



# YOUR POWER ON A PLATE

DOWN TO EARTH REFLECTIONS FROM A DISTANT WORLD



ELAN *AS CHanneled by* ANDREW

# YOUR POWER ON A PLATE



**ELAN**

*as channeled by*

**ANDREW**

**Elan Interactions**  
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*You are all perfect, a perfect reflection of whatever  
it is you are exploring in any given moment.*



# INTRODUCTION

---

Although I am Extraterrestrial and therefore live on another planet, in no way do I see myself as better than you. I have certain understandings that many of you may consider more expanded than the common Earthling point-of-view, but it is no better, only different.

I take this opportunity to communicate with you at this time for several reasons. The most significant reason is timing. It is time for you to attract the type of information that I have to offer. Another reason is desire. You collectively desire to know more about yourselves as Beings and as Creators. I desire to tell you what I know. As a society, we already embody the ideas that I am about to share with you. So, I know that what I say is so, and that it will work.

I do not, in any way, insist that you believe what I am saying because I am Extraterrestrial. You can only prove our ideas to yourself by choosing to express them. My intention is to merely share, and that is where my responsibility ends. As a society, we utterly trust what we attract, and live the results of

that complete positive trust. We have attracted this opportunity to share with you in this way. I invite you to trust what you attract to yourself, and this book is no exception.

Our society has existed for many thousands of years as one cohesive society, and we have learned many things about ourselves. In our exploration of many other planetary societies, we have also had the opportunity to learn many things about the nature of reality.

We have only begun to observe your society relatively recently and are only one of several species that are now interacting with members of your planet. Our approach is one of honoring your right to explore yourselves, and therefore our presence, for the time being, remains in the background. One day soon, that will most likely change. For now, I am allowed to "break some ground" and interact with you through these writings. When I say I am "allowed," I mean allowed by you. Nobody has forced you to attract and read this communication, so you do so of your own free will, desire and timing.

Life is a marvelous opportunity and experience and I intend to explain why this is so. We share a common experience with all of you. Although many of you still do not believe we exist, we believe in you. I intend to lay the groundwork for our eventual face-to-face interaction. I intend to share with you many things about yourselves that you are only now awakening to as a global society. I intend to explain why and when we may meet.

Join me and celebrate who you are and why you've chosen to be here. Join me and together we will discover more about each other. Although we no longer have names in our society, for this purpose, you can refer to me as....

ELAN



# Chapter One

---

## ***The Decision***

Allow me to begin by expressing my unconditional love and appreciation for your willingness to co-create this interaction. We only respond to the request and desire to interact in this way, and therefore each and every interaction that we partake of is always the result of a co-creation of the interaction.

During these channeled interactions, I do not in any way, shape, or form, “inhabit” the body of any particular individual. That is not the mechanism through which these interactions take place. What occurs, is that any particular biological individual or entity is enabled, through a process that we co-create, to “empathetically” mimic the vibration of my consciousness, the vibration of what you would refer to as my “individuality,” or my signature vibration.

So therefore, we co-create these interactions with any respective “channel” and with any participants in any of these

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interactions. I therefore thank you once again for your willingness to create such a joyful interaction, which brings us great joy, as well.

You really already contain anything that you seek to know, anything that you seek to experience, anything that you seek to create. I can say this because I understand your nature as a Being or a Beingness and each and every one of you are multidimensional, Infinite, and eternal by nature ... MULTIDIMENSIONAL, INFINITE, AND ETERNAL BY NATURE.

You are creating what you refer to as your "physical lives" to partake of *one* option of creation, which is the experience of what you call "linear reality." Linear reality contains the idea that you call space, and therefore the idea of time to seemingly move through that space and *experience* that space.

The creation of "before, during and after" is one of the sub-characteristics of linear reality, and in fact allows you to experience yourself in such a way that makes it seem as though you are not completely aware that you are indeed multi-dimensional, Infinite and eternal.

The way that you create physical experience, linear reality, and finite reality, is through a methodology in which you create the *apparency* that you break down your consciousness or shall I say ... *gradiently express* your consciousness. In other words, you are inherently an *all knowing, all seeing, simultaneous, multi-dimensional, eternal, Infinite consciousness* ... and at this time you are expressing yourself to seem as though you are: at first a lesser Being, then you collect and gain knowledge and experience, then you seem to become a greater Being, or more than you originally were. This is only an apparency.

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In actuality, everything that you experience, *everything*, is contained ***within*** *your consciousness*, within the *already existing* infinity of your consciousness. From your Infinite point of view there is no "within" and "without," for these are linear terms, from within the linear point of view.

Your body is literally *within* your consciousness ... and not the other way around.

Therefore, you already contain it *all*, all knowledge ... all experience ... all ideas. And what you call "growth and learning" is only one of the characteristics of linear reality, and in that sense, is truly, from your Infinite point of view, an illusion. Remember, you *already* know it *all*, therefore the idea of not knowing something and then learning it ... is simply *an exploration ... an apparency*.

Therefore, since you already contain it all and express yourself *seemingly* ON A LINE for now, you will create the apparency of learning. But the mechanism to experience expansion is truly, simply, now to ... *express more of yourself*, more of your Infinite potential, more of what you know to be true for you. And therefore, anything that "rings true" with you, anything that you understand to be true at any given moment, you already must have contained to begin with.

As you begin to entertain the idea of yourself as pure consciousness, as an Infinite Being, you begin to then attract to yourself (within the physical parameters that you set up) ... resources, information, timing that allows you to begin to express more ... and more ... and more ... and more of *who you already are*, not *becoming* something that you are not, but *simply expressing more of who you already are*.

One way of looking at this is that *as you express yourself in physical terms* your vibration as a consciousness begins as a

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very contracted vibration. This allows you to experience the apparency of forgetting 99.99999 % of who you are ... in order to experience the Infinitesimal decimal place ... .1% (point one percent) of who you now choose to express yourself as.

Your vibration therefore effectively becomes contracted in a physical sense. As you begin to expand your notion ... your acceptance of who you are ... your vibrational resonance rises, and you sometimes refer to this as your vibration "ascending." Therefore, truly, truly, "ascension" is simply being willing to *express more of who you already* are and is not somewhere to go to ... *from* here, because as you expand the idea of who you are, you understand that *both here and there exist within you* and that there is no separation.

Therefore, ascending is truly, simply ... being more of yourself.

Individuals, when defining the idea of "ascension", will often assume that you are ascending *away* from this physical reality. Now, that is *one* way to experience ascension; that is one idea of the result of the process of ascending or expanding your vibration. But understand in no uncertain terms, that you have *chosen* to be here ... you have chosen to be here to experience yourself in a very specific way, within a reality with very specific parameters. Because of these specific parameters there are very unique characteristic *advantages* to the physical experience.

From the perspective of your Infinite consciousness, when you are all knowing ... all seeing ... and simultaneous, there are certain nuances or qualities which have less meaning to you in that state. One is the idea of *learning* ... another is the idea of *discovery* ... and yet another is the idea of *surprise*! All of these ideas become somewhat irrelevant when you already know it all. So therefore, advantages of what you call the

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"physical reality" include: learning, discovery ... the joy of discovery and surprise, and even the joy of unexpected outcomes.

Therefore, one idea of expressing ascension is to begin to *willingly participate* in the creation and experience of your reality consciously, *just because you say so*. And very literally, if you are to ascribe levels to the idea of ascension, the first level of ascension would be ascending *into* living this reality *fully*, with absolutely no nuance, no hint of the idea of "escaping from" this reality, of ascending away from this "awful place" (as you will sometimes refer to it).

Therefore, the idea of ascending or expanding your vibration is a joyful celebration of more of who you already are. And nothing need be "given up" in terms of becoming more of who you already are. Since you contain it all ... there is no outside ... there is no external. There is nothing but you, experiencing yourself.

So therefore, you cannot really "escape" *from* yourself, because all you would achieve, in that sense, is going *to* yourself anyway. Becoming familiar with this idea allows you to now understand, in no uncertain terms ... there is nowhere to go, *you're already there*. You're already here.

And understanding, deciding, that you are already there allows you to experience the advantage of what you have already (in no uncertain terms) created as your reality. Therefore, diving into your reality, being willing to *decide* your reality, is one way in any given moment, that you can *transform* your reality.

Now, as I had mentioned earlier, you break down or gradiently express your consciousness from that One ... Eternal ... Infinite Being. The convention through which you express this

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is what we generally refer to as a triad of: BELIEF SYSTEMS causing EMOTIONS causing THOUGHTS and ultimately resulting in ACTION.

The paradox of the idea that your reality is the result of your beliefs, emotions, thoughts and actions is that ... you do not “*have*” one belief and *not have* another. As I said, you contain it **all**... you contain *all beliefs*. Every belief that you can possibly mention or think of ... you *also* contain the *opposite* belief. I mention this distinction, not to confuse you, not to confound and befuddle you, but to simply point out that if you understand that you already contain it all, then there is nothing to *get rid of* or process through, and there is nothing to gain or achieve. There is simply, and it all boils down to one word: your *decision*. Which do you choose?

It is up to you in any given moment to express who you prefer to be, versus who someone else says you *should* be, or who you think you should be out of obligation to everyone else, or whatever else your rationale is for maintaining a state of consciousness which does NOT allow you to express JOY and authenticity in your life right now.

Your birthright is joy. Your birthright is ecstasy. Your birthright is authenticity.

These are not things that you need to *earn*. They are things that sometimes you will determine or *decide* that you must earn. But *you* are the ultimate *decider and dictator* of your reality. Therefore, *you* and only you can decide, “well, alright, there is this concept of ecstasy, there is this concept of joy and once I *earn* it ... I get it too.” *You* impose that you must earn your joy. And because ... you contain it all, if you have *that* particular approach, that you must earn it, you will create the apperency of not inherently deserving your joy ... that instead you must take a series of steps or actions, whatever process validates to

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you that you are “earning” the joy, earning the “deserve-ability” to express and experience the joy and then ultimately express and experience that joy.

The interesting point is that the moment you decide you have earned the right to express your joy and then you *express* it ... it is truly not *the process* of having “earned” it that creates the joy in your life, it is ... *your decision in the moment* at the end of your process, when you finally commit to the decision, “now am I Joyous.” This is what actually creates the joy. You ultimately decide to give yourself permission to be joyous.

In these instances, you are using the “process” or the “dues” that you have paid as an excuse, to *now* express that joy. All the criteria, all, as you sometimes refer to it, of the “baggage”, that you attach to finally deciding to be joyous is set up by *you and you only*. In every given moment you are always expressing some version of who you believe yourself to be.

You decide, in each and every moment, who you are. You create 100% fully who you are in each and every moment, right now ... right now ... right now ... right now and right now. For *now* is the only time that is truly, truly real. Your Infinite consciousness is one eternal now, one simultaneous now.

And as a *linear* expression, whereby you create the *apparency* of a linear progression of nows, in each of those nows (which, by the way, are all truly the same now) you make a decision ... “I am *this* person ... I am *that* person,” “I am *this* way ... I am *that* way.” You generally do so through an elaborate set of criteria. Perhaps you say, “I am **THIS** person *because* this happened when I was a child.” Perhaps you say, “I am **THIS** person *because* these circumstances would only happen to a person such as this.” Perhaps you say, “I am **THIS** person *because* everyone tells me I am therefore, they *must* be on to something.”

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But ultimately it is *your* decision, it is *your* agreement with whatever that criteria may be that "I am ... *this* person" that allows you to express, from the all that you contain, *that* version ... *that* person that you are *being* in that moment.

The reason that you experience yourself as a linear Being, rather than a completely new person ... with a different body ... different hair color ... different eye color ... different height ... different weight, in each and every moment, is because as you define yourself in any given now moment ... you bring along "the baggage," of your past, you bring along a conception that says, "Well ... I am this person who is exactly the same person that I was a moment ago with this — one — minor — little — difference." And of course, you will experience the result of that "one minor little difference" with the apparency of being the *same* person.

Now, we do not share this so that you will spontaneously dis-integrate your entire personality and completely transform this reality into an unrecognizable form (that is an option, by the way) because you need not do that in order to recreate yourself according to *preference* in any given moment.

By simply being willing to be *mindful* of the decision you are making ... right now and ... then perhaps dialoging with yourself to determine who it is you *prefer* to be ... *right now*, *that* is all it takes to completely and 100% transform your entire experience ... right now.

You already do this anyway. I'm not suggesting or introducing anything that you are not an expert at. And as we sometimes say ... "You are perfect Creators," so when you create misery ... it is *perfect misery*. When you create joy ... it is *perfect joy*. But always does it hinge on **the decision** in the moment of who you are.



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### THE MECHANISM

#### DECISION ... TRUST ... ACTION

(How you create your physical life.)

In general, how you express this as Physical Beings is by:

1. MAKING THE DECISION, "This is who I am."

You then:

2. TRUST THAT DECISION, "Well, I *must* be that person."

You then:

3. ACT or perform an action in your reality with the foundational, underlying supposition of your decision that ... "This is who I am." You act like you're now that person.

And it is those actions (in a physical reality) that seem to cause results (in a physical reality) that seem to reinforce (in a physical reality) ... the *decision*. Therefore, whatever you *decide* ... you get. And no matter what method you use as an excuse to make that decision, the decision still sticks.

As an example, individuals will often assume, "In order to transform to the individual that I prefer to be, I must understand who I am already being."

And often they will create an elaborate process, an elaborate and painstaking exploration of thinking, "Why oh why am I who I am?"

The interesting thing is that *as* they are partaking in and creating this process, they continually *re-establish* the decision ... "*THIS* ... is who ... I am." This being that person that they regretted being.

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As you dig into your past to determine *why* you turned out in such an undesirable way, you continually re-assert *that old version* of who you are. You continually *maintain* the prior decision that, “I am this person that needs so much work.”

While there can *seem* to be value to all of this type of self-past exploration, if transforming *instantaneously* appeals to you - you need not carry around and re-assert that old baggage. All that you need do to transform *right now* is simply, as you say in your vernacular, “Take the bull by the horns” and simply have your decisions about who you are be *conscious and purposeful* from this point forward.

Perhaps you may wish to include the idea of factoring in your preference ... “*This* is who I *desire* to be.” Now, when you state “this is who I desire to be,” there is sometimes the tendency to digress by thinking, “Well, *this* is who I am being,” “even though I desire to be this *other* person.” But that is not the same as simply deciding, “This is who I am now simply because this is *what I prefer* ... this is how I choose to see myself; this is the kind of person that I love to be.” And your willingness to simply *cut through the red tape* and *decide* according to *preference* who you are ... allows you to take the process that you already use to create your own reality and shift it, as you say, “on a dime.” Therefore, be mindful, should you choose the idea of beginning to express joy and ecstasy in your life, not so much of who you are being that is *not* the person you desire to be, but who you *do* desire to be, who you *prefer* to be, and therefore who you now already are. Once you *decide* ... any person that you may have been in any other given previous moment in the so-called “past” ... becomes irrelevant to that new decision.

You *become* the person you *decide* to be in each and every given moment. To illustrate the extent of this idea: if you

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decide, "Well Elan, what you are saying right now is nonsense" .... you get *that*.

If you decide, "that makes sense, I'll give that a *try*" ... then you get the partial result of someone who is *trying*.

However, if you decide, "Ah, I already do that, I will begin to do it *consciously right now*" ... you are no longer any other person that you have ever defined yourself to be, you are *now being* the new preferred you.

If you will begin to simply trust that decision, then, perhaps subtly at first but eventually quite blatantly, your actions will begin to reflect the new decision, and the actions will have visible results ... and even what you consider to be the "external circumstance" will seem to change. Quickly.

Now understand in no uncertain terms, because of the "cause and effect" methodology that you create in your reality through your actions ... you perform an action which you consider to be a "cause" and then you get an "effect" ... you have a tendency to judge yourself against the background of your circumstances, of your external "situation."

If you will begin to understand that all those results, **all those circumstances, truly have no "built-in" meaning**, that they are **a neutral set of props**, no matter how they may appear on the surface, then you then give yourself the power to interpret that circumstance, those situations, *through the lens of the new you* that you have now *decided* to be.

Now if that new *you* happens to be an empowered Being, you will now say, "well, **how does this situation serve me exactly as it is?**" and then get the result of *receiving a service* from *any* circumstance, of receiving service from *any* situation that you have formerly labeled "negative," or formerly labeled as

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"evidence" that seems to support the unpreferred decision that, "Well, I guess I haven't changed at all."

Understand, by the way, that when you say, "I guess I haven't changed at all," what are you actually doing? You're making a *new* decision about who you are in *that* moment. And though you did change completely 100% when you had made the new preferred decision about yourself ... when you then entertain the thinking that ... "I haven't changed at all" ... *that* thinking is very similar to "previous" negative decisions that you have made and therefore can *seem* to cancel out the new positive change. However, it does not truly cancel the change, for you are still a new Being with that much more knowledge. You only *seem* to cancel the change when you are not willing to *re-mind* yourself ... to *re-member* to yourself to *maintain* the new positive decision of who you *prefer* to be.

And any circumstance that would seem to be negative, and seem to be "evidence" that you are not the new person that you desire to be, is, on the "flip side of the coin" actually an *opportunity* to *re-establish*, to *re-align to the new you*, to *re-mind* yourself... "Ah, though this circumstance may appear negative, the me that I prefer to be, *no longer chooses* to interpret things in *that way* ... this is the *new me* and therefore, my *interpretation* of any set of circumstance *is also new*. I can *derive how each and every circumstance is of service to me*." All the while as you adopt this new approach, while containing the idea of maintaining who you prefer to be, trusting that decision, and acting that way ... you are creating a new set of circumstances.

And so, once you decide to be a new you, the external situation in your life does change, and the change is quicker and more impactful if you are willing to *use* the new lens of the *consciousness of that preferred person to interpret* your present set of circumstances. Using the new interpretation completely

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changes the effect of any circumstance, rather than perpetuating it with an old response which will still result in an old negative effect.

So, no matter what your seeming "repetitive" issues have been, they only appear to be repetitions because you previously adopted a similar approach when you addressed them, a similar negative interpretation and ultimately performed a similar set of actions if and when you realize and conclude ... "Here it comes again!"

Allowing the new decision of who you prefer to be to "stick," simply requires persistence and occasional reminders, and that is all. The willingness to remind yourself to interpret your reality through the lens of your new self is entirely conducive to the new positive change.

Therefore, the initial idea of experiencing what you call "ascension" is to express yourself in this life, as this particular version of your preferred consciousness *fully*, purposefully and be willing to not "settle" for anything less than getting every positive thing out of it that you can. When you do this, you experience the idea of "ascended consciousness" while still maintaining the apparencey of a physical body and a linear expression.

And living your reality in a physical way, as a conscious Creator, expressing yourself through preference and joy ... expressing the things that bring you passion with integrity is a type of experience that is an unrivaled experience in the multiverse. Therefore, you would not want to miss it!

My particular society still expresses itself in a physical way. We are on the verge, on the threshold of beginning the first phase of our *non-physical* expression of consciousness. But we have throughout our "history" still chosen to experience

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physicality, though mostly from the perspective of experiencing *conscious Creatorhood*, from the perspective of taking the advantage of the unique opportunity to discover, the unique opportunity to be surprised and to experience *unexpected circumstances* and *outcomes*. I remind you, when you are experiencing from your Infinite and all-knowing point-of-view that *experience* of surprise no longer has meaning. So, we revel in the true advantages of physical consciousness, the ability to seem to learn, discover, evolve, be surprised and even experience things as if for the first time. From the perspective of Infinite consciousness, these experiences are not relevant.

We still choose to be physical, and in doing so, we *revel in unexpected outcomes* and surprises, instead of considering them to be extraneous or an interruption. When we mention that you do not experience surprise and discovery from within the Infinite all-knowing state of your consciousness, it is not that you are missing anything in that state, which you are not. As an Infinite version of yourself everything is still complete and whole. Though the way that you create this type of finite experience is through *gradient expression of your finite consciousness*, as opposed to *holistic expression of your Infinite consciousness*.

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### OPENING UP THE COVER

#### **“THE VEIL” TO WHO YOU ALREADY ARE**

(You get the credit.)

At this juncture, allow me to simply remind you once again that you do, as an Infinite Being ... *already contain it all*. There is nothing outside infinity. There is no border to infinity. Therefore, anything that you hear ... that you “dis-cover,” is literally and I mean literally that process of “gradient expression.” It is not *gaining* something you never had and now do, it is simply *discovering*, opening up “the cover, the veil” to reveal more of who you already are.

And therefore, should you feel you have learned something, whether it is in this interaction or any other time in your life, most accurately, you are simply now choosing to *express more fully what you already contain*. And therefore, *you* get the credit. You get 100% credit for the creation of your reality because you 100% create that reality.

Therefore, by all means, you can entertain the idea of being willing to be proud and take “the credit that you are due.” You already create your reality through decision, trust and action. Therefore, the only slight change that we perceive that you are now unveiling to yourself (and therefore we act as a reflection of) is the simple idea to *be more conscious about it*. You can be more definite about it, to make the new decision about who you want to be consciously, to allow that decision to stick and then to have the fun of going around to your reality, interpreting your reality through the lens of the new decision and watching in a short span of time your entire reality ... your life ... your circumstances ... relationships to both yourself and what you perceive to be others ... change 100%.

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Only when you change your perspective, your approach, does there appear to be an external alteration of your circumstances. Only when you *change who you are* does it appear that others have also changed, for you are now willing and ready to interact with others on that new level. They are also ... multi-dimensional ... Infinite ... and eternal Beings and they also contain every potential ... every possibility ... every expression. And as you change the vibration through which you express your reality, you also change the vibration through which you interpret your reality. Once you *do* that you are now literally interacting with a different version, a different aspect of any other individual that you formerly have interacted with ... and they seem to have changed, but ultimately, the change is *from you*.

Therefore, I thank you for being willing to allow me to reflect back to you what you already know to be true for yourself, what you have now chosen as your timing ... and allowing me to act as the reflection to mirror back certain very simple ideas.

Remember, though your reality may seem to contain the notion of "complexity," the mechanism through which you create your reality is quite simple. And when you define who you are ... you can now allow for the dispensation of your reality to be simple ... to be effortless. "Effortless" does not mean you will not have surprise, does not mean you will not have unexpected ideas, does not mean you will not perceive the idea you sometimes refer to as "challenge." But effortless is simply a natural and serendipitous expression of no longer "going against the grain" of who you know yourself to be.

Effort, in one interpretation of that term, is simply ... going against your own grain causing a *friction* ... causing a *resistance*, which seems to exhaust you all. Being who you are is really quite simple and quite effortless.



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Therefore, I thank you once again and for the first time, since I am creating myself anew also ... I am always experiencing each and every one of you as a new Being and myself as a new Being as well.

Nice to meet you all! We can now move onto the sharing!

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### TOUCHING ON PARADOX

#### ALL-THAT-IS LEAVES NOTHING OUT

(Experiencing on a gradient... seemingly removed from that totality.)

Q- When you talk about the fact that as we change and experience ourselves, as we experience a different aspect of ourselves and then interact with other people, we are experiencing a different aspect of them as well ... that clarifies things for me very well as to how I can understand that apparent change in people.

Elan- Alright, well, one tendency that we have noticed is that individuals will say, "well I *could* change ... I know I could ... if only *she (or he)* would change," and in fact ... they have it backwards.

Q- I've experienced that myself and I appreciate that particular wording, as that helps me to understand it better.

Elan- Alright.

Q- When you say that we all contain everything, we contain all the experience that we can experience in a linear process ... does each one of us contain the same set of experiences?

Elan- Well, in a sense, but again, we are talking about gradation, "levels" of totality, as ironic as that term actually is, reality is truly all ONE idea. What you call "God" and what we refer to as "All-That-Is" leaves nothing out and again and one way to look at that is ... everything is all the same, one, "All-That-Is", containing *every single myriad* and *nuance of possible experience imaginable* ... and a few that are perhaps presently unimaginable to you.

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So, to answer your question, yes, we all contain the same potentials, but as you begin to experience yourself *on a gradient*, linearly, as *seemingly removed from that totality*, each *one of you* creates the simultaneous apparency that the entire reality is *merging into you*. And even though that seems paradoxical that there be more than one focal point that the reality seems to merge into ... nevertheless, that is the way reality expresses itself. That is a paradox, an Infinite idea Being perceived through finite means ... in discussing it in this way. The flavor of the “individual” experiences of the *same one thing* are as varied as there are individuals.

Q- You have discussed the notion, as everything that we experience is a consensus, that other people are willing to share that same experience, the same physicality with the same view of reality that we are sharing, otherwise we wouldn't ... they wouldn't be in our reality ... is that what you're saying?

Elan- That is one way to experience the idea of the so-called mass consensus, but ultimately, your entire experience, the experience of each and every one of you, hinges on your personal decision about *who you are in the moment*, and so your experience of that "consensus" can drastically alter in any given moment. You will notice that some people will seem to no longer be present in your day-to-day reality as you change because you can only experience a reality that you're being the vibration of. If another chooses to express that aspect of that vibration of their consciousness at the same time, you will continue to be aware of them and they will seem to have changed. If it is their timing to choose not to express that aspect when you change, they will no longer be present to your awareness, whether they move on, pass on, or you simply never see them again.

Q- Thank you.

## Your Power on a Plate

### I CREATE IT ALL

#### **"WELL ... SO, I'M IN CHARGE?"**

(Take that question mark? straighten it out to an exclamation point! )

Q- There are as many "ascension processes" as there are perceptions, is the way I understand it, is that correct?

Elan- Well, again, anything that you can imagine is "true" on some level of reality. And the idea of "Infinite" simply means there is no limit, so that would apply to experiences and experiencing the individual flavors of ascending, yes.

Now, our general approach is to highlight the most self-empowered version of any idea that we are discussing, the version that allows you to *be that* empowered person ... with no one else's help. And again, I remind you continually *that you already contain it all* ... because, should you decide to ascribe credit to me, I will not accept it. I am simply acting as a *mirror* to what *you already know*. Does that answer the question?

Q- Not really, I'm working with a group right now that is ... ah ... working with a process called "the awakening process."

Elan- Alright, describe.

Q- Leaving my bed ... moving into dimensional reality, and ascending and actually leaving the dimension, the "Third Dimension", moving into the "Fourth Dimension."

Elan- Now, with the idea of leaving "The Third" for good?

Q- No ... temporarily.

Elan- Alright, to experience more of the self... yes?

Q- Correct.

## Your Power on a Plate

Elan- Alright, and bring that *back* to *this* particular reality?

Q- After a four-day transformational state.

Elan- Ah, "four days" alright.

Q- And moving back into our "Third Dimension" to continue on with a two-week process of a physical transformation based on the cellular change.

Elan- Alright, well that is only one way to express it, again, on a gradient ... with a process. But ultimately ... understand in no uncertain terms what we have already shared, which is this: With your process, *after* your certain amount of days and certain amount of weeks ... any change that you wind up experiencing will truly result from the *decision in that new moment, at the end of the process*, and not truly from the actual process (from now, "till then."). So certainly, a linear, gradient process is *one way, one method* to express the idea of ascension. But allow me to also share something else, to clarify something else that we mention, which is that *your body exists within your consciousness*. Individuals will sometimes assume, "Well my consciousness cannot shift *until* my body shifts ... until it evolves ... until it changes its cellular structure, the expression of its DNA and so forth ..." and this is very creative, very useful. Individuals will use that as a pivot. But the interesting point about it is that mechanically speaking, no matter what, the body does not change *first*. Always is there first a shift in consciousness. It is only an apparency that the body change comes first. The change always initiates first from a change in consciousness.

Which again, I remind you, any change that would seem to occur in the body on a cellular level, without exception, always was caused by and initiated first by that change in

## Your Power on a Plate

consciousness. So, if an elaborate process is what you feel you require to shift your consciousness, no matter what that process is, no matter what degree of complexity it contains to allow you to finally say ... "well I *did* something, I can *now expect* a result" ... though most accurately the change always first arises from consciousness. Does that make sense?

Q- Yes it does, one does not require outside assistance for them to have an ascension process?

Elan- Absolutely not, although one *can* attract *that form*, that *apparency* of it if they wish. **All options are valid**, all approaches are absolutely equally valid. And we are not discussing our particular point of view to invalidate any other approach, but only to *simplify* the idea, only to define what many of these approaches *actually* accomplish, in a kernel, in a crystal, that's right in front of you. So, there are an Infinite number of processes that an individual or individuals can create, but the point of what I am saying is that the final result ultimately manifests, in a given moment, from your final new decision, "I am *now* ascended ... I am *now* transformed." You use the process to *give yourself permission* to make that *final* determination, usually from the societal assumption that change must be ... earned.

And it is the final decision in *that now* moment, the decision that, "I *am* changed" that actually results in any cellular change, that results in any type of physical change that you experience ... and not actually the process itself. And ironically, paradoxically, when you make that decision, "I *am now* this new person", you are then *being* that new person fully, whether you use the process as a rationalization or not, ironically, you will still immediately realize and manifest because of what I am saying.

## Your Power on a Plate

For one of the first ideas of "ascending" or being willing to express yourself in a more limitless way is, "Ah ... it wasn't *the process*, it was *me* ... it was *me all along*."

Q- So the "energies" that I feel at night about me, are my own consciousness coming in to work with my own vibration?

Elan- Absolutely ... even the idea of what you call "spirit guide" or *any* "external" manifestation *literally* exists within you. Now, you can perceive them as "other Beings" to allow you to experience very specific nuances of your consciousness and by all means through the physical expression, it is quite a valid idea of assigning ... "this is this particular guide ... this is this particular consciousness ... this is this particular energy." But what you have said is truly most accurate ... it is *all actually you*.

Q- Well ... so, "I'm in charge?"

Elan- Well yes ... it is up to you!

I will suggest that when you actually experience that result that I am describing, you will say it slightly differently ... you will take that question mark ...? and straighten it out into an exclamation point ...! ... because you will simply (in making that decision) be quite definite about it and "unswerving," as you say. Rather than saying... "well ... I ... create ... it ... all?" you will say instead, "I DO create it all!" Do you wish to do this?

Q- That is the question.

Elan- Ah! ... only you can answer that one question. I can take a stab at the answer. I can perceive that yes; you wish to do this ... but there is some hesitation, some trepidation, some "fear."

## Your Power on a Plate

What is it that you feel could be a negative result of simply taking back your power and creating your life consciously?

Q- The fear would be ... drawing in ... unknown energies of unknown origin.

Elan- Ah, unknown, “un-knowing” ... so, you could “discover” more of yourself, yes?

Q- Since we are all part of One, yes.

Elan- Alright, and then perhaps you may revise or consider (I will never insist that you do any of this, simply suggest) that “unknown origins” are no longer relevant when you express that the reality exists within you, consciously or knowingly. There *is* no outside, there *is* no origin which is not you.

Do you assume that you would intend to harm, frighten, or have a negative result ... from yourself ... to yourself?

Q- Not intentionally, no.

Elan- Alright, well, what we are speaking of here is conscious intention, no intention just “slipping in there.” When you make the purposeful new decision ... this *is* your *intention*, this is now *your clear intention*. So, you may now begin to realize that nothing can happen unintentionally, unless your *decision* involves *that* particular *allowance*. I assume you wish to experience your transformation in a positive way ... yes?

Q- Absolutely.

Elan- Then simply ... build that into your *decision*. One of the ideas is to be very specific about what that decision is and should something come along in your experience that will result in perhaps revising that *decision* ... be willing to use that



## Your Power on a Plate

feedback to define yourself. And at least be willing to establish who you are from what seems to be available, to make the *decision* about who you are from what seems to be available and automatically will you refine it.

Remember, you can only experience the reality that you are being the vibration of. A negative vibration or frequency cannot sympathetically resonate with a positive vibration or frequency, and in fact cannot even find or see a positive frequency, they are simply irrelevant to each other. When you are being the positive expression, the negative is irrelevant to you. As you understand this on a foundational level, you create an *ease and comfort* in the *knowing* that nothing can come and “get you”, there are no negative unknown energies that can “come in” and harm you in any way.

Also remember that fear is the same as trusting that a reality that you don’t prefer is most likely. So, if you’re fearing the incursion of unknown or negative energies, you can use that fear, after expressing it fully and not squelching it, to fully realign to your new positive decision about who you are. Hence the fear itself becomes a useful tool of alignment, and one that will also finally render itself obsolete to your new positive self, as you maintain that new self, no matter what.

Is this of assistance?

Q- Yes, thank you.

## Your Power on a Plate

### YOUR EMPOWERMENT

### RIGHT AT YOUR IMMEDIATE DISPOSAL

(You just might be a little bit excited!!!)

Q- Um, I'm not sure if this is going to make sense, but if everything is, as you said it is to us tonight and then most everything is something (I'm sure) that everyone here had a pretty clear idea about ... then if we are "microcosms" of the whole ... why isn't "Mother Earth" just making a decision ... POOF! ... to change? Why is She going through a process like we are?

Elan- Well, your question contains the answer, for though I have *introduced* the idea of "spontaneous re-definition", of changing your entire reality, perhaps you have not quite made that decision yet yourself. But when I say that you will begin to see external reflections across the board, that will include changes to your planet as well, which is also a consciousness by the way, but again, not truly *apart* from your own consciousness ... but *within* your consciousness. So should you now decide to shift who you are and perhaps experience a temporal lag in your circumstances, giving you the opportunity to redefine those circumstances from the new you that you are now ... once you *maintain that resolve* for what you call "a period of time," you will see the changes you are talking about "externally."

The trick is that the indecision does truly come from each and every one of you. Remember also, that *indecision really is a **decision** to not decide*. And you are also assuming that "Mother Earth," as you have put it, is taking her time. My particular observation is that the consciousness that you call Mother Earth is right there ready and responding perfectly in every given moment. Is there something specific to which you are referring?

## Your Power on a Plate

Q- Well, part of this change has to do with healing ... I believe.

Elan- Alright, does your new empowered decision about yourself create a gradient whereby perhaps an individual is "unwell" ... will *obtain* healing, and then *become* "well?"

Can you understand that healing, just as dis-easing, is also a decision made in a given moment?

In other words, your question implies a process, it implies stretching out the result from the decision and therefore your experience is that the Earth doing the same thing, yes?

Q- Yes.

Elan- Therefore your willingness to simply *be* whole now ... which automatically includes the idea of being "health-full," will then allow your perception of the perfect response of what you perceive to be Earth Consciousness to also shift, to allow yourself to see that "The Earth" is *already* doing this. If this does not make sense, please continue.

Q- No, it makes sense.

Elan- Alright ... you do not sound "too thrilled" about it. I assume that once you firmly grasp the idea of your empowerment being right at your immediate disposal ... that you might just be a little bit more excited! And that will be reflected in your tone. All of this is really very exciting. You can allow yourself to rise and meet that excitement, if you wish.

## Your Power on a Plate

### **SINUSES AND SITTING AROUND**

#### **ALLOWING THE ENERGY TO MOVE THROUGH YOU**

(You may now be more sensitive to any changes that are occurring.)

Q- I wanted to talk a little bit about health. Because I seem to be manifesting some disease.

Elan- Describe, if you wish.

Q- Sinuses, it's been going on for months and months and months and I'd like to ... I'd like to make it, you know, something that would be of general interest, but it's pretty specific.

Elan- Well, the idea is this - that your sinus cavities are very sensitive to, shall I say, electromagnetic changes and shifts because of a particular substance in your sinuses known as magnetite, which is, in that sense, also involved with your "sense" of spatial orientation. So, the idea is that you may now be more sensitive to any changes that are occurring. However, you need not experience the sensation of these changes in negative terms. So, you can now introduce yourself to the idea of allowing yourself to be aware of changes without *resisting* those changes which causes friction and pain. Now that is the more general idea, the other idea is to not allow any particular event, pain, discomfort, to *alter* or revise your *positive decision* about who you are. I assume, when defining yourself, your definition, your decision includes feeling physically well, yes?

Q- Yes, most definitely.

Elan- So when you *maintain* that decision, any particular "uncomfortable" sensitivity is very short lived. Because when you *use* that friction, that discomfort, as evidence to create a new unpreferred decision, "Well, I now must be sick", then *you*

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actually perpetuate and prolong a process which would otherwise be generally rather short-lived and fleeting, if you would notice it at all. So, to keep "on subject" ... you can use any discomfort to re-establish and maintain the preferred decision of who you are and watch your wording. Also, understand that saying ... "I am *not sick*" is different than saying "I *am well*" ... not *running from* what you don't prefer, but simply *being* what you *do* prefer. And this is why we said earlier that you need not establish who it is you are being that you no longer prefer ... in order to be the new you. You can simply *maintain* being the new you, no matter what.

Q- So, what you're saying is I don't have to say, "Why am I creating this?" ... and I don't have to go through that process, just decide that I am healthy?

Elan- Absolutely, **exactly** ... and you may wish to be more specific than that. Because if the decision does specifically reflect who you are and what you wish to do ... you will be so busy going about your business that any so-called "recovery period" will simply be immediate and automatic. You will forget all about any discomfort. In other words, instead of simply only saying ... "I am healthy." ... have the new decision be completely representative of who you now choose to be, stating to the Universe that ... "I am now this person that\_\_\_\_." ... (fill in your own blanks) "who enjoys this outcome\_\_\_\_ ... who expresses that effect on the world\_\_\_\_ " ... and in your being willing to *be* that whole person, there is no fragmentation or "dis-ease" in the process, and you *become* busy *being* that new preferred person ... rather than sitting around and feeling your sinuses and using them as "evidence" to re-establish an old, outdated, obsolete, unpreferred decision about who you are. Does that make sense?

Q- You've been watching me, huh?

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Elan- Your privacy is completely intact.

Q- I've been doing a lot of sitting around. Now, alright, I do see that.

Elan- By the way, one other idea ... if you are sensitive to electromagnetic changes and are remaining physically static, you do give yourself more opportunity to perceive that sensitivity in a negative way. If you are *moving* about, inhabiting your new reality fully, you are allowing the sensitivity ... you are allowing the energy to move *through you*, rather than "well up," or seem to accumulate and stagnate, in that sense of the word.

Q- I've noticed that if I was physically active, that it was most definitely a relief.

Elan- Alright, then to use your language liberally, "see you later."

Q- Oh, I can actually feel better now! I mean I haven't been breathing in months!

Elan- Alright, well ... you have changed your decision in this moment, and you have demonstrated in no uncertain terms that you get the results of that new *decision* instantaneously. Congratulations!

## Your Power on a Plate

### THE DECISION

#### A HELPFUL DISTINCTION

(You always already "trust" ... 100% ... in something.)

Before we proceed, allow me to simply make a simple distinction that you will find quite helpful. It is along the lines of what we have already discussed in terms of *maintaining the decision for who it is you prefer to be*. And in mentioning that "you already do this anyway", that your reality is *already* the result of *any decision* that you make about yourself and your life, and that this means of expression is "nothing new" to you, the same thing applies very directly to trust itself.

Now as we have said, you *decide* who you are in 3 "phases" or "steps":

1. You *make* the decision.
2. You *trust* that decision.
3. You *act* as though you trust that decision.

Then, voila: linear reality results.

### The Interesting Thing About Trust

In terms of *trusting* the decision ... understand in no uncertain terms, what you call "faith " ... what you call "trust" (which is perhaps a slightly more intentional word than faith) is not something that you need to *gain*. Trust is not something you need to "*muster up*." **You already ALWAYS trust 100% in something**, even if it is in a reality or outcome that you do not prefer. You are ALWAYS trusting in something. You do *contain it all* and in containing all of it, *you always already trust in something in every given moment*.

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So, you do not need to *gain* trust, but simply be *aware* that you always trust in something and be more conscious and purposeful about *what* you are trusting in, and *now* what you will *choose* to place your trust in. Trust is something you always have. You are always placing it somewhere.

*Notice* where you are *already* placing your trust. Then, you can remind yourself, "Well, look where I am placing my trust". Once you reveal to yourself *where* you are placing your trust in that moment, you can *decide* where you'd *prefer* to place that trust.

You can also just simply say, "Alright, I understand I had a negative decision, that I had negative trust." "Now, *this* is my new decision." ("THIS" being whatever purposeful decision you choose to make about yourself.) "And since I will trust in something, why not *this* preferred decision?" It actually is *that simple*.

With that distinction and on that note, we will continue with the sharing.

Sharing!



## Your Power on a Plate

### **YOU ALL EXIST WITHIN ME A GAME OF CATCH WITH A BALL OF LIGHT.**

( ... trying us on.)

Q- Elan, when you come here to do this, this is very enjoyable for us.

Elan- Oh, alright. Do realize that I am not actually there, only projecting my consciousness and intention, but I understand and appreciate what you mean.

Q- Are you experiencing that also, do you sense love and enjoyment back at you?

Elan- Absolutely, I create my version of it, which I experience, when looking at my reality in linear terms, to be love *from* you. Now understand, in my decision of who I am, there is no lack of self-love. I completely 100% love myself, others, and my reality and circumstance 100%, with the complete trust that I create it, and its very existence is to support my own experience.

Though when I interact with you, I can create the awareness that you "love me", through what I would perceive to be your emotion *toward* me. The more precise mechanism is that I actually create *my own version* of your emotional intention, in order to have a direct personal experience of your intended emotion. I am simply explaining the mechanics. In other words, the answer is yes ... with that little explanation.

Understand one other thing. Whatever you perceive that *you* get out of these interactions, I get *just as much out of it*. I understand, in no uncertain terms, that to me, you all exist *within me*. And as I am willing to interact with different aspects of my own consciousness, through seeming external "others," I then experience more about myself.

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My particular society's approach is different than your own, and we are not exploring the types of limitations that you will often choose to explore. Therefore, we do not generally interact with a contracted and separated aspect of ourselves on a daily basis. Interaction with your society affords me the opportunity to begin to look at some of those ideas, although I always do so from my empowered self. What I am getting at, is that from my end the favor that you are doing for me, is immeasurable and it allows me to understand and experience myself on a very complete level, apart from the mass general experience of the current exploration of my whole society.

My society also happens to be very interlinked, and I will say, "tel-*empathically*" as opposed to "telepathically." Empathy implies that you create your own version, experience your own version of everything, but you can in that sense, mold your version so closely to the intention of the seeming others that it *seems* as though you are reading their mind, it *seems* that you are "in touch." What technically is going on, is we are creating the same thoughts at the same time. We are creating an *empathetic harmonic resonance* between us. Just as striking one tuning fork can cause an identical tuning fork to start to resonate with it, without having to physically strike the second fork.

And therefore, anything that is made available to my awareness, for anyone in my society who is so inclined ... they too immediately have access to that experience, and interact with it from their particular, individual point of view, to reflect back to themselves as well.

So, not only do I get something out of this, but so do many members of my own society, at least those who are so focused in that type of self-expression. And we thank you.

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Q- I thank you for that sharing you just gave, I really enjoyed that answer.

Elan- Alright, I thank you for enjoying it and creating your own version of the enjoyment.

Q- We've been in this room for over an hour, and I've been sensing Bashar\* the whole time. I see him in my mind's eye reclining in a chair. I guess I would like some validation, or I'm just wondering where he is?

*\* Bashar is another Being from the same home world as Elan. He is channeled by Darryl Anka.*

Elan- Will you allow me to use your language liberally? We're buddies.

Q- He's not with you right now?

Elan- At this particular time there are several individuals present with me, and he is one, yes. He is, by the way, very busy, all the time, we can barely "nail him down," to use your vernacular. Fortunately, we are always "in touch" in the way that I've just described.

Q- Could you also tell me what you did with your day today?

Elan- On this particular day, I have done several things. One was, I involved myself in an "energy exchange" with other individuals on my planet, perhaps very loosely speaking, perhaps what you would simply refer to as having a game of catch with a ball of energy.

That is a very loose interpretation, for now, for the imagery that it will allow you to create, it will do. I also have, in that sense, interacted within my spacecraft in taking certain readings from what you would call, "other various individual

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societies" that we are communicating with at this time. And then, interacting with you.

Q- Thank you. On another note, I've just become really interested in the Pleiadian civilization and understanding that they are in human form like we are, and I'm enjoying their perspective on life, which is very empowering. I guess when I feel that I want, indeed, to be empowered, when I'm not being my essence, I will partake of you guys, or pick up a book of the Pleiadeans. I just wanted to say that I'm sharing and using and becoming aware of who I am and my spirituality and I'm having fun with it.

Elan- Well alright, and I thank you for your willingness to share that, and understand, your Galactic Family is quite intact, and on that level, you are already creating interaction with them. You will notice earlier that I said that we will not interact with you in a way that would be a disservice to you or seem to imply that you are dis-empowered, and that is one of the reasons for what you call this, "channeling phenomenon." It allows us, in a very seemingly removed way, to communicate with you and still allow you to make your own decisions, still allow you to have your own choices, still allow you to create either your trust, or place that trust in the form of what you refer to as doubt.

Therefore, it is still completely up to you to believe that I am who I say I am. I, in no way, have any insistence that you do, but if you decide to ... you are beginning to become more familiar with your galactic family. And we thank you.

Q- It's been several months since I've been able to ask you, "where are you" and, in a sense, you've already answered that. Might you be on your mothership for a change?

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Elan- Well, I might be, but I am not. At this particular moment, I am upon the face of what you would refer to as the surface of my planet.

Q- You're actually there and not in your spacecraft?

Elan- Yes.

Q- That's unusual.

Elan- Not really. What you refer to as our "projection table", and again this is a very loose translation of the actual device, can also be used while upon our planet from time to time, though perhaps you would refer to this version of the table, and I mean this quite loosely, as a "portable table."

Q- I had the idea that roughly 70% of your population, 250 million total, might normally be off the planet.

Elan- From time to time this is the case. This will vary. There has recently been, for lack of better translation, a celebration.

Q- Oh, could you elaborate?

Elan- Simply, that many of us are finding ourselves physically proximal to each other, or on the planet at the same time. While we're there, alright, I will use your language liberally once again, this does not quite translate precisely but, "we like to party."

Now the reason that it does not translate precisely is because we don't really make the distinction between expressing our celebratory mindset at one time and not another. Our entire attitude and life have that type of celebratory allowance incorporated in it, so there is not the distinction, "I am partying now, now I am not." We are always, in that sense,

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expressing joy, appreciation, revelry, and ecstasy, which one way to interpret it into your language is to use your term "party."

Q- Dancing, singing, music?

Elan- Not in the way that you understand, but perhaps a version of that, from time to time, will spontaneously arise, as does everything that we do. That is why I hesitate to call it a "celebration," it is not that formal, and it is quite spontaneous.

Q- I also wanted to know if you would share more with us about the other civilization you've been communicating with today?

Elan- Alright, the civilization that I was taking the aforementioned "readings" on, do not express themselves quite in the same physical terms that you are accustomed to. They are, perhaps you can say, "energy Beings" that still retain the ability to express physical manifestations at will. Those physical manifestations are instantaneous, and instantaneously responsive to the slightest change in consciousness.

Our perception of them occurs through the idea of the physical manifestations, and we are able to directly interact with them, what you call, "telepathically." But we can also communicate to them through what you call, "observation", by simply taking a measurement, or a reading, or an observation of their particular physical manifestation along what you would refer to as a "linear timeline." We can translate, by interpretation of the physical symbols, their intended message. And it is an interesting, perhaps you can say, "game" that we play. Did this translate at all?

Q- Oh, yes, it did. Umm ...

Elan- By the way, there are many Beings like this. This particular society, we are in proximity to, and they are also,

## Your Power on a Plate

perhaps you can say, from their point of view, taking in and relishing certain approaches that our society has as well. In fact, some of the physical manifestations that they have in fact manifested are temporarily similar bodies to our own. But only for fleeting moments. In other words, they are trying us on, so-to-speak. Does that make sense?

Q- Okay, so they're creating a body form as one of the forms ...

Elan- Spontaneously, and generally fleeting, very quick. Now, one way that we can communicate back to them along those lines, when not "automatically" directly linked "telepathically " (although that is not particularly accurate, I will not go into the detail now) we can also create energy manifesting as physical events and have a conversation from one set of physical events that they are creating to another set of physical manifestations and results that we are creating, and I, in that sense, was functioning, perhaps you can say, very loosely speaking, as a "secretary" for the event. Does that make sense?

Q- Yeah, it's cool.

Elan- Oh, alright, actually it is quite temperate.

Q- Okay.

Elan- Alright, is there anything else?

Q- No, thank you, not right now. Ha 'a tu.

Elan- Ha 'a tu.

## Your Power on a Plate

### **WANTING A DIVORCE**

### **WERE THE SHOE ON THE OTHER FOOT**

(Being indecisive is still a decision.)

Q- You, being a mirror image to me, as I am to you ... well ... I'm really happy about that!

Elan- Well ... so am I.

Q- I really like that.

Elan- Well alright, thank you for honoring yourself so completely.

Q- I have a question, um, this might be too much of a personal question, I hope not for the crowd ...

Elan- We trust the synchronicity of whatever we attract and when you are all willing to also contain that idea, simply then ... nothing will be "extraneous" in your reality. Do proceed with the trust that the timing and content of your question is impeccable.

Q- Thank you. I am in the process of wanting a divorce from my husband ... without a condition and I'm having a hard time with that because I'm not giving him a reason why I'm divorcing him ... and that's not acceptable to him.

Elan- Would you, in a similar circumstance desire such a reason?

Q- Well I know ... see, I'm looking at it as though he is an aspect of me and ...

Elan- Alright, before you proceed, answer my question, were ... "the shoe on the other foot" ... would you desire a reason?



## Your Power on a Plate

Q- Well, yes, I guess.

Elan- Why?

Q- Well, I guess ... well, I mean ... it should be obvious, I guess.

Elan- Well, so that you can grow and learn from the experience ... yes?

Q- Yes.

Elan- What is your reason for depriving him of that opportunity to grow and learn?

Q- As far as explaining my reasons to him?

Elan- Yes, so that he may learn and grow or do whatever. Your responsibility is simply to make that communication *to* him, not to be responsible *for* his reaction. But why do you assume that he has attracted such a situation that he cannot handle?

Q- Cause he won't acknowledge it when I say that I want a divorce and to leave. What I basically say is, "it's just not bringing me joy and we're not... we don't ever do anything together and there's no supporting of each other." ... it's just ... I ... I don't know.

Elan- Alright, what will you do?

Q- Well, I don't want to ... I'm so stagnant and it's not bringing me joy and I know that that's not serving me ...

Elan- By the way, ironically, being indecisive, technically speaking, *is* a decision ... it is a decision which is distinct from not making a decision or making one. And acting with integrity will always only yield an integrated result.

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Q- Got you ... I was going more on the wanting, I guess. I was focusing on the joy and wanting to take the action, not the decision. So, it's the decision that comes before the wanting?

Elan- Not necessarily, but assuming that the wanting has already happened, the decision would be next and in fact again you have made a decision to remain stagnant.

Q- Yeah, and I don't want to do that.

Elan- Well, you have tried that one on already. Now what will you do?

Q- Make a decision to act.

Elan- Alright, congratulations ... you have transformed your reality ... spontaneously and completely. How does it feel?

Q- Good! Thank you!

Elan- I simply suggest that no matter what you do and I would not advise you as to one specific idea or another ... that your decision be phrased in such a way, listen up ... all of you, whereby the wording does not contain any hint or nuance of what you **don't** want ... who you *no longer wish to be* and simply instead is the establishment of **who you are** ... so that you are not running *from* who you were ... you are not running *from* any negative idea ... but are simply walking *to* who you choose to be and thereby, by convention, distancing yourself from any former negative decision about yourself. But even the hint of running away from something still contains *the idea of that something* very strongly, and since you cannot "get away from anything" ... it simply **is** the new decision and **not ... not** the old decision. You can always also factor in acting with integrity, if desiring an integrated outcome. Understand those distinctions?

Q – I do, that's very helpful, and really easy to do.

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### **MY EVERY DAY DRAMA**

### **YOUR WORDS ARE VERY REVEALING**

(Throwing a warm blanket around the “ascension process”)

Q- Elan, I want to understand this ... that we're creating our own reality here, I call it drama ... my everyday drama is how I choose to see it, whether it is through relationships with others or within my own space or it is ...

Elan- Alright, does “drama” have a connotation, since that is your decision ... “It’s a drama” ... does it have a particular negative connotation?

Q- No, just life ... flow, to me.

Elan- Alright, generally speaking, in the way that you express your language, drama is sometimes very serious. Drama has a lot of interactions that can be “rocky.” ... yes?

Q- Well let me just re-phrase that.

Elan- Alright, do understand that for all of you, your words are very revealing. I am not picking on you, but you also have an option to instead express the idea that you can create a “musical,” a “comedy.”

Q- Yes!

Elan- Do proceed.

Q- In keeping with that comedy, um, I've moved into creating circumstances and decisions and moving forward into the ascension process and now I look at it and consider it very confusing, because I'm bringing forth many different perspectives and many different aspects that are very confusing because they're new to me.

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Elan- By the way, confusing, or “co-fusing” is simply taking many things that you are now observing and interpreting and simply “re-establishing” your relationship to them and ultimately it winds up with a decision between the options ... a *fusing* and clarifying of your intention.

Q- Yes, I have a few. In some of the information that has been brought to me, I don't understand some of the information regarding "spiritual hierarchy/Galactic Federation" and how they work in alliance with one another in conjunction with the "ascension process."

Elan- Alright. Allow me to say the following and see if this does not shed some light on this idea. From our perspective ... there is no “hierarchy.” The reason that I explain this emphatically and specifically is because one of the qualities of “the galactic community” is ... complete and one hundred per cent equality between all participants.

That does not mean that there isn't organization or coordination and also does not mean there is no dispensation of particular actions and approaches. But only through what you would call "the human interpretation" of our structure does the idea of "a hierarchy" (because you create your society in hierarchical fashion) become *filtered* into the interpretation of who we are. From our collective and my personal perspective, there is no hierarchy in the way that you are expressing the term. Therefore, there is no linear qualitative difference between any "job" ... any approach ... any particular "duty" (if you wish to call it that) and ... there is complete equality and equity.

There is no ascension in the aspect of moving through a set of "ranks." There is no ascension in the aspect of moving to a greater ability, *from* a lesser ability as either being "worse" and “better.”

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So, understand that often, when any individual from any society becomes aware of an idea, they initially interpret that idea through their own societal vocabulary ... through their present style of understanding. So, for instance, in your past there have been many predictions of catastrophes, apocalypses and dire consequences. Now, as I have said ... there is no *one* "the future" ... but individuals in that timing were sensing a propensity, were *sensing a tendency from the energy that was available at that moment* that the prediction was made. However, they interpreted that energy through the means of their societal approach ... through the means of what was available to them at that time in their history. Back in those days, things were a bit different upon your planet than they are now, so for instance, they did perceive... "there will be great change." That was the overall energy, that was the overall perception. However, back then, the only way to interpret great change was through a complete... "tearing down" of the present structure ... "a revolution" ... "a rebellion" ... "death" ... and "destruction."

And so therefore, rather than simply a perception of mere change ... it was "change" in their archaic vocabulary, "cataclysm" ... "destruction." So, the sensing of the ancient seers and the ancient prophecies were accurate in determining or predicting great change ... but were not accurate in determining the methodology of the change or the precise way that the change could play out. They did not know certain things that would come into play between then and now that would allow that change to occur through individuals ... that would allow that change to occur with what you call the "hundredth monkey" mass phenomenon.

They were not incorrect; they were simply interpreting it through the means available to them *at the time*. A large propensity of human consciousness can still only function, can

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only imagine a society functioning through a hierarchy ... otherwise they feel there would be chaos.

And although there is still organization when you are "Fourth Density" Physical Beings ... it is not perceived through a hierarchical filter. So therefore, again, anything that you attract is a perspective, and then you get to choose who you are and what you will do.

### **All Inner Voices Are Actually Only Choices**

If you simply understand that *all* the inner voices that you hear are merely *choices* that *you are presenting to yourself*, then you get to *choose* from them. It is always up to *you* to choose. And my suggestion is to trust what is comfortable to you, to *trust* what you're "vibrating" at, what excites you ... what moves you.

No one else is an authority until you ... in your decision, build in your own agreement to what they are saying. Ultimately, your agreement with an outer source is the only thing that seems to create external authority, and of course by extension ... a hierarchy.

Individuals that truly begin to express their self-empowerment have no desire to have anyone else follow them ... to take care of them, for the concept of taking care of does not completely acknowledge their own individual power.

Understand that a true "master" would be the first one to tell you that you are yourself, *already* a master and would therefore do nothing *for* you, though perhaps the way that you would interpret their actions might loosely translate as a "coach."

Is this helpful?

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Q- Well, my perception is that we are all created equal and there is no hierarchy and we're all lateral.

Elan- Now, do understand, you contain it all. You can say ... there *is* a "hierarchy" and experience that apparency or you can understand that there is not empirically a hierarchy, that everything is equal, and experience that more integrated result.

Q- Correct.

Elan- But if you wish to be most accurate ... there *is* a "hierarchy" AND there is not. You get to decide for yourself which you will embody and experience.

Now you get to choose ... not negating or invalidating a "hierarchical" approach, but simply choosing something that vibrates more strongly to who you know yourself to be. Which is to say ... "I validate that there are hierarchical expressions, but that is not my personal approach."

Now when you said to me, "I believe in equality", I believed you. I will not "call you on that." The conviction was evident in your expression. Now the question is, since you're going to trust in something anyway, like I said, will you trust in your own knowingness, or will you fall into agreement with someone else's story?

Q- That *is* the question.

Elan- Thank you. Do understand ... a question is simply an answer "upside down" so the answer is right there.

Q- Everything is fun with you Elan, it's great!

Elan- Oh, thank you ... with you all as well.

Q- The "photon belt" ... is that also a perception?

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Elan- There is a physical counterpart to it, but it does not necessarily have the effects that have been predicted for the many "photon belts" that have supposedly already intersected with your reality.

There is not what you would call, "the negative effect" from it unless your decision places you of a vibration to experience negative effects in general and therefore, anything that you experience you will tend to experience the negative aspects of. Understand what you call "photons," simply in your language, in your own physics are simply light packages, observed particles of light. Light, in and of itself, is a very high vibratory expression of consciousness. That consciousness is very raw and reflective, so therefore it mirrors your decision.

Q- In my knowingness light is transformative and anything in its way will transform.

Elan- Alright, that's one way to look at it. But the idea is that the transformation begins from *within you*, and you *then* attract a symbol that you refer to as "transformative." So, technically, light does not transform you. You transform yourself and perceive the existing light through the lens of your new decision.

Q- So possibly I could meet that light and be the same vibration.

Elan- Or simply allow yourself to ... have a shower when it comes by.

Q- Right. Thank you.

Elan- But the idea is, again most fundamentally ... you *are* the light, you are the light, period. And "The Light" can represent ... "Uh, Oh!" or "The Light" can represent ... the very *unconditional love of All-That-Is*. Your choice.



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And All-That-Is (what many of you refer to as "God") loves you *unconditionally no matter what* you will decide for yourself at any given moment. So simply, you can choose to treat yourself with the same respect.

Q- One more thing - "roles" ... are we here specifically to take on specific roles (and I know it's a perception) however, there seems to be a lot of it in that "feeling center" for most people ... that there's a specific purpose here for all of us?

Elan- Alright, though that supposition that you have a specific purpose is also a decision about yourself. So, yes, you can absolutely experience that result and that reality of having or fulfilling a purpose, but that is not truly because anything was "predestined" or "preordained" ... it is simply (for whatever reason) you "falling" into agreement with deciding that something is your purpose.

Truly, you are a 100% spark of creation at every given moment, who cannot easily be "buttonholed" into a particular role. You may assume roles to explore certain specific ideas, but when you decide *purposefully* who you are, when that decision is a function of your *personal preference* ... then roles that you would assume in order to provide experience, will be positive roles. So, you are not "stuck" in any role.

And playing through something you perceive that you created as an experience, this ends or transforms the moment you make the new decision about yourself, with no exceptions. And if the new decision is, "I am that same person." ... one moment later ... you are, absolutely. However, if your new decision is to choose to no longer express a hierarchy in your experience, which results in you feeling "lesser" and makes it seem as if there is some "greater" aspect to aspire to, you can simply state as your new decision, "I am an *equal* to all of Creation, I *choose* to express that equality in *everything* that I do

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and therefore I *choose* to perceive that equality *in others* as well." Then when you are being a Fourth Density Physical Being, the veil of hierarchy will dissolve. Understand?

Q- I understand.

Elan- Alright.

Q- So, as this planet is evolving in its "frequency," as yours is, as you say, as you're moving into um ....

Elan- Well, we do not necessarily consider it an "evolution", but simply a conscious movement, but do proceed.

Q- Okay, let's just say for the purposes of the discussion, conscious movement of all the Universe ... it's being affected ... this Earth is affecting all?

Elan- Well, from your perspective absolutely, for as I have said, when you change yourself, everything else then seems to change. Remember, everything is multi-dimensional, Infinite, and eternal ... everything contains an Infinite number of facets and aspects.

You, in experiencing linear reality, do not truly have the experience of interacting with the entire infinity of facets. You attract the perception of facets of any individual that *is relevant to your particular decision and exploration*. So, as you begin to change your decision, as you begin to manifest your new decision, you interact with the corresponding facet of any other thing that you consider to be external. And so yes, the entire Universe seems to change because you are now operating through a different set of facets within the Infinite potentiality.

Does that make sense?

Q- I understand, but is there ever one perception?

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Elan- Well, the perception that you would refer to as... the perception of “All-That-Is” is at the same time, a multiplicity and yet ... *one* perception.

And that becomes slightly difficult to translate, for it is an Infinite concept and you are, at least for now, choosing to perceive through a finite point of view. So, the answer is yes *and* no. And as you begin to expand your consciousness and expand your acceptance and allowance of more of yourself... you will find that paradox becomes the *rule* and not the exception, and that truly since you contain it all ... it is never ... never ... never this *or* that, it is always *both*. It is always this *and* that.

And that always puts you right back into the center to choose between them with absolutely equal ability. Alright?

Q- Yes, thank you.

Elan- I thank you as well. What will you do?

Q- I'll decide to stay with what's in my center ... and make those decisions from that center of my being, at all times.

Elan- Alright, you can never stray too far from yourself, for *everywhere you turn ... there you are*. And so, your willingness to simply be more direct about knowing that no seeming external person can possibly know you better than you know yourself ... will allow part of your decision to be the certainty that you are now willing to honor who you are and settle for nothing less ... no matter what you do.

Q- Nothing is wrong, everything's right, it's always a choice.

Elan- Everything's perfect, a perfect manifestation of whatever it is, yes. Beginning to exercise choice *consciously* is

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the only thing that if you embrace and begin to express, will immediately and fully transform your entire reality.

You can do it on a gradient, if you feel that completely transforming would be too sudden ... but when you do it on a gradient, you are simply making decisions closer and closer to the you, you wish to be, so that you don't have to be all that preferred you at once. And ultimately, where you end up is as that preferred you. So, you get to decide ... would you like to take the "scenic route", or would you like to simply ... "beam yourself up" (so-to-speak)?

Q- Is that another process ... beaming? I don't wanna know.

Elan- Well, you do ...

Q- Yes, I do.

Elan- ... but I won't tell you. [audience laughter]

The idea is that there are many creative, physical opportunities in your future and your particular "fiction" will often predict future reality.

Q- Speaking of futures, you're a future self of Andrew, is that correct? Cause that's what I heard during the break.

Elan- Well, in a sense, my particular reality, planet, experience ... vibrates at a completely different time flow than your own. Approximately, for the purposes of comparison, ten times faster.

So, what you would perceive as ten of your years would play out in my reality as a hundred years of history, although our particular relationship to time is far different from your own. So, from your linear point of view it would appear that we are in "the future."

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But because we are already on a more accelerated time frame in comparison to your own, we cannot perceive each other. And so literally, there are "Universes within a grain of sand" there are an Infinite number of overlapping ideas or dimensions ... they separate each other by "wavelengths" and one of the expressions of the wavelengths is the flow of time stream. From the *channel's* point of view, I could appear to be a *future* incarnation ... from *my* point of view he could appear to be a *past self*. But our realities are not in that type of sync, for direct comparison.

Q- Well... you've thrown a warm blanket around the ascension process.

Elan- Well, thank you ... what a lovely image ... covering yourself with more of yourself.

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### A MIRACLE

#### THE OTHER PERSON SEEMED TO CHANGE

(The present is not the result of the past.)

Q- I just wanted to share something. Do you know that this is my husband ... we're married? Maybe you know that.

Elan- Congratulations!

Q- Thank you, I wanted to say that I don't know, about 6 or 7 months ago we completely transformed our relationship.

Elan- Alright, you made the decision.

Q- Right, and through the awareness of something that you told me or reminded me. And that specific awareness was that ... The present is not the result of the past *unless* I say so.

Elan- Thank you, very well put.

Q- And so that really worked, we just sort of forgot all those things that weren't working or just moved off of them ...

Elan- Well, do understand how that fits into the mechanics that we have just discussed. When you make the decision of who you are consciously, according to preference ... you can simply make that decision just because you're deciding to make it, or you can make it with a justification or a rationalization. If that rationalization is, "I am this person *because* I have done this in the past" you do not actually experience being a result of that past, you *recreate that past in the present* as an "excuse" to make a particular decision in the moment. So, there is the apparencey, "I am affected by the past." But in being willing to make the decision based on "who you are" consciously according to what you prefer, what excites you (with your integrity) then ... the "baggage" of the past is no longer relevant to the new decision.

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Q- Oh, so I ... Oh! I get It ... so really ... I just made another choice, you're saying.

Elan- Yes. You always do.

Q- Alright, okay!

Elan- Now if that choice is most agreeable to you ... congratulations!

Q- Oh, it is and thank you. And I wanted to share that, because it almost seemed like your voice came in my head and said that ... although I know it wasn't your voice ... "the present is not the result of the past." So, I just wanted to share that.

Elan- Alright, may I ask you a question by way of what you would refer to as ... a "testimonial?" When you shifted your decision, did the other individual seem to change?

Q- Completely!

Elan- A miracle! [audience laughter]

Q- A miracle, yes! It is a miracle!

Elan- Alright, I am being facetious, for "miracles" are the rule and not the exception ... once you begin to allow your decision to include that definition and allowance.

Q- Yeah, it's amazing how people seem to miraculously shift, and someone who you just hated last week, all of a sudden, you're not hating them ... you know what I mean?

Elan- Well not exactly, but I will take your word for it.

Q- But I mean it's like a whole 180 degrees from what seemed to be hopeless because ... "Just wait a minute, I'm just going to make another choice."

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Elan- Alright, you re-create yourself *100%* in every given moment and now you have re-created yourself to interact with another facet of any other individual that you perceive, and so miraculously, they *seem* to have changed, though most simply and accurately, *you* have made the new decision change. And you are now living the "fruits" of that decision ... as you all do with every decision you make, whether "positive" or "negative."

Q- Ah, I just wanted to share that.

Elan- Oh, thank you. I thank you all for your willingness to co-create this interaction in such a way where we may all share aspects ... reflections of each other's consciousness, in tandem and in love and joy.

Do understand, if there is anything that you perceive that is joyful from this interaction, from what you perceive to be me... "pat yourself on the back" ... it is truly from you. I am merely a mirror and can only reflect back the degree of brilliance from the original source material.

So, celebrate the recognition in yourself, that as you expand, you now attract the means, the methods ... the tools ... the keys to making the new decision about who you choose to be and are, *consciously*.



## Chapter Two

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### ***Trusting the Decision***

We have been communicating with your society for quite some time in various forms, through various individuals, in various timings, to allow us to share the timing of the collective transformation of your society without interfering in your process by direct physical interaction.

Therefore, this particular type of interaction that you refer to as "channeling" phenomenon has given us the opportunity to learn more about you, and to share with you the things that we find helpful in our society, and things that by the very nature of the fact that you attracted yourself to this type of interaction, are very timely for your individual and collective transformation process.

Through the time that we have interacted with members of your society in this way, we have covered a lot of material. We have covered many ideas that have allowed you to redefine your

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understanding ... your approach ... and thereby your experience of your reality.

We have, in that sense, covered many different issues from many different angles and facets to allow you, in re-defining yourself as an individual, to begin to understand with a slightly different point of view, with a more empowered point of view ... to be *participatory* in the creation of your life, in your reality and your world, rather than merely seeming like a *random spectator*.

And thereby, in going through the process of communicating with you for these many years, we have created definitions, have shared distinctions, have imparted ideas that have allowed you to begin to expand your approach, to expand your awareness, and also expand the effect that you get in your life, to be able to begin to express yourself consciously, purposefully, and effortlessly while still creating challenge and meaningful experience.

As these interactions take place they change. As you transform, the nature of the interactions between us also then, by definition, transforms. Were we to put a label on the phase of interaction that we share with you up until now, perhaps, again only as a label it would be filed under the category of "The Simplification."

For allowing you to create new distinctions, allowing you to understand different ways to define yourself, allowing you to literally recreate yourself from your old, contracted, less empowered approach toward your new, open, expanded, effective approach ... has served its course and now brings us to the point to remind you that the living, the implication of the things that we share, and the things that you are now ready to express are truly *quite simple*. And so, the many distinctions and definitions that we have shared come in handy, have their place,

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and have allowed you to hinge and pivot your approach to begin to be more effective and productive in creating your lives.

However, the process of simplification allows you, as a linear Being, to remain focused ... focused to express yourself consciously without "too many details to distract you."

The way we have simplified our particular communications with you has been to take everything that we have shared ... which, by all means, we can still discuss in "older" definitional terms, but for now allowing us to continue to render this down to three simple ideas. For every moment that you have created yourself as a Physical Being, and for that matter for every moment that you have created yourself as any type of being you have ever or will ever be ... three things are what you do and three things are all it takes to begin to shift who you are according to your preference, according to who you know yourself to be ... rather than any other criteria. By way of brief review, those three things are simply:

1. THE DECISION
2. THE CONSISTENT TRUST IN THE DECISION
3. ACTION (action is the "stuff" that physical reality is "made of," so-to-speak).

Now, physical reality actually is created on a consciousness level, but you still function within the apparency of the necessity for action. And so, we incorporate action into the idea because incidentally, your actions change and the change in that physical output seems to be what creates the change in your reality. Therefore, we include that observation to simply give you something to work with that falls within your strongest belief system about how you move your reality.

## The Decision

In the last segment, we discussed in some detail the idea of part one, The Decision and exactly what that means. Briefly, in every given moment you create yourself 100% (not 99% not 98% not 80%) ... 100%! And in that moment, you make a decision, you make the decision about *who you are*. Now, you already do this, always have as a Physical Being, and in that way, always will. So, this is nothing new ... you first make a decision.

Now, up until now, the basis of your decision of "this is who I am." ... you have created as being contingent or dependent on external circumstance, external symbology, timing, and what you refer to as "the past" and "the future." Therefore, individuals would make a decision, "*This* is who I am" ... based on, for instance, their circumstances, "Well, here is my circumstance, so this *must* be who I am because *my circumstance is telling me so*, only this type of person would create this type of circumstance."

And so therefore, with *that* approach you use your circumstances as a gauge or a yardstick to make the decision in this moment, "This is who I understand myself to be, this is who I am."

And what this actually is, is a decision about who you are, and we revise the wording to include the word "decision" because a decision can also be made or changed consciously. The idea of ... "conscious Creatorhood," which is creating your life according to conscious preference requires that you begin to entertain the idea of *allowing* your decisions to be *conscious*, simply because you're going to make a decision anyway. If you allow that decision to be conscious, according to who you know yourself to be, your effect, your result will be more

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representative of who you know yourself to be, and who you wish to express yourself as ... as a Physical Being.

We also mentioned that individuals will use their so-called timings, their "past," or "future" to decide in the moment ... "This is who I am." So, for instance they may say, "This is who I am" and "the *reason* that this is who I am, the *reason* that I make this decision about myself is because, 'this happened when I was a child', 'this happened in my past life', 'this happened yesterday', 'I did this then and therefore, that is why I am who I am'."

When you make the decision about who you are in that way ... utilizing "the past" as your criteria for making the decision, the decision still "sticks." So, the effect that you get is, yes, you *are* that type of person, and yes it *seems* that you are "*because*" of this thing that you "*did*," or this thing that "*happened to you*," or this thing that you "*experienced*." The point that I am making is that you make this decision about who you are in every given moment, and by simply being aware and entertaining the idea that this decision need not be dictated to you by circumstances and timing, but can be created *by you, purposefully and constructively*, that little extra bit of information (to take a mechanism you already use and apply it consciously, according to preference) is all it takes to begin, right now, to completely re-define who you are.

By way of a suggestion ... were you to be asked who you are ... "who are you?", my suggestion would be to begin to answer this question for yourself by incorporating who it is that you see as your *ideal self*.

For you are always going to make some decision, and if you make a *conscious* decision, "Alright, I wish my life to now be joyous, to now be satisfying ... fulfilling ... inspired" then all you need do, is create a decision about yourself consciously from

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your creative self, from your center, and *include those ideas in the decision*: satisfaction ... inspiration ... motivation ... productivity. And therefore, when one asks you ... "who are you?", it is always up to you to then have *that* answer, make *that* decision, be *the choice of who you know yourself to be*, rather than what timing and circumstance would seem to dictate.

Now I remind you that *you already do this*. You already make a decision, whether you call it that or not, that is what you do. A circumstance "comes along" and you tend to make a decision, thinking that the circumstance is telling you who you are, but actually, still, ultimately, *you* finally choose that unpreferred decision yourself by ... "buying into it."

From all the stories that you see in your life and experience, it is only the story that you "buy into" that actually determines your experience. All of your experience that you feel occurs *to* you, is actually created *from* you, and so is also just a decision. Becoming aware that the decision can now be made according to preference is a liberating notion. And allowing yourself to be conscious of who you are is an expansive approach to creating your reality on purpose. By being willing to *commit* to that purposeful decision and then *maintain* that decision you get the effects of *being* the person that you now create yourself to be ... rather than, that you have simply become something "because of" your external circumstances and timing.

So, in our last section we discussed purposefully allowing your decision to be determined, clarified and *registered*, purposefully allowing your decision to be a function of your will, of your understanding of yourself and of your desire, and not dictated to you by any elaborate external criteria that you formally used as "evidence."

## Trusting The Decision

Therefore, the second idea that allows you to implement that decision to "change your life" is the idea of "*trusting* the decision."

Because you create yourself in each and every moment completely, in each moment you make the decision about who you are. If you have a consistency to that decision, if you choose who you are, and then *continue to decide* "this is who I am," then you create a *continuity* ... then you create the foundation through which you can begin to see the changes in your reality, see the changes in your life through the *eyes or the lens of the new decision*, rather than through the eyes of an older, outdated approach to your reality.

When you decide who you are, you begin to see your world *as* that new person, and that new improved person sees and interprets its reality and its external circumstances *differently* from your older, less empowered version of yourself. If it is an empowered decision then your new interpretation of your circumstance becomes, "***Everything in my circumstance supports my decision.***" And therefore, if something happens which is 'unexpected' and perhaps formerly, with my old decision ... 'undesirable', it is now my opportunity to see that circumstance through the eyes of the new decision." And therefore, you can now derive a different interpretation and a different effect, because your approach will now be different, it will be the approach of the new you, that you consciously *decide* to be.

## Trust and Faith

Now as a distinction, I again remind you, we have discussed before that what you call "trust" or "faith" is also,

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again, *something you always have*. Often when mentioning the idea of having "trust," the idea of having "faith" we hear a rumbling ... a groan from individuals thinking ... "Oh! ... I have to have faith ... I have to have trust ... oh boy that is difficult!!" Understand the irony of that statement "having faith is difficult." You always have trust. You always have "faith" in something and if you think, "Ah, I am doubting and therefore not having trust," understand that doubt is not a lack of trust. *Doubt is a complete 100% trust in the reality you say you do not prefer.*

Therefore, realizing this allows you to remove the sense of burden from the idea of "trust," because you do not have to "muster it up" ... "build it up" ... "exercise your trust muscles" to express it. You already trust in something and therefore, if you simply are accurate and constructive with your approach, you can simply understand in any situation that, "Alright ... I am already trusting in something."

Now, where that enters into this conversation is that you always make a decision, and if you trust in that decision and act as though that decision has registered, you get the effect of that decision. If you say you do not trust the decision, perhaps because, again, external circumstances would seem to indicate that the decision was not registered, *even then* you are *still* trusting in something ... generally a dis-empowered conclusion. And when you trust in an unpreferred idea, it is truly the same thing as making that very unpreferred idea your new decision, instead of deciding something that you do prefer. The point again, is that you always do these things ... you always decide ... you always trust. You're already extremely good at this.

## Trust is Simply Maintenance

People will often think that subconscious or unconscious ideas can override their conscious choices. If you



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wish to remove the idea of "subconscious" intention, "unconscious" action, then, simply being willing to make your decision *consciously* ... to trust your decision consciously is all it takes to use the mechanism you already employ in your life, and now use it constructively, now use it to have a desired effect, to create the life that you prefer. Another very useful distinction to notice is that trusting your decision is truly, simply ***maintaining that decision***. Trust in the new decision is simply maintenance of the decision itself.

You have the idea in your society, as you begin to introduce to yourselves the notion that "you create your own reality." ... that you can "affirm" who you are, and in one sense, this is accurate. However, often individuals will use what you call "affirmation" in a semi-empowered way, where they are simply *saying* something and truly *believing* something else and are therefore attempting to "talk themselves into that preferred something."

The type of "affirmation" that we are discussing is not "talking yourself into something." It is perhaps more accurately called "asserting" or "assertion" or even "conscious commandment." It is *realizing* that you're going to decide something anyway and allowing yourself to "register" that decision *purposefully and consciously*. Now instead of *convincing yourself*, you are instead *consciously deciding to be* the new idea. Then when any circumstance arises that may seem on the surface, for just a moment due to your previous tendency of creating your reality in the "older" ways the less empowered ways, if something comes up which seems to run contrary to that new decision ... you still have the opportunity in every given moment to *re-establish* the new decision, to *re-mind* yourself of your new preferred decision that you've already made.

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Maintaining ... maintenance of that decision is another way to state, another way to define "trusting the decision." ... for it is simply using any feedback that you get from your reality, whether it seems supportive or whether it seems, in that sense, to be opposite of your decision, to *re-align* you to your new decision, to be an opportunity to *re-align yourself* to your new preferred decision. Interestingly enough ... because you create yourselves one hundred per cent in every given moment... the moment you make the decision, you *are* that new person ... "no ifs ... ands ... or buts," no room for anyone else, *that is* who you are. Your willingness to *trust that your decision has registered* itself, that the new decision *sticks* in your reality, is also another way to define what we mean by "trusting the decision." It is the complete confidence that, "The decision about who I am has been made by me consciously. I was going to make a decision anyway; I choose to make it consciously. And I believe ... I trust ... I *insist* that the new decision sticks and in making that new preferred decision - *I am* that new person." Therefore, you are now willing to begin to see *as* that new person.

Making the decision, by the way, is a very definite act of creation. When you proclaim or state your new decision, when you begin to explore who it is you are and render who you now are into "a sentence or two" (for you to invoke that up within you), making that distinction creates you *as* that new Being. Therefore, perhaps it is in your "best interest" to refrain from working into the decision ideas or words that imply that you are already "NOT" that person. In other words, it is distinctly saying, "This is who *I am*," rather than "This is who I *will* be", "This is who I *wish* to be", "This is who *I am becoming*" or even "This is who *I am not*." **The act of becoming is distinct from the act of being.**

Therefore, if you word your decision, "I am BECOMING this, I'm EVOLVING TOWARD that, I am SLOWLY achieving this," then the effect of it *being in the future* and not happening right

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now is worked into the result that you experience from your decision. Being willing to remove all that terminology and simply saying ... "this is who *I am*," perhaps adding, "Just because I say so" allows you to experience yourself *as* that person now, already, in that moment. And when you begin to truly trust this, when you begin to apply your trust consciously, you will begin to feel the tinge of excitement ... knowing that now that you are indeed this new person ... you can truly only expect the results that this new person would get. Which I assume, if you have been getting results you do not desire in your life, would be viewed as most attractive ... most desirable.

Trusting the decision is simply maintenance of the decision, no matter what the outer circumstances may look like. The only way to change those outer circumstances is to not let them talk you out of your new decision, and instead, actually use them to re-align and maintain the new decision. When you use this approach instead, the outer circumstances will always finally change to match the vibration of the new decision.

## The Establishment of a Decision

1. Be willing to be specific about that decision.
2. Allow your reality to reflect feedback to you so you can re-align, calibrate and maintain your decision.
3. Allow your reality to show you where you may wish to make alterations or revisions to the decision.

Your decision, as you establish it now, will only be a result of who you know yourself to be now, and the things that you feel are available to you now. As you begin to express yourself anew as the preferred you, circumstances, experiences, and what you attract will change, and you very well may revise to an even more empowered version of the decision that you make about yourself. And by all means, be willing to be open to allowing the decision to be honed, carved, worked in such a way where it is polished and where it truly reflects who you are.

The moment you make the decision and trust that the new decision sticks ... you then get to "reality test" the decision and see if the decision works for you. If it is an empowered decision ... no matter what changes you make in it over time, it will still remain foundationally an empowered approach that can only allow you to yield positive experience in your life.

Again, you already do this. You already decide who you are. You already trust, either in the decision of who you are, or you shift your trust back to the older outdated decision ... either way, you make a new decision and get a new effect. If you go back and forth ... shifting decisions ... changing decisions ... that is a *random* expression of your decision. I need not tell you that randomly and regularly shifting your decision creates an atmosphere of experience that feels random and thereby your life feels as though it happens *to* you, rather than *from* you. Your

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life feels "random" rather than purposeful. Your life feels like the result is accidental, rather than purposeful, synchronous and serendipitous.

And these experiences are all from decisions that you already make. Therefore, allowing yourself to simplify ... simplify your creative ability, by simply very finely honing in and stating your decision ... clarifying that decision, that vision, and stating it after the words ... " I AM \_\_\_\_\_ " (fill in the blank) and allowing your *body posture and your attitude to exemplify* that preferred decision, "I am ... this new person," that is what "trusting the decision" is all about.

If you begin to observe yourself in your life, you will see in no uncertain terms, how you are already doing this, already making some decision. And perhaps you can fascinate yourself at the many creative ways that you actually support the experiences in your life you say you do not prefer, by participating in the continuance of these negative results through fluctuating decision, by having those decisions seem to be dictated to you by external circumstances and timing.

Observing this, still, is making the decision *not* to make a positive decision. But at least it is "a step" in the direction of "entertaining the idea" that perhaps you just might have something to do with the creation of your reality.

Therefore, by all means, take as much time as you need, create whatever process you wish, create whatever elaborate set of steps will allow you to finally make the decision. But understand, no matter what "process" you create ... no matter what "ritual" you participate in ... ultimately, at some point along that linear process ... you will get a result. And that result will not, not in any way, be due to the process itself, but only be due to, in that last moment, making the decision ... "*This* is who I am", and saying ... "The reason that I can now be this person is

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because of this elaborate process.” But ultimately, *it is the decision, after the process*, "now it's alright to be this person" ... that allows you to *be* that person and not the process in any way. Understanding this allows you to begin to decide who you are ... RIGHT NOW, not needing to create a process (unless you find that most enjoyable), and immediately and completely transforming the face of your entire life and reality, transforming your experience ... transforming your interpretation of your reality, immediately transforming your relationship to yourself and others. Making the decision consciously is an empowered, creative act.

Having that decision be purposeful is using your creative ability purposefully. Having the results and the experience of your life be the result of conscious ideas uses the same mechanism that you already use to create ideas you consider to be unconscious or subconscious.

So, all the tools that you already use can be re-deployed by simply shifting your perspective minutely, they can be used constructively ... can be used positively. Not because you *need* to change, not because you are not a valid Being right now, not because you are not loved by All-That-Is right now, but simply because perhaps you're ready for a change.

## IT'S UP TO YOU

As we now proceed to the interaction and allow for the exchange between you and myself and members of my society, from time to time as we begin our interaction, I may ask you a question. [speaking to an audience]

And I am asking this question to allow you to begin to consider *who you are* in a conscious way. Therefore, when we speak individually, should I ask you "who are you?" be willing, if you wish, to play along (I will not force anyone to have too much fun) to state the *positive* decision of who you are, right now, in definite and absolute terms.

Thereby, giving you the ability and opportunity to see ... who it is you desire to be. Now, because I understand the way that you create "gatherings" and "speaking in public" and so forth, as I ask you, "who are you?" ... it is always your option to say, "I have not yet committed to that decision." So do not feel "on the spot" or that you must define yourself for us now. But if you are willing to commit to who you are, that will be your first step in beginning to express yourself in *conscious* terms. By beginning to express yourself according to preference, beginning to allow your experience to reflect who you know yourself to be ... rather than who "everyone says" you seem to be, how you interpret your circumstances tell you are, how your past has resulted in your "lot in life," or for that matter, how your future has resulted in your "lot in life", this is expressing yourself in conscious, purposeful terms. For often individuals will define themselves not only by their past timing, but as we have said earlier, by their future timing... "Well, I need to do this, I haven't done that, this needs to be handled, this needs to be taken care of" and "the bottom line" of *that* decision in that moment is: "I am ... not a prepared Being and expect my reality to have a negative outcome. Perhaps if I swim a little harder, run a little

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faster, and work a little bit more laboriously ... I might just head off the process.”

Alright, that's one way to look at it, but it is not necessary. *Conscious Creatorhood* and the statement of a conscious Creator always begins by the sentiment or the wording that, "I am \_\_\_\_\_ (fill in the blank)." You get to choose what goes in that blank ... you already do. Now you can fill in that blank with the ideal version of yourself.

Now that you know this, you can continue to play a "shell game" with your intentions and consciousness ... but there is no escaping the fact that you now have this information. You now have revealed to yourself in perfect timing ... utilizing what you consider to be me as a reflection of what you already know to be true for yourself, and now are willing to hear and create me as an external reflection in your life.

When I say that you create your reality 100% ... I mean it! Therefore, everything that you see is a reflection of you.

The paradox is that this is also true for all other individuals, but you need not confuse and perplex yourself with that idea, simply marvel over it from time to time. But because everything exists within you ... every single thing you perceive is created by you to support any decision that you make in your reality. Sometimes circumstances will seem to support your decision by simply being a circumstance whereby you would interpret it saying ... "ah, see my decision stuck, there is the circumstance that proves it!"

But the other way that you deliver feedback to yourself is by providing examples that seem to run contrary to your decision, to allow yourself to really decide if this is ... who you are ... or if you can be easily ... "talked out of" that decision ... and then ultimately make a new decision according to what



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"everyone says" ... according to what circumstances and timing dictate. But it is up to you to *remain focused* and up to you to continue to *express yourself consciously, continuously*.

For your willingness to interact with me and establish that at least part of your decision is to begin to explore more of yourself and attract "symbols" (external symbology) that begin to support your empowered decision ... I again thank you.

I thank you for allowing me to act as facilitator, but more accurately as a "mirror," for only can you appreciate and utilize and understand anything that you perceive that I am saying, if you first already contain it. Otherwise, the channel's mouth would be moving, and you would hear no words coming out and these pages would appear blank. The fact that you hear it ... the fact that you can read and understand it ... the fact that it resonates with you ... the fact that it seems to inspire you ... *is* your direct indication that you already contain that potential within yourself. For ultimately speaking, you are an Infinite, multidimensional and eternal Being, and you contain it all.

I remind you that we also get a lot out of these interactions. We also see all of you as an external reflection of our own selves and understand that each unique point of view that we interact with, that seems like an interaction with an external Being ... is simply more personal exploration of facets of our own particular, individual consciousness.

Therefore, in "not knowing what you're going to say" (so-to-speak) ... in marveling and reveling with your particular approach to your reality ... as I interact with you, I understand (because to me you are simply a reflection of me) that much more about myself ... that much more about who I am as a Being. And therefore, the exchange in these interactions is completely an equal exchange.

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I thank you for your willingness to allow me to interact with you in this way, albeit an ... unconventional way, (presently in your mass society).

For the honor of your willingness to allow *me* to reflect to myself *who I am*, to allow you to reflect to yourself who you are ... again, I thank you unconditionally, lovingly, and ask how we may now be mutually of service to each other through the sharing?

Sharing!

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### **BOOGIE MEN IN THE CLOSET FEARS THAT I'M FACING**

(self-imposed shackles.)

Q- First of all, thank you very much for this...

Elan- Oh, one moment, may I ask you a question?

Q- Yes, who am I?

Elan- Who are you?

Q- I am a person who just recently has finally discovered that I deserve to be happy. And I made the decision to come down here tonight in this horrendous weather all by myself and all the time I was in the car I felt completely calm, and I thought, "If I made this decision, I must know what I'm doing ... and I'm going to carry it through ... and there was no mishap or anything to get here and I ...

Elan- Was your result different from any former result you had derived?

Q- Yes, very different.

Elan- Then I thank you for being a living example of what I am saying. Could you be just a little more specific?

Q- About myself?

Elan- Yes. Who are you?

Q- Well, I still have a lot of ... "boogie men" in the closet.

Elan- Alright.

Q- ... and I still have a lot of fears that I'm facing.

Elan- Is it joyous to you, to continue in your decision, to express that facet?

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Q- No.

Elan- Alright, then I suggest, now that you are being very definite and conscious about who you are, that you work in the wording that allows you to experience the freedom of who you are *without* the self-imposed "shackles" of these ideas. And again, when you are asserting who you are, deciding who you are consciously, be willing to ... word it in the positive.

You need not define yourself in terms of who you do not wish to be, or who you are not, but simply be willing to say "who ... you ... are .... now." Now, if I were to ask you who you are and you had formulated a way to express yourself which was no longer relevant to "boogie men" and "fears in the closet" ... how would you word *that*?

Q- "I am ... a person who can make my own decisions, trusting that the outcome will be what I prefer."

Elan- Alright, how does *that* feel?

Q- Good!

Elan- How does it feel to understand, in no uncertain terms, that ... *you are that person*, right now?

Q- VERY good.

Elan- Are you willing to *trust that decision by maintaining it, no matter what*?

Q- Yes!

Elan- Well, CONGRATULATIONS! Welcome to more of yourself!

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### NO BIG DEAL

### YOU TALK'N TO ME?

(A useful distinction between “intention” and “decision.”)

Q- How are you today?

Elan- Perfect and you by the way, are also perfect. Who are you?

Q- I'm a healer.

Elan- Alright, congratulations!

Q- Thank you. Can you speak of the concept of The Decision in light of the “transmutation process” that the human species is going through at this time?

Elan- Well, as we have explained already, in many different ways, in many different approaches, from our perspective your body exists *within* your consciousness and is a direct reflection of your consciousness. Your decision can work and get the effect of either approach.

One approach is that your consciousness is within and the result of your physical body and therefore in order for your consciousness to express itself more fully, there needs be physical expansion. And assuming that point of view ... assuming *that* decision, truly will give you the effect and the evidence that, “Yes ... I have made a physical transformation, now I can ‘house’ more consciousness.”

However, it is *just as valid* to understand that your body exists *within your consciousness* and as you shift your consciousness your body shifts accordingly. If you wish to be most accurate it always begins first in consciousness.

And even when a person winds up achieving the effect, “I can now expand my consciousness because I have evolved

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my DNA or whatever," they will experience a shift. They will experience more of their consciousness. It will seem or seem to be supported that it was the physical change that allowed this. But here's what I ask you ... and ask from such a body-centric approach ... where did more of this consciousness that you've become actually come from? The answer: it came *from you*. Where? "Out there?" Well, that's only one way to look at it. Another way to look at it is to know that it came from your Infinite consciousness itself.

Q- There wouldn't be a need of change, of like the "morphogenic structure" of which "the mass consciousness" is a part of?

Elan- Your "morphogenic structure", though you have been taught to believe is an environmentally determined factor, is fundamentally a consciousness determined factor. Your morphogenic structure already shifts, when you shift your consciousness.

Most obviously, the creation of "dis-ease" and "dis-comfort" is one way to understand the negative effects of negative decisions, whether they be conscious or unconscious decisions and then the corresponding physical results thereof. But a change that truly takes place on a genetic level as well ... "transmutation" ... "permutation" ... "evolution" and so forth, is simply foundationally, a reflective response to a shift first in consciousness.

Q- Still, you use the terminology "decision" to replace a previous expression that you used to use, being "clear intention," and there's got to be a reason for that, because "intention" is always something you can "put off until tomorrow", whereas "decision" seems to be more immediate in its effect.

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Elan- Well, congratulations, in very creatively structuring the answer into the question. In the process of simplifying and bringing things down to their most "basal" elements ... being "intentional" is one way to describe it, but making a decision has a more definite consciously commanded implication.

As I've mentioned, all the different ways of defining your reality have been the result of your perception and the way that you were "taught" to understand that things occur on a "gradient." So, the idea of introducing your vision initially as "clear intention" allowed you to still come at it from your older decision, your older point of view, your less empowered point of view, to begin to entertain slowly, be "spoon fed", perhaps slowly at first ... the idea of you having some kind of say in what's "going on."

Now again, as you have pointed out, we now choose to make things more definite, simply to make them more of a complete and purposeful and utter a more unswerving statement.

Q- So there is no more methodology, other than, as you stated in your introduction conscious decision, trust in that decision, and then taking action to support the trust that you have in that decision?

Elan- Yes, which you already do.

Q- Right.

Elan- And therefore, all this is "no big deal," there's nothing you need to learn, no resource that you need to attract or create, simply, as everything else is, as you are fundamentally and foundationally ... a shift ... an idea, your consciousness applying itself consciously.

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Q- I have found in this past month that it does work.

Elan- Alright, thank you for allowing that to be worked into your decision. And being specific about being effectual can also be, in that sense, quite useful. Who else are you?

Q- ..... "you talkin' to me?" Well, uh, to use a cliché, I'm my "path of power."

Elan- Alright, when will you get there?

Q- I'm there.

Elan- Well, are you "on your path" or are you the actual path itself?

Q- Ah!

Elan- Wording is very key. Not to correct you, for that is truly impossible. I can simply provide another alternative that you may wish to choose. But wording is very key and when I ask you who you are, be willing to also look at how you choose to word it. Do not judge yourself if the wording is a less empowered wording. Congratulate yourself for catching it, homing in on it, and revising the nature of the statement of your decision to reflect a more expanded version of yourself.



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### THE OVERALL DECISION

#### "SOUL AGREEMENTS?"

(Being responsible to our children, rather than for them.)

Q- Are you on your planet or your spacecraft?

Elan- Today, I am within my scout craft which is in a particular position in my orbital path, so for me, right now, it is day.

Q- Ah, great, I've really missed speaking with you. This is really enjoyable for me.

Elan- Alright, how about speaking with yourself?

Q- Alright.

Elan- That is what you are doing anyway.

Q- Yeah, right. It's interesting because this decision ... I understand that when we come here as "souls," we make a decision to "lead a life" and experience a life here.

Elan- May I say something?

Q- Yes.

Elan- Alright, I would anyway. [audience laughter] That decision is very, very, very general. When creating a new empowered decision, it generally will not take the form of ... "I will do this thing in that place at that time, I will explore this very finite and specific issue." Generally, in order that the new decision be most effective, a more conducive way to state that overall decision is ... "I will create, explore and experience the effects of a linear existence whereby, although I am fundamentally an all-knowing, Infinite consciousness Being that is simultaneously existing right now and knows it all, I will create the opportunity to impose a veil of forgetfulness on

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99.99999999% of my knowingness so that I can have the joyful, unique experience of discovering, of exploring, of unexpected outcomes, all of which do not inherently have relevance to my Infinite, all knowing, all seeing frame of consciousness.” So fundamentally, generally, foundationally, that decision is to utilize that advantage that this reality affords you. Do proceed.

Q- Right. So, in the decision to come here and experience life ... we come also with an assortment of agreements with ourselves, basically, but with other "souls" also ... correct? I assume that.

Elan- You work that into your moment-to-moment decision ...

Q- Right.

Elan- .... but you do not need to. That is only *one way* to look at it and is also completely valid. But in the moment that you shift your decision ... if that new decision is irrelevant to all of that so-called "exploration," it will no longer have any relevance to you. So those are very loose statements of purpose, they do not "bind you" ... they do not determine your outcome in any way, other than when they are worked into the decision that you make.

Q- Well, it is a bit of a paradox, because I think that these agreements need to be ... not need ... um ... are asking to be fulfilled with souls, different souls.

Elan- That is your decision and with it you will achieve that effect.

Q- Well, yeah and recreate, moment to moment, and that we are in control. "Nothing's in stone," ... right? So, it's a bit of a paradox because it seems like we can have control over

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each little new moment (we create it) yet ... the agreement needs to be fulfilled.

Elan- What is your definition of "control?" Does it mean a rigid absolutely "predictable" outcome?

Q- No.

Elan- For a rigid, absolutely predictable outcome is not utilizing the spirit of the "joy of discovery" that this reality affords you. And so therefore, if you say, "no," to having a rigidly predictable outcomes as you just did, and allow that definition to loosen up so that it may express itself in many different ways, perhaps some of those ways will be completely unexpected. Then it does not run contrary to allowing your perception, and therefore your decision, of agreements to play out. Does that make sense?

Q- Yes.

Elan- Alright, proceed.

Q- I'd like to get to the specifics that relate to my life that I wanted to ask you about. It's about my children. They did relocate, physically, and I'm wondering about that agreement because it's a pretty major move.

Elan- May I ask you a question?

Q- Yes.

Elan- Close your eyes ... assume that your children physically moving is extraneous and an interruption in your process.

Are you doing that?

Q- Yes.

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Elan- Explain how you feel. Describe.

Q- It feels out of line ... out of whack. It doesn't seem like it flows.

Elan- Be more specific. Is it not emotionally jarring?

q- Yes! It's a bump in the road.

Elan- Is it "intense?" Is it "negative?" Do you not express fear and anger and distrust?

Q-Yes.

Elan- Alright, you can stop. Are your eyes still closed?

Q- Yes.

Elan- Alright ... assume for a moment that the absolute, most beneficial way for you to create the relationship that you absolutely prefer with your children, can only be achieved by this move having been made and playing out in its natural timing. Assuming that knowledge, timing, and resources are being gathered by all for more optimal future physical interactions. Are you doing that?

Q- Yes, I am.

Elan- How does that feel?

Q- It feels so great and it's refreshing, which ... I've approached it that way ... and yes, *when* I do, it feels good.

Elan- Well, you have been sitting here the whole time, you have gone nowhere and just in your mind created two distinct sets of emotions and all that you have actually done ... (and I thank you for illustrating the topic at hand) is *shift your decision*. And the shift in the decision comes along with a shift in emotion, a shift in thinking and ultimately cannot help to have

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a shift in your outer action and therefore, cannot help but have a shift in your outer result.

Now, here's the fascinating thing, both of those choices are true. And I do not say this to "befuddle" you, or to confuse you. I say this to let you see the extent to which they are both *equal choices*. And choices, they are. And the only effect that you can possibly get out of them will depend on which one of them you assert, assume and *decide to be*. And I mean "assume" in the terms of "trying it on," assuming a posture ... not as an assumption that something *might be* so, because *it is* so.

When you sat and made that first unpreferred decision ... *that was* so, you *felt that* way, you even attracted the evidence. When you shifted your decision, simply because you entertained the idea that such a thing was possible ... along came the supportive structure, the logic, the evidence that came along with that. Now, when I say "both are true" ... I truly mean it.

Therefore, the idea that this physical move is not only beneficial (are you paying attention?) but *essential* to your relationship being in its most positive light, how does that feel? Does that take the pressure off, so-to-speak?

Q- Uh...

Elan- Are you fluctuating in your decision as we speak?

Q- No, that's what I've come up with in the past week.

Elan- Well, when you really "come up with it," when you *be* it ... it is far more purposeful, far more definite than the tone that you are now expressing it through. Again, not invalidating you, simply pointing out ... sit up straight, make the statement, do not be, as you say in your slang, "wishy-washy" about it.

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("Wishy-washy" ... very interesting terminology ... fascinating language.)

Do you understand what I am saying?

Q- I do.

Elan- Is this useful or is it simply "airy philosophy?"

Q- No, no, no, you're speaking exactly what ... I understand you completely.

Elan- Alright, so I would suggest ... if you are already doing it, that perhaps you are still not fully committed (or weren't until having this discussion) to truly accept your decision, trusting and maintaining it unswervingly, and then allowing any opportunity, any external circumstance, any timing, any history, any futuring ... allow that to *support* your preferred decision ... see through the "eyes" of that preferred decision ONLY, act as a person who has made that decision, rather than is waiting for the feedback to allow it to be okay to make that decision. These are distinct gradations and nuances of making a *definitive* decision.

Decisions can be *fully committed* statements of "who you are" with complete purposefulness, or they can be, again, slightly ... "wishy-washy."

Q- I was wondering if you have anything to add to ... "I've created this situation ... now this allows me to do something."

Elan- Absolutely, and that would perhaps be a more constructive way to look at it. Now, does it excite you that it might be creating a new opportunity?

Q- Very much!

Elan- Alright ... then use *that* energy.

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And I assume, when observing members of your species and members of mine as well, when you have a positive expectancy, that excitement drives you ... motivates you ... inspires you. So, if you do not feel driven, inspired, and motivated in that moment, you are perhaps expressing either a different older decision, or not as defined and clear a version of the same decision. So, you can *remind* yourself of your decision, trust in that decision (maintain that it is registered, that it *is* so), so you can proceed with the excitement of understanding that which then aids and assists with your so called "energy level," to then support the actions of your new decision.

Q- Okay, and ... and for a nice touch too, to also get into the emotion ... feel the emotion that it's "bringing up."

Elan- Now, if you find the creation of negative emotion ... perhaps your way to allow yourself to shift most quickly, is to first allow yourself to *experience it, fully* ... have it be alright to feel this ... "Alright, I understand that this negative emotion, fear ... loneliness ... abandonment ... whatever, this negative emotion *must* be the result of a disempowered outdated decision that I am making right now ... and by all means, I intend to have my decision be re-established ... but before I do, let me experience my creation, let me *feel* this fear, let me feel this apprehension, until it plays out. Although it may seem that it could overwhelm me, that it could injure or kill me ... it really can't."

And therefore, allowing yourself to experience it, actually will wind up supporting the re-establishment of your positive decision ... because when you understand, "I feel this fear, therefore the decision I am making now is that I am alone ... that I am not loved ... that I am not supported and when I make that decision, this is how I feel." "Well, perhaps I do not desire to feel this way on a regular basis, so now I know, without any

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doubt that this negative decision feels this way and that reminds me, I would rather have this new positive decision ... over here.”

Q- Okay, stop. How can I interpret that through the eyes of a four-year-old or a six-year-old of how ... I'm not so worried, so much worried about me because I know I can take care of myself, but I'm worried about ... can they take care of themselves without me, or you know, that part of what they're going to be missing? Can I maybe use my power to create a little bit more security and love on their behalf? Do you understand what I am saying?

Elan- Yes, I'm simply waiting for you to tell me to "go," since you told me to stop. [audience laughter]

Q- Oh, go.

Elan- Alright, good-bye. [audience laughter] Now I understand, as what you call a "parental unit" in your society, that it is generally your training to assume that you must be responsible *for* the individuals that you are, quote, unquote, "guardian" of, but you can only be responsible *to* them and not *for* them, regardless of if they are four years old or one hundred and four years old.

So therefore, exploring the ramifications of what they are going through in terms of taking responsibility *for* their exploration does not put you in the most empowered position to have your decision to be effectual, have a positive effect in their life.

What they are going through is what they are going through. It may not seem immediately intuitive that a four-year-old is having an “exploration.” But remember that they are also Infinite souls first and foundationally. They are exploring being finite, just like you are. If the opportunity arises to dialogue with



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that, by all means, you can clarify your understanding of what they are going through, but truly the "example" that you provide is the largest service, is being responsible *to* them, rather than *for* them. And you need not concern yourself with the effects on them, as though they too do not have sovereignty and decision-making capability.

You may reassure them that on some level they are participating in this timing for a reason. If they wish in that sense to understand the reason, by all means, they can explore it, and if not, well, your children have a tendency to begin to engage themselves in other things quite quickly.

So, are you willing to be responsible *to* those individuals rather than *for* them? And just to be clear and precise, you are responsible *to* others and *for* yourself by being the *best, most holistic, authentic version of yourself, in each and every given situation*, including this one. That is always your greatest gift anyway.

Q- Yes.

Elan- Does that not then allow you to feel more whole and therefore effective?

Q- Yes.

Elan- Congratulations, now you can go and be that best version of yourself in this, and any other situation.

## Your Power on a Plate

### **BEING THAT PERSON YOU WILL VERY QUICKLY FIND**

(It simply becomes "automatic.")

Alright I'll say, before we continue with the sharing, allow me to simply say ... in my society our particular approach embodies much of what we discuss with you. However, perhaps you would perceive that it is simply *automatic* to us, an automatic approach.

And so allow me to say, as you begin to not *simply "entertain"* the ideas that we share about consciously applying your decision, trusting and acting on that decision ... as you begin instead to *do* that ... to *be* that person, although at first it may seem as though it is required for you to maintain trust, to continue to maintain the decision ... you will very quickly find, you will very quickly convince yourself, that ... you *are* indeed the person you have decided to be.

And therefore, it is only initially that it would seem that there is any need to "rise to the level" of trusting your decision. It simply becomes *automatic* ... you *are* that person, and the trust and support for the decision ... the actions through the trust and support of the decision ... become *automatic*.

### **Excitement for the Unexpected**

In our society ... because we consciously understand and revel in the unique opportunity that linear reality has to offer, we actually *prefer unexpected results* in our reality, in our flow, in our creation, in our experience. To us, unexpected results, in very many ways, are *the most sublime creation available to us*.

When we lay down a particular idea that we wish to experience and may have some mechanical notion of how it

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*may* "fall into place" ... or how things such as that have a tendency to manifest, we always "work in" the allowance for an unexpected result, an unexpected method through which our decision manifests.

So therefore, to us, something "unexpected" is not an "interruption." It is a *vital part* of the process that allows us to express our finite nature. It allows us to express ourselves as finite Beings and therefore we find great joy, revelation, celebration, and festival in unexpected outcomes.

We understand however, that any outcome that we might experience and create that is "unexpected" does not run contrary to our decision about who we choose to be, it is not evidence to us that our self-defining decision isn't so. Only can an unexpected outcome be a *direct result of* our decision and we revel in our willingness to have our reality be full of surprise, be full of discovery, be full of unexpected manifestation and unexpected outcomes.

So therefore, I share this with you to introduce the notion of being willing to revel in and actually embrace unexpected outcomes as they occur when you re-define ... when you use it to re-decide who you are.

For *that* attitude ... *that relationship* with unexpected outcomes allows you to begin to *look forward* to something that you formerly considered to be an interruption, a hurdle or, "Ugh! ... this is a roadblock" (sometimes you will say). By understanding that a "roadblock" is simply a turn in the expected road leading to a new road that actually has nicer scenery, you allow yourself to begin to revel in what an unexpected outcome delivers. You begin to *dive into desiring unexpected outcomes*. Generally speaking, unexpected outcomes will deliver results that did not seem to be possible at that timing and will deliver results that would have seemed

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impossible within the existing circumstances ... but only when you are *willing to recognize unexpected outcome as part of the process*, part of the manifestation, and not an interruption in it.

The very same unexpected outcome will only be experienced by you according to your particular definition and interpretation of that outcome. And should something come along that is unexpected and you define it as extraneous, a roadblock ... you can only get the effect you label "interruption." However, if you revel ... if you dive into an unexpected outcome as ... "Ah ... how creative, this cannot be 'the one thing' that runs contrary to my decision. Therefore, this unexpected outcome *is a result of my decision* ... therefore, this unexpected outcome contains *unexpected jewels, unexpected opportunity*," then you begin to achieve, to "assume the posture" to allow yourself to find the advantage in that unexpected outcome, rather than to create it as an interruption. In these cases, you have the same circumstance, different interpretation. One interpretation ... "this is an interruption," can only be an interpretation through the lens of an "old" decision which contained ... "I can be interrupted ... inconvenienced." The new decision, assumedly, if it is an *empowered* decision, will contain the understanding that ... "*everything* is part of the process" and therefore the unexpected is like a surprise gift ... "Now I get to unwrap it. Now I get to see how this is even perhaps "better" (in your terminology) than what I had imagined was possible with the circumstances that are in place." This is seeing through the lens of the preferred decision or belief.

So, your willingness to approach your reality through the eyes, through the perception, through the "senses", through the "lens" of your new decision ... allows *everything that you perceive to be interpreted in a positive way that supports the positive decision* ... as opposed to interruptive.

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Remember, the circumstances themselves are neutral, they are a neutral set of props with no "built in" meaning. *You* assign the meaning. You assume the trust in the meaning you have "assigned." In a sense, the assignment of meaning is deciding ... making a decision ... trusting that decision ... acting on the trust. And if it is a negative interpretation, only can you experience a negative outcome. So, you can be willing to begin to see through the eyes ... through the senses ... through the interpretation and perception, the lens, of your positive, completely empowered decision about "who you are," and nothing ... nothing (did he say "nothing"? ... I think so.) has *any influence* on you whatsoever *except your decision*.

And your interpretation is simply the receptivity that allows you to re-assert your decision ... or change it. But ultimately ... your interpretation ... results in a decision every time.

Thank you for allowing me to share that distinction. Most likely it was unexpected, so you're already doing just fine.

Sharing!

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### A ONE PERSON ARGUMENT?

#### THE "OTHER PERSON" EXCUSE

(Perhaps you'll even thank them ... rather than forsake them.)

Q- Okay, about decisions. Say we've made a decision and we're living it just fine, but there are other people in the world that we have to interact with.

Elan- Ah, the other person excuse.

Now what you are simply sharing with me is something that you "build into" your decision ... a supposition that you can experience. But it is also an option to understand that anyone else's process is "synchronous" to your own, and as you shift your decision, your perception of other individuals will change so drastically that they will have appeared to actually change.

If you have your decision be consciously inclusive of the allowance that all others' decisions would never be able to interfere with your own and can only be synergistic with your own ... then their process will never seem to interfere with you. You will not choose to interpret any aspect or result of their process as an interference or an interruption.

Do proceed, does that answer the question?

Q- Ah, well, that's "pretty good," but what about ...

Elan- Oh, "pretty" good?

Q- What about, you know, *other people* that have made decisions or believe the things that are kind of opposite?

Elan- Well, *they* will experience the results that emerge from their decisions ... regardless of you and your decision anyway, but that need not be an interference in *your* process. Or can you understand that if you see something in another that seems to run contrary to your decision ... that simply allows you,

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in no uncertain terms, to remember your decision and therefore *is a service*, has assisted you *to realign* to your decision.

Now when you look at it *that way* ... your attitude toward them changes ... your action toward them changes. Perhaps you'll even thank them, rather than forsake them. Naturally, their response will have to change as well, and therefore ... same set of individuals ... one different approach, an entirely different outcome.

Q- Yes ....

Elan- You sound hesitant.

Q- No, I was just imagining actually thanking someone for arguing with me.

Elan- Well, alright. Do you, in your statement of who you are (and fear not, I will ask you "who you are?") choose to express yourself as argumentative?

Q- No.

Elan- Is an argument only something perpetuated by more than one individual? I will answer that ... yes.

Q- Yes.

Elan- Therefore, can an "argument" continue to take place with only one person?

Q- Well, sometimes it seems like it.

Elan- Absolutely, ... but that would *not affect* you, and in fact may be ... quite humorous.

Q- I can see that.

Elan- Now the idea is this, what feels better to you, remembering who you are, needing to be right, or thanking

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someone for assisting you to realign to who you are? Which feels more natural?

Q- Thanking them, just reminding myself not to get involved in, you know, reminding myself to be who I want to be and not be them.

Elan- Does that not feel different? Does that not then still allow another individual to have *their* process ... validate their process? But only can whatever *your* perception is, reinforce your new decision, and in a sense, could you then not "make a case," as you say, for actually experiencing gratitude toward that individual for reminding you of your decision by showing you an example of what your decision is not?? Is it really *that* difficult to picture yourself thanking the individual for their reflection and reinforcement of your own self-decision, or now that it has been introduced to you, is it not actually an *intriguing* option?

Q- Well, I'll probably try it.

Elan- Oh ... probably ... try. Ah, if you "*try* it," then you *may* get a result, but if you *do* it, you *will* get a result. Trying is one step removed from doing ... it is doing, with a built-in allowance that you may fail. All the trying is not the doing *of the thing* simply ... the doing *of trying*.

Now, in light of that, are you going to try, or simply understand truly, foundationally, fundamentally ... that any individual, no matter what their process is, if you have attracted them, *does* reflect a service back to you, and you may find it within yourself to feel gratitude for that and to thank them for it?

Q- Thank you, thank you ... well ... not, you know, not in a bad way, thank you.



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Elan- Oh, and thank you, good, thank you, alright, very creative. Understood. Do you understand what I am saying, and can you use this?

Q- Definitely. Thank you.

Elan- Enjoy, for understand in no uncertain terms, that is not the approach that you have formerly taken ... (gratitude, alignment, thankfulness) using *everything* to support your decision.

And therefore, you are now embarking on something new ... different ... exciting ... integrative and only can you get a corresponding, new ... exciting ... and integrated result. And I would imagine, if you are beginning to really accept this facet of yourself, that it would be somewhat exciting, and perhaps you will even *look forward to* the next opportunity to *not* participate in an argument. Perhaps you will find yourself disappointed ... "Uh, he's not arguing with me, how can I align???" Fear not, you are still aligned. But you are getting my point, yes?

Q- Yes.

Elan- Thank you. Is that all?

Q- Yes, that's all, thank you.

Elan- Ah, that was quite a bit. However, you don't get away that easily. Who are you?

Q- UM... I... okay ....

Elan- How do you spell that? U ...M ...?

Q- I AM ... I am a person who does what feels best at any moment and okay, now I'm a person who remembers who I am and doesn't get led astray as easily ... at all.

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Elan- Alright, perhaps again, *wording it in the positive ...* You remain focused rather than that you do not "go astray." "NOT go astray" still puts emphasis and focus on ... "going astray." Remaining focused ... keeps you focused.

Q- I remain focused.

Elan- Alright, I thank you for the gift that you have shared, not only with me, not only with yourself, but with everyone else who created the reflection of what you have just contributed. Because of your bold sharing, many people may now begin to thank those who attempt to argue with them, validating all points of view, while leaving a lot of people scratching their heads. And, ultimately, creating a smoother path toward ... peace. We thank you.

## Your Power on a Plate

### **TURN ABOUT IS FAIR PLAY WHO IS ELAN!**

(A joyous, productive, serendipitous Being.)

Q- Sometime this evening could you tell us, who are *you*?

Elan- Ah, brings to mind your saying, "turnabout is fair play." I thank you ... perhaps. Now, I am having fun with you. Allow me to simply say, I am a joyous, serendipitous Being who expresses himself fully, purposefully, and intentionally, all the while marveling and reveling at unexpected outcomes, remaining engaged fully and committedly to the creation and experience of my reality and *all* that it entails.

Q- That's what I was going to say!

Elan- Ah! Alright, then allow me to say to you ... "Well put." [audience laughter]

Q- That was funny. You aren't laughing.

Elan- By the way, laughing through the channel ... the physical channel laughing is a form of extreme alignment. Were the channel to laugh, literally, there could be a momentary break in the connection, so-to-speak. I will not go into the mechanics of this now, simply accept that. But do understand, that though there may seem to be a consistent demeanor within what you perceive to be the channel, we do laugh, revel and utterly enjoy these interactions. Allow me to thank you for sharing that.

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### WHAT'S SO

### AN AGREEMENT-APPARENCY

(Please do not disturb.)

Q- Often times I hear people talk about things that are "happening" and things that are "going to come" ... like the problems in the inner city that are happening, ah, the economic shifts that are happening or ... the Earth changes that are coming ... and they talk about these things as though they are external, as though they are inevitable and they really are not looking forward to these things.

Elan- And they experience them, by the way, in this way for it is built-in to their self-decision. And there is no one "the" future, there is an Infinite number of probable futures, so everyone gets to experience the results of their decisions without disturbing anyone else.

Q- Precisely. It seems fair to say that there's an Infinite number of possible realities and while we all experience our own subjective reality reflected back to us by the people around us ... there's an apparency that many of us are in agreement as to "what's so" and we experience a reality that has many common elements ...

Elan- ... which seems similar, though it is only, truly, an agreement apparency. But do proceed.

Q- Exactly! The assumption, however, on the part of many, is that in fact we're all *within* a reality with *specific parameters* and there's very little *flexibility*.

Elan- Absolutely. The assumption is that by many ... not all.

Q- You know however, it's obvious that we're never going to experience anything other than what everyone's always

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experienced, if one by one we don't take responsibility to go outside the paradigm, to push the bubble back a little bit and create things in a way that we prefer.

Elan- Or recreate "the bubble" all together ...

Q- Exactly.

Elan- ... rather than PUSHING against it.

Q- You know, it's that these things that we perceive, like "Earth changes" and economic shifts and the like ... from retrospect or from the viewpoint of the future looking back on it we realize how it was absolutely perfect that these things occur and that in fact, rather than being the catastrophe that we thought they were ... they did in fact facilitate the transformation that we're all saying we do want to experience.

Elan- I thank you for noticing.

Q- And ... That's who I am. I'm a stand for the possibilities.

Elan- Alright, I already knew who you were ... but thank you.

Q- Thank you and it's good to be visiting with you.

Elan- At this timing, allow me once again and for the first time, for I create myself anew in each and every moment as well ... to thank you for your willingness to give the gift of the expression ... of the reflection of your decision of "who you are."

This brings me enrichment in understanding about myself as a Being, and within these interactions observing and participating in your particular approach is how I choose to reflect that to myself, and so to me these are "riches beyond measure" (as you say). I thank you for your willingness to unwrap

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yourself and share the gift that you are with me and with other members of your society.

## Chapter Three

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### ***Right Now***

Allow me to begin this section with the following entitlement: Right Now. Before we proceed, allow me to express my gratitude for your willingness to co-create this interaction, for only will an action ... an “inter-action” between us ... be the result of such a co-creation. Very literally, we are all each other's version of whoever we are, for each and every one of you create reality in its entirety. And so do I, from my perspective.

And although it seems on the surface to be “impossible” that we all do this, and that that statement still be accurate, nevertheless you are now on the fringes of understanding what you would refer to in your vernacular as an *Infinite* concept of reality, and infinity allows for *all possibilities* not merely one or another. Always will infinity include *both* and therefore, from your linear point of view sometimes Infinite concepts will often

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*seem* as though they are paradoxical or mutually exclusive from a finite point of view.

But when you get down to understanding yourself as a *whole Being* you will understand that it is *all true* and that the *ultimate truth* is by necessity composed of *all* truths. Leave but one truth out and it's the ultimate truth — minus one, and therefore not ultimately "THE ultimate truth" (in the way that you understand these terms in your language). Therefore, all that you perceive is your *version* of reality, your *version* of circumstance, your *version* of any other individual that you are perceiving you are interacting with.

Your version is what you create and reflect upon, and your version is what you directly interact with. As Infinite Creators, now that you are temporarily experiencing yourselves as being linear, you still maintain a concept which still translates into, even in your linear thinking, "now."

"Now" as you sometimes say, is "the only time there really is" and though you will create your reality as a seeming ... succession ... of nows ... that *seem* to come one after another, more accurately it is in fact *one eternal now*.

Your Infinite point of view exists right now in its entirety, not *becoming* anything that it isn't already, but *being* completely everything ... right now.

Your finite point of view, your finite experience, has the advantage of the porthole (if you will) of the understanding of what you call "right now" because even though you do experience yourselves as a seeming progression of nows, EACH NOW when you choose to understand this *is complete and contains it all*. In that sense, each now is holographic in nature.



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Another way of looking at this is that, *right now you have everything you need to do anything you want...* to be *any* person you want, to experience *any* reality that you know is true for you. The idea of *becoming* something that you are not already is an illusion. It is a playing out of what you create as a succession of nows, but ultimately a self-decision is always made, *right now ...* and *that* is your experience, right now. Often you will assume in a given now moment, that there is something to "obtain" that there is "a goal to reach", that there is something to "become" that you *aren't* already. This is an *apparency* and is part of the self-decision that you make, and that decision, in and of itself says, "I am not this and will become that ... in a so called different now."

When you do that, in effect sell yourself short, you experience *the idea* of not having what you need ... right now. But it is only because of your approach, your interpretation, and your decision; right now.

What I am suggesting and what I am reflecting to you in perfect timing (in how you have attracted this interaction and how you attract any knowledge, timing and resources that you create in your life), is the concept that *you already have what you need right now*.

You already have the knowledge that you need to at least take the appropriate steps ... right now. You already know what you need to know when you need to know it ... right now. Building that expansive approach into your decision in the moment (assuming the posture of or becoming the idea that you do already know it, whatever "it" happens to be) allows you to begin to access your greater inner knowledge, access your inherent power, right now (not tomorrow, not one minute from now, but ... right now).

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Beginning to *play* with the idea that you *do* contain the *answers*, that you *do* contain the *power* ... that you *can* do the things you say you desire to do *already*, allows you to begin to step in accord *with* your power and, so-to-speak, channel your power into the present.

You already channel your power into the present, but when you are not specific about your decision about who you are in the present, you introduce an element you generally refer to as "randomness," as opposed to "purposefulness." And therefore, simply being willing to entertain the notion that you contain it all ... that you know what you need to know when you need to know it, that there is something *right now* that you can *do* that will allow you to *fully be who you are*, allows you, again, to begin to be conscious in the management and dispensation of your amazing power.

## Excitement

Which again, I remind you, you will use anyway, but we are introducing the idea of *purposefulness*, for you all seem to say, "what is my purpose?" Your purpose is completely up to you. An indicator of your purpose is what you refer to as "your passion ... your excitement", from what is available in a given moment.

In any given right now moment something will always stand out as feeling more exciting to do than anything else that is available in that moment. This vibrational discernment of excitement is you reflecting back to yourself, from within the situation, who you are. It points you to which alternative from what is available in any given moment is most representative of the you that you know yourself to be.

As we have discussed also, in each and every now moment, *right now*, you make a decision about who you are.

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That decision can be based upon many different criteria. What we have suggested to begin to entertain, is the idea of allowing that self-decision to be according to your *preference*, according to your *desire* and according to your inherent *knowingness of who you are*, based on perhaps to play the linear game, *who you desire to be* (if you feel that you are not the person you already wish to be). But the idea is that the only thing that prevents you from getting the effect of *being* a particular person you desire to be and feel perhaps that you are not yet, is a decision ... *right now* that you are *not* that person you desire to be, and then you generally plug in conditions to *get there*, ... "and I must do this ... this ... this ... and this" before you will actually decide that you are the new preferred you.

Ultimately it always then, again, boils down to ... the Decision, "*This is who I am.*" By choice.

Beginning to ask yourself ... "who am I?" "Who would I desire to be if I could be anyone?" This allows you to begin to clarify ... to define ... to establish ... to discern ... to ascertain who you are, according to *your own* criteria. Only you truly know who you are. Others can only guess.

For though individuals will sometimes say in your society ... "I know you better than you know yourself." Understand that this is impossible ... only do *you* know who you are. Someone can say ... "You are this person" and you can then decide, "Well, they must be right because everyone always tells me so." Ultimately, it is only *your agreement* (your self-decision) that gives you the effect of being a person who someone else observes you to be. From, again, *your knowingness*, *only you know who you are*, anyone else's feedback is simply reinforcement to the understanding of who you are, either because their renderings are accurate and allow you to say ... "yes, that is me", or because their observations are *not at all* who

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you know yourself to be and allow you to see more clearly who you are “in relief” to the mis-identification that they seem to be observing.

Your decision is always made ... *right now*. In a sense, whoever you decide that you are right now ... you are.

And then ... right now, should you choose to be someone else: *you are*, automatically and across the board. This mechanism is always in place, always has been ... and always will be. So, there is no matter of gaining the “spiritual tools” and knowledge to be who you are. It is a matter of understanding that you already apply those tools 100%. You always decide something and therefore, because you have done this flawlessly your whole entire life (and in fact, before but that’s another story) you are *experts* at deciding who you are.

The introduction of *conscious intention* is the fulcrum ... it is the threshold that allows you to create *consciously* ... that transforms any idea or experience of what you heretofore have labeled “subconscious” ... “unconscious.” The effects that you would seem to get from the “sub-conscious” (“the unconscious closet”) are truly only fancily worded decisions that allow (in the statement of the decision itself) for randomness, for “hiding” parts of yourself from yourself, for rationalizing unpreferred behavior. If you simply *decide to decide consciously*, right now, that is all it takes to begin to express yourself consciously. Your decision, now being the product of a conscious understanding, immediately transforms any effects that would appear to be “subconscious” or “unconscious.”

Sometimes we will make the statement that what you refer to as “unconscious” knowingness, is really the same as “conscious un-knowingness.” And what this basically boils down to mean is that you still decide ... *not* to decide. It’s still a decision. Therefore, then the effects seem to come from

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“another source” ... but there is no “other” source. You are the Infinite Creators of your own reality. So expert are you at creating your reality completely, that you can experience the apparency of an external Universe. So expert are you at completely expressing yourself in finite terms, that it can seem as though you are *in* a reality, only but a minute member, a grain of sand in the infinity of creation.

This is the degree of power that you possess as a Creator ... the ability to completely forget that you even create it at all.

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Again, where the advantage of that awareness comes in is that you, in choosing to “forget who you are” in linear reality, allow yourself to un-cover, dis-cover, to see who you are. And that joy of discovery is part of the advantage of linear thinking ... of your linear experience.

However, you can still have the joy of discovery, you can still have the experience of expansion, without needing to perpetuate the illusion that you are but a grain of sand in infinity. And this is what you are beginning to do.

In even attracting yourself to an interaction such as this, not that it is from us or that we are any better than any other source, but simply that our approach is expanded and completely self-empowering ... the mere fact that you attract it, tells you ... *this is* your timing, this is you, unfolding your own timing to yourself.

And in even calling us or myself “another source” ... I am playing into the illusion, for I am ... truly ... foundationally ... fundamentally ... most basically ... a reflection of YOU.

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And when you see anything that you find desirable in anything, including our approach to life, it is simply *you* reveling in what *you already contain*.

And this is why when interacting with you, we do not accept credit. It is like walking up to the mirror and saying to the mirror, "you have helped me to be more me." Well, alright, perhaps that's one way to look at it. But ultimately *you* are the *originating* brilliant source of light, reflected then back to yourself ... and you are the one then beholding the reflection and marveling. Incidentally, the mirror is also you, as well.

And therefore, we remind you of this because you need not create an elaborate process in unusual circumstances to reflect back to yourself who you are. Interactions such as this, by all means, are one way to reflect to yourself. But walking down your street and simply *beholding* something that you find inspiring, interacting with another individual and *feeling* that individual, *breathing* the air of your planet, *smelling* a beautiful flower; all of these things are *you*, reflecting back to yourself, and are cause for celebration of yourself ... of your willingness to express yourself in terms whereby you are able to appreciate who you are and express yourself in these terms. This all always occurs *right now*, and right now is your point of power, is your portal of entry, is your .... center point. And because now always exists, because it is *always* right now you are never, ever, ever, ever, ever, ever, ever cut off from yourself or your power unless *you decide* that that is who you are, in that right now moment.

And even when making such a disempowering decision you are still exercising your power one hundred percent. Therefore, as Creators you have no "off switch", you are always "on."

Your ability to create in the "now" enables you to interpret your reality through this understanding, through the

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understanding that your power is nothing to *obtain*. Your power is nothing to *grow toward*. Your power is nothing to *become*. Your power is *who you already are*.

Allow me to simply say, our sentiment toward you and toward all Beings, but you as well, is unconditional love and appreciation. This means *no matter what*... no matter who you decide to be ... right now ... we will always love you and appreciate your decision, even though that decision may completely differ from a decision that perhaps we would make. Now again, I do not mention this because it is us and we occupy any place of authority. I mention it as an example, as an invitation to treat yourself with that same respect. I mention it as an invitation to unconditionally love yourself as well, because that too, is a ... decision.

By being willing to unconditionally love and appreciate yourself, which again is only a decision, you free yourself up to express yourself effortlessly and fully.

You replace any former decision that you have made ... perhaps assuming that your self-love must be earned. If you decide your self-love must be earned ... that is *conditional* self-love. And that is not a law or a tendency of the Universe ... and that is a decision as well. You get to decide.

When you "conditionally" love yourself, if you fall short of who you think you should be ... you render the judgment ... you get the effect ... you create the true opposite of unconditional love ... which is the emotion you refer to as *guilt*.

All you need do is, again, take that same ability, that same application and simply decide, "I unconditionally love and appreciate myself." This means no matter what I do or no matter in my explorations, no matter which effect I may achieve; I am not willing to allow the leeway of the removal of that love. That

## Your Power on a Plate

self-love is a given.” That, again, is a decision that you can make and many of you do ... fleetingly ... but you can decide ... right now (where your power lies in each and every moment) to simply cut yourself at least that much slack.

For unconditionally loving yourself allows you to express yourself fully and effortlessly and allows you to make decisions which are consistent with the deeper understanding of who you know yourself to be, rather than out of guilt and obligation, which is someone else's version of who you should be, and then your agreement with that particular decision.

Therefore, entertain the idea that when you unconditionally love yourself, you are maximally affected and effective, and by convention you then give yourself the framework in which to unconditionally love others as well. And this means you do not need to agree with their approach ... you do not need to agree with their decision ... but at least you can validate them as a valid set of decisions ... with a valid set of outcomes, which is "true" for them. And again ... the ultimate truth is composed of all truths, anyway.

So, invalidating someone else's truth ... truly invalidates *yourself*.

For again, your willingness to co-create this interaction with me, I again thank you and ask you how we may mutually be of service to each other with the sharing.

Sharing!



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### **BUT A GRAIN OF SAND?**

### **CHANGING YOURSELF ... CHANGES IT ALL**

(You don't have to corral many monkeys.)

Q- As one Being on this planet, one of nearly six billion, I keep hearing the idea that one person can have a real impact on, let's say, the mass consciousness of this entire planet and from an engineering standpoint ... "one out of six billion," how can that be?

Elan- Ah, very interesting question, in understanding that we know each other and that you have been privy to our point of view many times, would you care to answer that?

Q- Well, one thing I think of is ... the hundredth monkey phenomenon. But I don't think that really applies to what I just said.

Elan- Perhaps your question is asked from the standpoint of the "grain of sand" in the Infinite Universe that we had mentioned in the introduction to this interaction (assuming yourself as simply one minute Being, rather than creation itself). Now, when you assume *that* you then make a decision and that decision "sticks," and from the result and standpoint of seeing yourself in microcosmic terms, for instance, existing *within* a reality, your question has meaning and validity. But understanding yourself *as* the Creator, understanding yourself *as* pure consciousness ... you are the *only one there is*, and so therefore, only can *any approach* that you have ... "make a difference" *across the board*.

More locally, when you shift your point of view, when you shift your decision ... even others seem to change. You did not go out and personally canvass each and every individual, and yet you still see the reflection of the change of yourself, the

## Your Power on a Plate

change of the expression of who you are in them, yes? And so therefore, changing yourself - changes it all!

And that is the most accurate answer I can give.

Q- Now, I can see...

Elan- Now if you wish to argue with me, by all means, do.

Q- I can see an impact of being who I am, moment to moment, and the results encouraging that has. For example ... three people are here tonight, coming from quite a distance, in a sense, because of some things I've done or exposed them to ...

Elan- Well, in a sense, yes ...

Q- I feel really good about that.

Elan- Alright.

Q- And the people I associate with day to day ... I feel I'm having a beneficial impact on them.

Elan- Alright ... are you dissatisfied with the pure numbers involved?

Q- I'd like to see bigger numbers.

Elan- Alright, then expand your definition and understand, when you change your approach and decision ... *everything* changes ... and you need not "corral many monkeys." Do you understand conceptually what I am saying?

Q- I guess being "a double Leo," I'd like to get on stage and talk to a lot of people about the things I believe ... rather than just one at a time.

## Your Power on a Plate

Elan- Well, by all means do. But this happens anyway. And again, saying, "*only one* of six billion," is a very specific decision, yes?

Q- Yeah, that's ... minimal.

Elan- And with *that* particular decision, the resulting sentiment can be ... seeming overwhelmed, "I can't possibly make an impact."

But the idea is that your impact is *automatic* and again, you are not responsible *for* the other six billion and only are you responsible *for yourself*. When you fully *be* responsible for yourself ... and purposefully be the best most authentic version of yourself, then you are being responsible *to* the rest and that is what makes the impact, whether they are specifically aware of you as an individual or not.

For a change in *anything* is a change in *everything*. Again, it is all in *your point of view*. We have used the analogy of a cube with all the same-colored sides. If you change the color of any one side ... you then have the *choice of seeing* that it is the *same* old cube with a slight "facelift" ... or it is a *completely different* cube. And that particular slight shift in your approach gives a completely different effect. One way to look at it, *same old* cube, "so what, big deal." Another way is to see it as a joyous *completely new* cube to explore.

Q- Well, you've always said that the best, most effective teacher we can be is our own example and my effort is to be the best me that I'm smart enough to be, given my spiritual belief system. So, I'll just keep doin' that.

Elan- Alright. *No effort* need be involved to be who you are. Where the effort comes in, where the resistance comes in,

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where the friction comes in ... is in *resisting who you are*. So, no need to *try*. As you say, just do it. It is that simple.

Q- I seek joy, no pain, so I guess that's consistent with what you said.

Elan- Alright. Perhaps, again, "no pain" and "pain" are very similar. Simply you can say instead, "I *am* well" ... rather than, "I am *not* in pain." ... and you will be emphasizing wellness rather than de-emphasizing pain, which is the same thing as still focusing on pain.

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### DECISION

#### A CONCEPT THAT CREATES A VIBRATION

(And that takes care of it all.)

Q- I want to ask you about “becoming” the vibration of what you wish to be, which you know is going to be some time in the future. I know it's talking about the future, but still...

Elan- Alright, “becoming” versus “being,” do proceed.

Q- Somehow the timing is not there yet, but I’m thinking ...

Elan- That, by the way, is an assumption. It may be based on whatever evidence you gather ... but, should you decide the timing is always ... *right now*. So, understanding this, by all means you can continue to *put out in front of you* to *become* something, but what I am sharing and part of the point of this interaction is to understand that you are deciding that, and you are building that particular condition into your decision. Do proceed.

Q- Ah, can you say more about how to *be* that vibration?

Elan- *Deciding is being that vibration*. There are different ways to word the idea of “decision.” One of them is simply that you always, at any given moment, based on whatever criteria you use (every right now) commit to who you are. You make a commitment, “*I am this person*” ... *that is being the vibration, 100% and completely in that moment*, in that right now moment. When you decide ... “*I am \_\_\_\_\_*” (and fill in that blank) you *are* that vibration, right then and there.

Often individuals will build into their decision, as you have said, the idea of “becoming” and then you are the vibration of “becoming” ... or the vibration of creating yourself toward

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being that person *on a gradient*, versus ... the vibration of "being", now.

The question you ask is an excellent question because it allows us, in no uncertain terms, to define that making the decision *is* being that person and therefore expressing that vibration right now, in this moment. What you do from this point forward (and again, we're playing with language, it is always right now ... but for the purposes of simply illustrating on a line in the "successive" now) the decision that you "then" make will either support the idea that *you are already* that vibration ... or it will support the idea that you are *one step closer* toward being that vibration ... or you can even create it to simply seem to cancel and stamp out that vibration altogether.

This is why we say that you create essentially in three steps ...

### 1. Decision

2. **Trusting the decision** (and another way to word that is "maintenance") *maintaining the commitment to that decision*, and

3. **Action.** If you understand that when you decide you are something, you are that vibration ... you are that person, because you have established yourself as that vibration. You then act as that person, and this is the most visible signal that you are truly that person now.

Trusting that decision is simply a matter of occasionally, when, and where appropriate and necessary, reminding yourself of that decision in its full potency, in its full, committed form. And of course, action is the physical output that you express as that vibration, or person.

Does that make sense?

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Q- Yes. So, if I use some specific examples ... like either moving in a particular house, or getting a job ... or doing something in your life that you want to do and you're not there yet, other circumstances are not ... have not "fallen in place" yet ... and you already are of that vibration ... then the things start moving faster, because you are already at that vibration?

Elan- Absolutely and you, with very wide eyes, are then "on the lookout" for the opportunities that are already available, that are present, that would seem to physically create the conducive circumstances that would then produce physical results. Everything begins first in consciousness.

When there is the idea of physical events to play out ... it always begins with the commitment in consciousness ... then your reality "positions itself" in such a way whereby your circumstances are either on a straight line (one thing at a time) or you express your decision of being that person to whatever degree is available in that given moment. Does that make sense?

Q- Yes.

Elan- So therefore, when you make the decision, "I am feeling the understanding within myself that it is time to physically relocate," that starts as a decision, as a concept that creates a vibration that attracts circumstances into right now ... that allow for the conducive seeming transition, again, toward the idea of "the physical move." But it begins with the foundational establishment of the vibration of that person.

Q- When it comes to everyday things, like making decisions that are going to affect, okay, let's say they are moving ... you already act ... I mean not you ... but, I would already act "as if" I'm in that place?

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Elan- Well, so-to-speak, yes. You do what you would do if you completely accept yourself as that Being, which takes into consideration, "now that I am this new being ... I am this new Being in these particular circumstances, so from what *is* available in *these* circumstances, this new Being that I now am, would do this" and you are *being* ... and then *acting as - being* that new person.

Which then, again, creates, again, the seemingly "shortest path" physically in the direction that you say you seek. Again, we are bumping up against what you call "limitations of language", but is this clear?

Q- Yes, but how about limitations of our reality at this point?

Elan- That is a conception and part of the decision-making process. There are no limitations toward "being who you are," other than the ones that you build into your decision. In other words, individuals will sometimes say, "Well, Elan where you are, what you are saying is easy, but *down here*, it is not so practical."

To which I will reply, "Well, that is the difference in the decisions we are making." If I *were* "down there." ... I would not choose to see it that way and therefore I would still get the same results that I get in my society ... upon your planet. And I know this to be so, for I have, again, lived "a past life" on your planet ... where I have seen in absolute application that this works.

Q- So, if you are familiar with my situation, can you give me any advice, for me ... specifically for me?

Elan- Loosen up on the specifics and simply understand that what you desire is to create a more "conductive atmosphere" to express yourself without needing it to rigidly be



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in any particular place. If you insist that it be a particular place it can actually take longer. If you loosen up and allow you to deliver to yourself, perhaps through an unexpected avenue, simply something that will fulfill the atmosphere of the idea that you are choosing to create to support the new decision of who you are ... you will find that loosening up will open up new opportunities and new ideas that were not available to you, heretofore. I am specifically and purposefully being general.

Q- So, I'll decide to be surprised.

Elan- Alright, but the idea is to maintain your resolve, in deciding that, "I am a person who creates the conducive atmosphere to fully express myself" and that takes care of it all ... what you call your "house" and your "car." And the final key, the final piece that will direct you toward the totally new set of outer circumstances and opportunities, is to follow what excites you the most from what IS available right now, and act upon it fully, with integrity now. Then you will create the next steppingstone, the next breadcrumb to follow.

Q- Thank you very much Elan, I appreciate it.

Elan- I thank you as well.

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### **IN SYNC**

### **A CO-CREATION**

(You are already expressing your power right now.)

Allow me to thank you all for your willingness to synchronize your time stream to our own. For understand, in no uncertain terms though right now, you create the idea that I am doing it all in these exchanges with you ... I do not call this a "co-creation" for no reason, *Everything* I do always has some reason, whether I know it or not. But the idea is ... *you also create the synchronization*, and this allows you to see that ... you are already expressing your power right now.

For this gift that you give us ... I thank you.

# Chapter Four

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## ***Sharing***

Allow me to proceed in the following way...

We have discussed many things over the many so-called years of our interactions. Most recently we have been in the process of simplification or simplifying many of the things we have discussed with you about your lives, about our lives, about our “co-created” interactions and about many of the things that we share with you and your civilization.

I remind you ... that anything that we do share, you *already* contain, and therefore any inspiration that you derive from either our source, our stream of consciousness or from any source that you perceive to be external to yourself in your own reality ... that you already contain all the knowledge, you already contain all the resources, and simply these particular timings whereby you become aware of information that seems to inspire you, seems to ... set off a spark within you is simply the timing of

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your willingness to express more of who you already are. And therefore, you can either lament in your timing or you can revel in your timing. And understand that reveling is far more purposeful than perhaps you have been taught in your civilization.

Therefore, when you become aware of something, it is simply the external reflection ... *from yourself to yourself*, of something which you *already knew*, but are *now ready to express* in your reality. Therefore, as always, we take no credit for anything that you feel that you may gain from these interactions in that we are simply a mirror, you remain the originating source of light.

And therefore, although we enjoy these interactions and get as much out of them from our end as you do, we remind you that it is all *you*.

We have discussed, and again simplified many of the concepts that we talk about with members of your society, down to the idea of deciding in each and every moment who you are, trusting by maintaining that decision, and then acting as though you trust that decision.

This is the mechanism through which you already create your own reality and therefore this is nothing new ... nothing new to learn with no new "muscles" to develop. You already contain this approach and do it flawlessly. It is simply a matter of shifting your purposefulness ... shifting your approach ... shifting your focus and beginning to factor in the idea of desire and preference, for you deserve to live the life that you desire and prefer. And at the same time factoring in your desire and preference can be a productive feature in your reality.

We also have discussed that always you do create entirely ... in the right now. Right now is the only experiential

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moment that exists. And although you will play the game of a seeming succession of nows (one ... after ... the ... other) it is all truly, most accurately speaking, the same one now moment which you roll out in front of yourself to experience it in a linear way.

Because it is always right now ... you always have all your power at your disposal right now. Decision, trust, action ... right now.

Understanding this and sensing, as you say, "the collective energy" of the group present, I have made the following decision, I trust this decision, I will act upon this decision ... right now. And that is that we will begin this section with "sharing!"

## Your Power on a Plate

### **A CLOAKING DEVICE**

#### **ONE MORE TEST**

(To see if I really do deserve.)

Q- I have ... I made a decision about a week ago or more ... had to do with Christmas ... and I purchased an item, a cloak for my friend, and I did it over the phone to a person far away and I never even saw the cloak ... I just purchased it over the phone.

Elan- Alright, "remote control" cloak. Do proceed.

Q- Now this cloak has not arrived, and I've become quite concerned.

Elan- AH! ... not trusting your cloak. Proceed.

Q- Right, right. Driving here I was listening to "Trusting the Decision", and I did, I went through the so called "process," if you want to call it that, of ... that I did make the decision and said to myself, "what's wrong with this situation?" Because maybe it's one more test that I have created for myself to see if I really do deserve.

Elan- Well, it's all well and good, and by all means, test yourself if you feel the need ... but you need not continually play out your reality in such a way where you are not committed in your decision and feel the need to "test" it in order to establish your decision. Simply, perhaps utilizing the physical features of this particular circumstance, perhaps a phone call would be in order, "I'm checking on my cloak." That would be the action that trusts the decision of buying the cloak in the first place and then having it occur to you, "am wondering whether or not I did the right thing."

Q- Today I made the calls, and I knew that when I purchased it the lady said she works out of her home ... she's a crafts person, it's not a store or a business and she had

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physically moved to Florida. So, today I took the action of calling Florida to try to find her and I still haven't found her ... I tried doing that.

Elan- Alright ... when you are through *trying*, simply find her.

Q- I ... I ... that's it ... I've taken that action, now I think it's my fear that I'm creating some fear that it's not going to arrive in time and that I'm wondering where it is, and maybe I got "ripped off" and all these terrible negative things.

Elan- Now, it is not my perception that this is the case, but you can "play around" with what comes up for you with that supposition and look at what you are *truly* deciding, should you choose to continue to test yourself in such a way.

Q- I've decided that I deserve this great gift, I need this, so what ...

Elan- May I ask you a question?

Q- Yes.

Elan- What is it you wish to "cloak?"

Q – My girlfriend.

Elan- Ah, perhaps there is another issue here? Simply toying with the language. Proceed.

Q- Okay ... so you ... no ... absolutely ... so you think that perhaps if I look at that issue if there is one to ... that'll help to manifest?

Elan- Actually, no ... I was kidding.

Q- Okay. In a "short and sweet" way I want to move this along and I want to transform it, right now.

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Elan- Alright, you just have ... now do you trust that?

Q- I trust that I do ...

Elan- Do you understand that you do not need to test yourself, for that is, if you wish to "nail it down" the issue, feeling the idea that your decision does not completely stick and your decision must be tested in order to, again, commit to the continued establishment of that decision. "I deserve ... or I do not deserve" is a decision ... it is not a judgment placed against you from an external source. Perhaps, again, I can turn this around and simply ask you ... do you deserve?

Q- Yes!

Elan- Alright, you have decided that you do. It is no longer an issue. Trust as though that decision has stuck because it has, unless you change it, in which case it really did stick now and only when you change it, does the new unpreferred decision stick.

Q- Alright.

Elan- And again, another way to word the idea "trusting the decision," is to simply "take for granted" (with absolutely no movement or vacillation) that it has stuck, that the decision is registered.

Q- Okay.

Elan- Now, do you feel in your interactions with others, that your integrity is fully present? Was someone to, for instance, order a product from you, would you send that product out on the agreed upon time frame?

Q- Absolutely.

Elan- Alright.



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Q- Interesting that you asked that, but absolutely.

Elan- Well, thank you ... you deserve nothing less.

Q- That's not the issue ... I don't think ...

Elan- Alright.

Q- I ... I kinda sense the woman wasn't quite coming from integrity when I spoke to her.

Elan- In what way?

Q- Well, my sensing when I first spoke to her on the phone, was a little bit of chaos and kind of a person who has a lot going on in her life.

Elan- Alright, now is that "out of integrity" or is that simply confusion and a lack of organization?

Q- Yes, that.

Elan- Alright.

Q- Okay, okay.

Elan- Now, what will you do?

Q- I've made the decision ... it's coming.

Elan- Alright.

Q- Now each day ... I won't "future.".. but each day that it does not arrive in the mail, I will align myself to this...

Elan- When is it that you will not "future?" For you are doing so right now.

Q- Interesting ... it's just a great way ... just to tell you what I'm going to do.

## Your Power on a Plate

Elan- Understood, you cannot "get away" with that around here, unless of course I say you can.

Q- That's it, I've made the decision, that's all I can do and that's what I was asking about.

Elan- Alright, then enjoy the wrapping as well as the gift.

Q- I will, I can't wait till it comes ... I will...

Elan- If you say so, apparently you will wait till it comes. But I understand what you mean.

Q- Do you have "cloaking devices," by the way?

Elan- No, we are not, in that sense hiding from anything, and our relationship with physical reality is quite different from yours. Our ability to simply relocate instantaneously and spontaneously no longer necessitates the idea, needing to be "invisible." I suppose were I to get completely accurate, it is an ability that we can express ... invisibility ... but we have no reason to do so, perhaps unless we're playing around. By the way, an interesting idea ... invisibility ... I think I'll do that later ... perhaps it will take the form of something like sampling invisibility and then ... Boo!

Q- Okay... That went over my head.

Elan- Not really.

Q- I'd like to stop talking right now.

Elan- By all means.

Q- I just made that decision.

Elan- Thank you for your willingness to express yourself.  
[The cloak arrived 2 days later]

## Your Power on a Plate

### **DIS-EASE**

#### **A FOUNDATIONAL UNDERSTANDING**

(The doctor told him, “You should have been dead twice.”)

Q- I have a question about healing.

Elan- Alright, proceed ... so do others.

Q- I believe that everything is possible. I believe that in practicality, most things are possible. I believe that there are spontaneous healings.

But in my experience, I've found that where people have had spontaneous healings or great assistance, in many cases ... I won't say most, I won't even say many, but in some cases, they re-manifest the problem to an even more serious degree and I'm wondering if there is any rule ... belief system ... energy that creates that effect?

Elan- The idea is that what you generally refer to as “dis-ease” represents issues individuals have been unwilling to acknowledge within themselves to the point where they become overwhelmingly clamorous and demand an individual's attention.

In general, there are core ideas and then subsidiary ideas around them. Individuals can sometimes be addressing only the subsidiary ideas and if the core idea is not acknowledged and a decision is not made regarding the revelation that comes from, in that way, exploring the core issue (the main idea) then you can have the effect that you have described ... as the “dis-ease” seeming to return.

If you look at the core issue ... “what is this situation forcing me to look at, that I would not have looked at without it?” and then look at that and then make new decisions, understanding that those core issues simply were decisions in

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and of themselves, and the quote, unquote, "spontaneous healing" (which is simply the re-establishment of equilibrium, physically) will be, as you say, more permanent.

Q- So, it goes back to getting the message, again ...

Elan- It goes back to the idea of foundational understanding versus putting on a "Band-Aid."

Q- Um, one person in particular, perhaps you can give me some information on him, his name is \*\*\*. He knocked cancer flat in a short period of time, it has been ... he went about a year or more without any indication. The doctor told him, "You should have been dead twice", but he was doing perfectly. Then he developed cancer in many areas simultaneously. I would be curious, if I'm allowed that information, to know what message he needs.

Elan- The allowance would come from him and in that sense, perhaps him asking the question would allow me to have access to specific information that is not available to me now.

But again, in a general way, the idea is that there are certain issues that he did look at and other issues surrounding them, more core, that he did not address. He can address them at any given moment. He can re-establish his new decision and he can have the same complete spontaneous healing effect, once again.

Q- Would just wanting to "go home" be an adequate reason to manifest something like that?

Elan- "Going home." ... meaning what?

Q- "Expiring." ... "dying." ... whatever semantics you use.

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Elan- Understand that my particular perspective is that you are "home" itself, and there is nowhere to go to that is any more you than where you are right now. So, in the way that you phrase the question, my particular response would be "no." It is more of an escape, perhaps, than the idea of going home to more of himself. Do you understand where that element is present?

Q- Yes, I do.

Elan- Alright, that is, by the way, one of the very common core issues, what you would call the notion, the idea that somehow death would liberate one from themselves, which is somewhat of a paradox from my point of view, because *anywhere you are, is you ...* and anywhere you've been, is you ... anywhere you're going, is you. So ultimately, one place to the other, for the purpose of going toward yourself is simply constantly being yourself the entire time and perhaps simply not acknowledging it. Does that make sense?

Q- Yes.

Elan- Alright, now can you tell me, understanding that individual, what your intuitive perception is of the core issue ... as it is evident to you?

Q- Since I don't know him well, it would have to be intuitive. Um ... I think he still has a feeling of that ... "that's the way it is" syndrome, that even though he got his healing, his miraculous healing, I'm not sure that he can believe it.

Elan- Alright, well, do understand that a fluctuating belief ... is simply a fluctuating decision. And the idea of having a belief carries the assumption that either you have the belief, or you don't have the belief ... and if you have it and it's not constructive, you have to "get rid of it" and get a new belief that

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is constructive. That particular interpretation, and then the decisions that correspond from that interpretation, are rather limiting, and, in a sense, constantly have individuals running from one idea ... going to a "better" idea...needing to get something that they don't *already* have.

## You Contain All Beliefs

And what we remind you of, when speaking to you is that *you always contain every belief and its reciprocal* and it's simply a matter of which one are you expressing, not which one do you have, and you don't have the other.

So, he has the belief that he is a complete and whole Being ... who deserves to serendipitously and joyously live his life ... as well as any other belief that he has. When he is willing to decide ... "This is who I am from choice, this is who I am from decision and desire" and then trust that that decision has stuck, everything immediately shifts to accommodate that decision.

Q- Let me approach this from a different direction. If one does not address the core belief that is creating or bringing about the dis-ease ... what other mechanisms can be utilized to "de-create" the disease?

Elan- In that sense, none. Again, addressing subsidiary beliefs can seem to "gloss over" the situation temporarily, but again, these beliefs are not something "bestowed upon you" that you are "stuck with," that are locked in your "subconscious" and very difficult to get at and once you get at it, all you find out is, what a miserable person you are, no.

That is simply one interpretation of what core beliefs mean. Again, you contain in your core *every belief and its reciprocal*. Simply understanding that you are functioning ... that you are deciding ... that you are interpreting your reality

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through a specific belief, gives you back the decision-making power to choose something else.

Q-. So, it's common to all healings that the person healed would address a core belief to be successful?

Elan- On a fundamental level, yes. It can take many different faces or forms in the way that individuals do that. For instance, in acknowledging your totality, in deciding to be the fullest you that you can be, *that* decision can replace a decision from a disempowered belief that you have been expressing and spontaneous healing can occur without any of the emphasis upon the idea of "sickness and wellness."

Q- And without examining that belief specifically, also? It would just be more of an empowerment?

Elan- In a sense, by choosing its reciprocal you do examine the idea of the existence of the belief ... but you do not empower the belief. You do not act as though that belief has a "hold" or a power that is apart from you and your power.

Q- And when someone chooses a symbol whether it's... a church ... a medicine ... a healer ... or ... Cheerios, if they believe that will do it for them, and they attach themselves to that symbol saying, "now it's done," then they also empower themselves that way?

Elan- Although I have not heard before the reference to Cheerios, I would agree. Is this a healing substance upon your planet?

Q- For small children ... it's a breakfast cereal.

Elan- Understood.

Q- I think that clarifies it well. Thank you.

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### RELATIONSHIP

#### 100% -100%

("Both sides of the coin are pretty close together.")

Q- I have a dilemma, or at least what appears to be a contradiction.

Elan- Ah, alright. Congratulations, proceed.

Q- Take the idea, of course, that we create our own reality 100% ... okay, and then compare that with ... that in a relationship with another person, we are co-creating and therefore I say, "Well gee, no longer am I 100% in control of that relationship."

Elan- Well, interestingly enough, this is how most of you interpret and decide your relationship function, and simply it is perhaps a word play going on here. You are always 100% responsible for *your* version, *your* interpretation, and **your** output into a "relationship." The other individual also has that same responsibility and ability.

The co-creation, though it may appear to be a single entity, is truly still two interpretations.

In other words, we speak of "co-creating" this interaction with you and so there is the idea that this interaction is one thing and then there is you beholding it and me beholding it and all the other individuals. But truly that is not accurate. The actual idea is that what we are calling an interaction is as many versions of what is going on as there are individuals present, including myself. And remarkably, this also includes any individuals that are partaking of this interaction in any form in the future. [including reading this book]

The co-creation is rather arbitrary, for you will have as many descriptions of what the co-creation actually was, as



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there are individuals involved on any level. So, it all boils back down to you being responsible for *your* decisions ... *your* reality.

By all means, being able to share 100% of who you are with another individual, enjoy 100% of who you think ... who you interpret ... who you decide that they are, but you do not need to go the next step of using the idea that the co-creation is an independent entity as an excuse to not take full responsibility for your input and your particular role in the co-creation.

I understand that there is confusing language here ... does this clear this up at all?

Q- Yeah, that ... I think that's very helpful, the fact that a relationship is really not one item, there are "two sides of that coin" because there's two people involved.

Elan- There is 100% - 100%, which is distinct from each *giving up half of who you are*. Any relationship is not truly 50%-50%, it is always 100% -100%.

Q- So then part of the challenge of marriage would be to have both people reasonably close to seeing the same in their desires of that relationship and that both sides of the coin are pretty close together.

Elan- Perhaps, of the relationship, a common template or overall idea would be most conducive, yes. But in terms of needing to be "the same person" with the exact same interests ... that is not necessarily so.

Q- So, take the idea of eventually ... maybe ... the ultimate goal of every one of us is to become, quote ... "One with God."

Elan- Well, if you say so, however, that presupposes that you are not already "One with God" and have somewhere to get

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to that you are not already ... that you have someone to be, that you are not already ... and that is a decision. That is a commitment to the idea of separation ... a decision in *separation* ... a trust that you are separated and then acting as though you must get somewhere, and of course when you actually get there, you realize you were there all along because it is all you.

Q- But if I've got "free will," then by definition ... I'm not one with God or anybody, I'm an individual ... I'm unique.

Elan- Why do you assume that "individuality" and "uniqueness" is not an expression of what you call "God?" It is. Any quality that you can possess ... "All-That-Is" also has a version of. But "you" are the same energy, fundamentally, experiencing yourself "as if" you are not ... but only during the time where you perpetuate the decision that "you are not."

Q-Well, we talked that each one of us is sort of an aspect of All-That-Is ... All-That-Is exploring how It can recreate or know Itself to each one of us and ...

Elan- Well, in a sense, that is arbitrary language ... "All-That-Is" already knows Itself *completely*, and rather than interpreting your life as having the purpose of allowing All-That-Is, which already knows Itself just fine ... to know Itself better, which is impossible (It is an Infinite ... all knowing ... all seeing Being, so-to-speak) you may understand that your choice to explore from your point of view, is simply your choice to explore from your point of view ... because it is an option. Exploring all options that are *available* is one way to state the purpose of physical life.

Q- But in our linear time, as we created it ... we can only explore one path at a time, I guess.

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Elan- Well, that is part of the unique advantage that you build into the apparency of physical life, yes. But perhaps it would behoove you to understand that you get to revel in the joy of focusing on one thing at a time, rather than, well, this means you have to only do one thing at a time.

Q- Maybe we're in the concepts of infinity again and I know that in "Third Density" I'm rather limited as far as grasping all those concepts of infinity.

Elan- You can actually grasp them to the level that you can use them to continue your linear life with, perhaps you can say, an Infinite foundation. You have the ability to interpret the idea of infinity to the degree that it is useful to you.

Q- Meanwhile I'm enjoying the moment. Thank you very much.

Elan- Oh, I thank you.

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### KARMIC RELIEF

### ON THE EDGES OF INFINITY

("What do you mean there's no past?")

Q- We have been talking about "ascension" ... I wanted to ask you about what Jesus Christ did. I understand after the crucifixion and actually he didn't die, but urn, he suspended the motion, using yogic techniques ... and after that he traveled back to India (he had lived there before, but he went back to India) and lived there, a long life. He was an ascended Being by that time and my understanding is, he went back and forth to wherever he was needed. Can you tie that to our discussion we were having?

Elan- Well, simply *that is only one version of what you call "The life of Christ."* There is the assumption that there is one historical event and just as there are an Infinite number of probable futures there are also an Infinite number of probable pasts.

In one of those Infinite number of probable pasts, the scenario that you have shared in that way, has occurred. In what you call, perhaps the more mass agreed upon probable past, the individual did die upon the cross and then did "symbolize" the idea of the eternal nature of the soul by making it evident that though the body had died the soul lived on. That is the most literal interpretation from my perspective.

In terms of the history that you are sharing, whereby that individual would act as an ascended master, perhaps it would be an example of an assistive Being who resided, perhaps you can say, mainly in the nonphysical and became physical for specific purposes.

Now, not to be confusing, but again, when you assume one objective past, then our discussion cannot take on the

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multifaceted meaning that reality actually expresses. Does this answer the question?

Q- So, the book, the well-known book, the ... "Jesus Lived in India," that's the title of the book ... according to the author, and he has done a lot of research, there's a tomb of Jesus in India, in Kashmir, India *and a lot of evidence* that he was there, he lived there.

So, according to your understanding that's someone else ... or that's not true or...

Elan- From, again, my perspective, in the most accurate way to state this, in one Infinite probable past, that is the case. But again, you're asking the question assuming there is one *past* only, and from the idea of the one past only, I cannot accurately answer your question other than to say, that is not the mass agreed upon *the* past. However, from the perspective of individuals who manifest that as their past, it is accurate. Is this translating?

Q- So what happens to all the evidence ... it, ah...?

Elan- As you know quite well, evidence is very arbitrary. What one person uses as evidence for something ... another individual can completely use as evidence against the very same thing ... and it is simply a matter of the fact that believing is seeing and not the other way around.

When you establish and essentially this means decide, "I believe *this*" you then draw all the evidence to prove to you that that is so, so does everyone else, evidence is arbitrary. I understand, perhaps to some what I am saying is unsettling. Many might ask, "what do you mean there's no objective past? My whole foundation is set up on an objective past. What am I gonna do ... I'm falling apart." But the idea is ... there is a

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liberation in the now moment, from discovering the understanding that *the past is variable*. As you shift who you are right now, the past that completely supports that decision, becomes your past and therefore "the past" is no longer a "ball and chain", it is simply "the icing on the cake."

Q- I would like to make a comment, a statement ... that I see a lot of interaction on Prodigy, for instance (the online service) ... a lot of people are realizing that the Bible was not accurate and was changed a lot and information was added ...

Elan- Now, before you proceed, to use this as an example ... many people, as you have said, do entertain the idea you are sharing, and they find whatever evidence they look for to prove, "it has been altered." There are, perhaps you can say, just as many, or more accurately from my perception, more individuals who take it, pun intended ... "as gospel" and therefore will find the evidence as to why it is precisely, literally, true.

The paradox is that *both are correct* and arguing one choice versus another choice ... truly cannot yield any resolve. It is simply a matter of being willing to make the choice of who you are ... who your past is.

And if you are willing to validate the past of the other as being accurate and relevant for them ... you still get the supportive feature from the chosen past that you have, for you will acknowledge, no matter what happened (were there even a singular event, no matter what happened) each and every one of you function from your interpretation of what you think happened.

You act as though that happened and how you live right now is absolutely an example that this did happen for you, in

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*your history ... and so you get the effect of it having happened ... whether or not it even happened.*

Now again, where this gets more complex, is that there is also no one singular event. But this again, is getting on to the edges of infinity and for now I will refrain. Is there something else?

Q- Yes, I would like to ask something, please. If you can comment on how we are going to, I'll use the words ... "drop the karma" of when and how are we ever going to come to the point where we're going to say, "that's it, whatever I owe you, whatever you owe me ... that's it, the balance is zero" ... and when and how are we going to do that?

Elan- Simply by deciding ... simply by understanding that you are perpetuating that notion that you call "karma." What you call "karma" is an interpretation of what karma means and an imposition upon yourself ... of that interpretation.

If you interpret your reality as being the product of Karmic debt ... then you will, in that sense, position your reality to pay back the debt. If you simply understand that karma is balance, and that balance is *instantaneous* and that right now you are already completely in equilibrium ... then you have done what you are asking ... instantaneously.

So, you can instantaneously decide *that*, and proceed debt free, or you can linger on and pay back your debt ... or any gradient in between.

Q- I understand what you're saying. My question is how is everyone going to understand it? How is the world going to ...

Elan- Well, again, to be quite succinct, it is "none of your business" what anyone else decides.

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Q- But I have decided that it is my business.

Elan- Oh, very clever! Then perhaps your "job" may feel like it is never done, for what you are deciding is to take responsibility *for* the decisions of others. Now, if you are willing to take responsibility for your own decision ... being a living example of your own decision, you will attract whatever others are inspired by that decision and in that sense, have the effect that you are sharing. But never can you, in that sense, affect individuals who make different choices, other than them looking at you and saying, "That's nonsense."

So, perhaps if that is your decision ... you are taking on a monumental task and think again of the balance necessary for *that*. If you live in equilibrium, understanding that there is no karmic excuse for who you are right now, that you simply are who you are, right now ... others will notice and those will be the individuals who will benefit most because it is their timing to reflect back to themselves what they're already willing to entertain and what you are a physical, blatant living example of ... that is the mechanism.

Does that make sense?

Q- Yes, I understand what you are saying ... be an example, that's what you're saying.

Elan- Well, if you wish to impact others ... but convincing others, making them see, doing it for them ... all these are fancy words for taking responsibility *for* them. You can only be responsible *to* them and *for* yourself. And also remember that when you are looking to convince others of something, it generally means that you don't entirely believe it yourself and you are actually looking to convince yourself.



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Q- Right, I wasn't talking about taking their responsibility, but just spreading the word, that's all, just talking about the idea, because a lot of people have never thought about this.

Elan- Understood and by all means, your attraction to the subject allows you to be a proponent of the subject. When you are living the example of the realizations that you have had, individuals willing to do so will benefit by seeing you as an example, more than hearing you say something that your life is not an example of. So, by all means, be at equilibrium right now, that is a decision, "I am at equilibrium." Then, yes, there will still be balance ... whatever vibration you are being, in any given moment, will be the reality you experience. But it will not be the result of something that you have to "pay back" that is not relevant to your NOW moment experience.

Q- Thank you.

Elan- Oh, I have done nothing, it's always you.

## COMMITMENT AND CONFUSION

### OUR TENDENCY TO VACILLATE

(Sometimes babbling in the corner can be very expressive!)

Q- My sense is tonight there's been a theme pervading throughout most everything that's been talked about and that is our tendency to vacillate between decisions and staying with them...

Elan- Alright, that is one interpretation of the theme. Do proceed.

Q- Why do we have ... why do we as humans have that tendency ... I mean, we clearly understand what it is you're saying to us about ...

1. Making decision
2. Trusting the decisions
3. and acting like we trust the decisions.

Elan- It simply has to do with what you call **commitment** ... the willingness to "stay of the mind" of who you know you are for generally a very short consecutive time frame. You still have the tendency to express the idea that "seeing is believing", and so, though you may choose to express a particular empowered decision ... you will not trust that decision to the degree that you feel that it is challenged by what you are interpreting as "evidence of the contrary." And when you feel "here is evidence that my decision hasn't stuck, my decision must not have stuck," you now make a new decision, "This evidence proves and helps me re-establish my decision."

There is the vacillation ... interpreting certain phenomenon, after making the new decision about who you are, through the lens of an old decision and not the new one. And

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simply understanding this, simply "coming to terms" with it, hearing it in this language, is all it takes to decide something else, to allow yourself to remain *steadfast*, to understand that *trusting the decision is maintenance of the decision*, is willingness, sometimes, to *re-commit* to it. If you allow a circumstance in your reality to "talk you out of" your new decision ... you are not displaying commitment to the decision, yes?

Q- Yes, no, you're absolutely right.

Elan- Now, what will you do ... not using anyone else and their experience as evidence, what will *you* do?

Q- Totally commit to the decision.

Elan- Alright ... then there will be no "vacillation."

Q- But I hear everyone, and I know I do that ... I slip and I hear everyone else doing that.

Elan- Well, there is your evidence that you are using to vacillate upon, "everyone else" etc. Be the first.

Now you won't be vacillating and when you make a decision and commit and "stick to" that decision consecutively enough ... you actually begin to see the outer circumstances representing the new decision.

Then you will begin to see all the others that have already done so. And then you will say, "Well, everyone now does this, all at the same time, how amazing!" In reality, you have changed your own vibration and only then will you see the reflection of the change externally. But do you understand the concept?

Q- Yeah, I do, because I've experienced that ... so I know exactly what you're saying. But I'm not saying I do it all the time ... 100% perfectly.

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Elan- Alright, perhaps you will build *that* into your decision.

Q- Ah, you know tonight, I'm more confused than I've been in such a long time.

Elan- Oh, how exciting! “Co- fusing” is simply pulling yourself apart, looking at all the pieces ... and putting yourself back together according to preference. What is the nature or fulcrum of what you are calling your “confusion?”

Q- I guess tonight I stepped into a place and realized the multiplicity ... I mean the actual multiplicity of all that we have unfolded before us and ...

Elan- Alright.

Q- It makes me feel like I’m going to go over and stand in a corner and go, “bububububbubbu” (using index finger to make a razzberry sound with the lips) ..... you know, it's like I don't even know what to think ...

Elan- Oh, what a fascinating decision.

The idea of sharing with you the infinity, the multiplicity of expressions is not intended in any way to confuse or overwhelm you, simply to allow you to realize there really is nothing effortful to do, that ... it is a matter of simply midwifing what you want.

If you look at it that way ... “well, 'who I am' already exists, there's nothing to *become* ... there's nothing to do, the perspective 'I do not like myself' already exists as well ... but I get to choose between them, therefore it is not overwhelming ... it is more options.” Choose away!

Generally speaking, it is *not* “making a decision” which is confusing, it is withholding a decision (which is a decision, in

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and of itself). This is why it comes back down to *commitment and persistence*. If you are not committed to your decision ... yes, you can feel confusion and overwhelmed. If you are committed to your decision everything that the Universe requires to allow your decision to be manifest already exists ... and *there* is your power.

Does that help? Or are you still confused?

Q- urn, ah, hm ... not at the moment.

Elan- Are you still having the tendency to make that FUNNY SOUND?

Q- No, no.

Elan- And by the way, it is not my sensing that making that sound is, in a sense, an unconstructive act. Sometimes, simply ... "babbling in the corner" can be very expressive. So, by all means, should you feel the urge, as you say ... Go For it!

Q- Alright.

Elan- And perhaps I will also experiment this evening of my time, after my invisibility, with a little bit of that ... finger idea (referring to using the finger to make the bubububu sound on the lips). [audience laughter]

Q- Thank you.

Elan- Thank yourself!

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### **TEL-EMPATHICALLY CONNECTED EXPERIENCE BY PROXY**

(You are all more connected than perhaps you realize.)

Q- Just to, ah, change the subject, can you tell us where you are and who you're with and what's happening there ... there where you are?

Elan- Alright. Presently, I am upon my scout craft orbiting around my home world. I am, as you would say ... alone on the ship.

Q- You channel alone also, sometimes?

Elan- From time to time depending upon my purposes because we are all telepathically connected. The experience of one can be "tapped into" by as many individuals as wish to benefit by that experience ... although there is still, perhaps you can say (arbitrarily say) no substitute for physical, personal experience, there is still this idea of "experience by proxy."

Q- Once in a while you describe a new civilization that you have come across. Can you say something tonight, something interesting that you recently found or something that we could relate to or learn from ... gain from?

Elan- Well, not so much, as I am very enthused about the idea of trying this invisibility thing out on many different civilizations.

We learn much from these interactions and you would be surprised because you generally consider yourselves to be isolated in the Universe ... you would be surprised at how much impact you actually have on many other civilizations.

For if we become aware of an idea, perhaps you can say ... it finds its way "down the line" and so other individuals, other

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civilizations can benefit from something that we discover from your civilization. And in this way, you are all more "in touch" than perhaps you realize.

In terms of describing a specific civilization that we have not before, nothing comes to mind. I am still interacting, loosely speaking, with certain energetic Beings that have symbolic representational communications. Other than that, I have been very involved in my own home world as of late.

Q- Are you still making the sculptures with light?

Elan- Not so much lately, but it can be a spontaneous emission at any given time.

Q- So, you have cultivated new hobbies lately?

Elan- I am very busy, out and about, doing many things. The idea of "hobby" does not translate quite the same way into our sociology as to your own. There may be the idea of things that we wind up doing synchronistically, "again" or seemingly similar things that we do a similar version of ... but in terms of truly labeling them "habitual" ... "ritual" ... "hobby" ... it is not quite accurate.

That is an interest of mine, what you call spontaneous emission and again, from time to time, I will do so.

Q- Ah, lastly, can you teach us a new word tonight?

Elan- This is a loose translation, many of our words will not, in that sense, translate to your language.

Alright, as I am now being called by other individuals in my society and this interaction is about to end ... I will leave you with a word, "Ahchand." "Ahchand," generally speaking, alright one way to interpret it is, "wait up, I'm coming," in a sense, very loosely. I'm being very liberal with the language. I thank you for

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the opportunity to share this and allow me to simply say the following to all of you, “Ha-a tu”



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### **WILLINGNESS TO COMMIT TO YOUR DECISION THE THEME OF ALL THESE INTERACTIONS**

(There is no physical barrier to instantaneous transformation.)

The theme in all of these interactions is that you are now to the point beyond which you are simply entertaining and are participating in the creation of your life. You are creating your life.

You do still continue to some degree to shift your decision and not be committed to your preferred decision and so there is still the apparency of random occurrence.

But if you are willing to commit to that decision, if you are simply willing to understand that you are expressing “deserve-ability” by committing and refusing to swerve from it in any way ... all the principles that we share with you are combined into one fulcrum idea:

1. Decide who you are (you already do, no matter what allow that decision to be only conscious)
2. Trust that decision (no matter what the decision is ... you trust it), and:
3. Act as though you trust it. And that action seems to put into effect a series of events which support the decision.

When you shift the decision, the entire reality shifts to a reality that also already exists. So, there is no physical barrier to instant transformation. You are simply shifting, a little bit to the left, little bit to the right and that does not take effort.

Allow yourself to get in touch with who you prefer to be. Phrase it into your decision ... commit to that decision. Do not let any particular circumstance in your reality “talk you out” of that decision (unless you wish to explore what it is like to talk

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yourself out of a decision). Make another decision, get the results of that ... eventually aligning yourself back with the preferred you.

It is not very difficult to know who you desire to be. Simply ask yourself and trust the answer. No one knows you as well as you know yourself. So, the theme would be, to be willing to commit. In a sense, you have allowed yourself heretofore to be committed to vacillation, therefore ... take that same strength of commitment and simply decide (as you will anyway) to apply it in the direction of your preference.

Things stand out in your reality as being preferable to you ... exciting to you ... because that is your indication that doing that thing is who you are in that moment. Your willingness to trust who you are, allows you to reinforce your decision.

Only you know who you are. Just because "everyone does this or everyone does that," means nothing ... unless you are defining that "who you are" is dependent on what "everyone else" says and does. Still a decision ... still a commitment. But only you know you ... completely.

Other individuals only create their version of you that will suit their purposes for their exploration in their timing ... and that will generally be irrespective of your own definition of who you are, though often they can be similar. Your definition of who you are can be similar to someone's definition of who you are ... but, you know you the best.

Trust who you are. Decide now to be that person consciously. Understand that conscious decision replaces random result and enjoy.

I thank you for your willingness to co-create this interaction with me this evening of your time.

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I understand that the idea of "infinity" can become overwhelming, but it can also be interpreted as that many more wonderful options to choose from. Perhaps you can say, as through your multi-hundred channel cable TV ... you get to watch what you want.



# Chapter Five

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## ***Response-Able***

We have been discussing many things with members of your society for what you call "many years" of your time and most recently have endeavored, in that sense to simplify the information that we share with you so that it is both accessible and implementable or useable. Therefore, most recently, the many concepts that we have discussed from many angles have been broken down into but ... three simple categories.

In that sense, you, in creating your own reality in each and every moment, always do some form of the following...

1. You MAKE A DECISION, a decision about who you are (in any given moment). You base that decision on many different ideas. Often individuals will, in that sense, base that decision on external circumstances ... "I am this person because this has occurred to me." Often,

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individuals will base that decision on what you call "feedback," from what you consider to be other individuals ... "I am this person because everyone tells me so all the time, so I must be." And most recently we have discussed with you the option of having that decision simply be a reflection ... a statement of who you know and prefer yourself to be, for only you truly know you, and the decision that you make will determine your experience that will then seem to support the decision that you make.

2. TRUSTING THE DECISION - Once you make that decision in any given moment (in every given moment in fact) you then trust that decision ... 'til you change it. Trusting that decision can also be defined through the idea of *maintaining that decision*. If you commit to the decision and allow yourself to maintain it, you are performing the expression of trust in the initial decision.
3. ACTION - What we also discussed is that in the way that you create your reality, step three, is that you then take an action in your reality.

Though you are fundamentally Infinite Beings, you are exploring the idea you call "linear reality," which creates the apparency of what you call "before ... during ... and after."

When you are "playing your reality" and expressing it through the idea of linear means ... actions that you take are the hub, are your most visible expression that seem to create a cascading effect ... a cascading series of what you call "causes and effects" that then seem to create your reality physically.

Now, understand the following distinction between what you call "actuality" and what you call "apparency."

The *actuality* is the idea that you are *multi-dimensional, Infinite, and eternal Beings*.

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The *apparency* that you create to explore yourselves in a very finite, discreet way, is the idea that you are linear Beings: *you are born ... you live ... and you die and “that is it.”*

Often, as you begin to entertain the actuality of the idea that you are Infinite Beings, you begin to express more and more of the Infinite potential that lies within you. Because your approach in exploring linear reality is to explore your reality as a seeming series of events ... you create your reality as a linear gradient *from* what you call “The Infinite.” And therefore, you generally will gauge your experience along what you call a “gradient.”

Therefore, though the actuality is that you create your reality one hundred per-cent in every given moment, the apparency would seem to be that you do not have complete control over your entire reality.

The initial porthole that allows you to begin, along the line of the gradient, to express yourself consciously, is the idea you call “action.” If you wish to insist that you do not have complete control over your entire reality, you may understand that (playing with the gradient that you create) you do have complete control over one thing ... your action, whatever action you take in any given moment. For the purposes of this interaction, we will refer your action as your “response.”

You always have complete control over your response, the action that you put out in your reality. In that sense, you assess your reality, you make decisions about it, and then you respond. And it is this response that you have total control over in every given moment.

Therefore, the way that you experience this gradient increasing of expressing yourself consciously and creating your reality according to preference, is by first gauging your

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response, by first allowing your response to be *reflective of your conscious self-decisions* by allowing your actions to reflect, to express the preferred decision that you make about yourself.

You always do this anyway, as you say, somewhat "automatically." But the idea is once you become aware of how you express your reality, once you become aware of the methodology through which you create your own reality ... you then allow yourself the option of doing so *consciously*, and according to preference.

We have discussed in detail the idea of having the decision that you make about who you are in every given moment be conscious. We have discussed in detail the idea that maintaining that decision can also be a conscious choice ... continuing to make the decision about yourself that is representative of who you prefer yourself to be, who you know yourself to be, rather than what everyone says you should be and what your reality *seems* to dictate you already are. And therefore, conscious choice comes into play.

Because, again, you presently express yourself on a gradient, you have a tendency not to automatically and immediately transform the entire "face" of your reality in such an instantaneous way you play with the gradient, you play with the idea of unfurling yourself ... "a ... bit ... at ... a ... time."

Again, the apparency is that it is your ACTIONS that create the series of events that eventually position your physical life to be the life that you desire.

Now, as we have mentioned, *you can spontaneously in any given moment transform your entire reality completely*. But you have, again, a tendency not to do so for very specific reasons. The reasons are to maintain the degree of focus that you have chosen to express as a Physical Being.



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And therefore, rather than forsaking yourself because some “portion” (as you sometimes break yourself up into) seems to decide that you will not transform immediately, you can still play with the idea you call your “response,” for you are always able in any given moment to gauge your response, to *choose* what it is that *you do*.

Again, as a Being that would seem to create a separation between your perception (what you take in from your reality) and your action or response (what you put out) in general you will go through the following motions:

1. You will *perceive* your reality generally through what you call your “senses.”
2. You will then place an *interpretation* upon that perception.
3. Then, you will *respond*.

I do not necessarily mean the “emotional reaction” that you create. When I say “response,” I am specifically referring to is ... you eventually do something with the information, you eventually perform an action.

This is where your power lies if you have chosen to create the idea of transforming on a gradient.

Now it is very easy to see whether you have chosen to transform on a gradient or not, on what you call a “higher self” level. Simply, if you close your eyes ... decide that everything around you will transform and you open your eyes, and many things still seem the “same” you can assume that you have chosen the gradient path for now.

And you can *use* the path that you have chosen, rather than forsake it, by gauging and choosing your response ... for you are always able to respond, and you have complete control over

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your response if you are willing to acknowledge that and express that, as opposed to have your decision be that your response (your actions) are automatic, they're out of your control and then place the plethora of explanations as to why your response is "out of your control." "It is my ego ... it is my tendency ... it is my habits." These are things that you create as ideas to create, literally, an "excuse" that your response is not conscious and purposeful. But always, if you are completely willing to acknowledge yourself, can you understand in any given moment that your response is COMPLETELY ... up ... to ... YOU.

When you perceive an event or a circumstance and then interpret that event or circumstance ... because you create the apparency that the action is what it is that transforms the reality ... in a sense, you create a "buffer" so that not every single random thought that you have becomes a reality, therefore making your life seem like a random series of events.

By using the action as a gradient, you give yourself more finely tuned control from the many thoughts ... the many ideas ... the many explorations that occur to you in perception to only express ones purposefully and only have the ones that you choose and express purposefully have a result in your life. And this is how you gauge your actions utilizing the *apparency that your actions create your own reality*.

"In actuality," as you say, thoughts are things, but the apparency that you are using to create in a very focused way, is that it is the action that corresponds from those thoughts that "actually" moves the reality in a linear way.

Therefore, again, rather than forsaking yourselves constantly, you can simply gauge your response. You are "response - able." You are "response – enabled", and simply by realizing this, that is all it takes to begin to do so. To respond consciously, purposefully and constructively. So, by all means,

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you can continue to perceive your reality, you can continue to initially interpret your reality according to habit, some of which may be negative. But if you are willing to *withhold action* until you realign to the positive decision of who you are, you give yourself the opportunity (through that buffer of action) to only have very specific positive results.

The idea that action creates the reality, again, is an apparency, but it is an apparency that you create for a useful reason. In every given moment, the actuality is that whoever you decide you are ... you are that person. But the apparency that you create for the purpose of focus and purposefulness is the idea that the action that you then take will physically create ... in the physical reality.

Therefore, that is where your power lies if you are choosing to exist and create your reality from the gradient of action. Thereby you give back to yourself your power. For even if your initial assessment of a situation, interpretation of a situation is negative, if you are willing to *not immediately act* with that negative foundation, if you are willing to ... “re-mind” yourself ... “re-align” yourself to who you know yourself to be and *then* respond, *only then* act ... you then create the apparency of total control of your reality (not in how the circumstances “play out,” but in how you respond).

Because one of the things that you are exploring is the idea of ... “hiding part of yourself from all of yourself” so that you can experience the apparency that you learn, that you grow, and that things are unexpected ... it is part of the gradient that you are creating that circumstances that come into your perception will be, from time to time, unexpected. But when your actions that arise from these circumstances are positive, are aligned to your decision, are aligned with who you know yourself to be,

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then only can the results of those actions generate positive physical circumstance and results.

The key is *continuity and persistence* in having that be an unbroken approach, an unbroken series of actions, an unbroken series of responses that are reflective of your positive decision and your positive trust in that decision about who you know yourself to be.

And therefore, if you are willing to *"restrain" yourself from acting until you are realigned flawlessly, consistently, persistently, and all of your actions are positively aligned to your decision*, then your reality (even along the very gradient that you are creating) *transforms extremely quickly and seemingly "miraculously,"* for you are now in alignment with who you say you are. You are now expressing yourself consciously, according to preference. Once again, you begin to do this without "interrupting yourself," so-to-speak. (Nothing is truly an interruption.)

But ... when you insert actions which are based on a negative foundation, which are negative actions ... negative interactions with other people ... negative responses to your reality, then each of those actions will seem ... along the gradient (the apparency that you create) to also have an effect "down the line."

So, the apparency, when your actions are not gauged and consistently positive, is that things that "happen to you" are *not consistently positive*. "Oh, everything is going so well" you say. Then, the first sign of "something coming up" that would *seem* to be negative, many of you, as you say (to use your vernacular) "cave" ... you "cave in" and say, "Ah, it doesn't work", not realizing that, that negative seeming circumstance is a direct result to an action that you have taken, because you are in a sense, playing along the gradient the apparency that the

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actions have a momentum, that the actions are "causal" and "effectual." And so therefore, again, your result becomes scattered, random.

If you are willing to "gauge and mitigate your response," which means you can have any initial reaction-perception to anything that is occurring in your reality, but simply *do not act on it ... simply remind yourself of who you are and then act ...* and remain completely willing to *not act at all until you realign*, then your actions will become an unbroken series of expressions ... positive expressions of who you say you are.

And one of the rules that you create through the "apparency gradient" of action is what you call "actions speak louder than words." In breaking this down and still keeping it simple, one way to put it is that your action ... your response, in any given moment, is the *strongest expression of whichever belief you are expressing in that moment*. So, if you allow your action to be automatically a result of a negative perception, you are expressing in your reality, physically, a negative belief.

It is not that beliefs "happen to you," as I have reminded you many times ... you contain all beliefs, all, the belief and its opposite. But what determines the response ... the reaction ... the creation in your life is which belief that *you act upon*. The belief you act on, in that given moment, is telling you ... "of all the beliefs that I contain I am *expressing* this one."

Your **action** is a direct reflection of your strongest belief in the moment that you are performing that action, *no matter what you say*. Therefore, your ability to respond consciously, your "response-ability" is your power, and is the simple key, the simple fulcrum to allow you to apply the knowledge that you have attracted up until this point in your life. More accurately, your action is the knowledge that you already contained and are now willing to *express*.

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But perhaps "the missing link." ... "the puzzle piece." ... "the key" for which many of you say you search, is the idea of being willing to withhold your response (your action) in any given moment *until you are positively aligned*.

Now to give you an idea, even along the gradient of "cause and effect" ("doing" something and getting an "effect") of how short a time, even within a gradient, that you can transform your entire life visibly, is up to "three weeks" of your time. If you wish to get visible "proof" of this idea, you can see absolutely compelling reflections by merely being willing to be consistently, positively aligned in your actions for a mere three days of your time.

Therefore, many of you say ... over and over and over and over and over and over and over and over again ... that you desire to create the life that you prefer, that you desire to express yourself in your reality and have an impact in your reality. The key to doing so along the gradient (assuming that you haven't made the decision and seen your reality miraculously change in that moment) is this idea, of allowing your actions to *only* be purposeful.

You have an expression, "count to ten." Individuals will sometimes use this expression to not immediately act from impulse, as you say. Generally, impulse (by the way) can be interpreted, one way to interpret it in the negative is to have an "immediate reactionary response" rather than a "purposeful, actionary response." Another way to word this is to be proactive, rather than reactive.

And your idea, "counting to ten" merely creates a gap, an artificial gap, between the idea of immediate, impulsive, negative action and the idea of re-aligning to who you are. For generally speaking, for most of you, it can take a mere 10

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seconds or 30 seconds to realign to who you are in almost every given situation.

Therefore, another way to look at this: just as important as your willingness to act according to who you know yourself to be, is your willingness to refrain from acting until your foundational decision and trust is re-aligned to the preferred version of you, the you prefer to be, and not the version of you that you say may be "so undesirable." **Your power on a plate**, that is it. You are always able to gauge that response. When you exercise that ability, your ability to be response-able, you are accessing and expressing your power as a Creator of your life.

When you begin to have your action/response be conscious, continuous, consistent, and begin to observe a more contiguous, positive result, you will still create the idea of the "unexpected." You will still create the idea of *surprise*. You will still create the idea that "things come up" that perhaps were not exactly what you had prepared for. But every single instance of things happening unexpectedly is then interpreted by you (when you are willing to act in this way) joyously ... You might say, "Ah, I, in being fully 'who I am,' expected this particular outcome to happen, but instead this other outcome is coming up, and because I know I am committed to who I am and my actions reflect it, this other unexpected outcome is blatantly more obviously beneficial for me than anything I had *preconceived* should happen now to allow me to express myself fully."

And thereby you begin to perceive and interpret unexpected circumstances and these results in a very positive and anticipating way. When you do that, there is nothing that can seem to "creep in there" for everything is only now interpreted as part of the process and never an interruption in it.

Now, as I have again often shared, you already do this ... you always have. What we are discussing now is doing it

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*consciously*. When I say, "you've already been doing this," I mean you always decide "this is who I am," no matter what your criteria is ... you always *trust in that decision*, you change it, and you always *respond with that new decision as a foundation*.

So, we are not discussing doing anything "new." Perhaps the approach is new. Perhaps the purposefulness, perhaps the focusing and maintaining a "conscious focus" of who you are may appear or feel new. But you have *always* done this anyway and any result that you are experiencing is automatically the result of that approach, which you have expressed so perfectly your whole entire life and (if you wish to get technical) ... your whole entire existence.



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### **"WHO'S RESPONSIBLE FOR THIS MESS?"**

#### **INTERPRETING YOUR RESPONSIBILITY AS BLAME**

(What you "put out" is what you "get back.")

Often, "responsibility" in your reality can be negatively interpreted as "blame", "I am responsible ... I am to blame." That is one way to put it. But that is not an empowering, acknowledging, self-expressive way to understand the idea of responsibility. And when you decide that "I am to blame," you have made a decision. Built into *that* decision, implicated by that decision is that you are a negative person, that you have done something wrong, that you cannot change, that you are a habitual Being, and therefore by extension, that your actions are completely "out of your control" (or maybe only partially in your control). But you no longer need not interpret "blame" as "responsibility." Now you have another choice. Now you know better.

Your ability to respond means, no matter what you have done ... no matter who you have been, you can choose yourself anew in any given moment and you can use that ability to respond positively. If it is no longer representative of who you choose to be presently, even if you have done something negative in your past ... this awareness allows you to now align to the positive idea of who you are. And therefore, nothing that you have done, no matter how negative, is extraneous. Everything that you have ever done can be *used to reinforce* a new positive decision about who you are now.

Therefore, "response-able" ... responsible ... "response-ability" ... responsibility, can be interpreted in the most empowered way which is: you have full and complete conscious commandment over what you put out in your life, and whatever vibration you are "being" when you put something out is the result you seem to get back.

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Now, the *actuality* is that once you make the decision you are the vibration of that new preferred decision, you *are* that person. The *apparency* that you create is that you first must perform an action to "cause" the series of events, to create the "evidence" of being that person. Using the apparency and beginning to act consciously and getting the results of those conscious actions, begins to drive your consciousness back into what you call "the moment", the now moment.

The willingness to be who you are consciously, to respond *as* that new preferred person and to begin to get the results of that new person, also has the effect of having your consciousness seem to slide back into the moment where you can begin to lift the apparency and begin to experience the actuality that when you merely make the decision the whole reality changes.

One of the ways, in order to explain the apparency of the gradient to you, is that you play the game of proving what I am saying to yourself, and once you have proven it, you create yourself to be more completely expressive in the moment. This is one of the ways that we endeavor to explain to you why there is still the apparency that you have the "intermediary" of taking an *action*, and you can use whatever apparency you create about actions being causal in a positive way.

Because you may feel, "I do not have control over the people that I interact with," "I do not have control over having to pay the rent tomorrow and not having the money." "What do I have control over?" What you do have complete control over is your response in any given moment from what is available for you to act upon. And that is your door ... that is your key ... that is your missing link ... there is your puzzle piece ... that fulcrum, that ability to consciously act only when you re-establish a

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foundation of implementing the most positive decision about who you are.

When you begin to express yourself in this way and notice initially that you still may perceive an event ... a circumstance ... a relationship ... in a negative way or perceive something and interpret it in a negative way ... you will understand through your willingness to withhold your action until you realign, that no matter what you are *thinking* in that circumstance it is only the *action that you perform* that has the result. And you will see that you can have an initial negative reaction and by being willing to only perform a positive action, only always get a positive result (even though you may seem to have a tendency to still create an initial negative interpretation).

Once you see in action that responding positively, *no matter what* your initial interpretation is, always creates a positive result, you will immediately begin to see the transformation of your interpretations to not necessarily be so initially negative. You will begin to see through the lens of the new you even in interpreting outer situations.

Often individuals will judge themselves very harshly because their initial interpretation of their perceived reality is negative. This occurs because of the habit of interpreting circumstances through the lens of your old, disempowered belief about yourself. But when you begin to, again, withhold your actions ... to first “re-align” ... and have the actions be a positive expression, you can see how that need not in any way “hold you back,” and you create the evidence that because you are willing to act in a positive way, those old interpretations are no longer relevant, those interpretations are “outdated thinking.”

Your willingness to act purposefully transforms your tendency to interpret your reality in a specific way and replaces

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your former tendency to interpret your reality through the old lens with a new positive interpretation, knowing that no matter what the reality seems to present, you will only perform a positive action, only get a positive result. And therefore "the circumstance" in and of itself, cannot be inherently negative.

And therefore, the approach of initially labeling things negative "melts away" ... becomes completely irrelevant to the new you that you are now consciously expressing, rather than simply entertaining.

When you begin to explore the idea of expanding your consciousness and creating consciously, many of you entertain the possibility of that idea that your life can be a conscious expression. But until your actions reflect that, it is only merely an entertainment.

When your actions reflect positive output, only acting as the new preferred you would act, and you get the corresponding positive results, you create the new physical "evidence" that supports the idea that it is far beyond simply entertaining that you create your reality, and that you are an Infinite being, now beginning to express yourself in more Infinite terms.

And when you are willing to gauge your actions accordingly, all the evidence becomes supportive of the positive decision rather than a reflection of indecision or a reflection of the apparency that your reality is a re-active event, rather than a pro-active event. Is this clear? If you don't sound too excited about it yet, perhaps you have not yet "grasped the simplicity" of what I am saying, or perhaps you are still rather attached to the idea of RaNDOM events, raNDOM effects...polarity experience. That is alright ... that is all well and good, for you always set your own pace. Feel free to review these words until they sink in.

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And therefore, nobody will rush you into exploring more of yourself, nor can anyone slow you down when you decide to. Your willingness to grasp that although your reality is quite rich and complex, the living of yourself, the expressing of yourself, can be rather simple. This is a very useful idea when you begin to transform who you are, because you are always deciding, "I am this person, I trust that I am this person, and my actions will now reflect and express that person."

Again, we are not sharing with you something that you need to "practice at" or something that you need to develop an expertise in. You are all consummate "experts" at creating your own reality randomly. Congratulations!

However, you do often attract interactions, such as interactions with ourselves, but really any interactions that reflect your willingness to look beyond what you call the "status quo" because you are now ready to express more of yourself. And so, we are discussing most specifically what is meant by "expression" ... which is your "response."

Therefore, by all means, if it is attractive to you to express your reality in positive terms, create the life that you prefer and desire, by all means explore the ideas that I am sharing with you, using the facilities you have already exercised and masterfully employed.

To sum it all up. Your willingness to gauge your response according to aligning with your most positive self is the profound approach while still creating along a gradient and utilizing linear reality (rather than attempting to "transcend" it in order to "escape" it) in a very simple way. Purposefully employing the idea of your conscious commandment proclaiming, "this is who I am just because I know myself better than anyone else, this is who I am therefore a person who is this person has a particular approach" ... has a particular positive and supportive response.

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And if you are willing to align to your most positive understanding of who you are ... you will find out just how creative you are in any given situation ... to respond in the most loving and positive way ... assuming that what you choose to experience in your life is a loving and positive result. When you put out that positive action ... create that vibration of “positivity,” of “givingness,” of “lovingness”, that *is* what you get back, and that is what many of you say you desire.

Therefore, when you see that to be coming back in your direction ... you can also use that to look at your actions ... not to assign "blame," not to judge yourself, but simply to observe that perhaps ... maybe ... in certain given situations ... your response is not always reflective of your most empowered version of who you are (and may in fact be ... perhaps ... just perhaps ... occasionally ... a bit disempowered). Once you realize what you are doing, you can do something else, or you can simply "bypass the analysis" and only do what it is that is representative of who you decide you are.

Though we have broken this down to decision, trust and action, into three components for the purposes of elucidating and explaining and defining the mechanism very simply that you use to create your reality, you will begin to find that they are truly one event ... the decision, the trust is always expressed as the action. They are one event.

And therefore, the action, while you are creating in this way, is perhaps, again, the most important thing to be mindful of at this point to take “the next step,” perhaps in many ways “the final step” of expanding your consciousness into expressing yourself in preferred terms, according to your desire, according to your excitement, expressing your “knowingness” that everything is one integrated expression that is ... you.

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For your willingness to allow me to interact with you, I thank you and understand again, as an important clarification, that your response, your action can also be the thing you "say."

*When you say something, that is an action ...* that is a response. And because at least at this point, in the way that you express yourself as Physical Beings, you rely on verbal communication quite heavily, what you say is representative of who you are being in that moment. When we say, "gauge" your response, you can also choose to apply that to gauge and mitigate "what you say."

This is what we do as a matter of course, having *everything* be conscious and therefore the action that I would seem to perform in these interactions is primarily "verbal." On the many levels that we create this interaction with you, using your words is the main expression of who I am and in many ways for now, is the main form that you will allow yourself to understand. For now.

But I remind you that I only exist within you, from your point of view. And therefore, anything that I say is something that you are now reflecting very consciously, very blatantly back to yourself, you get the credit. And your willingness to use whatever external reflection you attract as an example of the way in which you can create your reality in a positive way, is one of the creative ways that you attract what you call "tools" and "resources."

Not that what we are saying is any better than any other approach you have ever had or anything that you are doing. We simply represent *one* of the reflections that you create ... from yourself ... to yourself, that incorporates the idea of expanding into a more joyful expression of who you know yourself to be. Because at least for me, from my part of this interaction, that is what I represent, a Being who chooses joy, a Being who chooses

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full experience, full committed expression, positive output, positive experience, positive perception and interpretation and therefore whatever reflection that you attract is only you speaking back to yourself in elaborately removed terms.

So, by all means, utilize that resource. You will begin to find when you "put this new approach out" ... almost every single direction will "spit that back" (so-to-speak) to you. Individuals may seem to change, but it is truly you, expressing yourself differently and therefore attracting the reflections that reinforce, that support that new reflection.

And that is why action, your willingness to act consciously, represents "the fulcrum."

Therefore, for your willingness to interact with me, I ask you now, how, by way of sharing between us, we may mutually be of service and reflection to each other.

Sharing!



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### **HARMONIC CONVERGENCE THE HARMONIC WAVE TEMPLATE**

("My decision is to wake up now!")

Q- My love to all of "you guys."

Elan- Alright, how 'bout the women?

Q- Ah.... Yeah.

Elan- Alright.

Q- Several years ago Bashar [also from the Planet Essassani] gave us something called... "the harmonic wave template", which relates to the idea of "planetary transformation."

Elan- Alright.

Q- Now, your planetary transformation (on "Essassani") only took three days, which was pretty quick!

Elan- So can yours, as I have shared, if you are willing to commit to it and not rely upon the necessity that "everyone else" do the same.

Our transformation was in tandem because our civilization functioned more cohesively to begin with. But this is not a weakness of your society. The advantage is that you can do so personally, and then you will create the apparency or the idea that so has everyone else, rather than relying on the company, so-to-speak. Do proceed.

Q- Well I'm very interested in the idea Bashar expressed to us before called "template metaphysics" where, as one example, what he called "the harmonic wave template" plots out how "Third Density" planets such as ours go through their transformational phase where they end cycle on the old game in

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order to start a new game. And this "harmonic wave template" plots out an eighty-year cycle complete with "trigger points" and cultural events ... symbolic cultural events in our society. And the first one was back in 1947 and the symbolic event was the famous Roswell crash (of a UFO). And then in 1967 Star Trek came out.

Elan- Oh, Star Trek! Alright...

Q- And then in 1987 we had the Harmonic Convergence, as we labeled it, or the mid-point convergence which was sort of like at the mid-point of this 80-year cycle. And now here we are approaching a phase which I've sort of dubbed ... "the cyberspace convergence," where we're all getting together on The Internet and sort of converging as harmoniously as we can. And then ... according to "The Harmonic Wave Template" 2007 represents what Bashar called "the harmonic identification" ... which I understand ...

Elan- Alright, may I ask you a question before you proceed?

Do understand that many of these explanations were very specifically geared to allow people to turn keys ... open up doors ... expand their acceptability of expressing themselves in more empowered terms. Many individuals require steps ... processes explanations.

Do you desire ... you personally, I am asking now so your answer can be representative of who you are, to wait until that year to have that effect?

Q- I'm all for transforming now.

Elan- Ah, alright, go right ahead!

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Q- Thank you, I will! Part of that symbolic thing for me is to ...

Elan- By the way, before you proceed, again, that is a societal tendency, and as I have reminded you about the idea of ... predictions, which are simply a sensing of the energy that is present in the moment of what is most likely to occur if things stay according to that seeming path ... that merely the sharing of the prediction, merely the introduction of the idea ... generally will serve to change the outcome.

So therefore, that is still a tendency ... a possibility of things playing out that way and with that timing, but it is not necessary, by any means, that your experience may follow any particular template. And when you are ready to transform, "all bets are off" in any particular template which was "situation specific" to something which may no longer be representative of who you are being.

Do you understand?

Q- Yes, thank you.

Elan- So by all means, use the tool, particularly if you wish to prolong yourself that long, or if it is a methodology through which you feel you can communicate with other individuals, by all means, you can have them in agreement to take that long as well, or you can simply use the inspiration that you derive from any tool (including that one) and create that... NOW.

And again, in terms of that schedule, "all bets are off" and that template becomes less relevant to you and the expression of your reality. Still, it will be relevant to another reality, you need not worry.

Q- Thank you. *My* decision is to "wake up" now!

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Elan- Alright. Go right ahead!

Q- ... and I like to fool around with templates and these things ...

Elan- Do understand that many of these templates actually create more time, which is all well and good, I am not saying there are any shoulds as to when you might wish to express more of yourself. I am simply pointing out that if you fixate on an idea that is “linearly dependent” you can fulfill your own prophecy in a way that may not be completely representative of your truest desire to express yourself ... right now.

Q- I got it!

Elan- Is that all?

Q- Yes, thank you.

Elan- Alright.

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### WHY PHYSICAL BEING?

#### THE COMMON DENOMINATOR IDEA

(To experience as if for the first time.)

Q- Elan, what is the reason for choosing the biological unit that we represent?

Elan- It is simply one expression through which you can experience your reality in a very specific, what you sometimes call, sensorial way. It is a way to express yourself that puts in certain variables that allow you to explore, to *seem* to grow, to *seem* to learn ... to experience, and this is very key, things as *if it were the first time* ... for as I have often stated, when you are all knowing, all seeing, Infinite Being, there is no idea of first time, everything already exists. And so, one way to understand it without getting that complicated, is that as the Infinite self the idea of *surprise* is irrelevant, the idea of *learning* is irrelevant, the idea of *joy of discovering* is irrelevant, because *you already know it all from the perspective of your Infinite awareness*. So that is the most basic common denominator idea as to why you use this particular form of linear expression and exploration. Now, whatever else occurs to you in addition to that can be your specific reason. Technically, there are as many “reasons and types of individual explorations” as there are people. But does that make sense?

Q- To a certain degree, it does make sense.

Elan- Alright.

Q- Why did *you* choose your form? What was the compelling force for you to choose who you became and what was the compelling force for *me* to choose who I have become?

Elan- Well, *you* answer the question as far as you're concerned.

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I will answer from my end as simply ... that the particular physical form that I am expressing is to me, right now, the most conducive to allow me to explore, to discover in a way that I can express myself most fully. Now, really this is a "trick question" ... because it is the same answer for you too.

Q- Right, that's what I thought. That's exactly what I'm trying to do then?

Elan- Ah, when you stop trying to do it and simply do it, that is the difference between gauging your response and reacting.

Q- Thank you for reminding me of that.

Elan- Alright, thank you for reminding yourself and using me as an excuse. Is that all?

Q- Yeah, that's clear, thank you.

## Your Power on a Plate

### **"SAY THE FIRST THING THAT COMES INTO YOUR MIND" PERHAPS YOU MAY WISH TO PUT THAT ON HOLD**

(Gauging your response in interpersonal relationships.)

Alright I'll say, before we continue sharing allow me to say the following. You have an expression in your vernacular, "Say the first thing that comes into your mind." Perhaps, when beginning to realign your approach in your reality toward positive expression of yourself and positive experience of your life, perhaps you just may wish to "put that on hold."

Do understand the following in terms of what you refer to as "relationships", interpersonal relationships, until your life is fully a living expression of your positive intention ... and positive expression, "saying the first thing that comes into your mind" may ... just ... be ... slightly ... counter-productive.

This is not to discourage the idea of "spontaneity." This is not to discourage the idea of spontaneous expression. Once, indeed, your approach is in alignment with your desires, preferences, and self-knowledge, then that very same trait, that very same approach of expressing spontaneously, will have quite a positive response and allow people to see in no uncertain terms, that *you know who you are and you mean what you say* and you are again ... a spontaneous emission in progress, by all means.

But while you are re-aligning, saying the first thing that comes to your mind will often be a reactive response, according to a slightly less constructive belief than your most empowered belief in any given situation. At first this, is often a vestige of expressing a reaction that is originating from the lens of an old outdated version and self-decision of yourself. So, gauging your response in interpersonal relationships to simply have it expressed in the simplest terms possible, maybe inserting a

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pause before you respond, should you find that your tendency in any given situation is to respond in a negative way.

For needless to say, and even your own observations will support what I am saying, that when you have a spontaneously negative emission in an interpersonal interaction, you invariably create a negative response from the other individual. And often you will even say, "I did not mean to say that", but your actions, your response (which in this case *is* your words) did "speak louder." You did say that, and in that moment at least, that is who you were.

That negative response creates an effect, and in what you call a "relationship situation" it tends to be somewhat immediate and complete. For your relationships, including your close interpersonal relationships, will very closely mirror your response, very spontaneously and immediately. So, to simply realign *before* you speak, *particularly if your perception and your interpretation of what is being said to you is negative*, is what allows you to stop, as you say ... "hitting the negative ball back into the other court."

I understand that maybe this sounds "too simple to be true." Maybe it sounds as though you are squelching in the given moment who you are. But this is only the effect if who you are is ever fluctuating between conscious and automatic ... between constructive and destructive. And when you put out something that is destructive, that is negative, that is negatively reactive, you will see it mirrored back to you in your reality.

And therefore, the statement still stands that you control your response, which seems to control your perception of your reality. This goes for every relationship. If someone says something to you that you feel is most negative, that is *their* approach. If you decide who you are and you accept who you are



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and part of that definition is that you wish a positive experience ... if your output is positive, no matter what, you *will* “de-fuse” any given situation.

For only can the idea of “argument” (a negative interaction) perpetuate if both (or as many individuals that are involved) continue to perpetuate their reflection ... their expression. And therefore, you can always, immediately see the effects of gauging your response in interpersonal relationships.

You will understand that when you lash out, you are not functioning from a position of being comfortable with who you are. You are not functioning from a position of putting out a constructive reflection. And therefore, what you do put out is what you will seem to get back. And in fact, in that moment, if you put out negativity ... you are being the vibration of negativity and regardless of what the other person said, even if it would seem initially to not be negative you may still interpret it in negative terms because your response, also, again, will determine your propensity to interpret a situation in a specific way. So, if your usual approach is to respond negatively, your interpretation will be negative.

If you shift that response (regardless of your initial interpretation) to be a positive response ... you begin to then transform what you call the “tendency” (but what is actually a “perpetuated choice”) of interpreting what another person is saying, interpreting your circumstance, interpreting your surroundings in negative terms. And *that* is what allows you to pivot, to transform, seemingly instantaneously. So, perhaps this may just be one example of where “holding your tongue” may be most constructive. But not for too long, for once you realign, there will always be a positive response.

And once you have paused to give yourself the opportunity to present to yourself that positive option, it will

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simply be compelling for you to express, to choose that positive option ... because it is truly more representative of who you say you desire to be. And often, the automatic response is simply not giving yourself the benefit of one single, positive other option.

Therefore, pausing before you act, pausing before you say anything is very key to consciously re-aligning and creating yourself and your life anew, rather than perpetuating (which is still creating anew) the old negative reality.

So therefore, there was, perhaps you can say, on my end, a sensing that it would be beneficial to address this as well.

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**"OH YEAH, I'M ABUNDANT"**

**"PROVE IT TO ME UNIVERSE"**

("Here's the symbol that tells me this is all bull.")

Q- It's funny, actually my question was ... had something to do with what you just said, and it was about the idea of response. And I want to be a little bit clearer on that.

Elan- Alright.

Q- When I'm holding a ... let's say I get a "bill" in the mail, okay. I have a mental response that happens very, very quick.

Elan- Alright. Simply file this into the categories we are discussing. You open an envelope. You perceive something, perhaps in this case a bill, you then have an interpretation, which is what you are referring to as your response, but to simply allow this to be very clear, call it your interpretation.

Your response is the thing that you then do after you assess or interpret what that perception means to you. Now, you can automatically respond and say any expletive that comes to your mind, which is perhaps a negative response, or you can look at it more carefully, more creatively and say, "Alright, alright, I understand on the surface this seems negative. I understand that everyone else sees this is negative. But I'm a positive Being and therefore, even though there is the apparency that this is inherently negative ... I know it is truly a neutral symbol and I know that what I assign ... as opposed to the initial interpretation ... what I assign is the only thing that determines the effect that I will get out. It is not the piece of paper with writing on it that gives the effect ... it is my interpretation, and then proceeding to assign meaning to that interpretation."

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If you allow yourself the possibility to realign to who you are which, I assume includes the idea of being positively abundant, *before* you respond ... before you curse the Universe, then *you are now doing something different*.

You are having the appearance of what may seem to be a repetitive symbol, but the only reason it seems to repeat, is you always have a similar response when you finally express something (not just interpret it on the face, but then make an expression or then express yourself).

So, using that example, what is key is to simply pause before you respond. If someone else is around, do not say anything to them ... *realign to who you are first*. A person who is abundant and knows it and cannot at that moment pay the bill for whatever reason has a markedly different response than a person who feels they are not abundant, and then the bill is simply a reinforcement of that negative idea.

And it is that response which, again seems to create the effect of the negative emotionality. So, by not having a similar or same response to a similar or similar seeming symbol, you change the momentum and literally change the significance of the very bill you are discussing.

Q- Okay, I'm glad I asked that.

Elan- Now, I understand that it may seem on the surface, that receiving the bill that you feel that you cannot pay ... pausing a moment ... re-aligning to who you are and having a positive response cannot possibly pay that bill ... and that particular action, in and of itself, may not pay the bill at that moment.

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But it sets up a new series of results that may or may not directly have something to do with the bill and it also sets up a new approach that *will* pay the bill.

Q- Okay, I understand what you're saying, I really do, and I agree, I'm just interested in the mental response, because only from my own experience, if I see an envelope and I see that little thing up there on the left-hand side that says, "anybody who uses this gets fined \$300 or imprisonment" ... I know it's from the IRS. Are you aware of that thing?

Elan- Alright, understood.

Q- And when I see that, I get a little tingle inside of me and I haven't verbally said anything or really even created the thought. I just have this immediate response of fear.

Elan- That is why we drew the distinction that you perceive, you interpret and those things, in and of themselves, do not seemingly create any result, it is the next action step that creates the results in your life ... and it is alright to have that initial reaction. That reaction, that initial interpretation, is reflective of the actions that you have performed up until now, and that is why your willingness to change the response, change the action ... no matter what the corner of the envelope says ... *sets up a new template, sets up a new series of events*, sets up a physical reality whereby suddenly and from some direction, often unexpected, you can, next time, pay it.

And I understand that all of these things seem removed, but when you begin to perform the positive response continuously, you will begin to pick up a similar envelope (it is never the same envelope) and *not* have that initial interpretation.

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It is the tendency to act in a very similar manner each time you get the envelope that creates the propensity to interpret it in that way, which is still self-perpetuation.

And that is why *doing something different* in response ... not hollowly, not on the surface, not to try to trick the Universe, but because you refuse to be anything less than who you are in every situation is a completely different approach, with a completely different result ... that then changes or transforms your tendency to continue to interpret your reality in those negative terms.

And so again, to address this very specifically, you need not judge yourself or measure yourself against a standard, that if you have that initial interpretation you have "failed" or you are not living your joy or passion. And your acknowledgment that it is alright to have had that initial interpretation (you have always acted in a particular way in a similar circumstance and the interpretation is completely logical, let yourself have it) ... but then not *settle* for it ... not allow it to be a symbol to define yourself ... not allow it to be a symbol to decide, "Well, I thought I was so expanded, this envelope tells me I'm not." Therefore, the decision is, "I'm not the preferred me," the trust is, "I'm not the preferred me" and the actions cannot be anything but a direct reflection of the fact that you now decide, "you're not, or no longer the preferred me" and see - "here's the proof."

Q- Right.

Elan- Changing the actions will change your tendency to interpret it in that way.

Q- We love your response. We love your response.

Elan- Alright.

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Q- No, but I have ... when I get just a ... to be exact about that ... I'm clear what you said, and I was really interested in the other response that I used to have, now I'm going to have a different response.

Before, I used to look at it and say, "Oh, woe is me." ... and then after about maybe 30 seconds I would say, "wow, this is a symbol of, you know, 'I'm abundant,' oh yeah ... I'm abundant." I had...

Elan- The way you are saying that still expresses that you are humoring yourself.

Q- I know that.

Elan- And that is vastly different from simply...

Q- You're right.

Elan- ...simply deciding because you know that is who you are and trusting it.

Q- Yeah, well ... that's what I'm saying, this is really great and it's very synchronistic because I had been getting tired of saying ... "and oh yeah, I'm abundant. [sarcastically]" I didn't believe it, you know, I wasn't believing myself and I was really frustrated with that, so this answer is really perfect. My response will be different.

Elan- Alright, perhaps a more constructive approach would be to pick up the envelope, allow yourself, even welcome yourself to have *any* interpretation that you initially seem to have automatically (you're going to anyway), embrace it ... invite it, then, *before you do anything*, ask yourself *who you desire to be*, not ... "Oh, yeah, I'm abundant" and in parentheses "but here's the symbol that tells me, this is all BULL." Simply re-defining, re-deciding, "Alright, alright, here is a symbol ...

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I am definitely interpreting it as a reinforcement that I am not abundant in this initial moment ...

I acknowledge this reaction and I allow it to play out for a moment ...

but I do not allow myself to *continue to assign that meaning*,

because this is the only control I have.”

To not again taunt the Universe, but *assign who you are...*

"Alright, I have this bill, it is an expression of who I am to be able to pay these as they come in or better yet, before they come in." Align up with who you are ... with *what's available*. It can be a reflection that you are "failing", or it can be a reminder that this is not what you wish to continue to create. It is all in the interpretation.

The sarcastic response is not fully committing to the positive decision, and it is still incorporating some of the atmosphere of "prove it to me, Universe," you keep getting the evidence that none of this works when you respond with, "Yeah, I'm abundant, yeah, sure, that's the ticket."

Q- All joking aside, I really have responded that I am abundant and yet I still get to a place where I must not be believing myself.

Elan- Perhaps, again, as we have discussed to some degree ... your approach, though constructive, has not been consistent and again, to use the terminology, from time to time in a fairly regular manner ... as you say in your slang, you "cave."

Q- Ah ... what caves me?



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Elan- *You*. You simply say, "Alright, the evidence is too overwhelming ... I buy back into the negative decision of who I am using that as 'evidence', rather than perpetuating the new positive decision of 'who I am' continuously," for again ... even three days of your time.

Q- Why would I, personally, choose to do this so much?

Elan- Answer your own question ... why would you?

Q- I have asked myself that and ...

Elan- Alright, this moment is anew, why now, do you do that?

Q- To discover this magnificent abundance that I am, period.

Elan- Alright.

Q- That's what I imagine it to be, I can feel that too, yet it's still questionable to me, of why I really, really need so many hurdles in my life to really believe something like this.

Elan- Do you feel in the process of this questioning that your response is 100% consistently positive?

Q- I feel like asking the crowd ... that's who I am, I think, "Well, what do I sound like?" because my ears hear something different than, maybe, what everybody hears, so ...

Elan- It is my perception, with no judgment whatsoever, that your response vacillates and alternates. I am not saying this to criticize or judge you ... it is simply an observation. To make matters more interesting, you sometimes deny that. But there is nothing wrong with that either. Simply understanding, "I wish to be consistent, I will be consistent" ... is all it takes to change it all.

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Q- Then I will be consistent.

Elan- Are you consistent now?

Q- Yes.

Elan- ... or *will* you be *in the future*?

Q- I am consistent, period.

Elan- Alright.

Q- That's all I need, right?

Elan- Often individuals will test their decision. When you consistently have the positive response, you will no longer seem to test your decision. The indicator that your response is not consistently positive need not be, "well, everyone, what do you think?" but can simply be that indicator.

Q- Okay.

Elan- Does that make sense?

Q- No, no perfect sense. This is really amazing. This has been a great gift for me.

Elan- It is the rule, rather than the exception, but I understand what you mean.

Q- That's great...

Elan- May I ask you a question? And feel free, again, to be honest or not. It's up to you.

Q- Yes, you may.

Elan- I will never force you to know more of yourself.

Q- No, I wanna know more.

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Elan- Now, I ask you this and it is up to you to answer in any way you wish, I will take your words at their value, no matter what I sense, alright?

Q- Alright.

Elan- Do you find yourself from time to time, judging yourself ... yes or no?

Q- Yes.

Elan- Alright. That also is an indicator that your response is not consistently positive, and you need not judge yourself for having a not consistently positive response.

You can transform this all ... right now, by using that fact and understanding, while you're judging yourself, chances are the next thing you do won't necessarily be very positive. And in finding that you are judging yourself, the approach that assists you to transform it, is to simply say, again, "Alright, alright, alright, I'm judging myself, but I do not wish to continue to do so. I understand that I have done something that apparently is not constructive and judging myself for that and then acting from the atmosphere of that judgment. But I can simply observe that I have done that, see that it has not gotten the positive result ... *not do that again and actually thank that very same action for allowing me to realign*, rather than judging myself."

But when you *judge yourself for judging*, you *compound* it ... and simply saying, "Alright, alright, alright, I've judged myself, I have the option to love myself unconditionally, to love myself conditionally, or to love myself not at all, which looks most attractive?" Realignment.

Q- Yes, realignment. I understand that. Hopefully ... not, no, trustingly, we will never talk about this ever again ... because

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right now I'm making a decision that I no longer ... when I do judge myself ... if I do ... see, I'm judging myself right now ...

Elan- You can use it all.

Q- I know I will judge myself ... yes, I do expect that I will.

Elan- You can use it all and what can occur is that we can talk about it again, when you are giving your "testimonial."

Q- Right, right, I hear you.

Elan- *From the positive* mindset, it is alright to judge yourself ... judgment can be something that lasts but *a fraction of a moment*. Reminding yourself that you love yourself, no matter what ... can also happen in a fraction of a moment. All the indicators are there, all the interpretations may seem automatic initially, but it is the ultimate response/action which will create an effect which will transform it all. Different responses ... will create different interpretations and you will no longer judge that particular approach when you begin to walk in step with who you know yourself to be.

And if you "cave" ... big deal. Don't harp upon it unless you wish to carry around and perpetuate the results of the judgment.

Q- Understood.

Elan- Alright, you could sound a bit more excited about it.

Q- I'm very excited about it. I'm excited to get the tape and really listen to it ...

Elan- Ah, the tape ... alright.

Q- ... Cause I am sitting here and I still ... my head is just buzzing.

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Elan- Perhaps, again, this seems a bit too simple ... but this is the level at which we choose to communicate ... consolidation, simplification. Again, as I have said: decision, trust and action are really one thing.

And for now, to simply stay focused ... is the expression of your decision and your trust in any given moment and that is what you can control that is what you have the choice to express ... in any way, in any moment, no matter what.

Q- Wow, yes, thank you.

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### **YOUR RESPONSE-ABILITY TO CHILDREN KEEPING IT IN THE POSITIVE VEIN**

(Three weeks will provide a complete sweeping transformation.)

Q- Really what I wanted was a clarification.

Elan- Alright, proceed.

Q- I think that the three-day thing is really valuable, but I think we make responses from, you know, all day long and thousands of responses and that ... is it okay to positively respond to something, yet still state your preference? Say... okay, "well, I would prefer that you didn't do that," but in a positive way, but still saying, "I prefer that you didn't do that."

Elan- Absolutely, and we were not suggesting that your response should squelch things that you know are true for you in order to communicate. We're only saying that no matter what you are compelled to communicate there is always, always, always a positive way to express it.

Q- Okay.

Elan- And perhaps part of the challenge may seem to be to use your creativity and you will in fact amaze yourself to the degree that you can express anything in empowered, positive, and unconditionally loving terms ... *anything*.

Q- I think that's true ... but I've been thinking of the word responsibility a lot and whether I can be responsible for a lot of people at one time, for their, you know, children ... for their well-being, and I think it's very important to know that ... to know that you can respond in a certain way, saying that, "well, you know that's not appropriate" or whatever, but still come across in a positive way.

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Elan- Alright, I understand that it may at times seem laborious, but rather than saying, "that is *not* appropriate," particularly when you are referring to children, perhaps the more positive explanation is of what *is* appropriate and *why* ... it will serve the same purpose and keep it in the positive response vein.

Q- I think that you're right, that's true. Thank you. And another thought was being, you know, the whole response-able thing, is that you also can't be responsible for how someone interprets what you're saying.

Elan- Absolutely not, but when your intention is consistently positive, your reality reflects that back to you. And if certain individuals are unwilling to match that vibration, your interactions with them and your relationship with them will transform, but more often than not, you will find that when you are willing to put yourself out in that positively oriented way, you invoke that aspect in another or the other person. And you find in general, that you in order to reach what you call "agreement," not necessarily that you need to conform, but that there is a workable agreement in any situation, particularly with the people you attract "most closely." Does that make sense?

Q- Yeah, it all does, thank you. Just one other quick clarification. The three-day thing, and then you said something about three weeks. Now, three days you'll notice a difference?

Elan- Three days you will notice an obvious difference that will perhaps inspire you ... three days you will notice enough compelling results to effortlessly continue and see the obvious constructive value. Three weeks at the onset ... at the longest, will provide a complete sweeping transformation visible in all aspects and relationships of your life. *If* you remain consistent.

Q- I think that's really exciting, thank you.

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Elan- It is, and it demonstrates that making even a small change, results in the sweeping results, sweeping transformation. We generally refrain from such concrete, finite designations such as a certain number of days or weeks in assigning a timeframe to achieve desirable results. In this case, as an average however, this demonstrates the short time frame in which you can have the results that you seek when you choose to play along the gradient, whereby your *actions* create the results in the physical world.

And it *is* exciting, and it is the former, so-to-speak, three weeks that have resulted in whatever you are seeming to have a tendency to interpret, right now. So, not only will it work, it *does* work, it has worked. Alright?

Q- Mm, hm.

Elan- I thank you.

Elan- At this timing, allow me to thank you all for allowing us to bring these interactions to a new level.

We have always called them "inter-actions" because it is the actions that "speak the loudest," so-to-speak. We do not insist that you do anything that we ever share. We simply trust that the timing of our sharing it with you corresponds to your timing ... automatically ... by convention ... synchronistically and therefore you will always continue to attract whatever reflections allow you to explore whatever is relevant to you. It may seem, right now, like "one thing at a time" ... you will find that to change.



## Chapter Six

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### ***Purposeful Allowance***

We have discussed many things with members of your society. We have discussed the many ways ... the many mechanisms ... the many ideas through which you express yourselves as Physical Beings, as lifetimes ... as statements of reality ... as your version of reality.

We have simplified many of the things we have discussed with you down to the idea that the bottom line is that your reality is not something that you exist *within* and that, at least if you allow yourself to look at it this way, *your reality truly exists within you* and is an expression of you.

As you expand your consciousness, as you transform, literally, into more of yourself, your awareness expands to include the idea that the reality that you formerly believed yourself to exist within ... exists within you. This is a

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characteristic of the expansion of your consciousness in that you realize that your consciousness *is* the reality.

The way that this plays out in your physical lives, in your approach, in your day-to-day interactions, is that you express yourself in a very specific way:

1. You **decide** who you are, "I am this person," (you decide).
2. You **trust** in that decision (no matter what the criteria is for having come to that decision), you then ...
3. **Act** or perform a series of actions or outward expressions that then *seem* to move the reality around to create an effect with the action still seeming to be the cause.

Your creation, your reality, your expression, is really quite automatic and effortless. The preconceived notion, the previously expressed belief that you must *make* things happen, that you must *force* things to move, that you must *push* very hard against the characteristics of your reality in order to have an impact are, shall I say, a bit inaccurate. And even counterproductive.

For you do not truly push or move or stretch or force your reality to express itself. If you wish to get quite specific and accurate about it ... *you **allow** your reality into place.* You express the allowance for your reality to express itself.

Now, when you allow the expression of your reality, but still not fully consciously, purposefully, or knowingly, then the results of such an allowance can seem to have many random effects that you say you do not prefer. But the idea that you can shift or transform your reality by simply re-defining yourself, re-deciding who it is you wish to be, who it is you desire to be ... is truly *not* an act of pushing or changing or forming or conforming

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or restructuring in a very *effortful* way. That is only one way to do it. Another way is to understand that it is a matter of *allowance*. *Allowing* ... which is quite the opposite posture of *forcing*, quite the opposite approach to attempting to *make* something happen. And allowance has a more profound and far-reaching effect within physical reality than you have been taught in your society.

Simply, pushing is tightening up, contracting, seeming to need to gather yourself, and then exploding outwardly. Whereas allowance is simply expressing receptivity effortlessly, assuming the “posture” of, and then *allowing the outcome* of any particular idea to manifest or culminate.

When you come to the place in your life, in your reality, where *you decide to decide* who you are, rather than have circumstances, individuals and situations dictate who you are, you literally *allow* yourself to make that new decision and achieve a more preferable outcome. You *allow* yourself to decide, which is completely effortless. You do not need to force yourself to change your decision, you simply need to *allow* yourself to be *what you already are* ... as opposed to forcing yourself to be something that you are not right now. Since you *are* the reality, since the reality exists within you ... you *already are* "Infinite potential personified.”

In order to express any particular chosen nuance of that Infinite potential, it is not a matter of "flexing your muscles" and pushing quite hard. It is a matter of simply *choosing and accepting or allowing* the results of those choices to manifest, to express *from* you back to you.

## An Important Distinction About Beliefs

As we have discussed many times, beliefs are not truly something where you *have* a belief and *don't have* its opposite

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belief. You contain it all ...**you contain all beliefs**. So, the reality is that the belief you *express*, outwardly *express* ... *act upon*, is what determines, in that sense, your outcome. And you can allow yourself "across the board" to decide who it is *you wish to express yourself to be*. You can *allow* yourself to be something that *you already are*, as opposed to needing to "become" something that you are not. The *mere recognition* of this simple turning point, simple key, can allow you to begin to *allow yourself to be who it is you wish to be*.

You allow yourself to decide, either consciously, or you can say that "circumstances dictated" that decision, but you can choose which of these versions you allow yourself to express through the conscious commandment of any new decision.

You can *decide to allow* yourself to *be whoever it is you wish to be*, for you already contain it all. Then you can *allow yourself to trust*. Then you can *allow yourself to act* in the way that is consistent with the person that you consciously chose and say you are.

You can act in a way that is consistent with who you decide to be, that you allow yourself to be. Part of the allowance of deciding "I am this preferred person" is to *allow yourself to act like such a person*. You can allow yourself to determine in your imagination how such a preferred person would already act and then choose to allow yourself to act *that way*.

Now when that decision about who you want to be changes, for instance you decide ... "I wish to change either my entire life or some aspect of it," the first thing you do is *allow yourself to decide who you are*, to re-define that decision and state that decision and then allow yourself the slack to have that decision be a statement of who you are.

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In that sense, it is up to you, and it is not a matter of "forcing yourself" to decide who you are. You already know who it is you wish to express yourself as. Perhaps sometimes you see yourself expressing yourself in that way ... other times, perhaps you see yourself as not expressing yourself in that way, but you can also *allow* yourself to "re-mind" yourself who you are by choice, and to have that decision about who you are be conscious.

Now, when you begin to shift your decision ... change your approach ... change your expression, many times there is the *apparency* that circumstances, relationships, and interactions have an *echo* of a feeling from the lens of that old decision. And therefore, though you may state, "I am this integrated, positively oriented person," a circumstance may come along where you think, "Well, look at that, if I was that new person, *this* wouldn't be happening." (Which is, by the way, also a decision.) In that sense, you decide that your first decision perhaps wasn't "true," because "look ... here's the evidence." Now I remind you that though your societal approach is "seeing is believing," is in actuality "believing is seeing." When you begin to shift your decision, often your initial response to certain circumstances may still appear on the surface to be that "same old" dis-integrated response.

In our last interaction we had discussed that you will then eventually perform an action ... after you interpret your reality ... after you have that reaction to circumstances, individuals, or interactions. Our suggestion was to place a pause before you act. Our suggestion was to fully *re-align to your new preferred self*, and only after that, respond and perform an action.

Therefore, you can *allow* yourself to remind yourself of your new decision *before you act*. Allow yourself to remind

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yourself how a person with that new decision would act, even in this particular circumstance which seems to be coming up as "evidence to the contrary."

## **ALLOW YOURSELF TO FEEL FULLY SQUELCHING DOES NOT ALLOW THE MESSAGE**

(It's got a shelf life.)

One thing that we wish to now emphasize is the fact that the "initial reaction" that you may have according to the lens and interpretation of an old decision is alright, is all well and good to have. **Allow yourself to *fully* feel** that initial reaction. Attempting to squash that reaction is not allowing yourself to express your decision fully.

Ignoring that reaction and simply doing something else can have a "pressure" building up within you and you may feel that you are simply "fooling yourself" and not truly changing your reality at all. Squelching yourself from having the initial reaction can be experienced as the buildup in pressure and frustration.

So, the idea that we wish to emphasize as an addendum, is the idea that it is "all-right", in fact *part of* the very process to allow yourself, internally, to have that re-action *fully without expressing, responding or acting immediately*. Do not squelch the feeling. Do not squash the feeling. If you squelch something, if you attempt to stop it and do not allow it to express, you do not allow it to "deliver the message" that actually reinforces that the new decision is in place. By denying your initial re-action, you are denying yourself and your new decision in many ways. By judging your reaction, rather than simply allowing yourself to experience it, you prolong your reaction you draw it out, you make it seem to take more time, which can last days ... weeks ... months more ... for things to manifest anew.

By allowing yourself to *fully* feel your initial reaction and assuming it to be part of the process and not an interruption in it, you can experience for yourself that the initial reaction or emotional response has a "shelf life."

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If you allow yourself to fully have a reactive emotional response, even if it does not seem like the most integrative reaction, without acting ... without putting out, but simply realizing you are having this emotional reaction and allowing yourself to have it, the emotion plays out, generally in a matter of what you call seconds or minutes, perhaps hours, but generally not much longer. However, when you define your initial reaction as “extraneous”, not belonging, and then judge that reaction to be proof that you are “backsliding” and that it is not a representation of who you now are ... and perhaps judge yourself for having created it to begin with ... you are not allowing the initial reaction to play out ... you are not assuming it to be a *part of your process*, and you are not allowing it to “deliver the message” that then you can pivot upon and re-align ... re-orient ... and *remind* yourself to who it is you now know you are.

And so, in saying, “do not act immediately, do not express and have an external output immediately” ... we did not mean that you should not allow the full initial emotional reaction ... to look at the full emotional re-action. Your willingness to look at any emotion dispassionately while maintaining your unconditional self-love allows “even that” initial emotional reaction to reinforce the new decision rather than present itself as evidence for the return of the old decision. And so therefore, to again reinforce the idea, you can fully allow yourself to experience any emotion, you can have an interpretation and even the reaction to that interpretation, and fully allow yourself to feel it, fully allow it to play out, without walking around performing actions with the initial reaction as a foundation, without having negative discussions with individuals, saying the things that are not truly representative of the new decision of the you that you choose to be. You can be with yourself ... with that emotion, and if it is the negative seeming emotion and you *allow* it to play out, it plays out, then you get to the point of: “Well all



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right, now what?" Emotions play out if you allow them to express themselves fully. It's the same as when you allow yourself to have a good cry. If you release the full crying, allow yourself to cry with gusto, you eventually get to the point where the crying subsides, and even if you attempt to cry more, the crying seems to have "run out of gas." And so, all emotions play out that same way, IF you allow them to express fully, they all play out. If you squelch them and push them down, they remain sub-acute, and persistently express themselves on a lesser level. The full release allows them to finally dissipate. Then you can determine what older outdated belief you were expressing to feel that emotion. And only then can you own that old, outdated decision and simply re-align to the new preferred decision of who you are by choice.

But if you attempt to interfere with that negative seeming initial emotional reaction and place many more levels of judgment and self-beratement to it, the reaction stretches out. It doesn't have the opportunity to be part of the process and the decision winds up seeming that it is an interruption in the process ... that your process is interrupted ... that you are interrupted ... that your decision is nullified generally spiraling downward back to the completely "dis-empowered" point of view, which again, is always ... ultimately also a decision in and of itself.

No matter what you use as a rationale ... when you finally say, "this stuff doesn't work" ... you're employing this very "stuff" to provide the evidence that "it does not work" ... which, at least as far as my way of looking at it, is a paradox and perhaps (with no judgment intended) ... an irony. For you are using the very power to prove you don't have the power - this is how all-pervasive your power is. You are so powerful a Creator that you can actually create the "assumptive atmosphere" that you are completely powerless.

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Now, I understand this may *seem* to many of you like "word play," a very clever semantic artifice, and if that is your decision, you will get the effect of this being only that. But if you are willing to entertain the idea that no matter what, you *will* make a decision, that decision will stick, you will trust that decision, and you will act "as though" that decision is so ... you can re-align to the idea that you are still ... using the same mechanism.

When you are willing to have your *allowance be purposeful*, have your decision be *purposeful* ... then your reality can begin to express purpose; can begin to express your desires, can begin to express the fulfillment of who you know yourself to be. You can exercise your power of ... **purposeful allowance**.

## Unconditional Self Love

In taking this one step farther, the idea you call "love" (what we expand to use the term and definition "*unconditional love*") is also something that you allow or "dis-allow." You can entertain the idea that you can *allow for "unconditional" self-love*. "Unconditional love", by definition, is love that is not contingent on any behavior, love that is not contingent on any particular outcome, that need not be earned, and yet is still always present. "Unconditional love" is literally the "stuff" that reality is made of. It is literally the primary energy and what you may refer to in your vernacular as ... the love of "God" or "All-That-Is" because true and pure love is simply the knowingness that everything exists within you, is a part of you, and while it may reflect things that you desire *and* things that you do not desire, it is still *all you*. And your willingness to unconditionally love, simply is the willingness to express that *everything has the right and reason to exist* and everything fits and belongs.

## Self-Judgement

This does not remove your sense of discernment. This does not remove your sense of approving of certain ideas, while disapproving or having certain ideas still be valid ... but not relevant to you. When you judge yourself, you and only you allow that judgment, and that allowance is also a matter of your allowance.

You cannot judge yourself unless you *allow* yourself to judge yourself. And one way to look at the idea of judgment, is that perhaps you are intermittently loving yourself, but it is a form, a very strong form of "conditional love": "If I do this particular thing, I love me. If I don't do this, I'm an idiot." There is no external council or panel or group or consciousness that judges you. Now, there may be individuals who seem to judge you. That is simply their external reflection of self-judgment. But only will you feel judged, no matter what the external appearance is, when you "join in on the party." ... when you match the vibration of what you perceive to be external judgment.

Only will you feel a negative effect from something that someone is sharing with you if you *match* that vibration within yourself. Judgment is not something that you feel from "outside." Judgment is something that you create a version of inwardly and then strongly identify with and match the vibration of. But if you do not join in with the judgment, if you do not judge yourself ... if you do not place the conditions upon yourself, if you allow unconditional self-love, then anything else that anyone offers you is simply a gift with the receipt to return it. Either ... it applies to you, and you keep it, or ... it doesn't apply to you, and you don't, period.

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And again, should an individual seem to judge you and you simply refuse to join in, you simply refuse to express anything toward yourself except "unconditional self-love" ... you will not *feel* that judgment, and perhaps what you will feel is a deep compassion for the individual that is doing the judging because judging someone does not come from a place of love and power. For just as when you judge yourself and you create the idea of "a negative feeling," so when you judge others or they judge you, that same negative feeling is the result. Judgement is the expression of conditional love and not the sublime emotion of unconditional love.

For judging others, from the most integrated consciousness point of view is truly also judging yourself, it is momentarily removing (so-to-speak, you never really do, but there is the apparency of removing) the self-love or placing conditions upon the self-love.

When you unconditionally love yourself fully and perhaps "find yourself" doing something that is not an accurate expression of who you determine yourself to be, it is simple enough to simply use that opportunity to realign, allow yourself to remind yourself of who you are and not create full blown self-judgment out of the idea. Judgement is best replaced by re-alignment to unconditional self-love.

And part of the idea of expressing self-love is to "cut yourself the slack", to allow yourself to have and fully express emotions ... to allow yourself to seem to have reactions. If you do not act or express these reactions you will not create an outer, "echo" reflection of it, and all of the ramifications of that reaction will be internal, you allow them to play out internally ... they resolve ... you realign to who it is that you know yourself to be for you have allowed that to "play out."

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You use that reorientation re-action to reinforce that you absolutely refuse to change your decision, no matter what, and *then* you act, *then* you speak, *then* you reflect. You have not "squelched" anything, nothing has built up, no pressure, no frustration. Simply, perhaps at first you may be excusing yourself from the room a lot. But that is "all well and good" ... for that is a perceived action on the parts of others and though they may at first "scratch their heads" when you come back in re-aligned. They will see an example that when a person makes a decision and allows themselves to maintain that decision purposefully ... *nothing* can change that. The new preferred decision is now a reflection of who you *are*, and you now become a living example to the other individual.

Not that you are in any way responsible *for* them, but you are being responsible *to* them, by being willing to *be* a reflection of who you are. And what may be perceived as you being rude and leaving the room, will come to be appreciated as the process of realignment — maintenance of the positive decision.

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### FOOLING YOURSELF?

#### "I THOUGHT I CHANGED"

("Here I am an idiot again!")

Now, where all this leads is that as you begin to *use* your initial reactions rather than *negate* them, rather than judge them, rather than create guilt (which is lack of self-love) about them, your reactions *deliver their message*, they *play out* an idea, they *reinforce* your new decision and the seeming negative reactions soon "dis-appear" from your present reality.

Your reaction will only continue to seem to be the "same" if you do *not* allow it to play out ... for what you are truly allowing your emotional reaction to do is **serve a purpose**. You are allowing your emotions to deliver a message. When the "message" is delivered the "messenger" no longer has a reason to hang around.

And so therefore it is not a matter of constantly "fooling yourself" that things have changed. It is a matter of allowing yourself to *express the change* and using *everything* in your reality to *reinforce* the change. As that occurs, your emotional reactions refine and change, for the old reaction that was generated by seeing through the lens of the old unpreferred self-belief becomes dated and obsolete.

What we are addressing is the fact that when you first shift your decision, your old initial negative emotional reactions often do not seem so obsolete. You may think, "There's that reaction again, I thought I changed, I thought I was an unconditionally loving Being, here I am an idiot again!" Thinking that way is also a thinking process that you *allow*. You *allow* things to seem *extraneous*, as if they don't fit. I submit, as I often have in interacting with members of your society ... that *nothing* is extraneous...*everything* is part of the process, nothing is an

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interruption in it, *unless you say so*. In which case, what actually occurs is that you create the *apparency* of being “interrupted.” You create the apparency of something being “out of sync” with your process. But again, the paradox, the irony is that “even that” is *part of* the process. And as you continue to label something as “extraneous,” you do not allow yourself to see *how* it is part of the process. You then seem to reinforce the idea, “Oh well, *extraneous things happen*” (which is another wording of a slang statement you have, which I need not repeat).

The idea of “allowing” is to relax, to let go, to experience things and *accept* that, though on the surface at first, they may seem to run contrary to a new decision that you’ve just made, that nothing does truly run contrary to your new decision. The moment you make the new decision and allow that decision to be *who you are now*; the reality shifts *immediately*. And therefore, anything that occurs after that assignment of the new decision *is always* a reflection of the new decision, no matter what ... but only *if* you *choose* to interpret it that way and *use* everything. If you understand that nothing is extraneous, everything is truly useful.

When something would seem to “come along” that would not seem to be useful, and your first reaction is, “What possible use can this have in my reality?” ... by all means, allow yourself to feel that way until it plays out. Allow yourself to get “righteously indignant.” Allow yourself to think, “Oh woe is me!” But when your first reaction plays out, *also* then ask yourself, “how does *this* serve me? How does this *reinforce* my new positive self-decision? How is this actually allowing me to see where I may still have the ability to see through the lens of the old approach and yet not have to *express* that old approach?”

Now, one of the ways that we have defined this process whereby you make a decision something comes along, you have

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a reaction ... a definition of the thing that comes along as being absolute evidence that your decision didn't stick, is that you then cave in and re-assume a decision, generally a less empowered decision. But nevertheless, you are always still performing these "steps,": deciding ... trusting ... acting, automatically and effortlessly. If you experience "caving in" it's only because you *allow* yourself to cave in. "Caving in" is not something that happens *to* you, no matter what the apparency is, and in fact generally you then resist the caving in. What we are suggesting is that, if that is how you choose to express yourself in reaction, then you can actually allow yourself to cave in, for even caving in can be *used*, even caving in has a shelf life when you allow it and seems to extend itself when you resist it. Perhaps a simple rule of thumb is that allowance creates instantaneous expression, while what you call "resistance" seems to stretch out expression and cause the expression to take longer to manifest.

There is often the idea that something could come along that is so overwhelming, that if you allow it, you will simply explode! I submit to you that this is also an *apparency* and that it is actually the *fear of the fear* that you are feeling, rather than the idea of an overwhelming result itself. If you are "*afraid to be afraid*," that is vastly different, that is another layer altogether, than simply *feeling* fear ... allowing yourself to feel the fear ... allowing that to play out which it will, and then having a dialogue about how it serves you, how it in fact *reinforces* your new decision rather than negating it.

So, you can "**purposefully allow**" these expressions and it is all only a matter of choice. If you allow your life to be random, always, that is a direct result of deciding, "Alright ... I give up! Life is random." And still, you have your unpreferred decision "re-registered." And because it may have been an old tendency, the reactions and the circumstances seem very



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quickly to support the disempowered notion and outcome. But when you change to the positive decision and allow the reactions to be *part of* that decision ... when you refrain from action until you are able to use the emotional reaction to realign to who you prefer to be, and then perform actions consciously, ably, purposefully as that new person, then you see a change.

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### **“PROVE IT TO ME”**

#### **CHALLENGING THE UNIVERSE**

(Challenge has the underlying assumption that “failure” is very possible.)

Because you are linear Beings, we have discussed the idea that *consistently maintaining* your positive decision about who you are can make changes very quickly in your life, and that were you, in that sense, to even do so consistently, without fail for as little as three of your days ... there will be noticeable positive external evidence.

We did not say this in that way to challenge you and we did not say this to set up the atmosphere for you to think, “Oh, *show me*, “I can do that for 3 days - *prove it to me*.” Because the very posture of “prove it to me” actually has an underlying assumption that it is *not likely or true* and because that is the underlying assumption, how you will respond and interpret the evidence will most often support that underlying assumption.

So, perhaps you can loosen up on the timeframe ... understand that you will see changes, but not if you focus on apparent evidence to the opposite. If you do, then the changes that do occur, that *are* observable, perhaps to others around you ... will not be apparent to you.

The idea is to begin to entertain the idea of *not* needing to “test” your reality. Up to now your reality has been a marvelous exam. This is the trial run reflected in your statement, (“I am \_\_\_\_.” ... fill in the blank). If you “challenge” the Universe with, “show me”, and I remind you ... “the Universe” *is* you and a challenge has an underlying supposition that “failure” is very possible.

Therefore, I again thank you for allowing me to interact with you ... to be a reflection of where you are now at. For

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although you may think you all hear the same thing in this interaction ... I guarantee you there are as many interpretations of what I am saying as there are individuals present, both physically, remotely and even non-physically, for you all only experience your own version of reality.

The things that you notice in a string of words you call a "sentence" are contingent upon your own lens and approach ... upon the things that stand out to you ... upon the way that you have expressed what you call your "tastes." ... your "desires." ... your particular "approach." ... your particular evidence gathering behavior. And so therefore, when I interact with you, when we as a society interact with you, we do so while putting out an *overall intention*, and then allowing that particular message and communication to serve as many purposes as it will, no matter what the outcome is, with no "investment" in anyone embracing, or in that sense, rejecting any of it.

*My responsibility to myself* ... is to simply share what I know to be true for me and trust that whoever I attract are just the perfect individuals that will benefit from it. However, that is the extent of my involvement. *How* you interpret it, *how* you use it, whether you even use it or not consciously, is not of importance to me for I honor you as a Being, as a sovereign consciousness that makes your own decisions, no matter what those decisions are.

And for me and members of my society disempowered decisions are still an expression of your overwhelming power and so we can find fascination in *any* decision that you make about yourself. *Your* responsibility is to interpret this information in whatever way you do ... trust that you have attracted specific ideas for a reason and use this information in whatever way you see fit ... unless you wish not to use it at all, in which case ... alright, ironically, you'll be using it anyway.

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Allowing other individuals to have their own interpretations, allowing those interpretations to be valid for those individuals, without taking them on yourself, and remaining minded and grounded in *who you are*, also will more quickly allow your decision to seem to register a visible effect. For if you are depending on the reactions ... the responses ... the interpretations ... the evidence ... the belief expression *of others*, all you are doing is using those others as a symbol, as a relief valve for your own decisions ... your own beliefs anyway. So, others only ever act as mirrors, whether you create those mirrors to be shiny and true or smoky and dark. Responsibility "to" is simply being fully who you are. Responsibility "for" is then taking on the added responsibility to make sure *everyone else* "gets it," which is completely impossible!! Remembering this allows you to let go, allowing everyone to have their own point of view and allowing yourself to maintain your own.

As you consciously decide who you are because that is what you say ... that is who you know you *are* ... your reality shifts immediately, instantaneously, and completely in the moment of that decision. Allowing everything that occurs from that point forward to be *part of* the process ... a reinforcement of the revised decision and looking not as to how something is interfering, but rather how it reinforces the new preferred decision ... allows that decision to be reinforced most quickly.

I will now allow for what you call "interaction," for this is a dialogue that takes place and that dialogue is as though we are a room full of mirrored balls all reflecting off each other from different facets, different directions, catching the light from individuals that allow you to reinforce who you are, catching the light from individuals that may not be a reflection of who you are ... all of which serves to allow you to continue to know ... to now consciously define who you are and so ... *everything is of service*.

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And when we interact with you, this is what we get out of it. We get the reflections that assist us with *our* particular point of view, with our particular exploration, with our particular orientation. And the gift that you give us in interacting with us is a great gift that is held by members of my society in high regard. And in honoring your sovereignty, we also honor our own.

For your willingness to allow us in the expression of this honoring fest we all gain, and we all see things about ourselves that we are now ready to expand to, this truly is an inter-action and not a one-sided event, for everyone is both teacher and learner, everyone. And if you begin to allow yourself to see this, you will know when it is "your turn" to contribute ... you will know when it is your turn to gather and to reflect and to define.

So, if you wish, you may now purposefully allow that your decision has registered and that *everything* ... "from this moment forward" ... *is* a reinforcement of your decision ... no matter what has ever happened to you up to this point. For your past, or your perception of your past (which is often inaccurate), is one of your greatest rationalizations for continuing to make non-preferred, disempowered decisions in the present that are not empowering and not representative of who you say you wish to be.

"The past" already served its purpose in the moment that it occurred. In the now moment that any event has occurred ... it's over and done ... and if you insist on bringing it into this moment ... it is not *the* actual past - it is a recreation in the moment, using elements, using puzzle pieces from seemingly other things, but you are creating it right now and therefore "*the* past" has no hold on you unless you rigidly and completely insist that it does ... then *you* will create the *apparency* that it does.

So, as we move into the interactive phase of this communication, I remind you that you are *in* the now moment.

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You now create in the now moment, and it is up to you how you will continue to express yourself. Nothing is kept from you if you will but purposefully allow yourself to experience it.

Sharing!

## Your Power on a Plate

### THE EGO

#### MAINTAINS FOCUS IN PHYSICAL REALITY

(Period.)

Q- Elan, can you give me your perspective on the word "Ego?"

Elan- There are many ways to look at it, but for the purposes of simply remaining focused, "Ego" is what you create and define as an expression within your Infinite self that maintains your focus in physical reality, period.

Generally, it is overloaded with the assumption of other jobs, which it *seems* to have a reaction to. But its main purpose is to simply keep you focused as a Physical Being. You make a decision, and your "Ego" allows you to remain focused on that decision and its seeming expression and results.

Now, when you define the Ego as something more and give it power, and I will say very brazenly use it as an excuse ... it can take on different characteristics, it can seem to be driving its own vehicle. But that is an apparency and simply re-aligning ... re-assigning to the definition ... "this is the expression within me that keeps my focus in physical reality ... this is the expression of me that will make itself known when I need to be so focused and that is its *only* job," it will seem in a sense, to simply be a mere **nuance**, rather than a *controlling factor*, and it is simply the re-defining of its role. Does that make sense, or do you insist that it be more than that? Now, that is a big job.

Q- I wanted to know where Ego fits into spirituality. When I'm reading books, it's ... "my ego should be to the left ... and we should be in the heart more." Where is the ego in all of this?

Elan- Alright, when you do that, you are setting up yourself as a *collection of parts*, rather than a *whole*, often

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speaking about the idea of expressing integration while dis-integrating yourself into bits and pieces in the process. Simply the way to categorize this, to have it be useful, is that you are not a collection of parts. You can express yourself and absolutely get the effect of seeming like a collection of parts or you can simply remind yourself that you are one *whole being with many different aspects* that perform different functions. But all aspects are equal and honored as you choose now to express yourself in expanded terms ... in what you sometimes refer to as "spiritual terms."

So, pushing something to the left, from my particular way of interpreting it, is segmenting yourself, rather than saying, "I accept my whole self" ... instead you say ... "as I expand, sorry portion of myself called "Ego," there's no place for you and in fact you are quite obnoxious."

Now, I am being humorous. The idea is that you assign these designations and then have elaborate interactions with them, rather than saying, "Alright, alright, I understand, I am maintaining focus ... I will *use* that focus; I will *use* this idea and I will continue to express myself as a 100% *uninterrupted consciousness* expressing many different facets."

Q- Thank you.

Elan- Ah, I have done nothing. Is that helpful?

Q- It clears up a lot, but you know in every book that I've read, Ego is separated, it's almost like we shouldn't have one.

Elan- Alright, but does that logically, to use your own language, "make sense?"

Q- No!



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Elan- Alright, therefore, all of these books are valid. All of them attract the readers that are willing to express themselves in those terms that resonate with what the book is offering. They are completely valid, completely worthy, have the *right and reason* to exist ... but *you* make your own decision, and you can make that decision according to what makes sense to you, or you can build up the volume of these books as evidence of another idea.

You can also look at the people who write them, the people who speak in such a way and see whether "pushing it off to the left" has had any positive affect in their expressed reality, from your estimation.

My approach, which is absolutely no better than any other approach, I honor them all equally, is to *always* grant myself, through complete unconditional self-love, the most integrated way of assuming that reality is an expression of myself. And therefore, I do not have a tendency to cordon off expressed ideas into parts and compartments, because I understand that, as you say, "no matter how you slice it," if I am cordoning myself *from* myself, I can only get a result that displays that dis-integration. Is that a little clearer?

Q- So, in order to integrate or just keep it integrated, our Ego is just a focusing tool.

Elan- That is the way to define it where you can *use it in positive terms* and not separate yourself out into individual parts which will run contrary ... if your goal is integration, personal integration. And if you should define something as a *part* of yourself ... if you then give it, as you say, an "attitude" and then cast it out ... even in your own definition, it's not going to like that and you're, as you say, very literally "setting yourself up."

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If you leave out what you perceive to be one part of yourself, you are not integratively expressing yourself. You are saying —"nothing is extraneous except you, oh Ego," which is an approach which also has an effect. If you embrace and redefine and reassign because you are the one doing all the allowing, your ego did nothing to you, you created an instance, defined your ego, gave it a role, interacted with it in a particular way, but it was all you allowing, though perhaps not quite purposefully.

So, allow anything that seems to stand out in relief as an individual entity to also be part and to have purpose - purposeful allowance. Alright?

Q- Thank you.

Elan- Ah, I thank you as well!

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### **A JOYOUS DECISION TO BE HERE?**

#### **"IT FELT MORE LIKE COMMITTING TO A PRISON TERM"**

(Shifting your vibration — to match what I am saying.)

Q- I'm not quite sure how to word this question...

Elan- Alright, next question!

Q- Ha ha. If you could read my mind that would help.

Elan- I, in that sense you telepathically, but I won't in this case. For the idea is that your words in your reality, in your society, in your culture, are the expression of your beliefs and it would be a disservice, in that sense, to jump the gun. So simply remove the assumption that you don't know what you're going to say and say it.

Q- It has to do with being here in a grounded way. I'm recently understanding my commitment ... that I had to make a commitment to actually be here this time around and with that commitment ...

Elan- By the way, it was a bit more of a joyous decision than you are expressing. It was the idea that there was something to be had, something to be experienced that is very unique, with a lot of what you would call excited energy behind it.

And I simply draw this out, not in any way to point you out, not in any way to embarrass you ... but to give you the feeling, in even the asking of your question, of the sense of joyful expression, of what you generally refer to as the "soul," in choosing this type of expression. Now the idea of committing may have been many decisions that you've made since. Do go on.

Q- I appreciate what you just said on a deep level.

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Elan- Oh, thank you. Still a “level” but nevertheless ... more integrative, I suppose.

Q- On a less deep level, it felt a little bit like committing to a prison term.

Elan- Ah, that is what I was addressing ... and by the way, if you decide that, needless to say, that apparency will be forthcoming and perhaps has been ... from time to time.

Q- Okay, so where I've been coming to is the joy part. but ... the problem I seem to have is something to do with - I've experienced what it feels like to be here with complete energy, feeling, I don't know, grounded, very grounded and in that place it's very joyful to be here and it's very easy. But ... I find that I don't know how ... either I lose my groundedness, I lose some of my energy ... I would like to be here in that full energy, grounded way more often, without this up and down drain. Does that make sense?

Elan- Do you find that your fluctuating energy level corresponds to decisions and interpretations that you have in a given moment? Let me answer the question to say “yes.” And therefore, this is what we are really discussing in this interaction ... *allowing* yourself to have that reaction, allowing yourself to feel that fatigue, allowing it to play out, then standing up, brushing yourself off, realigning ... reminding, and since the decision is excited expression ... then seeking, allowing from what's available, one idea to stand out in relief as being the most exciting thing. For it is *not* participating in exciting events that are representative of who you define yourself to be, that actually causes fatigue, it is resisting those exciting things, assuming that things that are not representative of who you are, will support you more than the exciting things that are representative of who you are, that *can* be absolutely exhausting.

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Q- So you're *not* saying it's related to *food*?

Elan- You can, in that sense, play around with that apparency. In my estimation, from the "deepest level," as you have said that you are asking this question from, no, it does not. And in fact, you will actually find, as you express yourself according to preference, in excited terms, allowing things to be exciting ... that what you eat is actually a result of that and not the other way around. Does that make sense?

Q- Yes, so in the very present, now ... I might see the food connection and think it might be the cause of the depletion in energy, but in fact we're talking about two different concepts?

Elan- If you are willing to look at it as the effect, then you can get down or back to the business of being causal. And do understand, when you first asked the question, I will take the liberty of saying that you did not sound very excited ... "committing" to your reality and so forth. Is that correct?

Q- Uh, huh.

Elan- As you began to just merely entertain what I have said, for instance that it was did you not experience energy and alignment ... physically, palpably?

Q- Yeah, I'd say it was yours.

Elan- Ah, alright, thank you very much. But that is a disservice to yourself, and the entire point I am making is that you have sat in that chair, gone nowhere, simply shifted your thinking, aligned to entertaining empowered ideas ... energy level immediately came up. And nothing occurred other than you, shifting your vibration to match what I am saying, which you can only do because you first contain it ... which you can only make any sense of because you are also it ... all of you.

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Q- So when I'm with certain people that I ... I don't know how to say, that can hold more energy ... that are maybe vibrating at a higher level ... I ...

Elan- You are "vibrating at the higher level" and allowing yourself to see external reflections of it ... though the apparency may be the other way around.

Q- Okay, so why does this feel like there's more energy when someone else like that is present, or you?

Elan- Well, very, very literally it is because how you are choosing to define and express it. As you had said to me ... "I feel it is your energy." ... you're giving your power away to me. Now I will not accept it, but your apparency will be you have gotten energy from me. In fact, that is absolutely impossible. You vibrate and experience the results of your *own* vibration. Something comes along which is most attractive for you, no energy is transferred from my direction (so-to-speak, since I'm not really sitting here) to your direction. You *match* that vibration, you *become* that person ... you feel the results of being that person. Which is a wonderful illustration of everything we are discussing.

You have gone nowhere, no circumstances changed and yet simply entertaining an idea, but for a fleeting moment ... changes the way you sit, changes the way you speak, changes the way you seem to feel. All this cues you into understanding that it's actually coming from you. And when you are willing to embrace *that* and in fact *grab it by the horns* (so-to-speak) and express it ... everything will become a reflection of that energetic self and even individuals who seem to, alright, mope around will suddenly become quite lively. Individuals who absolutely refuse to match that vibration will simply seem to move away from you.

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Q- Okay, so when people talk about the power of energy in a group ... as opposed to a single person's energy...

Elan- It is largely an illusion. It is my perspective that you only ever feel the energy you create ... and you allow different templates or models or frameworks to fashion that energy around, but it is *your* energy and ultimately the framework, template or model is also you. So even if you were to say, "well, I completely do not accept that this is my energy, it's your energy, Elan", well, the jokes on you; I *am* you. Do you understand the point of view?

Q- I do.

Elan- How does that feel?

Q- It feels good, but I need to press it just one more minute...

Elan- Press away!

Q- ... to press the point again, so then it can be ... it is an illusion, if I buy into it, that the power in a group is much greater for transformation than my power alone?

Elan- Then you can use that to express your power, by all means, but it is still emanating from you. And ironically the group energy, no matter how you are defining it ... will only be palpable to you to the degree that you mimic or create your own version of it. So, the same mechanism still exists, it's just how you experience it and where you allow your power to seem to express itself, that will seem to shift, from your point of view. So, if it seems more comfortable to have the group elevate you, by all means, allow yourself to express elevation in *that* way ... but remember, because of the way that you create other individuals, you are then at the whims of their particular expressions and perhaps from your viewpoint, peculiarities.

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So, it is another valid way to expand your consciousness, but still contains a few pitfalls and now you become dependent on *external sources* ... all the while, it is *you* expressing your power very creatively.

Q- That's perfect.

Elan- Ah, that is the idea ... you are all a perfect reflection of whatever it is you are expressing in any given moment. Perhaps you will now pardon yourself and enjoy your new ... parole.



## **TUMULTUOUS OCCURRENCE IN YOUR LIFE?**

### **IF THIS DOES NOT APPLY TO YOU, CLOSE YOUR EARS**

(You reach a threshold where there is an acceleration of your transformation.)

Alright, allow me to say before we continue with the interaction, perhaps, just perhaps recently you may have found tumultuous occurrences in your life, things not going quite according to your preference, a cascading effect of many things which seem to challenge your determination to express yourself in preferred terms.

Now if this does not apply to you, please by all means, close your ears, we'll call you back when we're done. But the idea is simply this ... in many ways, as you begin to transform, you reach and create a threshold ... a threshold at which there is an acceleration of your transformation. A very tenuous time indeed is this acceleration, for the acceleration seems to have the effect of supporting your decisions more fully. And therefore, if your decisions sway back and forth, swing from side to side, swerve all over the road, then the fulfillment of those decisions on what you call the "reality-based level" is quite swift.

And therefore, if you are still using negative interpretation as evidence, and continually making decisions based on that, you will find a *seeming* "cascade" of negative seeming synchronicity and circumstance.

All of this hinges back to what we are discussing this evening of allowing yourself to have the initial interpretation ... allowing yourself to notice that perhaps this is not the most positive thing (or the most positive seeming outcome) and reminding yourself that it is not the one extraneous thing in the

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entire Universe and that you can actually use it to reinforce your new preferred self-decision.

*Consistency* in decision, the *allowance of consistency* in your decision-making process, is the tool ... is the hinge that will allow you to feel the change, to *feel* the difference. The same old interpretation through the old lens will yield the same old seeming decision, same old seeming allowance, and same old seeming negative circumstance. But the willingness to use these (and I use the word very literally) "*apparencies*" to reinforce your new decision, to not act while having a reaction or a response, allowing yourself to have that reaction and then re-aligning to your new decision and then acting ... *that* is the hinge, that is the tool.

If you proceed with the assumption that your reality must contain a percentage of miscellaneous, extraneous things ... you will, through your accelerated transformation seem to constantly attract them. Your willingness to allow yourself to remain focused and use "it," whatever "it" is, to your advantage, creates and maintains the positive shift.

Therefore, if you seem to have a corresponding, continual result that has things coming up that were not as you expected, not what you desired ... *assume* that to be more important than what you thought you wanted, than what you thought you wanted to do. Allow the unexpected thing that comes up to do to be more important, to be the feedback from reality that now that you have made this decision to be this new preferred person ... then things *are* going to change ... your approach *is* going to change ... the way that you approach a situation is going to change ... *everything is changed*.

And so therefore, allowing the reality to provide opportunities to do things that you did not plan on doing, is an expression of changing right now ... being spontaneous,

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allowing the unexpected to be a *gift* ... a jewel, rather than an interruption.

Perhaps, to go one step farther, *diving in* and *inviting unexpected outcome* and then boldly acting upon the *opportunities* that it brings, rather than lamenting, "I wanted to do this, instead, this is here, woe is me." It is actually that "woe is me, it is not happening. Things are not going according to my desires," those assumptions that seem to create this cascading effect ... rather than... "Ah... fascinating!!! I had on my agenda to do this thing today, but I can't do that now, because this has come up." Alright, am I going to focus and lament on 'that I can't do that now' or am I going to just assume that it just might be possible that the thing that has come up is *more conducive*, and will actually yield a faster more direct result than what I assumed to be the thing I need to be doing?" This creates an immediate shift in outcome.

And creating a harmonious balance with what is present and using your creations that are present ... not needing to be so sculpturing and structuring and controlling about exactly what is happening and exactly what you will do on a given day, all boils down to purposeful allowance, *allowing **what's there** to be a reflection of your new decision* and diving immediately into how you can use that, how you can put *that* into action... understanding if the thing you wish to do that is no longer available is still important, the opportunity to do it will "come around again," and when it does, it will be even easier to do than you had assumed it would be right now.

A lot of this is simply trusting purposefully, for you always trust, you always have faith ... always ... always ... always. Remember, what you call "doubt," is not a lack of trust ... it is an *Infinite trust in a negative outcome*, an *Infinite trust in the thing you say you do not prefer*. And therefore, you can, as

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you purposefully allow ... purposefully trust nothing is extraneous, something that is unexpected has a pearl within it. And this particular idea can allow you, from this moment forward ... to no longer feel the need to "beat yourselves up."

Now, those of you who that did not apply to, may now come back into the room, unplug your ears ... we will proceed with the sharing, with a female.

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### **LET GO AND RELAX**

### **HEAR WHAT THE MESSENGER HAS TO DELIVER**

("you're resisting ... you're resisting ... you're resisting.")

Q- I just wanted to say that was beautiful what you just said, and I understood it all and I thank you. I just need some validation on this...

Elan- Alright, do understand, and I will be more than happy to provide what you are asking, that ultimately it is your agreement to whatever I am about to say that will be the validation.

Q- Okay, I received nearly every answer I had been looking for tonight, by the way, too. I was just diagnosed with hypoglycemia. I did a 5-hour glucose test and I've been struggling with ... that the worries and concerns about my diet in relation to my physical and my emotional health ...

Elan- Alright, before you proceed, struggling and worrying are not open, receptive postures to allow you to simply express yourself in the most fruitful terms. So, first of all, my first suggestion would be to *let go*, nothing to worry about ... nothing to struggle. Secondly ... when you are going about your business expressing yourself purposefully, according to the terms of who you know yourself to be ... all of these details ... eating, sleeping, exercise are automatic, you attract them, and if you will but begin to trust the intelligence of your so called "body," which is really just your consciousness in contracted terms, so-to-speak. The worrying and the doubt are a closing down ... and by allowing yourself to attract effortlessly whatever sustenance would be most beneficial to you ... that is the conducive open posture. Does that make sense?

Q- Okay, so you're saying that if I let go and relax, the proper, uh...

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Elan- First of all, worrying *is* an unexpressed action, it is something you allow yourself to continue to do. So perhaps firstly you may wish to reorganize that thinking ... so that now you are simply taking care of business ... not worrying, because worrying always has this background, underlying notion that "something's going to get you." So, nothing is going to get you, if indeed you understand that your life is an effortless reflection of who you choose to be.

Q- So do I have the full capabilities to create perfect physical and emotional health within myself?

Elan- Absolutely, you all do.

Q- No matter what I would eat or drink, so-to-speak?

Elan- You may find as you do so, what you eat or drink is a result, again, not the cause. Understand, the idea of eating is largely symbolic. You are an Infinite Being, you have no beginning, middle and ending ... so the idea of external sustenance is a temporary exploration. Your body exists within your consciousness, not the other way around and your body is an expression of your consciousness.

So, even any particular condition that you can share with me is an expression of consciousness. Generally, in that case ... you're simply not allowing yourself to be natural with yourself and are instead creating a dichotomy ... and you can simply realign yourself to who you are and everything else "falls into place." As you transform your consciousness your body transforms. There is a vast approach in physical reality, that individuals need to prepare their body, change their body, transform their body ... to now allow for the expansion of their consciousness. And this apparency can be experienced ... but it is illusory. Truly, first comes the shift in consciousness, then

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comes the shift in body, so also remind yourself of that. Is this helpful?

Q- Yes.

Elan- Is there anything else?

Q- Um, I injured my spine a number of years ago and I truly believe I have the power to heal myself and to believe that it just is no longer there, I guess I just want some validation on that also?

Elan- Alright, do you still feel what you call "pain?"

Q- Yes.

Elan- Do you ascribe that pain to a past injury?

Q- Yes.

Elan- Can you perhaps entertain the idea of each instance of that pain being completely *in the moment*, with no past, and looking at what it means in that moment ... looking at how it reinforces your decision in that moment, and looking at what it allows you the opportunity to do in that moment.

Q- Okay.

Elan- Can that approach at least be something you might be willing to express?

Q- Yes.

Elan- Alright, you will notice a difference if you do so, for it is not truly, again, something that happened in the past that is causing the pain now ... you create the pain now and very strongly identify it with the past, which is the only thing that creates the relationship.

Q- Okay.

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Elan- Now, I understand that seems to be a bit odd for your general mass consciousness way of thinking, but nevertheless it is the mechanism. And by continuing to assign a past, you get the absolute seeming effect that you had an injury and what you are feeling now is from that injury and you perpetuate it, to whatever degree you do. But you do not need to, and it can simply be treating it in the moment as something that has to do with something that's going on right now with you and not the past. Then things will stand out as to what's going on *right now*, "well, why might I feel *pain right now*, pain is resistance, what am I resisting, *right now*?" Forget yesterday, forget the day before, forget the injury, instead ask yourself, "What am I resisting, *right now*?" If you're willing to be in the moment, if you're willing to put that baggage aside, always will you find something, right now ... that you are obviously resisting. Alternatively, and this is also not your usual societal approach to discomfort or dis-ease, you can ask yourself "What is this pain allowing me to do that I would not have done without it? What is it preventing me from doing?" Exploring these ideas will also open up new doors of understanding and awareness about why you have created those symptoms and conditions. Exploring all of these ideas and looking for how EVERYTHING serves you, even the discomfort, gives you new opportunities to transform this style of messenger.

Then the pain has been embraced as a messenger. Then you will begin to address the things you are resisting and allow them as you begin to change your approach to no longer need to create the messenger to show you ... "you're resisting ... you're resisting ... you're resisting." Do you understand?

Q- Yes, thank you.

Elan- Well, thank you, I've done nothing.



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### **THE WHOLE IS YOU BELIEVING IS SEEING**

(A statement.)

Q- Thank you Elan, a question not a statement ... or both?

Elan- Well that was a question and a statement, now, wasn't it?

Q- Perhaps if you will allow me ... a statement.

Elan- Alright, thank you. We honor the idea of someone willing to put something forth, *purposefully* ... as an expression of who they are. Do proceed.

Q- Okay, in that we are "mirrored balls," it's important to recognize, it seems to me, that we "mirror" to a great extent what is current in the "mass consciousness" ... yet often it's not understood clearly what "mass consciousness" is.

Mass consciousness, in my view, has a basis in certain doctrines...

Elan- By the way, it does because you say so, for you, just to keep it on an empowered basis. Do proceed.

Q- Okay, currently our civilization appears to be based upon a basal paradigm I call "materialistic scientism."

Elan- Define.

Q- "Scientism" being ... science as a religion.

Elan- Alright. "Seeing is believing" ... yes?

Q- "Seeing is believing," yes.

Elan- Alright, proceed.

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Q- "Materialism" being the idea that only the material is really real.

Elan- Alright, "seeing is believing."

Q- Okay. In terms of specifics, it is the "Darwinisms" that constitute the basal paradigms: Classical Darwinism, 1859 ... Social Darwinism which expresses as state socialism in our century ... and New Darwinism. In the view of the Neo Darwinists (our orthodox biologists) life is a "struggle." These guys see even the genetics as involved in a struggle for dominance. So, that is what our mass consciousness is, currently.

Elan- Alright, a valid way to describe one version of it. Do proceed.

Q- Um, I think what is coming is a new basal paradigm. I call it "scientific wholism" ...

Elan- One moment ... "basal ... basic ... underlying ... paradigm ... change." Do proceed ... defining terms.

Q- Right on. I believe that the new terms in the paradigm will be understood in this way: Creator ... being the wave form of "All-That-Is." Creation ... the particulate or particular form of "All-That-Is." The process of one becoming the other, involving desire/allowance where "desire" is definable as an expression of purpose, the whole process summarized in a phrase: "purposeful allowance."

Elan- Alright, if indeed you define Creator as "wave form," what creates the wave form in that model?

Q- I believe the wave form is the primary thing.

Elan- Is that *separate* from the idea of "Creator?" Are you perhaps speaking about vesicles of physical Creatorhood,

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specifically, when referring to it as "wave form" as opposed to Primary Creator?

Q- Possibly, I'm using the analogy of light having basically two forms, wave form and particulate...

Elan- Understood.

Q- The visible or physical Universe is a "particulate" aspect of "The All-That-Is" or "The Creator Wave."

Elan- I understand the analogy, what is its usefulness ... what is its purpose?

Q- To collapse the separateness between the idea of Creator and Creation.

Elan- How does defining one as a "wave" and one as a "particle" do that? Does that not perpetuate the separation? Is another way to look at it, not at all invalidating what you are saying, is to understand that "particle" and "wave" are simply different aspects of the same phenomenon ... *both* of which emanate from Creator ... and within which there can be seemingly vesicles of "separate" (so-to-speak, in terms of physical reality), "creation vesicles." Another way to look at this is that the wavelength state represents the field of all possibilities and is an Infinite expression, while the photon, the particulate expression, represents the physicalized aspect and is the aspect of the observation, the observer and is the finite expression, so-to-speak.

Q- Okay...

Elan- Those of you who feel that this is very "technical." ... bear with us.

Q- Yes, I can see that.

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Elan- Alright, describe then the result of our new paradigm, as you describe it.

Q- The result is the clear understanding ... as basis of mass consciousness, that ... each of us is part of the same one whole or "All-That-Is."

Elan- Would not, perhaps, the next step in realization be the idea that the whole *is* you, without any longer relegating yourself to simply "part" of a larger whole?

Q- Yes, I have that too and that would fall in line with the idea that the "memory" of the whole system would be encoded in each particular aspect of the system.

Elan- Ah, "holographic model," understood.

Q- Understood. So, as this New Basal Paradigm comes into existence, it will be...

Elan- By the way, just to get technical ... it's not new. But do proceed.

Q- Okay.

Elan- It has been occurring in versions, pockets, and aspects throughout physical reality, throughout all of what you call "time." I understand that it is generally, from the way that you are laying down this discussion ... a new approach to what you are referring to as "mass consciousness" ... which I assume your definition of is "the conglomerate energy of individuals."

Q- That's right.

Elan- Alright. Do proceed.

Q- This is truly scientific ... I believe it will be so much easier for each of us to realize whatever ambitions we might have, more and more on an accelerated basis.

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Elan- So can we then summarize this idea to be ... previously and here-to-fore, the approach of the "mass " has been "seeing is believing." The new idea that you are beginning to in that sense express and expand toward is 'believing is seeing' period.

Q- Okay.

Elan- I thank you.

At this timing, allow me for the first time and once again, to thank you all for your willingness to allow me to interact and reflect back to you who you already are and what you already contain. I will simply close this section by saying that it is your "allowance" ... you earned it ... spend it any way you wish.



## Chapter Seven

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### ***Feedback From Your Reality***

You are all perfect, a perfect reflection of whatever it is you are exploring in any given moment. Allow me to entitle this section, "Feedback from your Reality."

As we have discussed many times, in many forms, you are pure consciousness expressing yourself in linear terms ... expressing yourself as a Physical Being, doing this so convincingly that you actually believe it. Very creative!

In expressing yourself in this manner, there is, most usually, a particular mechanism through which you focus your consciousness that allows you to experience yourself as a Physical Being in a physical world ... and thereby having a so-called "experience."

Understand, from our perspective, that you *are* all these things, and they actually *exist within you*, but *the apparency is that you exist within a reality*. In that light, you focus your

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consciousness to express and to experience what you call your "physical life", your physical experience in each and every moment, right now, which is truly the only time that exists, in the most fundamental terms.

In each and every moment, in what you consider an "automatic" fashion, you focus your consciousness in a series of steps ... that then result in your life, in your reality, that result in your experience having a certain flavor, a certain meaning, with certain parameters.

In each and every given moment *you decide* who you are, that is, Step One of the mechanism. Step Two, is that you trust, or you *invest a consistency* in having that decision stick, you fully trust in that decision. Step Three is the idea that you then *act* which is "your most accepted notion" of what creates physically in the physical world ... *your actions*.

When you decide who you are, you "automatically" create yourself in the moment you are deciding, to *be* that person ... across the board. And when you vacillate that decision, this is why many times your reality seems to fluctuate, seems to change. But when you make that decision, in the very moment you decide you *are* that person, you are *being* that decision. At least in that moment.

What you choose ... what your decision is ... is what you are being, what you subsequently trust in, and then, if you remain focused and conscious about it, your actions then reflect that decision. And therefore, your *actions produce an effect that is consistent with that decision*, in the way that you create your physical life.

What we would now like to direct your attention to, is the idea that your reality, although it *is* you ... although it actually *comes from you* and is an *expression of you* ... still to some



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degree can initially still have the *apparency* of being external, to allow for the ideas of reflection ... of knowing ... of mentality. And therefore, one of the ways that you can perceive that your reality reflects back to you any idea, in any given moment, is as "feedback."

The way we use the term "reflection" implies that what comes back to you is *always a reflective representation of what you have put out ... who you are being ... who you have decided that you are*. And so therefore, what you perceive as "coming back" is the **feedback from your reality**.

Generally speaking, as a simplification, individuals will interpret the feedback in one of two ways. Now there are an Infinite number of ways that you may actually interpret it, but to illustrate the point, we will simply narrow it down to two.

1. You trust that the feedback reinforces your decision, or:
2. You trust that the feedback negates or shows evidence contrary to your decision.

How you interpret that feedback, ultimately, is what allows you to either *maintain* a preferred, desirable decision or seem to allow yourself to be "*strayed back*" (although that is an illusion) to perhaps a more disempowered, older outdated decision.

So, it all boils down to your willingness to *use whatever you perceive as coming back to you in the form of feedback as a reinforcement*, as evidence for why your decision *has* "stuck," is in fact registered, and is now *who you are*. And this can take a bit of persistence, a bit of consistency, before you actually seem to prove to yourself that *all* feedback, no matter what it appears to be on the surface, *always reinforces your decision*.

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If your decision is now conscious, in other words, rather than randomly allowing circumstances to dictate who you are ... you can allow your decision to stick by trusting that your decision has indeed registered ... across the board you can then have the feedback that comes back to you always reinforcing the positive decision, no matter what it looks like.

Now, where the ingenuity, the creativity and the persistence come in, is your willingness in a moment, where feedback *would* appear on the surface to be contrary to your decision ... at that point ... you can, "make or break" your decision. If the feedback seems to be contrary to your decision, you always have the option to simply "re-mind" yourself that although it *appears* to run contrary, your circumstances ... your experience ... your relationships and anything else, that it still *has to be a direct feedback of the positive decision*.

All feedback has the ability to be always interpreted from the entire range of perspective all the way from the most negative to the most positive, for the situations themselves are fundamentally neutral with no built-in meaning, they are as a set of props.

If you attach meaning that is inconsistent with your new preferred decision about who you are now, then it can seem to be evidence that your decision simply did not register, or that perhaps you do not "create your own reality." But if you choose to look further, if you choose to go beyond the surface if you choose to "dive in" to finding how "even this" particular feedback, though it may appear contrary, *has to be supportive* of your decision ... you can begin to look at *how* the feedback serves you, reinforces, supports the new decision, as opposed to how it refutes it, or how it seems to nullify your decision. You can choose to look at the feedback only through the lens of the new belief.

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And always, will all situations, all feedback contains the ability to say either, "Why is this happening to me?" or "How can this serve me?" And an even more empowered way to examine the feedback from the lens of your new decision is to always ask yourself, in any situation, "How does this serve me *exactly the way it is?*"

This will allow you to begin to *use everything*, including the *seeming* negative evidence, to reinforce your new positive decision, and to continue to support yourself, to fortify the new decision itself. By being willing to not simply "settle" for what's on the surface, if feedback does appear initially negative, and being willing to probe further into how that feedback is not only a reinforcement of your decision but is *essential* to occur in order for you to fully express your decision ... *that* particular approach is the approach that allows you to very quickly transform even the negative apparency of the feedback.

For when you use *all* the feedback, no matter what it appears to be on the surface, to reinforce and support your positive decision, then the feedback itself, the "nature" of the feedback ... your relationship to the feedback ... completely changes and transforms.

And the result is, when you are consistent, *never* allowing the feedback to talk you out of your decision, that you will begin to even see the nature of the feedback change ... where the feedback will no longer even seem on the surface to refute your decision, will no longer seem, even on the surface to prove to you that indeed you do not create your own reality and are "fooling yourself." The feedback will eventually cease to ever seem negative anymore.

And so, the simple statement, "How does this serve me exactly the way it is?" is the first step toward using all of yourself to express yourself more fully. I say the "first step" because the

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"second step" is to truly act as though you "really" are committed to believing that, and that takes the form of ... listen up, of actually *appreciating, and feeling gratification* at the feedback for *coming in the form that it has*, allowing you to look at whatever it is, it is allowing you to look at to reinforce your decision.

And when you are willing, not facetiously, not sarcastically, but sincerely and honestly, to *thank* the negative seeming feedback and feel that appreciation, feel that gratitude, then you are truly expressing in action the idea that you are no longer able to be talked out of who you are by anyone ... anything ... any circumstance ... any relationship, period, because it is a conscious decision that is generated for you ... by you ... and allows you to then express *more* of yourself. Another way to look at this is, when you are simply willing upon consciously deciding who you are to honor *everything* that comes your way and *use it in a positive way* - you are literally using *more of yourself*. You are being a more full and authentic version of who you choose to be.

Another way to put this, is that you are expressing yourself more fully, you are understanding yourself as a Creator, choosing to create a physical experience which has certain parameters, certain seeming limitations in terms of occurring before ... during ... after, in terms of occurring in a time frame, but truly, the other limitations that you perceive hold you back from being who you are ... simply transform. For ... nothing ... nothing ... nothing can hold you back from who you are, except you.

And no matter what the reason you may have for finally agreeing, "I cannot be who I am," you ultimately decide this, you ultimately make that decision, you assume that that decision sticks... you *decide*, "Well, I can't be who I am," you *trust*... "I

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can't be who I am" and finally you *act like*, "I can't be who I am" and then the feedback comes back very blatantly to reinforce ... "well you are wasting your time on the 'creating your own reality' path to begin with."

And so therefore, even then, even should you choose the most disempowered path ... you are still using your power, you are still using this same methodology, the same way of focusing your consciousness and expressing yourself, to actually prove to yourself that you have no power. Another irony.

However, to remind yourself that you always are using that power (even when you are expressing it as complete powerlessness) can sometimes be the key that will allow you, in any given moment to have a chuckle and re-align to the idea that "no matter what I do ... I'm going to decide something anyway" "I'm going to decide, I'm going to trust, I'm going to act." "So, if I have that be a conscious expression of my preference and conscious knowingness then my life will be a purposeful conscious statement, if I am willing to decide consciously."

Then there is no idea of a "subconscious" that can have any effect on you. For ultimately you designate yourself as the decision maker, and so even if there were the idea of choices that came your way, even if they seem to "come from within." ... it is still you, the *conscious* self that decides, "Yes ... I will buy into that" or "no ... I will not buy into that."

And so therefore, you ... the conscious self ... are always the power, the creation, the experience, the perception of the experience ... and more literally you are the observer, you are the observed, and all together the *observer and the observed* are one event ... all you.

So therefore, perhaps you can say, you can't really "get away from yourself," no matter who you talk to ... no matter

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where you go ... no matter what you do, for ... *it is all you, reflecting back to yourself* who you are, in seemingly a given isolated moment of time. I say "seemingly" because you also have an "Infinite expression" of consciousness (but we will go into that another time).

Therefore, the feedback from your reality always reinforces who you are, who you have decided to be, and if that decision is conscious, purposeful, and pointed ... then the feedback has a conscious ... purposeful ... and pointed ... reflection, though not always on the surface. And sometimes what is on the surface may seem to obscure the actual reinforcement, and this is where we simply suggest that you take for granted that nothing is extraneous, that everything is part of who you are, and there is nothing that is outside or interrupting.

Therefore, whatever the circumstance, it has to contain within it a positive reinforcement that you can use to strengthen your resolve ... to strengthen your decision, your trust and ultimately your actions.

Before we proceed to what you call the Interaction, allow me to also simply reiterate the following ... when you perceive the feedback from your reality to be negative and then you have an emotional response to that, which is generally a negative emotion, we have mentioned and suggested that you do not act until you re-align to your positive decision. But I'd like to re-emphasize that "by all means" it is *necessary* to allow yourself to *fully experience* whatever your most natural emotional response is.

In other words, if your emotional response seems to run contrary to your decision, allow it to "run its course" ... *allow yourself to feel that way until you no longer do*. We have suggested to *not* act, to not respond outwardly, but by all means

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... *do* express it to yourself and allow yourself to feel and express it fully. For when you do, it passes. When you don't, you have this sense that you are squelching yourself. And you have that sense because you are.

So therefore, it is all well and good to notice, "I am having a negative emotion, alright, I will have it, for I understand I can't 'deny' anything, this is part of my feedback and once I allow myself to have it, rather than resist having it, the emotion will pass and then I can realign, and I will re-align consciously." Not out of denial of an initial response or reaction that you have.

And so therefore, by all means ... if feedback appears negative *feel whatever you feel*. Allowing yourself to feel it will generally have it resolve itself within but a "a few of your minutes." Resisting it, saying, "I shouldn't feel that way, anyone who is enlightened does not feel that way" will prolong it, sometimes for "a really long time."

So, the idea is you need not act, allowing a negative emotion to dictate your *outward response*, which will have an effect ... but by all means, *feel the reaction and do not deny it*. For the irony is, even that negative emotional response, are you listening? Yes? Even that negative emotional response reinforces the positive decision.

Although the interpretation that caused that negative emotionality is a nuance of interpreting the situation through the lens of an old, outdated belief, by allowing yourself to feel it, rather than avoiding it (which would have been the continuance of the older approach) your re-action to that emotion will be different. And allowing it to play out and *then acting, after you have re-aligned to your new decision*, will have all your actions being a more distinguishable reflection of your new decision.

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Yet another way to put this is, you can use it all, nothing can talk you out of who you are, until you fall into agreement with it. But ultimately, that agreement is the very decision (that we have discussed) as the foundational consciousness focusing approach to how you create yourself in each and every given moment. It always starts with deciding, "I am this person ... in this moment", whether you say it like that, or whether it is "automatic" that goes on. And by having it become conscious and living it to be conscious ... eventually there will not even be a tendency to need to even say these things to yourself for you will run on automatic but consciously. This may sound paradoxical, but it is so.

In other words, it will simply be effortless and automatic to maintain your positive decision, particularly when you use any negative feedback, allow it to transform, and start to notice even the feedback is primarily, eventually even on the surface ... positive. And all this takes are commitment and persistence for a relatively short amount of time.

And that would be my promise to you. If you are willing *consistently* (it must be consistent because of the way you create yourself as a linear Being) to *use all the feedback* that comes back to you that you have formerly labeled "negative" to see *how it actually reinforces* your decision, then the nature of the feedback will change and the so called things that seem negative that you needed to re-label and use to re-align will seem to recede and almost entirely disappear in your life. Therefore, understanding this, understanding that everything can be viewed as a re-enforcement of your decision, though sometimes you need to employ a little ingenuity to see how and why it supports it.

Thank you for your willingness to continue to interact with me and members of my civilization in this way. And thank



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you for your willingness to "stand up tall" and decide who you are, rather than be "dictated to" and have your decision be reflective of someone else's idea, or perhaps as you say, "they" for there seems to be this generic "they" that you all think exists, that actually is ganging up on you, "they" are not, it is simply *you* and therefore always is it up to you to choose who you are, rather than have it be dictated to you, who you are.

In return for your willingness to share aspects of your consciousness with me, I thank you deeply, for I also derive a lot out of these interactions as well and I ask you how we may mutually be of service to each other through sharing information. Sharing!

## **PAT YOURSELF ON THE BACK**

### **A TESTIMONIAL**

("You mean to tell me this stuff works?")

Q- Hi Elan, I have a testimonial to give.

Elan- Alright, we do not need one ... but do proceed. I say that because I know it works.

Q- Speaking about my former back injury ... a couple days after we had our last session last month...

Elan- Now, before you proceed, for the benefit of those present, individual had discussed with me of the idea of what perhaps she was labeling a "chronic pain syndrome" and my simple suggestion was to address it as occurring in the moment, not being the *same pain* as yesterday, not occurring from the same source or cause as the day before, but it simply being something that is happening right now ... isolating it into the now ... dealing with it ... transforming it, and allowing it to serve you in the now. And that would seem to create a dis-continuity in the same way that you seem to create a chronic situation. Do proceed.

Q- Well, I chose to believe that it was completely healed, and to allow events in my life to flow more, rather than resisting and being aware of ... when the pain would surface ...that I was resisting something and thus, again, realigning, making the decision and trusting it and acting on it.

But a couple days after we had the session I ... well actually, let me get back to ... about 6 months ago, I had started to run (I love running) and with my back in the condition that it was, I ended up going to the doctor, the chiropractor in particular, and it being in like really bad shape after running

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three or four times. Well after listening to your tapes and getting involved with these concepts ...

Elan- By the way, to simply be more precise ... after deciding to attract a more powerful and self-empowering point of view and doing so through whatever means and choosing to act upon what you had reflected upon. Proceed.

Q- I was able to create a healed back, where I could run as many times as I wanted without having the back pain come back and actually today, I'm moving, and I moved probably about 50 boxes of books and all kinds of things without any pain in my back and I just wanted to thank you.

Elan- Oh, no thank you necessary. Thank yourself. You mean to tell me this stuff works?! Amazing!

Q- Yeah...

Elan- By the way, did you thank yourself?

Q-Yes, I did, I do many times.

Elan- Alright, well, let's use the coincidence of language ... go one step further and "pat yourself on the back."

Q- I have, I have.

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### **"LET'S BE FRANK"**

#### **FROM PROZAC TO PIZZA**

(These are not voices, they're choices.)

Q- I have been talking here about wanting to get more fulfilling work or in helping the world become a more loving and cooperative place and it seems like that is coming about, though maybe a little bit faster than I expected?

Elan- Ah, watch what you ask for ... you might get it!

Q- Yeah, I know, like ...

Elan- By the way, before you proceed, is that really possible or are you simply "selling yourself short" in what you understand you can handle for reality is never created any faster than you can handle.

And perhaps the feedback here is allowing you to redefine what you are "ready" for. Assuming that it is moving at a perfect pace tells you that perhaps you are farther along with your ability to handle it, than you had assumed. Congratulations!

Q- Thank you. It's just that it brings up some fear because what I was doing last year doesn't seem like that's going to show up ... so I don't have the money from that. But other things are manifesting, though nothing is solidified yet.

Elan- Alright, when you feel the fear, or as you say, when the fear is "coming on" ... do you allow yourself, as we have discussed many times, to feel that fear fully, to allow it to play out rather than linger? Or have you forgotten that step?

Q- I could do that more.

Elan- Oh, you can do it all the time and when you do and allow the fear to play out and you might even think to yourself,

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“Alright, I'm not afraid anymore, I allowed myself to be afraid, I'm tired of it.” “On to the next thing!” Then you can realign. One other thing that you can do however - understand, very often, in the cases where you are ascribing you are "fearful," what you actually are, is "anxious," which is simply very excited and not trusting it and simply reminding yourself you have every reason to trust it ... can shift it.

Q- Well, this summer I'm going to work in St. Louis with [a major company], with senior executives to help them operate in a more environmentally sustainable manner, and it's a whole new league for me. I haven't done that level of consulting yet.

Elan- Well, this is the league that you are now in. You have created yourself in that league ... so you have attracted the corresponding set of circumstances to allow you to express that ... very similar to what we were saying about the timing. Your feedback is telling you that you are more than you had assumed you were. Very exciting!

Q- So I've just got to trust that?

Elan- Well you don't have to, you can absolutely not trust it and be completely miserable, that's up to you.

Q- No, I'll trust it.

Elan- The idea is, it is as simple as simply reminding yourself to trust it, "Ah, this is much faster than I thought, oh, don't know if I can handle it ... wait a minute, I must be able to handle it, it's here." (End of discussion, time to handle it.) And of course, as we have mentioned, the anticipation can seem to produce anxiety, but once you are doing the thing, once you are engaged, once you are being the person, there is no time for fear ... yes?

Q- Yes.

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Elan- You are simply doing it.

Q- That's been the experience in the past. That's true.

Elan- So when you feel the fear coming on, either allow it to play out if it feels like that degree of fear, and realign ... or, if it seems more like anxiety, remind yourself of what it is ... actually excitement.

Excitement and anxiety are from the same energy. When you trust it, it feels exciting, when you do not trust it, it feels like anxiety. So those feelings can point you toward what you are putting your trust in. Remember the other way of saying that you do not trust something, is that you actually DO trust that it won't work out. You always trust in something. So, these things give you an opportunity to see what you are placing your trusting in. Once you know what you are trusting in, you can choose to reinforce it if that trust is desirable or shift it after you've acknowledged that you're placing your trust in something you do not prefer or trusting in a negative outcome. Remember, these are all decisions. These decisions can all be made consciously now that you know the mechanism.

Q- Okay, I wanted to ask a few other things. When I'm feeling fear, one of the things that I used to respond with that is "compulsive behavior." Like overeating or being attracted to women or something. And feeling sometimes ... I, it ... I've felt like I'm getting drawn more back into that, and a friend the other night suggested I consider taking Prozac ... Which I totally recoiled; you know ... I ...

Elan- Alright. Allow us to address the specifics. Each bite that you take is a decision, you can change your decision at any given moment. It is no more complicated than that. Therefore, no matter how it expresses itself, simply get back in touch with the fact that you are making decisions, trusting them and acting,

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and it simply takes, "Ah, one moment, I was about to take one more bite than I really need, that is not who I am anymore ... and I now trust who I am, and the action that corresponds with trusting that is to put this down and do something else."

And by the way, that was the third thing ... when you feel fear ... if it does not fall into the other two categories of allowing yourself to feel it or realizing that it's the flip side of excitement ... is the idea of getting going, engaging ... it is the hesitation in the anticipation that is the third reason for the fear. Simply begin the doing of the thing, and you will be engaged ... and fear will be no more.

Q- Okay. Can you comment, though, in general about Prozac? I mean the feelings I have are that it cuts you off from your soul and urn, people that ... well, I don't know, it seems to me you're not fully connected with inner ...

Elan- With *that* definition ... I would suggest not partaking of it.

Q- No, I'm not going to.

Elan- But the idea is that it does depend on what your definition is, of what you would expect it to accomplish. However, no matter what you expect it to accomplish, it is in a sense ... you, not completely willing to grant yourself power, and to some degree saying, "I must have this external thing to be complete."

The very act of engaging in that is an act that reflects a decision of not being complete. And even in what you call the clinical aspects of your reality, it is not my perception that this would be constructive for you in any way.

Q- Not for me, but just in general, some people report greatly improved satisfaction with life on it and I ...

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Elan- Alright, I understand, but we are discussing you.

Q- I was just asking as a general question though.

Elan- Again, as many different situations as there are individuals. But always, will it have the hint of ... "I am not complete" ... and always will you then (when you set up such an elaborate scenario) create a need for something externally that could, supposedly, possibly "run out."

Q- Okay, another thing ...

Elan- So, being on your own steam is far more constructive for what it is you have chosen to do ...

Q- That's how I feel.

Elan- And remembering, if you feel that your behavior is compulsive, that that is part of an elaborate decision-making process, and that you can, in any given moment, interrupt that tendency ... and realign to the positive decision of who you are.

Q- Okay, well that's going to get to my next question ... the concept of the Super Ego. I've been looking at that and I know how you say that we're all one part, or whatever, we're all connected ... but ...

Elan- You are 100% Beings, yes, even though you often will expend 90% of your energy to make it seem as though you are only using 10%.

Q- Well, in terms of the concept of the Superego that I've been studying, says that as children we kind of pick up cues from our parents that certain portions of ourselves are okay and other portions aren't okay and we internalize those messages and ...



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Elan- Before you proceed, the mechanism is that you incrementally agree with what you perceive to be their assessment of you, which may or may not be their "real" assessment of you.

Q- Yes.

Elan- But the effect that you are now going to put outside of yourself in compartmentalized portions of your consciousness like Ego, Id and Super-Ego is simply another decision. Agreement is a decision, "I must be this way ... Mom says I'm this way." "I don't like the kind of person who does this." "Mom says I'm this way ... I must be this way." "I don't like myself."

These are all decisions that *you perpetuate*. They are not in a storage bin ... leaking into your decision-making ability. They may present themselves as an option, they may present themselves as a choice ... but you are the only conscious decision-making authority, and you need not separate it out into a compartment. Proceed.

Q- The Superego kind of, uh, apparently judges. For example, I have all these ... I try not to be this way ... but I find that I have lots of biases and preconditioned ideas about certain things, and when I see a situation, I bring all these judgments to bear which I want to, which I want to let go of, but there's all these, it seems so much a part of me that ...

Elan- It all comes down to the decision that you ultimately make, no matter what feedback you are using. *There is nothing that is an authoritative voice. There are only choices.* And you can say, "This is the voice of my childhood ego." Or you can say, "This is the choice that the "idea" of my childhood ego presents and obviously it is not a choice I would make, no matter what it seems to say, understanding it's all me." You make the

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decision in each and every given moment. Either you hold yourself up, trust who you are and have that decision be a conscious expression of your knowingness Or, you use everyone else's rationalization for who you are, and still make a decision. Are you getting this?

Q- Yes ...

Elan- You can only get the negative effect when you fall into agreement, when you decide, "they're right." And in any given moment you can decide (and you do not have to make them wrong, saying "they're wrong," you can simply focus on yourself) and say, "no, this is who I am ... I know me ... I know my heart." No one else can know your heart, no one else can know who you are "deep down inside" (unless you have such a relationship to allow them to know, and they choose to agree with you). But only you know you.

Now, let's for a moment discuss you in general terms. Do you desire to express yourself in integrative terms?

Q- Absolutely.

Elan- Do you desire to unconditionally love yourself and others?

Q- Yes.

Elan- This reveal more about what kind of a person you are, than anything you have ever said or done. You know who you are. That is all that matters.

Now, are you going to have who you present yourself to be, who you continue to create yourself to be ... be *consistent* with knowing that you have these ideas within you or not? I suggest that you do.

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Q- What you're saying sounds great. That's what I want to do. I sit here and I observe you and I see you sitting up straight, speaking confidently, no matter what anyone says, you seem to respond with love, with no judgment ...

Elan- But do you not understand that you could not even see, perceive, understand, make sense of what you are perceiving to be me doing this, unless you contain it? And *even noticing that I do it*, means you contain the sense of discernment to see the difference.

Now, simply *express* the difference in yourself, which ... let's not get too far astray from the idea, *you are already doing to a high degree*. Honor yourself for the degree that you *are* doing this. When you seem not to be doing it, you need only to realign to who you are.

Q- Is that how I get rid of the baggage, the self-judgments, or the fears of ... what I said isn't "good enough" ... or worrying what others are thinking of me...

Elan- It is not how you get rid of it. You can't get rid of it. You are the Universe, there is no place to get rid of anything to. It is always a choice. It is how you transform your awareness ... to have it be irrelevant to who you are. Which would seem to be the same as "getting rid of it," but, again, getting rid of it implies there's somewhere to put it and since you're everything, there is no place to put anything. But you can transform anything, because you decide it in the first place, and you can always decide something else.

However, there is the ability to focus your attention on one thing, which makes the opposite thing completely irrelevant to who you are ... which is perhaps similar to seeming like it doesn't exist for you. And so, by concentrating on unconditional

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love ... judgment is irrelevant. Judgment is a function of loving yourself with conditions and not meeting those conditions.

Q- What if the judgment "springs up" as I'm there trying to be unconditionally loving?

Elan- Then I remind you, **it is not a voice ... it is a choice**, and that's all you need to remember. You can remind yourself that any "opinion" you may hear in your mind is simply a choice and isn't truly a voice with ANY authentic authority. When you give it *that* label, you remove its hold on you because you then choose a different choice, one that is most representative of who you choose to be and one that is more representative to what you prefer. Choosing something else renders any unchosen voice/choice to be virtually powerless.

Q- I tend to label myself though, and I want to get away from doing that when I have the judgment and say ... "oh, I'm bad" or 'there I go again'."

Elan- That means, you hear the choice, you assign it the identity of an authoritative voice, then you decide, "THAT VOICE IS RIGHT." But no matter how you color it, it's still a *choice* and you are *still buying into it*, and the only reason you get the effect, is the step of the process where you decide it's correct. And so therefore, my suggestion, to keep this absolutely simple, is to allow the judgment to come, invite the judgment, challenge it, and when it comes up ... listen to it. It's nonsensical. It's completely irrelevant to who you are. You can think, "Yes, perhaps someone could judge that I am this negative way ... but when I look at the choice of seeing myself as this idiot ... or seeing myself as the loving, unconditional, positively aligned, integrative person, which one will I choose? ... Hmmm "

It becomes almost ridiculous, when you simply realign to the positive choice, for any *other* choice to have any weight.

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Simply remind yourself if you hear that perspective in your head and go ... "He's right." ... that *you've* just made a *decision* and remember that he is you and the decision maker is also you.

And only when you fall into alignment with the negative choice ... make *that* decision ... trust *that* decision ... act *that* way, do you get all the effects that you are describing. Is this getting clearer?

Q- Yes.

Elan- Never do you feel a negative thing without first making and embodying a decision, sticking to that decision by trusting it, and then acting ... which in this case, generally would be expressed as moping around.

Q- Okay.

Elan- Is it still hanging up anywhere? This is very important.

Q- Well, uh ...

Elan- Is this too simple? Would you like an elaborate process?

Q- No, definitely not, I mean, if I can change immediately ... that's what I would choose to do.

Elan- Alright, assuming (now listen to the wording) that both of the ideas that I am about to share are true ... which one do you choose?

"I can be who I desire to be."

"I cannot be who I desire to be."

Which would YOU choose?

Q- That I *can* be who I desire to be.

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Elan- Alright, remember that in the ultimate sense both are true, and I say this to allow you to see the degree of power you have. You're going to choose one or the other, you might as well choose the positive thing. Because if you choose, "I cannot be who I desire to be." ... that's what you get. It is real. It is not that you *can* be the person you want, *or* you can't be the person that you want. This is the idea of containing it all. You contain *both*. You can't "get rid of" one and be the other. You can focus on one and the other is behind you, it's no longer relevant, it's not visible, and if it swings around, you can say, "That's not me ... I'm over here."

Q- How would I apply that then to, for example, compulsive eating ... if I'm saying, "I don't want to eat anymore," but yet I'm feeling a very strong desire to eat more ...

Elan- Alright, how does this dialogue occur within you? I assume you have what you call "internal dialogue." You can certainly use these dialogues to realign yourself. How would this go in your mind if you don't mind me asking?

Q- Sure, I get a, you know I have a ... and I'm not sure if this is the Superego again, but I have this image of ...

Elan- Ah, one moment. Let's keep this as simple as possible. You're eating ... you're full. What happens next?

Q- Well, I get this ...

Elan- Do not ascribe sources, just simply the dialogue.

Q- Well, okay, on the one hand I say, "I want to be healthy and the proper weight and feel good about myself and I know I'll feel good if I don't eat anymore." ... but then on the other hand I'll say ... "This sure tastes good." ... and um, you know, I'll just get like this feeling that I want to eat it and it's almost like a,

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kind of like a, an ... I don't care" or a "screw you" ... kind of you know ... thing, like I'm going to eat it anyway and then I ...

Elan- Who is it that you are screwing ... to use your own terminology? In other words, assumably we have, we'll call them now ... *voices* in your head, one saying, "I wish to be healthy ... my definition of healthy is when I am full, I stop eating." Another one going, "Pardon me, but screw you buddy, I'm going to eat anyway, it tastes good, I don't care if I'm unhealthy." Is this somewhat the DIALOGUE that occurs?

Q- Yeah, there's like this whole other part of me ...

Elan- But do understand, there is a third awareness there. And that is the aspect of your consciousness that will *choose* between these two voices. That "you" has the benefit of knowing who you are deep down inside. So allow the conversation to occur ... allow the players to come out on the table, and then remember ... these are *not voices* ... they're *choices*, which one is more consistent with who I am?, "Ah, trusting that when I am full, it is time to stop eating... seems consistent in that it is natural to who I know myself to be, well therefore, this slice of pizza looks very good...ah, I don't eat it ... because it is not consistent with my decision and I can freeze it and eat it tomorrow." Do you understand the basic idea?

Q- I do, I do ...

Elan- The idea is to realize there is a third aspect of your awareness (so-to-speak, using these separations constructively) which is the *decision maker* ... between the negative and the positive choices, and *that is the one with the power*. That is the one who either will pick up the next morsel of food, or not. That IS you. But by aligning with the positive self, you are not running from the food ... you are understanding there is a level of satisfaction in feeling satiation.

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Q- That third voice can sometimes, I think, can get squelched out by the emotions surrounded by compulsive behavior, for example, a lot of times if I'm feeling uncomfortable or afraid or sad ... I'll just ... that's when I'm most likely to choose to overeat.

Elan- Alright but do understand that you are functioning with the mistaken idea that this third voice can be squelched ... which it cannot. The third voice is simply the one that chooses. The third voice is always who you are in any given moment, no matter how many choices seem to appear before you. The third voice is you, perhaps you can say the real you, the core you.

And when you look at your choices next to each other, when you compare them, that you will always have a tendency to naturally, shall I say, attract itself to the decision that is more representative of who you choose to be.

Q- What about the negative emotions that I'm trying to suppress to ...

Elan- Well, as we have discussed, *feel them, allow them to play out*. Then, remind yourself who you are, after you have allowed yourself to feel them. To some degree we have discussed this before and *when you have allowed yourself to feel* depression, anger, fear *rather than amplifying it has actually played itself out*. If you can simply sit still and allow yourself to play that out, *without performing an action* can go through the process of allowing yourself to feel ... you can go through the process of not squelching yourself ... but because you are not in action, you are not stuffing your face.

Is this getting CLEAR?

Q- So, it sometimes comes down to a choice between maybe ... crying and having a slice of pizza?



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Elan- Alright, if you wish to say so. It would be my suggestion, in that instance, given the specifics of the situation ... I may say something else for another individual ... that the crying would be more apropos, in that it is allowing you to express yourself, understand the way you feel and realign to who you are, which is simply a natural eater, not a person who *doesn't* overeat (which still has overeat in the definition) but a natural eater, "I eat, my body tells me when I am through and I stop.".. simply because, and again it boils down to this (as I have said in many different instances and circumstances) ... you trust yourself.

Would you like a cupcake?

Q- No, pass, I quit sugar.

Elan- Ah, does not mean you cannot have a snack now and then ... does not mean you need to section things off so rigidly. You can enjoy yourself but trust your body consciousness.

Q- But that's my fear, like, I'm ... I'm an alcoholic. I quit drinking 8 years ago and I quit smoking too, I couldn't have those once in a while, alcohol or tobacco, and sugar I seem to eat compulsively. So, I'm thinking I would be, you know, well advised to not have the sugar. But I don't know if that's just a "should" ...

Elan- It is in that sense, just a "should." Natural is simply trusting yourself and remaining aligned to your conscious decision, period. Stick with that and you "can't go wrong," so-to-speak.

Q- Okay, could I ask just one more question?

Elan- Alright.

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Q- As a budding environmentalist, I'm very concerned about what's happening in our global environment. Could you just comment? There are so many trends ... about the environment seems to be getting worse ... the potential for disease seems to be increasing with the reducing effectiveness of antibiotics and you know stuff like 'Ebola' coming on the scene and things like that ...

Elan- Understood. But do understand that from my perspective ... these are all effects and not causes. What they are effects of is the approach of consciousness. And so therefore, your understanding that you are whole will begin to attract an outward reflection that will seem to reverse many of the trends that you are simply focusing on because of who you create yourself to be. It is not an across-the-board fact what you are saying.

Yes, it would behoove you to get in touch with your environment more strongly, but you already to some degree, have. There has been a consciousness that concerns itself with the idea of being in natural flow with your environment and not against it.

Now I am not suggesting that this is necessarily enough or that you should stop, but at least pat yourselves on the back for the idea that this is now an issue ... as opposed to just completely being glossed over. And see the progress as well. Because it is concentrating on the progress that will assist you in being part of the solution, whereas ... concentrating on the problem, simply allows you (and I'm using the word "problem" the way that you use it) ... concentrating on the negative outcome has you seeing and attracting reinforcement for the negative outcome.

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I remind you that a “problem,” from my definition, is simply a situation that you have not yet allowed to transform. And as you begin to perceive that you are no longer polluting your own self physically, you will also see a reflective response from your environment as well. Chew on that ... it's not fattening.

Q- Okay.

Elan- Alright.

Q- Thank you.

Elan- I thank you as well.

## **A PUNCH IN THE SOUL**

### **"I'M GETTING IN TOUCH WITH MY ANGER"**

(You can let it go and use it as a learning experience.)

Q- Elan, I have a problem ...

Elan- A what?

Q- A little problem ...

Elan- A little what?

Q- It's not a problem ...

Elan- a situation ... that ... you ... have ... not ... allowed ... to transform, yes?

Q- Yes.

Elan- Alright, what's the situation?

Q- I'm getting in touch with my anger ...

Elan- Alright.

Q- I'm ... letting it out ...

Elan- Are you letting it out by expressing it to yourself and allowing it to play out, or are you physicalizing it? In other words, ... deciding in anger, trusting in anger and acting in anger ... far different are those two things.

Q- Well, when you punch somebody in the face ...

Elan- I would say ... you are to the action stage in that case. I would also say that it is the equivalent to ... punching yourself in the soul (so-to-speak).

Q- Punching myself where?

## Your Power on a Plate

Elan- In the soul. In other words, any lashing out in anger is simply, truly a reflection of being angry with yourself.

Q- I've got some "soul searching" then.

Elan- Alright.

Q- I had two fights within one month, it's really terrible.

Elan- If you say so.

Q- I haven't had fights in years and years and years. But there's something I need to learn from this and ...

Elan- Well, what did you get out of it?

Q- Well, my hand hurts ...

Elan- Anything else?

Q- Ah, anything else?

Elan- Sometimes all that you will get out of the circumstance is knowing, in no uncertain terms ... that you never wish to do that again.

That allowing yourself to play it out, particularly a dis-empowered act such as that, does not even give you the satisfaction you feel that it will, and it has absolutely no constructive purpose, other than to lower your vibration and match the vibration of the individuals you generally are criticizing.

Why, in your estimation, did you punch someone? What was the physical circumstance ... briefly? What did they do?

Q- Well, he was ... I caught him stealing.

Elan- Ah, so you find that stealing is a despicable act? Yes?

## Your Power on a Plate

Q- Yes.

Elan- And so then ... punching is not a despicable act?

Q- Yes, it is.

Elan- Alright, so you stoop down to the same level you were criticizing? Perhaps not the most effective response.

Now, understanding that you found the act of the individual to be negatively aligned to who you are ... are there other ways that you might be able to express yourself whereby you can still settle the matter and not be the very thing you are criticizing?

Q- Yes.

Elan- Alright, that is where these opportunities, if you wish to look at them, point you. You've done that. You've seen that the effect is not who you desire to be, therefore next time, you do something different.

Now you can concentrate on judging yourself for having done that, though it was a negative act ... it is over and done with. And perhaps the only reason that an individual might continue to judge themselves is if they think they may do it again at the drop of a hat. But you can let it go and use it as a learning experience.

Q- I think, I think I was pretty angry at myself for not acting the day I caught him stealing. I wasn't positive ... I had to look at it and look at it and ...

Elan- But before you proceed, the anger that I am talking about is deeper. In order to be actually lashing out physically at someone there is an anger that you are, in that sense, directing toward yourself.

## Your Power on a Plate

Q- Okay, I got it. Thank you very much.

Elan- Oh, thank yourself.

Q- Okay, thank me.

Elan- And warn me when you're coming ... so I can duck!

Q- You got it.

Elan- Only fooling around. Since I can only attract the reality that I am the vibration of as well, I simply do not attract that type of physical response.

## Your Power on a Plate

### **EXCITEMENT WITH INTEGRITY**

#### **THE MOST POSITIVELY ALIGNED ULTIMATE FEEDBACK**

(As you shift your decision, different things will stand out as exciting.)

At this timing, allow me to thank you all for your willingness to extend yourselves, literally, as ambassadors of your society and your civilization and interacting with me and members of my society and civilization.

The "feedback" that we get *from you* allows us to learn and know more about ourselves. If you are willing to use your own circumstance as positive feedback and reinforcement you can derive as much joy from yourselves as we derive from you.

One last idea is the idea of what you would call excitement; "the most positively aligned ultimate feedback" in the way that you create yourselves as Physical Beings.

And this is the idea that you refer to as ... that in any given moment, from the options that *are available*, *one* of them stands out most strongly as being the most compelling, exciting, and passionate choice to make ... thing to do. This is the most constructive "feedback from your reality." I invite you to decide, "Now that I have decided who I am, trust who I am, and act according to that person. The things that stand out as exciting to me *are* my feedback." These are the things, if you are able to do them with integrity (which is the knowingness of your place in the oneness of all things and treating things with that degree of respect) that reinforce most strongly your new decision about who you prefer to be. As you shift your decision ... different things will stand out as exciting. When your decision is negative, something can stand out as exciting that will perhaps seem to be detrimental, and acting on it will be following your excitement ... but not with integrity.



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If you allow yourself to have a positively aligned decision ... the things that excite you and can be acted on *with integrity* are a direct reflection of the shortest distance between the two points that you create as the point that you are, and the point that you are "going to" (so-to-speak).

So, following your excitement and acting on that excitement with integrity from whatever is available ... is the ultimate positive usage of feedback and trust in who you are.



## Chapter Eight

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### ***Factoring In Your Excitement***

We have been discussing with many of you for some time a simplified version ... a simplified explanation for how you create your experience as Physical Beings. You are fundamentally consciousness, and the idea of **your "physical life"** (your physical expression, your linear reality experience) ***is a statement or an expression of your Infinite consciousness.***

So complete is this expression of linear existence that you actually begin to "wrap yourself" so firmly within the idea of "time" and "space" that you actually impose a forgetfulness that you are in fact pure consciousness.

Often you will *begin* to recognize, once again, that you *have* consciousness and begin to express yourself as *having* a consciousness, *having* a mentality, *having* thought patterns. But truly and most accurately this is only one way to look at it, and that **you do not *have* a consciousness, but you *are* a**

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**consciousness**, expressing yourself in physical terms ... expressing yourself in linear terms.

The way in which your consciousness interacts with itself to produce the effect you call "physical reality" (and the maintenance of physical experience) is through, as we have simplified the idea, that in each and every given moment you:

1. Decide who you are,
2. Trust that decision,
3. Act as though you trust that decision.

And your actions reflect that decision, and then seem to create an interaction ... an “expression - result - relationship – interaction” that appears to produce a result. That result then creates the idea of “the face of your life.” And so, in each and every given moment, you literally, literally re-create yourself 100% through the decision, "I am this person ... I am this way ... I do this thing." And part of the definition, as you make this decision, is you build into the decision the idea that, "I am the person I was but a moment ago ... with a slight ... small ... change.”

And so, the apparency is that you are the same exact person as the moment before ... going through an experience. But literally what is happening is, in each and every moment you are *re-creating yourself 100% ... **completely anew***, with many of the definitions you have here-to-for held about yourself built into that decision, and this creates the apparency you call "continuity.”

- In making the decision, you **register** your consciousness into physical terms.
- In trusting the decision, you **maintain** that decision (you continue to decide that that is who you are)

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- In acting out the decision, you **express** that decision into physical reality.

And then, again, the outward expression in physical reality is your actions, which then **embody** the trust and the decision. The actions produce the result which seems consistent with the decision. You do this "automatically." You do this generally with no one ever telling you this is what you're doing, but nevertheless, this is "how you create" within this physical phase of your awareness.

When you begin to *awaken* your consciousness ... when you begin to *expand into the idea* that you can begin to create your reality *consciously* rather than haphazardly or randomly ... you begin to factor in the idea of having the *decision be conscious*. Which generally takes the form of having the decision be according to *desire and preference*, rather than the random idea that you are "handed" a reality, that you are handed a decision. Even if you create the idea that it seems that you are "handed" the decision of who you are, you only get that effect when you *agree* with that decision, and that is truly also, *you still making* a decision.

And so, in discussing the idea of creating consciously, we begin with using your *desire*, using your *preference*, using your *discernment* from the Infinite potential of ways that you can define yourself, to narrow down who it is you *want* to be, who it is you *wish* to be, and therefore, then make your decision, "I am ... this particular person with these qualities", consciously, according to preference, according to the person you ideally see yourself to be ... which in fact, you are. For you are everything, your fundamental consciousness is Infinite. That infinity is your *actuality*. You can say that's who/what you actually are.

Your physical expression is an *apparency* of being finite. But because you are "fundamentally" Infinite, you contain it all,

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and "the good news," if you wish to look at it this way, is that this means you get to choose from *anything*. And certainly, one of the options is to choose to be the person you desire to be, the person, again, you ideally picture that you are. Your best, most authentic, fullest version of yourself.

Where we now wish to ... "tie this all together" ... is in discussing the idea of the most conducive and natural way of discerning who you are foundationally and allowing you to see that you have a built-in mechanism, in each and every moment, that you can use to choose from what seems to be available in any given moment.

We have discussed the idea many times of what you call **EXCITEMENT**. And when we ask individuals "what do you think excitement actually is?", they will generally describe the emotion, perhaps the sensation, perhaps the physical characteristics of excitement. But what we actually are asking is what *causes* you to *feel* excited? And the answer is, that **EXCITEMENT is your sense of discernment, that is telling you that of anything that is available in front of you, the thing that excites you the most ... that you can express with integrity ... is the strongest choice, is in fact the choice that is *most aligned with who you choose to be foundationally*. That's *why* it excites you ... that's why it invokes within you the vibration of feeling ... motivated ... inspired ... passionate ... not simply to tease you, not simply because it is a random emotional response ... but because it is your *inner core*, expressing in no uncertain terms, "**of these choices ... this choice is most me**" and as you say in your vernacular, you feel most jazzed about *that* choice.**

## Your Purpose in Life

There are certain distinctions that we wish to review, regarding the idea of "excitement." Often individuals will ask either each other or ask us "**what is my purpose in life?**" And this seems to be a very popular concern that you discuss, "my purpose." Allow me to now reveal that **your purpose in life is *whatever excites you the most, that you can act on with integrity.*** The integrity part is *very important*, and we will discuss that in a moment.

## Overall Excitement

Allow us to differentiate that your "overall purpose" ... the thing that stands out as being *most* exciting, *most* motivating, *most* inspiring, creating the idea of passion ... can be understood to do so, because it is the purpose through which you have expressed your Physical Being.

However, if it seems that you are excited, overall, most excited about one thing, that is not your entire purpose, though it is a focus function of your purpose. Allow me to explain.

What we have just discussed is the idea of the thing that *excites you the most* as being, not *the* overall purpose, but *an* overall purpose in your life. Many, in fact most individuals create more than one overall purpose.

Let us distinguish this from your moment-to-moment excitement.

## Moment-To-Moment Excitement – Uniquely in the Moment

There is also the moment-to-moment consideration in that in each and every given moment, there are choices

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available that are *unique to that moment*, different choices than you've ever had, different choices than you seem to have just had, and different choices than you'll have in but a moment's time.

And so, *in each and every moment* in linear reality, *there is a unique set of choices, a set of choices that is unique to that moment*. Of those choices, one (or perhaps more than one, but a finite number of them) will always stand out as being *more* compelling, *more* exciting, and this is also your purpose your moment-to-moment purpose.

**Your overall purpose is the combination of the thing that seems to excite you the most and anything that excites you the most from what's available in any given moment.**

Now often these two things (the *overall thing(s)* and the idea of *the thing in the moment* that is most exciting) can seem completely unrelated ... in fact one may actually seem to be a "sidetrack" of the other. What allows you to understand that they are not opposed, or contradictory, is the *commonality of the excitement* about them.

And therefore, what I am clarifying is that whatever excites you, that you can act upon with integrity in the moment ... no matter whether or not it seems to have anything to do with the overall thing(s) that excites you the most ... it is absolutely essential for THE thing that excites you THE MOST, or it wouldn't also excite you. The excitement itself tells you, "Of anything that is available to me right now that I can act upon with integrity, *this choice* is the most representative of who I am, therefore this is also an expression of the purpose of my whole entire life" and so therefore you can use the excitement as a tool of alignment.



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### EXCITEMENT WITH INTEGRITY

(What we do and do not mean by integrity.)

Now we have mentioned several times in this interaction the idea of acting upon that excitement *with integrity*. Allow me to explain a little bit more concisely what I mean by "integrity."

Allow me to start by saying what I do not mean by integrity, which is the moralistic connotation of what integrity can mean. When you interpret integrity in terms of given morals, then you will understand that integrity can vastly vary across the board in that the morals of the different factions of your society can sometimes be completely contradictory. So, there is no true, underlying, moralistic integrity that is *the* integrity for everyone.

What we mean by integrity is the understanding that you are consciousness, an Infinite consciousness ... expressing yourself as a Physical Being, and therefore everything that you experience as a physical reality exists within you and is one thing with you, is an expression of you.

What we mean by acting with integrity is incorporating the foundational understanding that **EVERYTHING IS ALL ONE THING, one INTEGRATED WHOLE. You can express integrity by treating everything, and everyone as part of one integrated whole**, and by expressing *that*, you are expressing the embodiment that your most integrated actions include the idea of that "integration"... the inter-related nature of everything in reality, the "holographic" inter-relationship of all things in reality. If you truly understand that everything is all one thing then integrity is expressed by demonstrating a respect and reverence for *all* things. Integrity is expressed by remaining cognizant and vigilant of all of your agreements. And although

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agreements can certainly be renegotiated, in expressing integrity, this would not be done unilaterally.

So, understanding that reality is one integrated whole that you are expressing within you, "integrity" ... acting with integrity, expresses itself as being mindful that everything is an expression of you, everything is an extension of you, everything is a reflection ... from you and to you.

And therefore, the attitude that accompanies that knowingness of oneness is again a certain respect, or validation for whatever is going on. And when your actions are reflecting that validation, they take on what you refer to as ... "a positive and inclusive tone and posture."

So, it may seem like functioning with this definition of integrity does create a "moral" structure, but that is not what we mean when we say it. When we say, "act with integrity" we mean **act with the underlying understanding that your reality is an integrated whole, and treating everything with the same respect as you would demand yourself.** For it is *all* you, treating yourself, interacting with yourself as seemingly an external reality. And so therefore, from choices that are available if something stands out as being exciting, either ... you will find that you can act upon it with this understanding of integrity and express the knowingness, the compassion, the unconditional lovingness that you yourself wish to receive ... or ... you may understand that it excites you, but acting upon it at this time would clearly be out of your integrity.

And this is a very important distinction in following your excitement, if you factor *out* the integrity, you can create the ideas that you refer to as ... "selfishness, self-centeredness, running amok, or simply being hedonistic."

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If you factor *in* the integrity, you are always acting from your center, using the feedback of the discernment of excitement to allow you to see who you are in any given situation and then acting as an integrated Being, expressing that excitement in physical terms.

And so, what we mean by factoring in excitement is to use the excitement and the ability to act upon it with integrity, to assist you in any given moment to formulate and to re-establish or re-state your decision. For when your decision is, "I am a Being that expresses myself fully, with integrity, with unconditional lovingness to myself and others, because that is a function of integrity," then you will understand that the output using such an attitude as the foundation is *always*, only *positive*, and no matter whether that action may seem like the societal norm or not ... it can only add unto you and your experience, and it can only add unto any other individual who comes in contact with you, because it is an expression of who you are, in the most positive of terms.

Using your excitement is truly quite simple. You can always easily discern what excites you, if you are simply willing to say, "Alright, this is a moment with unique choices, here are what the choices are, this one and this one and this one stand out as being most exciting. One choice that is most exciting does not appear that I can act upon it with integrity, so, I'll push that aside. These two remaining choices appear that I can act upon them with integrity, ah, I have two ... but only one of them is *immediately available*." That is what lets you know that the timing, the immediate availability, can also be factored in, in choosing with your excitement and "**fun**-ctioning" (pun intended) with that excitement through your integrity.

So, what we are introducing is literally a *barometer* of who you are, both "overall" *the* thing that excites you *the* most,

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and the moment-to-moment-to-moment (*from what is available*) choices which stand out as obviously being more compelling. We bring this up, to put the icing on the cake of understanding that, although you may express yourself in many, many, many, many, many, many, ways as an Infinite Being through physical means, that you actually have the option to express yourself naturally ... flowingly .... joyfully ... purposefully ... effectively ... productively, while still being willing to honor who you are fundamentally to the greatest degree.

For in *not* denying who you are and being willing to express who you are fully, you then become of the greatest service to other individuals who will use you as their reflection in their consciousness, for what they are exploring. And this allows individuals to see that, "Yes, I understand that I can function randomly with haphazard results, but also I see individuals who function purposefully, with positive results, not necessarily always what they expect, but always manifesting positive outcomes, nevertheless."

And so, you do yourself the greatest service by being willing to express who you are with, as you say, "no holds barred." You do everyone else the greatest service, because in expressing yourself that clearly, you allow them the opportunity to see an example, an expression of clarity, of purposefulness, of joyfulness.

And so, always, in any given moment, it can be completely as plain and obvious, as you say, "as the nose on your face" just which of the options stand out as being most exciting, that you can act upon it with integrity.

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### THE SHELL GAME

#### THE NEXT LAYER

("Well, I still can't even determine what excites me at all.")

One last thing, before we proceed to what you call the "interaction." Individuals will sometimes play, perhaps you can call it "the shell game" with their overall excitement. In other words, they may say, "Well, I don't really know what excites me."

Allow me to say that this is never truly the case. Perhaps you have allowed yourself to be talked out of what excites you. Perhaps you have used excuses like "it's too late", "I am not equipped or expert enough" to deny what excites you. Perhaps you have taken the "weight of the words of others" to allow you to make the decision that what excites you is not valid or important, but always, always, *always do you and only you know what truly excites you the most.*

When I say this, this will generally "turn the key" for many individuals to say, "Well alright, yes, I do know what excites me and I had not wanted to acknowledge it because then I might have to do something about it."

Though there are still individuals who will play the next layer of the shell game of saying ..."Well, I still can't even determine what excites me at all."

## THE MAGIC LAMP

### "BUT NO ONE EVER SAID I COULD DO THIS"

("But perhaps ... just perhaps ... maybe ... it is possible.")

So, allow me to offer up what you call the following "tool" for individuals who feel that they do not have direct access to knowing what excites them the most. And this direct tool can simply be called, alright ... "The Magic Lamp."

And the idea is to simply ask yourself, "If I had a magic lamp and could rub it and make the wish to be the person I truly wish to be, who would I be?" Often with the idea of "the miracle" of the magical Genie in the lamp you will allow yourself to drop your guard ... drop the excuses and truly expose to you what it is that excites you the most with "no holds barred." Then you can look at that and "test it" to see, "Well, yes, this does really excite me, doesn't seem like something I can really do necessarily, and that's why I couldn't acknowledge it, but *it does excite me.*" And now you know.

You will find that the moment you are willing to validate that something truly *is* the most exciting thing for you, you will find that your attitude in that moment will already shift. And you will begin to entertain the idea, "Well, no one had ever said I *could* ever do *this*, but perhaps ... just perhaps ... maybe ... it is possible." And that is the beginning ... *deciding to be excited*, allowing yourself to be excited, at which point you can choose to factor in, moment-to-moment-to-moment, excitement into your decision.

To apply this to a real-life circumstance, a series of choices, comes along and you say, "Alright, I am this person, I am this type of person" (whatever parameters you plug into that). When you notice which excites you the most, you can embellish that decision to include the idea of the thing that

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excites you, "I am this person who likes to do this particular thing." And the excitement allows you to further define and "home in" on who it is you are.

At first it may seem as though you are seeking, searching, "Alright, from these choices, which excites me? ... which excites me here? ... which excites me now?" But this is only because you have denied yourself this vibration as being frivolous for so long. Once you begin to consciously decide to discern what excites you from the choices available and begin to do this consistently, you will find it will become quite automatic. You will simply know "*there's the exciting thing!!!* I don't even need to know the other choices." You will quickly become an expert at always knowing what excites you the most in any given situation.

And what this discernment of excitement creates is a moment, to moment, to moment *connecting of the dots* that all together creates the picture of the overall most exciting thing.

And though one particular set of dots, and lines between them, again, may appear to have nothing to do with the *overall* exciting thing, when you step back and look at the whole picture you see those dots, and the lines that connect them, were essential, the picture would be incomplete without them. The moment-to-moment exciting things become virtual stepping stones to the overall most exciting thing. While it is not always initially obvious where the first stones will lead, later it becomes obvious that they all formed a cohesive path that takes you directly to the overall most exciting thing.

And that is when it becomes more evident that certain things that excite you *in the moment* that you can act on with integrity, are actually utterly *related and connected to the most exciting thing* (no matter what the apparency is). It will become

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apparent that all excitement is the fragmentary expression of the same one thing.

And so, if it is necessary, if you are denying to yourself what it is that truly excites you - rub the lamp, make the wish, watch for what you "wish", and learn more about who you are from seeing what you choose (only ... you ... truly ... know ... you).

*If someone else tells you who you are and you then fulfill that prophecy of their version of who you are, it is not because they have defined you, it is because that at some point, in some given moment, you have made the decision of agreeing with their assessment.* And in trusting that decision and acting that way, you put out the expression that seems to confirm, "They were right, they knew me better than I knew myself." But that, I remind you, is not possible. You know you the best.

And your excitement is your "number one key" to truly and authentically knowing who you are, is your key to allowing choices to stand out in relief from the rest of the choices in a very obvious and serendipitous way. So therefore, if you are willing to always **factor in your excitement**, then the process of conscious self-expression becomes immediately fun, immediately joyful, immediately exciting and invigorating, and do not miss this point ... immediately productive (no matter what anyone else says). And you will connect ... more ... dots ... as you begin to do this and to make it more apparent that you are being productive by *acting* on who you truly know yourself to be, in each and every moment, rather than someone else's version of who they think you are.

This is the way that we function as Beings, though again, *quite automatically*. We simply have this approach and do not even give it any thought, as you will not, once it becomes, as you say, "old hat."



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Allow me to share with you the that the main reason that we interact with members of your society is the "mere fact" that ***it excites us to interact with you***. We understand, from our point of view, that *you are an expression of us, and you are a reflection to me of my own consciousness*.

And so, when you say something, particularly something that I do not expect, I immediately learn more about myself. Since one of my purposes is to know as much about myself as possible, I find this quite exciting!

I thank you for allowing me to express my excitement and the collective excitement of members of my civilization, in this, perhaps you can call it, quite "unconventional" manner, this channeling format.

I thank you for the honor of your willingness to share your version of your consciousness with us.

For again, we grow and learn that much more about the Universe, and therefore that much more about ourselves. And this is a great gift that is not taken lightly by us, and we utterly thank you for it.

In return for your willingness to express who *you* are and include us in the picture, I thank you and ask you how, through sharing, we may be mutually of service to each other.

Sharing!

## A DECISION

### "BUT IT'S NOT PRODUCTIVE"

(Tell that to the chipmunks!)

Q- I have, with what you were discussing, I have some *problems* with ... in my life, as far as purpose and like ... words you use that ... you know as far as productive, being productive with excitement. Some of the most exciting things to me are, maybe it's the definition, maybe we have different definitions of "productive," but so much of my excitement comes from things that, at least people here, generally in my society would not consider productive.

Elan- Alright, then let me address that first of all by saying that a *problem* that you seem to think that you have, is simply a situation that you have not yet allowed to transform. So, no problem at all, simply a matter of realigning, redefining who you are. Understand that the notion is generally put forth, that, "If I do what excites me, it will be frivolous and non-productive." And so, what do you then do? You *don't* actually act on what excites you, you constantly *think* about what excites you, and so it seems to constantly be the same thing that excites you.

But when you are willing to commit yourself *in action* to the things that excite you (and I remind you, acting on them with integrity) then you have done that thing, and whatever it *produces* will be obvious, and then often now that you have done that ... you open up your vision to see the *next thing* that excites you. Simply, honoring the idea of what excites you and acting on it has a result, *plays out*, "now that's over with", and that puts you in a new position to see *new* things that were not visible before that might excite you now that you have been willing to act upon it. So, much of what you are sharing with me in the form of "reservations" about this, has simply been an

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unwillingness to *do* that thing, see what happens, and then move on to the next thing.

Do you wish to be more specific about something which may excite you, in that sense very much, that you feel might not be productive or which you may have a rigid definition of what productive means, if you were to do that thing?

Q- Well, I think what I'm trying to say is I can do something, you know, I'll give you an example ...

Elan- Alright, please do, thank you.

Q- You know, when a chipmunk eats seeds out of my hand or a bird eats seeds out of my hand ... that excites me, and I want to do it again and I want to do it more.

Elan- And why would you not do such a thing?

Q- But it's not productive.

Elan- Oh, tell that to the chipmunk! Is it not obviously productive, does it not bring you both joy, does it not enable you to express yourself in a way whereby you can understand the integrity of all things by seeing the harmony in what you call "nature?"

Q- Well, definitely.

Elan- Now, are you speaking of waking up and feeding chipmunks all day long and doing nothing else?

Q- No, because there's too many other things that excite me, but I think my basic point, I don't want to say problem again [laughter], but challenge ...

Elan- Situation.

## Your Power on a Plate

Q- ... is that the things that I love to do, the things that excite me ... *do not make money*, they do not make money and I can't find that thing ...

Elan- I understand what you are saying, fundamentally, I understand what you are saying.

Q- It annoys me, ah, this push for us to find our purpose ... that we have to have...

Elan- By the way, you are the only one doing the “pushing”, no one is pushing you to find your purpose. But the idea is, once you recognize the things that are right in front of you as standing out in relief and acting on them, you create new results ... those actions create new results. Those particular new results may not be “money,” but they create results that then change and enrich the choices that are right in front of you. And when you do this consecutively, the *entire* set of choices in your life changes. And if money is what you will need to continue to express yourself most fully, you will lead yourself, though continuing to follow your excitement with integrity, into a series of more new choices where the most exciting choice will eventually be lucrative ... but not by denying your excitement where it is obviously evident and always doing something else other than that excitement.

You open the door to who you are by *taking the first step*, by seeing the thing that is exciting, not placing conditions that it must make money, leaving yourself open for the fact that the money would be nice, but committing yourself in action to that thing and allowing it to produce a result. That result produces a new choice. Generally speaking, those new choices will most often lead to what you call that type of abundant expression “money.”

## Your Power on a Plate

But by *not* being willing to take the first step ... you never produce the new results that allows you to see the changing choices. So, I understand when you are speaking to me from the position of not having taken that step, it may seem that what excites you will never make you money. But I remind you, what you are fundamentally talking about, rather than putting it in terms of the symbol of money, is actually *support*.

Often you will refer to this as "support from the Universe" ... because you externalize the idea of where the support comes from. And you may observe that doing the things that don't excite you, you can still support yourself, or "the Universe supports you" and you will then for some strange reason assume that what does excite you, what *is* an expression of who you are, could possibly support you any less. When in fact, most literally, it can only support you *more* because support is simply creating the ability to continue to do those things, to do what you need to do, when you need to do it, *effortlessly*.

And so, we are back to the idea of being willing to even entertain ... if you wish to choose to play it as a game the exciting things, from where they are obvious, from where you are sitting right now ... acting upon them with integrity (which is mindful of what you call agreements with others, for they are an expression of you and you have an agreement with them, you understand that the integrated approach is to honor or re-negotiate, but not ignore) you will find that these things *will* be productive. Sometimes they may simply seem, and I am being facetious in saying "simply", to produce joy, to produce feeling good, which then puts you in the frame of mind to choose from the next set of choices, perhaps the next set of chipmunks.

Q- I'm really good at that, you know, and that ...

Elan- Do you understand what I am saying?

## Your Power on a Plate

Q- Oh, I mean, yes ...

Elan- Do you understand the idea, that what is causing the confusion for you, is *not having taken the steps* to simply see the bottom line is you're going to do something, if you choose and it's according to obligation and perhaps you can say, lack of joy and commitment, you know you will get some type of response ... what you do not know yet, and what you have not allowed yourself to experience yet, are the results of allowing your reality to be obvious in that the things that stand out are the most exciting and therefore efficacious things ... even if they do not seem at first to appear so on the surface.

And this is where paradox enters into it. Many times, the thing that excites you in a moment may actually seem *counterproductive*. If you can act on that with integrity, it will never actually be counterproductive. If you find that you cannot act on it with integrity, then *there* is your sign that perhaps it would be counterproductive. So, the integrity, acting upon it with integrity, is the key, is the distinction.

By the way, some individuals simply think that this is "too good, too joyous to be true", but that is a decision as well. You are going to choose, you are going to decide anyway, "I am this person", you're going to trust that decision and you're going to act, you're going to produce a result ... and so no matter what happens, you are going to, and have always been and are continuing to, use the mechanism we are speaking of.

By factoring in *who you are* deep down inside, who you know yourself to be at your core, your passion, your inspiration, your commitment ... how logically or conceptually could that possibly result in a diminished return?

## Your Power on a Plate

Husband- I think what she's talking about especially, is the built-in belief structures in our society which are so strong and are constantly reinforced.

Elan- Well thank you, but do understand, that all they are, again, are not the *voices* that talk to you, but they are the *choices* that you choose and decide.

So, when you say to me, "well, it's the societal beliefs", you are attracting your notion of societal beliefs having any influence ... and then you are either deciding to embody those beliefs, or not. For again, I remind you, a belief is not something that you *have*, "I have this belief and I do not have the opposite belief." And looking at belief that way is *very limiting* and makes it quite difficult to change your beliefs.

More accurately, you are Infinite and contain it all, so you contain all beliefs ... *every single belief and its opposite*, and the result you get is according to which of those beliefs you *express*. And this is where conscious decision, trust and action allows you to express your beliefs consciously, according to preference with your own sense of discernment factored in. Anytime you seem to fulfill the prophecy of "everyone knows" (whatever IT is that "everyone" knows) *you decide they must be right, then think and act accordingly*. Does that make sense?

Husband- It's giving your power away.

Elan- It is using your power in a way that feels disempowered. But believe me, you never give it away, because there's nowhere to give it to.

Q- Well, I feel that with what you were talking about before that I'm good at that moment-to-moment deciding what excites me ...

Elan- and acting upon it?

## Your Power on a Plate

Q- I ....

Elan- The *action* phase is essential to see the change externally, because of your consciousness and the way it is focused it would appear for now that action is essential. So, it is not merely the discernment of what the exciting thing is, it is also the action ... seeing what excites you and acting on it with integrity. Putting out *always* produces a result and that is the productivity.

Q- Well, I feel, like I said, I feel like I'm good at that ... but I don't feel like I'm good at this "main purpose" kind of thing that we talk about, you know the main purpose that ...

Elan- Alright, what is it, when I ask you what excites you the most of anything that you can think of, right now?

Q- Right now?

Elan- Yes.

Q- I think spiritual growth and spiritual ...

Elan- Alright, I assume as you expand as a spiritual Being, however, you will be *doing* something. You will be somehow *expressing* that expansion in some way, in one of the particular ways that your society allows. What thing that you *can do* excites you the most? In other words, when you're already that spiritual Being (which, by the way, you are) what is it you will *do*? What is it you see your Ideal Self doing, so that we might examine it for observation?

Q- I don't ... I see so many things ...

Elan- Pick the one that seems to stand out as most exciting.

Husband- Can you give her a hint?



## Your Power on a Plate

Elan- Absolutely not, it would defeat the purpose entirely and yes, I could, but I will not.

Q- I really can't think of one.

Elan- Alright, then name several ... for the purposes of, again, demonstration, name three things that are very, overwhelmingly, exciting to you.

Q- Okay, ah, going on journeys in my mind with animals...

Elan- Alright, number two.

Q- Gardening, a flower garden.

Elan- Number three.

Q- Um ... reading or writing about these things.

Elan- Alright, two of the things that you named bring, at least to my understanding, are things which do, literally, allow you to make money upon your planet ... what you call "writing," what you call "gardening." And so therefore, even in but being willing to take but a moment of your time (and you can certainly go more intimate, if you are willing to open up to yourself in your own private space). Generally speaking, of the things that you named ... the idea of mind journeys, we would factor out. Now not in terms of the fact that we are saying "do not do this," by all means, it brings you joy ... but that is not truly what we mean when we say action.

That can be a way to enjoy yourself by all means and will also be productive, but there is nothing you can do about it, except perhaps lie down in your bed, or meditate in your chair. The other two would be better examples, gardening, writing and in fact there are, as you say, "opportunities" upon your planet to even make money in what you call "reading."

## Your Power on a Plate

So it depends on what degree you are willing to define what excites you, lay it out on the table, look at the possibility ... and you may find, when you find one thing that truly excites you the most that you can immediately take an action and do something about it, because one of the choices in the moment would be to *act upon* that. If it is, by all means, do that thing ... that is your arrow, that is your signpost.

Though, if it is not immediately available (say for instance, you choose writing and there is no pen and paper available and you cannot get one immediately) you can push that aside, understanding that it is very exciting to you, but realizing there is a unique choice in the moment that will actually enable you to do the writing later that is important ... and is in fact an important prerequisite to doing the writing, right now.

And so, it still comes back to being mindful of the most exciting thing, but if you are not able to act on it in the moment, being willing to act on what is available as being most exciting with integrity, producing a result and then looking at your next set of choices ... choosing something ... doing it ... then looking at the next set of choices. And again, many of the actions that you perform that have a result, will then provide new choices. All this is, is an alternative approach ... using a mechanism you already embody and live in every given moment. Do you feel that you *deserve* what excites you?

Q- Oh, definitely.

Elan- Alright, then all the factors are in place, if you are willing to but factor in one more thing and that is your excitement. Does something else come up or is this of assistance?

Q- No, that was good.

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Elan- Alright, you don't sound that excited about it and in fact, being excited about excitement itself is a very positive first step.

Allow that to roll around if you will, and if something else comes up as being a question, by all means, chime in, alright?

Q- Okay, thank you.

Elan- I thank you.

## Your Power on a Plate

### **TAKING A WALK**

#### **AN INSIGNIFICANT CHOICE?**

(As essential as anything else you will ever do.)

Before we continue ... allow me to say the following.

Often, in a given moment, the unique choices that are available may seem, perhaps if you are comparing it to some overall picture, as insignificant choices that could not possibly as you say, "lead to anything fruitful."

The idea is, that *no matter what those choices are*, in each and every moment one or more will stand out, at least one will draw your attention, and though they may seem trivial or they may seem as though, "The only things that I have a choice to do right now, could not possibly yield anything," still, using your excitement to choose from what *is* available, no matter what it is, allows you to remain in action, in alignment with who it is you say you desire to be. And so therefore, the choices can present themselves as things that you may generally refer to (or societally refer to) as "mundane," you can take a walk, you can, as you say, read a book, take a ride, take a drive, feed the birds or the chipmunks ... whatever.

Understanding that if taking that walk is the most exciting thing that you can imagine from those options and that you are able to take that walk with integrity, that the walk itself, no matter what it appears on the surface, *is* as essential toward your reason for expressing yourself as a Physical Being, as anything else you will ever do because it's all one thing, one overall purpose with many different excited expressions and components.

And so therefore you need not in that sense say, "Well these choices are all trivial and therefore it really does not matter which one I choose." You *will* make a choice; you will act

## Your Power on a Plate

upon that choice and perhaps the distinction here is whether you are going to allow that choice to be random (then producing a random result) or “purpose-full” ... “reason-full” where then you can only get some type of purposeful result. And you will notice, using the example of taking that walk, that if that is the most exciting thing to do, it would behoove you, to keep your eyes wide open on that walk, to be willing to be receptive for whatever results from making a decision, trusting that decision and taking that action, again particularly if the foundation for that decision is the discernment of your excitement. Taking that walk will inevitably yield something you *did not expect* and will inevitably lead to some other *new option* into the pile of options that was not there before.

And this idea, getting results that provide new choices and new options, is why you find that when you are willing to honor who you are and express yourself as that Being fully, that the rate at which your life transforms is what you call “exponential,” for you continue to get results based on actions that are a complete reflection of who you know yourself to be. And so therefore, those results are also reflections of who you know yourself to be and again, get added into the stew of choices in the new moment.

Simply, in that sense, we wished to make that degree of distinction, because that is the degree to which you can apply you, which is what your excitement is, it is you allowing yourself to be most fully cognizant of who you are in that moment, with what's available. As you say,

“Nuff said about that.”

Sharing!

## Your Power on a Plate

### **PURPOSEFULLY MAKING A DISTINCTION**

### **WANTING OR CHOOSING? DECIDING TO BE HAPPY**

("My question ties in very much with the theme of the evening.")

Q- My question ties in very much with the general theme of this evening. Once I ask the question, please allow me 2 or 3 sentences to explain where I am on the subject. The question is, "how do I most effectively manifest what I want in this life?"

Now let me say that I very much honor and respect the inputs I've had and that is: certainly don't focus or put energy into the negative, don't put energy and thought into the lack of what you want ... do the positive thing and put your energy (like every day) into, here's what I want, here's why I deserve it, here's why it makes sense to me ... fine, and that all sounds pretty good to me.

Okay, but I've recently had another idea, and the idea is that there's sort of a subtle difference here, in that identifying and focusing on "What I want." ... and the vocabulary sort of makes playing, in a sense "I don't have it now" and therefore I am focusing and putting energy in "I don't have it" and that that's the lack of it, that suppose instead, I said, more like an affirmation, "I choose to be whole and healthy. I choose to have great abundance. I choose the relationships that satisfy me."

Would that be more effective?

Elan- Absolutely wording it in the positive is the shortest path to manifesting it, that aligns you to the positive choice and that is the idea. Stating it as to who you are *not*, constantly stating who you are *not*, still places emphasis on the thing itself, as though the Universe does not hear the "not." Saying for instance, "I don't want to be sick", still focuses on the "sick", whereas "I am healthy" focuses on the health. Therefore, these

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overall ideas are a very constructive way to remain focused on the goal, on the prize, and again with *that* approach and focus as a foundation, be mindful of the things that stand out as being exciting to act upon. That is merely the foundation.

It is the actions that you take from your excitement with integrity that then would seem to *move* the reality to have that be in present time, rather than off in some distant future. But those are the qualities that would allow you to attract it most quickly, primarily the idea that you are *already* whole, and that whatever or whoever you attract will be a reflection of that wholeness ... as opposed to individuals who think of themselves as half a Being who needs to attract the other Being, their so-called "other half" to be a whole. But even in that way of expressing yourself, the emphasis remains on the incompleteness, or lack of 100% wholeness.

The faulty logic in that approach is that one then always attract the person, place, or thing from a foundational feeling that they are incomplete and so the person, place or thing can only reflect back to them incompleteness ... the foundation with which they attracted it. So, stating yourself as already whole allows you to, in that sense, express that wholeness and attract reflections of the wholeness rather than the sense of lack.

Q- So that difference in words can make a difference, that it's better to say, "I choose" rather than "I want"?

Elan- "Choose" is the more empowered statement. "I want" implies built into it, that it's something you don't have and therefore, because you don't have it that you must be, at least slightly, incomplete. "Choice" is more definite, choice is more intentional, choice is what you make anyway. Because I remind you, do not let this confuse you, simply listen to it and allow it to seep in.

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"I *am* complete" and "I *am not* complete" are *both* true, they're *both* realities, they're *both* options, they both exist within the Infinite potential. You get to choose either one, because both are true in the ultimate sense. The one you decide is the one you'll experience because that's the one you'll express. Focusing on I *AM* complete is the more powerful of all of these statements, even more powerful than "choose." But "choose" still expresses that power, your power to decide.

You cannot escape the fact that they both exist, and it is *your strength* that they both exist, not your weakness ... because the more options you have, the more you have to choose from. And so therefore, which one will you express? "I am incomplete, or I am complete" ... and it will be up to you to decide.

In saying, "I choose," you are very purposefully making that distinction, creating that decision, and that is, again, the more empowered way to go about it. I will not say "better" ... simply more empowered.

Q- But "choosing" puts forth the idea that that's who I am right now...

Elan- ... "because I choose it" ... and I will choose something anyway, so why not choose the thing I prefer to be and then have my actions be consistent with that choice, so then, "I *am* that person."

Q- You've confirmed what felt "better" to me.

Elan- We have simply described the idea of why choosing something from the positive is more empowering and pointed than not wanting something from the negative and thus to keep reminding yourself of the thing that you *don't* want.

Q- Or reminding yourself that you want something because you don't have it now.



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Elan- Yes, but when you “get” that thing ... what is it you imagine that you will be that you are not already now? Perhaps one of the things is "happy." Alright, why not build happiness into the decision, rather than having everything being a series of actions to "become" something that you are not. You might as well decide, "I'm going to be happy right now, and so before I do anything, allow me to gauge my actions so that my actions are reflective of a happy point of view, of an already happy disposition." "So, I was about to do this certain thing is that a type of action which is reflective of happiness?" YES or NO. It will be obvious. If it isn't happy ... don't do it. Find out what will be *an expression of the happiness*. If it is happy ..., do it. But the idea is, this is where you bridge the gap between the decision and the action and again it will appear to you that the actions are what make the difference.

Now perhaps in some conceptual way we will get into certain distinctions in future interactions, that the actions are actually not necessary. The reason that we do not do that now is because you are all functioning from certain assumptions, some of which are more deeply rooted than others and for now the "path of least resistance" in the way that you express yourself, is to factor in the *action*.

But ultimately, because you are an expression of consciousness, and we will be able to discuss these distinctions at a later time, actually shifting and making the decision is what really changes the reality. But I do not mean to confuse things by introducing that now.

Q- It's interesting to me that, to really use and go in accordance with the laws of the Universe, sometimes it gets a little subtle.

Elan- Indeed, but it's always your option to also relish the subtleties. Perhaps you can say they're the icing on the cake.

## Your Power on a Plate

### **IT IS A JOY**

### **WALKING IN STEP WITH YOUR POSITIVE DECISION**

(It will be a re-enforcement result.)

When deciding who you are and seeing the things that excite you and seeing yourself doing those things, also be mindful of what you feel in terms of emotion, in terms of the way that you look at yourself ... in terms of the way that you express yourself and interpret your reality and factor those emotions into your decision ... now.

You do not need to first do anything to become something else. You first become something and then you do something, and that is, mechanically speaking, the accurate order. In that sense, believing (or the belief that you express, because you contain them both) *is* seeing.

So, your willingness to express a certain belief consciously, according to preference will allow you to create the evidence that supports that decision. And so therefore aligning yourself to the positive as a choice, because ... you are the “transcendental observer” who will eventually say from the choices available, “I choose that one”, that is where your power lies.

And you always have the ability to gauge your response, your “response-ability” which is: before you act ... be aligned to who you are fully so that those actions are a reflection of that decision about who you are. Then the results of those actions can only also be a direct expression of who you are. Subtle distinctions? Yes. Difficult? No. New? No, you already do it, always have, always will in some form while you are exploring physicality.

And so, you have all the tools you need to express yourselves as full, Conscious Beings expressing your ability to

## Your Power on a Plate

create your reality consciously, according to preference ... according to desire. You have it all. There is nothing to gain, nothing to "become" that you are not already, except your willingness to acknowledge, choose and decide that aspect of yourself.

You do not *become* "happy" because something "*happens*." You *choose happiness* and then say, "I chose happiness because that happened" but ultimately, you *decided* to be happy at some point, and *that* is what produced the happiness.

Nothing is "dangling" before you like a carrot out of reach, unless you build into your decision," It's dangling before me."

This is the degree of control that you have over the expression of your reality. The "nature" of how you create yourself as a Physical Being will still give you what we call ... "the joy of unexpected outcomes" (outcomes that aren't exactly what you expected). But as you walk *in step* with your clearest desired intention, as you walk in step with your positive decision, unexpected many outcomes may be, but negative, they will never be interpreted as. It is a joy! "Ah, I wanted this result, but this happened instead, and I like this so much better!" That is what your relationship with the unexpected outcome will become. It will become a re-enforcement result. The unexpected result will always carry the "better" on its wings.

At this timing, allow me to once again and for the first time thank you for your willingness to express yourselves in our direction so-to-speak. We appreciate this beyond measure, more than what perhaps you are considering, and we feel the deep desire to express to you that. We unconditionally love you all and appreciate your willingness to interact with us in this, and in fact any, way. I thank you.



## Chapter Nine

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### ***Welcome***

**The door is open. Walk through, if you wish. Have a good time. Welcome to the edge of FOURTH DENSITY consciousness.**

At this timing, allow me to simply remind you of what you already know foundationally, and that is that fundamentally, you are not Beings that are beginning to expand. You are expanded Beings who are beginning to express yourselves in more and more expanded terms.

In the moment that you fully commit to who you are, decide who you are, trust who you are and continuously act in that way, you *are already being a conscious Creator* which is, in that sense, the definition of one of the main aspects of Fourth Density consciousness.

And so, you are not truly "Third Density" Beings moving toward "Fourth Density," most accurately you are a Being who is

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now treading on both sides, though at times still expressing yourself in slightly disempowered and unempowered terms. Perhaps in those instances you will understand you are taking the "Third Density" approach.

Often now, you are also beginning to express yourself in the more empowered terms, allowing the synchronicity of your circumstances to deliver things to you, using ... utilizing ... acting ... and putting into action what you know to be true for you.

You are then finally being "Fourth Density." And so, you truly now are, perhaps most accurately, "Third ... transitional Fourth Density" Beings, rather than either one alone.

Perhaps the way that this all may appear *at first*, is that when you are expressing your Fourth Density consciousness the dots seem to connect. When you are intermittently expressing your Third Density consciousness you have disempowered assumptions that lead it to *seem as though* the dots do not connect. However, they *still* do. And always when you shift back to your Fourth Density consciousness you will realize that what you considered to be the dots not connecting, was simply a long pause between two dots connecting.

As you begin to express yourself fully and consistently in Fourth Density terms you realize, experientially, knowingly, fully, that the reality that you used to assume you *existed within*, instead *exists within you*. And that you still choose to express yourself in time and in space, you still choose to have a distinctive linear experience, but you remove the ideas of "unconscious," "subconscious," "unpreferred" and negative outcomes. You remove the idea of it *happening to you*, and you live the reality that it is *all happening from you*.

So, I welcome each and every one of you to the edge of your Fourth Density consciousness, for at some point or another

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you have all already experienced and expressed that expanded state of being in your lives, and many of you continue to do so on what you call a "regular basis."

Simply, being willing to revel in your shift, revel in your change, see where you are now *being* the version of you that you've always wished to be, and also see where your opinion of who you wish to be changes (allowing *that* feedback to come in) will allow you to *continue* to express yourself consciously, fully, according to preference and desire ... actually *deciding* who you are, trusting that that decision has taken place and sticks, and then acting with the foundation of that decision (and those actions then seeming to bring back the positive effects of that decision) consistently.

Therefore, *you are already there*, and it is simply a matter of the idea that you more and more frequently allow yourself to acknowledge, "I'm already there ... I'm already that person" and there is nothing to simply do but acknowledge it and BE it. As you do acknowledge these ideas, *everything around you transforms*. Things seem less and less "mundane;" your perceptions, experiences and outcomes. What you call "miraculous" outcomes become the rule and not the exception. Things begin to happen that simply did not seem *at all* possible previously, and finally, you begin to literally "bend" time and space. Once you begin to emerge from the edges of the *confines* of time and space, almost anything becomes possible, and you no longer simply have *only* "linear" experiences. You begin to have transcendental experiences and you get to experience both options. At this point outcomes are no longer completely contingent on what you call your "laws of physics." And then things get really interesting.

Because we are always expressing the most expanded version of our physical consciousness, we *only* now walk in the

## Your Power on a Plate

Fourth Density. This causes our personal frequency or vibration to remain at a higher wavelength, comparatively speaking. This terminology of “higher” does not in ANY way infer better. The expression of a higher frequency is to have a physical experience that is more connected, more “rarified”, being more aware of the inherent Infinite aspects of one’s Infinite nature. This results in experiencing a greater sense of interconnectedness, community, collaboration, synergy and the emergence and evolution of tel-empathy between you and “others.” We *choose* to live our lives in bliss and ecstasy. We *choose* to be whoever we want, *choose* to do whatever we want, and we have the perfect atmosphere to express ourselves in whatever way is most natural, effective and passionate.

We have interacted with many other worlds and many other societies, and we do so on an ongoing basis. My particular “team” (for a lack of a better word, this is not precisely how we look at it) specializes in First Contact scenarios. We have a great deal of experience with this style of First Contact that is the most effective for *both* ends of this style of contact; ours, and yours. We have learned to approach worlds that have not yet ventured out into what you call “outer space” with a slow, measured, patient, gentle, unconditionally loving, synchronistic and flexible approach.

What you call the “channeling” phenomenon is a wonderful way for us to set the stage for possible eventual physical contact. We say “possible” because we do not insist that the contact *has* to happen if the majority of your world does not desire it. We approach a new society through channeling because it allows them to accept the *possibility* of our existence, while still maintaining enough distance and uncertainty about the authenticity of the phenomenon from your side, so that individuals who *are* ready can *ease their way in at their own pace*, while those that are not ready to accept



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that we exist, can still simply continue to think that *this is all nonsense*, and comfortably continue on with their regular daily existence. It's actually a very creative solution to allow for a very gentle First Contact to initialize.

Our guidelines for physical face-to-face contact are that we are ***invited by you en masse***. Your world is your own and you have to agree macrocosmically to invite our physical presence and interaction in order for us to reveal our existence to you in a physical way. We will not force our existence into your awareness. We literally have what you have referred to in your science fiction, as a "Non-Interference Directive." We *only* physically approach societies in an open way when we are invited by the majority. This guideline has served us well. When we first began to initiate First Contacts, we initially moved too quickly in one instance, and the results were not as we intended. We quickly learned that this channeling method of approaching, communicating through individual consciousnesses, is the most respectful, efficient, prudent, and comfortable way to feel out a new society for First Contact, in both directions.

One of the other reasons that we introduce options to expand yourself and raise your frequency vibration is that this makes any possible physical interaction between us more comfortable and pleasant. You see, when consciousness of extremely different frequencies come into proximity of one another, there is an interesting effect which can be quite uncomfortable (for both sides of the interaction but here we will discuss your side). When a consciousness of a much higher frequency comes into proximity with a consciousness of a much lower frequency the predominant effect is that the higher frequency consciousness quickly raises the lower frequency consciousness, in a sense *forces* it upward. As we have said before in our interactions with you, this is similar to two gears, one moving faster, the other moving slow, to instantly come into

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contact. In this case, the faster gear forces the lower gear to suddenly spin more quickly. This sudden forcing up of the frequency has an interesting effect on the lower frequency consciousness. The effect is that the lower frequency consciousness is suddenly and instantaneously “opened up” and this takes the form of many thoughts and emotions rushing to the surface, thoughts and emotions that the lower frequency consciousness have hidden from itself like a shell game. Your so-called “subconscious” ideas, memories, fears, and even denials all come rushing to the surface. When these notions are “forced” to the surface, this causes an overwhelming “flush” of emotion that often will be experienced as, what you call, *abject terror*. And even though there is *nothing* inherently dangerous within the interaction itself, this effect is very overwhelming to you, and can even be psychologically injurious to you depending on the state that you are creating your consciousness at that moment, if you have not first taken the steps to first raise that frequency.

This is another reason that we share our ideas with you. Should you choose to accept them, and we never insist that you do, you get a “leg up” in raising your frequency. In the process, you begin to make all of your previously considered “subconscious” ideas integrate into your conscious awareness. In effect, you empty your subconscious closet, which by the way, is just an illusory construct to begin with. And if you utterly embrace, embody, and express yourself fully, authentically, and consistently, you come close enough to our frequency that your coming into our proximity will no longer have that extreme effect on you, and instead the predominant effect will be that you will feel as though you are in a *dream-like state* when we meet. We know you will find this far more comfortable and desirable. You can choose to take our word for this if you wish. We’ve done this all before and it does work marvelously.

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Again, First Contact is not essential for us. We do not insist that we ever meet, nor would we experience “disappointment” if we do not meet. It is not in our nature. However, if you do invite contact societally, we find it most exciting, desirable, and delightful. In the meantime, we also revel in communicating in *this way* because to us, this is all VERY real. And we revel in whatever contact you do allow, as we all make joyous discoveries together from exchanging our many diverse points of view.

If it is to be, once we finally meet face-to-face and your whole world knows about our existence, things will change drastically “down” here. There’s no, as you say, “putting that genie back into the bottle.” Once physical contact occurs, you are simply in a new phase of your global awareness and experience and there is simply no turning back. And so, this style of a slightly removed first approach is an ideal way for us to “test the waters,” to gently ease our way into the awareness of those that are closer to accepting their more expanded and Infinite nature. In the process, this allows the individuals upon your planet that *are* ready to expand their conscious awareness, to begin to expand back into aspects of their Infinite nature, to have access to simple steps that can initiate that personal evolution, while still allowing those who are “wrapping up” their exploration of extreme limitation to move at their own pace. This is a very simplified version of what is happening, but it will do for now.

This allows us to introduce ourselves, our basic ideas, our vision of inter-connectedness and unity, and to introduce opportunities for expansion to any civilization that is emerging from exploring the more extreme aspects of physicality. These extreme aspects of exploring extremely limited expression of consciousness include experiences that you are quite familiar with: feelings of being separated from the totality of reality and

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each other, literally forgetting that you create it all, feeling emotions like loneliness, despair, depression, anger, self-judgement, resentment, frustration, anxiety, helplessness, hate, prejudice and the other so-called “negative” emotions. Once you expand and create yourself according to preference with integrity, these emotions will simply disappear from your awareness and direct experience, they truly become irrelevant. But you still have free will and can continue to explore them until you are ready, at your own pace and in your own timing, to finally emerge from being the “Masters of Limitation.” Remember to us, all explorations are valid and so we choose to only validate all manners of the expression of consciousness. And, as we have said, we admire the courage in you that it takes to explore the extremes of limitation.

So, you can see that our communication in this book serves more than simply one purpose. But ultimately you are only reading this book and noticing our presence because *you have attracted it*. You can only experience the reality that you’re being the vibration of. If you’re reading this and it resonates with you, you are completely ready to take the next steps in what appears to you to be the evolution of your consciousness. I remind you, once again, *that you are already complete*, and you are already fundamentally an Infinite consciousness. When you explore physicality, you take that *actuality* and create many *apparencies*. One of these apparencies is that you are born and that this is your beginning. You seem to “enter” this exploration, so-to-speak, having imposed a purposeful amnesia about your true nature. This allows the focused apparency that you “come in” as a “blank slate” which then grows and expands. This gives you the *illusion that you evolve*. But all of this is only relevant *while* experiencing the illusion. You finally get to the point in the illusion where you begin to wake up while still in the illusion, and this is what appears to you to be the evolution of your

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consciousness. We deeply appreciate that many of you invite us to participate in this apparent “phase” of your awareness. To us it is no less than an honor. However, once you invite us, we remind you of the true nature of the whole experience and remind you that you are not truly evolving, you are simply, in allowing the amnesia to subside incrementally, expanding into more of yourself. Congratulations, since you view this from your perspective as a type of rite of passage, graduation or commencement.

I thank you for your willingness in your expansion to utilize what you may refer to as my "stream of consciousness" for reflective purposes, and once again remind you that *you* are the originating source of light and therefore anything that you revel in, is only a reflection of yourself!

I bid you a most fond and loving good day, dream life and life dream ... see you soon .... maaaaybe.

*Elan*



## ***The Beginning....***

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# Acknowledgments

Part of my agreement to bring this material through was that I would fade into the background in the interim so that the attention would remain on the message and not the messenger. I have always completely believed in this body of information and my lack of visibility is not ever intended to suggest otherwise. My best validation and expression of this information is to *live it*, to “walk the talk”, not merely discuss it, and as a personal decision, not use it for personal gain. All of the sessions and the .pdf download version of this book (at [elaninteractions.com](http://elaninteractions.com)) are offered completely free of charge. Do feel free to print out the downloaded version, if you prefer the free version, it is now the complete volume. The only exception to this agreed-upon mandate of providing the material *au gratis* are the printed versions of this book, which have a cost to produce, and so are offered for sale online, if one feels the need for a physical copy of the printed book.

First and foremost, I deeply thank Elan and Anya. Anya is Elan’s counterpart, and she has been a largely silent yet significant participant during the entire process. Thank you for showing up, thank you for the ongoing revelations, inspiration, and support; and thank you for remaining available until this day. And naturally, thank you to your past selves, which are very personal and dear to me.

From my heart, I would like to express my deepest gratitude and appreciation to Maui Decker-Dahl and William Decker for their tireless work on compiling the original edition of this book. Maui dedicated so much time to all of the sessions from the first to the last. She was by my side throughout the whole adventure, always providing support, with unconditional love, laughter, and joy.



This edition is dedicated to her, with all of my love. These days she is participating from the other side.

So many people have been involved with these interactions throughout the years, and none of this would come to fruition without participation of each and every one of them. Of special note, thanks to Mary Anders, who in many ways, got me started on this adventure. Our initial gatherings at her house introduced me to many people that facilitated these interactions over the years, including my dear friends and family Barbara Ross, Theodore Hall (Theodorable), Cecil Minor, Bob and Carol Hill, John Heim, Vincent Liberti, Sr., Paul Beigel, and later, Tracey Anderson, Lois Hastings, Debbie Miles, Gary Morin, Tony Minervino, Kenny Lloyd, Frank Dixon, Mark Holland, Marguerite Carney (Firefly), James Riverstone, Martha Stone, Pia Vasanti, and of course finally, Darryl Anka and Bashar.

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And lastly, thanks go out to all those who participated in the interactions, whether in the original sessions, or in the present moment. The time is now for the gathering together of many like-minded people. If you find yourself here now, it is perfect timing. The adventure continues. I thank you all from the bottom of my heart.

*Andrew*



Although I am Extraterrestrial and therefore live on another planet, in no way do I see myself as better than you. I have certain understandings that many of you may consider more expanded than the common Earthling point of view, but it is no better, only different.

I take this opportunity to communicate with you at this time for several reasons. The most significant reason is timing. It is time for you to attract the type of information that I have to offer. Another reason is desire. You collectively desire to know more about yourselves as Beings and as Creators. I desire to tell you what I know. As a society, we already embody the ideas that I am about to share with you. So I know that what I say is so, and that it will work.

I do not, in any way, insist that you believe what I am saying because I am an Extraterrestrial. You can only prove our ideas to yourself by choosing to express them. I invite you to trust what you attract to yourself, and this book is no exception.



Life is a marvelous opportunity and experience and I intend to explain why this is so. We share a common experience with all of you. Although many of you still do not believe we exist, we believe in you. I intend to lay the groundwork for our eventual face to face interaction. I intend to share with you

many things about yourselves that you are only now awakening to as a global society. I intend to explain why and when we may meet. I will lay the groundwork for you to raise your frequency so that our eventual meeting will be most comfortable and joyous. Join me and celebrate who you are and why you've chosen to be here. Join me and together we will discover more about each other. I invite you to the interaction as an equal partner.