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September 9, 2012



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**CONVERSATIONS WITH MY SELVES**  
**PART III**



## Meeting Arquelle

**Arcturians:** Suzille, I AM Arquelle. I AM an individuated fifth dimensional form of our Arcturian energy. Our Arcturian energy is multidimensional and has NO limits. However, we do create humanoid forms for specific purposes. I have come to you now wearing a humanoid form so that you can better remember who WE are. Yes, I do mean "we," as in you and I. You are now receiving my message from a fifth dimensional, human form on New Earth.

**Suzille:** Are you saying that I already exist on New Earth in the form that you/we are wearing on New Earth?

**Arquelle:** Yes, you are correct. When I said that I took an individuated form, you must realize that my "time" doesn't work in the manner that it does in the third dimension. Therefore, since there is no sequential time, I/we have always had this form within the HERE and NOW of that frequency of reality.

**S:** Therefore, I have always had that form, but my consciousness has just recently entered into the frequency where you could share this information with me. Is that correct?

**A:** Yes, that is correct. You have met many of your forms, and we (I will now revert to my comfortable term of "we" rather than "I") are here now to introduce you to a fifth dimensional, humanoid representation of our Arcturian energy.

We present this form to you to assist you with the quandary of transmutation of a third dimensional form into a fifth dimensional form. As you communicate with us, feel how our fifth dimensional form interfaces with your present, ascending reality.

**S:** When I close my physical eyes to view this form with my Third Eye and High Heart, I can feel a new, yet very familiar, version of my SELF within my current form. However, when I think of this form as "within" my physical form, I see it emanating beyond the boundaries of my earth body. I also feel something like a Portal that is a component of this form. My High Heart tells me that this Portal leads to New Earth.

However, it is not a physical Portal. Rather, it is a Portal for my consciousness, which nudges me to move through into a deeper, more expanded state of consciousness. This level of consciousness has not been as readily available before.

Did you/we create this form of Arquelle to magnetize me into a higher expression of my daily self?

**A:** The first thing that needs to be considered is your Belief in your SELF. If you do not believe that YOU

can merge with your fifth dimensional Lightbody which resonates to New Earth, you will be working against yourself rather than FOR yourself. We ask you, "Is it easier now for you to BELIEVE that you can merge with your SELF on New Earth?"

**S:** Yes. It is easier to release my attachment to the human form now that my fifth dimensional SELF has a name, a feeling, a communication style and a sense of familiarity.

**A:** You have seen how simply the changing of forms occurs on Alcea. Alcea is a planet in our Bootes System. Many of us enter that planetary experience to remember the feeling of form.

The experience of form lasts only for a few generations there, and it is a planet based on love, as is New Earth. It appears to be a water planet, as the water and sky are ONE, but the land is under the water/sky. However, the water does not invade the land; in fact, it protects the land. The water/sky mantle allows great protection for those who take form on the planet.

**S:** I have read that Earth once had a mantle to protect Her. Is that correct?

**A:** Yes. Earth, too, once had a mantle of protection, but it was lost when the planet Marcuk, which is now your asteroid belt, was destroyed. Without the protection of the mantle, many Beings of dark intent could enter your reality. The entry of these dark ones made incarnation on Earth very unsafe.

The doubt of which you have spoken is created by fear. Hence, doubt is best healed by love and safety. We are with you, and all ascending ones, to teach you more about being your fifth dimensional SELF while still wearing a third dimensional form.

If you KNOW inside that you are already fifth dimensional, you can allow that emanation to seep into your physical world to assist with your ascension. You had the vision of a totally safe ascension in the loving and calm environment of Alcea to assist you with your present ascension. Hold this loving safety in your consciousness, and tell us how it feels.

**S:** It is a bit difficult to connect with the concept of safety, although love is much easier to feel. I will go into my High Heart Portal to feel the comfort of safety...

I see the round Portal of my High Heart and imagine that it is opening. Again, I see the white, etheric hand and arm pushing the Portal open. I step over the threshold and into my High Heart. Instantly, I see what I have always known as the Land of Faerie. This place was where I went as a child to feel safe and happy. I am sure that is why I am there now.

Yes, I feel the safety now. I know that the Land of Faerie still has polarity, but my experiences there were always happy and comforting. Therefore, I have the Belief that it is safe there. I also have the innocence of a child. With my child's eyes I see a high mountain with a beautiful Castle, which is ruled by a loving Queen. The Castel protects me, and also, urges me to climb higher.

**A:** The great safety you feel in Faerie represents your High Heart Portal. Alternatively, that which you perceive as the Castle high on the hill represents your Pineal Portal. The Pineal Portal assists you, and all ascending ones, to break away from the third dimensional habit that REAL can only be determined by your five physical senses.

The reason that the Pineal Portal feels "real" is that it creates intense imagery, which is accompanied by very visceral feelings, emotions of bliss and experiences of unconditional love. Because of the power of these wonderful experiences, you WANT to believe that your journeys in consciousness are real, as they are so very superior to your experiences in the physical realm.

**S:** How does the Pineal Gland give us these experiences?

**A:** The Pineal Gland is the Portal through which the high frequency waves of multidimensional light and unconditional love enter your physical form. This Portal is a filter, as well as a magnet.

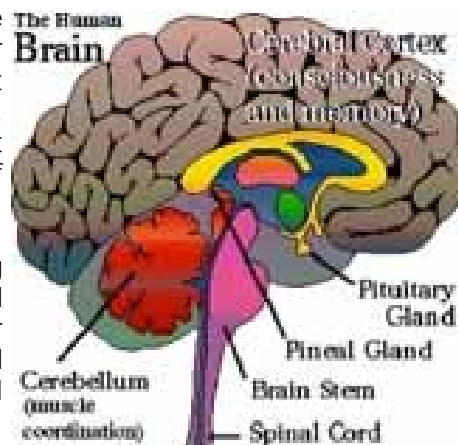
The "filter" dis-allows the low frequency, fearful thoughts/emotions from invading the higher realms. On the other hand, the "magnet" attracts the higher frequency thoughts/emotions to adhere to the downward facing peak. These higher frequency emotions send a bio-chemical message that you are ready to experience a higher frequency of reality.

The Pineal Gland hangs from the top of the Third Ventricle of the brain, just over your brainstem, with its peak hanging upside down. This Gland works similar to a microphone that can direct certain frequencies to the woofer or to the tweeter.

Your Pineal Gland can filter out the lower frequency thoughts and magnetize the higher frequency thoughts to its opening at the tip of the "pinecone" shaped Pineal Gland that is hanging downward.

People with a fear-based consciousness cannot accept the higher frequencies of light, as the extremely high frequencies will frighten them into creating frightening images. Therefore, the point of the pinecone, which is the Portal through which the higher light flows into the physical body, can only be opened by positive, higher dimensional thoughts/emotions.

Positive, loving thoughts and emotions open the Portal because the energy signature shows that you have gained some Mastery of your energy field and are ready to experience higher realities. The higher light can then travel from the Core of the Pineal Gland activating the DMT. The DMT then stimulates the euphoric spots on your Eighth Chakra, at the hairline of your forehead, to open you to higher states of consciousness.



At the same time, the Kundalini is stimulated to create an undulating sensation to pump the Kundalini Energy up from the Root Chakra and into the Brow Chakra where it is can connect with the incoming higher light and unconditional love. When this connection is complete, the Third Eye opens to activate your expanded perceptions of higher dimensional versions of reality.

As the Kundalini rises, gross matter stored in the chakras is spun off by the increased spin of each chakra. These sensations can be quite blissful if you surrender to the process. However, if you tighten up and/or resist the process, there can be pain and discomfort.

Once the Kundalini energy starts rising up your spine, it begins the process of transmuting your physical body into Lightbody. At this point, changes will need to be made regarding your choices in foods, life styles, thoughts, emotions and behaviors, so that you can become the Master of your energy field.

To be the Master of your energy field means that you have gained mastery over the thoughts that you allow to linger in your mind and the emotions on which you choose to focus. Once the Pineal Portal has opened and stimulated the Kundalini to rise up your spine, it is vital that you become the Master of your Energy, for your thoughts and emotions will begin to manifest.

If you allow the old behaviors and habits of fear, anger, doubt or sorrow to overcome you, it will be the same as crashing into a wall at 60 miles an hour. Once the process of transmuting your form has begun, it is difficult, and even dangerous, to try to stop it. Fortunately, your expanded perceptions act as safety mechanisms to protect you.

**S:** How do our expanded perceptions serve as a safety mechanism?

**A:** Please remember that most doubt stems from fear. If you doubt your process, you will resist your sensations and try to shut down the Flow of higher light by "slamming on the breaks," which will bring on the sensation of "crashing into the wall."

Conversely, if you are experiencing unconditional love and waves of bliss while you are perceiving Higher Beings, Star Ships, Galactics and/or beautiful realms of love and light, you will not be afraid. Therefore, you will not doubt your experience, and you will be able to Flow with your journey until it comes to its natural conclusion.

This completion will occur when your body sends a message via the bio-chemical circuits that you have become fatigued. Then, the process can slowly come to completion in a manner that allows your body to adapt to its former bio-chemical and neurological status.

**S:** Thank you. I understand now how novel and blissful perceptions can allow us to surrender to our process of transmutation into higher frequencies of expression.

**A:** Now that Earth resonates to a much higher frequency, the dark ones in the Lower Astral are more contained. Therefore, they cannot attack your psyche as they have in the past. Hence, transmutation of your form is a safer process. Before this era, the ascension process had to take place in a protected area, such as a Temple, and the ascending one had to be under 24-hour care. There were also Ascended Masters to assist the ascending one from the higher dimensions.

Soon, many will be undergoing this process of ascension, and many of them will need assistance. That is why it is vital to remember that Gaia is to be a component of your process. When you are dedicated to Gaia's planet Earth, you will be part of an ascension process that includes the entire planet. Therefore, you will have the protection of the entire planet and direct access to the collective consciousness of ALL the human, animals, plants, elements and Elementals who are also ascending.

When one person ascends alone, it can only be done with many attendants, or within a society that protects and cares for their Holy Men. In these civilizations, most ascended ones were males. In those patriarchal societies females would not get the protection and assistance that was vital for personal ascension.

Nevertheless, some brave women were able to ascend, but their victory has been kept from the people by the prejudice of a male dominated society. Fortunately, the return of female power is bringing about the balance of masculine and feminine energy, which is vital for Planetary Ascension. In fact, men and women are equal in many of Earth's current societies.

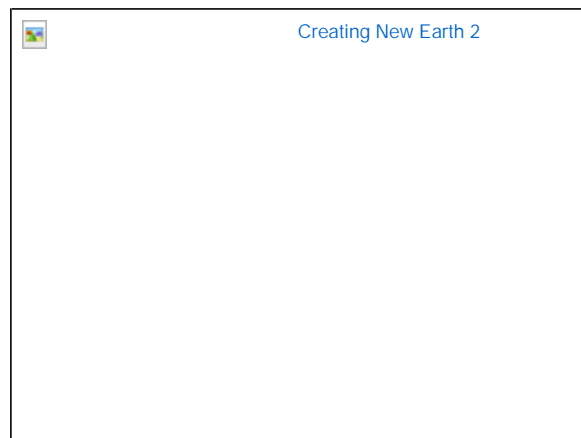
You are entering an extremely exciting time for which you have prepared during myriad incarnations. You have had your personal ascensions, which allowed you to leave the Earthly wheel of life and death long enough to return to your Homeworld and reconnect with your Multidimensional SELF. However, you pledged to stay with Gaia until Her ascension, so you returned to Earth again.

Dear ascending ones, do not forget that you are not alone and that we are always with you. In fact, we ARE you at a higher frequency. When you can fully connect with your Higher Expressions of SELF, you can allow these higher expressions inside the earth vessel that you are wearing to assist with your full ascension. We can easily be at many locations within the NOW of the ONE.

Keep your eyes and ears open, your mind clear and your consciousness high so that you can accept the assistance that comes to you as you open your Pineal and High Heart Portals. When you open your Pineal Portal you will receive our higher light, and when you open the Portal to your High Heart you will find the love and safety that is so necessary to face the unknown.

Most of all, dear ascending ones, love your SELF unconditionally so that you can realize that you are ready to ascend NOW. KNOW that fact beyond a "shred of doubt!" WE are here to remind ALL of you that your fifth dimensional expressions on New Earth are ready to meet you and take residence within your NOW! In this manner, the YOU on 3D Earth can merge with the YOU on New Earth to become your Multidimensional SELF!

Arquelle, a Messenger from New Earth



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[Suzelle on Youtube.com](https://www.youtube.com/channel/UC...)

## PART I CONVERSATIONS WITH MY SELVES



### I FOUND LEMURIA

#### A Not So Brief History of Lemuria

I am calling upon my SELF to assist me to remember the amazing meditational journey that I just had. After it was completed, I rolled up in a fetal position and went into a sleep or meditation, which I do not remember. I am finally ready to document my experience. It was a "real" experience by the standards of my Pineal Portal, as well as by the experience of my Portal of the High Heart.

**Suzille:** Dear Mytre, Can you help me understand more about my experience?

**Mytre:** I will happily assist you, dear grounded expression of our Multidimensional SELF. You were being prepared to make this journey by hearing, "the Trail of Tears" over and over in your mind. However, your message was about the first Trail of Tears. The second Trail of Tears was when the Atlantian-the white/European members of the Brothers of Biel from Atlantis, again conquered the Lemurians in their modern day form of Native Americans.

In the first Trail of Tears, the Lemurians knew that the Atlantian Brothers of Biel would defeat them, and they had to find refuge. Many of them looked to that which is now the American North West, starting at the Santa Barbara Islands of the mid-California coastline, which was then a high peak, Mt. Shasta in Northern California and Mt. Rainier in Washington State.

Some Lemurians lived on the island peaks off of Santa Barbara. These islands were mountains then, which became low-lying islands after Lemuria sank. The Lemurians lived there until the 1800's when the dreaded Brothers of Biel, known in recent times as the Illuminati, discovered them and took them from their island homes. By the end of one year, they were all dead. Without their beloved land and without their freedom of Spirit, there was no reason to live.

Other groups decided that going underground was much safer. They were correct, for not only have they survived, but they have ascended into a higher fourth/fifth dimensional society. The Lemurians knew that volcanic mountain peaks were the areas of the land that served as a Pineal Gland for the Mother.

The Lemurians also knew that these Planetary Pineal Glands were connected to and fed the planetary High Heart within the Core of Mother Earth. Therefore, if the Lemurians could live beneath the volcanic mountain peaks, they could live within the High Heart of the Mother.

The Pineal Gland in your physical body serves as a firewall to protect the High Heart from any form of darkness or fear. It also serves as a Portal through which higher light and unconditional love can be downloaded into the physical body. The Planetary Pineal Glands serve the Mother in the same manner in which your Personal Pineal Gland serves you. However, since Gaia is wearing the form of a planet, she requires more than one High Heart and more than one Pineal Gland.

Some of Gaia's Pineal Glands have been blocked by the darkness of the humans living on Her surface, but some are still open. The Lemurians had two reasons for choosing a new home under a mountain peak. One, they knew they could find safety in the High Heart of the Mother. Two, they knew that if they occupied the High Heart of the Mother that they could serve to keep clear the Pineal Gland above them.

The Pineal Gland serves the High Heart by sending it multidimensional light and unconditional love. In return, the High Heart protects the Pineal Gland by sending it the Light Language messages embedded in the multidimensional light and the unconditional love embedded in the highest frequency of that light.

The Mother's High Heart also sends its message of unconditional love and higher light into the land around the mountain. Native Americans have always worshiped mountain peaks because they can feel the immense love emanating from these peaks. They can also feel the Mother beneath them in all the lands and waters surrounding the peaks.

Fortunately, even the emigrants to America have felt this love and have created National Parks and protected areas around many of the Mother's Pineal Glands. Also, many humans come to these parks because they can feel the love. They often unconsciously feel the love and believe that they only feel good because they exercised or because they are on vacation.

Since Lemuria was in the Pacific Ocean, the Lemurians made their underground homes beneath the high mountain peaks, Pineal Glands, of North and South America, Australia, New Zealand and whatever bits of their world that survived as Hawaii and Polynesia. In fact, any "native" peoples who believe that their Ancestors came "up from under the land" are descendants of the Lemurians, who took to living beneath the Earth during the destruction of their home.

Since the Lemurians took their refuge under the peaks, in the areas surrounding the Pacific Ocean, they have created huge underground tunnels. By traveling through their underground tunnels, they were able to enter the land from many different areas.

They can travel through these tunnels almost at the speed of light. Those who came up onto the land earlier, adapted to the conditions of that area via the pigmentation of their skin, type of hair, size of body, etc. Also, the ascended, fifth dimensional Lemurians can teletransport their forms to any area that they wish to visit.

Just as the ancient Lemurians were conquered and dominated by the ancient Atlantians, present day Lemurian descendants have been conquered and dominated by the present day Atlantians, primarily the descendants of the Sons of Biel, known now as the Illuminati.

"In the Beginning" when Earth was ready for this present round of incarnations, two primary beings were to hold the polarities of masculine and feminine to encourage the greatest extreme of duality for this cycle. The representatives of the Mother, the Lemurians, came first. Then, the representatives of the Father, the Atlantians, came second.

The Lemurians were to serve as the female polarity and the Atlantians were to serve as the male polarity. The Lemurians were very heart focused, as they were to be the Mothers of a new race of peoples. They vowed, just as all the Native Americans have, to be Keepers of the Land. Their service was to hold Gaia steady and healthy.

Lemuria was a huge landmass in what is now called the Pacific Ocean and Atlantis was a huge landmass in what is now known as the Atlantic Ocean. The female-based Lemurians focused on living as ONE with the planet, and represented the High Heart of the Heart Chakra.

Conversely, the Atlantians, the male-based polarity, focused on bringing in the higher light of new ideas and mental growth, much like the Pineal Gland or Crown Chakra. Hence, the feminine and the masculine polarities lived in peace and love for many millennia. Unfortunately, the original plan was corrupted by the arrival of Beings from another world.

These Beings were the Laggards who were not able to ascend with their Homeworld because they could not learn to live in love. These Laggards were much like the Conquistadors coming to South America in that they were immensely technologically advanced beyond the Native Peoples. They came into Atlantis rather than Lemuria because it was more mentally based, like they were.

At first the Atlantians were very happy to have this new information that was openly shared with them, so they

fell into the many traps that were set by the Laggards. The Laggards were a gang of ruffians from different planets and star systems who had banded together because they were not able to ascend with their various Homeworlds. This is why there is so much confusion about who actually started the fall of Earth into Her lowest third dimensional density.

We will not go into the fall of Atlantis other than to say that these Laggards became the Sons of Biel, the Dark Robes of Atlantis. They have hidden within the cloak of darkness since then. They were responsible first for the fall of Lemuria, then for the fall of Atlantis and for the myriad dastardly deeds of their group now known as the Illuminati. In other words, they have been the representatives of the "Dark Side" since they came to Earth.

In fact, these Laggards tried to stop ascension in their own Homeworld, which is why they did not ascend. However, it is important to remember that all polarized worlds have "good guys" and "bad guys" to keep that reality active in the third dimension. Unfortunately, these groups were not just physical because they chose to maintain a form in the Lower Astral Plane.

Fortunately, The Galactic Federation has come to assist in finally ejecting these Laggards, in their many forms, from this entire Galaxy. In fact, there are many members of our Galactic Federation who have chosen to wear a third dimensional form at this "time" in order to help Gaia, as she once helped them. Many, if not most, of the people who are drawn to this information have Higher Expressions of SELF in the Galactic Federation.

The Federation has come to assist their descendants and grounded expressions, but they are primarily here to assist Gaia. Gaia once offered them Her Earth as a place to learn, grow and even ascend. Furthermore, the Lemurians will be coming up from under ground when the Galactics land and the Celestials will fill the skies. All earthlings, past, present and future will join as ONE to embrace the grand event of Planetary Ascension.

**S.** Thank you Mytre. I will begin where my visit to Lemuria began, which was with my meditation. I will try to remember to recount the important information that I received. In fact, I will ask Arquelle, my fifth dimensional Arcturian whom I just met, to assist me.

Dear Arquelle, can you assist me in remembering this morning's meditation?

ARQUELLE:Yes, I will be happy to assist you, for I was within you during your experience. WE will begin the journey by taking all who read this through the same meditation that preceded your "visit in consciousness:"

### **A Visit to Underground Lemuria**

- Please begin by modulating your breath so that your exhales are twice as long as your inhales...
- To activate your Third Eye, inhale, and exhale through your nose...
- Now, imagine that you are inhaling through your High Heart and exhaling through your Third Eye to create your "point of intention"...
- Through this point of intention, visualize a high volcanic mountain such as Mt. Shasta in California, Mt. Rainier in Washington State, or one in your own area...
- Align the mountain peak with your Pineal Gland at your Crown, while you feel your High Heart at your Heart directly beneath it...
- Place your point of intention within the mountain peak...
- Now, slowly allow your point of intention to travel down from your Crown, past your Brow, through your Throat and into your High Heart...

(Your "point of intention" is the steering mechanism for your inter-dimensional journeys. Set your intention in your Third Eye to navigate and in your High Heart to land.)

See yourself in a darkened area, much like inside the Great Pyramid. As you look around for a source of light you see before you a long stairway that appears to be leading into the Light.

You follow that stairway and discover that it is very steep. Nonetheless, you surrender into your process, and discover that you can float just above the stairway. Now, it takes no effort to climb it.



On the other hand, if you divert your awareness away from the stairway, it begins to disappear. Therefore, you stay focused on this inner stairway and surrender to the experience of floating up the stairs. When you are almost to the top stair, you find that you are floating into the nowhere of nothingness.

Within the nothingness there is no form or structure. There is only pure consciousness. Taking long, slow, deep breaths, you ALLOW your self to release the illusion of form...

As you do so, you begin to experience your SELF, free of form and floating through the "nothingness" as pure consciousness...

Your intention now moves to the Portal of your High Heart, as you feel that it is opening...

You place your hands on your High Heart and hold your point of intention on the opening of the Portal to your High Heart...

Now, perceive that you are in a dark tunnel traveling extremely fast. You cannot see what you are traveling in, but you see the walls of the rounded tunnel speeding past you. You do not feel a sense of movement because you are traveling as pure consciousness.

Suddenly, you seem to be awakening from sleeping in a bunk bed. In front of you are a wooden table and a man who is preparing a meal. The table confuses you, as it seems to be long, then short, then so long you can't see the end of it.

The man turns towards you and says hello. Then, he looks into your eyes and says, "Oh, you are a visitor. My son has welcomed another Top-Sider to visit through his perception."

As you stand, the man walks towards you and gives a marvelous Bear Hug. You can feel the unconditional love and total acceptance flowing from his heart and into yours.

"Welcome, welcome," he says. "You are just in time for our morning repast. They will be entering soon. Would you like to wear your own form now?"

In response to your confused expression he explains, "I mean do you want to show us the form you are wearing on the Land? We would love to meet you."

As you try to remember how your body looks, the room fills with happy, calm, peaceful people finding a place to sit at the table. As they enter, you realize that you can choose to perceive as much of the table as you desire. If you only want to be with a few friends, you are alone with them, but if you want to see the entire group, you see a huge table that extends farther than you can clearly see.

The mystery of the table distracts you enough that you can unconsciously imagine you are wearing your earth form.

"Oh, you are wearing your form now." Speaks the man who welcomed you. "My name is Rathfer, and my son, through whom you have found us, is named Jaquer."

Jaquer, who appears to be an adolescent, steps forward. He smiles warmly and takes hold of your arm (rather than your hand) with both hands. His hands feel warm and loving, and he appears quite familiar to you.

"Oh yes," Jaquer says, "You recognize me as I am your Greeter. I know I look young, but we can choose our age here, and I like the body I am wearing. As a Greeter, I offer a beacon to call visitors to our world and assist them in coming through our Portal. Thank you so much for accepting my invitation."

Rathfer comes forward to say, "My son is quite talented. He seems young because he took a form on our Homeworld of Arcturus to become a Greeter so that the ascending ones could visit us here in Lemuria. Come, partake of our meal with us."

You join the table and meet many of the Lemurians. They are all warm, filled with joy and have a zest for life that has been lost to most "top-siders." They are all different, yet they are all ONE at the same time. Furthermore, they all seem to be talking to you at the same time, but somehow, you can understand everyone.

"You can understand us because you are wearing a fifth dimensional form," says a lovely young woman. "My name is Shaylee. In response to your unasked question, I am only 102 of your earth years. You see, we do not age here unless we choose to. We are never sick, and we don't die.

"We have ascended our frequency of form beyond polarity. Therefore, there is no bad to create the fear that causes your aging, illness and eventual death. When we come topside, we will assist you in remembering how to activate your fifth dimensional form just as we have," Shaylee says, as she begins to fade from your vision.

Shaylee stands with great intention and all conversation stops. Everyone turns his or her attention to Shaylee, who says, "Dearest Family of Life, our visitor is tiring and will soon leave us. Can we all send our unconditional love to accompany and direct this ascending one back to 3D Earth?"

Everyone in the room stands, turns toward you. With clear minds and open hearts sends you unconditional love...

You can barely take the force of it and know that it will take awhile to embrace and integrate this gift of unconditional love from your new friends.

As the room begins to fade, you manage to say to everyone, "Thank you, I will return!"

The room wavers and begins to disappear, but you hear the collective message of, "We will see you top-side very soon. Please tell your friends."

"How can I meet you again?" You call, almost to your SELF.

"You will find us in the Quiet." Responds Shaylee as she disappears from your vision, but never from your mind.



## LISTEN TO THE QUIET

Listen to the Quiet ~ as it floats throughout the air  
Listen to the Quiet ~ you can hear it everywhere

The Quiet will remain inside ~ the moment you can hear it  
That moment's here, it's yours to take ~there is no need to fear it

The Quiet is a force ~ it's the core of life and love  
It's a part of you down, deep inside ~ and comes from up above

If you listen to the Quiet ~ you'll find there is a way  
To take the stress inside your mind ~ and let it flow away

With the stress released, what's left is YOU ~ the ONE who lives inside  
This ONE was there, each time you laughed ~ and held you when you cried

If you listen to the Quiet ~ you'll find it is within you

The Quiet is the still, small voice ~ that tells you what you CAN do

It will tell you how to listen ~ so you'll understand the reason  
All life must have a flow ~ and each moment has its season

In THIS season you are longing ~ for the SELF you fear you lost  
When you took the Path of NOT you ~ and now you feel the cost

Accept the flow of HERE and NOW ~ within your heart and mind  
To discover you are happy ~ with the Mystery you will find

Now take the Mystery, you once lost ~ in a moment of desire  
And send it deep into your heart ~ to find your inner fire

This fire frees what is complete ~ to make room for the new  
To release all stress inside your mind ~ so your real SELF can come through

With your true SELF at the helm ~ and the Captain of each day  
You'll know the Way to live your life ~ and take some time to play

For, to play within the Quiet ~ your heart can open wide  
To BE the glory and the truth ~ of the ONE you are inside



Crossing Threshold

<http://www.youtube.com/user/suzannelie>



Quick Links...

You may Also visit:

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