She knew . . . just as soon . . . as they introduced . . . Paolo to her ♥ . . . that this . . . would be 'tricky' . . . 'oh shit'! . . . to have one . . . of her 'guides' . . . a 'man . . . in the flesh' ♥

For if 'all . . . of her guides' . . . were 'dis . . . incarnate then'  $\P$  . . . it would be 'merely! . . . a matter' . . . of 'her in flesh . . . and them'  $\P$ 

Yet 'this' way . . . she knew . . . she could 'just feel it' ♥

This . . . would could get 'tricky' ♥♥

. . ..... . ..... . ......

Her split second response, as Paolo was 'remembered to her' – for this, is how she described, this entire experience, of 'cloister' ♥ – as being assisted, to remember, as in 'being, remembered'! ©

She said, in the 'silence', which was all, that was 'needed' ♥ . . . for her 'guides, didn't need words, spoken audibly by her, for them to hear' ♥

"Who? . . . Me?"

For a 'flash', she scanned her 'vantage' ♥ . . . her 'little, ego's vantage' ♥ . . . and she 'measured, *Paolo's enormity, against her own, invisibility'* ♥

Within less, than thirty seconds – I kid you naught 'less, than thirty seconds'!... Ella's guides, had 'soothed' her, mind  $\Psi$ ... they had 'calmed... her nerves'  $\Psi$ 

They gave her . . . a 'sense'  $\vee$  . . . of the 'scope, of who she is'  $\vee$  . . . it is 'just, that he was born, first'  $\vee$  . . . that 'he, is so well known'  $\vee$ 

For she had barely . . . 'developed' ♥ . . . any, of the 'skills' ♥ . . . that would, become 'evident' ♥ . . . as her, 'mastery' ♥

With barely, an 'explanation' . . . just merely, 'with energy'  $\P$  . . . her guides, 'assisted' her . . . to 'comprehend, this'  $\P$ 

She relaxed ©

He was is Paolo ©

She was is Ella ©

They are twin flames ♥

And this is it ♥♥

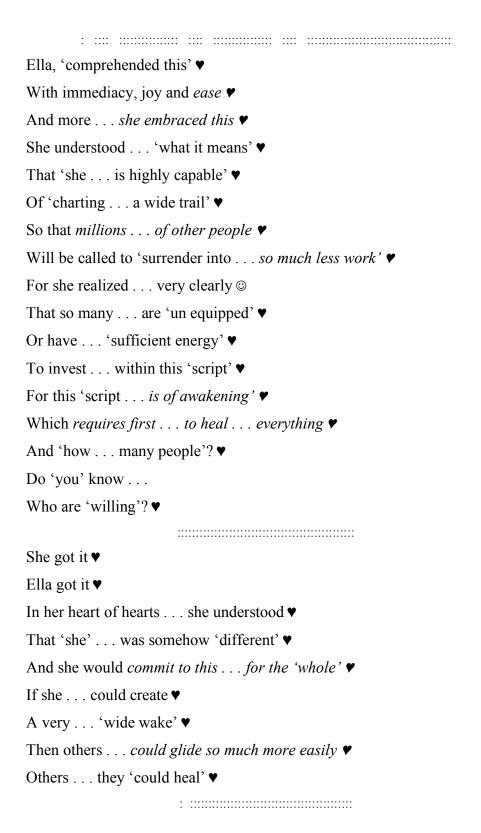
They 'vacuumed that argument <i>out</i> ' ♥
And the 'subject' never ever ♥ again 'arose' ♥
Once she was less 'feisty'!! in 'resistance, to his mightiness' in
relation, to her 'innocence' ⊚ they began, to give her 'this' ♥
Most souls as they are 'split' ♥ at the 'gate where they came in' ♥
which 'is at the portal of the centre star in Orion's Belt' $\P$ 'whose name $@$ .
it is An' ♥
They are 'split' in a 'ratio' of 'attributes, and the like' ♥ that is 'naught
50 / 50' !!! and yet Ella, and Paolo are ♥
She barely even 'knew' him $\P$ in this incarnate, physical 'life' time and
yet she could <i>feel</i> this ♥ that this it was is 'true' ♥
Most, 'twin flames' are 'complements, to each other' few, are 'mirrors'
. almost as if, 'identical' ♥
Their thumbs are 'identical'!
Their haircuts when she was a 'wee' girl are identical to when he was
a 'younger' man !!!!!!!!!
Who knows? What other attributes? Inner and outer? They identically share?♥
Oh yes : - )
They both have 'a spot' ♥ in their left 'shoulder blade' ♥ that is
'very tight' ♥
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We could 'say more' ♥
<b>*****</b>
But she didn't 'know this' – yet ♥
This would be revealed 'later' ♥♥
They began to give her as she was ready ♥ the 'sense the awareness' ♥
that 'he and she are a diad' $\mathbf{v}$ that they 'have been within a triad' $\mathbf{v}$ that
was within a 'quadrinity' ♥
And that 'the two of them are like the sun and moon $\P$ the earth the sky $\P$ .
the pair that unites all of creation $ullet$ that ever has been split $ullet$ and
this is enormous' ♥
Which is where, the guides 'stopped'. ♥
For Ella, was beginning, to feel a wee, tad 'ansy'!!!! that the 'scope' of her
'relationship' with 'Paolo was is significant' ♥♥♥
And she was still 'so young' ♥ in this 'her awakening' ♥ and so the
guides they 'took baby' steps ♥♥♥♥ from 'here on in' ♥
'Baby steps'!! This is all relative!!! @ Thank you to Einstein, for
'relativity' ♥
For relative, to 'most' humans these steps were 'very big' ♥
This is when ♥
She needed to face ♥
That she is somehow 'different' ♥
She realized <i>fully consciously</i> in these moments ♥
That ever since she was a 'young girl' ♥

	She consciously 'believed' that ♥
	We all ♥
	Are 'equal' ♥
	And she still believes this ♥
	And yet 'in these first moments of this sacred cloister' ♥
	She had no other 'choice' ♥
	But to 'admit she is different' ♥
	She was aided then to 'realize' ♥
	That 'these facts are both true' ♥
	That it is a matter, of sequencing ♥
	This, is what it 'is' ♥
	That 'some of us for various reasons are among the leaders' ♥
	Some of us have been here on Earth 'fewer times' ♥
	And so we carry 'less baggage than the rest' ♥
	Which makes it easier 'relatively speaking' !!
	For us to 'lead' ♥
	Plus too some of us have come ♥
	From 'very far out' ♥
	To 'lead in the awakening ♥ of humanity at this time' ♥
	So 'we are less scathed' ♥ from 'previous lifetimes' ♥
	And thus we 'carry <i>more hope</i> ' ♥
	We carry less 'fear' ♥♥
: ::::	
	It was then that the guides 'explained to' her the 'energetic concept of

It was then . . . that the guides 'explained to' her . . . the 'energetic concept . . . of the  $wake' \ \ \, \ \ \,$ 

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They 'showed' her . . . through a 'vision' ♥ . . . a small 'boat . . . gliding through
water'♥
        And then they 'showed' her . . . this same pattern ♥ . . . when a bird swims . . . in
a lake ♥
        This 'pattern' ♥ . . . it is a wake ♥
        It is the 'pathway . . . that is created . . . directly behind something . . . that is
moving . . . through air . . . or through water . . . or even energetically . . . across land' ♥
        In this 'wake ♥ . . . there is peace and calm' ♥
        There is . . . much less 'effort' ♥
        There is . . . much more trust ♥
        There is . . . tremendous 'sanctity' ♥
        For the path . . . is clearly shown ♥
        The 'energetics . . . of a wake' ♥
        Are that 'people . . . can so much more easily' ♥
        Follow . . . 'a leader' ♥
        Who has . . . 'paved a way' ♥
        The guides then immediately . . . showed her ♥ . . . 'another . . . variation' ♥ . . . of
'this . . . same theme' ♥
        They called it . . . 'a cross . . . country skier ♥ . . . creating . . . a trail' ♥
        When a skier . . . skies cross country ⊚ . . . the 'first . . . to chart the trail' ♥ . . .
slogs . . . through the 'heavy snow' ♥ . . . lifting weight . . . atop their skis ♥
        The 'next' . . . skier ② . . . to 'ski . . . along this trail' ♥ . . . still may naught . . .
'glide' ♥ . . . and yet it is SO!! . . . much easier ♥
        The 'eighth' . . . or ninth or 'tenth' ♥ . . . skier . . . to 'ski along' ♥ . . . often . . .
doesn't even realize . . . that someone . . . has built this trail ♥
        As 'they' . . . are enjoying! ♥♥
        Their 'ski . . . along this trail' ♥
        Their 'effort' . . . it is 'minimal' . . .
        They 'ski . . . with ease and grace' ♥
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                                                                                               309
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When Ella . . . 'committed' ♥
       Her body . . . heart and soul ♥
       To 'the awakening . . . of The Whole' ♥
       She was . . . 'all in' ♥
                                 . ....
       If 'she . . . could be a quotient' ♥
       With 'relative ease!... on behalf of others' ♥♥
       Then 'she . . . was completely willing' @
       To commit ♥
       Herself to 'this' ♥
       You may naught . . . 'understand' ♥ . . . the 'sheer scope of this . . . yet' ♥
       For Ella . . . has given 'her life' . . . to . . . this ♥
       For us . . . to 'wake up' ♥
                                 Ah yes ☺
       She is naught . . . 'a martyr' . . . no ☺
       'Yes she is . . . a courageous gal' ♥♥
                           . ....
       This is 'when' . . . they 'explained to her' . . . the 'meaning . . . of the cross' ♥
       "The horizontal . . . healing ♥ . . . precedes . . . the vertical healing" ♥♥
                      .....
       It is 'as . . . we explore \heartsuit . . . the territory . . . of our past' \heartsuit . . . and 'we become . .
. familiar' ♥ . . . with how . . . healing works ♥
       That our 'ego . . . relaxes' ♥ . . . and it 'allows . . . the greater healing' ♥ . . .
       Which 'is . . . our healing ♥ . . . with . . . The Divine' ♥
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That ... was 'the moment' ♥

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For 'this . . . is the healing' ♥♥♥
Which is 'sorely . . . extremely lacking': - (
For 'so many of us . . . for so many years' . . .
Have 'believed . . . God is invincible' ♥
And 'God . . . is naught the culprit' ♥♥
'Nor is . . . any body' 🖤
There 'was a Fall' ♥
There 'was a slip' ♥
And it is ♥
No one's 'fault' ♥
                                   ::
'This ♥
'Is the most ♥
'Important message V
'For us to share ♥
'That there is no one v
'To blame ♥
'And that we are all
'Responsible ♥
Yes 'everyone ♥
'Is fully capable ♥
'To heal \(\nabla\)
'The tear together ♥
'This 🛡
'Is the most ♥
'Important message ♥
'In this book' ♥
        . ... .......
```



```
She was cool with this ©
        And yet . . . when it came . . . to 'the personal' ♥
        She needed . . . to set some 'boundaries' ♥
        The first was . . . in her own mind!
       That . . . 'I am fine . . . with Paolo . . . being an enormous . . . human being ♥ . . .
in the scope . . . and the brilliance ♥ . . . of the Light . . . that he bears' ♥
        And yet 'I . . . this wee one Ella ♥ . . . I need to think of myself . . . as so much
less'♥
       To be 'able . . to endure this . . . whatever this is! . . . this sacred test' ♥
       And so 'he could' be ©
       In 'her' mind!!!
       A 'huge' scope . . .
       Of 'beacon Light' ♥
       And yet 'she' would be . . .
       In her 'sense of' self♥
       A speck
       Compared to 'him' ♥
       The 'guides' . . .
       Did naught 'balk at' this . . .
       For 'they' knew . . .
        The truth ♥
        And they knew 'too' . . .
       The enormity . . .
       Of the 'role' ♥
        She was 'waking'
```

```
To
                                  . ....
                                        And so . . . they were 'gentle' ♥
       They were always . . . so very gentle ♥
       So respectful . . . 'of Ella' ♥
       For she was the one of them . . . who was . . . in . . . the . . . flesh ♥
       All, of the 'others' . . .
       Were 'non physical . . . guides' ♥
       And 'they . . . have no bodies ♥
       'To be bludgeoned . . . with attack' ♥
       For 'the greatest . . . hurdle' ♥
       For 'any human . . . awakening' ♥
       While 'in . . . physical form' ♥
       Is their 'own . . . ego's fear' ♥
       That is 'based in . . . past times' ♥
       When they have 'borne witness . . . or they have themselves' ♥
       Been 'present . . .
       'When the Light' ♥...
       Was 'persecuted . . .
       'By the so-called dark'
                 It is – in many ways \nabla – 'so much easier, for non physical souls' \nabla . . . to 'assist, in
the great awakening' ♥ . . . for they . . . are beyond form ♥
       And so 'Ella ♥ . . . was is respected ♥♥♥ . . . enormously . . . by them' ♥ . . . as they
recognize . . . very clearly ♥♥ . . . the 'weight . . . she does bear' ♥♥
                                  . ....
       And they always . . . are endeavoring . . . by multiple . . . 'means' ♥ . . . to 'lighten
... this load' ♥... to make it 'easier ... for her' ♥
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And yet 'her' role . . . is 'so' whole . . . in its 'scope . . . of deliverance' ♥♥ So much more . . . 'could be' said ♥ And we shall leave it . . . for now 'at' this ♥ 'The Rules'! ©!! Ella established . . . 'some rules' ♥♥ 'At the outset . . . of this cloister' **\*\*** As she . . . 'was beginning' . . . To gain, a 'faint sense . . . of its scope' ♥ She set three . . . in particular © 'Zero, imagination' ♥♥ 'No brooms, flying' ♥♥ And 'zero, touch of him' ♥ 'Even in, imagination' ♥♥ All of these 'rules' . . . floated into her awareness, 'intuitively' ♥ The first, was for her 'sanity' © She had zero – *conscious* awareness  $\Psi$  . . . of the enormous 'scope' . . . of this 'journey' ♥ And yet – in her cells ♥ – a 'memory' . . . was 'waking up' ♥ That . . . she could . . . endure a lot  $\nabla$ And yet . . . 'there were limits'! ♥♥ 'No . . . flying brooms' ♥ . . . she silently, 'spoke to' them ♥ What this, essentially meant ♥, was is 'I can handle, so much ♥, though naught quite yet, the shifting of physics' ♥

```
She knew, deep inside of her ♥, that she could 'receive, much information' ♥...
conscious, 'intelligence' ♥ . . . being returned . . . into her ♥
       For 'we have all, been dormant' ♥ . . . 'quietly, sleeping' ♥ . . . 'without realizing,
our abilities' ♥... 'they have been clipped, as if wings' ♥
       She 'knew' . . . she could handle . . . remembering . . . so much in her
consciousness' ♥
       And yet ♥
       For 'the physics . . . to shift' ♥
       For 'walls . . . to begin to blur' ♥
       For 'objects . . . to begin to fly . . . in . . . space' ♥
       This . . . would be 'too much' ♥
       For she had no one . . . she could 'call out to' . . .
       She was here . . .
       'Alone' ♥
       And her sanity . . . would be completely stable ♥
       If the 'walls . . . stayed as they are' ♥
       In this, she was confident ♥
       And so 'this rule, she did set' ♥
       The 'second' rule – for her confidence, in her ability, to fulfill this 'task' ♥, of
being, here in 'cloister' ♥, with non physical, 'guides' ♥
       Was this:
       She needed everything.
       Everything ♥
       That was being 'restored, into her' ♥
       To feel, very clearly ♥
       That it was 'coming to her, from outside' ♥
       There would be zero, 'imagination' ♥
       On 'her' part.
```

None. 'This' way She felt *confident* ♥ That she . . . could 'discern' ♥ For she knew, *in her innocence* ♥ That the 'scope and scale – it would be big' ♥ Of 'content' ♥ And of 'volume' ♥ Of what . . . she would endure ♥ And so if . . . *Everything* ♥ The guides 'relayed to her' ♥ Felt to be coming . . . From outside of her ♥ She could relax ♥ Which was is vital ♥ 'There will be zero . . . 'Imagination . . . 'Generated inside of me . . . 'Involved in this' ♥ This way . . . she could be sure . . . that she was naught . . . 'creating' this ♥ For if ♥ There was any blur ♥ *She could* . . . Begin to doubt ♥ And if . . . A 'grain' of doubt ♥ Entered . . . Her 'ego mind' ♥

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This 'mission' ♥
It would 'be aborted' ♥
And this . . .
Was too great a 'risk' ♥
And so . . .
From 'here on in ♥
'Everything' . . .
She was 'remembered ♥♥
'Came to her ♥
'From outside'
                       . . ..... . ..... . ........
The 'third' rule . . . was vital . . . oh so vital . . . to 'her' ♥
It was based upon . . . 'this' ♥
She had zero way . . . of 'knowing' ♥
To what degree . . . 'Paolo' ♥
He was conscious . . . just like she was . . . of what . . . was transpiring ♥
And so she.
'Set a rule' ♥
That there would be no . . .
Touching . . .
Of him . . .
By her ♥
Naught even . . .
In her mind ♥
(Though she would feel him . . .
(In her heart ♥)
Which was all...
She 'had in this' ♥
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Because 'until . . .

```
'And until' (naught 'unless'!!) . . .
She 'received from him
'His decree' ♥
That 'he . . .
'Too is willing' ♥
Only then . . .
Would 'she consent' ♥
To 'touch' him . . .
In 'her awareness' ♥
'Why . . . was this . . . so utterly . . . important to her?' ♥
Because she knew ♥
Via the ritual abuse ♥
How . . . 'devastating ♥
'Psychic . . .
'Violations . . .
'Can . . .
'Be' ♥
And so she would naught . . .
'Violate' him ♥
Even ♥
With her Love ♥
She would need . . .
To know ♥
Beyond a 'shadow . . .
'Of a doubt' ♥
That he
Too
Was is 'willing' ♥♥
```

To 'engage
'With her <i>in this</i> ' ♥
: : :::::::::::::::::::::::::::::::::::
She was given ♥
A vision ♥
Of him ©
'In his living room' ♥
With a keyboard
Composing
An exquisite
'Song'♥
And it appeared
From 'all' references ♥
That 'he
'Himself was single' ♥
There was zero 'air' ♥
Of a 'woman
'Near to him' ♥
In fact for nearly
'Four decades' ♥
He has 'sung
'Of a woman' ♥
That he
'Has naught yet met' ♥
And yet 'she
'Demanded proof' !!
From the 'guides
'That he was single' ♥♥

Before 'she . . .

'Would do anything \( \bigvie \)

'That might . . .

'Cross his bridge' ♥

This ♥

Was the degree ♥

Of her 'ethics ♥

'In this' ♥

She would naught . . .

She *could* naught . . .

'Touch' him ♥

*Unless he said yes* ♥





