

## *Lesson 4*

# **Beginning the New Year by Releasing Chaos**

Greetings Dear Friends of the Light:

We in the Light begin this lesson by blessing each of you with God's good grace and forgiveness. Yes, forgiveness for mistakes, errors of judgment and missteps you feel you may have made last year.

Mother/Father God recognizes and hears your fears and anxieties about unlearned lessons and times when you were less than kind and forgiving of yourself or others.

As you contemplate a New Year's resolution for 2006, begin by forgiving yourself and others. Allow more love and Light to enter your hearts to comfort you and prepare for new growth. We challenge you this New Year to begin to release the chaos that can often times surround your lives, tangling and deceiving you into believing it is your reality when it is not.

Chaos is simply energy that can become stuck. Chaos is born from a collective consciousness of fear. This consciousness grows stronger as beings breath life into it, and it becomes manifest. Your current political climate of distrust, secrecy and mis-focused power are a mammoth representation of chaos. Many of you may feel the politics are far too big and therefore impervious to change. Precious ones please take comfort in knowing that we in the Light are here to help you begin your journey on a clearer, less myopic vision of reality. The reality that your Mother/Father God wishes to reveal to you is one of peace, joy, harmony, health, creativity and prosperity. Although peace and harmony initially may sound wonderful to you they are often harder to achieve than continued chaos. Simply put, it is easier to feed into negativity because it is what you know, yet the very blue prints of this planet and your own DNA are all creations of Light and harmony. When you hear these words they speak to that Light within you, they whisper peace and abundant joy. You can feel it activate within your core. Each of you was created from Light, and that very Light within you, or "God Chunk," can ignite a change from chaos to peace, both on an individual or on a world-wide level. In other words - your "God chunk" can bring order and harmony to your life and/or to the world.

It is imperative that the mass consciousness of this nation and this world begin to turn from a base of fear and instant chaotic reactions to challenges. The ideal is to go quietly within, allowing your higher vibrations to bring about peaceful, harmonious responses. Each of you can make a difference in your nation's and your Earth's efforts to heal and grow into higher vibrational levels. This is not merely a lovely little thought, but an actual tool and effective response that each of you came to this beautiful planet to use.

Each of you precious beings have special talents and gifts that you brought with you in this life. You may find that you resonate with these words, as well as similar messages from the Light related to the idea of a loving Light filled collective or universal consciousness. Please understand that your talent will ignite changes in this consciousness, and those changes will play a large part in the ascension of all living beings and your living planet.

Precious ones please hear these words. Do they not lift you; make you joyful and hopeful of change? Your job is not to become a missionary; it is to align yourself with the grid of Light bringing peace to this beautiful planet which will bring peace to you individually. Your job, should you choose it, is to join with like minds that are committed to changing a current collective consciousness of power, fear and chaos into a collective universal consciousness of authentic power, peace and Light for this planet.

You may think, well, I certainly hear these words and want to do my part, but by the day's end – I'm just too tired or busy with all the issues surrounding me. Perhaps in a "Perfect World," you think, "I could be part of this cause for change, but right now I have a teenager who is pushing my buttons, or a job that saps the life out of me or my health is not good, or \_\_\_\_\_". You fill in the blank. All we in the Light ask is for just a little portion of your day, not all of it. If you will consider making a few changes you will not only be a force in a positive universal collective consciousness, but you will notice a shift within the quality of your daily lives. So, on a very pragmatic level your effort for world peace and Light can also bring harmony to your own family or personal dynamics.

Consider the idea that each time you are faced with a situation that renders you powerless, enraged or feeling hopeless, that you could make a different choice rather than returning to your old status quo. Your choice can simply be not to choose at that moment. To go within, and ask the Light to fill you up so you may find a solution or response that comes from the highest level of vibration (Light.) Each time you respond to chaos with feelings of fear or hatred, you breathe more life into it and ultimately become part of it.

The war in Iraq is an example of individuals feeding into the growth of a chaotic fear-based consciousness on a very large scale. The growth of this consciousness is not fed simply by George W. Bush and those of like minds, but by those who hate the war and the administration. Your thoughts and verbal discourse with others who mirror your thoughts feed this consciousness as well, and so it can grow exponentially filled with negativity and hatred from both right and left.

Instead of bashing those in power that you disagree with we invite you to make a slight change in your response. First, go within and ask the Light to fill up the minds and hearts of all of those within this consciousness. Second, visualize and believe that the power of peace can, and will be embraced by all those within this chaos. This is what the master Jesus Christ meant when he asked people to turn the other cheek and to love their enemies. We in the Light recognize how difficult this task is and applaud each of you as you make this shift within your own consciousness.

The concept of a collective universal consciousness is not a new one. Many channels have been writing and speaking about this for some time. Today as the vibrations from the Light increase in speed and volume this message may make more sense to you. The ascension of the planet and its precious beings begins first on an individual level. Do not fear that you will lose your individuality or sense of self as you willingly enter the collective consciousness. You will still be you, yet you will be a greater more creative joyful you.

As you choose to release the chaos in your own lives by refusing to draw it in and giving it more life, your fears of loss-of-self will fade away. You will have a greater understanding of how your own "God chunk" really works and can manifest your needs and the needs of the planet. You may be familiar with the cliché, "There is strength in numbers." On a very elementary level this is the hallmark of what a collective universal consciousness is and can be.

A very gifted physicist, Buckminster Fuller, spoke of the concept of synergy. Synergy defines the heart of the universal consciousness. Synergy speaks of the creation of energy beyond what is known. Fuller spoke of the sum of all the parts as being greater than the whole. In other words if two people begin to create a consciousness of chaos and two others join in with like minds, the sum is not four, but six or six million. All Light or energy is initially pure because it comes from the Universe (or God) to be used for manifestation and creation; it can be used to create power. This power can be internal (authentic power) or external (false power.) All truth and harmony comes when power is internally embraced. Fear, mistrust and violence come from power used as an external resource.

All chaos comes from fear and a mis-focused sense of power. Conversely when you reflect on the great movements that empowered people on your planet, they grew initially from one voice, often from a master that could influence people's hearts and expand their visions. People such as Martin Luther King, Jr., Gandhi, and all the teachers and masters of the great religions. These people did not support or feed into a collective consciousness of fear and violence. Their messages drew on energy from the Light and ignited others to bring their "God Chunks" to begin to lighten the heavier vibrations of a consciousness of chaos and fear, thus creating change on a massive scale.

Reflect if you will on the individual called Harriet Tubman. She not only brought Light and freedom to a growing Collective Universal Consciousness of the abolition of slavery in Nineteenth century, but as she joined with this consciousness her Light grew from its strength. Harriet was able to manifest and manipulate the reality around her. Her underground railroad was successful because Harriet could create a cloak of invisibility to protect her people while guiding them through tunnels and cracks within time warps outside of your three-dimensional reality. This was the result of the energy from a growing collective consciousness of abolition made manifest, which dear friends was synergy in action!

These are recounts of individuals many of you know historically, but there are countless others that remain unknown in your Earth's history. So many others now and in the past have joined the collective universal consciousness to bring Light and power to those around them.

Should you choose to begin releasing chaos and become part of a synergy of Light for change we ask you to begin and end your day with a simple prayer or mantra. Using your own words (your words have great power), ask Mother/Father God to give you strength, courage and wisdom to release chaos and negativity from your words, thoughts and hearts. Ask that you become an agent for change bringing peace and authentic power to chaos around you, no matter how large or small. This can be with your family, your job and any collective consciousness in the world. Before you end your prayer, thank the Universe for its help, and tell the Universe that you understand that this synergy is presently happening right now in your life.

It has been said the World will change one heart at a time. Reflect on the power of those words, and the power within you to be co-creators in the kind of world you want.

May the Good Grace of the Universe Flow Within You and Surround All the Places Within You That Need Healing and Abundance,

Susan and Others in the Light

Next time: Connecting with the Grid of Light