

She was lying . . . on the sofa ♥ . . . on her ‘right’ side ☺ . . . when *she saw this* ♥
She was at eye level . . . with a round . . . ‘coffee table’ . . . and ‘on it’ ♥
There was ‘a beetle ♥ . . . *a scarab* ♥ . . . *and it was walking . . . along the edge*’ ♥
To the right . . . slowly . . . then it would turn . . . meticulously . . . and it would
walk . . . slowly . . . to the left . . . and turn around ♥
*All of this . . . walking . . . was along the edge . . . of ‘the table’ ♥ . . . directly . . .
in front of Ella ♥ . . . so she could see this clearly . . . **with her naked eyes** ♥*

.....

.....

After . . . a few moments ♥ . . . she began to *realize . . . this was a teaching ! !!!*
Her guides ♥ . . . they were teaching her ♥ . . . via . . . this scarab beetle ♥♥

.....

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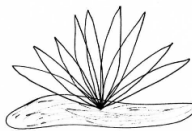
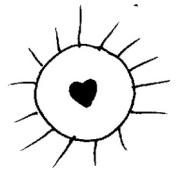
She attuned inwardly . . . to ‘listen’ ♥♥ . . . to ‘what . . . she was being *shown*’ ♥
And ‘the voice’ said ♥
“You are sewing ♥ . . . the seam ♥ . . . *between darkness ♥ . . . and The Light*” ♥

.....

Just like ♥
With a sewing needle ♥
The thread ♥
‘Looping through’ ♥
Connecting ♥
‘The two sides ♥
‘So that ♥
‘They become One’ ♥
☺
There ♥
That was it ! ♥
That was is ! ♥
What she is here for ! ♥

To 'sew the seam' ♥
'The sacred seam' ♥
'Between the darkness' ♥
'And The Light' ♥

That ♥ . . .
Was 'the beginning' ♥ . . .
Of her 'recognizing' ♥ . . .
'The trances' ♥ . . .
The 'primary . . . tao way' ♥ . . .
'That they . . . do guide her' ♥



She didn't realize it until well later . . . in fact . . . she didn't realize it . . . until a few months ago ♥

This is when . . . they were far enough . . . 'into' this . . . *to give her vantage* ♥♥

This was when . . . she was 'ready' ♥ . . . for this . . . to 'know' ♥♥

.....

She is completing . . . the life work . . . of Paramahansa . . . Yogananda ♥ . . . and others . . . in the ancient lineages ♥ . . . 'and we aren't speaking . . . of Rome'!!!

.....

: - (

Though we 'are' ♥ . . . *in a way* ♥ . . . We are 'course correcting . . . this' ♥

.....



So it was only . . . amidst the mayhem . . . of what 'took place . . . last autumn' ♥ . . . that 'the pieces . . . of the jigsaw . . . were sufficiently . . . in place' ♥

For her . . . to know 'this' ♥

.....

The first . . . 'official' trance state ♥ . . . that she . . . was ever 'in' ♥ . . . *for the state . . . she was in . . . to receive the vision . . . when she was nine ♥ . . . was is completely . . . unprecedented ♥ . . . in her experience . . . of 'space and Time' ♥*

.....

The first . . . 'trance' ♥ . . . she was oh so smoothly . . . 'carried in to' ♥ . . . *was while . . . she was in ♥ . . . North Carolina . . . in nineteen eighty two ♥*

.....

She was . . . 'immobile' ♥ . . . for 'nearly . . . ten days' ♥ . . . she could . . . 'barely wake up' ♥ . . . *this trance . . . was 'so deep' ♥*

And 'why . . . is this location ♥ . . . and this . . . duration ♥♥♥ . . . significant . . . enough ♥ . . . *for us . . . to pay attention'?* ♥♥

Because simultaneously . . . unbeknownst to her ♥ . . . *or to virtually (!) . . . anyone ♥ . . . at this 'same' time ♥ . . . 'naught too far away' ♥ . . . at a 'place . . . called Fort Bragg' ♥♥*

By ‘the dark forces’



To *block out* .

The Light .

.
.

.....

.....

This will become ♥ . . . ‘so much more essential’ ♥♥ . . . to your comprehension
♥♥♥ . . . ‘of this story’ ♥♥♥♥♥♥ . . . in the . . . ‘later pages’ ♥♥♥♥♥♥ . . . of . . . ‘this book’
♥♥

For ‘now . . . is naught the time – yet’ ♥ . . . to ‘disclose . . . this scope’ ♥♥ . . .
though we have ‘received . . . *a green light*’ ♥ . . . to tell ♥ . . . ‘this whole *story*’ ♥♥

Which is a coup ♥

Beyond ♥

‘Any measure ♥

‘You might imagine’ ♥♥

And ‘soon ♥

‘You will *be in the know*’ ♥♥♥

‘Of all . . .

‘We are alluding to’ ♥♥

For ‘Ella . . . once read ♥ . . . a book . . . by an author’ ♥♥♥ . . . whose ‘words . . .
did affect ♥ . . . a constellating ♥☺ . . . within her’ ♥♥♥

Of ‘so much . . . she had *known . . . before* ♥ . . . *that she didn’t . . . comprehend . . .*
. before . . . that suddenly . . . all made sense’ ♥

☺

And this ♥

Is what ♥♥

‘This book ♥♥♥

‘That her brain . . . was naught computing ♥♥♥

‘Simple things ♥

‘Like how to tie ♥

‘Her own ♥

‘Shoe laces’ ♥♥

And ‘she was never !!! . . . at all frightened’ ☺ . . . by ‘this unusual . . .
circumstance’ ♥♥ . . . for there was *always . . . a deep peace . . . in . . . her ♥ . . .*
whenever she . . . was . . . in . . . trance ♥♥

: : :::::::::::::::::::::::

So ‘noticing . . . that her motor skills were *slow ♥ . . . and sometimes . . . they*
were completely off’ ♥♥

Like the time . . .

She was being lowered ♥♥

From a ‘lift . . . and her ankle ♥♥ . . . did naught compute . . . how near she was . . .
. to the floor . . . as her partner . . . he was lowering her’ ♥♥

And she ‘buckled’ . . . beneath herself ♥

And ‘she’ ?

Sprained her ‘ankle’ ♥♥

Or the ‘time . . . *when her spine broke ♥ . . . she was in ♥ . . . a trance then ♥ . . .*
so that she ♥ . . . could recognize ♥ . . . that this was a blessing . . . what was happening’
♥♥ . . .

While everyone . . . ‘around’ her ♥

Thought . . .

‘This was a tragedy’ ♥♥♥

‘She’ knew ☺

What ‘they didn’t . . . yet’ ♥

Which was is that ‘Spirit . . . was playing through . . . her’ ♥

: : :::::: : :::::::::::::::

Other . . . ‘signals’ ♥

That 'a trance . . . it was happening' ♥
For it is 'naught' like ☺
A 'seizure' . . .
Yet it 'is' like . . .
'Amnesia' !
For the entire . . . 'duration' ♥
While the trance . . . is transpiring !!
And then 'sum' ☺ times !!
As the trance . . . it is completing !!!
She is 'given . . . a faint yet clear inkling' ☺ ♥♥♥
Of what . . . just took place ♥
For 'during . . . the trances' ♥
She is being 'used . . . as an instrument' ♥♥
For 'shifting . . .
'The planetary ♥ . . .
'Energy . . .
'Into The Light' ♥♥

: : ::::::::::::::

Essentially . . .
'Energy . . .
'From the cosmos ♥♥♥
'Is stepping down ♥
'Through her' ♥♥
To 'reach . . .
'Towards humanity' ♥♥♥♥
And 'touch' . . . it ☺
With The Light ♥♥♥

: : :::::: : ::::

For 'she is ♥ !!

‘A pebble !!!!!
‘At the base ☺
‘Of a pond’ ♥♥
And ‘the trance !
‘Cuts through the film ♥
‘It burns through it ♥
‘With its Pure Light’¹⁰⁷ ♥
It ‘penetrates ♥
‘Through the darkness’ ♥
It ‘reaches . . .
‘Through to her’ ♥
And ‘as it does this ☺
‘It touches !!!!!
‘Humanity ♥
‘Energetically’ ♥♥

.....

For ‘we are ♥
‘The macro ♥♥
‘And she is ☺
‘A micro !!
‘And *if The Light ♥*
‘Can touch her ♥
‘It touches ♥♥
‘All of us’ ♥♥

.....

¹⁰⁷ Ella was just ‘told’ this ♥♥ . . . as she and I are ‘polishing’ this ♥♥ . . . scribe . . . for ‘today’ ♥♥♥ . . . That *the trances . . . are how . . . Divinity . . . has successfully . . . circumvented . . . ‘the veil . . . that was placed . . . by the former Greys’ ♥♥♥ . . .* Wow . . . No wonder . . . they have been . . . so ‘frequent’ . . . and ‘so intense’ . . . over . . . ‘all these years’ ♥♥♥♥♥♥♥♥ . . . They have purified . . . and burned through ♥♥ . . . *what was . . . delusion ♥♥♥♥ . . . so that she . . . can see clearly ♥♥♥ . . . and show us . . . ‘the way’ ♥♥♥♥♥♥♥♥♥♥♥♥ . . .*

We may float around . . . incessantly ♥♥

Stranded

Away from 'Home' ♥♥

: : ::::::::::::::::::::::::::::::::::::::

'Do you . . . grasp *the sheer scope . . . of . . . this?*' ♥♥

Please . . . ♥

'Take a deep breath' . . .

♥

♥

♥

♥

♥

'♥♥♥♥♥♥'

: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : ::::::::::

: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : :::::::::: : ::::::::::

This is naught actually ♥ . . . 'a story' !!

This 'is . . . real life' ♥♥

This is 'the story' ♥♥

'Of how *humanity*' ♥♥

'It ☺

'Ascends' ♥♥

From its 'familiar . . . state of suffering' . . . of 'duality . . . and too of pain' . . .

into . . . what it remembers ♥♥ . . . in every cell . . . of its sacred brain' ♥♥

For 'all' of us ♥

'Remember' ♥♥

In our 'hard wiring . . . in our cells' ♥♥

That 'we . . . are *all meant . . . to fly Home again . . . by and by*' ♥♥

: : ::::::::::::::::::::::::::::::::::::::

No 'matter . . . how you may have been ♥ . . . conditioned . . . to forget' ♥ :- (

This 'is ♥ . . . our sacred truth' ♥♥

It is 'naught . . . of life and death' ♥♥

It is 'written . . . *in the sacred codes*' ♥♥
That we 'all . . . *are from the stars*' ♥♥
And 'one day . . . *we will return, again*' ♥♥
To 'where . . . we all come from' ♥♥

: : : :

'That time . . . is naught ♥ . . . in . . . *the offering* ♥♥♥

'That time . . . our dear friends ♥♥♥

“*It is Now* ♥

“*It . . . Is . . . Now*”

♥♥

: : :

: : : :

: : :

.....



She was gradually . . . able to recognize . . . as the trances endured 'sporadically (!) . . .
over many years' ♥♥

That 'as . . . a trance was happening' ♥ . . .

By the way, friends ♥♥♥ . . .

She had 'zero . . . control' ♥♥

For 'she' could naught . . . *at all* ♥

Affect . . . how deep . . . or if at all ♥

For the trance . . . 'it was in charge' ♥♥

And 'she . . . was within it' ♥♥

: : :

She discovered . . . 'early on' ♥♥ . . . that 'if she . . . *did naught resist . . . at . . .*
all' ♥♥

Then 'the trance . . . was naught . . . *painful*' ♥♥

For if she 'did' . . . resist . . . it :- (

It was a ‘pain . . . she could barely . . . equate . . . to any other’ . . . for it was a *pain . . . of pushing herself . . . in ways counter . . . to Divinity* ♥

And so she learned . . . ‘rather swiftly’ ! ☺ . . . to ‘surrender . . . as soon as she realized’ ♥♥ . . . that ‘she . . . was in a trance’ again . . . *no matter how ‘inconvenient . . . it might seem*’ ♥♥♥

.....

For when . . . she received ☺ . . . a ‘scant . . . description’ ☺!! ♥♥♥ . . . as ‘the trance . . . it was lifting’ ♥♥♥ . . . like a ‘fog . . . in the dawn’ ♥♥♥ . . .

Revelations of ‘what . . . had taken place’ ♥♥ . . . would ‘sometimes . . . be gifted to her’ ♥♥ . . . of ‘what . . . had been taking place . . . *inside . . . the trance*’ ♥ . . . ♥♥ . . .

She *immediately . . . recognized . . . the scope . . . and the profundity . . . of what . . . was transpiring **through her*** ♥ . . . *as if **she . . . was is its instrument*** ♥♥

: : : : : : : : : : : : : : : :

.....

And so . . . she felt ‘so privileged’ ♥♥♥

To be ‘somehow . . . able’ ! ? ☺ ♥♥♥

To be . . . an ‘instrument’ ♥♥

For ‘the trance ♥ . . . *to work through her*’ ♥♥

And so she . . . ‘cooperated’ ♥♥♥

With ‘every . . . trance that wafted . . . in’ ♥♥♥

For ‘this was is . . . *the most . . . vital work . . . that she can do*’ ♥♥

: : : : : : : : : : : : : :

There is something . . . about her . . . that has a pre . . . disposition . . . a proclivity . . .

that makes it easier . . . for her . . . to be in trances ♥♥

: : : : : : : : : :

And she ‘honors’ this . . . ‘honor’ ♥♥

With ‘all of . . . her heart’ ♥♥♥

For ‘she . . . is an innocent’ ♥♥♥

‘Awakening into . . . *the . . . Light*’ ♥♥

: : : : : : : : : :

Water Lillies

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Published real-time whilst scribing ☺

Day Thirty



“You will walk . . . as a naked soul” ♥♥♥

‘The voice’ said this ☺

Several years ago ♥♥♥

And she *immediately . . . instantly . . . recognized . . . what this meant* ♥♥

That sometime . . . ‘on this planet’ ♥♥♥

She will help . . . ‘to establish’ ♥♥♥

A ‘state . . . where there is an absence . . .

‘Of any . . . sense of danger’ ♥♥♥

So that ‘she . . . and those around her’ ♥♥♥

Begin to ‘thrive . . . they do naught flounder’ ♥♥

For they ‘walk . . . fully *transparent*’ ♥♥

Even ‘though . . . *they still wear clothes*’ ☺ ♥♥

For it is ‘when . . . there is no danger’ ♥♥♥

That a ‘soul . . . can walk *as naked*’ ♥♥♥

For *it needs . . . zero protection* ♥♥♥

When *there . . . is zero fear*

: :

.....
.....

.....

Ella could ‘see herself’ ♥

As she ‘heard these words’ ♥

Walking . . .

Upon this planet . . .

Completely . . .

‘Open’ . . .

Radiating . . .

White Light ♥♥♥

As *she was is* . . .

Transparent ♥♥♥

Just like ☺ . . .

‘A see through fish’ ♥♥♥

She is in a process . . .

‘Of demonstrating . . .

‘Complete trust . . . ☺

‘In Divinity’ ♥♥

Which is . . .

The state of bliss ☺ ♥♥♥

For ‘there is . . .

‘Zero danger’ ♥♥♥

: :
.....
.....

When ‘the voice’ . . . first spoke this ‘to’ her ♥

She had a ‘sense . . . this was in the future’ ♥

In ‘some . . . future lifetime’ ♥

Yet ‘naught . . . quite yet’ ♥

Then ‘about . . . eight years ago’ ♥

She was ‘given . . . a refreshed sense’ ☺

That ‘this will be . . . a reality’ ♥

‘In . . . this lifetime’ ♥♥

And ‘then . . . in twenty twelve’ ♥♥

She was ‘given . . . the real time news’ ☺

That ‘the planet . . . and the cosmos . . . *all are ready* ♥ . . . *and it is Now*’ ♥♥

: :

Take ☺

A deep breath . . . my friends ♥♥

For 'you . . . are of this too' !!

For "anything i can do . . . you can do . . . *better*" ☺ !!!

Do you 'know . . . these lyrics' ? !!!!

They are from the 'musical . . . *Paper Moon*' ☺

: :

And yes you!

Are an actor!

Upon!

This global stage! ♥♥♥

And this!

Is the play!!

We have all!

Come here to play ☺

So dust off!

Your dancing shoes!!

And warm up!

Your singing voice!!

As we are here ☺

For a Celebration! ♥♥

'For we are All ♥

'Going ♥

'Home' ♥♥♥♥♥♥♥♥

: :

'There is still ♥

'So much work . . . to do' ♥

To 'prepare . . . all of the energy' ♥

To 'be ready . . . *for the lift*' ♥

Of ☺ . . . *the sacred Dove* ♥

And 'we' shall be 'reminding' you ♥ *all that . . . you need to Know* ♥

To 'be . . . Divinity' ♥

Here in . . . the 'human form' ♥♥

: :

Please ☺ . . . 'relax your minds' ♥♥

For 'you can naught . . . figure this out'! ♥♥

You 'will remember this . . . you will recognize . . . it . . . all' ♥♥

As . . . it is transpiring ♥♥

For 'we all . . . remembered . . . this most sacred . . . of *scripts*' ♥♥

Before . . . 'we each came in ♥ . . . via our birth . . . in this lifetime' ♥♥

And 'now . . . the stage *is set*'! ♥♥

For the great 'play . . . *to begin!*' ♥☺

The 'play . . . *we have all been waiting for*' ♥♥

The play . . . of our 'release' ♥♥

Going Home ☺

Going Home :☺))))))

Going 'Hohm . . . To The Ohm . . . Om' ♥♥

For 'Home *is . . . where the Heart is*' ♥♥

And our *Hearts . . . are all with Hohm* ♥♥

: :

'The Heart ♥

'Is literally ♥♥

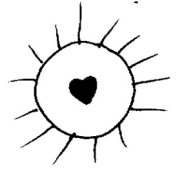
'A homing . . . device'! ♥♥

So 'let *your Heart lead you*' ☺♥♥

And it *will . . .*

Lead you Hohm





A common distinction . . . of almost all of the ‘trances’was that she had zero ‘energy’ . . . available here in the ‘physical’ ♥♥♥

: :

She became able . . . to ‘recognize this’ . . . in the early years . . . ‘of the trances’ . . . as they would ‘intermittently . . . waft in’ ♥ . . . with ‘zero . . . advance warning’ ♥

She never – *until very recently* ♥ . . . was ever ‘given . . . prior notice’ ♥ . . . that ‘she would be . . . entering a trance state’ ♥ . . . it just . . . ‘came upon her’ ♥♥

: :

And there was absolutely . . . nothing . . . that ‘she’ could do . . . to ‘stop’ it ♥

Nothing . . . to ‘alter’ it ♥

She could only . . . surrender into it ♥

And as soon as . . . she ‘did this’ ♥

She felt so much more . . . ‘at ease’ ♥

For she was ‘aligned’ then ☺

With Divinity ♥♥

She was . . . ‘en route Hohm’ ♥♥♥♥

: :
.....
.....
.....

In more recent years . . . she has been able . . . to ‘distinguish’ ♥♥ . . . what ‘kind of’ trance . . . it is . . . she is . . . ‘experiencing’ ♥♥

For the ‘early’ ones . . . *for years* . . . were physical . . . ‘and mental’ . . . which means that *her energy . . . acquiesced itself . . . completely . . . from the physical* ♥♥ . . . *so that she . . . was available . . . while still . . . ‘in a body’* ♥♥♥ . . . *to be . . . almost exclusively . . . working energetically . . . ‘in etheric form’* ♥♥

She could ‘recognize . . . what was happening’ . . . as the ‘trances became . . . more familiar’ ♥♥♥

It was ‘as if . . . her entire energy . . . gave itself up . . . to Divinity’ ♥♥

And ‘she . . . in the physical’ . . . would be ‘very minimally . . . alive’ ♥♥

While ‘she . . . *in the etheric . . . would be coming fully . . . to life*’ ♥♥

: : : : : : : : :

And as her ‘ease . . . in being in trance states’ . . . has become ‘oh . . . so familiar’ . . . over the ‘years . . . she has begun to co-create’ . . . the ‘degree . . . of the trance state’ ♥

In the ‘sense . . . that the non physicals’ . . . now do ‘sometimes . . . let her know’ ♥ . . . how ‘long . . . she will be in a trance’ . . . for how many ‘days . . . weeks months or years’ ♥

For she . . . was ‘in trance’ ♥♥ . . . *for the entire decade . . . of the nineties* ♥♥♥ . . . from the time . . . she ‘entered cloister’ ♥♥♥ . . . until . . . ‘the first rest’ ♥♥

For ‘the trances . . . do last . . . for as long as . . . they are needed’ ♥♥

And sum times ☺ . . . this is ‘hours’ ♥♥

And sum times ! . . . this has been years ♥♥

: : : : :

“Sewing . . . the seam . . . between darkness . . . *and The Light*” ♥♥♥

: :

.....



In one of ‘the early trances’ . . . she was visiting ‘Helga and Bjorn’ . . . and while they were ‘out of the house’ . . . she was lying ‘on her bed’ ♥

The doorbell rang . . . *oh so far . . . away . . .*

She could ‘hear’ . . . it . . . *oh so far . . . away . . .*

And as she ‘recognized . . . *what it was . . .*

‘She attempted . . . to raise her body’ . . .

It was heavy . . . ‘as lead’ ♥

It was heavier . . . ‘than lead’ ♥

There was no thing . . . ‘she’ could do ♥

‘To raise her body . . . as if from the dead’ ♥

: :

It weighed . . . ‘like a ton’ ♥

Heavier than . . . ‘if it was dead’ ♥

She was *naught . . . to move her body* ♥

It was clear . . .

She was to ‘remain here ♥

‘In trance ♥

‘In bed’ ♥

: : ::

::

::

And she was . . . ‘never afraid’ ♥♥

For ‘inherent . . . in the trance ♥ . . . was a peaceful . . . other worldly energy ♥ . . .
that soothed her . . . so completely ♥ . . . *there was Divine Love . . . in her mi(d)st!* !!!!

: : ::

She befriended . . . ‘the trances’ ♥♥♥♥ . . . at ‘quite . . . an early stage’ ♥♥♥♥ . . .

She surrendered . . . in ‘to’ . . . them ♥♥

They became . . . her Divine ‘friends’ ♥♥♥

The ‘only’ thing . . . that was quite ‘tricky’ !!!!

Was *how . . . she was integrated . . . to ‘be able . . . to function’* ☺ ♥♥♥♥ . . .
within . . . this society ♥♥

‘In this . . . *she too did trust*’ ♥♥

::::::::::::::::::::::::::::

For ‘the design of this ♥ . . . *is higher up ♥ . . . than any of us ♥ . . . can see or
touch ♥ . . . and so we must ♥ . . . in the Divine . . . trust ♥ . . . to lead all of us ♥ . . .
Hohm’* ♥♥

: : ::

‘Do you . . . ?

‘Remember . . . ?

‘What *Hohm* . . . ☺

‘*Actually Is* . . . ?

Without . . .

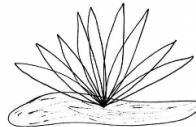
Shields of ‘dogma’ . . .

Without . . .

Films of ‘ideas’ . . .

For 'ideas . . . can aid our trusting' ♥
 Though too 'ideas . . . can limit us' :- (
 So 'the more . . . you can relax . . . my . . . friends ♥
 'And simply breathe . . . *you will lift up*' !!
 For 'the breath !!
 'Is the kiss of God ♥
 'Inside of you . . .
 'Day in, night out' ♥♥
 It is . . . always 'with' you ♥♥♥♥
 'If you . . . will let it in' ♥♥

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It was several, years later . . . *it felt like decades, had flown by by then* ♥
 When she encountered, a man . . . who 'became, her close friend' ♥
 She was leading, in London England ☺ . . . a 'series of courses, in which to teach'

♥

To 'share, *all she oh so naturally did . . . so that others, could so too*' ♥♥
 'Psychic . . . Awareness' ♥♥

What else . . . was she to 'name this' ? ♥♥

'The voice' spoke to her ☺ !!!!

It directed her . . . to 'teach this' ♥♥

She was to . . . 'notice . . . *how she did things . . . how . . . she tuned in*' ♥♥ . . . so
 that 'she . . . could guide others . . . how to tune it . . . as well' ♥♥

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It was 'after, the others, were leaving, one evening, that Bartholomew, asked her,
a question', he said ♥

That he, was experiencing, a challenge, ‘orienting himself’ ♥

And *immediately, she realized, that he, was describing trance!* ♥♥

In that instant, she recognized, that ‘a part, of her gift, is to assist others, to recognize, when, they are in trance’ ♥

She asked him, some questions, to help him, to ‘self identify’ ♥, to recognize ‘signals, within himself, of what, was happening’ ♥

He had had :- (. . . ‘zero reference, points, before this ♥, to constructively, identify, what, *this is*’ ♥

And ‘now’ he knew ☺, ‘**he was naught sick**’ ♥ . . . there was, nothing ‘wrong’ . . . with . . . him ☺ ♥

To the contrary, she assured him! ♥ . . . there was is something . . . very ‘right’ ♥

He relaxed ☺

He *accepted* ♥♥

The ‘natural state, that he was in’ ♥♥

She assisted him, in ‘knowing, how, to let these in’ ♥♥

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Another ‘light, went on inside of her, as she realized, what this meant’ ♥, that she would be ‘teaching others ♥ . . . how to recognize . . . *when . . . they are in trance*’ ♥♥♥

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It was a few years, following cloister, when she was ‘in trance, in a sacred group’ ♥, of people, she was ‘leading’ ♥, in, a ‘kind of dance’ ☺

And one of these, ‘people’, did know, of ‘hypnotic states’ ♥, and she could see, *Ella’s eyelids flickering ♥, which is a signal, of trance* ♥

And so ‘later’, when they were ‘in a quiet space’, she told ‘Ella, how to discern’ ♥, while she was ‘in a trance, *if she was in a trance!*’ ♥, she could ‘feel her own eyelids, and she could tell’ ♥

This, became a ‘godsend!!’, for many, many years’ ♥♥

As Ella, was most commonly, ‘alone, when she was in trance’ ♥♥

And so ‘as soon as, she suspected, that she, was in a trance’ ♥♥♥, she would
‘notice, *if her closed eyelids were fluttering ♥, and if they were, she knew she was in
trance*’ ♥♥

And ‘as soon as, she discerned this, she did two things, immediately’ ♥♥♥

She ‘became, ultra gentle, towards herself, *to make space*’ ♥♥♥

And she ‘let go, of everything, that was naught, absolutely vital, in her schedule,
so that she, would naught *feel pain, at overriding, this*’ ♥♥... ♥...

For she had learned, ‘so aptly’ ☺, that if ‘she, allows the trance, in’ ♥ . . . then
‘she, is naught in suffering’ ♥♥ . . . the ‘trance . . . can work through her’ ♥♥

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Last summer, her guides supported her, to ‘gently, look back’ ♥, and ‘notice, *how
many years it’s been, since she first, began to trance*’ ♥

It had already . . . been *thirty one!!!*

Years . . . since ‘the first one’ !!

That swept in . . . like a silent snowfall . . .

In . . . ‘her consciousness’ ♥♥

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