



*We can prepare the garden and have the teaching space ready,
but you must walk through the door.*

Master Kuthumi

MasterSpeak

Panel Discussions

Among The Community Of Spiritual Masters
And Our Off-Earth Allies

July 2014

The Importance Of Energies From Personal To International

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Dear Reader,

This month's topic, *The Importance Of Energies, From Personal To International*, is the presence of energies and their synergy with everything we are, do, eat, see and so on.

There are many forms of energy and we can say without a doubt, and with the backing of science, that "everything is energy."

Those of you with a more scientific mind bent will probably think first of electricity, water power or solar power and so on when the word "energy" is mentioned. Others would approach the term from its more holistic side, which includes energy healing, the energy of love and such. The meaning of the word is manifold and different to each person. That is good, and it is something to be aware of since it is the holistic view we speak of this month.

However, we would like mainly to speak of the importance of ever-present energies on the personal and international level.

Did you know that you are a creator of energies? Yes, you. You do so initially through the power of thought. But it takes momentum for energy to spread and that momentum doesn't appear out of thin air. Like over-painting grey surroundings with bright, sunshiny colours, if you think of something in a more loving, positive way, enhanced energy gets emitted on a broader scale into the environment, becoming available for other beings to consciously register. The gratitude and happiness they feel when that transpires allows the positive energy to radiate out that much further, which effect can spread like wildfire. *This* is the potential of creating a better environment, more love in the world and eventually, world peace.

On the other hand, every single negative thought you generate can lead to the opposite. Envy, hate, competition and anger are the creators of energies that should be avoided at all cost, as, unchecked, they would eventually lead to war and destruction.

Fortunately, these negative energies can easily be transformed into positive ones – *if* they are noticed and consciously turned around.

Everything and everybody emits energy. Animals do. Plants do. Rocks do. Families do. Organisations do. Countries do. Our planet does. What a

mélange of energetic waves, created by all these different beings, one experiences by walking one single day on this Earth!

With this month's topic we go into detail on the synergies, the dynamics and the importance of energies, visible or invisible, subtle or easily perceptible, powerful or soft, and how they can be enriching rather than disturbing.

We hope that you, as an active creator of energies daily, will be able to identify with these explanations and that they will inspire you to think big when it comes to putting your beautiful energies to good use.

Enjoy!

Djwhal Khul for The Panelist Group

Sho ...

By now, dear reader, you are aware of my background as a full-time energy worker and that some even call me an expert on anything that has to do with energy. I have spoken before about my work and my assignment on this planet.

Allow me to make one bold statement before I address this month's topic: humanity on this planet has come a long way, having learned a lot, having used and also misused what they have learned. This applies especially to the knowledge of energy and energy-related topics that has been hidden from the general public for eons, since the fall of Atlantis. That knowledge was misused then, resulting in a decision by those in charge of this planet to let life on Earth fall into darkness for a very long time. In so doing, they hoped to create a gap between the fall and its aftermath and the anticipated new start of humanity with a clean slate.

Over the past 100-plus years however, humanity's knowledge and its urge to discover further sources and types of energy – sub-atomic particles and the like – have increased significantly. We, the Off-Earth Allies, in agreement with the Community of Spiritual Masters, have occasionally guided some of your scientists to make certain discoveries and draw certain conclusions. We truly believe that not only scientists should be guided to learn, understand and discover more about energy now but laymen as well – at least those who show an interest in this topic.

It is high time that the basics of energy – what it is and how to use it in your daily life – be taught in kindergarten and school as this would be one of the first steps in significantly shifting your perception and understanding about yourselves and the world around you, and thus in beginning to create a new consciousness on this planet.

This is what I would like to say as an introductory statement. Let's now talk about personal energy first. What is personal energy?

You may have heard about your personal energy field, the aura. Russian inventors Semyon and Valentina Kirlian managed to capture it photographically in the first part of the 20th century on photos of people and plants. They photographed a leaf, for example, using their new technique and the photo showed the aura around it. Then they tore off a piece of the leaf: this time, the Kirlian photo of the leaf's aura precisely reflected the disturbance in its energy field. This was an important proof of the existence of the energy field that each of us carries.

Do you remember the Japanese scientist, Dr. Masaru Emoto? He became well known for his work with another type of photography – one that shows water crystals under a microscope and the influence human words or thoughts have on their structure. Dr. Emoto's tests proved beyond a doubt that the respective frequencies of human thoughts or words leave a direct impression on water. Positive, kind, gentle, loving, encouraging words or thoughts impacted the water in such a way that caused the most beautiful ice crystals to form whereas negative, hateful, depressive words and thoughts carried a frequency that produced deformed, sad and dull-looking crystals.

Since the human body is over 70% water, the logical conclusion is clear: whatever people emit by means of thinking, feeling or saying is transmitted, received and absorbed by themselves and others physically and energetically. This is detectable in the structure and shape of the water molecules in the body but also in the structure, form and color composition of the energy field, the aura.

You are an energy transmitter, constantly emitting energy whether you are aware of it or not. You are always, *always* switched on and "online." You receive and you send. Whatever you think, feel, say or do emits energy to your environment. You affect people, animals, plants – everything – and so too do others affect you and your environment. Energetically, it is give and take all the time. This fact is very important for you to realize, understand and accept. It is the basis of all energy understanding. Allow me to illustrate the effects that thoughts, emotions, words and of course actions have on others by sharing the following simple example with you:

Picture a head of state who is disliked, feared or even hated by his subjects for his ruthless attitude and behavior. Based on what you have heard or maybe even experienced first-hand, you dislike him too. You are not in agreement with his actions. You think of him in the most negative way. You speak to others about him in a disrespectful manner. Whenever you see him on TV, you are even tempted to call him names.

What happens in this scenario?

You and the tyrant are on the same wavelength in the true sense of the word. The field that you are creating around yourself through your own negativity matches his. And so, you strengthen the energy field in which he operates because you create more of that low energy and add it to the field that he himself creates. You expand the low energy field, make it wider and stronger. You do not keep him in power, but you strengthen his ability to stay in power and to continue inflicting distress on his subjects and creating fear and horror.

What needs to happen to change that? The opposite.

Difficult as it may be for you, learn to control yourself, your feelings, your words, your thoughts, your actions. Whenever you want to criticize this tyrant, consciously make a 180 degree turn in your thinking and send him love instead. Focus first on your heart. Tune into your heart frequency and offer him divine love. Then bless him. Energy sent from your heart along the heart frequency will help realign his off-centered energy. I would add that working in groups in this manner is important as it may eventually create enough counter-energy to balance out and raise the lesser frequency.

Per the divine plan from Source, there exists a cosmic heart that carries the energetic blueprints for animating all life forms in this universe. These blueprints include the appropriate energy frequency, fundamental life rhythm and evolutionary outline for each unique life form. The cosmic heart itself vibrates at the frequency of Source, the frequency of love, harmony and peace. Aligning with the life energy rhythms emanating from the cosmic heart and aligning with the divine plan become one and the same.

When you are energetically aligned with the cosmic heart frequency, you feel Oneness, you feel your connection to everything and everybody. It will not be possible for you to do any harm to anyone. Only when you are off-track and not aligned with the cosmic heart frequency will you do harm.

What does this basic but significant piece of information mean to you?

If you want to help the Masters and us, the Off-Earth Allies, to realign humanity energetically with the cosmic heart frequency, you can do the following: when watching the news on TV, listening to the radio, reading the newspaper or talking to friends and colleagues, try not to condemn, judge or utter words of dislike. Stay neutral. Stay in your center. Stay in your heart. Be conscious always of the energy you are emitting and of the effect it has on others. Hearing sad or distressing news, send love from your heart to those who caused that distress and of course to those who are suffering under it. Don't condemn or judge – assist all in realigning with the cosmic heart frequency.

This energy technique works locally, regionally, nationally and internationally, so you can assist us worldwide by focusing on areas in turmoil and those who are causing it by sending your love to them. Become and be a transmitter of love, of divine love – someone who is consciously willing to spread and plant the frequency of the cosmic heartbeat, embracing especially those who are the cause of stress and pain.

I know that you would like to know now how to protect yourself against any negative vibrations that are sent your way. My advice to you is this: be conscious of and stay in your heart. Always. Your heart is connected to the cosmic heart frequency. The more you consciously remind yourself of that, the stronger you become and the less vulnerable you are to lower energy vibrations that could affect your life.

This basic concept is important for each and every one to understand and use. Each person can do their share to help humanity as a whole return to harmony and peace by avoiding emitting the low vibrations created by jealousy, greed and hate, etc. and by consciously focusing instead on emitting the higher frequencies of love, compassion, empathy and the like. This would create a significant difference in the energy field of this planet, and this planet is in great need of that new field.

My colleagues and I would like to see young children participating in classes on energy. By learning and understanding at a young age how significantly the energy you emit affects your environment, you will collectively mature in a way that shows more appreciation and respect for the world around you. You will take on much more responsibility for what you see around you because you will fully understand what a powerful effect emitting uncontrolled lower vibrations has on this planet at large. When you learn about energy from the very start, the way you learn how to walk and eat and talk, your life will unfold totally differently. And when humanity fully understands energy and its impacts on the personal and global levels, then you will have entered the Golden Age.

I thank you again for listening to me.

Your friend,

Sho
(from the Pleiades)

Ondru ...

Greetings. My name is Ondru. This is my first submission to a panel discussion on WeSeekToServe (Ondru's bio can be found on the Community Of Masters page) and I am quite pleased to be able to speak to the topic of an energetic environment.

Because you see, in the end, there are only energetic environments. I would like to cover, as I'm sure others will, the importance of being an individual anchor of love and light and joy in every environment in which you find yourself, whether you find yourself a very small candle, the kind that goes on a cake for celebration, or a very big candle, one of those very large candles that has three wicks.

Whether you find yourself in the company of other candles or all alone in a dark place, you can still be the anchor of love and light and joy in your environment. You see, you are the wick that holds the flame and the flame is God and God is everywhere. And a match and a candle with no wick to hold the flame will not be able to anchor that love and light in joy.

That is the image I would like you to hold, that you are the wick that holds the flame of God and anchors it in one spot. And that spot is wherever you happen to be at the time, whether you are at your child's soccer/football game or whether you are taking a new car for a test drive or whether you are walking a dusty road leading a burro that is carrying two barrels of water to your village, that is where you are. And you are the wick that holds the fire of God that radiates into the environment.

Now you can imagine what happens. Let us use imagination here. You are a candle, you are the wick in the candle. Your body is the candle, but your heart and your commitment and your spirituality are the wick. That's the soul you see, and it's always there, *always*.

So if you peel back some of the wax and expose the wick in *your* candle – your wick, your soul – and God's flame lights that soul, do you see that you can set an example for others because every single individual around you, every single individual you meet, no matter where, no matter when, no matter how, each one is a candle. And there is a wick in every single one of them.

Sometimes that wick is buried very, very deeply but it is there. And sometimes there is just a thin layer of wax and your very presence will help that wick rise up and reach out for that flame of God and become yet another candle.

That is the impact you have on the environment. If you are anchoring love and light and joy into the environment because your soul holds the fire of God, then you can encourage others and you take that light wherever you go. And one light encourages another, which encourages another and you can spread this through the environment and radiate the light, the love, the flame. That is your choice.

And you might think that someone has doused that flame. But you know what? You are still a candle. Your soul is still the wick in that candle and God's flame never goes out.

You see, you are a very special candle because not wind, not water – nothing can douse that flame once lit. Only you can withdraw the wick and the flame then dies. And this can be temporary. But when that flame is out, what is radiated into the environment is up to you. What you radiate can be very, very bleak.

I would rather have you remember that darkness is simply the absence of light. So if you are not radiating light and love and joy, you are already on the path to radiating darkness. And it is your choice, your will, your prayers, your spirituality that clear that wick in that candle and it once again reaches and opens to the fire of God that it may be anchored through you into the environment.

So that candle can be relit. Remember that.

In every single place you are, in every single environment you find yourself in, be a lighted candle. Free your soul to touch the spark and flame of God and light your environment and radiate into it, bringing the light, the love, the joy and the warmth that a lighted candle can be.

I thank you. I look forward to speaking to you again.

Ondru

Lord Maitreya ...

All is energy and all is interconnected. How many times have you heard or read this, how many times must it be repeated that this planet is a web of energy swimming in a sea of space.... And yet amongst the human family, so very many, gripped in the snares of the ego, consider themselves and deport themselves like isolated islands.

This is creating deleterious effects, ever-growing emotional pollution, with the lower frequencies choking the planetary grid. These lower-frequency emotions include all forms of lust for power, dominance and self-aggrandisement, so dangerously prevalent today. Most of these forces are rooted in fear and insecurity and sadly, most are blind, creating untold harsh effects. And then there are anger, resentment, prejudice – all extremely corrosive to the human psyche, all rooted in competition and again, all fear-based and insecurity-bound. Then there are all the self-devouring forces of depression, anxiety, self-loathing ... the whole creating a fog of emotional pollution, an energetic smog rather, of deepest unhealth smothering the life current that surrounds you.

This situation would all but implode were it not for the counterweight of the higher energies and emotions present based on noble intent. Fewer in number perhaps but of greater impact, these higher vibrations take on myriad expressions, from heroic rescues to everyday kindnesses, from the steady expression of loving care to the flame of artistic creation and the blaze of altruistic intent.

Nonetheless, Mother Earth is in serious trouble from pollution at all levels and on all fronts. The clearing and salvage required can and does begin with personal accountability – the concerted effort of every aware person, whether new to this point of view or long aware of its implications – that one creates and maintains a signature energy field that merges with and is part of the collective human energy field of this planet for better or for worse.

And so, each individual who takes responsibility for raising his or her energy field, his or her personal energetic frequency, contributes – *and consciously so*, which is the key – to the rising tide of light and awareness that will ultimately transform this world and all of its realms.

Now, maintaining a high personal frequency requires work. There is no doubt about that and there are so many distractions, so many enticements to put it off or even to not bother. But if you don't cleanse and maintain your vibratory frequency, your energy field, who will? And if millions don't know, don't have the time or basic physical wherewithal to devote to this, or

literally don't believe or care to do so, what then?

Can you not see that all are needed at this time, each and every one, to help build a climate of wholeness, an energetic current of sanity that will open the floodgates to healing and wonder in this world? We beseech you to find and enact your own means of raising your vibration. Be in nature. Sing. Love. Laugh. Connect. Meditate. Chant. Be in gratitude. Purify your own energetic being in whatever ways best suit you, and consciously contribute what you are doing to the higher field. Offer up, pass on the fruit of your effort.

You can contribute here and now by finding and sharing your highest light, no matter how simple the ways in which you do it. Like we said last month, it is all an adventure. Be an ambassador for life and for Divine Presence personally, no matter how you envisage it, and help transform the world.

My love goes with you as you build the light of the world.

Maitreya

Master Kuthumi ...

It is important to realize one's effect on their surroundings, including other people and how it can make an occasion one of peace or discord. This is truly a fundamental daily task and it will change your life when understood and acted upon with proper attitude. As you can imagine, we are only too keen to educate humanity on this as it is the simplest tasks one can practice daily that can make the most monumental advance outwardly, both personally and extending as far as internationally. Yes, it is all about attitude. Given the daily grind that most of humanity endures, it bears thinking how to conduct your daily affairs to your best advantage.

And if this is done thoughtfully to your advantage and also to the advantage of those around you, you will see a ripple and trickle effect on all you come into contact with, and spreading from there on all those who come into contact with them. The ripple or domino effect cannot be more evident than in this law ... and it is enacted all day long, every day of your life. Good intentions always bear good intentions, yes even when a poor result seems to ensue, for the underlying cause is a good intention born of heart. This birth of an intention carries through and enhances the general actions and they in turn color what follows.

Thus, even though a good intention may seem by outward appearances to end badly, it has not spent all its value here. The energy of good intention is infectious and opens the hearts for others to behave likewise and judiciously. Never is intention unrewarded, though it is not always seen to be by the naked eye. Harmful thoughts toward others cannot be disguised under any cloak ... it always comes out in some dramatic manner. I entreat you to observe your own actions and then go deeper and observe what thoughts spurred or bred those actions. You will find this practice most instructive.

You should be able to clearly see the through-line for energy, for as creative, endlessly creative that energy is, it will always follow the lines for which it is born. Having said this, you can catch the through-line of a thought at any time and re-direct it with new intentions. At any time, you can strengthen or dilute an action with new intentions set with a new attitude, hopefully a better one if you do not see good or kind results developing from the original. Intent is the fundamental cause of everything and everything is energy.

Humanity in general has a long way to go before you act collectively from a knowing intention, but consider this fair warning that to engage this principle in your life now will save you many a negative situation – or at least curtail the duration of a negative situation – for even a negative situation is a

learning, a way to reset your values and understand the effects of your intentions as well as the intentions of others toward you.

Any and every relationship you have with yourself and with others is set from an intention you have toward that person or yourself. Bear this in mind when you seek to create a personal world and watch the results.

Thank you.

Kuthumi

Anubis ...

My intention is ever and always to help elucidate things for humanity in its quest for fulfilment. Considering their lack of knowledge of many fundamental laws and processes of the lives they lead, it gives me even more pleasure to work hard to alleviate this problem.

Humanity has a great and awesome potential, but at present is on the brink of destroying this potential rather than expanding this potential. The more information we can give, the more encouraging notes we can sound that offer truly effective routes of action, the better we have done our job.

Humanity has a responsibility, in awareness or not, that will resound on a grand scale. It can find the balance of a new awareness that leads in action, energetically, to a sound and peaceful interaction, or it can charge full bore ahead into acts of a threatening, destructive nature toward a sure and certain demise. We cannot stop this. We can only help you avoid it by providing guidance and information about those fundamental issues.

Firstly, energy follows thought. So if you were to break this down to a mathematical equation, you might write the formula as "happy face" + "happy face" = two "happy faces." Unfortunately, too often we see the equation as reading "unhappy face" + "unhappy face." The yield is not surprising. We cannot offer a more convincing argument for you to observe your own actions or the actions of other nations one toward another. Angry words and energy follow to create more of the same and a car pile-up behind.

Even on slippery roads where one car pile-up happens after another, people generally have the good sense to warn others and take heed, to lay down salt on the roads, to post caution signs and speed limit signs. Actions are taken to forestall the "unhappy" equation. It's all rather simple, but perhaps so simple that it is not understood as clearly as it need be.

Humanity has every right to act and behave as it may. It also has every right to experience the earned consequences of its actions, whatever they may be. So use your time wisely, graciously, judiciously, thoughtfully and carefully in setting forth your energetic thoughts, for they lead to personal interactions that lead to regional reactions that lead to international reactions. Reaction is not an inappropriate word ... it is a recording of what responses occur. May it proceed along best lines for the survival of humanity ... survival of the best and highest order.

Humans are highly perceptive as concerns energetic inputs. Surely you have

felt this sensitivity in yourself. Know that others too feel energy keenly and let that serve to remind you just how sensitive is the nature of thought and how much it can affect others. You are all prone to receiving negative energy just as you are prone to receiving positive energy and being affected accordingly. Such suffering need not be a daily point in life.

We know you understand the concept as it is spoken, so next, why not take it into a daily practice? Why not lead your energy to better results and actions? You are empowered with these choices every day, and every day you can breed gracious thoughts and energy or destructive thoughts and energy and thus determine which world you live in. The power is yours.

Anubis
(from Sirius)

Master St. Germain ...

I would like to expand on the international focus of this month's topic. As you know, I was much involved in European court life for many centuries and I witnessed much ill effect and many disastrous consequences where fear, intrigue, ego and bloodshed reigned.

Many a dark page in history has been turned and much geo-political transformation has occurred, even within your own lifetimes. And with all the recent technological advances, starting with radio and television mere decades ago, the world has become a much smaller, transparent place. The concept of brotherhood plays out every day, right in front of your eyes, be it on your computer or via the TV screen in your living room if you choose to relate as such, as brotherhood, to the images you view.

You now capture the news on your mobile phones. The far off, war-torn atrocities are there for all to see. The destitution, also, of your planetary home, with the toll being enacted on your plant and animal and marine life. And so much of your so-called "entertainment viewing" tied up in crime and violence. Some might ask "why," but others will ask, "for how long?"

I shall not tarry for now on such themes except to sum it all up: Mother Nature herself is in dire straits and the collective low frequency of her human denizens is holding her back. Untold human suffering and human complacency are colliding. Emotional pollution as well as the environmental kind are rife. The world for now is a dark place in many hearts, in many quarters.

What to do? It is no secret that neither the emperor nor most of your elected leaders have any clothes.¹ They indeed have no clothes and yet they cling to an arbitrary, make-believe clout. Only slightly more aware of the true ravages of the time, many of them have feathered their nests or built their fortresses or entered into shady alliances to save their families, their skins and their jobs, sometimes even their friends and cronies.

But the carpet is about to be swept out from under the feet of the power elite, both financial and industrial, and the so-called ruling classes. It will be swift, it will be brutal, but it will also be a clearing of the way. It will clear the deadlock, or rather it will open the floodgates of human potential as the

¹ This is a reference to "The Emperor's New Clothes," by Hans Christian Andersen. Two weavers promise an Emperor a new suit of clothes that is invisible to those who are unfit for their positions or stupid. The weavers have made nothing, but the Emperor will not admit that he cannot see the new suit. So he parades before his subjects wearing no clothes. His subjects, not wanting to be thought unfit or stupid, all admire his new clothes ... until a child cries out for all to hear that the Emperor isn't wearing anything at all.

“little people” of the world mobilize to save the world.

And amongst these “little people” I include the educated and the aware, and all those who are here now, at this juncture of human history, to participate in the salvage of all that is best, the restructuring of this global planetary society and the building of the new civilization. The seeds of this Golden Era to come are already planted. They are planted in each and every one of you.

Mahatma Ghandi said, “Be change you want to see in the world.” I would add, “Stand up and take responsibility even though your leaders won’t. Create your own personal Department of International Affairs, your own private Ministry of Peace and Justice.”

By that I mean start now in your own life. Look around you at all the people of different race or skin colour or eye shape that surround you. Go beyond these surface distinctions – and those of age or sex or infirmity for that matter, let alone country of origin or ethnic ancestry – look past all of that into the human being in front of you, into the blue or brown or black eyes of the person standing in front of you, and see quite simply your brother or sister.

Let hate and tribal revenge, let aggression and injustice be gone from this planet. Let fear, insecurity and want of all kinds abate. Open your true heart to that one brother standing before you – just a crack perhaps at first as you feel the rusty current of love stir and come to life from whenever you lost it – and then wider and wider as that current swells and you get your bearings, and you look around at your neighborhood neighbors who would rally in a pinch, at your town’s town people, at your countrymen and finally, at the love connection of you to the entire human family, right here, right now.

And once that done, however briefly you can sustain it, try the following: looking into your brother’s eyes again as a mirror, look back into your own eyes, your own heart. See there the face of the Divine and know that you are home.

In love and with all respect,

St. Germain

Osiris ...

The topic this month is directed at the environment, with the clear subtext that the way each member of the human family lives their daily life, that way creates the energetic environment. It contributes to the total energetic environment on this planet. If the way people live does not create the entire environment by itself, which it does not, it creates the de facto environment in which every other member of the human family must live.

You say, "That isn't true!" and I will tell you that it is true and what is going on a quarter way around the world, halfway around the world, in a country far North of you, in a country far South of you, far East or far West, what happens in that energetic environment and the way those environments are created affects you and vice versa.

Now, you're still questioning me and I don't blame you. You want to know how. What goes on in those countries – far or near, North, South, East and West – that energy reaches you through the news, the news on your nightly television, the all-day news on your television, the news that is headlined when you log onto the Internet, the articles you find on YouTube ... all of this affects your environment.

The energy is in the newspapers you read, it is in the discussions you hear from your friends. The energy in those environments can be felt in the accessibility of the foods you eat. Oh yes! What goes on in the environments of countries North, South, East and West of you affects your environment.

If you are inundated with news of chaos and war and famine and genocide, those heavy-energy pieces of news affect your environment and they affect the entire human family. Are you surprised by this? Well then, turn it around because news of love, compassion, healing and caring also affects your environment. And you find these pieces of news everywhere.

The point I wish to make is that the reverse is true. *How you live your life in your energy environment has an impact in very distant places.* This is so very important to recognize every day and all day and act accordingly. Do not be the source of discord. Be the source of joy and happiness.

This effect is a result of living in a family that is energetically connected. If there is a distortion, a troubled area in this energy network, it affects the whole network. If you don't think that is true, think of what happens when your Internet is slowed down ... stalled because of what is happening to a connection, one of the relays that is quite far from where you live. Think of what would happen if some of your cell phone towers were to go down.

Those are examples of energetic interconnections. I won't go further into that. The point is that the more you learn about the cultures, the countries, the histories of all these places that you hear about on the news – or worse yet, you don't hear about them though they are worthy of being reported – the more you learn, the more you are curious and, with luck, the more objectivity you can radiate into the environment, the more you can learn to be objective.

So I would say the environment that you create in your place of living, in your home, the energetic environment you create with your attitude affects the entire environment of humanity. It is that simple. All radiates outward like a radio transmission.

If you are filled with curiosity and love and compassion and understanding, and I will repeat curiosity – curiosity to learn more and more and more about various situations and why and how they affect you – then you are creating an environment that becomes infectious, an environment of interest in one another. And if you pass on this video or that video that informs without judgment or that expresses beauty or that opens the heart and opens the mind and reinforces healing and caring and Oneness, you are affecting the entire environment of the human family. What you do and do not do, what you choose to do and not do affects this environment. And it is important to understand that what you do not do is just as impactful as what you do because this is all energy and the energy pouring into the environment is healthy, is neutral or is unhealthy. Those are the choices.

The energy being poured into the environment from places of starvation, turmoil, war, occupation – all these places pour energies into the environment, energies that are simply unhealthy for the human family, energies that darken. The alternative is to learn enough that there can be energy of light flowing into the environment and these energies prompt action one way or another. These energies have ramifications that end up in action and that action too can be healthy, neutral or unhealthy for the human family.

That is my message. As you make decisions about how to respond to the daily situations in which you find yourself, you are pouring out into the environment healthy, neutral or unhealthy energies.

The more you learn, the healthier the energies you pour out – I think I need not name them for you – the better off will be the human family. The converse is clearly true. If you allow yourself to become angered, judgmental, hateful, these energies are unhealthy for the environment of the human family of the planet. That is one of the reasons the message has

been given over and over again that the healing of the Earth, the healing of the human family begins where you live, where *you* live with the decisions *you* make about the energies that *you* are pouring into the environment.

Let those energies be the healthy kind and let your learning contribute to the light and love and compassion that will enable you, without thinking about it, to be generating healthy energies into the environment and *every* environment into which you enter. That is my message.

I thank you.

Osiris
(from Sirius)

Ken'u ...

I would like to speak to the expansion of energies and how that expansion follows from a seed of existence at the personal level and hip-hops toward the vaster reach of the international level. It is my intention to make this an agreeable discussion to open up the heart of the reader to feel the critical importance of minding the flow.

There has not been a movement on Earth that did not begin as a seed of thought energy in one mind that drew itself to be embraced by many more minds. Thought energy is perhaps the most important energy to understand in your daily functions. It can and will propel you in a multitude of directions, depending on its quality.

We do not wish to scare you but it is energy that is destroying your world right now. The same energy that is destroying this world could be building it for the better. Likewise, you could be living in peace and friendship, save for the fact that much energy currently flowing has not been set with pure or good intent.

Nations draw out the strongest thoughts of their citizens, their collective energy, and put it to the task. As such, that collective energy could be molded to maintain an even-tempered goodwill toward all other nations, which would in turn breed a similarly positive collective response on a larger scale. Humanity has a long way to go in turning the mind belt around, a long way, but it is not an impossible way.

Nations have been war-like for centuries, and only now are more clearly seeing the bigger picture that you are globally connected. The idea of this connection is coming home, for indeed you *are* globally connected, and not just by telephones and the Internet. You have *always* been globally connected. Now you can finally see the evidence of this connection, and now perhaps, the guidance we offer will make better sense.

It is my hope that the personal sphere will now recognize that it is really also the international sphere, every day and all the time. What happens on a personal level is what happens on an international level. More and more, this is obvious, it is reported and it is commented on. It is just that people must learn to connect the dots to understand the mirror reflection.

As we guide you to understand this fundamental fact of nature, we hope to see you recognize the power you therefore have to make better decisions, starting at the personal level and connecting them internationally and collectively. It will not be long before every action humanity commits affects

you everywhere. Already it is reported by scientists how one disaster has left evidence on the other side of the planet. Surely we do not have to wait until it is blaringly obvious before this fundamental law is given its due.

We hope humanity will take a second look at how it functions and how it creates, how it guides energy, how it directs energy. For the most part, humanity does not even consider itself as being a director, guide or creator of energy, but it most certainly is. This too we would have you realize in your hearts and minds and more fully apply every day.

Ken'u
(from the Constellation Lyra)

Master Yeshua ...

I would like to address the subject of individual energies and their effect on the environment from the perspective of judgment. It is my observation that there are judgments made virtually daily by every member of the human family, bar none, because even newborn infants make a judgment about the environment into which they have been delivered. That judgment can be seen in their physiological responses.

At the other end of the spectrum, there are judgments pouring into the environment from those whose incarnation span is about to end. Most of the human family is somewhere in the middle, passing judgment on events and their fellow human beings.

I once did an article on judgment when I had the privilege of having a website of my own.² That article was broader in scope. This one I would like to limit to the energy that is poured into the environment by the judgments that are made every day by every member of the human family.

The information upon which judgments are issued comes from acclimation and training, from peers and from parents. It comes from a broader societal message about how one should behave, what one should think. And it certainly comes from spiritual and religious training if that is a formal undertaking on the part of an individual. It is these experiences that provide the foundation for your judgment. Add to that your personal experiences.

The second major source is news – and by that I mean something broader than just the evening news or the news channel on the Internet. I mean news by any means that you receive information, be that from any source on the Internet, any source on television, any source of printed material: a book, a newspaper. These are sources that you choose to seek out for the most part, whereas the first set of sources is simply part of your moving about during the day, learning and doing.

One way or another, information, an event, an incident enters your awareness. And this covers a broad spectrum, anything from being rear-ended on the road to having an elevator close just when you are running for it, a long wait to get technical assistance on the telephone, finally reaching the tech rep and finding this person unable to assist you.

Then there are the events that happened in other countries, in other states, to other people that you learn about one way or another. Your awareness is

² *Discernment, Judgment, Forgiveness*, ThoughtsFromAMaster.com, September 2011.

drawn and you absorb the details of what happened by whatever means you choose, whether it is gossip you overhear as you ride the train to or from work or something you read in a magazine, you absorb the information and you pass judgment.

Now, this judgment can be that you have encountered something that you find morally reprehensible. And that is where the challenge comes in. You judge this behavior to be morally reprehensible. What do you do?

Now that you have passed this judgment, there is a response. And that response can go anywhere on a continuum, anywhere from forgiveness to anger and outrage and wanting someone – be that an individual, a corporation, a small business or a country – to, in one way or another, be punished. You want the behavior to cease and you want someone to pay for it. And that I will simply call a negative energy pouring into the network that connects every human being on this planet into the one family that you are.

This judgment can also be that you have encountered something you find inspirational and again, this can be the behavior of an individual, a company, a business or a country. And you find that this is an inspirational behavior and you judge it to be something that you wish happened more often and you feel praise and that praise flows into the environment in a positive way. You have passed judgment.

I would like to return, now, to what the alternative is when you pass judgment on something that in your opinion should not have happened or must be stopped, something that you judge to be grossly unfair and I will return to the term morally reprehensible.

This is the challenge. This is the *biggest* challenge. First of all, to recognize that your outrage is indeed pouring into the environment in a negative way no matter how justified you feel it is. And I am not judging that one way or another. I am simply pointing out what happens energetically.

When you have that outrage reaction, or any variants thereof, you do have a choice. This is a difficult choice to realize and to make, but you do have a choice. And that choice is to detach, to recognize what is happening to you as a result of receiving this information. The challenge, my friends, is to find a response, to create a response that is based on love, light, compassion, and take action based on that.

This is not easy and I'm not saying it is, but I would urge you each to find your own comfort zone for transforming a judgment of anger, a judgment that calls your government stupid, a judgment that says this person does not deserve to live, this country does not deserve foreign aid. Find an

alternative in your own worldview that will enable you to bring light and love and compassion to that situation.

In the case of an individual who has been, well let us say has been abused, that positive action of sending love and light to the situation could be prayer. It could be seeking information about backgrounds that was not in the article you read or the news blurb that you heard. It could be finding an organization that deals with bringing these kinds of situations into balance and tries to right the wrongs that are perpetrated.

I will let you determine whether a letter to your governmental representative, or a phone call or letter of condolence to the editor to be passed on to the victim of some crime, or donating to an organization that stands up against what you consider to be inappropriate is an effective action. Bring love and light to the situation in a way that you find comfortable.

It might be that you can understand the power you have to bring victims, by your definition, into the light of your heart and hold them there and help them heal. Don't forget your own ability to create a globe of light and healing, and your own ability to bring the victim into that energy field or to send light and love to the victim's soul to be filtered down as appropriate into the victim's life.

It might be that you would bring light energy to the power structure of a business that has been callous or unfair in some way, by your definition. But rather than being angry and passing on the word in anger about the callous behavior of this business, bring this business into a field of love within your heart and pray for and bring love and light to the policy setters and owners of this business. You can do this.

You have choices when you pass judgment as to how you respond. I am not saying anything more than that. How you respond is how you respond. How you pass judgment is how you pass judgment. I am not going to arbitrate one way or the other.

What I am encouraging you to do is recognize the fact that you are passing judgment and your response and your conclusion as you pass judgment will flow into the energy network that connects every member of humanity one to the other. If you pass on angry words to the point where you are generating a mob mentality of anger calling for retribution, you are sending anger into the energy network.

I would challenge you to find a response that is effective without anger. That is my challenge. The first step is being aware that you are so often, in so

many ways, passing judgment.

And the second challenge is to find a way of responding to any judgmental conclusion with love and light and compassion that will help heal and improve the energetic network that binds the members of the human family of Earth.

Thank you.

Yeshua *

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