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' \mathbf{v} . . . in the recent days, as we were 'scribing' \mathbf{v} . . . and we are always, quite 'insistent' \mathbf{v} . . . that we "ease her pain" \mathbf{v} . . .

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 . . .

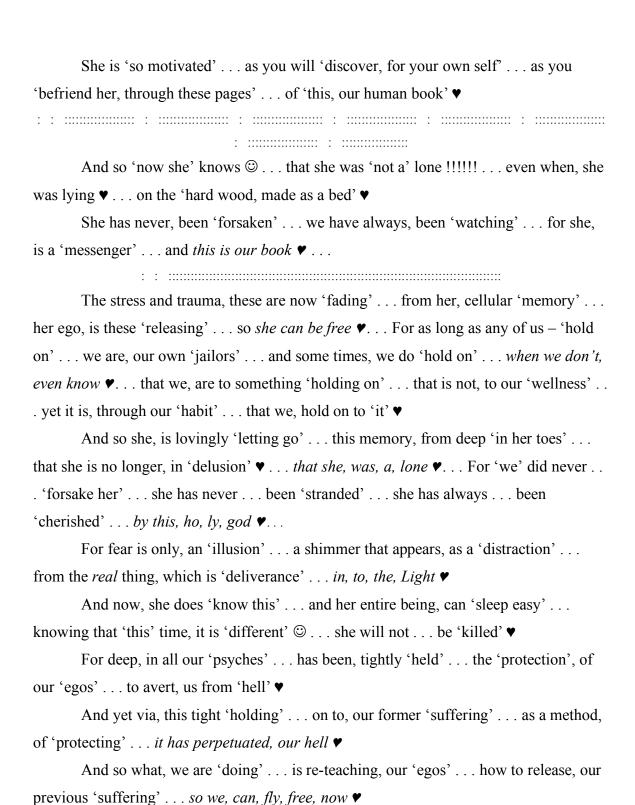
And this . . . it was the 'first time' Ψ . . . that she had ever . . . tapped 'in to this' Ψ . . . the feeling . . . the aloneness . . . that she endured this . . . all alone Ψ . . .

It is 'ab, solutely wonderful' ② !!! . . . 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' ♥

 $^{^{68}}$ One of the seminal lines 'the voice' says in the movie 'Field of Dreams' \odot . . .



As if we continue, to carry 'dead weight' . . . we can not reach, the 'lift' ♥ . . . 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" ... 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 ♥



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

⁶⁹ Just like an 'aircraft', we need to release enough 'ballast' . . . to become, 'aerodynamic' . . . in order, to 'lift' ♥ . . .

⁷⁰ One of the 'manifestation codes' from the brilliantly distilled teachings of Nancy Shipley-Rubin ♥ . . . http://www.rubinenterprises.info/ . . .

what takes place! ♥... When people, do their 'healing', they immediately, release 'energy', huge, amounts of 'energy', because it is freed ♥

It is just like, a 'Jack-in-the-Box', whose spring, has been 'un-coiled' ♥ . . . This, mortal coil, is released, to fly Home ♥

And so Ella, is 'demonstrating', again, 'how this is done' \P . . . For it is *as, we trust our healing* . . . *that we, are set free* \P

.

She was like a racehorse, 'at the gate', yesterday morning, as she was 'waking up', rearing, and no longer 'roaring'! . . . ansy, to 'Let's go' ©

Which is a 'good' sign – though it is a 'soon' sign! . . . that we are getting 'ready set, for the rev' ♥

For as 'we', the human 'people' ② . . . become 'ready', for the 'inflow' !!!!!! . . . the 'Light', will *pierce through the veil* ② . . . and lead, us, all, 'Home' ♥

.

Yet we . . . must be ready Ψ . . . to receive, this incoming !!! birth Ψ . . . of eternity o 'in, to, our, cells' Ψ

"This is all . . . for now", 'the voice' says!



"You're a shining star, no matter who you are – Shining bright to see, who you can truly be", 1 ♥

Ella has asked me, to insert this this morning ©

It is really really important . . . that none of us, judge ourselves . . . as we are reading, this 'tale we tell' . . . in comparison, to 'her proclivities' ♥

 $^{^{71}}$ Lyrics from a gorgeous song by 'Earth Wind and Fire' $\odot \dots$

For she is a 'beacon' . . . demonstrating to us 'beyond reason' . . . how, to 'shine our Lights . . . so the entire world, can *see'*

And to 'do this' . . . she is 'reaching in' . . . to her 'inner world' . . . to 'share with us' . . . the 'many things' . . . she has been 'remembering' . . . of 'what exists . . . beyond sight and sound' ♥

For our five, physical senses . . . are limited, in their frequency ranges . . . and so what we 'think', is 'reality' . . . *is so much less, than 'what is'* ♥

So here is, 'the insertion' . . . of a very relevant piece / peace, of 'information' !!!!!! . . . to aid us, in 'releasing' . . . any 'judgment, of ourselves' . . . For 'she, is a beacon' . . . a 'strong, bright Light beacon' . . . and even 'though, this is not easy for her' . . . it is easier, than for most ♥

Why is this?

Because, she is a 'Michael' *****

What . . . does this mean?

We are each, of a 'lineage' . . . descendents, of 'the Masters' . . . the, 'Archangels . . . from whom, we were first *born'* ♥♥

And thus, we have 'proclivities' . . . that 'match, our lineage !!!!!!!!! . . . just like, our DNA' ♥ . . . does determine, our 'feats and feet' ! ♥ ⊚

And a 'Michael, is *the idea'* ♥... the 'original, idea'... the 'birth, of the boomerang' ♥ © ♥♥♥... which is 'why, she remembers this' ♥♥

A 'Uriel, is a Divine child' . . . which is the 'golden innocence, we all yearn for' © . . . and 'too, what we aspire to' © . . . become, as we 'wake up' ♥

A 'Gabriel, is the Father'!! . . . the 'grounder, yes the tether' . . . who 'sustains this, as he stabilizes' . . . 'to ensure, we do not *fall'* ♥

A 'Mother, is the Union' :=) . . . of 'all, that was once broken' . . . to 'deliver us, from so-called evil' . . . and re - turn - us - all - to - Home

And so 'which, of these lineages' !! . . . you are 'born from, determines ♥♥ . . . which, of these roles' ♥ . . . you 'play, with greatest ease' ♥

And yes 'Ella, is a Michael' . . . which is 'why, she remembers oh so much'!

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'

3 ****

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' ② . . . 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' $\lor \dots$ to 'let go, of their past memory' $\lor \lor \dots$ of 'what has, transpired before this $\lor \dots$ so that, we can *lift'* \lor

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

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' ♥

.

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':-)

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Day Seventeen

For as 'we learn, to love the Lucifers' . . . whether they appear 'outside, or within us' . . . then we 'end, so-called duality' . . . for, all, of, Time •

Herein [©] 'lies the bridge' ♥♥

We must all 'work and play, together':-)... to 'create, this Light Of Day' ♥... to 'release everything, from its former bondage'... and 'allow, this great, UP *lift'* ♥

'More, will be shared'!!! . . . of 'this, rumi-n-us topic'!!!!! . . . and 'yes, this is a play on words'!!!!! . . . for 'Rumi, was is a poet':-) and 'his, sacred poems' . . . are 'maps, for our delivery' . . . for it is us, we are delivering!!! . . . yes we, are, the, birth'

"This is all . . . for now" . . . 'the voice', says ♥ ☺ ♥♥♥



Oh my, this is a lot ©

Let's 'ground this out', now – with a 'story, from Ella's life' ♥



Ella went to the cabin, in the midst, of this, 'acceleration' . . .

Before she left, her flat in Mile End . . . she wondered . . . 'How will I do this? I am opening, up *so fast* . . . What . . . will I say?'

And 'the voice' replied ©

"Share, as if a fishing line . . . Let out, what they ask for . . . Only as much, as they ask for . . . Let, *them lead* \heartsuit . . .

"Let them pace, with their own appetite . . .

"And you will always, feel safe ♥...

"This way, they will receive . . . only, what they need . . . and this is all, that they are 'ready' for . . . which is why, the 'fishing line'"♥ This worked: -) She left no one, 'behind' ♥ Her entire family – this is the miracle ! – has grown with her, 'in this' ♥ 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' ♥ 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' ♥ There is something . . . about water . . . being a conductor . . . of energy . . .



sacred . . . primal energy . . . just like . . . in the womb ♥