



*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

August 2013

# **Healing And The Art Of Living In A Time Of Transition**

THIS MONTH'S PANEL:

UPDATE: EXPANDED PRESENCE ... 2

PANELIST GROUP ... 3

KEN'U ... 7

LADY NADA ... 9

MASTER KUTHUMI ... 11

ANUBIS ... 13

LORD MAITREYA ... 15

QUAN YIN ... 16

DJWHAL KHUL ... 22

OSIRIS ... 23

ST. GERMAIN ... 25

VENETIAN MASTER ... 27

SARTARIUS ... 29

## *Update: Expanded Presence ...*

The end of the year is drawing closer. The pressure mounts on our side, for it is our commitment to find the appropriate means, within the cosmic law that we obey, that will enable us to come forth among you more openly. We are, as I have said many times before, coming forth as a team.

There are energetic reasons, many complex and technical reasons, why this year is the year when we will be coming forth. We did not anticipate the resistance among those who have been loyal supporters for so long. We are working on our side to the very limits of the law, and I do mean that literally, to the *very limits*, in order to persuade those who are in a position to help us to actually help us.

The alternative is a plaintive cry for help from humanity, help from whatever source, because their own limits are exhausted. That is an option we do not wish to see occur.

So there is nothing of joyous news to report this month. Yet the one thing I can assure you is that we have not given up. We do anticipate a breakthrough before the end of the year and I can tell you that, personally, I will be quite pleased when I am able to give you a report that says the cosmic law requirement has been met and we will, once again, as a team, be returning to the physical plane of humanity to be able to walk among you, not in disguise, but openly, as the elder brothers and sisters we are.

We have not given up hope. We have not given up trying. We can be a *very persistent* team. So all we can ask of you is your patience. Our faith in you has not diminished. Let your faith in us be as strong.

Thank you.

Master Kuthumi

## *Panelist Group ...*

One of our readers suggested that we speak to healing and the art of living. What follows is not necessarily, I fear, what the reader had in mind, yet the words and the concepts are important.<sup>1</sup> We feel that they are important in this time of major transition for Mother Earth and all of us who are part of Mother Earth, and that certainly includes humanity and it includes those of us in the Community of Spiritual Masters and our Off-Earth Allies. Whether or not our reader has realized this, we may never fully understand, but there could not be a more appropriate subject for discussion than healing and the art of living in a time of transition. Mother Earth, humanity and all others are going through the beginning of a rather tumultuous time of transition.

Transitions involve a transition *from* and a transition *to*. By definition, a transition is a bridge between what is/was and what is coming/will be.

The art of living, in whatever way you may define it, is stressed and challenged in a time of transition. Let us take the art of living as finding a meaning and purpose and having, I will simply call it, a centered calm that guides thoughts, actions and speech . . . an overall attitude in daily life. And that attitude affects not only the individual, that attitude affects the environment surrounding the individual, that attitude affects groups and that attitude affects nations.

So the art of living, maintaining a conviction of purpose that is based upon service to humanity, Oneness of humanity, is a beginning for both an individual and for the entire of humanity. An art of living that incorporates respect, joy and flexibility applies not only to individuals but to the entire of humanity.

We have had panel discussions where individual contributors openly discuss the effects of anger and hatred on the environment until this attitude becomes a downward spiral that seals an area in chaos and darkness.<sup>2</sup>

This chaos and darkness impacts, eventually, all of humanity, for we are One and if one area is ill, is blocked by darkness, then the entire of humanity suffers. The art of living, and I emphasize art, is the openness to experiment with new forms, new attitudes and, in many cases, a traumatic new basis for

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<sup>1</sup>Groups speak with a single voice. Sometimes that voice uses "I" as if a spokesperson has been appointed and sometimes that voice uses "we" as if to make it clear that a group consensus has been reached. In either case, the group is united behind the statement.

<sup>2</sup> Sho speaking on *Open Forum*, WeSeekToServe.com, June 2013.

the relationships that exist as you express the art of living. And that traumatic new basis might simply be respect for the planet Earth which gives us life – all of us associated with this planet.

The importance of this flexibility, of an attitude of hope rather than fear – or vengeance or hatred for that matter, but for the most part of fear as the basis of this vengeance and hatred – this importance cannot be overemphasized. Hope and belief are based in Oneness and love, and the art of living is, in many ways, as simple as finding the calm center inside where you *know* that you and every other human being on Earth, and every other sentient form in the entire of the cosmos, is a Spark of God, a Spark of the Creator.

And what does this time of transition have to do with healing? Healing the body, the mind and the spirit? Well, I hope I have made the case already that what applies to the individual applies to the entire of humanity, and if that calm center of recognition can be touched and brought forth, that is healing. Once the calm is brought forth, the art of living can indeed become as flexible as it needs to be in order to navigate the unpredictable and ever-changing environment of transition.

There may be many ways – many, many ways – to discuss healing of body, mind, emotion and spirit. What can be said is that, in the end, no matter how this is phrased, some of these ways will resonate with one and other ways will resonate with another. They are all, in the end, based on a recognition of the Divine, of the divinity that exists within each and every individual. No matter what words are used, if you follow ways of healing to their ultimate source, they are based on the fact that humanity is One and that every human being has a Spark of God within.

So, as in many journeys, it does not matter which path you choose to get there so long as you get to that Spark of God and understand that the one who annoys you most, the one you love most, or those who annoy you most and those you love most are all equal in the sight of God. We are in this together. And when I say “we,” I mean those of us in the Community of Spiritual Masters and our Off-Earth Allies as much as every individual human being on Earth. We are all in this together, for Creation is One.

So as we transition from a time that holds, at least in the Western world, the individual as the building block for society and has limited respect for groups, from a time that holds, at least in the Eastern cultures, societal group rules as the building block of society and has limited respect for many of the individuals in society, from these cultural approaches we are transitioning to a new civilization where indeed groups and interlaced groups

will be the foundational building blocks for society. But within these groups, there is no guru, there is no individual leader, there is no dictator and there is and must be due care of all individuals. From this group-oriented foundation of the new civilization, groups will continue to evolve. It is not appropriate, at this point, to predict in what way these groups will evolve, but we can tell you that the building block of society will be interlaced groups that care for and about every one of the individual members.

So the art of living in this time of transition is indeed examining the purpose, the meaning, the importance of attitude and the importance of flexibility in full awareness that we are in a time of transition, and this time of transition is not going away.

The art of living is first of all healing what needs to be healed in the individual. When the time comes that the inner core of calm confidence is touched and brought forth – that inner core of respect and Oneness that enables the love of the soul to flow through the individual and out into the group – when that healing happens, then the art of living can indeed become a purpose and a mission and an attitude that will flex with the ups and downs and potholes and speed bumps along the road of transition, all the while fully understanding that this is just a transition, understanding that what we are transitioning *to* is an environment and a culture that is vastly different from the environment and culture that we leave behind.

It matters not where you start, whether you begin with the art of living that brings forth a service to humanity and steers us on the path of Oneness, all of us including the Community and the Off-Earth Allies, and it matters not if you begin with healing what you feel and know must be healed within yourself in order to reach that same spirit that lies within and bring that spirit of love and Oneness and respect forward. Either way, you will find that there becomes a dynamic between mini-healings and mini-course corrections in your art of living as the events of the time pour into your life and you adjust and flex and come back to living with a purpose and mission that serves humanity.

I must, at this point, say that your mission need not serve humanity on a grand, headline-gathering scale. It is safe to say that the bulk of the service to humanity is expressed in the smile and patience that you bring to a long line waiting for this, that or the other thing – be that checking out of the grocery store or waiting in line for a concert. Serving humanity is something you can do every day of your life based on the way you relate to other human beings and the relationships you repair and build, or the relationships that are broken down only to be turned around and repaired and restored on a longer-lasting basis. That is important to realize.

I would add one last word about healing, and that is this: the healing that takes place within you, by whatever path, inevitably leads you to the realization of your personal value within God's Plan, your personal value to the environment around you, your personal value as one who can carry the light of Oneness and love and respect and patience. Whatever path leads you to these realizations will spill over into the environment and you will find that you are creating an art of living appropriate to these transitional times. You will find that you have an effect everywhere you go, a positive, calming, loving Oneness effect because your soul's radiance will flow through you. Your soul is, and will remain, a bright light, a Spark of the Creator within.

I thank you, I the unified voice of the Panelist Group, thank you. We speak with one voice and that voice has brought you this message. Our blessing upon you.

It is our hope that you find the discussions in this month's issue both inspiring and a reality check, an honest assessment of the transitional times we have entered. The road is, and will remain, uneven and often difficult. All the more reason that full awareness will see you through,

- awareness of the dynamic between healing and the art of living,
- awareness of the necessary flexibility,
- awareness that humanity will emerge at the far end of this transition to a civilization where the environment supports the spiritual growth of all incarnated beings.

Thank you very much.

The Panelist Group

## Ken'u ...

I am grateful that you are willing to call upon me for information. I have been through many shifts of consciousness and many worldly physical changes. I have experienced much of what you speak of in this question to me.

Let me first say that I have assisted other civilizations on other planets that have gone through something quite similar to your current situation on planet Earth. To go through one of these powerful changes in human consciousness, or even higher levels of consciousness, is always something that nobody would ever forget. It is about reaching higher levels of spirituality, higher levels of understanding about the universe in which you live. We all are constantly seeking higher realms of consciousness. There is nothing unusual about that fact. However, when it comes to moving an entire race of people through these changes, it does seem like the world is coming to an end. The fact is that your old world is coming to an end and you will not see it again.

Your old world will disappear and it will be forgotten. When you go through a transition from one state of consciousness to another, it can be smooth but only if you do not hesitate. The problem comes when those moving from one state of consciousness to another suddenly panic and wish to withdraw into their old world in which they still feel very comfortable. It does not matter how terrible the old world was, the point is that there is this need by humans to seek something that is known. The best way to approach this lifting of consciousness is to move as rapidly as possible into the unknown. Therefore, you must be very brave and if you recognize the fact that you are shifting into a higher vibration, or you may call it a higher spiritual understanding, know that the very planet you stand upon is shifting with you. Most importantly, you will not wish to be left behind and suffer the consequences of those old animals you call the dinosaurs. You will not wish to stay behind and die with the old that now must be deleted.

Repeat to yourself constantly that you wish to move forward in evolution of consciousness to a higher state of awareness and that all will be fine because the world is moving with you. Brothers and sisters in humanity are all trying to move forward in consciousness. Thus move forward with them and without panic, without fear, but with the understanding that the new, the beautiful, the prosperous are before you. A new world awaits you with open arms. This should give you a great sense of healing.

It is very much like the snake that grows too large for its skin. The snake must realize at some point that it can no longer stay contained in that small container because it is growing. However, the skin does not grow, so the snake must cast the old aside and stretch out into the wondrous new world. You humans on planet Earth must also grow into a more expansive world with a new and expansive consciousness. It is very much a healing because you leave behind all those things that have been holding you back. You will be able to stretch out into a fuller enjoyment of a new world and feel totally liberated in this new world. It holds a new message of greater understanding. I have seen this happen many times and in many places. It is a rebirth into a new consciousness but you are not doing it alone. You are doing it as a group and not only with humanity. You are also going along with the animals, the plants and the mineral kingdom. You are all moving together into a new freedom, so be happy.

Ken'u

## *Lady Nada ...*

This is indeed an important concept ... for it speaks of a peaceful survival. This will be necessary to have the most peaceful transition possible ... to not only remain in a healthy state but to heal quickly from any event, whether physically, emotionally or mentally.

Humans tend to react with force and retaliation to events of discord, but I urge you to take a more passive stance and react with offering healing to yourself and those around you. This will be a very tumultuous period of human history and it will not need any unnecessary "lack of calm" to add to the chaotic environment. Taking a stance of "being healing" and to be a healer will provide for clearer days ahead.

These are never easy times to navigate and the only defense is to approach this with the intention of healing that which unfolds in events, in oneself and in others. You can be the healing force that takes the wind out of the sails of some serious conflicts, be the healing salve to some minor eruptions where there was once a peaceful resolve, be the gentle touch needed to re-connect those who have fallen out of cooperation.

The list is endless of the many ways you as an individual can be a healing force, a mending force, a voice of reason and the heart that fixes what is broken. These parables can apply to a myriad of situations .... The main ideal is to embody the intention to have a healing effect on oneself, on others and on events. Each victory of this sort will help to alleviate another ensuing conflict.

We do not wish to see humanity suffer unnecessarily and for any longer than will be a natural outcome of this inevitable transformation that your planet is undertaking. We are happy to help mitigate the disastrous effects this transitional process can have, but we need your help. The best, most productive and useful help you can offer is a "healing frame of mind," which is to say giving a healing place of heart and spirit to all efforts you undertake. Keep this thought in your heart and in your mind and it will radiate from your being and lend its energy to those you come into contact with.

We can foresee the difference this will make in the world. This process is quite simple but has a massive and demonstrative effect on one's life. It is a "master-full" approach to the calamity of the coming days.

I thank you all and tell you that we are with you, doing all that we can to help ease these hard days ahead. We have sworn our oaths to aid humanity and aid humanity we shall ... with *our* healing hearts and minds.

Lady Nada

## *Master Kuthumi ...*

Healing and the Art of Living in a Period of Transition ... well, we are all aware that the current time on this planet is a time of transition. We are all aware that there is chaos wherever we look, and instability. Challenges of immense size are being presented to humanity on an individual and group level.

We, the Masters, are fully aware of the disturbances, the challenges, the chaos that is surrounding this planet ... that is surrounding each living creature ... each living being. We are reaching out to you all now to help you see the light at the end of the tunnel ... the light that is part of this planet's ascension and rise in consciousness.

The healing that we are providing to this planet during these times of upheaval is a healing that your soul requests, your soul that is assisting you in physical incarnation to pull through this time ... to look for the red thread that you know is there to guide you ... the red thread that your soul has agreed to show you with our help when times are getting tougher.

We, the Masters, and the soul of each individual, we are guiding you to find your center, to stay centered, to connect to yourself first before you connect to others. The healing that you will perceive when you are finding your center and staying in your center and reaching out to those who have also found their center and are working with their center ... when you reach out to those and form a network of souls that are equally prepared to follow their heart, to follow the guidance from the soul, the guidance from us, the Masters, then the healing will be coming automatically to you all, the healing that your conscious mind still requires to pull through these times of challenge.

Another side of the healing that we provide is the understanding that you ... each of you ... is the master of his destiny, his own destiny and the legacy that you all carry, the legacy of walking on this planet for eons, living on this planet, acting on this planet in a unique way – unique to your soul, to your soul's awakening, to your soul's mission, to your soul's lessons – this legacy that you carry is the legacy that has formed this planet, that has brought this planet to this very moment in the history of humanity.

So the chaos that you surround yourself with that you are facing at the moment is the chaos that you have helped to create. We are not giving up on you, on humanity. We are here to help you see the light and to heal

yourself first. Then and only then can you, with those who have healed themselves and see the light within themselves, can you be part of the healing network, of healing others, of assisting others to heal, of assisting this planet to heal as well. By doing so, it is that healing ... a global healing ... a holistic healing ... that will enable humanity to evolve. But first we have to start with the individual, with each of you. Each of you who is reading my words is offered help, healing, guidance to pull through these very, very critical times on this planet.

Healing can come in many ways from us to you. It is up to each individual to perceive the healing he or she requires from us on request to move forward.

We offer healing and guidance to those who ask for it. You have a saying which is, "When the student is ready, the teacher will appear." This applies beautifully to the current situation on this planet. When you ask for help and support, for guidance and healing, for evolving your perception and raising your consciousness, we will hear you and we will be at your side to help you through, to guide you.

It is always an interaction between two partners. We are tied by the Law of Karma and free will and we will only provide you with the healing and the guidance that you may require on request – when you turn to us officially and ask for it.

You are not alone. We are watching you. We suffer with you. We are waiting for you to come to us with an open heart, an open mind and the willingness to embrace this period of transition as a period of growth – a period that is a gift for you to reach the next step of your individual development and at the same time of humanity's development as a whole.

So I can repeat again and again that you are watched by us and that we are willing to assist you in the process of transitioning and to provide you with healing, with guidance on your request.

I thank you!

Kuthumi

## *Anubis ...*

In all times of transition, people are bound to go through a series of changes that they do not understand or are familiar with. It is, of course, a new frontier, and one that will undoubtedly surprise every participant. The important quality to keep in mind is that transition has a temporary and fixed time zone ... it ends and there stands the next new age of existence.

Since time immemorial, humanity has gone through transition after transition. It is a natural state of existence and should not be considered a negative period of time but rather a necessary part of the process.

During this time, individuals may make incredible discoveries about themselves that will astound and amaze both them and others. They may be able to shed old habits, certain thoughts that do not benefit them, and/or find themselves holding completely different views on a subject than they had before the transition. This is to be expected. For as humanity progresses, it is a truly natural expression of change to be mentally transformed.

A transition is traditionally a period of time that brings you to a new and better future. How well individuals are willing to open themselves to this period, to the new ideals presented, is a direct reflection of how well they will fare health-wise.

I am speaking of health on all levels ... physical and mental, emotional and spiritual. All of these points in your being will experience some form of unrest and repositioning. The ensuing stress can be debilitating or the transformation can be quite breezy. In most cases, people who are open to a new concept, who try it on for size, are more likely to experience less stress on the various levels of their being than those who do not accept and want to work with the changes at hand.

I can assure you that this is one very important time in the history of the Earth where one's lack of acceptance will resound with very uncomfortable effects to one's health ... on every level. A calm ship can sail the stormy seas. This is common sense at all times, but with the heightened energies of synthesis in action, it will be apparent like never before.

I urge you to take your time to comprehend and think over this matter. Prepare yourself for the unexpected and live to tell the tale in better times, in the changed times. Every member of humanity is a precious flower bud awaiting its time to blossom and thus exhibit its true glory. I urge you to consider this as a calling to remain in good health and mind. You will be more helpful to yourself and others in this state.

I have not said anything that is not already known here, but I do stress the need for this very simple measure, to not underestimate its importance.

Anubis

## *Lord Maitreya ...*

### [The Last Months of 2013 - Video](#)

Lord Maitreya speaks frankly of the challenges ahead in the art of living. He offers guidance, advice and hope. As always, we are the ones who must be aware, who must do the healing work for ourselves and for others, and we are the ones who are laying the foundation for the new civilization as we repair, strengthen and develop sustainable relationships in our daily lives.

Visit our Other Media page.

## Quan Yin ...

*Healing And The Art Of Living In A Time Of Transition* is a very interesting subject. I would like to start with the individual. We are moving away from a time when the individual is the focus of spiritual evolution to a time when the group is the focus of spiritual evolution. Now, what does that have to do with healing and the art of living? I would say everything – absolutely everything.

I am certain you have all experienced times of transition, whether that be moving, or leaving school to go on a summer vacation, or returning to school after a summer vacation, or graduating, or experiencing one of life's major events – be that marriage, beginning a family, changing jobs. The list goes on. These are all individual transitions. And if you stop and think about it, in each case there was an aspect of healing that involved leaving the old – with perhaps sorrow, with perhaps joy – but leaving the old and transitioning to the new situation, which might begin with joy or with sorrow.

When there is a separation from the old and an introduction to the new, then there is, in a manner of speaking, healing going on in order for the transition to be successful. For the new can bring culture shock in one way or another, even if it is joyous, and that shock needs healing. Leaving the old also needs healing.

We are facing today, we who are associated with the planet Earth, we are facing a momentous transition. I would simply point out that, from my side of the veil, there is also a transition in our art of living and there is associated healing going on as we do our own version of leaving the old behind and transitioning into the new environment. That should clearly be exemplified by the fact that we, with our Off-Earth Allies, are going to be much more prominent on the physical plane than we have been since the time of Atlantis. This is a significant transition not only for humanity, but for us. I would focus, however, on two issues that are involved with humanity, one from an individual perspective and one from a broader perspective – be that ... well, I would like to take it to the whole of humanity. And that is certainly going to either end of the continuum, from one individual to the entire of humanity. We shall maybe have to have some mileposts in between.

For an individual, there are transitions as you live your daily life, transitions in relationships – with your loved ones, your coworkers, with the institutions you visit, in your work environment if someone decides to remodel. There

are *so many* transitions that some of them are not even recognized as such, so it is the major transitions that we shall focus on here.

I think the pattern is clear. There is a time stability or relative stability, there is a time of bumpy roads during a period of transition. I do not wish to use the term chaos, yet sometimes transition is chaos. There is a time of being unsettled, where the old stability is lost and new stability is not yet established. Now, during this time of transition, there may indeed be a quasi-stability established and that stability is based on the fact that things are ever-changing and the adaptation to your art of living is adapting to the fact that things are ever-changing. So that is, in a way, its own stability during this time of transition.

Then there is arrival at the new situation and at that point, there is a settling in and a settling down to create the stability for moving forward within the new environment that has been entered.

This is all very philosophical, but you can take that pattern and apply it to your daily life. Think about it. What has been in transition in your daily life in the past week? Was it a new cell phone number? One of your friends moving out of town? Trouble with your computer? Or did the bank you deal with suddenly come down with new rules?

All these fall into an incredible series of mini-transitions you navigate as you go through life. And in each case I would pose that there is a mini-healing, a healing when the old is left behind, a healing as you prepare yourself to deal with the transitional period, and a healing as you settle into the new environment.

Humanity is facing a huge transition. I do not want to lose track of that, but I would finish with a more individual approach before I go on to talk about humanity as a whole.

Now, I would ask you to self-assess. Are you among those who negotiate with ease the kinds of transitions I have been describing? Are you among those for whom, under certain circumstances, these kinds of transitions mount up until they create a great deal of stress?

In either case and at either end of the spectrum, I would say that your own knowledge of yourself as a being here on Earth – and I would say as a spiritual being here on Earth – is the starting point for self-healing. You may not use the terms I use, but when you feel calm and centered, aware of Oneness, capable of coping with the lost cell phone, the parking space you almost got, the train you missed, or something more traumatic within your

own family and close circle of friends, when you deal with these kinds of transitions from a place within that is calm and centered and you know that you can survive and move ahead, you become, in essence, an inspiration to those around you. You become a pattern for them to follow, a calming influence. I would say that is a spiritual being. You may not call it that, but that calm centeredness is you as a spiritual being in Oneness.

When that calm centeredness gets knocked off kilter, then there is even more healing involved. But I would contend that that healing begins with restoring the calm spiritual center so that you are able to look at these transitions for what they are: transitions.

You know that there is a leaving the old, a period of transition, and an acclimation to the new. The pattern is there and dealing with that pattern from a calm spiritual center is the key to the art of living. No matter what goes on in your life, no matter where you are, if you have that calm spiritual center, then you can accept healing, because you know it is necessary for you, and you can also give healing simply by being calm as a pattern for others. You can heal your environment by being calm, positive, problem solving.

Transitions: from stability to instability to stability to instability – it is a pattern, it is a cycle and the art of living is knowing it is a pattern, healing yourself and accepting healing from others when necessary in order to maintain stability and deal with this pattern. When you have done that, you indeed have developed the art of living with joy, because your perspective is centered and you can see these transitions for what they are. You will, in your own way, enjoy the challenges before you, knowing that you can cope, you can find solutions, you can survive.

This is simplistic. It is ever simplistic when it is simply taken at this level, but I would ask you to look at the pattern and find out how the pattern applies to you as an individual. You can then take that individual pattern and apply it to the groups you belong to – your family grouping, your coworker grouping. It is the same pattern.

In my mind, the art of living is having that healed and stable spiritual center that will bring you joy and confidence as you and the groups you work with face the multitude of transitions you experience in your everyday lives.

I would have you think about the point at which each group you work with achieves that calm spiritual center, where they know what their purpose is as a group, yet retain a loving spiritual center that has respect and caring for other human beings. If that center is not there, this is not a group of joy,

and it is the groups of joy, the groups that care, the groups that do not judge, who understand Oneness.

Now, I would move to humanity. Humanity is, energetically, One, One with all creation as a matter of fact, but definitely within humanity. There is Oneness between you and the person you most wish to stay away from and never have any contact with for the remainder of this incarnation. There may be good and valid reasons for that wish, but you are still One with that individual. That is a very difficult concept ... and yet it is true.

Humanity as a whole in this period of transition is moving away from all the emphasis on individuals – individual leaders, individual achievement, individual success – moving through a period of transition in the art of living. This transition is from the art of living as individuals who may be working together but are individuals nonetheless, to the art of living in groups, in groups of equals, in groups based on Oneness. And we are at the dawning only of that transitional period.

Now, I talked about a period of stability for an individual, I said that the period of transition itself can have its own kind of stability when you recognize that you are in a period of ever-changing, rapidly-changing conditions, and you find the wherewithal to understand that and deal with that and find the benefits of living with that degree of change. It is the same for humanity. The healing that is necessary, now, as the old is left behind, is the healing of the entire of humanity. Healing is needed to the point where humanity can be stable and understand that it is One. With understanding, those who are incarnated can deal with this tumultuous time and transition together as One, not bickering with each other but building the relationships that will be the new stability, the relationships that will bring us new organizations and institutions focused on the good of all humanity rather than making profits.

I'm talking about the focus. I'm not saying that the profits can't be part of this, but the focus becomes service, not profits. That is where the current transition is.

And where does the healing take place? The healing takes place as humanity must leave behind the old, the old attitudes about the charisma of individual leaders, the gurus, the power of institutions, whether or not they serve humanity, the helplessness of individuals and non-profits in the face of international mega-corporations and self-serving or polarized governments. All this must be healed. Healing is letting go and moving into the tumultuous time as the old is crumbling and the new is not yet established.

The art of living in a time of transition is the art of having a vision of where humanity is headed, and that is toward understanding more broadly the basis of Oneness, understanding the importance of groups in the new civilization, understanding what it means to be calm, not fearful, understanding that the old is being disassembled and the new is being outlined so that it can be created. There is a period of transition and transition, in this case, means tumultuous change.

The healing that is necessary is the healing of confidence, the healing of caring, the healing of the spiritual internal well-being and joy that makes everyone understand that the internal well-being and joy of every other human being is important, so that there *be* no starvation, that there *be* no violence against another.

Humanity itself must be healed, healed of the hatreds, healed of the anger, healed of the pain. And when that happens, the art of living together in productive relationships to build a new civilization stands a chance of emerging – slowly at first, but it will gain speed. It will gain speed.

The art of living in this time of transition is the art of healing, it is the art of knowing, accepting and participating in the crumbling of that which no longer serves humanity, and participating too in the joy of being able to set the path to the new civilization. The healing is continuous because tumultuous changes come every day, so there is a constant cycle in flexibility, in the art of living joyfully, with hope. This cycle involves healing, a temporary stability, a temporary move forward, a healing as things go wrong, a healing of the spiritual self, hope and continuing to move forward until humanity has a new stability in a new civilization based on Oneness.

Healing and the art of living are inseparable in a time of transition – absolutely inseparable. And the healing is spiritual healing. How does one go about this? That, in deference, I will leave to my colleagues, for the subject is vast. Spiritual healing, I think, needs its own separate discussion.

I would leave you with the awareness that healing and the art of living are inextricably linked and dependent one upon the other. I would leave you

- knowing the pattern,
- and knowing that we *are* in a time of transition,
- and knowing the characteristics of the new civilization to which we are moving.

All these pieces will contribute. It is my hope they will contribute to your own internal processing as you work, in your own way, to begin healing yourself and those around you, and when your own resources for healing

yourself are exhausted, to begin to look outward to those groups who are bringing you information and enlightenment.

I hope this has been of some assistance, for at least if you know what kind of healing you are looking for, that is the first step. The art of living is the flexibility to deal with the deluge of changes that we are experiencing on both sides of the veil as we go through this period of transition.

My blessings upon you. I thank you.

Quan Yin

## *Djwhal Khul ...*

I like this subject very much for it speaks immediately to what is necessary for all to endeavor and prosper in the days to come. Humanity is but awaiting this age, whether they know it or not, waiting for their days to unravel as never before. In this age, much chaos will ensue and only those of a healing nature and mind will be able to weave their way through the roadblocks with grace. No one likes to suffer and no one likes to endure unnecessary suffering. So, we have taken a good look at what information we can offer to help humanity suffer less, to be able to better handle this time. The answer is as simple as it gets, for it is the "richest" way to approach anything.

I say "richest" because "for nothing" you get a wealthy return. Holding a "healing" calm and pace about your being will reward you with much more than it gives ... for it really requires nothing but an open, loving heart and mind ... something that is free to give but can potentially respond by not costing you anything either. There is a heavy price to pay for harmful conflicts, a heavy price that can weigh for many ages before it is released and balanced. If you avoid such conflict, the lack of its weight leaves you weightless, debtless and truly richer than if you won the conflict outright.

This equation is not truly valued by humanity as we can gather by the constantly waging conflicts around the world. But as the potential for conflict rises in every pocket and corner, I urge you to consider holding a healthy state in your entire being and sending out healing, helpful thoughts that will not pollute your environment. Do not underestimate the pollution of negative thought nor underestimate the healing effects of positive thought.

In the darker days of humanity, many wounds were inflicted upon the hearts of all, many curses cast and spells woven with ill intent to harm others, to cause unspeakable grief and suffering. Humanity has the potential to leave the legacy of this long road behind, to embark on a fresh road into a new level of existence. The healing must take center stage before this can happen. Individuals must heal, groups must heal, countries must heal and all in turn spread out their healing hopes to all others. It is critical to the survival rate for a tremendous upheaval will take place and it will need a tremendous measure to amend.

Djwhal Khul

## Osiris ...

This is an important topic since it speaks directly to humanity's hearts and minds at a time of great change. Most of humanity at this time does not yet sense the coming great changes. People are still in a state of trusting what their governments tell them. They also trust the organizations that they know and the institutions they are familiar with and believe that all will continue to function as before. Humanity does not want their old world to change since they cling to the illusion that their society has created a peaceful path for them to walk down the road of life.

Although this situation is not in reality what we are seeing at this time, it is a psychological matter that humanity is not yet ready to be concerned with events such as a rapid transition into a new state of consciousness. It is, after all, the way humans have always functioned. They do not plan too far ahead but much prefer to look toward tomorrow and hope that all will be well. They are trusting and believe that what they are currently doing is exactly what they should be doing. They believe this because the organizations which they participate in and the government, along with business leaders, all tell them that all is well as long as you follow their advice.

Little does humanity know that there is a storm brewing on their horizon. This storm is coming fast and it will not go away. When difficult times burst upon the scene, then there will be much shouting and pointing of fingers toward anyone that the public believes has betrayed them. Certainly governments will receive much blame but so will other institutions and the people will want answers as to why nobody could predict this storm. The truth is that many leaders have known that this storm was coming but rather than embarrass themselves, they kept this information a secret among the few that knew life was about to change. How will life change?

In a period of rapid transition where the past is being deleted, there is only one action that is logical and beneficial. You must swim with the flow of events. Do not try and hide from this storm since it will do no good. Do not try to collect your wealth as protection against this coming storm because that too will be of no use. The most useful thing anyone can do is to try and understand why we are in this situation and then ask for a solution. The "why" question should be obvious to all. We live in a society that could not continue to perpetuate the many divisions among humanity any longer. There exist the divisions within nations and divisions among nations. These divisions have caused the huge gaps in income between the rich and the

poor and the gap between the poor nations and the rich nations. Also, there are the divisions between those nations with talented people and technology and those with no technology and no educated class to build a better civilization. The divisions between humanity on planet Earth are almost endless in number.

Now, the only solution is to get rid of these divisions that prevent humanity from cooperating in a manner that has never been possible previously. This is not going to be easy for a race of people who have only known competition in the last few hundreds of years and also well before that. It has, however, been especially true in the past few hundred years when the division between humans has accelerated. We can point to the new economic theories, new political theories and nation states being created with divisions between nations. The divisions were created by the few and then accepted by all humanity. However, since the divisions were created by humans, they can also be destroyed by humans.

Perhaps this all sounds a bit too utopian for many but humanity will discover that there is no other route or path that will lead them out of their current misery and into a productive and happy existence. Deal with the divisions in your society and push away those organizations and institutions that have created nothing but competitiveness in the world. Each human soul must ponder this situation and begin to assist the change by finding a way to end the competitive ways within themselves. Then they can reach out to the rest of the world and connect in cooperation.

Truly, this will be a new beginning for humanity and it will scare many. Being afraid will not help in the least. Please know that you can make this change and know that you can do it quickly. Know that there is a better way of living and know that you can reach it without any major destruction of human existence on this planet. You can and you will toss out of your lives all the mentality of the past. Know that there is nothing to fear except your bad habits. Also know that there is much help that has come to assist you. All you need to do is call out for help from those above and they will instantly come to your aid. Do this and watch the world change.

Osiris

## *St. Germain ...*

It is my pleasure to have this opportunity to voice a few opinions about how the shift into a new state of consciousness and building a new civilization can come about. This is a very big topic and today I can only give you a few pointers about the directions humanity will need to take if they are to be totally successful in bringing about a new civilization on your planet.

It is quite easy to say we will have a shift in consciousness and then we will build a new civilization and all will be well. If it were only that easy I would be so pleased, but it is not an easy task. It is not easy because all humanity must be fully involved and fully conscious of what is taking place. None can remain outside of the task that needs to be done. All must contribute something to this enormous undertaking. Certainly, there will be leaders who will take up the major burden of this undertaking. All, however, will be invited and all are expected to participate.

How, you may ask, will all participate? Since we are all in this together, it is about everyone simply understanding that they must give their consent to what is about to take place. By this I mean that humanity as a group must believe that they have a choice and they must vote. We, the Community of Masters, cannot intrude upon your world to assist you until we know that humanity is ready and willing to work with us. Everyone's energy is involved here because essentially you are giving permission for us to assist you by pouring energy into you, which will advance your consciousness, and this would be an invasion of your free will if we did not ask for your permission.

Having said this, you must also understand that you have no choice with free will when it comes to involvement with the other kingdoms on this planet. The mineral kingdom, plant kingdom and animal kingdom already are being guided with the energy of this shift. Mother Earth is changing its vibrational rate of energy and thus anything living and moving on this planet cannot avoid being carried along in this movement. Humanity is part of this total package of planet Earth and it will move humanity along also, whether you will it to be or not. What is important to understand here is that humanity needs our assistance because without the help and assistance of the Community of Masters, you will have much to suffer. I tell you now that you do not wish to go on this journey without our help. It would be foolish and extremely painful and traumatic if you did not receive our assistance.

Not everyone understands this although it has been made clear so often that humanity has free will and the Masters must not invade that free will space.

And indeed, we will not invade your free will but Mother Earth is in another situation and this is not well understood by humanity. If Mother Earth decides to create havoc on this planet to push you along in the right direction, it has every right to do so under the law. This is why to the human race the acts of planet Earth are called acts of God. Humanity has no free will against acts of God. If you do not wish to ask for assistance from the Masters, then you will be pushed along by the great Being who ensouls this planet. His female energy is called Mother Earth and it is that energy that will cause great storms, earthquakes, volcanic eruptions and many other disasters.

You will get Mother Earth encouragement if you do not wish to cooperate with the great Being that ensouls this planet. He has many names but he is in fact as St. Paul said, "the one in whom we live and move and have our being." He is us and we are him. We are not separated from him. I said "him" again, but his female side is Mother Earth. It would be wise to be nice to Mother Earth and cooperate with Mother Earth. You can cooperate with Mother Earth by agreeing to cooperate with the Community of Masters in assisting you. This cooperation will produce a fast and rapid and relatively painless shift into a new consciousness and a new civilization. Of course, humanity must build the new civilization but again, if you ask, we are ready to assist you.

So I say call upon us, we are waiting to hear from you. We are waiting to hear your call asking for our assistance. We are all too ready to assist immediately. We are ready as soon as you are ready.

St. Germain

## *Venetian Master ...*

The topic of this month is a topic that is also very dear to my heart because I have been through many transitions during my respective incarnations on this planet. I remember very well how I felt during those times and how I wished I could get help from those who seemed to have more countenance and knowledge. And from this point I start.

My advice to the readers regarding healing during a period of transition is very simple: depending on your talents and skills, the innate skills that you have developed over many incarnations, you need time to relax and to enjoy the talents you have. I say that with a smile because as you know, I like to paint, and for me to paint is to forget for a moment any chaos around me. Also, looking at a painting, looking at a piece of art, soothes my mind and gives me peace and tranquility.

So to know how to get healing is important when you feel low trying to cope with the turbulence that surrounds you. Know that if you do something that your heart enjoys doing, you find healing and peace. Find the time to give yourself a treat. Be quiet, be peaceful and allow a beautiful ambience that you can create yourself ... this beautiful ambience from the outside world you can call in to calm and heal the turbulence inside of you. Find peace of mind and peace in your heart by doing something that you thoroughly enjoy.

I offer that you call on me telepathically, silently, if you wish, and we can enter into a dialogue. I will be more than honored to guide you in the minutes we have together in our conversation ... I will guide you, inspire you, motivate you so that you can push forward and enjoy those times of transition more than you can imagine now.

It is an art to live through a time of transition! And although everything might be collapsing around you, there is always, always a silver lining on the horizon. Each dark cloud also has a sparkle of light – you have only to find it. And I am offering to help you find that sparkle.

You know I am an artist, I love to deal with colors. I love light colors and dark colors. You would not be able to see the light if you did not have dark colors surrounding it. I hope you understand this metaphor.

So, my offer to this readership is to call on me so that I can personally extend my guidance and my healing to you during these unpredictable times. And although these times are unpredictable, they offer you an

immense opportunity because when nothing is sure, then everything is possible. And I say that with a smile. Again, find the perspective that will allow you to appreciate the situation you are in and the opportunities – few and little as they might be – to move forward, one step at a time.

There is an art to living – not only in a period of transition because transition is basically everything in life. The moment you are born you transit to the next stage of being a baby, then becoming a toddler, then a little child growing up until you reach adulthood and then the transition continues until you reach the day when you make the big transition from one dimension to another. And then the transition continues in another realm. Everything is in motion.

You have only to accept that transition is part of your life – that life is transition and transition is life. Once you understand that and live accordingly, then the current unpredictable times are much easier to sail through circumventing certain corners and at the same time enjoying the ride, the trip into the unknown.

I am here and wait for you to contact me. To do that, may I suggest that you find a moment of peace, of silence, of tranquility to reach out to me so that I can reach out to you.

This is my offer and I thank you very much for this opportunity to connect.

The Venetian Master

## *Sartarius ...*

We have had many transitions, many times of transition on this planet. Each time was different and each time had a similar configuration from what we could observe ... from what we could perceive as we watch humanity grow and evolve.

As you are fully aware, we have reached a very critical time in the evolution of this planet. I have to say we have *again* reached such a time. As you know, there are windows in time when humanity has an opportunity to jump forward with a big leap and reach the next step on the evolutionary scale. At the same time, these windows of opportunity can also bring you back to the dark ages as there are always two sides to the coin. As the past of this planet has shown us, those time windows were sometimes used – unfortunately, not correctly used for the benefit of all. Instead of advancing and moving forward and reaching the golden age earlier, the opposite happened and humanity fell back and had to start from scratch again.

What do we learn from history? This is the big question that we ask ourselves here in our dimension. How can we help you get through this period of transition, through this window in time that has opened again, to guide you within the framework, the boundaries that we have? How much guidance would you like, how much healing do you need, do you require? Are you aware that we can help you? Are you aware that we are on standby?

I pause because I would like to choose my words wisely.

We, your friends, your interstellar friends are on standby to assist you through these times. We are not alone on standby as we have the permission from the Community of Spiritual Masters to assist you with them. We have a cooperation, a very close cooperation with the Community of Spiritual Masters, as you know by now.

Watching and reflecting on the events that are unfolding on this planet again gives us the opportunity to slightly change our modus operandi from how we operated in the past and to adopt a new approach with humanity. The original approach I am referring to was an approach that worked beautifully a very, very long time ago with groups of people, but when the end came to the then civilization of this planet, a civilization that was wiped out vigorously overnight so to speak, in the period that followed the devastation, we changed our approach and stayed in contact with individuals, not groups. Those individuals were looked at and perceived by their countrymen as seers

or prophets. They were worshipped and they had authority in many cases because of their vision, the knowledge that we allowed them to have.

A part of those individuals treated the information with humility, with respect and with gratitude, and passed it on to the best of their knowledge to those who were willing to listen.

Another part of those seers and prophets misused the trust we had placed in them, twisted and changed the content for their personal gain. I do not wish to go into further details here. I think you all understand what I am trying to say.

We have now taken the approach that you see reflected on this website ... that we speak again through a group that is united in spirit to serve the overall goal and the Divine Plan and to convey our messages in a way that is agreed upon by everybody involved.

The opportunity of listening to our comments, listening to our offers, is part of the healing that we can provide you with as a first step in getting re-acquainted with us, and we to humanity. It is this willingness from your side to wholeheartedly embrace this information we release that will heal the wounds that you carry and that will help you go through these challenging times of transition.

Every time this window of opportunity opens, the Earth Masters and their Allies are very, very enthusiastic and keen to step in and assist humanity to reach the next level of evolution.

Transition is never easy. Transition is always a challenge. Transition will bring you to the verge of what you think you can cope with.

Do not give up.

Do not doubt.

Have certainty that transition is a tool that you can use to reach the next step.

Embrace it.

We are here to assist you along the path.

But you have to initiate the contact!

Let us use this window in time to move forward jointly, as partners, to serve the Divine Plan of evolution.

My blessings to you all!

Sartarius\*

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\* *MasterSpeak provides the Community of Spiritual Masters a forum for discussion. While they each have their own perspective, they never fail to work together for the benefit of humanity. For more information about MasterSpeak, visit [WeSeekToServe.com](http://WeSeekToServe.com). ©2013 Sharon K. Richards*