

Dear members,

I wanted to share this because I spent the last two days with a person whom I just met randomly and started talking with. As we were talking I learned that she had been going through many episodes that would seem like possessions or nightmares of things as awful as going to hell or being pulled into a black hole. I know there are many people going through this because I have received several emails about it for about a month now.

I remember the similarity of these stories of nightmares and the stories of near death experiences. Half of the people who were interviewed who had near death experiences remember walking down this tunnel toward the white light and then meeting with a Christ Light and walking into a white room and having a glorious experience, while the other half remember walking down the same tunnel toward the white light but then falling into a dark tunnel or a dark place where they were facing their worst demons and nightmares.

This near death experience is in fact what we are all going through right now. We are going into this near death experience where we walk into the light room and we examine ourselves, we examine every journey, every karma. We judge ourselves at death. We are the ones who go through the Eakashic Records. We are the ones who put ourselves through the light review. We have done this millions of times. Each time we have judged ourselves unworthy and sent ourselves back to Earth again.

This time Sun Alcyone, our Guardian Races, the Blue Maharaji Sirius B families and many other good friends are helping us through this rebirth process. They are trying to help us realize that we can remove all of our darkness here and now without dying and going through the light review and coming back again.

If you are having nightmares you need to know that you are remembering your light review and you need to take those fears into the light and transmute them. If we transmute all of our karma into light we will return to the light review and then have the meeting with the Christ Light and realize our grand experience of passing our own test-- our own light review.

If we can do this here and now on this plane, on this planet, we don't have to die any more. This is the great gift that we are being given at this time. It only happens once every 25,000 years or so. And in our case it has been more like 5.5 million years. So, I think we should take it quite seriously, don't you?

Unfortunately, a lot of people are going through a period of bad dreams, irritations, feeling negative forces, etc., since September 22. We have been receiving warnings for fifteen years to get ready for this time. We were warned that if we hadn't gotten prepared by 2012 we would have great problems to deal with. We were given an extension on this time period up to September 22.

We were being warned that if we hadn't done our own clearing of our own karma, that Sun Alcyone would be doing it for us. And when the sun begins doing our clearing, it means that we are being cleared of things that we were totally unconscious of. It shows that we did not know ourselves very well, or we would have been working on getting rid of that karma long ago.

Unfortunately, those who did not work on this karma clearing continuously for 12 or more years are having all of their karma cleared at once. When I think back on all of the pain that I

went through over the past 12 or more years, as my body was shifting into alignment with the corrected axial lines and corrected alignment with my crystal and light bodies, I can't even imagine what it must be like to have to get all of this at once.

The Guardians knew this was going to happen. They love us very much and they did try to get this message to as many as would receive it over the past several years.

In addition to clearing the karma we put into ourselves just from believing the things the world (education, religion, government, culture) has brainwashed us to believe, we are also responsible for clearing all memories that have been left in our cells since our past million to ten million life times. In addition, we are responsible to clear all karma from the entire world. There is no separation between each one of us and the entire race line of human angelics. We are all one. We must do this together. This is a Mass Ascension.

Why is Sun Alcyone in charge? Because he was the original creator of the star that we lived on long ago. So our frequency signatures or our original perfect self was within the essence of that star before it blew up. Sun Alcyone wants his star put back together again. That includes bringing the frequencies of all twelve pieces of that star which blew up and spun into the Milky Way back together. That means putting back together the frequency signatures of all 12 sub race lines that separated when the star blew up.

This also means that our ascension includes realigning with all of the Karma and the Wisdom that is supposed to be created from that Karma-- not just ours personally-- but all of it-- the entire race line-- the entire star system.

That is why the karma that is coming out now seems massive. It can even seem like going to hell, or spinning into a black hole for those who have not done any preparation for this time.

The Eternal Life Album isn't what is causing the karma to surface. I know plenty of people who are going through exactly what you have described during the past few weeks, and they didn't have an Eternal Life Album.

However, the Eternal Life Album will allow you to TRANSMUTE THAT KARMA when you see it appearing. That is what the albums are for. We must TRANSMUTE KARMA.

Transmutation means raising the old bad dead ideas from that frequency of pain in to the highest frequencies of the full spectrum of light which is Source Consciousness. This is what I give you the meditations for. Go to the website and look at the meditation button. There are several pages of meditations. They will be very helpful in this time of transformation.

Transmutation is done by taking the most etheric frequency of Source Consciousness and wrapping the karmic idea in it, sending it into the complete light of the sun and then watch it melt.

It is also helpful to bring the full light spectrum of the sun into the midbrain and bring every thought down from the brain into the frequency specific mid brain and transmute it in the light.

It is also helpful to use the candle. See yourself as a mini me the size of the stem of the candle. See your self completely wrapped in the full spectrum of light of the candle. The candle light contains hertzian, infra red, visible light, invisible light, gamma, x- ray and white light. Walk

the mini me completely into the full spectrum of all of the light. When you have walked complete in, stay there for fifteen or twenty minutes. Now, turn around your mini me until it faces you. You will see a sphere of blue light. Your mini me became wrapped in ultra violet blue light. That light is only produced as a result of becoming one with the full light spectrum. It is the sign of rebirth into the fifth dimensional body. Stay in that body of blue light. Take all of the karma that you have dreamed about into that light and watch it melt into crystal liquid light.

If you don't do this now, the dreams will come back until you transmute them.

A part of what is being seen in these terrible dark dreams is your body being taken into the past, turned into Density One frequency which is pure light, and then taken into the future self where our Guardian Families are taking us into the Temples of transfiguration. Our bodies are having surgical removals of negative alignments removed. And those negative alignments are the karma that is being seen as a result of the surgery.

I wrote a post several weeks ago explaining that dreams that of a white nature are showing us that we are conscious of the changes taking place and the dark dreams are showing us that we are UNCONSCIOUS of the changes taking place.

So, the more we learn about these changes. The more we become conscious of reality. The more we take control of our own lives and melt away our own karma, the whiter our dreams become.

It doesn't mean that those who have the pearly white dreams are better people. It just means that we are more aware people. We made our selves aware of what was going on. I knew about the harmonic convergence since the day it began back in 1987. I even knew it was coming since 1982. I always knew that most of the teachings in the New Age movement were lies that were sent by the fallen angelics into channelers unawares.

Why did I know these things? Because of Intuition and Discernment. Intuition and Discernment always come from our Soul Families. We were always supposed to be completely tuned in to our Soul Families who would allow us to know every thing through intuition. We took intuition away from our selves by replacing it with logic. I refused to do that. People always thought I was crazy because I never used logic.

However, now that we have been given the Divine Science of the Stars, which is completely logical, there is something to use that we can connect the intuition with.

When you wake up from these bad dreams make a list of the things in the dreams, turn your Eternal life album on and melt the ideas into the higher frequencies in the music. Start looking within yourself for any karma that needs your attention and take it into the music or into the light. Turning the music on and using the candle work great together. That doubles the power of transmutation.

Namaste,

Crystalai

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