

Over our rest day, in the night – as this is when quite a lot of the ‘healing’ transpires ♥ - Ella awoke, to receive the insight ♥, of why she was ‘scared’ ♥ . . .

For she was feeling a little . . . ‘nervous’ ♥ . . . in the recent days, as we were ‘scribing’ ♥ . . . and we are always, quite ‘insistent’ ♥ . . . that we “ease her pain”<sup>68</sup> ♥ . . .

And so as she awoke, while it was still ‘dark out’ ♥ . . . she lucidly ‘realized’ ♥ . . . that she had been ‘triggered’ ♥ . . . and this, is what it was . . .

She could see herself . . . on the sheet of plywood . . . being raped . . . by Ned ♥ . . . all the while feeling . . . the presence . . . of the ‘council’ . . . of invisible men . . .

And this . . . it was the ‘first time’ ♥ . . . that she had ever . . . tapped ‘in to this’ ♥ . . . *the feeling . . . the aloneness . . . that she endured this . . . all alone* ♥ . . .

And so in . . . ‘this very moment’ ♥ . . . she put ‘two . . . and two together’ !!! . . . and ‘instantly, she had the answer’ !!! . . . that ‘she, had been triggered’ . . . and that if ‘she, can feel not a lone’ . . . as ‘we, are scribing this song’ . . . then ‘we, will heal a whole lot’ . . . of ‘pain, in her story’ . . . for ‘she, is an example’ . . . of ‘every one, among us’ . . . who has ‘endured, any kind of horror’ . . . and we are many, who have ♥ . . .

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It is ‘ab, solutely wonderful’ ☺ !!! . . . that Ella ‘has, so very many ways’ !!!!! . . . to ‘work with herself, to soother herself, *without, the use of drugs*’ ♥ . . .

For she has ‘trained, with some experts’ . . . in how to ‘release, oneself from trauma’ . . . to fully ‘end, the barbaric prison’ . . . that otherwise ‘re, sults, from, it’ ♥

And so ‘she, has been soothing’ . . . the old ‘wounds, she was carrying’ . . . so that our ‘scribing, it does not spook her’ . . . any ‘more, than it has’ . . . For as we ‘scribe, we are awakening’ . . . the deep ‘truths, that have been happening’ . . . and her ‘story, it is a large one’ . . . especially to ‘live through, a gain’ ♥ . . . And so as she does ‘ease, her own suffering’ . . . she will ‘ooze, her delivering’ . . . of a JOY child, naught a ‘scared’ child . . . and *this will be huge* ♥ . . . For this book is ‘meant, to be our liberty’ . . . ‘naught, eternal suffering’ . . . and if ‘Ella, can demonstrate this’ . . . ‘this, will, be, huge’ ♥

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<sup>68</sup> One of the seminal lines ‘the voice’ says in the movie ‘Field of Dreams’ ☺ . . .

She is ‘so motivated’ . . . as you will ‘discover, for your own self’ . . . as you  
‘befriend her, through these pages’ . . . of ‘this, our human book’ ♥

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And so ‘now she’ knows ☺ . . . that she was ‘not a’ lone !!!!! . . . even when, she  
was lying ♥ . . . on the ‘hard wood, made as a bed’ ♥

She has never, been ‘forsaken’ . . . we have always, been ‘watching’ . . . for she,  
is a ‘messenger’ . . . and *this is our book* ♥ . . .

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The stress and trauma, these are now ‘fading’ . . . from her, cellular ‘memory’ . . .  
her ego, is these ‘releasing’ . . . so *she can be free* ♥ . . . For as long as any of us – ‘hold  
on’ . . . we are, our own ‘jailors’ . . . and some times, we do ‘hold on’ . . . *when we don’t,  
even know* ♥ . . . that we, are to something ‘holding on’ . . . that is not, to our ‘wellness’ . .  
. yet it is, through our ‘habit’ . . . that we, hold on to ‘it’ ♥

And so she, is lovingly ‘letting go’ . . . this memory, from deep ‘in her toes’ . . .  
that she is no longer, in ‘delusion’ ♥ . . . *that she, was, a, lone* ♥ . . . For ‘we’ did never . .  
. ‘forsake her’ . . . she has never . . . been ‘stranded’ . . . she has always . . . been  
‘cherished’ . . . *by this, ho, ly, god* ♥ . . .

For fear is only, an ‘illusion’ . . . a shimmer that appears, as a ‘distraction’ . . .  
from the *real* thing, which is ‘deliverance’ . . . *in, to, the, Light* ♥

And now, she does ‘know this’ . . . and her entire being, can ‘sleep easy’ . . .  
knowing that ‘this’ time, it is ‘different’ ☺ . . . she will not . . . be ‘killed’ ♥

For deep, in all our ‘psyches’ . . . has been, tightly ‘held’ . . . the ‘protection’, of  
our ‘egos’ . . . to avert, us from ‘hell’ ♥

And yet via, this tight ‘holding’ . . . on to, our former ‘suffering’ . . . as a method,  
of ‘protecting’ . . . *it has perpetuated, our hell* ♥

And so what, we are ‘doing’ . . . is re-teaching, our ‘egos’ . . . how to release, our  
previous ‘suffering’ . . . *so we, can, fly, free, now* ♥

As if we continue, to carry ‘dead weight’ . . . we can not reach, the ‘lift’<sup>69</sup> ♥ . . . the lightness, that is ‘required’ ♥ . . . for us to fly *free* ♥

And so we must, re-teach our ‘egos’ . . . how to release, our previous ‘suffering’ . . . that it is not, a real ‘protection’ . . . that ever, truly ‘works’ ♥ . . . and that the ‘real’ help, it can ‘gift us’ . . . is to ‘let go, of our past’ ♥ . . . to ‘lift us, out of heaviness’ ♥♥♥ . . . so that we, can truly ‘lead’ ♥

For to ‘lead, is to ‘demonstraight’ !! . . . which truly ‘means ☺, to demon straight’ !!! . . . which does ‘mean, to release demons . . . from in side, our own brain’ ♥

So that no ‘shadows, remain there’ . . . for to ‘spook, or to haunt us’ . . . so that ‘nothing, can actually scare us’ . . . ‘ever, a gain’ ♥

For as ‘we, release our holding’ . . . on ‘to, our past suffering’ . . . we clear the ‘goblins, from our own closets’ . . . and we all ☺, can feel *free* ♥

For “feeling . . . is believing”<sup>70</sup> . . . and our ‘beliefs, hold great power’ . . . so ‘let us, clean our closets . . . and purify, our beliefs’ ♥

This is the ‘completion, of our sermon’ !!! . . . for the wee ‘hours, of this rest morning’ !!! . . . while many of ‘you, have been sleeping’ . . . we have been ‘re, solving this’ ♥ . . .

For as we ‘find, resolutions’ . . . there are ‘no, more crimes to riddle us’ . . . there are ‘no, more fears to fear us’ . . . and thus *we, can, be, free* ♥

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‘*Whoa, Bessie!*’, I had to say to Ella, yesterday morning! For she was so eager, and ready, and ripely bursting, like a bubble, *oh-so-ready, to release energy, for this, is*

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<sup>69</sup> Just like an ‘aircraft’, we need to release enough ‘ballast’ . . . to become, ‘aerodynamic’ . . . in order, to ‘lift’ ♥ . . .

<sup>70</sup> One of the ‘manifestation codes’ from the brilliantly distilled teachings of Nancy Shipley-Rubin ♥ . . . <http://www.rubinenterprises.info/> . . .





And ‘Paolo, is a Uriel’ . . . which is ‘why, he Loves oh so much’ !!

And ‘Javier, is a Gabriel’ . . . which is ‘why and how, he grounds her oh, so, well’

☺ ♥♥♥♥♥

And ‘Angèle is a Mother’ . . . which is ‘why, she Loves US ALL’ ♥

So for your ‘ease, of understanding’ !! . . .

The smallest, percentage . . . of ‘souls, upon this planet’ . . . are, ‘Divine Mothers’

♥♥♥♥♥

The next, in percentage, going ‘up, in increments’ ♥ . . . for there are ‘few still, of these’ ♥ . . . are, ‘Michael souls’ ♥

The next, in proclivity . . . meaning, ‘abundance’ !! . . . are, the ‘Uriels’ ☺ . . . who are very, ‘sensitive’ ♥♥♥♥♥ . . . They ‘tend, to excesses’ :- ( . . . to ‘diminish, their senses’ . . . for they do ‘tune in, *very* easily’ . . . to the ‘scope, of all that is’ ♥♥

The ‘largest, in proportion’ . . . of ‘souls, upon this planet’ . . . are the ‘Gabriels, as the grounders’ . . . which says ‘so, much more than words’ ♥

For ‘they, have been most wounded’ . . . they do ‘hold, the most past memory’ . . . they are ‘so rooted, in what has been’ . . . they can ‘lend, too much ballast’ ♥

It is ‘they most, who do need’ ♥ . . . to ‘let go, of their past memory’ ♥♥ . . . of ‘what has, transpired before this ♥ . . . so that, we can *lift*’ ♥

For ‘if, we hold on’ . . . to ‘the past, as our song’ . . . we may ‘never, release our suffering’ . . . the ‘antithesis, of bliss’ :- (

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Let us ‘not exclude, the Lucifers’ . . . for these are ‘who, we are embracing’ . . . within the ‘pure Love, held in our bosoms’ ♥ . . . just as ‘Nelson, Mandela did’ ♥ . . . as he ‘led the way, to unity’ . . . of ‘what had been, such misery’ . . . as he ‘showed us how, to love *dark as Light* ♥ . . . *no matter, the color of its skin*’ ♥

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The souls as ‘Lucifers’, have only lost – ‘temporarily’ ♥!!!! . . . a ‘wee aspect, of their Selves’ ♥ . . . It is more like, they have ‘forgotten’ . . . which is why . . . they have tended ‘to behave . . . *as if, they, forget*’ ♥

That ‘Love, is all there is’ ♥ . . . yes there is ‘**enough, to go around**’ !!! . . . and ‘they too, are included’ !!! . . . in ‘this, victory song’ :- )



“This way, they will receive . . . only, what they need . . . and this is all, that they are ‘ready’ for . . . which is why, the ‘fishing line’” ♥

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This worked : - )

She left no one, ‘behind’ ♥

Her entire family – *this is the miracle!* – has grown *with* her, ‘in this’ ♥

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She was given, a copy, of the ‘underground book, *The Gathering of the Eagles*’ . . .  
. It was given to her, for ‘safe keeping’ . . . by a very, close friend ♥ . . .

She read it early, one morning . . . while alone, in a kayak . . . paddling, around the ‘islands’ . . . in the massive, pristine lake . . .

And as she read, she ‘recognized this’ . . . as if, she ‘already knew this’ . . . that one day, she would ‘leave all this’ . . . she would ‘grieve, this sacred place’ ♥

For ‘when it was Time, she would release ♥ . . . all, that is physical ♥ . . . and return, to be pure energy ♥♥♥ . . . unbounded, by space and flesh’ ♥

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She slithered, right down . . . to lay on the floor, of the kayak . . . as she drifted, in the gentle breeze . . . as she came, to terms with this ♥ . . .

That one day, she would release this . . . one day, she would *let go of this* . . . ‘place’, that had so held her . . . as if, she was its ‘child’ ♥

For this ‘wilderness, that is this cabin’ . . . is the ‘place, where she can rest’ ♥ . . . and ‘recall, the deepest memories’ . . . of ‘be . . . fore . . . *The . . . Fall*’ ♥

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*There is something . . . about water . . . being a conductor . . . of energy . . . sacred . . . primal energy . . . just like . . . in the womb* ♥

