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# — THE — FREQUENCY

FULFILL ALL YOUR WISHES BY  
MANIFESTING WITH VIBRATIONS

LINDA WEST

# THE FREQUENCY

*Fulfill all Your Wishes by Manifesting With Vibrations*

by  
Linda West



**Forevermore**  
Publishing

# **THE FREQUENCY**

*Fulfill all Your Wishes by Manifesting With Vibrations*

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Hi everyone! I'm Linda West. Thanks for coming on this journey with me.

Congratulations — you found this book! Your life is about to change for the better.

Once you understand frequencies you will truly be able to dictate your life as you dream. Everything that seemed to elude you in the past, always had to do with the low frequency you created. Every time something good happened to you, it was because of the high frequency you held.

As you grow in understanding of what and how frequencies work in your life, you will be empowered beyond your imagination. The best part is anyone can do it. You don't have to be special or lucky. The law of frequencies operates in your life just like gravity. The abundance available for you is as abundant as gravity! Why shouldn't you tap into it and wield the power? After you finish this book I assure you will know exactly how to create the life you've always wanted. I was brought this information from the heavenly realm. I began dreaming and connecting with my guardian Angel who asked me to write this book for humanity. To bring joy and empowerment to the divine child that is YOU! I'm so excited to share this inspirational and life changing information!

This book is channeled by my guardian angel, White Eagle, and his channeled message about the Universal Science of Frequencies and how they work in the third dimension. This is a must read to understand the science behind what you are doing when you manifest your dreams. The understanding of this science will empower you.

I want that for you. I know you can do it.

I adore you. Let's go.

**MY INSPIRATIONS:**

With love to White Eagle, Sebastian  
and King David.

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# PRELUDE

Hi. I'm Linda West – nice to meet you! I couldn't teach you the science of frequencies without giving you the fabulously fun part about how to use them! As a gift to you I am including one of my best selling books – MANIFEST in 5 EASY STEPS as a bonus!

I'm going to tell you the formula my clients and I use to manifest quickly.

What is manifestation? Simple. Manifestation is channeling your wishes into reality.

After multitudes were made aware of the law of attraction by hits like *The Secret*, I noticed a demand for the “How To” part that was never mentioned in the popular work.

People understood and believed in its message, they just didn't have any idea how to do it! Just as the mechanics to riding a bike and actually *riding* the bike are two very different entities. That's why I wrote this book. To help you understand the true secrets “the secret” didn't tell you!

After this book, you will realize that you have been creating your whole life for the good or for the bad. You just woke up in the driver's seat – now where shall we go?

When I was five years old, I had a near-death experience. It changed everything about me. When I came back, I had a clear connection to the divine realm. I had a full understanding of the laws of frequencies at an intuitive level (we all do, but it gets slowly shut down as we grow into the matrix.)

About fifteen years ago, I started dreaming about triangles and math and time. I didn't understand the dreams nor did I have a passion for mathematics in anyway.

In fact, I hated math and everything to do with math. I was an English major mostly to stay *away* from math.

That said, when the dreams wouldn't go away I decided I better start keeping track of them and writing things down.

In my effort to understand, I started reading books that I normally would



never have read or have any interest in.

I read books on quantum physics, string theory, vibration and the Mayan Calendar. I ultimately began to formulate an understanding of the universal science of frequencies, which later would become my first book, *Ultimate Power, The Use of Frequency Attunement*.

I ended up winning a scholarship from famed cultural icon and scientist Terrence McKenna, based on my work.

I was asked to go into the rainforest with top scientists from around the world to do the research. It was a transformative experience, which led to my understanding of the universal science of vibration, which was shown to me in the form of frequency attunement. After the book was published I went on to lecture every month on the new science of frequencies.

With the information I received through my dreams and the research I did in the rainforest, I was able to develop a way to actually show other people how to step-by-step create a wish that comes true.

In my effort to simplify this process, I developed a

## **5 Step Formula**

For quick and easy manifestation.

When we are younger, we tend to manifest things naturally because one of the most potent parts of the process is loving something and having passion for it. We have a lot of that as children and less of it as adults. So, cultivate those childlike moments – they bring you wonderful things and reduce your stress too.

One of the things I really wanted as a child was to own a restaurant. I was so consumed with it as a young girl that I decided to open one up when I was six out of my basement in Buffalo, New York. I made a sign and put it outside on the snow bank in front of our little house and called it the "Blue Suede Shoes Cafe." I had daily customers despite the blizzard like conditions.

I look back now and wonder what kind of strange people were coming to a six-year-old's restaurant in her basement? But that's another research project. The real focus is that I was building up to a future manifestation with my creation.

Unfortunately I had reluctant landlords *i.e.* my parents didn't like me running a restaurant out of our basement with my Barbie Burger Grill and Easy Bake Oven.

One little fire and they shut down my business, go figure.

Despite the fact that it was short-lived, I put that frequency out there and years later that frequency brought me my business today.

After I channeled the book on frequencies and began to apply what I knew on how to manifest, I started manifesting things in my life, and yes, one of those things was the restaurant I bought and ran with two of my girlfriends for eight years. I manifested the restaurant that I had always wanted as a child and I did it using the same technique I'm going to teach you now.

I did it with none of my own money down, heck I was a single mom at that time and barely had money for the electric bill let alone to go investing in a restaurant.

Remember, if I can do it you can do it.

I didn't know how it was going to come through and you won't know how it's going to come through but it will come in a beautiful, amazing way, and of that I can assure you.

If you would like a more in depth understanding of all these tips, they are available in my extended version of this book,

*Secrets The Secret Never Told You.*

I also offer many client stories of manifestation for you to learn from.

I would recommend reading the second part first to completely understand the divine science you are working with. It is the science of our sixth sense and very few books have been written with this information. Understanding frequencies is one of the most important lesson one can learn if they want to be the master of their own destiny.

That said – read whichever part calls to you most!

Enjoy:)

Let's continue getting you the things you want in life.  
I'm going to take you through some lessons on how to make your wishes come true. My Five-Step formula for manifesting the true secrets “the secret” never told you.

PART 1

**\*\*BONUS BOOK\*\***

HOW TO MANIFEST

IN

5 EASY STEPS

Mastering the Magic of the Law of Attraction

# CHAPTER 1: DECIDE WHAT TO WISH FOR

Your first step toward manifesting your dream is deciphering what really gets you excited and passionate enough to manifest it.

Figuring out what really makes you happy and what you really want in your heart and spirit might be the hardest part of the entire process of manifestation.

What is it that you could bring into your life that would truly make your spirit and your heart happy?

I urge you to go after your dreams. Little dreams, big dreams, passions and love. It will bring joy and a life of purpose and happiness.

Because people have so much resistance to even finding out what they really love and what would make them happy, I developed this simple exercise to help you.

Please take a moment to try this now and then write down afterwards everything that you get.

## Step 1: Exercise – Figuring Out What You Want.

- 1) Sit down in a quiet place and take three deep breaths, one for mind, one for body, one for spirit.
- 2) When you are comfortable and relaxed, I want you to imagine:

Imagine...

You were just given \$300 million dollars as a gift. Now check in with your triangle. Ask your mind what it wants to do with \$300 million dollars. Ask your body what it wants to do with \$300 million dollars. Now ask your spirit what

dream it wants to follow with the freedom allowed by that \$300 million dollars?

Now that you have all the money in the world.

What do you want?

## Dealing With the Three Judges

Now that you have figured out what you love and want to manifest, we have to go see the judges.

You have to be clear about what you want.

The reason you have to be clear is because you will not manifest what you want unless *all of three parts of you* wants it.

Meaning that sometimes we shut out voices we don't want to hear but are trying to communicate with us. In the *West*, we tend to listen primarily to our mind and not as much to the voices of our bodies or spirit hearts. What we manifest always depends on an agreement between the three parts that make up our whole.

Very often you will find some part of your triangle has resistance. Which means a part of you is unsure. Don't fight that. That voice is protecting you and looking out for an integral part of your happiness.

As much as you want to leap straight into your dream, sometimes taking single steps toward it is better.

Sometimes a dream takes steps. This is not because you can't manifest large things. The fact is, change is scary to most humans.

Big leaps mean big changes. Your life changes when things change. Things change when you change; sometimes jobs, sometimes friends, and sometime marriages....

Even when those things that change are for the better, it can still be scary.

When you go to manifest something, you need to realize that you're working with three parts of yourself.

Three little judges if you will; we have our own little congressional system and balancing act going on, except in our case, it's the mind, the body, and the spirit.

Whether you like it or not, you must pay attention to what each one of them is saying.

You won't manifest anything or pull it into the third dimension without all

three parts of yourself agreeing on it.

Ultimately you are using six dimensional geometry to do this so that it can manifest.

*In my practice, very often my clients get in their own way because they don't really want what they're trying to manifest.*

All three parts of you have a voice – and a choice – in what you create. You can't ignore any part of you.

### Exercise 2 - The Triangle Check

In my private practice, I have noticed the biggest problem people face in manifesting is by wishing too big.

In this process, you take what you think you want and run it by the three judges: mind, body and spirit.

Take a moment to check in with your triangle. How do you feel? How does your body feel about it, how does your head think about it, how does your spirit react about it coming true?

Is there any resistance?

Are all three parts of you ready for this now?

Ask yourself some questions and try to pinpoint the truth for yourself.

Can you scale it down in any way where you feel more comfortable?



## CHAPTER 2: GETTING INTO A HIGH FREQUENCY

So how are YOU feeling?

Are you ready to move ahead with your wish?

Are you so ready that if it came to you tomorrow you'd be totally happy about it?

If you truthfully answer *yes*, then you're ready.

Good, because we are going to go manifest it, and sometimes it happens right away. I very often have seen things manifest within 24 hours.

Then conversely, at other times, it takes a little while longer to manifest, because the pieces have to be put into place. But signs will show up quickly to show you that the message has been received.

Step one; you've identified what you wanted and made sure that all three parts of you are in agreement.

We are ready to move on to Step Two in the process of creation.

*Get yourself into the  
highest frequency possible.*

Like attracts like.

Good things come in on good vibrations.

To manifest the quickest, stay in the highest frequency possible all the time.

Do you know what a high frequency is?

High-frequency is anytime you're feeling good, like when you hear birds singing, or little kids laughing; whenever love is emanating from you, or you're bouncing off the walls with joy.

Simply put, the higher the frequency, the more divine, happy, and good it

feels.

The science of frequencies can get kind of complicated, but to simplify things, just remember high frequencies make you feel good so you should always move toward them.

Conversely, low frequencies make you feel bad *i.e.* sick, gaining weight, losing your job, mean people.

Whenever you identify a low-frequency, you should move away from it.

The way you move away from low frequencies is.... Well, if it's your mother-in-law. You can walk out the door, but vibrationally, you do that by raising your frequency above it by going to the next highest frequency you can get to.

The next simple part of frequencies you will have to understand is how frequencies interact with each other.

Similar frequencies are drawn to other frequencies like themselves. Like attracts like. Like frequencies attract like frequencies by the law of attraction.

To sum it up, everything has a frequency, but what we are looking for is the high frequencies. The high frequencies that make you feel good.

It's very important to launch a high-frequency wish or goal off of another high-frequency vibration.

Don't go practicing this technique when you're in fear, doubt, sadness, or illness. You have to wait until you get into an authentically happy place, or you somehow boost yourself into a fake happy place, which also counts as a high-frequency. What you're feeling is what you're feeling – it doesn't matter how you got there.

After you get in a high frequency, we do the exercise on manifesting.

Because of the law of affinity, remember to Make-A-Wish when you're in a high-frequency!

A few years ago I was in Big Sur. I was on a big tree swing in front of my friend's cottage. The swing was one of the coolest things I'd ever been on

because it swung out over the highway and over the beautiful valley that also overlooked the Pacific Ocean.

Every time I would swing out over the roadway, people driving by would look up and be totally surprised to see me, and wave up to me because it looked like I had fallen out of the sky.

This for some reason made me ecstatically happy and joyful.

The whole child-like hiding then popping through the clouds and surprising people driving on the road was exhilarating!

I know what makes me happy might not make you happy, but I realized at that moment of silly joy: hello Linda, this is Make-A-Wish time!

I was so ecstatically happy I was hitting a very high-frequency! When you are in a-high-frequency is the time to send out your wishes. A high-frequency means it's Make-A-Wish time.

Make-A-Wish time identified, I followed up with the next steps. If you remember nothing else from this book let it be that every time you get in a super happy place, remember it's wish time – send out those wishes, baby!

As you'll see, like attracts like by the law of affinity, but it's what we *FEEL* that creates the vibrations that set up the pattern for the light vibrations to integrate with.

We FEEL things into existence in the third dimension.

We build a foundational house for the dream to manifest by loving it to ourselves with a high-frequency.

Ultimately we're talking about source key energy that you want to match up with or emulate. I found one of the easiest, surefire ways of getting into a high-frequency is to read comedy and watch comedy, and when you're laughing, you're officially in a high-frequency. Then while you're laughing...

I also use nature or doing something artistic to get myself into a high-frequency. If I'm not feeling up, a surefire way to raise my frequency is a hot yoga class. Begin to look around in your life and find what brings you joy, and become aware when you enter the special high-frequency moments.

When you have identified without a doubt that you're in a high-frequency

and it's Make-A-Wish time, then it's time to move on to Step Three and make that wish to the universe in the form of a movie.

## CHAPTER 3: HOW TO MAKE MAKE-A-WISH MOVIE

Now that you've done Step One and you are able to identify what exactly you want, and you've done Step Two and you find yourself in a Make-a-Wish high-frequency, NOW is the time to use this technique.

Wherever you are, excuse yourself for a moment, or if you're by yourself in a high frequency already then you are ready to go.

This step involves making up a movie in your head with real players, imagining what everybody would say, what you would be hearing, and more importantly, what you would be feeling. Some of the things you should be feeling if you're creating the movie realistically are joy, hooray, and OH-EM-GEE, *my wish is coming true right now.*

Your goal is to create such a believable movie inside your head by using as many senses and creativity as possible that you actually start to get excited about it as if it were real.

You actually attempt to fake yourself out.

You fake yourself into a feeling by creating a movie exactly as you'd like to see it playing out in your life, to the point that you get excited about the possibility of it, and the truth of it. When you actually feel excited or happy, your movie has been successful!

Now that you are feeling that realness of it, try to hold onto that feeling for as long as possible. Attempt to hold the feeling as if it is actually occurring.

The science on this says that you need exactly sixteen seconds to send out a frequency wave. Your goal is to feel that fake feeling of accomplishment and getting what you want for sixteen seconds or more...

As you're creating this movie inside you, what you're actually doing is

creating a vibrational pattern to send out to the universe that you want *MATCHED* (I.e. law of attraction, law of affinity, like attracts like) so in this movie, you need to use all parts of yourself. It's vital that you use all five senses to roll this movie in your mind.

Imagine it in the *PRESENT* tense: what exactly you want to happen. Imagine what it would look like if this little miracle, this wish, were coming true and it was taking place in your life right now.

Most likely the scenario you're creating is going to have other players, and it will probably involve people saying things to you like, "Congratulations you finally got the promotion!" or "That wonderful that girl is on the phone for you..." or even "There's somebody at the door who wants to talk to you about giving you that school grant."

It's going to be a fake movie you make up; only it's the movie you want to see take place in your life.

In the *PRESENT*.

I like to get in a private place and close my eyes, imagining it just like a Hollywood blockbuster.

The most important part of the whole movie is the feeling that it creates in you.

What you're feeling in your gut is the frequency-maker, which drives your manifestation and pulls in your wish.

Feeling joy for something is the *most important* part: it's how we create things.

In this case you are creating a fake feeling that will send out vibrations to pull in the real thing.

It is the art of believing as if it already happened. Some people will call this faith.

Once you are getting to the feeling place, and feeling good and excited, you will start to feel it slowly dissipate.

The fakeness will begin to show its ugly head. That's perfectly okay. That's normal.

Since we know that one of the keys to manifesting is how much energy, *i.e.*

how much feeling, that we put into feeling *as if* it'd just happened, we can conclude logically that the longer we can keep the feelings going, the more likely it appears.

And that leads us directly to Step Four.

## CHAPTER 4: HOW TO KEEP THAT LOVING FEELING

We have already identified the fact that the longer you keep a feeling going, the more power you put behind it. Those frequencies being sent out are going to find the matching frequencies, *i.e.* the stronger the frequency output, the stronger the attraction quality.

The next step involves keeping the feeling going. We need to keep the feelings from the movie that you made in your head, albeit the fake movie, revved up and powerful. As I mentioned, it takes at least sixteen seconds to form a vibrational wave pattern. The longer we can keep that pattern generating, the quicker it will manifest in your life.

To keep these fake feelings motoring up, we're going to use a little trick I came up with to extend the feeling so you have a stronger vibrational push.

This trick involves bringing in people that you love that will be happy for you if your wish comes true.

Jesus mentions when two or more pray together that miracles happen because the divine force joins them. I guess it's the Holy Trinity coming true, but once again we are dealing with the triangle.

Consequently, if you imagine that you're telling somebody who really loves you that your wish came true, and they connect to you in your wish, then you will enact the divine force of the Trinity and it will join into creating your wish.

The way you're going to use this is right after you accomplish Step Three and create the movie in your head. The movie gets you into the feeling of, "Wow this is awesome, this is what it would be like if it were truly taking place."

As I mentioned,

*Your goal is to hold that fake feeling as if, for as long as possible, at least sixteen seconds.*



As we know, this feeling will begin to dissipate, and when it does fade, this is when you *imagine* telling the story to somebody that you care about who would be happy for you.

Retell the story, and more importantly, relive the happy feelings and *feel* them.

You make the sensations real again for you, (remember, fake it before you make it!). Like attracts like – use that law of affinity!

For example, you might imagine telling your mother some great news – you got the promotion you were hoping for, you got the grant you were applying for, you got the date that you'd been dreaming of...imagine telling your mother or your close friend and envision how happy they will be for you!

While you are conjuring this, the feelings of their joy will combine with the feelings of *your* joy and rev up those feelings again which will create more frequencies. Whoopee! Try and keep it going for sixteen seconds!

At this point, throw in another good friend! Tell it to them to! Tell it to Grandma! Tell it to everyone.

“I’m so proud of you!”

“I’m so happy for you!”

And you? You’ll say, “I’m happy too! I can’t believe how lucky I am. This is the greatest day of my life.”

Bingo.

You’re smack in the middle of creating those feeling frequencies that are flowing out into the universe to get you those feelings for real. To get you what you want for real. All that joy and success for real, the ability to tell that story for real, to the same real people someday.

This is what creating your life is all about. Do not just go every day into what is dealt you like somebody on autopilot. Create your life; make it happen the way you want it to happen. I know you can do it.

## CHAPTER 5: RELEASING TO RECEIVE

Okay, we are rounding the bend to the last step and this truly is going to be the easiest.

To recap:

**Step 1** – We figured out what we really want.

**Step 2** – We've gotten ourselves into a high-frequency.

**Step 3** – We have imagined a movie in our head that made it feel real.

**Step 4** – We extended those fake feelings by pretending to tell somebody we care about.

We've reached the final step.

*Step 5 - Letting go with gratitude.*

So here we are, at the end, and you're about to manifest what you want. The last step involves letting go and being grateful.

It's very important to realize that things come in on frequency levels, so your only job from here on out is to stay away from any thoughts of worry that your manifestation might not come true.

This is where it gets a bit tricky and you're going to have to really go with your gut on the truth of this. If you're really just loved, jazzed, and passionate about something but not *worried*, then that's the best place to be. If you feel really good but just haven't seen anything show up, it is okay to quickly redo the exercises I just gave you.

If you're freaking out and afraid and think it's not working, then it's not working.

Worry is a low-frequency. You need to let go. Be cool with a divine, nonchalance that it is arriving in perfect time and stay in a grateful place *as if* it's already arrived.

Stay in a high-frequency.

Your job is to get out of any low-frequency of fear and find a way back up into the high-frequency of faith.

Which comes down to letting it go, and letting it come in, and being thankful for it *as if* it had already happened.

Often when people really want something, they can't help but be concerned that it might not come in. Yet this is the leap you have to take. It's called a leap of faith. You have to let it go.

I think one of the most important parts of this step is being grateful and thankful.

I often thank God for things that I haven't seen show up in my life yet, as well as for the things that have shown up in my life.

In this way I keep saying, "I have faith, you're bringing it in. I'm already grateful."

Appreciation. It's a good thing. It helps being grateful.

Not to mention being grateful is a very high-frequency!

Okay so you said thank you to the universe for sending it to you and released it into the hands of the divine. You've done everything you could do, including remembering to maintain a high-frequency.

Some ways to accomplish raising your frequency are to go out in nature, dance, play with pets, and continue to do things that make you happy and bring you up to a good high-frequency feeling place. The high frequencies always magnetize things to you quicker.

A common question I get in my lectures is "...How long do I have to wait before my wish shows up?"

*As I said before, when you get very clear and you really love something, and you don't have fear around it, and you're enthusiastic about it, then it can show up immediately. I've seen things show up within 24 hours – sometime sooner.*

Conversely, sometimes you have to wait for the divine order of things to fall into place.

Sometimes certain things in the universe – or people – have to be moved around and put into position for your wish to manifest, and that can take time. Especially if it involves other people – then you also have to deal with the timing

of them.

If what you want isn't manifesting right away, it just may be the timing is not right. I know it sounds cliché, but the universe works that way too.

I would suggest as a hint, if you're not seeing your manifestation come through right away, to retry the whole five steps when in a high-frequency. Run through the process again and send it out again. Not in a stressful, fearful way, but just when you identify a high-frequency moment. Send out another mini version of the wish.

The other thing I would do is go back and recheck and make sure that you're not wishing for something that's too big a step *for you* (according to your own triangle).

Re-examine and see if there is any part of the wish that you are having a bit of resistance to. If yes, perhaps you can start with trying to manifest a slightly smaller step.

I know you can do it!

I hope that this book helped you understand your amazing ability to use frequencies and your power to create.

I believe in you! Go forth and manifest all that you love, my friends!

PART 2:  
THE SCIENCE OF MANIFESTING

# WHITE EAGLE PREFACE

*I was asked to write this book in the name of White Eagle. White Eagle is one of God's highest angels and he has been sent as a messenger because we are in crisis, as a people and as a planet.*

*It was foretold that at this time we would be receiving gifts to aid in the coming evolution of our world. One of these gifts is the remembrance of the Universal Science of Love - also known as – The Universal Science of Frequency Attunement.*

*Frequency Attunement is a universal integrated spirit/science, which acts as one of the foundations of creation. At a core level we understand and work with this system already. It is what we call intuition, or our sixth sense. When we feel as if we know something we can't see or hear, we are picking up its frequency.*

*Frequencies are the subtle unseen vibrations, which make up all of creation. They are what compose matter, thought, and energy. They are a measurement of the force. We can control and design the events that occur in our lives by manipulating frequencies and applying the Law of Affinity. We have this power to create our own destiny. This is the gift of free will. This book is meant to simplify the use of frequencies so that you can use this knowledge in your everyday life. You will discover how you can wield the Ultimate Power, and manifest your own personal miracles...*

*Blessings,  
Linda West.*

MESSAGE FROM WHITE EAGLE “WE HAVE  
COME TO TEACH YOU THE UNIVERSAL SCIENCE OF  
FREQUENCY ATTUNEMENT. THE GIFT OF THIS  
REMEMBRANCE IS MEANT TO FREE YOU AND TO EMPOWER  
YOU AS A PEOPLE. YOU WILL COME TO SEE THAT THERE IS  
A SCIENCE BEHIND THE MAGIC OF LIFE.

This science involves the use of frequencies and your sixth sense.

You will learn to use frequency attunement like a magic wand.

However the most important lesson to learn is the essence of love and its meaning in your life.

Without love there is no magic. For love is the Power behind All Things, Known and unknown.”

White Eagle.

# CHAPTER 1: THE POWER OF LOVE

Ask any being, anywhere, in any time,  
“What is the Ultimate Power of the Universe?”

The student will say money,  
The weak will say Power,  
The Master will say Love.



The true desire  
Of every being in the Universe,  
Is to be loved.

It is time for the remembrance of the universal truth of the all-encompassing power of love. For love is the keynote of the universe and the frequency of God.

A keynote is the key frequency that holds together all the various frequencies into forming one thing. It is the common note which they all share and which creates what they are together...

For Example: The keynote is the note a singer would hit to cause a glass to shatter. By hitting the keynote that is the glue of the connection, the glass is literally sung away from itself as the frequencies break away from their foundation and move toward the sound.

When we experience love, we are able to feel God. And everything else, is just everything else...

You hear about love everyday. Love your neighbor, love yourself, love, love, love... It seems so simple to love...

So simple that you may doubt its power?

Yet, we ask you to remember.

Love is how we connect with God.

You have the power of miracles with you.

You are not pawns in the chess game of life.

You are the mover of the pieces.

You are the one who controls what happens.

Like a parent, who watches over their child, so too does God watch over us as we play this game of life. The game here on Earth is to wake up and remember that...

We Are All One. One With Love.

The core of your very being is love. You are children of the divine union of Heaven and Earth. You are a spirit that was born into a body, and a world of

limitations, instead of the wholeness of God.

You walked out of the garden and all of a sudden you were no longer connected with all the other beings. You felt alone. You experienced separation. You felt abandoned, and worthless.

You knew that you had come from greatness, and that there had been a better place of togetherness and stability. You found yourself on the other side of the garden door and you began to fear. Your greatest fear was that you might not be worthy of the garden anymore.

In truth, you chose the separation to learn more about the nature of God. You wanted to experience more love.

You are angels just as surely as you are humans. You came from a Heavenly realm of pure love, and you're going back. Be brave, take risks and follow your heart.

Go create what you really truly want in life...

Dream...

**DREAM BIG!**

## CHAPTER 2: FREQUENCY ATTUNEMENT

It was foretold that at this time you would be receiving sacred gifts to prepare you for the coming evolution of your world. One of these gifts is The Universal Science of Frequency Attunement.

Frequency Attunement is the Science of Love.

Everything in the universe is simply an expression of God and love. The science of Frequency Attunement will teach you how to use love as a tool to shape your destiny. You create your life with the frequencies you choose to attune to.

You may create any life you choose.

You may have believed that your life was not in your control. This is the great illusion. You are the creator of your life, this is your gift. You may choose the life of your dreams, or you may choose the disempowerment of the victim and give in to hopelessness.

You are the one making the choices that create your life. Understanding the use of frequency will empower you. Once a people become empowered, lower structures can no longer be imposed.

Nothing can keep an Eagle from flying.

When freedom is required, the bird must break from its cage. Your cage is one of past structuring. You are much more magical than you believe yourselves to be!

You have free will, yet you must also access the ability to make wise choices. This universal science is offered back to the people of Earth, so that they may choose love for their planet.

The restoration of the memory of your Frequency Attunement sense will change your life. At last you will be able to view your world as a lens of vibrations - which you create within yourself.

A scientific revolution of thought.

Let us assure you that you are in a FREE WILL zone. All choices are valid, and so you may choose at each moment the life you desire.

## CHAPTER 3: DESTINY

Before you were born, when you were in your soul form deciding to enter the realm of the third dimension, you made choices from a highly attuned place.

You were closer to the God vibration, and with your guides, you laid out a plan to follow on Earth. You knew that you would become lost in the lower vibrations of matter, and so you planned ahead to keep you on your divine path.

This is called your destiny.

Destiny is the plan you made before incarnation. You chose a path for yourself, which you believed would best serve your development as a soul.

Free will is your birthright as humans. Once you are born on Earth, you may change your mind. The choices are yours. Your life is yours. Destiny is only a map to help you.

However, the fate, which was arranged before your birth, was made with a much larger picture in view. The truth of the spirit gets clouded in the third dimension of matter, which is why the aspirant clings to the path set by the soul, and lit by one's guides.

Choose as you will my friends, but no longer choose blindly and out of fear. Begin to set yourself apart from your teachings. Begin anew today!

We hear you wishing for a fresh start, a new world, and a chance to start over and join together as one tribe under Earth. Rebirth yourself first.

Friends, free yourselves from what you have been taught! You are much wiser now and have a clearer vision of the truth. You must begin to rule your world with your inner guidance. This takes faith.

Do not be fooled by emotions. Emotions are amazing guides in your home field, yet they can be false rulers.

Emotions, especially the lower controlling ones of anger and fear, will guide you poorly. Their purpose is to lead you out of physical danger, not to consume your waking moments and dictate decisions in your life.

You must question everything and push back all that has been imposed upon you. You must begin to use a system, which will empower you, and raise you above the false matrix of current thought.

This is why we have brought you the gift of FREQUENCY ATTUNEMENT.

We will begin with the basic scientific foundation of Frequency Attunement. Any new idea must be integrated on all three levels of consciousness, incorporating the mind, the body and the spirit, for true change to occur.

Therefore, there are three parts to understanding the science of Frequency Attunement, representing the connection to the third dimension via the triangle.

1. Quantum physics law is: -Everything in the universe is made up of light waves.
2. Universal law is: -Frequencies are a measurement of the God-force.
3. The Law of Affinity states that: -Like attracts like.

# CHAPTER 4: EVERYTHING IN THE UNIVERSE IS A LIGHT WAVE

Everything means, everything. All things of energy translate into light energy. A person, a feeling, a place, a thing, a color, even a thought - at its core level is a light wave. Even things that seem dense, such as rocks, are still composed of vibrating light waves.

Events, feelings and actions also create forms that are made of light waves. They may not become concrete matter in your reality, but the energy is still represented in the universe.

Thoughts are light waves.

Things are light waves.

People are light waves.

The events that occur in your life, as your life, are all composed of light waves. All energy is made up of light waves vibrating in the unified space of one. Remember, all things share this space. If you explode with anger you are creating light waves of energy, which will vibrate with this frequency of anger, and these will be felt by the whole of us.

Conversely, if you send forth love and goodwill, you will be creating light waves of magnificence and grace, and these will be felt by the whole.

We affect each other. What you do, think, and feel, does matter. In fact - it shows up - as matter!

If you are operating from a low frequency, you may not pick up the subtle vibrations consciously, but you most certainly register them in your subconscious.

Everything in the universe at its core level is a light wave.

Each of these light waves vibrates at its own unique frequency, which represents its ability to hold love, and the God-force.

## CHAPTER 5: WHAT IS A FREQUENCY?

Everything in the universe is made up of light waves, and each wave vibrates with energy. This energy is its God-force connection. Frequency is a Universal measurement of the God-force.

The frequency of a wave is the measurement of the amount of God-force it is holding.

All light waves have a thumbprint of God's energy. All things have their own frequency. This is not a constant, but an ever-changing system of consciousness that is represented by the vibrating pattern of the light wave.

The measurement of frequencies on your planet is now calculated in hertz. (This has nothing to do with the universal measurement of frequencies).

Everything in the universe has a signature frequency measurement of the divine force, which flows through it.

High frequencies carry divine energy. Low frequencies carry LESS of the divine energy. You can feel this. You can easily feel the amount of love a being, thing, or event holds. Things of beauty and harmony hold great love and are able to create joy. Things that are hurtful and nasty create unhappiness and pain. They are lacking love.

Frequencies affect what happens in your life. You create your life with your frequency choices. Once you understand that everything is a representation of the God-force, you need to learn how to apply this information to mold your life.

This is done with Frequency Attunement. Once you learn the principles behind Frequency Attunement, you will understand how the events in your life are created by the frequencies you choose.

Frequency Attunement works in conjunction with the Law of Sympathetic Resonance to create circumstances that become your life.

The law of Sympathetic Resonance states that: Two things that are similar, or have the same frequency, will form a connection and resonate with each other



in harmony.

## CHAPTER 6: THE UNIVERSAL LAW OF AFFINITY

Like attracts like. According to the law of Affinity, two similar frequencies will attract each other - and then they will harmonize together, through the law of Sympathetic Resonance.

Like attracts like. In other words, light waves that vibrate to the same frequency will be drawn together. Therefore, you will draw things to you in your life, which reflect the frequencies in your being.

Like attracts like. You are painting your life with your frequency choices. The frequencies in your life are bringing in events, people, feelings, and things that are a reflection of your frequency choices.

You are designing your life at this moment. You are either consciously choosing frequencies, or you are unconsciously choosing them...

Let us take food, as a simple example. You are quite aware of which foods on your planet hold high frequencies. Natural foods sparkling with rainbow colors and smelling of the good Earth are filled with a high life force energy which will feed and revitalize your body. Processed chemical foods are low frequency. They do not help your body; they stuff it full of useless garbage that is shoveled off into fat, or toxic refuse that is collected in your organs.

The food you choose to put in the temple of your body will be reflected back in your life through your health, your looks, your energy and your weight.

Do you love your body with high frequency foods, which will make it beautiful and harmonious, or are you choosing badly out of laziness, ingrained patterns, or addictions?

Remember your innate core is love. You are a Child of God, filled with the space, which is the force of The Divine.

You created a body to learn and to grow, not only on a human level, but also in the expanded form of your divine soul. So learn.

You can learn to make better choices, which will create a more joyful life

right now. You can live the life of wonderment and bliss that is your birthright, simply by making better choices using frequency as your guide.

You get what you put out, or in. By the law of attractions if you choose love filled things to be in your life, you will draw the exact same back to you. Good deeds bring back good deeds, just as surely as unloving actions bring back unloving things. This is the Universal Law of Karma.

# CHAPTER 7: KARMA

Karma is not meant as a punishment, but as a barometer of your frequency choices. You are not a victim. You are in a free will zone and you have choices. Karma shows you what you are choosing in regards to frequency.

For instance, if your mate leaves you, your boss fires you and people avoid you on the street - hello! You are filled with low frequencies and they are pulling in low frequency things to show you - so that you can make better choices.

There are certain events in your life, which will be magnetized to you, not by conscious choice, but by your Karma working to attune your disconnected patterns back to the circle and connection with God. Work through your Karmic lessons by always making the most loving choice.

These Karmic lessons are usually your most difficult. In the past when you attempted to deal with this hurdle, you often chose badly. You created low frequency events, which clumped together and formed a block, or dark-shadow belief.

Low frequencies gather around these Karmic blocks...

So attack them with love!

Don't let them scare you.

Be brave.

Use the Ultimate Power.

Use love to create miracles.

You will succeed!

This is God's gift to you.

You have Karma with the people you are learning your lessons with. They may be your best friend, your child, your lover, or your worst enemy. But, regardless of which form they take, you are partners in evolution... and the lesson is always to find the love between you.

You cannot escape Karma. You have to transcend it. That's the lesson! And

how do you transcend your Karma? You raise your vibration - and how do you do that? You love more because...

## **LOVE IS THE FREQUENCY OF GOD**

And when you spiral up the frequencies to the divine vibration, you not only shake up all your pre-existing patterns - freeing them into healing - but you also affect everyone around you and help them to break up their stuck patterns in their soul geometry.

You want to change the world?  
...LOVE.

You have a life to live, choices to make, and now a measurement of how those choices are reflected in your world. Choose love, and high frequency things will be drawn into your life. Choose unloving things, and low frequency things will be drawn to you.

Your AURA is the energy field around your body. Your aura protects you and also acts as a galactic billboard for your frequency essence. It holds a record of your frequencies and also the divine pattern of perfection, which is your destiny of enfoldment.

If your essence needs healing, or help in recovering more love, your God-self will pull in the lessons you need to regain wholeness.

You may send out the vibration of unworthiness and self-loathing. This will attract things of a similar energy, which will connect to you, by the scientific Law of Attraction.

You may attract uncomfortable situations, sickness, fat, or turbulent relationships into your life. These come into your world so you can SEE what your SPIRIT is saying to you.

Read the energy of your spirit. Look at what you are attracting into your life. Every bit of your experience in life is a message from your spirit.

God guides you in just this way. When things take form, you can see them. Feelings that you bury, will take form in your external life somehow, to show you that they are still part of you, so that you can deal with the message they

bring...

Know now that the time has come for your burdens to be lifted and your hearts to be healed.

You are not victims. You are students.

You are learning empowerment through the illusion of disempowerment. At every moment the frequency of an essence is available to read, giving you all the information you need. You simply read the frequency, and then you make a choice.

Do you want this frequency with you? Remember, you are affected by every frequency you connect with, for the good and the bad.

High frequencies make you feel good. They are infused with love, light, singing and laughter. Joy is another symptom of high frequencies, as is beauty, health and immortality!

High frequencies are composed of more love. Laughter, dance and music are angels of God. Feel them. They are angelic and sent to lift you from the fogging maze of your world of illusions. This is done via frequency.

## **FEEL THE FREQUENCY**

### **OF CHILDREN LAUGHING!**

High frequencies raise the vibration of any being in connection with it. You are healed by high frequencies because all the sickness, pain and trouble hang out in the lower vibrations.

Low frequencies are simply unable to hold as much love. Stay away from low frequency things! Low frequencies make you feel bad. Low frequencies will make you feel guilty, frightened, and insecure. They will cause you to be confused, angry, stuck and hopeless.

If this isn't bad enough, remember by the Law of Affinity, if you attune yourself to this low level frequency - you will attract other low vibrational things to you! This will show up in all forms of lack, such as accidents, disease, heartbreak and death!

Know that if you are operating on a low level frequency of anger and violence - you are pulling in the lowest possible experiences into your life - you

cannot escape science!

This is the law of Affinity. Like attracts like. Stay away from the low frequencies! According to the Law of Sympathetic Resonance, once you attract something to you by the Law of Affinity, you will harmonize with it, and this **KEEPS IT WITH YOU**. If you are aware of low frequency things in your life, you can easily clear them. You can clear any low frequencies you hold, by simply making new higher frequency choices. More loving choices.

When you raise your frequency and hold more love, you begin to drop things that can no longer be in harmony, or Sympathetic Resonance, with your new higher vibration. You end up dropping lots of weight, sickness and baggage!

## CHAPTER 8: CHOOSING FREQUENCIES

You choose most of the frequencies in your life. You choose foods, music, environments, friends, books, exercise, addictions, emotions *etc.*

Everyday you make choices. Base them on love and the knowledge of the workings of frequency in your third dimensional world.

This is enlightenment in action, consciously making higher vibrational choices. Do not fear change. It is very common among all humans to feel fear at the prospect of change, yet change is how you rejuvenate instead of entropy.

You are in a free will zone. Be aware of what your choices are pulling into your life based on frequency. Do you stay in a low vibrational situation out of fear and change? Or, do you choose to be brave and honor yourself and your life as a divine creation?

Remember, even if you are healthy and loving, if you connect, or attune to a low vibration over and over again... You will begin to resonate with that frequency! This is the danger of association. Remember when your mother told you to stay away from those bad kids... she was right.

You are creating your life.

“Your life is a combination of the frequency choices you make and the things which you pull into your life, based on the frequency choices you make. Spirit and Science are integrated in the use of Frequency Attunement. You scientifically use love, the force of God, to create the life you choose for yourself. God is involved in every choice, but YOU CHOOSE which level of God’s infinite variety you prefer to experience. Low frequency experiences or high frequency experiences, God honors you with the CHOICE - this is the gift of free will.”

White Eagle.

Your present life reflects the frequency choices you have made in the past. Your future will reflect the frequency choices you make right now. So, let us



create our world to be Heavenly right here, right now. In the present.

Please, with compassion, take a look at your life. What kind of frequencies fill your personal world? Are you happy, loving, fulfilled, and singing with bliss and abundance? Or not?

The meek shall inherit the Earth... What does this mean? It means that in the silence of each of our souls we ask the question and provide the answer. Will I choose the path of God in my life today by choosing love over fear, anger, and the illusion of power?

Or, will I choose to chase the false carrots of the third dimension? Will I choose to hurt others so that I can have more things, or more money, even though I know that possessing objects will never fill my need for love?

Perhaps I will choose to hurt myself with bad choices and I will kill my own self-love, and then ultimately, my ability to love others?

Choose well for yourself my friends. Your obligation to your life is to fill it with the highest frequencies possible and to love yourself completely. Your first duty to God is to love yourself. When you choose love for yourself you set up a keynote for others to attune to. This is the only way to actually help another being.

Be the frequency of love. This will help others to remember their own core truth.

## CHAPTER 9: IF YOU NEED SUPPORT

If you find yourself overwhelmed, and unable to make the right choices, get support. God has left many angels of the highest frequency to help you. These angels are the Trees, the Plants, the Water, the Animals, and Music. If you need help, turn to the Earth angels.

Find a field and lie down upon the Earth. Be with the trees and the water. You will begin to harmonize with the high frequency of nature and reconnect to the circle. This will enable you to RE -TUNE yourself to your God center and source of love. You will find peace here.

If you realize you are in a dangerous frequency realm, think survival. Seek first to restore yourself. Do only loving things for yourself, and protect yourself from anything, or anyone, that is low frequency.

Along with nature, music is one of God's most beautiful angels. Music slips through your walls of fear and spirals you up into the higher realms of love and happiness. Music will fly you home if you need help finding Heaven.

You can help yourself through the singing of the simple vowel tones. Let the musical sounds run through your body, without judgment. Just sing. If you feel the need to free yourself of a feeling, SING. With the release of your inner sounds you will connect to the angel of Music and heal yourself. Low frequency things come as Teachers to guide us. Once they have given their lesson, and we have grown through it, they expect to be released! Free them with music.

A note from the heart

Is recognized

Throughout the Universe  
As a Message from GOD.

## CHAPTER 10: HEALTHY FOODS

Many of you fight your way toward harmony with your body. We would like to remind you that the core of your nature is light. All foods which are naturally the color of light waves - or the rainbow - are the highest frequency food choices for your body. Rainbow colored foods bring you into harmony.

The rainbow colors are, red, orange, yellow, green, blue, indigo and violet. You are composed of these same colors. They correlate to your inner chakra system.

The healthiest foods for your body are the rainbow colored foods. Eating the rainbow foods will put your body back into harmony. Think wholeness. If you focus on eating harmonious foods, you will naturally return to your divine form, which is healthy and lovely.

You do not need to fight your body. You were born in divine form. Like the Jaguar, you were born to be a miracle of God. Animals in the wild never become obese. They are in the circle. This circle is open to you.

If you have weight issues, remember your divine core is naturally perfect, just like the Jaguar. Sleek and strong. You are born this way. If you are no longer in this harmonic form, return to it by returning to the source. Your Source. Not by dieting. Choose your foods based on harmony, and then by the Law of Affinity, this will bring you a harmonious body.

# CHAPTER 11: CHOICE

You are love. You must begin to choose things for your life, which are only the most loving for you. This will create a whole new dynamic, and you will enter the spiral.

For as you begin to choose only loving things in your lives, you will find that you have to let go of other things to make room for the new, more loving choices.

Slowly you will begin to see that your lives are filled with only things, which you love... That there is barely any room for anything negative, because you are filled with love. Once you choose to involve love in a situation, you enter the divine spiral and you move into the God-space.

Do not let fear keep you trapped under false belief patterns, like a stopped drain, not allowing faith into your choices. If you are too afraid to make a choice for yourself, some part of you will make a choice (based on the fear you are holding), and you will respond automatically in your usual pattern. This may not be your highest vibrational choice.

Choose the best for you. Do not let your fears make choices for you. Stay aware that you have a choice. That even if there is fear, even if it seems a difficult path at the moment, you can choose love for yourself.

Fear or love, it's your choice. You are creating your life. Things do not just happen. Each and every moment of your life you are making choices. For example, take an hour of your average day when you have time to yourself. How do you choose to spend that hour of your life?

You may choose to watch TV, have sex, read a book, and perhaps write a book of your own...

You choose. You choose if you want to start a side business out of your basement, or if you just want to clean up the basement. You choose if you want to take a hike or drink a six-pack or take a hike while drinking a six-pack! Everything you choose today leads you to your future.

You choose.  
Each moment.  
Each hour.  
Each day.  
Your whole entire life.  
You choose your whole life.

You may have horrible patterns ingrained in you from your past, or your ancestral line, but you still have a choice. You can change. You can choose differently.

You are not a victim. You are simply afraid.

And very, very human. We love you! Let's start over, and remember, you are the master of your destiny.

You live in a free will zone. The definition of free will is: Spontaneity and freedom of choice.

It's time to make some big bold fearless choices.

What do you wish for in your life now? At this moment?

This is not a dress rehearsal. Go after that life for which you've always longed, the life that will have you singing in the aisles, dancing in the streets and kissing madly in public!

Go for your dream life. Think big and go get it! The only thing that has held you back in the past is your fear, and your feelings of unworthiness. You mostly fear being unworthy.

Remember you are children of God. Remember too, that you are very creative beings. You create with your thoughts. Everything that manifests in your life started first as a thought.

Thought.

Word.

Deed.

You must pay attention to what your thoughts are saying. They are leading you toward choices. You choose your life with your choices; from what food you eat, to where you eat it, to which you eat it with.

Be aware that you are making hundreds of choices large and small everyday,



and that these choices form the blueprint of your future.

## CHAPTER 12: SACRED GEOMETRY

In the third dimension there are certain symbols known to you who will help you access your warehouse of Divine Knowledge. This is the symbol language of sacred geometry.

Three of these sacred symbols are of great importance at this time. They are the circle, the cross, and the triangle. We will begin at the beginning with the circle.

Circles are sacred and linked to God because all life, everywhere, in all God's universes, begins first, in the form of a circle. Life bursts through into being through the vehicle of the circle. Every atom first begins as a single cell circle, before it multiplies and grows into form.

When you access the circle, you are one with the source, The Circle of One:

One Love, One God, One World.  
God is a circle in geometric reality.  
A circle of love around us.

The straight lines of the third dimensional symbol of the cross show lines interconnecting, yet disconnected from the source, *i.e.* the circle. The trick is that the cross is in the circle. But until you understand the circle, you see only the crucifixion of the separateness symbolized by the cross.

A new world is beckoning, a world you will consciously create with wise choices, centered in divine union. When you enter the union, you are able to access the circle and communicate with all loving conscious beings.

When you enter the circle, you are able to speak with animals, trees, rivers, and the wind. You may think this is impossible. But they have a language, one that is unspoken but heard. One that is a Universal Communicator and is always an open channel to you.

When you love, you are connected. When you are connected, communication can occur. We all share this common frequency, this universal

channel. This is our divine birthright. This is the space...

Through our union with God, through this channel of love, we are able to communicate with all of creation. Any being, anywhere, anytime, melts before love into love, because love is the keynote of the universe and the one thing we all share.

Many of you live in fear of abandonment and disconnection. This is the illusion of the cross. This is the crucifixion of self that must be conquered. When you free yourself into love, you free yourself from the pain of the cross of disconnection and back into the divine glory of the circle.

We are entering a time of great shifts. The vibration of Earth is spiraling up and rising to the order of a new dimensional circle. This is why we come once again to aid you as we enter the final years of completion of your cycle.

One way to access the circle is by joining the polarities of the triangle aspects of your being. This is the relevance of the sacred trinity. The sacred three of the triangle symbology represents the pillars of your being in the third dimension.

The Mind.

The Body.

The Spirit.

By breaking down your own personal patterning to the foundational core of the triangle, you will find where you are “out of tune.” You will be able to locate the very things that are holding you back from your ultimate connection.

When we are connected to the divine source, we are in harmony, or “in tune” with God and the circle. The circle is recovered when we are able to unite your mind, body and spirit with love.

Begin by gently opening yourself back to the circle, like the lotus. Let yourself remember that everything around you is alive with consciousness and spirit.

Begin by finding your love and connection to the animals, then stretch out to the plants, the trees, and the flowers. Move to the rocks and the Earth and the sea. Find and remember the rivers in you, the air that breathes you, and the angelic beings that surround you. Flow into remembrance of your connection to the circle. And re-enter the garden.

Within the circle, the children of Earth are at play with all of nature... One United Spirit woven together in ecstasy. This is open to you now. This reality is the future you are creating together. You must continue to grow and let the natural flow guide you back to your center. Your planet is reconnecting to her center, through you. Together you are recovering more love. To begin anew.

No longer allow fear and false illusions to rule your life, and soon they will be extinct in your world. Love right now, and more than you ever thought you could.

Love recklessly.

Love thoughtlessly.

Love wildly and joyfully and freely.

Hey you want a life you'll love? Love life! The only way to ever love the self is to love and accept all the workings of God in this dimension.

You must know now that everything about you is lovable. This is where the belief part comes in. Have faith that you are perfect and loved, that nothing you ever do is judged as bad. You are always loved. As angelic messengers, we see you as children awakening to your God essence core. We see you shining in remembrance of love.

Forgiveness must be attended to daily. Forgive yourself first, where you believe you have stepped from the righteous path. Please remember, that even the worst disconnected actions are intercepted and made pure again by connection with the circle.

Love is the only thing that connects you to the circle. Love and forgive yourself. You cannot enter the sacred circle and harm another being. As soon as love is broken, a straight line forms - a disconnection from the circle occurs and falls away from the center.

You came to Earth to create what King Arthur did. Arthur built circles. He took the sword Excalibur, and wielding the Almighty Power of Love, he broke free from his life as a slave and became a great king. Once Arthur was free, he created Camelot. He ruled it by the round table. The circle.

Grab Excalibur. Take the sword of Almighty Love and break yourself free from everything that means nothing. Create your own kingdom of beauty and harmony and claim it as yours. You deserve it.

# CHAPTER 13: MULTI-DIMENSIONAL SCIENCE

Multi-dimensional thinking involves the overlaying of symbology to access the core truth. The integration of these ancient systems will illustrate a scientific look at the foundation of the universe. Only through the union of science and spirit can we have an understanding of God and the infinite universe.

As a universal rule, truth only resides in the center.

Einstein was a genius. He did not fit the profile of your standard scientist, because he was receiving his information from the center. Einstein would dream of the way the universe worked, and then he would find support for his visions mathematically. He received information from spirit, and then translated it into a science that could be used on Earth.

Having visions without the means of manifesting them is pointless. Conversely, creating something on the Earth plane without the inspiration of spirit is valueless. Einstein's genius was his ability to connect information from one realm to another. He was in essence a great bridger.

Miracles occur through connection. Einstein is considered one of our greatest scientists, yet he would often ponder the limitations of his own field. He said that we could study all the aspects of "matter" down to the smallest measurements of quantum physics, but science still had no explanation for the space. What was all this space that matter existed in? Einstein said the space was God. The space which connects us all. The space which makes up 99% of our bodies and our world.

This Space is God.

According to Einstein then, we are slightly human, and mostly God. Just like Achilles...

## CHAPTER 14: CIRCLES AND PYTHAGORAS

Please be reminded of the intrinsic divinity of the circle. In Pythagorean theory an interesting thing occurs when you gather 12 circles of the same size. When you put the 12 circles together in their third dimensional forms, or spheres, they will form one united ball, which is the union of the 12 separate spheres.

In the center of the group of 12, the union of the group creates a space, and the space is exactly equal to the size of one of the other 12 spheres.

In other words, 12 spheres in union will create a SPACE for the 13th sphere. This space is the transcendent quality of the union of twelve aspects of matter. Space is the negative of matter, not the opposite.

Twelve separate third dimensional circles, or spheres of matter, when united into one, forms space. Einstein said the space was God.

By uniting all twelve aspects of circular matter foundations of God's universe, you create The Divine. Union into wholeness creates a space for God.

# CHAPTER 15: TWELVE

Let us entertain the number twelve in your Earth mythology. In every culture there is significance to the gathering of twelve as being sacred, and the thirteenth, representing the transcendent one.

Twelve disciples - and Jesus as the thirteenth.

Twelve Knights of the Round Table - and King Arthur as the thirteenth.

Twelve Gods of Olympus - and Fate, symbolizing a higher power, the thirteenth.

Twelve tones in the Mayan calendar - and the transcendent thirteenth overtone of universal movement. Twelve signs of the zodiac - and the Aeon as the thirteenth.

Twelve months in the solar calendar - and thirteen lunar months.

Twelve notes on the musical scale - and the thirteenth overtone.

Twelve step program of AA - and God, as the thirteenth.

In all these cases the twelve stands for that which can be measured by matter, and joined into one whole to create a space for God.

The foundation of creation can be measured as twelve aspects of matter represented by the twelve spheres. This is already formed matter and a correct representation of the twelve dimensions. The thirteenth is always space, and never matter, for it represents the creative divine energy of God and love. The twelve circular divisions of matter are used to measure the space, or the movement of God.

# CHAPTER 16: THE MAYAN CALENDAR

The Mayans call God, “Hanub Ku” which means,

“The One Giver of Movement and Measure.”

The space is eternal movement, and matter is a tool we use to measure this infinite movement.

Numbers have energy. They are living beings such as plants, animals, angels and humans. Open up to the evolved concept of numbers, they are much more than a measurement tool; they are a means of connection.

The Mayan calendar was sent to synchronize Earth to the universal time of the fourth dimension via a mathematical code in the Mayan calendar.

Time is measured differently by beings throughout the stars. When you are not bound by the belief of time you are free to live in the present. However, each being is creating their own present.

To insure communication, in any large system, constants must be agreed upon to create a common ground.

The Mayan Calendar illustrates fourth dimensional, or UNIVERSAL TIME as the universal standard, much like America uses the Standard Greenwich Time.

This channel for connection is a universal time system built into the foundation of God’s creation. This is the immortal time of the fourth dimension. The Mayans encoded the great round calendar with the numbers of this fourth dimensional circle-time. The numbers 13 - 20 represents it.

Thirteen is the divine number, which we all share. The space. The other universal communication number is 20. There are twenty universal archetypal symbols.

Earth time, connects to universal time through the divine connecting number of 13. The Universal Number.

The Earth-women cycle, with the natural circle of the planet through their



menstrual timing, is 13 months of 28 days. This is natural Earth time, 13-28. Earth time 13-28 hooks into the Universal Time of 13-20, through the connection of the shared number 13.

This hook up is just like connecting to the internet. It is through this divine frequency that communication will occur with other life forms throughout creation.

When you enter the higher dimensions, you are in constant connection with the circle. You do not lose sense of your God-self as you have in the third dimension. The number thirteen represents the power of union. Within this union we experience all of matter in the form of the twelve, plus the infinity of spirit in the form of space.

# CHAPTER 17: THIRTEEN

The only way on to the Universal Highway of communication is by resonating to the divine frequency of Love. In this way, peace is upheld throughout creation.

Many of you have reached a high frequency of love. Gifts are now being uncovered. Ancient secrets will once again be understood. One of these gifts is the ability to communicate with other evolved life forms across the galaxy. This is the information brought by the Mayans.

The numbers for universal communication were left for us. How well the information is understood depends on the frequency of the seeker. It is only the ones filled with light who will access this internet of communication.

We each will have this choice before us in the coming days as we near the end of the great cycle, to love or not. Choose wisely.

The path has been lit and saviors have been sent. Love is the teaching of Christ, and the power of the angels. All illness, all separation and all fear will flee in the face of true love, for love is the face God wears on Earth.

You have been bathed in this divine frequency as you read this book. You will now be able to access higher information, and use love as the “Ultimate Power” to create miracles in your life.

As a people and a planet we are evolving into this reality of immortality and universal communication.

One of the lessons you all share on your planet is the recovery of wholeness symbolized by the circle. On Earth you are learning the basics of mathematics, the breakdown of the divine frequency of 13 into its separate components, the 1 and 3.

In the cross formation you are the 1 and the 3, separated. With the circle you learn about the power of the one. In the triangle you work with the structure of the three. The union of the one and three creates the 13.

The one represents union, the circle, reconnecting to God, and the garden of

one. The three represents your triangle in the third dimension.

Mind, body, spirit.  
Mother, father, child.

The cross is symbolic of the lesson of connection back to the divine, represented mathematically by the number 13. Connect the one and the three and you get the universal keynote frequency of 13.

This is your mission here on Earth. To join together your world in union, and to form a rainbow bridge, from Heaven to Earth.

To abolish the cross and remember the circle. To return God and the garden to Earth, by the unification of all aspects of matter, known as beings, into one tribe connected by love.

Earth, Air, Fire, Water, Animal, Mineral, Plant, and Person. Does this sound like Eden to you yet?

Isn't it interesting that the number thirteen has been stricken from your world and labeled as evil, when in truth, it is the number of God?

You have been conditioned to fear the number thirteen, and that only saints and prophets are entitled to access God first hand. To access God is to bring Heaven to Earth. It is your divine right to resonate to the frequency of God.

Please do!

# CHAPTER 18: THE CROSS

Friends, let us discuss the symbology of the cross in your world.

We are all God.  
You are all God.  
You are also God in matter.

It is an illusion that humans hold more matter than spirit.

The trick is that at the third dimensional triangle core level, your Achilles' heel is exposed. Achilles was born a god, immortal, save for a tiny spot on his heel. This spot was human, and the only place where Achilles could be fatally wounded, and killed. The rest of Achilles was divine and immortal.

Achilles represents you in the cross formation. This myth of your planet illustrates the human experience of spirit in matter form. This is the cross. You feel you are mostly mortal, when in fact you are mostly part of God.

That spot on Achilles' heel, the tiny spot that did not measure up to the union of God, (or was holding a frequency less than wholeness) was human and in material form was deemed weak, worrisome and unlovable. This judgment is wrong.

Judgment is a mistake commonly made on your planet, where you are learning to understand the many workings and infinite creations of God as God.

Know this - there is nothing unworthy in God's universe! All is one and that center is love, and so it is, and will ever be.

You judged incorrectly through your limited perspective and believed you were unworthy, and unlovable.

You were mistaken.  
You are love.

That's all you are. Everything else is the illusion.

The illusion is meant to teach you where you are blocking yourself from God and love. Because of this incorrect core belief, some of you have done dramatic and painful things to yourselves. The only way to heal this unworthy belief is to adopt a perspective of unconditional love for yourself.

Unloving begins with you believing you are not worthy. Do not hurt yourself. You are part of God and you are worthy of love and happiness. When you have been hurt deeply, your spirit is begging you to look at how you have been hurting yourself by not loving yourself enough.

You are living an illusion of limitation. You are spirits learning about the components, or multiple frequencies, that when united, will once again make you and your world, whole.

Love yourself first. You are so wonderful.

The life of Jesus also symbolizes the cross. The cross of Jesus illustrates perfect balance. The balance of spirit in matter.

Jesus was the child of God, as we are. He chose to enter a body and to live the life of a simple carpenter. He chose to experience this world of matter. He sacrificed his matter self to move into spirit.

When it came time to pass from his human life, his matter self seemed to die. Yet in reality, when he left his body he shifted into full spirit. You see the balance was no longer needed, so he went back into full spirit, which was his extended form.

You can do all the miracles of Jesus.

He came in the form of man to show what human in matter is capable of when connected to the spirit core, which is God.

You can perform all the wonders and magic that Jesus did. He did not incarnate to show you separatism, but to show you your own divine possibilities. Jesus was a common man. His magnificence was in his ability to know that he was a Son of God blessed with the power of miracles. Yet, all his miracles were acts of ultimate love.

Each miracle Jesus performed was a call to a direct need of love. The child of God serves love.

You may say, "But Jesus died a horrible death for this!" And we would answer, "He made that choice."

Jesus was given a choice, to renounce God, to say he was merely a man and

nothing more, but he would not. Instead he chose to show that he was unafraid to face even the worst mortal fear - death. This does not mean he did not experience human pain in his matter form. He did.

Pain is a frequency on the Earth realm. Accept the fact that you will experience pain in your life, and that even the most conscious of you will know this vibration.

You also have to pay taxes.

Some things just are.

In the third dimension, you will find things that are seemingly not very Heavenly. This is what you set out to change, my friends.

Jesus walked into his mortal fear and chose his destiny. He chose to die because he knew this truth, and had faith in it. Death happens, but it is not the end. We are immortal divine souls with choices. We choose life on Earth to learn and grow.

We die as a way of transforming into something new. After we release one form, we can choose another. If you love yourself whole, you may choose to stay. You have free will, and age is just an illusion.

“Welcome to the Grand Illusion.”

(STYX)

The passing of time is an illusion, thus aging is an illusion. When you are born your cells are already billions of years old. Why then should you age and entropy in a mere ninety year span?

Many of you will begin to break this pattern of deterioration of your body as you begin to see through the veil.

Think immortal. The saying “You are what you think” is true. You measure your life with perspective. What is your perspective on immortality? Do you believe immortality starts only before your birth or after you die? It’s in the now. Stay in present space and in the space, there is no time. In the space you are divine and immortal. You cannot age.

Don’t get caught in the illusion of matter.

You are mostly space.

Just be.

If you forget how to get in the space, remember... Space is not empty, it is full of love.

# CHAPTER 19:

## FEAR

Many of you live in fear of the pain that love can bring. You seek to protect your heart with a fortress against your feelings. Access to things that a gate often guards holds great power. It is not a gate built by others, but one erected by you.

The gate serves to keep you separated from others, but then your greatest fears are made manifest - for you are locking love away from yourself, and blocking its natural flow toward oneness.

The river seeks to flow to the source. You must allow the natural river of love that flows from your essence to have free reign in your life. You must not let fear stop you and stagnate your flow. You must not let false walls keep you from true bliss. The happiness you seek is always one of union.

When you can break down your false fortress and allow love to run your life, it will flow over you and cleanse you and deliver you back home.

Fear must be viewed in a new light for a new world. It is time to stop being victimized by fear. It is time to be free. You must befriend your fears and learn to love them, for they are the very things that are guiding you.

When something surfaces that causes you to feel frightened, it is only there to put you back on your path. Your path is to combat the fear and find the love.

Do not run from what you fear, for it will chase you, and it will catch you. Why? My darling ones, because you have created it for yourself as a guidepost to show you your own path!

Fear happens when you hit a growth wall, and change is calling... The solution is to go through it. Face your fear and combat it head on with integrity and honor. After all, you are the master of your own destiny.

And remember, often times what we truly fear is that with the change, will come more power. Power raises questions of worthiness.

It is a very common human condition to fear that which will bring you power, because you often feel unworthy of it. Many of you have memories of



misused power in the past. This is due to the lack of connection through the heart. There is survival fear used to lead you out of physical danger, but we are speaking of emotional fear. Fear is one of the things that cause the most pain on your planet. Fear causes you to lose faith in your connection with God, and disconnects you from your true core.

For just as Hermes sped through the Heavens delivering news from the gods, so does fear spread through your entire being bringing you information from the Great White Spirit. Fear, like Hermes, brings the message the quickest. Instead of dwelling on the fear, get the message!

Fear is a symbolic form of the great messenger. Like Hermes, fear is a messenger trying to show you how you are blocking love from your life. Fear will show you the direction you must take, and lead you to straight to your own empowerment.

If you are fearful of something and think you should run away from it, go toward it instead... Go toward the fear... Until your fear shows you what you need to know.

Warriors, break free from your prisons of fear! Free yourself from fear, and fall back into love.

It takes up a lot of your time and creative energy to fight an illusionary demon. Fear will attempt to disguise itself in the form of worry, insecurity and guilt. Cut the line!

Fear is a fake.

Fear is a joke.

Fear is a lesson.

Fear has been chasing you around like the shepherd who herds the sheep back to their home. Fear is trying to chase you home to your center, where love is, where God is, where we all are one.

When you can love, despite the fear, you will be free.

## CHAPTER 20: FEELINGS

All energy lives. If you have connected to the lower energetic vibrations of pain, fear, anger, sadness, or loss, it lives with you. These are not bad things. They are gifts from God sent to you directly, to help you realize the devils you are fighting.

As difficult as it may be, try and see the lesson that the distressful feeling is expressing to you. You must move through the false walls that block your way to freedom. Even if you have to gather all of your courage to do it. Begin.

Attack your soft spots and break open the gate. Face the people and situations that bring up the most pain. Go with love, with grace, and integrity, and remember, you are never alone.

Try not to analyze. It is best to feel your way through life. Choices should be made by the heart, not the head.

Miracles are rarely logical...

# CHAPTER 21: TEARS

Often people will ask, “How do I remove the blocks to allow more love in my life?” White Eagle would answer, “By releasing the river back to the flow.”

Your tears are your rivers.

Tears are your most courageous and noble Knights of feelings. They manage to break through the walls erected by fear.

So many of you view tears as a weakness. In truth, tears connect you to your greatest strength, and have the ability to reunite you with divinity.

Vulnerability, trust, faith and courage are the requirements for the removal of the gate. Do not let fear keep you caged up and alone. Let yourself out of the box you’ve built of fear. After you allow yourself to feel the pain of the lack of love in your life, your tears come to free you back to feeling. Tears melt the blocks that keep you separated and imprisoned within yourself. After you cry, you feel better...

Because you have released the blocks so love can flow into your life. Even when the pain is great, feel assured that the love is there beside it.

When you face your fears of love, you are the most courageous of warriors. Even if you have to gather all of your courage to face your fear, do it.

There is no bravado in a man who kills his enemy with a weapon. The warrior is the one who can find the courage to love again after being abused.

This involves real courage. Guts. Risk. Growth.

These are our true heroes.

When you are trying to move through stuck patterns of abuse, anger, and fear, be easy on yourself. Let the tears come and wash the dam away, and carry you back home.

## CHAPTER 22: FALSE GODS

In this modern day, many of you strive for power. But your definition of power is actually powerlessness. By being able to exert power over others, one misses the greatest power of all, which is union.

You must accept your need for union, and allow yourself permission to feel. Feelings are so beautiful.

The strength and passion of your allowance of your real feelings will bring joy into your lives, and the lives of your lovers, and your children.

If you do not feel, you deny your very experience of life. Lovely friends of Earth, it is time to fly! Choose the viewpoint of the great Eagle the symbol of freedom. Too often people will choose to see life from the outlook of the mouse. This causes them to conduct their lives as if it were some type of “rat race” that requires struggle. This is an illusion.

Let us entertain the notion of perspective...

Imagine for a moment, a hunk of cheese sitting in an open field. Now, for a tiny mouse to be able to get that food back home to eat safely - it would require a lot of planning, hard work, and danger of being caught. Struggle. Now, pull out to the Eagle’s view of that hunk of cheese. The same problem, getting some food, is a quick swoop and a gobble!

Friends know this as one of your inherent powers as divine beings - you may enter any perspective you choose! This is the essence of free will - CHOICE.

You measure your world through PERSPECTIVE.

If you are feeling unhappy, choose another perspective. Change is instantaneously created, the moment you realize you are co-creating your life with God.

Don’t be the frightened mouse when you can be the Eagle. Fly above the situation and choose your perspectives with love.

## CHAPTER 23: THE TRIANGLE

There are universal symbols on your planet which you access everyday. We have discussed the importance of the circle, that all is one, and how it represents the unified essence of God.

We have explored the relevance of the divine cross, where spirit is crossed in matter.

The triangle is also very important. The triangle represents the marriage between the mind, body, and spirit. This union of all three aspects of self creates the sacred triangle of your matter form.

The triangle has long been a religious symbol. The sacred trinity:

Mother, Father and the Holy Child.  
Mind, body, spirit.

In astrology this would correlate with the sun, the moon and the rising star, representing your spirit. When you incarnate on the planet, your body is made up of sixth dimensional geometry using the triangle.

In the third dimension you have learned the ability to lose your grasp on the center space frequency and divert into lower matter vibrations of creation. In the third dimension your mind, spirit, body - triangle connection is being strengthened. Like great warriors you are being honed to remember your center.

“To see how far one can go into darkness and still find the light.”

White Eagle.

The illusion on Earth is the disconnection of the triangle from the circle. For when you are born, (depending on circumstances, ancestral legacies, and your own innate agenda as spirit), very often a disconnection of the triangle occurs. When the triangle is disconnected, the circle is lost. Without the circle one feels disconnected from their divine source.

The lesson on Earth is to CONNECT the sides of your symbolic Earthly triangle, so that you may once again access the circle.

The circle represents the garden, and the reconnection with your own immortality while on Earth. To be God-like while still in human form...

Is this not the quest of all great mythic heroes?

The only way to reconnect your triangle is with love. With a loss of love, your connection is severed.

In order to learn the lessons of matter in the third dimension, the soul circle, which is a perfect aspect of God, descends into the world of matter and then it splits into SPIRIT, which keeps your soul spirit connection, and the MIND, which measures your spirit's experience on Earth with a perspective.

The mind and spirit are joined by the connection between them. This occurs through the birth of a BODY. Your God-self, or SOUL, has an experience in matter, which is measured by the mind. Your body is the vehicle for this experience.

With the sacred geometry of the triangle you are able to realign yourself at the primal level. You are reconstructing yourself and creating yourself with God. You are molding yourself to hold more love and power.

Balance must be attended to with great discipline. The trial here is to reside in the center of the triangle. With all the charades and illusions, it is a tough training course.

In your third dimensional life you will be bounced off the sides of your triangle, away from your center core. This center core is your connection to your higher self, which is still with God.

The lesson is to find the way back to your heart and source. It takes faith to recover your center, and move back to the frequency of love. A discipline of mind, body, and spirit will help hold a clean geometry. This helps the soul bounce back to the center, by allowing only high vibrational energies into the triangle.

Don't deviate from your center when you meet fear. When you find yourself full of fear and doubt or it just plain hurts... rest assured you are stuck in the middle of a bounce!

Somewhere in your triangle geometry you were not strong enough to send the disruptive energy back to the center, so you are stuck on the edge. The way

back to the center is to find the love.

For instance, you desire a new job, but suddenly your mind starts saying negative things, reminding you that it's too hard to find a job, or the one you want is too good for you, or you'll never be hired, *etc.*

This is an opportunity to grab those low vibrational thoughts and redirect them back to your true core center, where your divine self lives. You'll remember you deserve a new job, a creative, fantastic, lucrative job. And you can get it! You are so much more magical than you know!

Desire is God's voice in your ear... What you desire is always there for you, or you wouldn't have the desire in the first place! God does not seek to frustrate his children with impossible wishes. A wish is an urge for your spirit to SOAR out of the norm and to find a way to manifest your dream into reality. Your whole being goes after things, which it loves and desires.

A dream is a drive to fulfill love. When you dream, you push yourself into accomplishing that dream... you reach, you try, and you access unused parts of yourself. You become empowered through your love for something, enough to push past obstacles and grow.

This is how love evolves the species.

## CHAPTER 24: MANIFESTATION

In other planes your thoughts are made manifest instantly. The density of this planet allows for manifestation depending on frequency.

Love holds the frequency you wish to connect with, and draws it to you. The tighter you hold the vibration to you, without interference from things such as doubt, worry, or fear, the faster it materializes.

You must hold the faith in your connection to God and the ability to manifest what you love. Remember, if you love it, it manifests already. If it's not appearing in your life, you have a block that is stopping you from loving yourself enough to have it. Or, you are lacking FAITH.

Trust, faith and love go hand in hand in the manifestation of desires on this planet. Manifestation is one of the realms in which the triangle can be helpful. If something you truly love is not manifesting in your life, ask which part of your triangle is resisting your wish - and why?

Even when we truly pray for something to manifest in our lives, we may be blocking its birth. This is where we need to heal. So dear ones, wish for that which fills you with desire and brings you joy. Know that if you love this thing you long for, God longs to give it to you.

You must receive your wish when it is granted. How often have you wished for money or help, and then turned it down when it was offered?

You pray to God to help you with your debt, but find reasons why you can not accept a loan from your family, your friends *etc.* This is an outward example of blocking manifestation.

Exploring the triangle will help you uncover the internal blocks. Keep your triangle healthy in high frequency. Don't feel guilty over your slip-ups. Pay attention to how many low vibrational things you allow into your life daily.

Like Cinderella, gradually clean out the hearth. Refuse to be overtaken by despair and work. Do not struggle with your tasks. Simply and zenly, do. Focus each day on dispelling your low vibrational habits and choosing more loving



frequencies.

## CHAPTER 25: LOCATING THE BLOCKS

Access the wisdom of the triangle to locate your blocks. Explore the bad patterns and habits. Blocks are messengers of information held within your core. They uncover where you block yourself from love.

Listen without denial. Simply breathe into a calm centered place and pose the question. Welcome the answer and know, it may not be the kind of answer you expect, nor be delivered in a way you consider valid. Open to the multi-dimensional view of your world. It is not a linear universe, it is a circle.

Symbols tell worlds.

Logic does not always apply.

Spirit messages are whispered, rarely screamed.

Visions come in those split moments when you lose grasp on your reality and dream wide-awake...

The lesson of the triangle is to help you recover the bliss of the circle. Simplify your basic elements to find where your blocks are stored. You can then release the blocks and recover more love.

## CHAPTER 26: THE MIND ~ FATHER ASPECT

The divine male represents your relationship with The Divine Father, through you, in this world. Your Father-God gives you your patterns of the MIND.

How do you view your relationship with the yang, assertive side of your life? Perhaps, you may recognize patterns in your life that echo that of your Earth father? If some of these patterns are not bringing you joy, you can change them. Never forget, you also resonate with your Holy Father.

It is very important to tend to the balance of your mind activity. Your thoughts today, create your world tomorrow. Negative thinking can destroy your life.

Thoughts are perspectives. It is through your perspective that you view your life and make CHOICES. If you are creating low frequency thoughts, they will produce low frequency events in your life.

Tend to your thoughts. They are creating things in your life, with or without your consent!

Remember the highest frequency is love. The moment you choose love, over the negative thoughts, over the worries, the doubts, and the fear... You choose God. You choose faith and you lift your own frequency to the level of miracles.

You have the choice to choose love and to battle all the things that are blocked from the love inside of you. This is your mission. God wants you to live the most divine life you can create. But, you must co-create with God.

(Here comes that choice thing again)...

Choose loving thoughts over critical thoughts.

Get out of the ruts in your thinking, and get into a new groove.

Choose something better for your life.

Choose to create the kingdom of Heaven on Earth while you're here. Choose love.

## CHAPTER 27: THE SPIRIT ~ MOTHER ASPECT

Your mother passed on your patterning of the spirit, and The Mother-God. The divine female represents your eternal connection to The Source, where your spirit never detaches from your God-self core.

In this center you are always in harmony, and immortal.

How do you view your relationship with the ying/receptive side of your life? Your mother relates to the spirit aspect of the triangle. How do you feel about the mother in your life? Not only your human mother, but also your planetary mother and the Universal Mother, which is the nurturing, accepting and unconditional love of the Mother-God?

Sometimes it is your spirit, which is unhappy. You have to love your spirit and listen to the yearnings of your soul. Dreams are not fanciful fritterings. Dreams are callings to you from your God-self. Don't dismiss them.

You can lose your spirit and kill its reason to live, if you deny yourself joy, passion and love. Spirit urges you out of your regular routine and into spontaneous creation, causing you to fill with light. Spirit instigates change, however, and change brings fear.

Don't let the fear monster hold you back from creating something new...

Spirit leads well, and the changes your spirit leads you to will bring more love, happiness and joy into your life. This is spirit's purpose for being here. To bring all the bliss of the divine realms into the incredible Earth experience.

How could you deny your spirit's calling? You may not journey back here to Earth again.

It's like going on a vacation. Maybe you have a chance to try parasailing while on a trip to Hawaii? You get excited, and you go get in line with your friends... But, as you move through the line, you start "thinking", as opposed to just following your spirit, "Maybe I'll get hurt? Maybe I won't have enough money? Maybe, maybe, maybe."

Until, you have rationalized your way out of what your spirit, wanted you to do. So, you get out of line and watch your friends glide across the sky like birds parasailing... You sit on the sidelines, then the vacation is over and you go home. You don't get a chance to do it again. That experience has passed you by.

You will regret it.

Regrets are so sad. They are the wishes your spirit had that you never gave to yourself. Only you can please your spirit with the choices you make. YOU.

Sometimes the things your spirit urges you toward are frightening and different. It could upset the life you have in the present moment. Expect that!

Spirit keeps you vibrating with the magic of God! The same thrill you have when you fall in love rushes through you when you give in to your spirit's calling.

Having spirit, means having courage, having enthusiasm, having great life force. Without your spirit you are the walking dead, just like a robot. Keep your spirit happy. When your spirit is happy, you are happy.

Let love run rampant through your life and lift you into the paradise you've always been searching for.

Remember, paradise is a frequency too!

## CHAPTER 28: THE BODY ~ CHILD OF THE SOUL

Your body is the reflection of how you balance the polarities in your life. The relationships you cultivate with your polar aspects of self, represented by your parents – will illustrate the state of the body.

Some of you may find that your body lowers your core frequency. Look at what your body is saying. Learn yourself. What are you trying to teach yourself through the body?

Do not discount the simple things - this leads to bigger signs, accidents or health problems.

Nurture your body with exercise, touch and affection. You must care for your body, the temple of God through which divine work will be done.

Do not feed your body lifeless food, chemical drinks and propaganda on TV. Begin today to set your life in order.

Listen to the sacred messages of the body. Remember your body is at the base of your mind/spirit and it is a reflection of the marriage of the two. How you deal with this polarity will be reflected in your body. Pay attention.

The union of polarities can only be accomplished by the connection of the male and female aspects of self. Love is the glue of this connection. Lack of love separates.

### LOVE CONNECTS.

Your parents were your role models for the polarity of universal divinity. Together the patterning of mind and spirit created your body. You are a composition of the divine dualities expressed through a vehicle in this dimension.

We are each the children of The Divine Father/Mother. Ying and Yang. The One of movement and measure.

You must find a way to come to terms with this family patterning and love

it. Love the father and all the aspects of the male and yang energy, which live in you. Love the mother, which is the aspect of female and ying energy, which resides with you.

Uncover the obvious glitches in your program by studying the programs your parents have taught you! We understand that so much of the pain on your planet is related to this core disconnection from one, or both of your foundational teachers, your parents.

Please be aware that your parents were meant to teach you the dynamics of their own male and female polarity. Some times your parents were wonderful role models and sometimes they were not...

Your parents helped you to construct the triangle within you, and thus your structure for your adult life. You decide if the structure needs re-tuning.

Find your lessons in this and correct them. Bring love and compassion into the situation.

Remember, when you resolve conflicts within your own family circle, you are healing all male/female dualities and bringing them into wholeness. This will affect all of your relationships.

Knowledge and wisdom are noble things, but they won't change your patterns. You may understand where the problem is, or how the habit started, but the only way you can free yourself, is with love. Love breaks the lower vibrational patterns.

“Take a dive in the river of love

And float into the embrace  
Of your every dream come true.”



More love for yourself, always precedes the ability to love others more. Start talking to yourself like a best friend. Really walk around the house and compliment yourself on all your special qualities. Do it, dig deep into all the tiniest details of your own glory. Being your own best friend makes you a happy, happy person.

Let you love you. This is your life. It's happening right now. This is not a dress rehearsal.

Every day choose the best for yourself.

If you recognize low frequency events or relationships in your life, remember why they were sent. They are in your life because you called for their help. At some level, in your triangle you were resonating with that vibration. You wanted it lifted and restored to divine perfection.

As your pattern is rising in vibration, reflecting more and more light, lower structures are being released. Teachers of the low frequencies will merge with you to help you heal. The goal is getting back to your true essence of wholeness, which is your natural state.

Love connects you back to the circle. Love all the elements of your triangle, mind, body and spirit.

Love is the only thing that really matters.

To bring love, is to bring God.

And everything else,

Is just everything else.

## CHAPTER 29: MEDITATION FOR HEALING YOUR TRIANGLE

Sit and be comfortable with your eyes closed. Take six deep breaths, slowly and deeply. Now allow yourself to gently, go back...

Imagine yourself as a child again sitting on the floor with your parents playing with a toy house. Only this time, you are awake in your childhood. You have all the wisdom and knowledge of your adult self.

Your parents and you each represent a side of your triangle. See clearly where you have disconnected from them. See where the bad patterns began, and know you will stop them.

Now look at the house between you. This toy house represents the adult you. This is the house you have constructed together, mother, father, and child to house your spirit. See where the house is beautiful and full of love, and see too, the parts that should be fixed and remodeled.

Now, together with care and love, imagine the three of YOU, tearing the house down together. Look at all the pieces on the floor. Talk about what you see and how you feel. Allow yourself to communicate your pain, and to forgive each other for your failings and misunderstandings.

Tell each other, "I love you..."

It is time to rebuild.

You are going to begin anew.

Now, together with your parents, you are going to build a NEW HOME for your spirit. Fill your new home with things and habits, which are glorious and filled with love. Build it together using the very best aspects of each of you. When you feel happy about what you've created, thank each other.

Know that you have all been blessed with a healing.

Wake now, and be free.

# CHAPTER 30: COINCIDENCE

You are designing your life. Understand this now.

You are designing your life. You may not understand why you've chosen some of the events you have, say your second divorce - but do not live in denial. Just because you do not understand something, doesn't mean it is not relevant. Symbols are given and must be followed up. We wish to guide you and help you back to your true path of love and joy. We send you messages and helpful information and guidance all the time, however - you do not always receive them!

Coincidence and Synchronicity are spirit's biggest tool of communication. Even the most unconscious of your tribe will take notice of the coincidences and synchronicities as signs of divine power - so we use them!

We try many things to get the messages through, and then rely on the ones that are working the most. Because you listen to coincidences, we use them more.

Pain is a big one! You all listen to pain. Not the best for you, but you almost always get the message!

We don't create the pain, you do. But we will infuse the experience with guided messages to help you through your recovery.

When you are in pain, remember we are with you trying to help. You are never alone without our support.

One step after one step leads you down the divine road. You have to walk those steps. Follow up on coincidence and information that you feel is relevant.

Do not let a slovenly nature or denial stop you from seeing the truth. Do not deny information that has purposely been sent to help you. Just think of coincidence as God staying anonymous.

# CHAPTER 31: THE SHIFT

A great miracle is unfolding at this time in your history. The frequency of your planet is rising and entering a new cycle.

Earth is moving into a planetary alignment involving three suns from nearby solar systems which will occur at the end of the Mayan calendar. The gravitational pull of these huge solar beings moving into this alignment is raising the vibration of energy on Earth and creating a spiral of growth.

Growth, evolution, change.

Things are changing and this can be frightening. Many of you will feel lost, alone and unsupported. This is normal. You are moving into the spiral.

This is the return of the Christ energy, which was foretold. Heaven is here now. If you cannot even begin to conceptualize this, it is okay. We are all together on this road and we are infinitely patient and supportive.

Understand that you are in a very unique situation at this time in your evolution. You actually have a choice over the continuance of your species. The higher evolved human beings are realizing that you must connect to survive, and that you are one planet and one organism.

All the people and animals share space on the planet with the water, the land, and the air. The planet is healthy or the planet is ill.

All is one.

Friends, if your plants and trees were to die tomorrow, your entire world would die. There would be no more oxygen. There would be nothing your money or science could do.

Love your planet.

Consider this, and know, that the fittest of your species would know to protect the air, water and food sources. Join forces with others who understand survival of the species.

The higher evolved beings will begin to use love, peace, and union as the

solution to extinction. The lower evolved will continue to insist on struggle, power and war.

This is true.

Corrections must be made globally to support the planet and all its beings, plants, animals, minerals and air. As your planet shifts into this higher frequency, there will be much change and chaos as you enter the spiral.

Have faith.

Fear is normal. You will seem to be losing all that you know as routine and predictable. Just remember, your world is not a straight line. It is a circle.

Accept that waves come through your life, just as they roll through the oceans. A new wave is occurring and healing your disconnected aspects back into remembrance of God.

This wave is love...

Begin by loving yourself today. Set yourself free. Keep the faith. And know, you do make a difference.

Every time you choose the highest frequency choice, you set up a new keynote for humanity. According to the "One Hundredth Monkey Theory", when a critical level of a species chooses to adopt a higher evolved trait linked to survival - at a cellular level all of the others of this species will simultaneously adopt the same pattern - even when they are oceans apart.

Love is the highest evolution and linked to our survival. When enough of the people on Earth begin to resonate with divine love, it will become the dominant trait. This is how we evolve. The spiral comes into action and moves the entire species into growth.

With the ease of the spiral, we can recover the bliss of Eden without struggle. In this way, we will bring Heaven home.

## CHAPTER 32: FORGIVENESS AND TRANSCENDENCE

My sweet children, forgive. Forgive each other, forgive yourself, and forgive your God.

Let love live in you. Let it be you.

Let forgiveness flow, from you as easily, as your next breath...

If you do not forgive it will cause you great pain. When you refuse to forgive, you refuse to let go of the pain - and then it stays with you! Not forgiving is similar to a debt, and creates a karma all its own.

When you hang on to hurt and pain instead of choosing to forgive, you keep the karma playing out. Love is what breaks the karmic pattern by reconnecting you with the circle.

Forgiveness and love go hand and hand. By choosing love as your option, you give the situation over to God, and you demonstrate faith. Forgiveness is an affirmation of faith.

When you forgive, you trust in the higher order to take care of any injustices that you may have perceived.

And most honestly my friends, your linear perceptions of things are so very limited! The judgments you make are so often clouded and incorrect. The things you feel have harmed you and should not be forgiven, are often your greatest illusions.

Sometimes other beings have purposely hurt you, and other times, you find you have misjudged a situation once true communication occurs.

Without forgiveness there is no room for love to live. If you refuse to forgive, it is as if you put up a wall that says, "I will not allow love into this situation." Forgiveness opens the door to love in your life.

From the Heavenly realms, angels look down on us and they know who has done the work. Yes, work. It takes work to remove all the blockages to our core.

It takes courage and bravery to face the demons of fear. We all have rational

reasons why we should fear union of any kind, let alone the all-encompassing totality of true unconditional love. But when has love ever been rational?

For the sake of love, just love.

The lesson is not to find love, but to clear away all the debris that muddies the true reflection of yourself in your own life.

You are all ready divine.

You are already pure love.

We wish to give you the tools that you need to be happy once and for all.

Get rid of the fear - and the love is there.

Forgive yourself - and the love is there.

Forgive others - and the love is there.

Allow yourself this vibration of complete surrender to love, with all its risks and rewards.

Open your heart so wide it scares the pants off you and don't stop even then.

Do it.

Live life.

Live it all.

Know bliss.

A life without love would be worthless! You could live without a personal plane, you could live without a vacation to Capri, but could you live without love in your life? Would you even want to live at all if there was no love in your world?

LOVE IS GOD.

Love is the reason you were born, and the reason you live. Have faith, and be gentle with yourselves on your path of forgiveness and recovery of love.

And remember, you can change anything you want in your life. You have choices and you have power.

YOU ARE A DIVINE CHILD.

It doesn't matter if you are a saint, a thief, a mother or a plumber - you are the maker of miracles! Each time you choose love, you create a bridge from Heaven to Earth.

Love is truly magical and has a power all its own...

Just like a snowball will pick up size as it rolls down the mountain, all the while gathering more and more snowflakes. So too, will love gather strength in your life pushing aside all obstacles until you regain freedom and live in bliss!

This is the nature of grace, and this is God's gift to you. You have been given the knowledge and understanding of True Power.

We send blessings and wish you well.

Go forth and create a joyful life filled with love...



# AFTERWORD

Concerning the events surrounding the end of the Mayan Calendar.

December 21st 2012 - end of the Mayan Calendar.

October 28th 2011 - end of Calleman's Mayan Calendar.

August 10th 2011 - Today's date.

Here it is, the long awaited and slightly feared end of the Mayan Calendar. Just as predicted, the world is rapidly changing, culturally and geographically. Earthquakes, tsunamis, volcanos and solar flares - they are here.

On top of it we are on the precipice of a global meltdown financially. Riots are breaking out in cities as people rise up and demand more equality and a better way of life.

So how best to traverse a crumbling world while the new one emerges?

I will tell you to the best of my heart and soul what knowledge was passed onto me, and how...

I was a recovering catholic not a very spiritual person for sure. So there was no reason an angel should have come to me. But every night in my dreams an angel would come to me, asking me to write down math and symbols and finally to learn the Mayan calendar.

Although I was skeptical, I also felt something divine had touched my life.

I soon after won a scholarship into the rainforest with top scientists and shamans from around the world to do research about the Mayans and what I had learned. The qualifications for winning were that somehow what I was doing would benefit the world.

Out of this amazing and magical trip came the information on frequencies and frequency attunement, which is really the science behind our sixth sense. We use it all the time, call it a gut feeling - but it can be mapped and used to our advantage. This is why I wrote the book.

Many years after "The Secret" came out and this work became known as The Law of Attraction, this is the science that preceded.

All those years ago in the Mayan rainforest with Terence McKenna I had no idea what I was in for, the doors that would open, the messages I would receive, and how simple it really all was.

So simple, like the circle is so simple, around us always and in everything.

We really did use to be in the circle, call it Eden if you will, and we did leave and we are cut off. The story has been told throughout history in many cultures because it is true.

We are out of the circle. But the best thing is the circle is always there and always open for us to re-enter.

And in that circle you will find a Heaven like place, where the trees and the river and the stones and the birds ARE talking and when you are in the circle you are in the symphony of this beautiful union and part of it again.

My dear friends what I have learned is our mission here is to find the love in our world - starting with ourselves.

Love yourself,

Forgive,

Be compassionate,

Be grateful,

Be passionate and joyful,

Sing,

Oh look isn't life suddenly Heaven on Earth!

So above, so below.

From what I have come to know about what we may encounter during these turbulent times, I highly recommend staying in your highest frequency possible, which is love and joy. It is not always easy to be kind and compassionate and fun. And yes, it can be really difficult in the third dimension to shine in our full light. But we are children of a higher order than this and we are capable of so much more if we tune into our source, which is love.

So choose love for yourself, for your friends and your world - and yes it can be a discipline - but we all affect the world.

Remember we can always choose better and more loving choices, we live in a free will zone, and we are the masters of our lives and our choices.

The time has come for change in this world.

WE ARE THAT CHANGE!

Regain your power and join us in creating the world we deserve...

WE ARE ONE LOVE.

HAPPY MANIFESTING MY FRIENDS!



# FINAL THOUGHTS

When you turn the page, Amazon will give you the opportunity to rate this book and share your thoughts through an automatic feed to your Facebook and Twitter accounts. If you believe your friends would get something valuable out of this book, I would be honored if you tell them your thoughts.

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Contact me directly at;

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If you would like to learn more about the basic science of frequencies, please get my book on Amazon –

Please come over and join me socially on Facebook and Twitter as *MorningMayan*.

Linda West's newest release is available soon in paperback and e-book. The Secrets the Secret Never Told You (<http://www.amazon.com/dp/1499300344>) is an extended version of Manifest in 5 Easy Steps including real client stories to learn from.

Contact me directly at;

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