

# What is a Soul Contract?



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Dedicated to Sara, who gave up much that these books might be written.



## Introduction



This is another volume in the Golden Age of Gaia Basic Library, designed to orient the newly-awakened to what's happening on Planet Earth. (1)

In this volume, we look at the element of soul contracts in our Ascension.

Our soul contracts are the agreements we made before birth with our guides plus whatever other "lighted beings," to use Matthew's term, needed to have a hand in the process.

In the end, it's as if everyone has the script but us since we forget our soul contract upon birth.

We don't recall its provisions. If we did, our incarnation would lack spontaneity, aliveness, discovery. We'd simply be following a script.

When we need to know, various ways are found to let us know what we must do.

Maybe I can mention what happened to me that had me discover what my own contract was.

In Dec. 2011, I had a lucid dream in which I saw a woman and, immediately upon seeing her, both of us sped towards each other and embraced. And I awoke.

Who was that woman? I had to know. And I recalled that a friend, Len Satov, had been having readings with a channel named Linda Dillon. Maybe she could help.

I then did one reading with Linda and “that women,” my twin flame, Annastara. I had to have a second reading. When I did, Linda said I’d be interested to know who wants to speak to me. And it was Archangel Michael.

There followed ten years of readings spanning 2300 pages of transcript. I learned all about my own soul contract.

I also heard that I was protected in the carrying out of the functions being asked of me - thank heavens! All lightworkers doing light work are protected by the Divine Mother, she has said, unless their contract calls for being part of a violent scenario to wake people up.

Archangel Michael dramatically depicted to Kathleen Mary Willis what that protection would look like:

“I will stand in front of you and I will stand behind you. I will stand next to you and beside you. Of course we will defend you.

“All you have need to do is nothing, for you can call my name and I will be there. You can think my name and I will be there. Or you can do neither and I will be there. ... So, yes, I will protect you.” (2)

Most of us probably feel pretty ordinary and wonder how we can make a difference. But, as we saw in *An Explosion in the Meaning of Humanness*, (3) everyone on Earth today is angelic. So we really do have the potential, which is being liberated more and more as our vibrations rise.

But we still have soul contracts. And I wouldn’t be surprised to learn that ours are not only with the archangel we serve (in my case, Michael) but also directly with the Divine Mother. What she said to me may apply to everyone:

Divine Mother: It does not matter whether somebody says they are channeling Hilarion or Mickey Mouse. You know that you are serving my beloved Michael and I would like to suggest to you, Sweet One, not to distract you, but you are also serving me. (4)

I suspect the same could be said about you: You’re serving your archangel but also the Mother.

Many days I don’t feel very angelic. I have good days and bad. On my bad days, I’m grumpy. Therefore, all of this that we hear I have to take on trust.

I do know that my own willingness to trust has resulted in a variety of spiritual experiences that have more than paid back whatever effort I may have expended.



And, on trust, I look forward to being liberated from the bonds of flesh, from the cycle of birth and death, and from ignorance of my true Self, upon Ascension.

In this volume, then, we burrow into the subject of the agreements we made with our design team prior to taking birth.

### **Footnotes**

(1) See “Golden Age of Gaia Basic Library” at <https://goldenageofgaia.com/2021/07/06/downloads-page/>

(2) Archangel Michael in a personal reading with Kathleen Mary Willis through Linda Dillon, Jan. 21, 2012.)

(3) At <https://goldenageofgaia.com/wp-content/uploads/2022/04/An-Explosion-in-the-Meaning-of-Humanness-4.pdf> (Download)

(4) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.

## ⌘ Purpose of Life ⌘



## **Does life have a purpose?**

SaLuSa: You live from life to life with a specific purpose that moves you on and adds to your spiritual understanding. (1)

SaLuSa: The vibrations of Earth dull your senses, and it is not until you rise up higher that you can fully grasp the purpose of life on Earth. (2)

## **I've heard there is a Divine Plan. If there is, what might it be?**

Matthew Ward: All of us at this station are like you and every other soul—all of us are on our respective pathways toward our common destination, reintegration with God. (3)

Divine Mother: My desire for you ... is for you to come to know [the truth of your being]. (4)

Source Creator: There will be a new human being created that is a combination of your Lightbody and your former carbon-based body; this is the new crystalline human and it is part of My Creation Plan. And you all signed up for it before you came into this lifetime.

More and more of you will begin to remember this plan...if you're wondering what your soul missions and soul contracts are on this earth in this lifetime... well many of you have that as your number one soul contract item. (5)

Archangel Michael: You, in your consciousness, right now, are realizing that Source, that Mother/Father God/One, however you are thinking about it, is having the experience of you in all those forms integrated into your body and more specifically your expanded field, because that is truly who you are.

And at the same time you are having an experience of God — no, not full reunion, but you are experiencing the love and the connection, the joy, the sweetness, the elevation. So you are returning to the original design. (6)

## **Do we need to work alone?**

Archangel Michael: One individual alone can very seldom achieve their entire mission and purpose and plan. If that was possible, if that was the plan of the Mother, then what you would have done is incarnate on the planet by yourself. And

that was not the way you chose to come. And that was certainly not the plan of the Mother.

It was to come in the fullness of your design in community, in a community of many billions, which in the way is just a drop in the bucket in terms of the multiverse. But you chose to come and work in cooperation, and in ways that were enriching and expansive and rewarding, and filled with laughter and joy, and reciprocity.

So what you are also going to see with the expansion of this gift is more cooperation in terms of, “If you do this, I can do this piece. And if you can do this other piece, I can take this.”

That is a truly human creation and the building of Nova Earth. It is groups coming together. (7)

Hilarion: There is a higher love at work now, one that manifests a sense of oneness with their new liaisons.

As [lightworkers] assist each other to connect the dots, a higher purpose is revealed and the way forward is made clearer. Like sparks of lightning, the flame within their core essence is being lit and the seeds of truth grow upwards towards the Sun.

The regensis of the Earth and her inhabitants is now in process. The seeds of Light that have been planted find their mark and now take root. Across the planet, the convergence of Light streams into ever widening concentric circles and into the core of the planet. Those who are serving as transducers of cosmic energy flows begin to shine in their radiant luminosity. (8)

Mike Quinsey: We mention again that there has always been a plan for your advancement and it is laid out before you, so that you can see a path to your goal.

It is also worth mentioning that your biggest help comes from those beings who have incarnated upon Earth to help you on your way. Before you were born your needs were discussed and if you needed particular talents you would be linked to them.

Life is not as random as you may think, but in the ultimate, the choice is yours, although your Guides will do their best to “point” you in the right direction. It would be true to say that one of the most important events in your life is your choice of a partner and as you might expect, and it is also arranged well in advance.

Often people are joined together in marriage to have certain experiences that will also include their children. It sounds complicated but realize that your past lives can be checked to see what you need to continue evolving, whilst contributing to

other people's experiences.

Even families are decided beforehand, and it does not infringe your free choice that you exercised before you were born. Now you will understand why we tell you that little or nothing of any importance happens by chance.

Everyone has a life plan that covers their needs. Inevitably you will wonder about your children and they play a part in your experiences that from their point of view also fulfills their needs. As we have often confirmed, they choose you to be their parents knowing that you will prepare them for their adult life. So parents should feel privileged that they have been chosen as the most acceptable ones to give the needed experiences and guidance.

Can you now see how well organized your life experiences are to ensure they fully serve their purpose. If you can absorb and understand the significance of how orderly and well planned your life is you may be able to see things in a different light.

Perhaps you will now understand that when they appear to be "forced" upon you it is simply the working out of your life plan. It can be hard, it can be very disappointing at times but all experiences are to help you grow and evolve. If you could see the greater picture you would accept everything that comes your way as part of your needs to make progress where your soul's development is concerned.  
(9)

### **Footnotes**

SaLuSa, June 15, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

On the purpose of life, see *The Purpose of Life is Enlightenment* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Purpose-of-Life-is-Enlightenment.pdf>

(2) Ibid., April 3, 2009.

(3) Matthew's Message, February 3, 2014, at <https://www.matthewbooks.com>

(4) "The Divine Mother: Be Prepared to Move into Measured, Concerted, and Modest Action," channeled by Linda Dillon, December 6, 2013 at <http://goldenageofgaia.com/2013/12/the-divine-mother-be-prepared-to-move-into-measured-concerted-and-modest-action/>.

(5) "Council of Angels, Archangel Michael and Source Creator: Upgrading to a Multidimensional Operating System," channeled by Goldenlight, October 4, 2013 at <http://thegoldenlightchannel.com>.

(6) "Archangel Michael: You are God Having an Experience of You," June 27, 2014, at <http://goldenageofgaia.com/2014/06/27/archangel-michael-you-are-god-having-an-experience-of-you/>

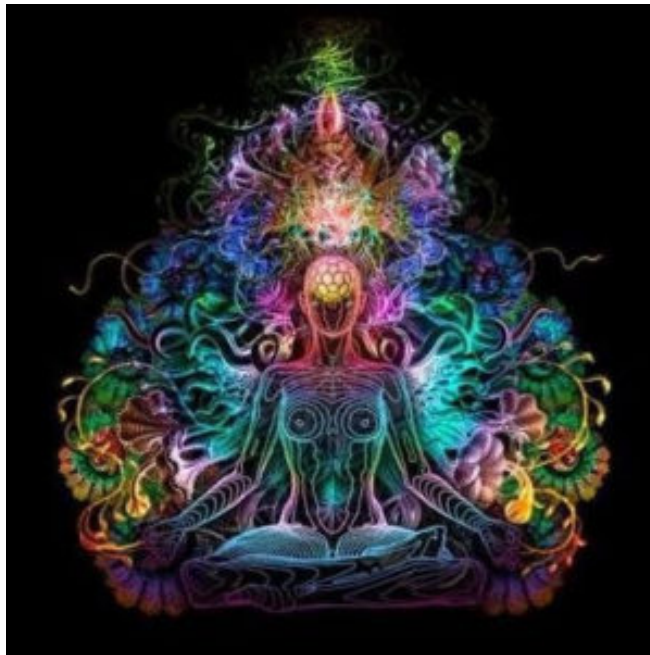
(7) "The Divine Mother and Archangel Michael: Work with and Expand This Energy of Clarity," channeled by Linda Dillon, October 14, 2013, at <http://goldenageofgaia.com/2013/10/the-divine-mother-and-archangel-michael-work-with-and-expand-this-energy-of-clarity/>

(8) Hilarion, June 19-26, 2016.

(9) Mike Quinsey's Higher Self Message, Jan. 14, 2022, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).



## ⌘ Soul Design ⌘



**I've heard talk of "soul design." Can you tell me what term refers to please?**

Jesus: Your soul design ... is the expression of Love. You took the best you thought of the Father, the most glorious expression and you said, "OK I will go exploring now, for I have my suitcase packed – it is called my soul design." You are prepared, you have all you need. (1)

**Where do I need to turn to find my soul essence?**

Jesus: Where you have need to turn, my brothers and sisters, is inward, deep to the core of your being. I do not speak of the personality that is present in this lifetime but rather of the soul essence, the full design that has been activated within you.

It is time for you to become fully familiar with this design and to embrace it and the wholeness of yourself. That is what this creation exercise is about – it is the co-creation as the expression of your design. (2)

Damur of Antares: Your original divine blueprint lies within you and has always been within you. It carries the answers to everything. Yes, everything is within. You are the answers to your questions. And you helped to design the Grand Plan that you find yourselves in. (3)

**Is our physical design common in the universe?**

Archangel Michael: The humanoid form is the largest percentage of forms throughout the multiverse. (4)

**Why is that preferred?**

Archangel Michael: It was a design that could incorporate a magnitude of light that would resemble and allow beings, who were in that form, to shift back to their angelic form very easily. (5)

**Who designed it?**

Archangel Michael: The Mother. She is the ultimate architect, you know. (6)

**What relationship has my individual design to the Grand Design?**

God: Within the Grand Design is the individual design. They cannot be separated.

They can be integrated. They *are* integrated. (7)

### **Am I unique?**

Archangel Gabrielle: Your expression is unique to you. Think of it, my Beloved Ones, as your spiritual fingerprints. There is no one like you in the Universe, the Multiverse, the Omniverse. Are you all related? And on one grid? Yes. But your Ray, and the combinations, the variations, the sweetness, is a reflection of your soul design and pattern. It is your spiritual DNA, it is what you have decided, how you have decided to be birthed, in the very beginning.... (8)

Divine Mother: Every step, every breath, everything your face encounters, your eyes gaze upon, everything is miraculous. And within that your interaction is unique, because it is you. It is your soul design. It is your truth. And it will never, ever, be identical to another's.

That is where the unity comes. It is not in all becoming similar or alike. It is in the celebration of that uniqueness and how that design comes together. That is the gift of sacred union. That is the gift of partnership, of family.

It is not just the points of conjunction; it is [also] the points of differentiation and uniqueness. And knowing that is the purpose. And that is why I say action is part of your truth.

You do not go forward simply as observer and discriminator. You take that and you express it in purity and joy, the sweetness of who you are. (9)

### **Footnotes**

(1) "Jesus Sananda on Unconditional Love," March 28, 2015 (2003), at [<http://goldenageofgaia.com/2015/03/28/jesus-sananda-on-unconditional-love/>]

(2) "Jesus Sananda on Unconditional Love," March 28, 2015 (2003), at <http://goldenageofgaia.com/2015/03/28/jesus-sananda-on-unconditional-love/>.

(3) Damur of Antares, May 28, 2009, through Zilanthrah, at <http://www.telepathycourse.com/zilanthra/damur-of-antares-through-zilanthrah-05.-28.-09.html>

(4) "Archangel Michael on the Angelic Kingdom," June 13, 2014, at <http://goldenageofgaia.com/2014/06/13/archangel-michael-on-the-angelic-kingdom/>.

(5) Loc. cit.

(6) Loc. cit

(7) "Heavenletter #4797," January 12, 2014, at <http://heavenletters.org/return-to-paradise.html>

(8) "Transcript: Heavenly Blessings: The 12 Divine Rays with Archangel Gabrielle," channeled by Linda Dillon, February 18, 2014, at <http://goldenageofgaia.com/2014/03/transcript-heavenly-blessings-the-12-divine-rays-with-archangel-gabrielle-february-18-2014/>

(9) "The Divine Mother: Be Prepared to Move into Measured, Concerted, and Modest Action," channeled by Linda Dillon, December 6, 2013 at <http://goldenageofgaia.com/2013/12/the-divine-mother-be-prepared-to-move-into-measured-concerted-and-modest-action/>.

## ⌘ Does Chance Rule Our Lives? ⌘



## **Does anything in our lives happen by chance?**

SaLuSa: In reality nothing of importance happens by chance even though it would seem that way. You all have life plans that are purposely meant to further your evolution and usually do so, as you have Guides who make sure you follow them. Freewill is something that is usually exercised before you come into a life, although it is true to say that the final word is yours. (1)

SaLuSa: Your existence is not some freak accident, but of a careful design intended to give you every opportunity to move off the wheel of rebirth. (2)

SaLuSa: Every aspect of your lives is planned, and you are each part of soul groups that come together with the purpose of gaining experience.

We hear some question where freewill comes in, but there would be no plan unless you exercised it prior to incarnating. Freewill is still your prerogative, but having agreed to a plan for your life you are drawn to those people and experiences that will help fulfil it. Your Guides are also very active in keeping you on track, but the final word is with you. (3)

Mike Quinsey's Higher Self: Every soul will have discussed their needs prior to incarnating and know the nature of challenges to be presented to them.

Progress is therefore orderly and done in such way that no soul is faced with more than they can deal with, and you always have your Guides with you who oversee your progress. Often what you call coincidence is set up for you to ensure you do not miss an opportunity to carry out your life plan.

Remember that you are powerful Beings, and as the vibrations increase you will find that what you set your mind on will almost certainly manifest at some time. Some events are already part of your life plan but you still have freewill where many things are concerned. Providing it does not go against your Life Plan, there is every possibility you will experience what you have in mind.

For example you will also have arranged who you will meet who can fit in with your needs and that covers your partner to be. Equally, if it has been decided that marriage is not for you, then it will not happen. It applies all round to everyone and covers events that will ensure you experience exactly what you need to continue your evolution.



As you mix with others who are also experiencing according to their Life Plan, you do not in fact know the true soul from the outer appearances, but only the body that they have for that particular incarnation. Neither can you know if they were for example a Royal or a peasant in their last lifetime, and in fact in that sense you never know who you might be meeting.

Few souls have an awareness of the nature of their previous lives, and it ensures that they devote their time to the current one without distractions. Every Life Plan is especially made for your needs and to ensure that karmic responsibilities are met. Those who have lagged behind may face more challenges as they often have more karma to clear, and until it is they cannot move very far forward. (4)

SaLuSa: Life is not meant to be a random experience and where someone appears to have little in the way of challenges, it may for example be one that gives them a break.

You need a restful one at times, yet it will still prove beneficial and the opportunity is not lost to find some spiritual gain. An idyllic life may be one where you spend a lot of time away from the cities and all of the activity, to be next to Mother Earth in the countryside. (5)

SaLuSa: You may feel that many of your experiences are uncalled for, but we assure you that they are all connected with your life plan. Have you not been made aware that there is no such thing as coincidence, and that is the reason why they are so important to you?

Naturally some coincidences appear of no real significance, and may be of minor importance. However, where you experience the harsh reality of life, it is for your spiritual understanding and development. (6)

Saul: There are no accidents or coincidences. Every occurrence and every opportunity that you experience during Earth life has been prepared or allowed for before you incarnated. (7)

SaLuSa: Of course there are amongst you people who have been wronged as you would interpret it, and do consider themselves "victims." However, this is all by arrangement and you are a willing partner to the karma being played out.

No matter how severe the circumstances, the fact remains that you were aware of your agreed life plan before you incarnated on Earth. Many will argue against it, convinced that they could not have agreed to suffer or indeed see others suffer.

Be assured that when you pass over and return to the astral planes, you will clearly understand all facets of your life. You will review your life, and this can be a

sobering time when you find out how well you have done where your life plan was concerned. (8)

### **I don't know my mission. Should I be concerned?**

Matthew: Please do not feel concerned if you do not know your life mission! Only a relative handful of Earth's peoples know about soul contracts, and simply following your inner voice - your soul's messages to your consciousness - naturally leads you in your mission. When the time is right, and it will vary from person to person, you will know where you are most needed and can most meaningfully serve, and you will feel confident to fulfill that purpose.

Please do not feel that you must play what *you* consider to be an important role in the changes underway - each of you is important! You may think that by comparison with others, you are not contributing enough; but simply by BEing who you ARE at soul level, even if you are not consciously aware that you are doing so, you are fulfilling your mission and radiating light to all whose lives you touch. (9)

### **Footnotes**

(1) SaLuSa, July 24, 2015, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(2) Ibid., Dec. 16, 2009.

(3) Ibid., Sept. 18, 2009.

(4) Mike Quinsey, Nov. 4, 2016, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(5) SaLuSa, March 19, 2010.

(6) Ibid., Aug. 9, 2010.

(7) Saul, July 22, 2009.

(8) SaLuSa, April 3, 2009.

(9) Matthew's Message, Feb. 7, 2009, at <https://www.matthewbooks.com>

## ⌘ Soul Contracts ⌘



## **What is a soul contract?**

SaLuSa: You have a life contract of which very few are personally aware, and have seen into the future and planned it accordingly. (1)

Matthew: Your world is awash in information, but the majority of the populace has no idea whatsoever about pre-birth agreements and soul contracts, the dark and light forces, the purpose of karma and multiple lifetimes, or the importance of balance.

They don't know that their ancestors are from other civilizations; massive assistance is being given by extraterrestrials; or wild storms, earthquakes, and volcanic eruptions are Earth's ways of ridding herself of negativity.

They don't know that she has been on an ascension course for more than seven decades or that the speed and scope of planetary changes are unprecedented in this universe, and they know nothing about Earth's Golden Age. You *do* know all of that and much more. (2)

SaLuSa: In reality life is quite orderly inasmuch as every individual has his or her own plan, yet it still interacts with the whole. (3)

Adamu: Before you decided to incarnate, you developed a plan. Your life plan. Together with your guidance and various other beings of wisdom and light, you decided on the events of the Story that you would be telling yourself.

You chose who your parents would be, who your friends, lovers and partners would be. You also chose just as carefully who your rivals would be, who would play the painful goad-to-growth when you needed that. You chose it all.

But why? Not because you so badly wanted to see the Story play out but because you really wanted to see what new growth, discoveries, feelings and explorations would happen inside of you as a result of the telling of this Story.

Engaging in this quest will bring you completely out of suffering, out of pain and into love, joy and peace. (4)

## **What are we all achieving by following our life plans?**

Matthew: The orderly functioning of the universe requires a continuous balancing act to keep vibrational frequencies from becoming lopsided, so to say; and, as

microcosms of the universe who in every moment affect the state of it, souls have their own balancing acts.

Prior to birth, [souls] —or better said, all of us!—enter into agreements with other souls, and within the agreements are all of the participants’ individual contracts that include whatever they need to balance other lifetimes. That “whatever” is karma.

However, because Creator decreed that free will takes precedence over all, everything in the contracts—that there even is a contract—must be forgotten when souls embody.

Actually, this is a good arrangement—otherwise every lifetime would be merely following some schedule instead of freely making decisions and learning from the results. And guidance in line with contracts is permitted via the soul’s messages to the consciousness, but everyone has the free will to heed that guidance or stray far afield.

Either way, souls incur karma and it is neither “good” nor “bad”—it is the means whereby the last lifetime can be balanced in the next one by completing the karma, or karmic lessons, in the soul contract. (5)

### **Why is following our soul contract so important?**

The Council of Angels: It will be the beginning of Earth’s entrance as a full member of Inter-Galactic society and if you so wish you can be a part of this by continuing to raise your frequency and vibration.

This is done by forgiving all of all, by releasing your karma from the past (we have spoken of ways to do this in previous communications), by connecting with and inviting your higher self into your life, and by keeping your vibration and frequency high by being in tune with your missions and soul contracts.

By following your truth, and creating your own transparency within yourself, you will then keep your vibration at a very high rate and continue to ascend and be a part of the unification with other star beings within and around the earth. For they exist now.....in a higher dimensional space and as you raise your vibration to match theirs, you will be able to communicate with them and interact with them.

This is why your spiritual growth and tuning into your soul contracts is of utmost importance at this time, so that you may be a contributing part of the new higher dimensional society and perhaps be a part of the newly formed inter-galactic relations that will be occurring. (6)

## **What comes with living in alignment with our soul contract?**

Matthew: Peacefulness ... comes with living in alignment with your soul contract - you feel this as if you are "going with the flow" instead of "bucking the current." Self-discovery may come as "Aha!" moments that can be considered indications, and these can be as varied as realizing the most ideal way to handle a perplexing situation or a difficult relationship, an inspiration about a new direction in life or moving to a location that "calls" to you, or perhaps the solution to an experiment.  
(7)

### **Footnotes**

(1) SaLuSa., Oct. 21, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(2) Matthew's Message, July 2, 2014, at <https://www.matthewbooks.com>

(3) Ibid., July 14, 2010.

(4) Zingdad, *Ascension Papers*, Book 2, Chapter 2.1. Story and Isness, at <http://zingdad.com/book-2/239--chapter-21-story-and-isness.html>.

(5) SaLuSa, April 22, 2015.

(6) "The Council of Angels: Transparency and Truth," channeled by Goldenlight, November 22, 2013 at <http://thegoldenlightchannel.com>.

(7) Matthew's Message, Feb. 7, 2009.



## ⌘ Planning Our Soul Contract ⌘



*Part of our design team*

## **When are our life plans agreed to?**

SaLuSa: As you can clearly understand, you are all in here to learn through your experiences and nothing comes your way by pure chance. Life plans are agreed to before you come into your earth body, and your Guides will do everything in their power to ensure you complete your incarnation successfully. (1)

St. Germain: Whatever you believe is the reason for what is taking place in your life, know that you chose to have that experience. Many find that hard to accept but that is because they have little or no recollection of having made that decision. (2)

When life throws you a curved ball, embrace it! Nothing in your life happens by chance; every event you experience has been planned and has a purpose. However, while you remain immersed in the illusion, it is very difficult for you to perceive this, let alone understand what it is trying to show you. This is OK!

You planned your life paths very carefully prior to incarnating to provide you with the lessons you chose to learn, knowing that when they occurred you would not understand them. Within your limited state of human consciousness, understanding of that order is impossible because the lives of all humans affect each other in myriad incomprehensible ways.

If you had knowledge of that it would be impossible for you to follow your chosen path because you would be constantly concerned about your standing and your effect on your group. Your paths are all perfectly planned so that the necessary interactions will occur at exactly the right moment, allowing you total freedom to choose an appropriate response in the moment, as it occurs.

Depending on your stage of spiritual growth, and the needs of the others in the group, a selection of options from which to choose your response will occur to you, and whichever one you use will enable all of you to make progress in your human learning process. (3)

## **How do family agreements work?**

Matthew: A family agreement is made with all souls' unconditional love for each other. Because the agreement is designed to benefit every participant, some are the "heavies" for their own balancing, which enables the others to experience what they need to achieve balance, and all can move forward in soul growth.

None of the participants consciously knows the role he or she chose and all are responsible only for their personal decisions and actions. You cannot control the actions of the family members you feel are in darkness, but you can control your

"reactions" - reacting within the light lets "light"heartedness flow within and radiate outward to all around you. (4)

### **How do our guides help us?**

St. Germain: Not only is your life carefully planned with the assistance of Higher Beings, as it unfolds they accompany you to ensure a successful conclusion. All around you other souls are experiencing just in the same manner, and it matters not what your personal beliefs are you have Guides that are always in touch with you. Even those who profess no belief in God and are atheistic in their thinking have the same help as others. What is it but another experience that you have chosen for yourself?

At this present important time when the majority of you are experiencing your last life in this cycle, your Guides draw closer to you and impress upon you the path you should take. They look for indications that you are moving into the Light, and that your consciousness is awakening to the changes that are happening all around you. It is a matter of directing your activities towards self-assessment and seeking a higher expression in all that you do.

There is so much happening on Earth that it is easy to become distracted. Your Guides will encourage you to focus on all that is positive and manifesting the beneficial changes, thus leaving the dark side to its own demise. Never before have you received such help, and it will intensify as you enter the final years of duality. (5)

### **What does my design team do?**

Divine Mother: You and we, in concert with your circle, have chosen, designed this magnificent form in all its shining, lustrous brilliance – with the human foibles and proclivities so that you would understand the human race... which in many ways is a foreign race to you... but also that the human race would understand you, because it is mutuality; it is the sense of unity, it is the sense of togetherness, quite literally, that is important in this redefinition of the experience of [being] ‘human’ And so you have been integrated and that, sweet one, includes human... yes, you are very star[seed], angelic. (6)

### **What role do our bodies play in all this?**

Matthew: Your bodies are but the temporary housing you designed prior to birth,

with genetic inheritances that would best enable you to experience what you chose to fill gaps in other lifetimes, with the goal of achieving overall balance. Those choices become your soul contract for this lifetime. How a body dies may be a provision of that contract, and whether the death is by heart failure or being blown to bits or radiation poisoning, the soul is unscathed. The soul is eternal! (7)

### **What happens if we are a lightworker but our soul contract does not include living in Earth's Golden Age?**

Matthew: Beloved lightworkers, if your soul contract doesn't include living in that Age, you will have a ringside seat wherever you are and can observe the panorama of that glorious era unfolding. You will know what your dedication and perseverance helped the peoples manifest and feel gratified that you were among the volunteers who were chosen to participate. (8)

SaLuSa: All of you have an arranged time to leave the Earth and, for example, if you are to experience longevity you will be placed in a family that has it. Even accidents that enable a soul to leave the Earth are part of a life plan that serves their interests. There is sometimes a need for certain types of experiences that fulfill karmic needs.

We know you find it hard to understand that a soul would agree to such an arrangement, but it is crystal clear when you are out of the body before you incarnate. (9)

### **Footnotes**

(1) SaLuSa, May 19, 2010, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(2) Saint Germain, Aug. 1, 2008, through Mike Quinsey, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(3) Saul, "Everything you think, say, and do affects many others," May 16, 2010, through John Smallman, at <http://johnsmallman.wordpress.com/>.

(4) Matthew's Message, Mar. 1, 2012, at <https://www.matthewbooks.com>.

(5) Saint Germain, June 25, 2008, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(6) "Divine Mother – The Beauty and Truth of Who You Are," May 25, 2020, at <https://goldenageofgaia.com/?p=310559>. Steve: I've only been to earth eight times.

(7) Matthew's Message, Aug. 5, 2005.

(8) Ibid., Jan. 4, 2021.

(9) SaLuSa, Aug. 1, 2012.

## ⌘ How Soul Contracts Work ⌘





## **How do soul contracts work?**

Archangel Uriel: The soul and ego create an agreement for each lifetime in which the soul provides the opportunities for learning and healing that the ego agrees to complete. There is no final agreement as to the outcome for that is within the realm of the ego and free will.

There is an opportunity to express the soul's intention for the highest and best outcome but the ego must be able to release its attachment to the energies that it has created and willing to raise its vibration for this to occur. Often this agreement becomes a battle of the ego and free will against the soul and the life journey becomes challenging.

The ego, which you often see as weak, holds all of the power and is the gateway to your life journey's potential. When it operates within the parameters of the soul's intention for healing it can access the highest levels of all experiences and outcomes intended for any lifetime.

This completes healing cycles and allows your vibrational frequencies to increase and access to other life paths is possible. With each shift in your energetic vibration, through soul partnership, you move into new agreements, new timelines and new opportunities for living.

But when the ego forgets its soul agreement its journey becomes 'soul-less', without the soul's partnership. It tries to battle the darkness with its own darkness instead of connecting to the light within. Then life becomes a journey of fear, lack and confusion.

What is missing is the light of the soul, which is available to the ego when it is willing to share the journey and to be open to the possibility of life beyond fear, because by itself it is not aware of that as a potential.

The ego must be convinced that beyond this trial and part of the journey is a new beginning because it does not know that, since the potential of your being is held within the soul's infinite knowledge of you as divine, beyond human. This is the soul's gift to you and to the ego as you complete the journey of your healing, learning, growth and transformation.

What you can become is the promise of the soul when you allow it to participate on your journey and co-create your healing journey. What messages does your soul have for you about its promise of fulfillment? Ask this question and you will receive the answers you need to move beyond the 'soul-less' life to one that fulfills the soul's promise of love, joy, peace and fulfillment. (1)

SaLuSa: Each of you has entered life with a specific plan that caters for your needs, and whether you work for the Light or otherwise makes no difference. Obviously Lightworkers tend to take on far more responsibility and are chosen for their experience. It means that they often have a somewhat lonely life, but at the same time it gives great satisfaction.

Souls who incarnate for development are given only as much as they can handle, and it specifically targets areas where they need to gain experience. Other souls that take an important role in your life are chosen for you, and you meet them as “arranged” although it may well appear to be a random event. Nothing happens by chance although you are often convinced that it is the case; without planning it would be impossible to ensure you experienced exactly what you needed to evolve.

Families often stick together through many incarnations playing out different roles each time. It can explain why some families are so close together and have a very strong bond. Be assured that whoever enters your life where it has any strong and lasting effect is part of your life plan.

If for example you choose to have a close relationship with a soul that is not part of your life plan, it will not develop into anything more serious. In such circumstances you have two souls involved and beyond a friendly relationship, neither can go beyond that level of relationship. Naturally in the course of your lifetime you have many friends that come and go, but they may not have any specific influence. (2)

SaLuSa: On Earth there are challenges all of the time and whilst you learn them the hard way, it is also the quickest way to progress. Remember that you always have your helpers around you, and they are ready to assist you when help is needed.

However, it is not their place to impose themselves upon you, and you need to ask for help to get a response. It may not always be exactly as you desire and remember that there is always your life plan to consider.

Certainly you have freewill, but at the same time you have undertaken a certain life plan that is your path for any one incarnation. It is to ensure that you progress in a sensible manner as quickly as possible. However, you can always have further experiences if needed, and these can cover any area of your life plan that has not been successful. (3)

SaLuSa: Events can be foreseen way ahead, so it is easy enough to place you where it is of the most benefit. Life seems complicated but in reality it is quite simple, as you will always find yourself to be in the right place. It is much the same with the people that enter your life, as that is also by arrangement and agreement.

We too have life plans, but we are constantly aware of them in our conscious state. Bear in mind we live for hundreds of years and can achieve much in that time. We are also allowed more say in what we do, having reached a high level of understanding.

In your case decisions often have to be made for you by your mentors. It depends on how spiritually advanced you have become. After all the purpose of living many lives is to follow an overall plan that leads to your spiritual evolution. It is the only way to advance and leave the cycle of re-birth behind. (4)

Matthew: It is natural to wonder how, then, souls can become dark, so we shall add a note of explanation. As a part of Creator's essence via the God of this universe, every soul incarnates light-filled and with specific missions that it chose prior to birth.

The infant knows its godself and the missions in its lifetime soul contract, but all memory of that knowledge is forgotten as the baby adjusts to a dense body and adapts to parental expectations; as the child grows older, it encounters influences from other authority figures, too, and peers.

The forgetfulness, which is at conscious level only, is part of the grand design that offers the person learning experiences; and all along the way, the soul sends messages to the consciousness in the form of conscience, intuition, instinct and other types of guidance in accordance with contract choices.

Persons who heed those messages live true to their lifetime purpose and retain their light. The light starts to dim in those who ignore their souls' messages, and if they continue to pay no heed to that guidance, they stray farther and farther from their chosen missions and their light keeps diminishing until only the spark that is their life force remains.

You have no way of knowing if that is what has happened to someone or if that person is following the soul contract to the letter by providing opportunities for others to complete third-density karma and continue their soul evolvment. (5)

Atmos: There is no judgment at the higher levels, and we simply see beautiful souls making their way back to the Light. The whole purpose of being in duality is to grow through experience, so why indeed should anyone's choice be looked upon as different to anyone else's?

Your lives all carry responsibility and your actions are accountable for by you, but once cleared karmically there are no recriminations. Remember that experiences are set up with souls that have all agreed to play out their respective roles.

Someone has to take the part of the dark Ones, and believe us, Dear Ones - you have all acted on both sides. (6)

Naturally some souls will leave the Earth due to the changes, but any so doing will be acting out their end time as arranged in their life contract. (7)

Matthew: If souls' incarnate journeys were not separate experiences, why would any bother? Where would the learning come in that each soul needed for karmic fulfillment? This doesn't mean that at the godhead all are not connected, it means that each chooses what to experience prior to birth, and whether or not once embodied those chosen experiences happen, no soul's journey is exactly like any other's. (8)

### **How do soul contracts make themselves felt?**

Matthew: The prevailing vibrations also are intensifying energetic differences and many individuals are feeling a strong desire to make a major change. Perhaps look for a different job, end a relationship or start one, pursue a new field of studies, relocate to an area you know or maybe a place you know of but never have visited.

We are not speaking about rashly acting upon an impulse, but rather heeding a growing sense of urgency to act upon an idea that has been simmering—this is the soul speaking increasingly loudly to the consciousness: This is what you chose in your soul contract. (9)

### **How is transformation occurring?**

Arcturian Group: Remembering who and what you are does not become an attained state of consciousness over night but is the beginning. Change begins in the vast and higher levels of consciousness and works through many energetic layers lastly arriving at the lowest level— the material.

Changes are taking place personally and globally and quickly becoming accessible to every individual even though much is not yet manifesting on the material level.

Do not give up hope or slip into believing that your work is doing nothing because you aren't seeing results but rather trust that all is proceeding according to a Divine plan.

Live what you know, dear ones, because the spiritual Genie can not be put back in the lamp. (10)

### **Who am I responsible for?**

Matthew: You are your first responsibility. This is not selfishness or egotism, nor is it lack of love and caring for others. It is that only you can make decisions that are in line with your instincts and intuition, your soul's guidance to your consciousness that nudges you into avenues that in your soul contract you chose to experience during this lifetime. This may include changes in relationships, employment, location, group affiliation or other interests and activities.

On a different level, it may be divesting yourself of trivial interests and meaningless pursuits and detaching from the need to garner material possessions.

Earth's Golden Age doesn't include interests, habits, attitudes or behavior that are superficial or in any way hurtful to self or others, such as jealousy, envy, self-centeredness, spitefulness, bitterness, resentfulness, mean spiritedness, gossiping. If you recognize any of those in yourself, there is time to change. Focusing on your life in the wondrous Age that you are rapidly approaching will enable you to embrace others and life itself with love.

The goal of every soul is to evolve spiritually and intellectually. Pre-birth agreements, which are designed for soul growth of all individuals who want to share the lifetime, are made in unconditional love.

When you are experiencing the karmic lessons you chose, you sense that life is flowing smoothly. If heavy restlessness and longing for different circumstances arises, it signifies that the agreed upon experiencing has been completed and it's time to move on to other contract selections. In the vibrations of the lighter energy planes Earth has reached, both contentment and dissatisfaction are magnified - let the sensations you feel guide your decisions and actions.

In the case of extremely difficult situations, the consciousness doesn't understand that the circumstances are for learning and growing, but the soul knows it is attaining the balance it needs to evolve.

When an individual seriously deviates from contract provisions - say, by excessive control or cruelty beyond what the recipient chose - the suffering soul grows by leaps and bounds and the perpetrating individual devolves. Always, divine grace comforts and uplifts those who are wrongfully treated - that is, in harsh ways they didn't choose in soul contracts - and "offenders" incur karma that is equally difficult to endure. (11)

**Are soul contracts flexible?**

Matthew: There is flexibility in soul contracts. (12)

SaLuSa: Life plans do change when circumstances arise that were not foreseen that have become part of your experiences. Sometimes they are not beneficial, but on other occasions they may take you forward quicker than anticipated. (13)

Mike Quinsey: Although you have a life plan that you have agreed to prior to incarnating you may at any time change the course of your life. However, your Guides will do their best to ensure you follow it, as clearly your life plan is meant to cover your needs for certain experiences that will help your evolution. (14)

SaLuSa: Sometimes a soul will come into life for only a very short period, simply to help create a situation that is necessary for the experiences of others. However, when you try to relate that to babies it may simply be that the soul has decided not to incarnate after all. That option is open to all but very few change their minds once the arrangements are settled.

So as you can see, everything is not in black or white and souls do have a say in what type of life they are entering. Usually once the purpose of a life is decided and it is seen to advance the souls evolution, it is very rare for a soul to pull out. (15)

### **How do we change our soul contract?**

Matthew: A petition to amend one's soul contract is done at soul level, because only at that level can it be known if the person's life circumstances are harsher than the experiencing chosen prior to birth. It is on the basis of excessive suffering that the petitions are granted. (16)

### **Footnotes**

(1) Archangel Uriel, "The Soul and Ego Agreement," Nov. 10, 2010, through Jennifer Hoffman, at <http://www.urielheals.com/>.

(2) SaLuSa, June 13, 2014, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(3) Ibid., May 23, 2014.

(4) Ibid., Oct. 4, 2010.

(5) Matthew's Message, Sept. 11, 2010, at <https://www.matthewbooks.com>

(6) SaLuSa, Aug. 27, 2010.

- (7) Atmos, Aug. 28, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)
- (8) Matthew's Message, Feb. 8, 2004.
- (9) Ibid., July 4, 2013.
- (10) Arcturian Group through Marilyn Raffaele, March 13, 2022, at <http://www.onenessforall.com>
- (11) Matthew's Message, July 4, 2012.
- (12) Ibid., July 21, 2013.
- (13) SaLuSa, Feb. 1, 2013.
- (14) Mike Quinsey's Higher Self Message, January 28, 2016, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).
- (15) SaLuSa, January 30, 2015.
- (16) Matthew's Message, Sept. 21, 2009.

## ⌘ The Value of Staying with One's Mission ⌘





## **What is the value of staying with one's mission?**

Mike Quinsey's Higher Self: You have an agreed-upon life plan and it is vitally important to lead your life accordingly. You can deviate from it a little without harm, but there are key moments when you must follow the plan that you have decided upon. (1)

Jesus: Righteousness most certainly does not mean that you are always right, but it is a passion, it is a drive and it is such a deep sense of commitment to complete and to do what you have promised in your heart, mind and soul contract to do. ...

Go to Earth, tell people to love one another, show them how to do it and practice it. There might be some people against you and they might even be vehement and kill you, but no matter, because I am an eternal spirit and I will simply return home. So, how hard could that be? (2)

Matthew: Every personage is valued equally by cumulative souls, which don't measure any by wealth or power or fame, but by how closely free will choices adhered to choices in the soul contract. Regardless of where personages may be in this universe, their contracts are designed to balance cumulative experiencing because attaining the high vibrations within balance is the aim of *every* soul.

All of us at this station are like you and every other soul—all of us are on our respective pathways toward our common destination, reintegration with God; and He has said, only when that occurs will He know what comes next. (3)

## **Does soul contract take precedence over suffering?**

Matthew: Let us say you are praying for a loved one's recovery, and because the illness is so severe, you are afraid she will die and urgently pray that she won't.

Two factors enter into this, and the more important is that a person's soul contract always takes precedence. Since you don't know what she chose in her contract, the most beneficial prayer is for her highest good.

You don't know anyone's contract, not even your own, so always that prayer, which has no limitations, is the most beneficial. The other factor is, the urgency in your prayer fractures your energy. That lowers your vibratory level, and because your thoughts and feelings are directed to the person you love, you are sending her equally low vibrations, exactly the opposite of what you want. (4)

## **Is there any action that is left out of our soul contract?**

Archangel Uriel: Every step on your life journey is an expression of the healing purpose, mission and promise contained within your soul contract.

When a healing cycle has reached its end and there is an opportunity to experience and integrate a new vibration Spirit channels the awareness required that can allow the healing and transformation to occur. The awareness is either acknowledged or judged and the healing opportunity is then either accepted and integrated or rejected and denied.

You are anchoring these higher energies. This is a process of embracing new highs, allowing the subsequent dips if they come about and following the flows when the waves crest up again and then you find yourselves at a higher steady state as a result. This unstable part is natural to the integration of higher light frequencies into your physical realities. (5)

## **Can lighted beings or angels interfere with our free will or soul contract?**

Matthew: By Creator's law that governs life in this universe, never are lighted beings allowed to interfere with the free will decisions of any persons. This includes even our personal family members living on Earth who are tending toward decisions that will incur heavy hardships they didn't choose in their soul contracts.

The only exception to that law of honoring free will is Creator's own - it cannot be used to start a nuclear war. In accordance with Earth's free will decision made immediately after "9/11," no other major terrorism effort can succeed.

In both cases, it is God's responsibility to prevent all such attempts. He has authorized civilizations with preventive technology to comply with those mandates, and they have done so successfully on more than a dozen occasions. (6)

Matthew: Of course you can call upon the angelic realms for assistance at any time, but even when you don't, the energy of your anticipated need shoots out into the divine communication system and instantly God's emissaries respond appropriately.

Many people in life-threatening situations have been saved by angels' intervention in accordance with soul contracts, but if the consequences of dire circumstances are within the souls' chosen experiencing, the angels cannot interfere.

They are, however, permitted to relieve extreme mental or emotional anguish. Without that angelic buffer between clear thought and desperation, wise behavior and irrational action, or miscalculation and its results, many physical lifetimes would be much shorter than soul contract choices. (7)

Matthew: The powerful energy of souls you call ascended masters and the White Brotherhood and other light forces you don't know about has been intensifying on the planet and is available to each and every one of you. It isn't necessary that those souls embody or that you know their names.

Simply ask for divine help and these emissaries of God will provide it. It may not come in the form you think you want, but it will be what you need in accordance with your soul contract. (8)

### **Footnotes**

(1) "Mike Quinsey: A Message from My Higher Self," June 10, 2016, at <http://goldenageofgaia.com/2016/06/10/mike-quinsey-message-higher-self-18-12/>

(2) Jesus in Linda Dillon, *The New You. Emerging into the Brilliance of Humanity's Heart Consciousness*. Port St. Lucie: Council of Love, 2013.

(3) Matthew's Message, February 3, 2014, at <https://www.matthewbooks.com>

(4) Ibid., Sept. 9, 2011.

(5) Uriel Speaks through Jennifer Hoffman, Nov. 21, 2011, at [www.urielheals.com](http://www.urielheals.com).)

(6) Matthew's Message, Sept. 24, 2012.

(7) Ibid., Dec. 1, 2010.

(8) Ibid., Sept. 24, 2008.

## ⌘ Karma and Soul Contracts ⌘



## **How does karma operate in regard to soul contracts?**

Matthew: Souls incur karma and it is neither “good” nor “bad”—it is the means whereby the last lifetime can be balanced in the next one by completing the karma, or karmic lessons, in the soul contract. (1)

Arcturian Group: Karma is not a punishment, but the balancing of energies originally created by the evolving soul and mankind in general. There is no longer karma after the soul reaches a certain level of spiritual awareness, for then the individual is able to deal with life in new and higher ways, but at this time many of you are helping to clear impersonal world karma. (2)

Matthew: Please remember that some of what you see that is worrisome, even abhorrent to society - violence in any form; theft; drugged children and adults, whether by prescription or "illegally"; unjust laws and fraudulent convictions; growing numbers of homeless and unemployed; torture; school dropouts - is "perpetrators" and "victims" completing karmic lessons so they never again have to experience third-density lifetimes.

Even so, all of these souls benefit from the healing energy of prayer, and the dark-minded ones whose intentions and actions are way outside their soul contracts are in the most desperate need of the light in prayer - prayers for Earth and all of her life forms is one of the most valuable contributions anyone can make. There is light within hope, too. Hope provides a major difference in your outlook and correspondingly affects the people close to you - the energy of hope, just like the energy of a smile ripples its benefits out into your world. (3)

## **If a condition like deafness is chosen as a karmic lesson, can it be completed so that the person can gain hearing ability in this lifetime?**

Matthew: The answer applies as well to all physical and mental deprivations, loss of organs and limbs, and chronic diseases.

Those kinds of conditions were chosen as soul evolvement opportunities for the individuals and their caretakers, and a change depends upon the soul contract—does it include a reversal of the condition? If so, two factors apply.

If the person is young and chose a long life span, the condition can incrementally change when the planet reaches higher energy planes. The other factor is the

degree of light within the person. A body's healing mechanisms are activated by light's high vibrations, and the vibratory level is in accordance with the person's positive or negative thoughts, feelings and actions. (4)

Mike Quinsey: Life can be lonely at times but remember that you always have help around you and advice if you will but listen. Obviously your Guides are aware of your life plan and will do all that they are able to ensure you live by it. You do of course have freewill to do as you wish but when you go astray they are on hand to try and get you back on your path.

They know you better than yourself and can anticipate your likely actions so that, if [you] go against your life agreement, they will try to get you back on track. However if you persist in going off course you will incur karma to help you overcome it. There is nothing like actual experience to help you recognise the error of your ways. You should know by now that the experience is to mould your character.

Some souls will feel they have had a bad deal but in reality there is no such thing, as all experience is beneficial to you. We say again that there is no such thing as punishment for going astray and if you "pay for it" that is simply the result of your own actions. Learn from them and you should not have to face the outcome again. You do not get rewards as such for good behaviour but life will become more acceptable and enjoyable. You create your own future by your actions and even thoughts. So be aware of what you desire because you are likely to attract it to yourself. (5)

Arcturian Group: It is here we must bring in the topic of abortion which has been and still is a subject of much discussion, confusion, anguish, and suffering for many. The decision to extinguish an unborn is a decision that must not be undertaken lightly, but know that the soul who would choose to enter and become the child is well aware from the other side as to whether or not the child will be carried to term.

A soul can enter, coming and going throughout a pregnancy that will result in a birth, but usually there is no soul yet attached in the early stages of a pregnancy unless there is a particular lesson for the entering soul...

Incarnation into the third-dimensional energies of Earth is a soul choice made by an individual in order to evolve and grow within the tremendous issues of third dimensional energy. Life lessons are planned by each soul with help and spiritual

guidance before birth. Life events are not accidental as they would seem when judging by appearances, but represent experiences necessary for the growth and evolution of the particular soul.

Karma is not a punishment, but the balancing of energies originally created by the evolving soul and mankind in general. There is no longer karma after the soul reaches a certain level of spiritual awareness, for then the individual is able to deal with life in new and higher ways, but at this time many of you are helping to clear impersonal world karma. (6)

St. Germain: If you view [this event] as a lesson learnt it will lose its ability to prevent you from moving on. It is all part of the outworking of your life contract, and it has a number of different highlights that from your point of view are seen as either negative or positive. When you are successful in being able to accept such lessons as necessary, they will not need to be repeated. (7)

### **Are women exempt from dark energy?**

Matthew: The feminine, or goddess energy that is pouring in to balance the masculine energy that dominated Earth's residents for millennia is giving women everywhere inner strength, courage, confidence and determination to rise above their former status of inferiority or as possessions, a status imposed by those cultures and lands where males are considered superior.

We do not mean that you will become a female-dominated society - you won't - or that the goddess energy is not affecting men too - indeed it is; otherwise, this energy in-pouring would only provoke conflict between the sexes instead of accomplishing a balance of the two energies within the peoples.

However, it is the change in women's self-perception - from acceptance of subjugation to recognition of self-worth and the growing awareness that their combined power is a force for love, peace and harmony - that is entering the collective consciousness and moving your world ever closer to the Golden Age.

We hasten to add that this does not mean that females cannot have the warrior ruthlessness aspect of male energy or cannot succumb to the depths of dark motives and actions! Some women are working to achieve Illuminati objectives with the same fierce dedication as men in the ranks; and other women, contrary to their soul contract choices, are harming others in families, neighborhoods and communities.

Again, this is third-density duality in motion, and its time in your world is fast dwindling. Men and women alike who are captivated by darkness are leaving the

planet and will continue to do so, each when his or her vibratory level is exceeded as Earth continues apace into successively higher planes of vibrations. (8)

### **What is the penalty for not aligning with one's soul contract?**

Matthew: Never is a penalty levied by any source! Individuals whose conscious lifetime choices were not aligned with their soul contracts get as many other opportunities as they need to “get it right,” and “getting it right” always is every soul's choice.

Scientifically speaking, multiple lifetimes is the reality of universal physics in action. In the sense of an all-knowing, all-loving, ever-present God—a more personal and equally accurate accounting— it is a form of divine grace that is offered to every soul in this universe. (9)

### **What's the value of choosing traits and actions with high vibrations?**

Matthew: Choosing traits and actions with high vibrations enables clarity in perceiving self and others and acting with sound judgment, whereas choices in low vibratory ranges produce deluded opinions of self, flawed assessment of others, and rash rather than reasoned behavior.

And, what you think of as character, nature or personality are what the ego most frequently chooses from its spectrum of possible selections. In this, conscience—the province of the soul that nudges provisions chosen in the soul contract—is ego's companion and ally; but if conscience is consistently ignored, it atrophies and becomes nonfunctional, thereby leaving ego out on a limb, in a manner of speaking. (10)

### **What happens to individuals when their soul contracts are breached?**

Matthew: All who [have] not completed their contracts [are] offered three options. Finish karmic lessons in Nirvana, where living and learning is far more joyous than on Earth. Receive full credit for lessons partially learned and, in a new agreement with other souls, embody relatively quickly to wind up the rest of the original contract and add whatever is desired in the new lifetime. The third option is, in an agreement with someone on Earth, to arrange for a soul transference, or “walk-in”—the advantage is “saving” years by entering an adult body instead of a newborn's, but because there are serious challenges, too, rarely is this a soul's choice. (11)



## Footnotes

- (1) Matthew's Message, April 22, 2015, at <https://www.matthewbooks.com>.
- (2) Arcturian Group Message, March 16, 2014, at <http://www.onenessofall.com>
- (3) Matthew's Message, May 21, 2008.
- (4) Ibid., March 3, 2014
- (5) Mike Quinsey's Higher-Self Message, June 3, 2022.
- (6) Arcturian Group Message, March 16, 2014.
- (7) St. Germain, June 25, 2008, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)
- (8) Matthew's Message, March 29, 2010.
- (9) Ibid., Oct. 19, 2009.
- (10) Ibid., Feb. 14, 2019.
- (11) Ibid., April 22, 2015.

⌘ **Eventually Soul Contracts will End** ⌘



## **How does a life review fit in with Ascension. Is it about clearing?**

Archangel Michael: [The life review] is not about clearing. Let me be very clear about that one. This is about integration. So if you are looking at your life, if you are one of that group, and looking at the patterns, and seeing how those patterns align, not somehow misalign but how they align with your soul contract, your mission, with your purpose, allow yourself this time of reflection because it is also a gift.

The purpose of these life reviews ... is not for you to think about what you have not done or how you might have misaligned. It is for you to acknowledge and to see and to remember how much you have done. (1)

## **You moderated my experience of the Light in 2018, Mother, did you not?**

Divine Mother: Let me be very clear about that. If you had seen the light as it actually is - yes, a million, billion suns - you would have simply departed. ...

We don't mean die but you would have departed the life that you have designed - yes, with us - for yourself, for the service you are providing - you would have departed and simply said, 'I do not need to do this. I will just simply sit in the bliss of love and good luck, everybody!' (2)

## **What if I am pulled off course?**

SaLusa: Naturally there are dangers simply by being on Earth, but understand that you are protected and guided so that you will rise above them. Only karmic reasons would result in [a detour] and if it happens know that it is part of your life contract that you have already agreed upon. (3)

## **Is there ever a wasted life?**

SaLuSa: Many in older age look back and feel that they have lost out somewhere, and have unfulfilled dreams. However, there is never a wasted life as you will almost certainly have followed your pre-life plan.

Often what happens is that you come into a new life, with strong memories of recent ones where you had enjoyable experiences. The memories are near the surface and you yearn for more, but the problem is that your life plan has not

included for such opportunities to be repeated. There is as a little repetition as possible, in the interests of pushing your evolution forward. Of course there are exceptions, but these mostly occur where a previous lesson has not been fully learnt.

Life is not meant to be a random experience and where someone appears to have little in the way of challenges, it may for example be one that gives them a break.

You need a restful one at times, yet it will still prove beneficial and the opportunity is not lost to find some spiritual gain. An idyllic life may be one where you spend a lot of time away from the cities and all of the activity, to be next to Mother Earth in the countryside. (4)

### **Will the need for soul contracts ever end?**

Kuthumi: As we move from the mind into the heart, joining both the heart and mind in the divine bliss and wisdom of the soul, past and even current creations of the mind will no longer hold power or influence, even becoming void or erased. All creations, agreements and projections of the mind will be dissolved losing their power in order to bring forth a true idea and experience of peace.

The question is are you and is humanity ready to let go of the previous and even present creations of the mind? Are you ready to move away from the safety that certain contracts created by the mind may bring to your own reality and to the existence of humanity? Are you ready to trust in your own constant vibration of peace, living from this space eternally, while you trust in the idea that others will do the same?

This will take time but eventually you will see the falling [away] of all forms of contracts, even contracts created to bring forth peace and love, even contracts made with your soul, the inner planes, guides and the Creator, until there are no more contracts in existence within the entire universe of the Creator.

This would signify that karmic laws and patterning would completely be erased. It would also symbolise that you and humanity would have accepted your own inner power, truth, peace, love and divine oneness with the Creator, humbly and lovingly existing in and as all that is the Creator.

I say this not to bring fear or to ask you to take action but to make you aware that even creations of the mind that seem appropriate and needed may collapse. This is only to allow and make way for a true manifestation of peace which in many ways needs no words or explanation but simply manifests and is experienced creating a unified bond that is beyond your imagination but is stronger than any contract of

the mind.

Rather than contracts, bonds will be formed which are an expression and manifestation of the divine unity and oneness of all souls and the Creator. The reforming of the Creator's vibration within all of us and between each soul will manifest creating a consciousness of oneness, trust, love and truth. Therefore no contracts will be needed of any form and healing will have taken place within and between all.

In many ways contracts could be seen as flimsy, they have the opportunity to be broken, divine bonds are created from the purest place of love and Creator familiarity which cannot be broken or misused because it is the synthesis of all that you are and all that is the Creator. It is not to create bonds but to reform that which has been separated, the separation of the Creator.

It is very similar to the process of attachment and detachment. When you are attached to a person, energy or outcome you are not experiencing a divine flow but are grasping, hindering and holding the flow. When you dissolve all attachments but replace the attachment with a connection of unconditional love everything begins to move with and in the divine flow of the Creator, in truth the Creator is experienced.

It is advisable to observe the contracts, agreements and even bonds that you have created from the mind in your past, present and maybe even for your future. Are these aligned with the peace and love vibrations that you know and understand to be powerful and true within your being? Did you agree to something because there seemed as if there were no other options, in those moments were you allowing yourself to see the magnificence and opportunities of the Creator?

I am not asking you to take physical action but more energetic actions. I wish to advise you to ask for all contracts and agreements made by you and even your soul to be brought into the highest vibration of peace and love to work in unity and oneness with this new era and the Creator's vibrations upon the Earth. (5)

## **Footnotes**

(1) Archangel Michael on An Hour with an Angel, May 14, 2012 at <http://the2012scenario.com/2012/05/archangel-michael-on-the-transitions-impact-on-us-and-world-leaders/>

(2) Divine Mother in a personal reading with Steve Beckow through Linda Dillon, Oct. 26, 2018.

(3) SaLuSa, Sept. 14, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(4) Ibid., March 19, 2010.

(5) “Master Kuthumi: The Breaking of Peace Contracts,” channeled by Natalie Glasson, July 12, 2013 at <http://omna.org> <http://omna.org>.

## ⌘ Building Nova Earth ⌘



## **Do lightworkers share a single mission?**

God: In this lifetime, a universal desire is coming to the surface. It has been a desire long held. Now, you, in this lifetime, are seeing the beginning of a Return to Paradise, right here on Earth, an updated Paradise, yet Paradise nevertheless. Yes, this, too, is part of the Divine Plan and Free Will. Just think of it – Fulfillment of All Desires, that have been desired since the beginning of time. (1)

Gaia: I, myself [Gaia], am connected with cosmic energies and forces who are assisting me, and, together, we feel that a new step in the evolution of humanity is happening. It is like the childlike part of humanity is now evolving and becoming wiser and more mature.

But the situation at this moment is quite critical, and at a certain point, children will have been allowed enough room to explore. It is time for them to surrender to a bigger truth which they already know in their hearts. ...

I am now telling you what your mission is on Earth – it is to be an angel on Earth.

You do not have to change the people around you; you do not have to get involved in politics, or that kind of activity. What you are meant to do here as a lightworker is to anchor a certain vibration. (2)

Matthew: For all that those activities down through the ages have enabled billions of souls to complete soul contracts and evolve, Gaia is weary of her planetary body being a karmic merry-go-round and dealing with the negativity this creates.

That is why you lightworkers volunteered to leave joy-filled lives in spiritually- and consciously-advanced civilizations and come to Earth. You knew that you would forget your homelands; your new dense bodies would be vulnerable to injury, illness and disease; you would live in a world of violence, fear, poverty, bigotry, greed and other darkness inherent in a third density civilization.

Yet, you came! Because you also knew when you volunteered that your love-light would show the people of Earth the way to halt that merry-go-round. (3)

"Doing" in the sense of actions taken to make things better will continue for the majority for awhile yet, but you came prepared to serve from a higher level, in ways that could lift the three-dimensional belief system out of its continual need to fix, heal, correct, punish, and force change and into easier and more loving ways of living.

You incarnated to assist in opening dense and struggling states of consciousness to



an awareness of Earth as being a spiritual universe peopled with sons [and daughters] of God. (4)

### **What can our vision be for building Nova Earth?**

The Council of Angels: You may tune in now to a vision we are showing the channel of all that we have outlined here today – a new society based on transparency; awareness within each being's mind of your connection to Source, your origin from the higher dimensions, the existence of and connection to your higher self, and your tuning into your soul contracts and soul missions agreed to before coming into your lives on earth; and awareness of the existence of higher dimensional beings from other star systems and planets who wish for the successful creation of your higher dimensional societies so that transparent inter-galactic relations may exist between their kind and yours. (5)

### **But how can we humans accomplish this?**

Archangel Michael: Often we have said to you, in this life, and this incarnation, you have brought with you all talents, all abilities. Your complete soul design is anchored and you are ready to go forward.

If that does not imply and directly speak to mastery, then I do not know what does. So then you say to me, “Well, Lord, why have you not spoken of this before?” Because you weren't ready. Period. Within that sense of lack of self-worth and the ego out of control, you weren't ready to have this conversation. You weren't ready to be in that place of the balance, which is the place that you create from. (6)

Ashira: The sacred purpose of every person - do not judge, do not start to quantify who is Illuminati, who is cabal, who is in containment, who is not in trust, who is the religious right, who is the fanatic - every person on your planet, billions and billions, all came with the fullness of their soul design, with the sacred soul purpose to be part of this Ascension and Shift. (7)

SaLuSa: Since you will always be in the right place for your continuing experience, do not fear what lies ahead. As long as you are fulfilling your life contract, you can rest easy and know that whatever you have planned is for your greater good. (8)

### **I know I'm an angel, but I'm not aware that I've brought that through this lifetime.**

Sanat Kumara: You are not simply a fragment of who you are above and we don't know how many times we will have to say this, we will say it until it is firmly

anchored within your knowing conscious self. In this lifetime, in this incarnation, you have brought the fullness of your soul design, the totality of your being, into form. ...

And there are some of you that we listen to and we hear you say “Well, this is not perfection. This is not the way. I am sure it is not the way I appear in heaven.” The contents of the container are the same and the design is perfection, for what you wish to be a reflection of. And what you wish to communicate that will act as a catalyst not only for your Ascension, for your completion, for your jump, but also for others....

The greatest obstacle that we face with you and that you face is you accepting how powerful you are, that you have this innate ability. That is why we speak of Universal Law, creation formulas, divine qualities; we are simply your memory joggers. We are your assistants. This is part of our service to the Mother because in her design what has occurred is that you are the embodiment. You, not Saint Germaine, not Saint Teresa, not myself, even as planetary logos – you are the embodiment of the fulfillment of Her plan. Each of you. (9)

Archangel; Michael: If the Mother designed or desired for what you think of as perfect beings to be in the forefront of this unfoldment, then she would have done so. Part of what you are doing is showing the willingness, demonstrating the commitment to step forward in what you perceive of as imperfection or even incompleteness and to do so on behalf of the Mother. ...

So are you up for this challenge? This opportunity? This adventure? Of course you are. DO NOT WORRY. (10)

St. Germaine: Come with me! It is time to step forward, and it is time to be the fullness of your light, of your potential, of your soul design. (11)

Archangel Michael: You have the capacity, you have the wherewithal, you have absolutely what it takes to fully align with your power, your universal self, the totality of your full design, your abilities, in divine perfection of your divine authority, with the divine authority, with the love right now.

No more delays. (12)

**By what process will my capabilities be brought through again?**

Archangel Michael: You have brought the fullness of your soul design, your talents, your abilities, to this lifetime, in physicality, in your expanded self.

Now, in doing that, you also brought unresolved vasanas. Is this the end of the world? No, it is the beginning. And I know you are ready to address this. (13)

Archangel Gabrielle: There are things, that you have blocked, or denied, or simply haven't opened as yet. So there are many rooms, many aspects within your design that perhaps you have stored away.

And I am not merely speaking about memory – you say well, Atlantis was horrific, so I have stored that memory away, so I do not have to re-live that tragedy – but often what has happened, in that storage process, is you have often stored away some of the talents and abilities that you also had, at that time.

Now we, Michael and I and the Mother, have said to you, repeatedly, that in this lifetime, you have brought with you, the fullness of your portrait, your kaleidoscope, and that you have anchored this, because, Dear Heart, for this lifetime, for this Ascension, you need, you want, you desire, but you knew that you would be using all of your talents, your abilities, your knowingness.

So what does that mean? It means that Codes – what we would call Creation Codes – that have not been activated or looked at, perhaps for hundreds of lifetimes, are being reactivated, brought back to the surface, so that you may call upon these energies to go forward in our co-creative partnership. (14)

### **Why me? Why am I here?**

Hilarion: You are one who has never forgotten the Light that you are. There are many people in the world who have forgotten and need to be reminded and this is why you and others like you are here at this time. (15)

Matthew: The difference between you who know you are lightworkers and the many millions who don't know they are is your knowledge.

You know you are multidimensional immortal souls inseparably connected with each other and God, and all souls are the pure love-light essence of Creator. You know about soul contracts and pre-birth agreements, universal laws and planetary and personal ascension. You know there are countless souls in other civilizations, many of which are highly evolved spiritually, consciously and technologically, and some are your ancestors. And you know that during this unprecedented era of change throughout this universe, love-light, the most powerful force in the cosmos, is vanquishing the vestiges of darkness on Earth. (16)

### **Footnotes**

(1) "Heavenletter #4797," January 12, 2014, at <http://heavenletters.org/return-to-paradise.html>.

(2) "Earth Speaks: Your Mission on Earth," through Pamela Kribbe, March 13, 2022, at <https://goldenageofgaia.com/2022/03/13/earth-speaks-your-mission-on->

[earth/](#).

(3) Matthew's Message, May 23, 2015, at <https://www.matthewbooks.com>

(4) The Arcturian Group via Marilyn Raffaele, March 27, 2022, at <http://www.onenessforall.com>

(5) "The Council of Angels: Transparency and Truth," channeled by Goldenlight, November 22, 2013 at <http://thegoldenlightchannel.com>.

(6) Archangel Michael: You're Now Ready to Know Who is Here," April 10, 2013, at <http://goldenageofgaia.com/2013/04/archangel-michael-youre-now-ready-to-know-who-is-here/>.)

(7) "Cmdr. Ashira of UFOG talks about the Universal Laws and how/when to use them...", May 9, 2014, at <https://counciloflove.com/2014/05/cmdr-ashira-of-ufog-talks-about-the-universal-laws-and-howwhen-to-use-them/>

(8) SaLuSa, Dec. 15, 2008, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)

(9) "Transcript: Sanat Kumara Discusses the Law of Above and Below, Part 1/2," channeled by Linda Dillon, August 27, 2013 at <http://goldenageofgaia.com/2013/09/transcript-sanat-kumara-discusses-the-law-of-above-and-below-august-27-2013-part-12/>.

(10) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 11, 2013.

(11) "St Germaine: Declare Yourselves Free!," channeled by Linda Dillon, July 4, 2013 at <http://goldenageofgaia.com/2013/07/184921/>.

(12) "Transcript ~ Archangel Michael on the Source of Power and Authority, AHWAA, March 9, 2017," at <http://goldenageofgaia.com/2017/03/18/transcript-archangel-michael-on-the-source-of-power-and-authority-ahwaa-march-9-2017/>.

(13) "Archangel Michael on Core Vasanas and the Constructed Self," May 1, 2013, at <http://goldenageofgaia.com/2013/05/archangel-michael-on-core-vasanas-and-the-constructed-self/>

(14) "Transcript: Heavenly Blessings: The 12 Divine Rays with Archangel Gabrielle," channeled by Linda Dillon, February 18, 2014, at <http://goldenageofgaia.com/2014/03/transcript-heavenly-blessings-the-12-divine-rays-with-archangel-gabrielle-february-18-2014/>

(15) Hilarion via Marlene Swetlishoff, October 4, 2016.

(16) Matthew's Message, Feb. 14, 2019.

## ⌘ Suffering and Soul Contracts - 1 ⌘



## **How will those who are leaving depart?**

Matthew: Prior to peace and harmony prevailing throughout Earth, many, many souls will leave due to the same causes as now—disease, starvation, injuries in wars and other types of violence, geophysical events—so the population will continue to decrease from those means.

As sorrowful as these deaths may seem, the adversity that the souls experience beyond their pre-birth agreements gives them leaps forward in soul growth. They will greet their return to Nirvana (\*) knowing that if they choose another Earth lifetime, it will be in the splendor and glory of a revitalized world and the abiding love among its inhabitants. (1)

(\*) I.e., the spirit world.

Matthew: Sometimes events end lives before contracts can be completed. Such was the case in two recent occurrences, and we shall share with you what we learned about [one of] them from colleagues in Nirvana. (\*)

Of the 150 persons aboard Germanwings Flight 9525, only three had reached the window of flexibility in their contracts' longevity clause—that is, those individuals had completed their selection of karmic lessons, missions and other experiences, and they would have transitioned to spirit life in some manner within days or weeks

Upon arriving in Nirvana, every person was lovingly received and greeted by name, etheric bodies were strengthened, and tender, customized care was given to treat all psychic trauma that occurred at any time prior to the crash. Throughout the healing period, members of the medical team in the soul transition field were in constant attendance. (2)

(\*) Nirvana is Matthew's term for Earth's afterlife world.

Matthew: We devoutly wish that all could know that every person who leaves this lifetime by either original or amended soul contract is thriving in Earth's spirit world. (3)

## **What happens when soul contracts are not completed prior to transition?**

Matthew: If the families and friends of those whose physical lives were lost [in Hurricane Katrina] could know that through divine grace, all who died have been

given full credit for karmic completion and thus may reincarnate in a higher density, it could be some measure of comfort for those who understand how significant this spiritual evolutionary step is. (4)

Matthew: All individuals who did so were healed of wounds caused by harsh experiences chosen in soul contracts to complete third-density lifetimes or difficult non-chosen experiencing. By radiating the light they had absorbed, these persons uplifted others, who also responded positively and started radiating light; and, as this critical light-healing process kept expanding, Earth gained more strength and the healing of her deep wounds progressed. (5)

SaLuSa: Events such as 9/11 could never have been perpetrated and got away with if not for great collusion. We know that following your conscience and the promptings of your Higher Self, can bring the weight of the dark Ones upon you. They use blackmail and direct threats to keep you in your place, and indeed it takes a brave person to confront them.

You may ask why they are not protected by the Light, but of course what they experience fits in with their life plan. Some great souls sacrifice their life to ground positive energies upon the Earth, which is often a greater achievement than if they had seen their life out as normal. (6)

Matthew: Few journalists know that often information they call “fake” news is, instead, the truth. For instance, when the pedophile ring came to light in the Washington, DC, area that is serving members of the US government and visiting dignitaries—this became known as “Pizzagate”—dark ones quickly labeled it fake news and unwitting reporters echoed that falsehood. A term of longstanding that was devised to hide the truth is conspiracy theory, and the public has been programmed to consign to the trash heap whatever media reports as such.

Although many still do believe that information to which either term is attached is lies or crazy ideas, others are realizing that issues are thusly labeled as cover-ups, and that is due to the efforts of journalists around the globe whose exhaustive research has exposed the pervasive corruption within their own industry; corporations; medical, entertainment and sports fields; governments and financial institutions.

We honor these men and women, whose soul contracts include not only writing talent, perseverance and courage, but the potential of professional discrediting, imprisonment or assassination because of their dedication to uncovering and publishing the truth. It should not be surprising that a large number of them are souls from other civilizations who volunteered to incarnate on Earth to serve in this



capacity. (7)

Arcturian Group: Everything can be a source of gratitude, even the difficult experiences helping you to grow and evolve, for without them you would not be where you are now. Look back and see how you have grown from some of your most difficult times.

Everything is for spiritual growth even if some experiences do not fit a world concept of how things should be. Nothing experienced is ever forced, each is fulfilling their pre-birth contract set up to include whatever experiences are necessary for shifting to the next level. (8)

Matthew: Your steadfastness in the light has remained strong even though nearly midway into this world-transformational year, nothing that you would consider conclusive evidence has occurred.

It is logical to expect that by now the thousands of spacecraft in your skies would be visible to all; crews would have landed in great numbers and been officially welcomed; and turmoil, warring and other violence would have decreased significantly.

We have been awaiting these developments along with you, and we have what you could call "bittersweet" feelings about the delay. We know that millions still are winding up third-density karma; divine grace is granting to millions more amended soul contracts to transition early with full karmic completion credit; and still more millions are evolving at an accelerated pace by sharing others' karmic burdens. Yet it is sad for us, just as for you, that the topmost dark ones still have enough influence to cause widespread suffering.

However, please do not think for a moment that Earth may not make it to the celestial window in time to enter fourth density, where darkness cannot exist. Absolutely everything that needs to precede that momentous happening will!

However, instead of coming one by one for society's easier assimilation and adjustment, profound revelations and changes will be rushing far more swiftly and in larger doses than the Golden-Age master planners had anticipated. (9)

SaLuSa: We would stress that the souls who find themselves in what prove to be dangerous areas, are where they planned to be as part of their life contract. Often these situations are a means to an end, so that they may exit the Earth before the end time comes. We know it is hard to understand the thinking in such circumstances, but moving out of your body and passing on from Earth is little more than falling asleep.

Clearly we know that where illness or accidental death are concerned, there can be pain before the end. However, immediately you are out of the body you are released from it, and any emotional affect is quickly overcome. You will feel free and elated as you will have thrown off the yoke of the physical body, and the burden of carrying it around with you. (10)

SaLuSa: You will agree to what is needed to overcome any weakness that you may have had, and set up another challenge in this or a subsequent life.

Each time you will expect to achieve success, but will try yet again if necessary. You agree to such testing through your Higher Self, and are aware of the need to progress spiritually. Because of duality and your many lives experiencing the dark side you constantly experience so many different challenges that often you can face the same problems several times in any one lifetime. (11)

Matthew: The souls who chose to embody in those harsh circumstances known [as] Haiti did so willingly to balance other lifetimes so they could evolve spiritually, the goal of every soul. Many who recently transitioned to spirit life had fulfilled their soul contract choices to complete third-density experiencing, and in time they will reincarnate in a fourth-density world of their choice.

Those who died before completing their soul contracts have the same opportunities to do this in Nirvana, where they have help in accomplishing their karmic lessons and prepare to evolve out of third density. In all instances, these souls are serving their families and friends in two ways: Their leaving reduced the amount of negativity caused by their former wretched living conditions and also prevented the negativity that living in even worse circumstances would have generated; and those souls are beaming light from their spirit home to all on Earth with whom they are bonded in love, and to Earth herself. (12)

Matthew: The slaughter in Charlie Hebdo's office and subsequent killings in Paris united your world in sympathy, compassion and condemnation of terrorist acts. If any aspects of such incidents can be described as "heartening," then these are: The people of France are as One in fearless rebellion against savage efforts to muzzle freedom of expression and world leaders are demonstrating their solidarity; the Muslim assassins and all others like them are being seen as exactly what they are—brutal, tyrannical individuals acting upon a deranged ideology that has nothing whatsoever to do with Islam; and there is an international call to root out and cure the cause of that extremism.

This vital move toward overcoming bigotry, resentment and fear of differences had to come so that unity in respect and appreciation of differences can take hold—that

is the foundation upon which a civilization builds a peaceful, loving, harmonious world. It may seem as if we speak of tragic events with emotional detachment—this is the higher purpose being served and that is that.

That isn't the case. We do honor all who are playing their parts in every divisive or abhorrent situation, yet it is deeply sad for us that gaining personal and planetary balance entails so much violence and sorrow within our beloved Earth family. Especially heart-wrenching are the massacres and kidnapping of children and other unconscionable atrocities. It is difficult for us, as for you, to see someone's agony and view it as another milestone in the eternal cycle of shared lifetimes in physical worlds and reunions in spirit worlds.

Please find a measure of comfort, as we must ourselves, in knowing that out of tragedies comes soul evolvment; out of horror comes a more spiritually enlightened and compassionate society and, ultimately, Earth's Golden Age in full bloom. (13)

Matthew: We know that some there believe or suspect that this was a manmade quake, and that is a logical thought because technology has been behind many intentionally devastating events for decades. In this case, Mother Nature needed to dislodge deep pockets of negativity that could not be accomplished by any other means, and this was done in cooperation with the many thousands who perished.

Most had petitioned at soul level to leave with the divine grace of being given full karmic completion, and this was granted. Although some soul contracts had been completed during the physical lifetime and the people left in accordance with their chosen longevity, by far the greater numbers were petitioners.

Although "fresh" negativity was created by the shock and grief of survivors, the en masse departure of souls offers a light benefit that exceeds that. They willingly left to assist Earth from Nirvana and other light stations in reducing the kinetic energy build-up of negativity that has been accumulating over centuries, over millennia. Many souls did the same a number of years ago and still others before them, but those occurrences relieved the negativity only partially and only temporarily.

The effects of energy frequencies, of course, are without national boundary limitations, thus that relief of Earth's pressure is felt throughout the world and particularly in the Mideast, where negativity has been generated for millennia by wars, tyrannical rulers, power-mongers, severe deprivations, fear and grief. Indeed, it was negativity built by those actions and reactions that created the geological conditions that make that area vulnerable to earthquakes. (14)

## Footnotes

- (1) Matthew, "Essay on 2012," Dec. 31, 2007, at <http://www.matthewbooks.com/mattsmessage.htm>.
- (2) Matthew's Message, April 22, 2015, at <http://www.matthewbooks.com/mattsmessage.htm>.
- (3) Ibid., March 12, 2011.
- (4) Ibid., Aug. 31, 2005.
- (5) Ibid., July 18, 2019.
- (6) SaLuSa, Aug. 1, 2012, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)
- (9) Matthew's Message, May 23, 2015.
- (10) Ibid., April 22, 2015.
- (11) Ibid., Feb. 14, 2019.
- (12) The Arcturian Group channelled by Marilyn Raffaele, November 23, 2014, at <http://www.onenessofall.com>
- (13) Matthew's Message, June 3, 2012.
- (14) SaLuSa, Nov. 14, 2011.
- (15) Ibid., Jan. 5, 2011.
- (16) Matthew's Message, Feb. 14, 2010.
- (16) Ibid., January 11, 2015.
- (17) Ibid., Dec. 31, 2003.

## ⌘ Suffering and Soul Contracts - 2 ⌘



## **Karmic Dispensation after a Quake**

Matthew: The earthquakes in Nepal enabled thousands of souls to complete their contracts and ascend spiritually and consciously. This is the goal of every soul, and during this unprecedented time in the universe, multitudes leap at the opportunity to complete karmic lessons in only one lifetime instead of many.

Knowing that a major quake in that country would cause many deaths, souls who wanted to balance other experiencing by living humbly and dying traumatically chose to embody there; many more chose to experience the grief and extreme hardships inherent in the aftermath of a catastrophic disaster.

It is so that these events ended the lives of some persons whose soul contracts were not completed or didn't include that kind of ending. They are granted the three options mentioned in our last message and, along with all others who perished, they received tender, personalized care upon arrival in Nirvana.

Some who transitioned due to either event are recovering psychically or their etheric bodies still are strengthening in Nirvana's customized healing centers; others have embarked upon active, fulfilling lives in your spirit world. The plight of grieving families and friends who are living amidst massive destruction is being eased by the light beamed from Nirvana and far distant civilizations and the light within the outpouring of prayers, compassion and direct assistance on Earth. (1)

Matthew: We know that some there believe or suspect that [the Bam earthquake] was a manmade quake, and that is a logical thought because technology has been behind many intentionally devastating events for decades.

In this case, Mother Nature needed to dislodge deep pockets of negativity that could not be accomplished by any other means, and this was done in cooperation with the many thousands who perished.

Most had petitioned at soul level to leave with the divine grace of being given full karmic completion, and this was granted. Although some soul contracts had been completed during the physical lifetime and the people left in accordance with their chosen longevity, by far the greater numbers were petitioners.

Although "fresh" negativity was created by the shock and grief of survivors, the en masse departure of souls offers a light benefit that exceeds that. They willingly left to assist Earth from Nirvana and other light stations in reducing the kinetic energy

build-up of negativity that has been accumulating over centuries, over millennia. Many souls did the same a number of years ago and still others before them, but those occurrences relieved the negativity only partially and only temporarily.

The effects of energy frequencies, of course, are without national boundary limitations, thus that relief of Earth's pressure is felt throughout the world and particularly in the Mideast, where negativity has been generated for millennia by wars, tyrannical rulers, power-mongers, severe deprivations, fear and grief. Indeed, it was negativity built by those actions and reactions that created the geological conditions that make that area vulnerable to earthquakes. (2)

**Did all the people who are now or will later be affected by radioactivity choose this in their soul contracts?**

Matthew: The children and adults whose original contracts call for debilitating illness and relatively short life span did not necessarily specify radiation poisoning as the cause of their chosen experiencing, but it serves the purpose of those contract provisions.

Infants born with severe physical and mental defects choose this very brief embodiment to complete third-density experiencing, and if their parents' contracts do not include this kind of grief and hardship, they may amend them to permit the souls to come through; if they choose not to, then abortion, miscarriage or stillbirth result, and there is no judgment of any of these souls.

The infants and parents whose third-density experiencing is being completed via the effects of radioactivity know at soul level that their next embodiment will be in fourth density, or higher in the cases of the more evolved souls who come in as the "volunteers" I spoke of in my last message. Thus all of these souls are moving forward in their evolution as they are suffering consciously.

Mother, by wondering why any soul needs to endure such traumas as these and the genocide, starvation, AIDS or suffering from "any" cause, you are resisting my many explanations that it is needed to balance other lifetime experiencing. (3)

**Why didn't this need for balance end long ago?**

Matthew: Earth still is operating in the time your civilization devised for past, present and future, whereas in the continuum the ones whom you know are suffering are simultaneously causing or ignoring the pain of other souls and also they are flourishing in abundant health and joyfulness - their "past" and "future" lifetimes in third and higher densities respectively.

Also there is the planetary karma that every soul on Earth knows about before birth and chooses to play a role in fulfilling. The plight of those living in heart-rending circumstances has stirred compassion worldwide. The light in those feelings and in the actions they motivated are helping to lift Earth out of third density, where the negativity of darkness thrives. (5)

### **How can we help our children clear their karma?**

Matthew: Children who have not been programmed by "authority figures" act upon instinct and intuition, which is in consonance with their soul contracts, and the "clearing of karma" naturally follows. It is adults who devise unnecessary complexities for themselves by overly analyzing and calculating the very things that children innately know are simple. (6)

### **Do some soul contracts include a parting?**

Matthew: Some soul contracts include a parting of the ways so that both individuals can experience life lessons with other people. This often pertains to partners who have children—all in the family chose to gain the learning offered by the parents' lopsided relationship.

Other contracts call for both individuals to acknowledge the need to improve their relationship and the desire to make appropriate changes to achieve that. However, because no one knows what is in her or his contract, the soul gives strong messages that can be likened to enormous arrows pointing in the direction of chosen experiencing. But free will reigns supreme and, just as in all other situations, persons in imbalanced relationships have the choice to ignore the soul's guidance—when they do, other lifetimes will offer more opportunities to "look and learn." (7)

### **Can you give me examples of situations for which suffering was in the individual's soul contract?**

Sanat Kumara: Being shocked or 'tasered' or even in some situations hit by lightning ... [is] in [a person's] soul design and soul desire. They have said yes. (8)

Matthew: The shooting in Tucson, Arizona, was, as reported, a mentally unstable young man's attempt to kill Congresswoman Giffords and as many of her supporters as he could, but it was not the "senseless act" as often described.

The shooter was acting under mind control and all who were killed or wounded either followed original soul contracts wherein they had chosen to participate in an



event with "a higher purpose" or just prior to the shooting, they amended their contracts to include that incident for that same purpose. (9)

Matthew: In this, there are both a difference and a similarity to the death of Princess Diana. The vehicle crash and the ambulance's circuitous route to the hospital was the work of the peak of the Illuminati, England's royal family; and Diana's physical leave-taking also was a soul contract provision with two purposes: Not only would many others be inspired to carry on reforms she espoused to an extent that she herself could not had she lived; but also the years of the royal family's shunning of Diana and their cold reaction to the world's outpouring of grief and love for her aroused doubts about the integrity of British royalty and suspicions about their involvement in her death - questioning what previously was a given is the first step toward an open mind. (10)

SaLuSa: Because we have the ability to monitor all activities on Earth, we have control over the outcome of many occurrences and particularly in the area of physical changes. We must allow some as they are part of the cleansing, but can minimize the effect upon you. We would remind you that where lives are put at risk and lost, the manner in which such souls leave Earth is part of their life contract. Many of you find that difficult to understand.... The trauma of violent death is short lived. Soon after they reach the other side, where loving helpers attend them until their emotional reaction is healed. (11)

### **Does it serve the other person if I enter into their pain?**

Jesus: Why would you choose to enter into another's pain? Perhaps because you feel somewhat responsible for it? Every human on Earth is following a path chosen with great wisdom and foresight before incarnating. Every single human is precisely where they intended to be as a result of pre-natal choices.

Obviously, for many, these choices have led to intense pain and suffering, but what they are doing, what they have chosen to do – even though awareness of that choice has for the most part been forgotten – is assisting in humanity's awakening by helping to clear the deep negativity that has built up over the eons so that Love may flow in and bring Light to the dark that has become heavily established in various areas of the world. (12)

### **Footnotes**

(1) Matthew's Message, May 23, 2015.

- (2) Ibid., Dec. 31, 2003, at <https://www.matthewbooks.com>
- (3) Ibid. Apr. 28, 2006.
- (5) Loc. cit.
- (6) Ibid., Oct. 11, 2010.
- (7) Ibid., August 12, 2014.
- (8) "Transcript: Sanat Kumara Discusses the Law of Unification," channeled by Linda Dillon, October 1, 2013, at <http://goldenageofgaia.com/2013/10/transcript-sanat-kumara-discusses-the-law-of-unification-october-1-2013/>.
- (9) Matthew's Message, Jan. 15, 2011.
- (10) Ibid., April 26, 2010.
- (11) SaLuSa, Oct. 29, 2008, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).
- (12) Jesus through John Smallman, Jan. 11, 2016, at <https://johnsmallman2.wordpress.com/>

## ⌘ The Fate of Team Dark ⌘



## **Will all light-filled people go all the way to Ascension?**

Matthew: Not all light-filled people will go all the way to the Golden Age - it depends on the longevity clause in soul contracts. Prior to birth many of today's populace chose to enter spirit life before Earth reaches that era, and among them are highly evolved souls whose light is as bright as noonday sun. Those who came from higher civilizations to assist Earth in special ways during her ascension may quickly pass through Nirvana on their way to a higher density spirit world, most likely the one serving their original homeland, or they may manifest new bodies and incarnate in another civilization for different kinds of growth experiencing.

Others will stay for a time in Nirvana, which will remain Earth's spirit world and ascend in tandem with the planet. Souls who have completed third density karmic lessons may choose another Earth lifetime or join a civilization in a different fourth density world.

A large number of people who have lived in godly ways will choose not to ascend with Earth after the truth about the origin of religions emerges: They were designed in darkness to deceive and control the peoples, by the most divisive element of life on Earth, and reap wealth for the heads of churches. Although everyone on Earth knows that truth at soul level and it is a contract choice to consciously remember it, many of the devoutly religious will be unable or unwilling to accept that their deep-seated faith is founded on false teachings.

By so doing, these individuals deny the light within truth, that they are god and goddess selves, eternally inseparable from God and all other souls in this universe. Their next pre-birth contract will again include the provision to become consciously aware of that truth during their next physical lifetime, which will be in a third density world.

Regardless of the reason a soul leaves this lifetime, physical death will come from any of the many causes that exist now. There will be no mass departure of darkly inclined persons when Earth reaches some specific vibratory level because the amount of light within bodies varies.

And there is no way for you to distinguish between light-filled individuals who leave Earth lifetimes in accordance with soul contracts, those who choose to leave rather than accept the truth about religions, and persons whose bodies' viability is snuffed out because they lack the light to survive in the vibratory level Earth entered. (1)

## **Who are the Illuminati?**

Matthew: The Illuminati gave themselves that name, which means "the enlightened," but they don't publicly refer to themselves that way. They work in secret but the results of their efforts are seen throughout your world. Illuminati members lead national governments and their regulatory agencies; global economic agencies and banking; European royalty; international corporations; the United Nations; legal, policing and justice systems; educational institutions; all media forms; church hierarchies; the various medical and prescription drug establishments. I may have forgotten some areas, but in short, there is NO area of your world that is not Illuminati-infiltrated and influenced.

On Earth they are the people whose greed and control got way beyond their soul-level agreements, which was to serve in powerful positions to balance their own and a multitude of others' chosen karmic experiencing. At the point when that had been accomplished and the collective karma had been satisfied, the intensity of greed and control in the Illuminati members was to have quickly reversed into the equitable sharing of their resources and power.

For some time, with full knowing of their soul-level agreements and the consequences of not abiding by those, the most powerful members of this group have refused to follow the agreements. Rather, this hard-core few intend to continue their amassing of the planet's resources and suppression of entire nations. They have been told that they will not be able to do this, but they are deaf and blind to all urging of the light, and in their intention to relinquish nothing, they are using every possible means to keep lower-level members of the group fighting for this as well. ...

Now, above the Earth human Illuminati top level are the dark souls of the reptilian civilization, some of whom are embodied as humans and living on the planet. They are working in conjunction with their dark reptilian brothers off-planet, whose goal is total domination of Earth, if not by absolute control, then absolute destruction. The light forces of the universe, including reptilians, are in confrontation with the darkness of any civilization. What is happening on your planet is a reflection of the universal conflict, and regardless of universal progress, your beloved Earth will be freed from the clutches of darkness as she rises farther into higher vibrations where love reigns overall. (2)

Matthew: By whatever designation, these individuals have continued what was set in motion long ago, a pernicious march toward world domination. They have no conscience because they are devoid of light except the spark that is their life force,

and only when that void is filled with light will they be able to ‘see the light’ and cease their dark activities.

For all that those activities down through the ages have enabled billions of souls to complete soul contracts and evolve. (3)

Matthew: Illuminati members in Congress and those whom they control by bribery, death threats or blackmail fight [Obama] tooth and nail; some reforms he envisioned for his country and the world are in tatters and others haven't seen the light of day.

What went awry? Why didn't the highest council in the universe know this could happen? The peak of the Illuminati, highly evolved souls the council trusted to return to the light forces after playing "dark" roles so massive numbers of souls could complete third density karma, became captivated by their power, spiraled into darkness and refused to honor their soul level contracts. Although their deeply entrenched global network has been uprooted, the US Congress is one of their few remaining pockets of influence. (4)

### **What has been the fate of any Illuminati who have turned to the Light?**

Matthew: Of those [Illuminati] who turned to the light in accordance with their soul contracts, some have been assassinated. Family members have been killed as a warning to those in positions of influence where they still are needed by the top leaders. In the more weak-willed members, bribery is a successful tool because greed is in the hearts of all Illuminati. Threats of exposing embarrassing information about personal lives is another common control method. (5)

### **What fate awaits the Illuminati?**

Matthew: Along this line of “offenders,” it won’t be much longer until you know who has been arrested for crimes against humanity and other deeds that have adversely affected life on Earth. These individuals veered far afield from their soul contracts. Some will be convicted and others will die before coming to trial, but none will escape self-judgment. By the physics that governs life in this universe, throughout the life review process in Nirvana, they will feel exactly the same pain and anguish as did all those whose lives their diabolical deeds affected. This excruciating self-punishment process is beyond your capacity to imagine, and so is those individuals’ devolved capacity in their next incarnation.

Knowing what lies ahead for them and understanding that they are the weakest links in the eternal chain that is our soul family will let you more easily feel

forgiveness. The high vibrations of forgiveness, like all other godly expressions, are soul growth in action. (6)

Persons whose lifetime energy was of very low density - those who ignored their soul contracts and whose deliberately ruthless actions prevented others from fulfilling their own contracts, but were not as tyrannical or diabolical as the souls consigned to that tiny orb - automatically are drawn to a first density world and start over from scratch.

When they accept the light that is beamed continuously into the placement, they can incarnate in a second density world where they will have no memory of other lifetimes but do gain a conscience, a capacity for reasoning, and free will choices. With this greater degree of innate abilities comes the option to act within the light or the darkness, thus they can have many lifetimes in second density, relapse into first, or progress into a third density world. (7)

Matthew: Individuals who do not absorb sufficient light to ascend with Earth will not leave "en masse. The time of physical death will be in accordance with the amount of light in each body, and dying can be the result of any of the current causes such as disease, drowning, vehicle crashes, suicide, fires, and earthquakes. No one in your world can consciously know which souls departed because of insufficient light and which transitioned in accordance with their soul contracts. (8)

Matthew: Now we shall speak about second density, the tiny dense orb that can be considered the hell of religions. The individuals drawn there are those who consistently ignored conscience and pre-birth agreements and they willfully caused great suffering to persons whose soul contracts did not include those experiences. Because light is anathema to these individuals, only a pinpoint is directed into their dark world; as they overcome their fear of the pinpoint, a bit more light is beamed to them. It may take hundreds or even thousands of your years before they choose to absorb enough light to embody at the lowest consciousness level in a third density civilization, a life comparable to Earth's slugs and minute, short-lived insects. This act of divine grace wipes clean the cellular and psychic patterning of devastating behavior choices. (9)

Matthew: When and how will people who commit dark actions die? Wouldn't it be helpful to know who they are so we can distinguish them from people in the light who die because they fulfilled their soul contracts? There is no way that you can distinguish between the dark action persons and those in the light who completed their contracts, and there is no need to do so.

Since there are varying light frequencies in individuals, there can be no mass

exodus of those who are darkly-inclined at some specific point in Earth's ascension. Each such person will transition from this lifetime when Earth reaches an energy plane that exceeds that individual's frequency and physical death will come from any of the same causes that exist now. Where will the souls of all the various densities now living on the planet go if they do not accompany Earth, and will they remember why they did not or will the veil of forgetting fall?

The souls whose lifetime energy registration was of the basest density - what some would call pure evil - automatically will be drawn to the only part of Nirvana that is separate from the flexible layers, the tiny orb near your moon where the density is so great that it holds those souls captive. They are aware of where they are and what they did that led them to that densest part of Earth's spirit world because it is there that they review their entire past lifetime moment by moment and feel their every emotion along with the emotions of everyone whose lives they touched in any way. This review process is the hell of some religious concepts.

Light is constantly beamed to those souls, and if they choose to accept the light, they will embody in a first density placement in primitive forms that have no memories or intelligence, but only an instinctive existence. This allows those souls to start with a clean slate, unencumbered by memories of the dark behavior that led them to that densest of placements in your part of this universe. Persons whose lifetime energy was of very low density - those who ignored their soul contracts and whose deliberately ruthless actions prevented others from fulfilling their own contracts, but were not as tyrannical or diabolical as the souls consigned to that tiny orb - automatically are drawn to a first density world and start over from scratch.

When they accept the light that is beamed continuously into the placement, they can incarnate in a second density world where they will have no memory of other lifetimes but do gain a conscience, a capacity for reasoning, and free will choices. With this greater degree of innate abilities comes the option to act within the light or the darkness, thus they can have many lifetimes in second density, relapse into first, or progress into a third density world. As for the veil of forgetting falling on residents of a third density world - how many of you remember why you are where you are?!

Souls now on Earth who are at fourth or higher density spiritual evolvment who do not continue their physical journey with Earth may choose to spend a lifetime in Nirvana, return to their original homeland, move on to another civilization that is compatible with their evolvment station, or return to Earth and enjoy life in her Golden Age.



In all those planes of spiritual awareness there is a great deal of remembering by comparison to the level in any third density world. However, the eternal life of the soul includes the return to The Beginnings in Creator, so there are eons of layers of forgetfulness to uncover in the unequalled adventure called Life. Light, the pure love essence of Creator Source and the most powerful energy in the cosmos, is available to every soul in every instant, and by accepting the light, each continues evolving by consciously remembering what is known at soul level. (10)

### **Footnotes**

- (1) Matthew's Message, Aug. 13, 2010, at <https://www.matthewbooks.com>
- (2) Ibid., Apr. 28, 2006.
- (3) Ibid., May 23, 2015.
- (4) Ibid. Jan. 4, 2012.
- (5) Ibid., Apr. 28, 2006.
- (6) Ibid., July 24, 2012.
- (7) Ibid., March 29, 2010.
- (8) Ibid., March 10, 2009.
- (9) Ibid., February 8, 2015.
- (10) Ibid., March 29, 2010

## ⌘ In the Afterlife ⌘



## **What is life in Nirvana, the astral planes, like?**

Mike Quinsey: Nirvana is a much better place in myriad ways for people who lived in accordance with their soul contracts, but they don't need spirit guides there. Guides, your guardian angel and others in the angelic realms, souls with whom you are bonded in love, and members of other civilizations are God's emissaries who, unseen, help you during your Earth lifetime. Awaiting your arrival in Nirvana are persons you know and are dear to you.

Whatever you are doing there are always Beings of Light who are at your service if you need them. They do not otherwise interfere with your life and you are able to experience as you wish. However, if you make the wrong decisions you are responsible for them. Through them you grow spiritually, and adapt your thinking to the realisation that All are One. (1)

## **Does entering Nirvana change the personality?**

Matthew: Simply entering Nirvana doesn't change a person's nature and simply entering the Golden Age won't either. We are not speaking about adherence to a soul contract - any who seriously deviated from their contracts, ignored the guidance of conscience and willfully chose dark ways, won't be around - but rather your personality traits, interests, ideas, standards, aspirations, skills and talents.

For example, a pessimist won't become an optimist, nor will someone who tends to be lazy suddenly be industrious. (2)

## **What is the fate of Earth's spirit world after Ascension?**

Matthew: As long as Nirvana has been Earth's spirit world, the lifetime energy registration of persons who chose dark ways automatically drew them to the corresponding energy in the lowest of Nirvana's flexible layers. The darkest beings have gone to the tiny orb near your moon - this is what some religions call hell - where the density matches that of the souls' lifetimes.

Because they fear light, only a pinpoint is constantly beamed to them. If they receive it, they move to Nirvana's lowest layer, where the light is stronger, and if they choose to receive it, they take the next step back up the ladder of intelligence and spiritual awareness. And so on.

However, Nirvana is ascending with the planet and her light-filled residents, and soon those low layers and that tiny dense orb no longer will be needed as part of your spirit world. Through divine grace, souls in those low placements are being

given extraordinary opportunities to absorb light so they can embody in civilizations in consonance with the degree of light each soul accepts. Souls in the tiny orb will be energetically transferred to equally dense placements that serve as spirit worlds to low-density civilizations. After the orb is relieved of its former inhabitants' density, it can begin a new orbiting pattern or dematerialize itself. (3)

### **Footnotes**

(1) Mike Quinsey's Higher Self Message, June 17, 2016, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm).

(2) Matthew's Message, Oct. 21, 2012, at <https://www.matthewbooks.com>

(3) Ibid., Jan. 4, 2012.

## ⌘ Ascension and After ⌘



## **We are nearing the end!**

Diane of Sirius: Give yourselves a big hug as you deserve it for persevering with your life plan, one that has brought you so far that you can now see the end in sight. You have the instinct for survival that is part of your genetic set up, and the warrior mentality that has enabled you to be fearless in the face of adversity, and it has given you an unbending willpower to be successful. (1)

## **Is Ascension a conscious choice that needs to be made by your Higher Self?**

White Winged Collective Consciousness of Nine: The Higher Self already chose to experience Ascension in this incarnation prior to your birth into third-density matter. (2)

## **How many souls will accompany Earth all the way to her destination?**

Matthew: We cannot say how many souls will accompany Earth all the way to her destination because there are many unknown variables: provisions of original soul contracts, uncompleted contracts, amended contracts, free will choices that affect only Self, and choices that profoundly affect many others. (3)

## **What can you say?**

Matthew: Newborns will have more DNA strands than their parents, increasing the numbers already there with what you could call stunning paranormal or extrasensory powers.

Consciousness-raising will promote heartening cooperation, sharing and harmony starting within families and extending across international borders. The ever-intensifying light will continue to open telepathic connections and further magnify human traits - in simplest terms, the good will be better and the bad will be worse.

Light-receptive people will experience physical and emotional symptoms related to the transformation of their cells from carbon to crystalline, a necessity for physically accompanying Earth into the higher vibrations where she is heading; also, by heeding their inner voice, these people will be motivated to make beneficial changes in attitudes, relationships, jobs, residences and spending.

Those who choose to refuse the light - that is, ignore intuition and conscience or cling to their current greed, control, deceit or fear, will start to leave as the planet keeps ascending into the higher vibrations where their bodies cannot survive. Many souls will be leaving in accordance with their soul contracts, some by the geophysical upheavals and wars that will continue for a while longer. (4)

### **Do I need a travel ticket for Ascension?**

Matthew: Even though all of you are there because your request to participate in this unprecedented time in the universe was honored and even if the longevity clause in your soul contract would permit you to physically go along with Earth, you need a "travel ticket." Getting it is as easy as choosing to live in godly ways and opening your minds to the universal truths as they emerge. (5)

Divine Mother: It is your heart, and the love, and the purity, and the grace that is your passport, your ticket. We simply want your body to be as full and as vibrant as possible, as you decide, as you have originally designed, because do not forget my sweet friends, that this is a return to your true design.

And your true design, your soul design, your original architecture did not include dis-ease. And that is also true for Gaia. The ailments, shall we say, that she has endured or suffered as a result of the illusions, and the false grids and paradigms, vasanas of humans, the pollution, the debris, the garbage, the despoiling, this will be healed as well. (6)

### **How do people come to accept newness?**

Arcturian Group: Some have found themselves forced to accept newness through an event of seeming tragedy while others are able to embrace outer and inner newness easily and without much effort. Every individual chooses on a deeper level the lessons and experiences necessary for their spiritual evolution.

Because most people are consciously unaware of this, they will often simply resist when the necessary experiences come. When an individual is spiritually ready for some new awareness or unfoldment, it will happen one way or another, with or without conscious support. (7)

### **How can I keep my vibration high?**

Council of Angels: By following your truth, and creating your own transparency within yourself, you will then keep your vibration at a very high rate and continue

to ascend and be a part of the unification with other star beings within and around the earth. For they exist now.....in a higher dimensional space and as you raise your vibration to match theirs, you will be able to communicate with them and interact with them. This is why your spiritual growth and tuning into your soul contracts is of utmost importance at this time, so that you may be a contributing part of the new higher dimensional society and perhaps be a part of the newly formed inter-galactic relations that will be occurring. (8)

Council of Angels: You will also one day meet these Inner Earth societies as your consciousness continues to raise into higher and higher octaves. As you continue to advance in consciousness, you will reach a level that mirrors the vibration and frequency of the Inner Earth beings as well as the Star Beings surrounding your Earth, and this is when the harmonious inter-relations between you and the higher dimensional inner earth and star beings surrounding your earth will begin.

It will be the beginning of Earth's entrance as a full member of Inter-Galactic society and if you so wish you can be a part of this by continuing to raise your frequency and vibration. This is done by forgiving all of all, by releasing your karma from the past (we have spoken of ways to do this in previous communications), by connecting with and inviting your higher self into your life, and by keeping your vibration and frequency high by being in tune with your missions and soul contracts. (9)

### **How will we function in the 5th Dimension?**

Archangel Michael: Now, I have to tell you, and yes, you can share this with your readers as well, the sense of physicality and being in the physical body, when you are in the fifth dimension, is very different insofar as so many of you have been exhausted. And it is because you have been getting used to holding these vibrations and frequencies. ...

But when you are in the fifth, you will feel... so full of vibrant energy. You will feel that you could go for days without sleeping, and just go on sheer energy.

There will be a greater sense of well-being, that your body is humming. Every person is progressing at a different rate, this is an individual process. But the general statement is your organs, your brain, your functions, your bodily functions, your circulation begin to function in alignment with the perfection of your design. (10)



## **What will we do after Ascension?**

SaLuSa: Some of you will eventually return to your home planet which may even be beyond your solar system, or in some instances in another Universe. Do not worry about leaving your beloved Earth, as your true home will draw you like a magnet. Meantime you have some matters to settle here on Earth, and see out this cycle. (11)

Matthew: Many Earth residents will fulfill their soul contracts wherein they chose to complete third-density karmic experiences, and after a lifetime in spirit, they will reincarnate in fourth density, if not back on Earth, then another advanced world.

Others will petition at soul level to leave early because life circumstances are far harsher than their contract selections; after completing their contracts in spirit life, their next physical lifetime also will be in a fourth-density world.

When the truth about religious dogmas emerges, many will choose at soul level to leave; later they will embody in a third-density world where their beliefs can remain intact until once again the truth emerges about religions' false teachings, and they will have another opportunity to open their minds and accept that truth. (12)

SaLuSa: Some of you will eventually return to your home planet which may even be beyond your solar system, or in some instances in another Universe. Do not worry about leaving your beloved Earth, as your true home will draw you like a magnet. Meantime you have some matters to settle here on Earth, and see out this cycle. (13)

Matthew: With everything in existence being accelerated, naturally this includes the fervor of your hopes, expectations and desire to know your space family and live in the long-awaited Golden Age. The synchronous threads of opportunity that the universe is providing are there right now, needing only to be recognized, embraced and then woven tightly into the grand design of your life and your world's. (14)

Matthew: During this transition..., synchronous events are bounding into each life, offering experiences in accordance with soul contract choices. The appropriate meetings and circumstances that are presented to everyone are conveyed via intuition - instantaneous reactions to new possibilities - but many do not recognize these as growth opportunities or they choose not to take action because that would entail change. (15)

## Footnotes

- (1) Diane of Sirius, Feb. 2, 2009, at [http://www.treeofthegoldenlight.com/First\\_Contact/Channeled\\_Messages\\_by\\_Mike\\_Quinsey.htm](http://www.treeofthegoldenlight.com/First_Contact/Channeled_Messages_by_Mike_Quinsey.htm)
- (2) The White-Winged Consciousness of Nine, "Alignment to Earth Ascension," channeled through Magenta Pixie, Oct. 4, 2008, at <http://www.lightworkers.org/content/48417/alignment-earth-ascension>.
- (3) Matthew's Message, Aug. 30, 2008, at <https://www.matthewbooks.com>
- (4) Ibid., Dec. 30, 2004.
- (5) Ibid., Dec. 21, 2008.
- (6) "Archangel Michael: The Mother's Essence Within and Without are Colliding – Part 2/2," channeled by Linda Dillon, June 12, 2014, at <http://goldenageofgaia.com/2014/06/15/archangel-michael-the-mothers-essence-within-and-without-are-colliding-part-22/>.
- (7) The Arcturian Group. Channelled by Marilyn Raffaele. January 10, 2016, at <http://goldenageofgaia.com/2016/01/11/the-arcturian-group-via-marilyn-raffaele-january-10-2016/>
- (8) "The Council of Angels: Transparency and Truth," channeled by Goldenlight, November 22, 2013 at <http://thegoldenlightchannel.com>.
- (9) Loc. cit.
- (10) Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Dec. 18, 2012.
- (11) SaLuSa, Oct. 21, 2009.
- (12) Matthew's Message, Jan. 11, 2010.
- (13) SaLuSa, Oct. 21, 2009.
- (14) Matthew's Message, Aug. 30, 2008.

(15) Ibid., Sept. 21, 2009.