

Greetings Dear Ones!

The Higher Realm Mentors, Archangel Michael and the Collective Masters of Light, give me two projects to undertake every lunar month. During October, they guided me to **Be Still** and **Reflect**. This is easier said than done. Whenever I meditate on Stillness, Master Siddhartha Gautama Buddha comes to visit me. He always appears sitting cross legged opposite me and always fills me with such a wonderful uplifting, clearing energy. When Master Buddha sits with me, it often feels like I'm transported to a distant, exotic Far Eastern Temple – it always feels like we are at a high altitude because I can feel the zest in each breath, like crisp mountain air. My energy is immediately cleared - made crystal clear and pure! As we breathe together, I can feel my lungs expanding. As the fresh, crisp air enters my body, it oxygenates every cell and delivers such an amazing energy burst of Chi! I love being in the presence of Master Buddha. He has such a wonderfully kind and gentle way. He is so gentle and yet he is so powerful. His very persona is a Spiritual B-lesson.

When I talk with fellow Spiritual Re-Searchers, it always seems to be a common theme that, throughout our lives, we have travelled a very circuitous path on our Spiritual Journeys! Many of us have sought Spiritual development because we felt somehow that there was something lacking in our mundane, day-to-day lives. Some of us have developed Spiritually through an interest in alternative/complimentary therapies. Perhaps we were drawn to relaxing, healing therapies like aromatherapy or reflexology. Some of us, perhaps as rebellious teenagers, were intrigued and engaged by the Occult – with Ouija boards, Tarot cards and Séance sessions at sleep-overs! Some of us feel intimately connected to the Natural World and feel drawn to learn about Mother Earth and all her wonderful beings. Some of us are hypnotized by Star Gazing and we love to learn Astrology/Astronomy. We are attracted to many different aspects of Spiritual awareness at different times in our lives. Some disciplines we keep throughout our life and other methods fall by the way side when they no longer seem to be serving us.

Tis a wondrous, weaving path we travel!

It has been my experience that at different times in my life, I have felt the influence of different Higher Beings “floating” across my consciousness. For example, when I started to learn my first relaxation technique, I began to sense a “female presence” that would join me whenever I started to relax. I didn't really know what that presence was but it felt warm and reassuring so I was very happy to welcome it! Her gentle nature gave me such a sense of security. In time, I began to “hear” advice from this presence. Nothing Earth shattering – just ordinary stuff like, “Make sure you get an early night” or “Don't forget to phone Caroline about the party”. This simple advice was always perfectly timed and always really helpful. I very much appreciated the excellent advice from whom I had come to call my Guardian Angel.

After years of sensing her presence, my Guardian Angel told me she is called "Helen Smith" and that I was to look up the meaning of those names. I discovered that "Helen" means Light. "Smith" means Skilled Crafts Person and Friend.

So, My Guardian Angel revealed herself to me as my Light Worker Friend! This was quite a turning point! I had never heard of Light Work until that time. So, this prompted me to learn about Light Working.

Helen is a Light Being. I built up a strong relationship with Helen over years and, as I was ready to learn more and –importantly- understand more, Helen would talk to me about more and more in-depth matters of Spirituality. She would advise me to read certain books or attend certain workshop. Eventually, other Angels came to support, guide and instruct me. My Angel Team – **the A-Team!** Ha!

With more and more years of living with the Angels and welcoming them into my every day life, I eventually felt the presence of an incredibly powerful and mighty, male Angel. This presence was somehow much more intense and the energy that I sensed coming from this being was/is awesome. Initially, I felt this mighty presence perhaps only once or twice a year – but always there was very strong guidance about a "project" **I could choose** to undertake. For example, this might involve doing inner, psychological work or perhaps improving my physical fitness. **I chose** to follow the guidance as best I could and, once each "project" was completed satisfactorily, then the mighty presence would return, congratulate me and give me yet another set of instructions to **choose** to follow. I want to stress that I was never made to feel like I had to follow this guidance to the letter and be perfect in my delivery of what was suggested. On the contrary, in fact. I always felt encouraged "just to be me" and "just to do my best". I was encouraged to be creative and use my own initiative in how I went about each project.

I was never dictated to. You will notice that I have highlighted the words about "**Choice**". In all my years of working with the Angels, one of the most important themes to the work is the importance of Freedom of Choice. According to Universal Law, the Angels are not allowed to interfere in our lives. Humanity has **Free Will** and the **Right to Choose**. Angels will only enter our lives if we choose to invite them in.

It was only after many more years that I realised this amazing presence to be Archangel Michael. He over-lights All Light Workers – so if you are reading this, he's in the room with you right now! Ha! Whether you know it or not!

I began being consciously aware of Helen twenty years ago and it has taken me this long to build up my relationship with Archangel Michael and The Collective Masters of Light. In 2006, my Spiritual path really started to accelerate and my life picked up energy and momentum! Metaphorically, I felt the gears shift! In October 2007, the Unity Consciousness Workshop teachings began being channelled to me! Once again, I was given the **Choice** of what to do with these teachings. And, as always, I was encouraged to be creative and use my own initiative regarding how I share the teachings.

In some ways, the UCW is all about sharing this awareness of the Principles of Freedom of Choice, following your heart, using your head to be creative, using your initiative, allowing yourself to just be you and just do your best without any pressures or expectations from others, choosing to work in alignment with the Highest Good and trusting your Inner Guidance that over time things will work out for the best one way or another. Even if we make a wrong turn in our decisions and we seem to be moving away from our goal, there is always time to change direction/tack and get yourself "on path" again.

The Sat Nav would say, "Re-Calculating!"

The UCW would say, "Re-Aligning!"

Having Faith and Trusting is a big b-lesson! In our fast-paced 21st Century lives, we are used to things happening instantaneously but Spiritual work, more often than not, is very circuitous and "round about". I personally have always found it easy to trust the Angels. In my own life, they have saved my life on numerous occasions and guided me out of some of the darkest places (inner and outer) where I have found myself. I simply cannot imagine a life without the Angels any more. They are as real and present to me as any of my human friends. And the Angels are ever present – I don't even have to pick up the phone to contact them! So, that's about as immediate as it gets! Ha!

Regarding the Unity Consciousness Workshop, it has been and continues to be my experience that Archangel Michael serves as "The Chairman of the Board of The Collective Masters of Light". Or is it Chair-Archangel? ☺

At times when I need specific guidance on certain teachings or when I need help unblocking certain issues that I may be carrying that could be impeding my ability to channel further information, then a specific Master of Light will come to work with me.

For example, some of the UCW teachings involve Sacred Geometry and Thoth will come to instruct me on any specifics. When I am being taught about giving and receiving Love by Opening the Heart Chakra, Master Jesus will come to spend some time with me. When I am being taught about healing, transmuting, alchemy and so on, Master Saint-Germain will work with me.

Archangel Metatron is a really out-of-this world teacher! He teaches me about the other dimensions. He is the Master of The Void. The Void being the Creational Nothingness and Everythingness! Confused? Yep....that's the Paradox involved when working with Metatron. Everything is mirrors, reflections, illusions, alternative realities! Pretty mind boggling stuff! Truly High Levels of Consciousness! I have to admit, at this stage in my growth, I get a little nervous when I work with Metatron because my mind soon gets "flummoxed" with the whole "Creational Morphogenic Field" b-lesson.

Give me time though! Like all learning, we can only go at our own pace and I am building up my confidence with Metatron. All the Masters of Light are wonderful, kind and (thankfully) patient teachers. Since I don't feel any pressure from the Higher Realm Mentors, this actually encourages me to be patient with myself and not pressure myself. I am learning to accept myself just as I am and accept that I am at the perfect level of awareness for me right now.

Metatron is currently teaching me Metatronic Equations which is a cross between Advanced Level Spirituality, Energy Light Work, Quantum Physics and Maths! Luckily, my Heart finds it very easy to understand and apply Metatronic Principles. It's just my brain that has difficulty at the moment!

So when working with Metatron, I'm learning to "feel" what he is teaching me rather than trying to comprehend it logically! This shift from the Western bias of learning with the Mind to the Eastern bias of learning with the Heart is a "project" and a lesson in itself.

The Collective Masters of Light also help me with personal situations as well as teaching the UCW. For example, if I'm feeling a little "stuck" and unsure about the way ahead in a situation, Master Ganesh will visit me. Ganesh is such a lovely, cheerful fellow that he always makes me smile with his bright smiling eyes! He helps me keep a positive mind-set and he helps to clear away any obstacles that seem to be blocking my view. Archangel Mary, Queen of the Angels, aka Mother Mary often comes to guide me. She is such a supportive and wonderful, caring feminine energy. Sometimes, she will appear to me in her awesome Full Glory of Divine Feminine – powerful and bold. Other times, she will appear to me as an ordinary woman and she will talk to me woman-to-woman on a very personal and intimate level – as my best friend and confidante. We can get quite girly and chatty sometimes! Sometimes, she visits me with her male counterpart, Archangel Raphael, and they will give me a healing session.

There are many more Energies that constitute The Collective Masters of Light. Such as Archangel Gabriel, Archangel Uriel, Goddess Isis, Goddess Parasvati, Goddess Ceridwen, Goddess Quan Yin, Lord Vishnu, Lord Shiva, Lord Pan, Solomon, Merlin, Gandhi, Einstein and so many that I cannot list them all here.

I have heard some people say that in terms of Unity Consciousness, it is conflicting to suggest that there are Ascended Masters, Archangels and Other Beings because this only emphasizes separation – us and them. Some Unity Consciousness teachers also speak in terms of there only being One Consciousness and that it is unhelpful to talk about Higher Realm Beings – again, because this may be seen to accentuate the differences.

In my experience with the Unity Consciousness Workshop teachings, this concept of Higher Realm Mentors doesn't cause me any conflict. It is my truth and my experience. The UCW teaches that Everything is Energy. Just as I am **One** person but I am **made up of many different energies** (gentle, strong, sensitive, determined etc) so the Unity Consciousness is One but made up of many different energies.

Humanity has always "personified" the Universal Energies throughout our history. For example, the destructive power of the Volcano is Goddess Pele and the creative power of magick is Melchizadek. It is my experience that these "personifications" actually make it easier for me to relate to the Entire All That Is – The Unity Consciousness – when I think of the different Energy Streams as "personalities".

For example, Michael means Strength of God or Will of God. Michael also means the Blue Ray. Michael is the protector, warrior and over-light of the Michael Mandate which is the Divine Plan to Re-turn All That Is to the Source.

When I connect with Michael, sometimes I see him dressed in his Blue and Gold armour and carrying his Sword of Light. Sometimes, I just sense his powerful, resonant presence and sometimes I hear his voice. All this is using my clairvoyant, clairsentient and clairaudient skills that have developed over the past 20 years. This is my own personal experience.

However, you can experience Michael simply as an "Essence" rather than an Archangel dressed in armour. You can connect with the Michael Essence in your own unique and personal way. Again, it's all about **Choice!** For example, if you do not feel drawn to the Angelic/Ascended Master characters but prefer to work with crystals, then hold a Lapis Lazuli, Turquoise, Aquamarine or Tiger's Eye to connect with Michael Energy. If you like working with Chakras, work on the Throat Chakra/Thyroid Gland to connect with The Will of Source. If you enjoy aromatherapy, use myrrh, eucalyptus, chamomile and cypress to connect with The Strength of Source. If you are engaged by psychological self-examination, then focus on Truth, Courage, Strength, Integrity, Protection, Releasing Negativity and you connect with Michael. If you are drawn to working with Cosmic Emissaries, then connect with Celestial Emissaries of Light from other Galaxies.

What I am trying to say is that, according to the UCW teachings, it doesn't really matter how you relate to the **Unity Consciousness That Is The Collective Masters of Light**. You can think of them as "personas" or simply as "energies". **It's your Choice!** The only thing that is important is that you **Do** connect with these "Qualities" because they are All Qualities within You.

They are some of the essences that make up Source – Strength/Michael, Healing/Raphael, Nurturing/Mother Mary, Inspiration/Gabriel, Beauty/Isis, Service/Uriel, Transmutation/Saint-Germain. When you develop these qualities in yourself, you are developing Source within yourself.

That Is Your Divine Self.

Do what feels right to you! Be creative! I love to look for Angels in the Clouds. Last week, my family and I saw a huge Pegasus in the Clouds! Pegasus helps us fly over obstacles and see things from a Higher Perspective. See the bigger picture! By focusing on Pegasus for a few minutes, we bring out those qualities, energies and skills within our self! I value lessons and guidance from Archangel Michael and all The Collective Masters of Light in all the unlimited ways that guidance can arrive with Grace and Ease!

Message from Archangel Michael

Shift and Accelerate

Archangel Michael has a wonderful sense of humour and he loves to use interesting turns of phrase. This message sounds more like something you would hear from your driving instructor than your Light Master Archangel! As always, you are encouraged to make your own interpretation of this message. My interpretation is simple.

When we experience a change in our perceptions and our beliefs about life, the universe and everything, then we begin to recognise the Power of Spirit moving through our lives. The Universal Engine that is powering All That Is. When we choose to go with that flow of Spirit, then we find we are carried along on a powerful current. It is only when we choose to swim against the tide that we quickly become exhausted and start going under! When we take the path that Spirit is taking us along with Acceptance and Grace, we find our life picks up momentum, we learn and grow at an exponential rate and we accelerate to where we really want to be.

It is up to you to get in the driving seat of your life, switch your Inner Guidance Sat Nav on, decide where you want to go and then **choose** to follow the Sat Nav until you reach your destination. You could choose to keep putting on the breaks or you could choose to put your foot down! The Sat Nav is going to take you to your destination one way or another and it's really up to you how fast you get there! If you are a nervous driver and

keep travelling slowly; if you are afraid of taking short cuts, diversions, turning corners and making U-turns; then it's going to take you longer to get where you want to be. Of course, one of the biggest decisions you need to make is "where do you want to be"? I made that decision many years ago. My chosen destination is Peace. I also make daily trips to Health, Love and Joy!

Where do you want to be?

Further along the Spiral

During November, the Collective Masters of Light have urged me to **De-clutter my Home and Clear the Energies**. I have been practicing Feng Shui for about eight years. It really has benefitted my health and happiness in a myriad of ways. Some Feng Shui techniques can be very difficult to implement. For example, when you read some Feng Shui instruction books, it can make you feel like you have to knock through walls; re-decorate your entire house and change the direction of your front door! It can seem very daunting! However, I have found that, like most things, do what you can at the time and take everything one step at a time! Just hanging a small crystal sun catcher in a South Easterly window can enhance your joy and keeping the loo seat down increases your bank balance! Ha! When I first started practicing Feng Shui, it took about 18 months for the changes to manifest in my life - so persevere even if things don't immediately fall into place for you! When we change our Energy Fields, it affects our physical world but it does take time!

I pray you are all travelling along your Golden Spiral smoothly as Re -Searchers. Journeying Peace-fully with Grace and Ease.

In Highest Service,

Lizzie xxx