort ♥ their siblings Home' ♥ **************** And so on the morning, upon waking, when she was 'intended', to 'begin' ♥ . . . And she 'wasn't' ♥ . . . going ♥ . . . to 'university'? . . . 'what then?' ♥ 'The voice' spake to her ♥ . . . gently assuring her ♥ . . . that "every moment ♥ . . . you will know" ♥ . . . and "in every moment ♥ . . . you will see the next moment ♥ . . . clearly laid out for you ♥ . . . to follow" ♥ And this Ψ ... became her *trust* Ψ ... in the 'invisible Ψ intelligence' Ψ ... the 'unseen ♥ guiding hands' ♥ . . . that led ♥ . . . Ella 'in' ♥ **▼▼▼▼▼▼▼▼▼▼▼▼ this is infinite** . . . hearts by the way! ©!!!! So she was 'letting go'! . . . so discreetly . . . 'no one would know' ♥ . . . if they were to 'watch' her !!! . . . they would never, ever 'see' ♥ ♥ ************* for energy! . . . is like ether !!!! . . . yes energy . . . you can barely see 😊

Which is why . . . so many 'hearts' here ② . . . they are 'speaking, from way out' ② . . . This is our 'friends! . . . in the galaxies' ♥ . . . This is how, they to us 'shout' ②

For we, are only 'trapped', here . . . in this, lonely Earth 'place' . . . if we, do not them 'listen', to . . . for *they* see . . . 'the way Out' ♥

Out of suffering . . . out of chaos . . . out of confusion . . . out of 'The Fall' . . . It is only . . . via higher vantage . . . that we can perceive . . . our way Out ♥

This . . . is essentially . . . what Einstein . . . was 'telling us'⁵⁶ ♥

That we need to 'rise up . . . at least an octave . . . to perceive what can be . . . instead of this' \heartsuit

And 'some' of us . . . can 'trust this easily' . . . to show the 'others' of us . . . 'how this is done' \blacktriangledown

So that 'all' of us . . . 'can feel the freedom' ② . . . that lies awaiting . . . for us all

That's "all for One! . . . and One for All!" – in 'galactic code'! ♥

Have you ever . . . had an opportunity . . . to see 'galactic code . . . before'? ♥



Wow, this is such a rich day ② . . . I never quite know, what to 'expect' ♥
Are you having 'fun so far'?

Or are you 'puzzled . . . by how . . . we're writing this'? ♥

For what ♥ . . . 'we are' doing ♥ . . . is 'shaking, things up a bit' ♥ . . .

For it is 'only . . . as we do loosen . . . our hold . . . on what has been' ♥ . . .

That we can 'be . . . truly open ♥ . . . to what . . . Love has in store' ♥ . . .

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⁵⁶ "We cannot solve our problems with the same thinking we used when we created them."... "Insanity: doing the same thing over and over again and expecting different results."... "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking."...♥

And Love, Loves ② ... has a bountiful rapture ... for us 'in store' ♥...

It is 'us', you see ... you 'need' to be ... 'open ... to receive' ♥...

For without 'this' ♥ ... 'The Divine' can naught come 'in' ♥ ...

And this . . . it is 'The Fall' ♥ . . .

For 'darkness' . . . is 'only' . . . the 'absence' . . . of Light Ψ . . .

And Light . . . it is awaiting . . . us all . . . to be . . . the . . . Light ♥

And this ♥ . . .

Is the *origin* ♥...

Of us All ♥...







⁵⁷ Directly, to transform our lives, by whatever name we choose to 'know', *Eternal Love* ♥...

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