

**December 2008**

## **Personal Inventory**

Greetings dear friends, I am KRYON of the magnetic service. What a nice circle which I can come into today. Are you sure, dear humans, that you are fine here? Yes? I see a few sniffers who are “purely accidentally” on this page and are now, for the first time, coming in contact with KRYON. Probably you’re surprised how you got here, right? Oh yes, it is no accident or coincidence. You believe in coincidences do you? There are none. And what this contact here is concerned with, which we will go into, is that it is guided – as you are guided by your spirit guides, whom you call guardian angels, and generally by your higher self. Probably they have even pushed you to this page, because they believe that this is right for you. Maybe I have known you already for a long time and you have asked me – on other levels – to lead you gently but firmly, fitting to the right time-window, to this page on the Internet. Now you are sitting in astonishment in front of your computer, maybe a little reluctant, even a little odd, and you think: “What should I think about this? What does KRYON mean with the New Energy, the new path of Earth? Do I also have a higher self?” Welcome into the family! No, I do not mean the earthly one; I talk about the spiritual family which is accompanying you here on Earth. Not in the form of a father, mother, brother or partner. No, we are a family authority, which is always in contact with you on the other side of the veil. We work sort of incognito. Your path is not a lonely one. No human is alone. He is surrounded by spirit, supported – in the best case guided and fed with the right information and situation – so that it becomes the divine path, which he takes up in this eventful time. You, dear human being, you who are curious now, you are just one of those who woke up. These are the people who question why they are on Earth and who realize – all that has happened to them up to now – that this could not be all there is. You notice probably that all of a sudden very different kinds of ideas are at hand. And you are curious, even though still a little shy, what about those spiritual things? And you are questioning if that’s true what you have read in your books or what other people are telling you. I invite you now to lean back comfortably within this family circle, to continue to read this text in peace and with an open heart. Digest it and be aware that this is not on an intellectual level. The left hemisphere of your brain is now drawing back a little and leaves the lead to the right half. That means that you now experience and feel these messages on the intuitive level. It is important to understand that there is a small energy transfer. A wonderful warm feeling will flow into your heart if you now breathe deeply a few times and then gently exhale. You relax and I take your permission to come a little closer to you with my energies. With this family gathering we come into a close energy connection. To look at this closer and simply expressed, the words are secondary. The energies, which now flow through your system and also through your different bodies, are like a small healing treatment. I now take your permission to take away those things which bother and block you from your further path. This is also the right time-window for the clearing of blockages, of fears which just recently came up and which you specially feel within you daily situations. That which is fitting to go might now leave. It is an intensive clearing process which Earth also is experiencing – all human cycles of being and the instances of politics, economy and social areas. Transformation is all over the unmistakable module of the coming changes of Earth. Lean back now, and enjoy the energies from home; that is what I transmit to you. You are honored for you live as a human on this planet and in this system and the game field of duality. It is indeed not easy to go through those

many lives. I know what you have accomplished. Feel the love, which now flows into your heart, which the Source is transmitting to you in thankfulness. We love you, just because you *are*. This is an important goal to realize: You are a part of the Source, who went out to experience the duality. This alone is a reason that I take you in my arms and assure my goodwill. By the way, even if you have been reading these messages often, you still might lean back and feel these loving energies gently glide through your heart, as also the one who just woke up. Do you feel the energies from home?

Also why we have come together today is that I would like to tell you that 2009 is to be the year of freedom and mastery. The human mastery is connected to one's own freedom. Without freedom there is no mastery. It is all about becoming really free of all old patterns, imprints, and alien influences, which always provide nutrition for further troubles. I reach out my hand to you for the next steps. I also have an idea, which could make your next steps more effective and clear. Whoever reads the messages attentively, or had been to seminars, knows that many times we have talked about the life inventory, which is to be taken now. How does that function? It's very simple. You know this manner of clearing already from you work, the school, and your studies. It's about the way you can describe your starting position as of right now. How can you work with this? Okay, we want to be very practical: Take a sheet of paper and pen or sit at your computer and make a list. In one section you write the title: **What is bothering me in my life? What does not fit any longer? What would I like to change?** The second question is called: **What are my goals?** And the third section contains: **What do I have to do in order to reach my goals?** Then take time, sink deep within you and observe yourself. This way of analyzing might sound quite functional and mental. But if you listen deep inside and, maybe even ask your higher self to help you with this, then you come to your Higher Heart; you come into the real depth of your being. And this is not grasped with human logic. It comes from levels which are holistically planned and formed.

The facts, the ideas and solutions might flow slowly, also spontaneously or tough. It could be that you start this list several times and dump it again because you realize, while working on it, that your viewpoint changes. First, you'll find it outside and then you shed yourself and go deeper. The true obstacles, patterns and ideas for clearing come up and your desires and goals will change. It is possible that at the end only very little is marked in those sections. It could well be that for this life list you need some days, maybe even two to three weeks. As with everything else at the moment, this is a process and energies are being worked through, shifted and cleared. At the end you will be probably a different being. Your personality-self has probably had some arguments with you and stepped back a little. On the other side, your higher self came a little closer and is happy for the intense co-operation.

The inventory is a landmark for the New Year and following ones. Then, be assured, it still will be a thrilling time that is coming towards you humans. The way this will occur in detail for people, cities, countries, depends – among other things – on the consciousness of Earth, and what the need for clearing is going to be in certain regions. No person is accidentally born in a country or region. Every living being has to live and is woven into these processes. May the human be wise and centered in the heart the next coming months and focus his view to his inner freedom. The ones, who rein within themselves and are not irritated from outside, will find nutrition within themselves. Love, the all encompassing love, is the manna for the body, mind and

soul. You don't have to look too far; everything you need is within you. This might seem to be a little difficult to understand at the moment. But think: you are a part of God; within you is truly everything you need. You are being cared for, whatever happens on the outside. Honored is the human who, with worries within the family or even more global topics, leans back and reaches inside and asks: "Tell me, dear divine spark, what should I know? Show me the true path in this turbulent time!" The answers will start to flow by thought transfer or inspiration. Look around, dear human: Hasn't the time come in which the Golden Wave is transforming everything that does not appear in light? Have a look over the great pond and feel the hope in many people for the new president. This is felt almost the world over – wherever you live on this Earth. Participate in this hope, in this courage, but do not expect anything from others; see the hope for the new path within *you*. You have the power for the important revolutions; don't seek it in others. You are the one! You have all the support that you need! It is a 1:1 healing, about which we have been talking many times, that now has an effect more than ever. Light your light stronger and farther. It will then connect to the other soft sparks and expand to a large circle of light. That's how the changes, which Earth and humanity need now, occur. Trust yourself, trust the God within you.

In deep love and connection

**KRYON**

Received by Barbara Bessen in December 2008

**November 2008**

**Longing for home...**

Greetings dear friends, I am KRYON of the magnetic service. Welcome in the circle of the divine family. How nice to feel you again so very close. I set the table for you. Look! I brewed a fine tea; or would you rather have coffee? Your favorite cake specially ordered in the heavenly bakery. You laugh? Why? You cannot imagine that this is possible? This is divine truth. Nothing of what is going on at these family-gatherings is unreal. Everything that you consider as possible, that's the way it will be. I have come today on the directive of the far divine home, the Source. Actually, to be precise, the expression "far" is incorrect. Your home is within you! Your divine core carries the energies from home. It is at home! But many times you still feel as being on a long journey. From an earthly point of view, you are far away from the great Source. But, as always mentioned, the Source is everything. Nothing is without Source. Allow a short comparison: You imagine a lump of dough, which expands, and gets larger; you can see it has changed but, even when it has become large, it is still the same lump of dough as from the beginning. Because nothing in evolution stands still and everything is in a flow; therefore is the expanding Source always and everywhere the Source.

Your divine core is the Source, the energy from home, but in your daily life you only partially perceive this. You are noticing it when you meditate, when you go a little inside of yourself during the course of an eventful day. Maybe while taking a walk

you perceive the fine light energies of your higher parts, or while doing sports when you are totally to yourself or while singing. Maybe you are already communicating a little with the God inside of you. It is a fine, gentle voice that whispers something to you when you need advice. Some of you perceive it as a stomach feeling or intuition. "I knew that this answer was right; that's what I needed, and I felt it. There was such a warm feeling in my stomach and my heart was wide open. Then it was clear that this is the right path." That's the way you could have perceived your higher self within you. Sometimes you also feel it when you are in a conversation and suddenly say something that you actually did not want to say. It talked through you. This energy, this feeling of home is actually always there. We have described it often: You are never alone; this would be a paradox. You are not just one; you are many. And you are your higher parts in different dimensions – and ahead of all is your higher self, which is the closest to this experience, is always with you. They are always there, never left you and are only waiting to participate more in your life.

The times, in which you should learn the dualistic lessons of the Earth plan, are over. You are in the final game. The tickets for your trip home are already booked. This took place when you asked for the New Energies, through books or other communication, and decided to awaken. Maybe this also occurred in another unspectacular way. It was clear that you are ending this guest play on Earth. Maybe you are in your last incarnation on Earth, or you are in your last cycle, which means, you probably will return again, but then you will no longer be in the status of total forgetfulness. You slowly know who you are and how the system of planet Earth – with free will and duality, including the neighbor planets – functions. Naturally, all this is no coincidence. You are what is called an old soul. Not in the sense of streaming old out from the Source, but in relation of your experiences here on Earth. Many here were born many times; you learned and experienced your lessons of the principle of cause and effect, and among others which this system has enclosed. You did all of this out of your own incentive, or you are on this journey because you are in service. That means you originate from an inter-dimensional family which is specialized to help other planets when changes of consciousness lie ahead, when cosmic cycles are running out and new steps should be taken. You are – we call it simply – an energy-worker, a helper for ascension. You are here – and most of the other old awakened souls are here – to help Earth and mankind. Honored and loved is the human, who takes this point of view, leans back and observes the range of this realization!

To be here in this system brings along that you had been totally thrown into forgetfulness. You had done this with your agreement; your higher parts had done this for you. You are precisely, a light filled, multi-dimensional being, which has created a personality here to be able to have all those experiences. This personality-self is newly created with every incarnation and consists of the genetic biology, which your parents made available to you, your old package of experiences, which you always expand, flatten out, and newly replace with what you have experienced since birth, in your childhood, and in the course of your entire life. This entire imprinted package is your personality, your personality-self, which most times walks through life without a good connection to the divine core. The higher self can guide your life according to how the belly-feeling – your intuition – is able to come through. Your helpers, which you call your spirit guides or guardian angels, your spirit family, make sure of the little coincidences which happen – when you for example joyfully say: "Oh Gerlinde, that I meet you here is wonderful. So often I

thought about you, but since I moved, you have been out of my life. And now I meet you here. What a coincidence! Do you have time for a cup of coffee? I have so much to tell you..." This was no coincidence. Out of this encounter you can now draw what you like. This encounter was ushered in from a higher level. The steps into whatever direction this leads are decided by the person only.

Now it is time that the personality-self and the higher self consciously want to be noticed by you in order to establish a blending. In contrary to old mystical traditions, I do not support the elimination of the personality-self but ask you to gently support this melting of the two together. Take the your ego by the hand – that's what most people usually call their personality-self, which carries a great part within which you call mind, and lead it gently to your Golden Angel (higher-self). It can then wisely decide if a logical decision should be made, like to get across the street or logic intuitive, as for example in choosing a profession or even a scientific interpretation. For this the right brain hemisphere is many times the more useful partner. The scientists have in this delicate time the possibility to determine their inventions only with logic and the mind combination, or they can lean back and have their higher aspects come through to come to an inter-dimensional realization. It is time for pioneering inventions, which will raise questions to so many old physical, biological or geological knowledge that assumed had been logically. New inventions will be coming up, which do not fit into the old logical knowledge and create an entirely new picture of the world. With the experiments of the particle accelerator, which is worked on in Switzerland, actually quite funny things will come up. And I may assure you, that great spiritual scientist – that's what they like to be called – are standing next to this exploration team and help them to "find" the right and higher standing results. Be surprised! With one of them surely the world will be put up-side-down...

Now back to you again: Something is shortly going to happen to you and, what you perceive from the outside could also put your life up-side-down so that there are new steps required. Have courage to let your unusual ideas expand that reveal totally new concepts for your life, also supported by your higher self and your spirit guides. What happens within you at the moment is the opening of your old information banks; your inter-dimensional memory opens up. Unconsciously, you go into old lives, also into times or, rather to say, levels in which you acted before you visited the Earth. You have insight to levels, which you also live now. Those are lives which you describe as the past, which you can experience now. You feel often very suddenly, who else you are. And slowly, your helpers are steering this; you will feel who you also are on higher levels. Please imagine that you're acting in all dimensions. That what you consider as your personality is only a small part of you. Now it is time to feel this. The veil between you and the universe and also between me and you is taken off. You can reach out your hand to me, and you will feel me. Do we want to try this right now? Close your eyes, reach out with your hand and I will reach out for you, take your hand and press it very hard. Or maybe its better I caress it so you won't be so sad because you feel home-sick.

The opening of these inter-dimensional attributes bring along that you remember how it is to be on other levels. You feel your families on these levels and you're aware of it. You might look into the sky and say: "Why can't I be up there? I would like to be together with my spiritual family and live with them. When will that be?" Your heart might be a little heavy and you are longing for your higher parts. This is quite "normal". You feel the family and sometimes, when you are sad or tired of

Earth, you question all your realizations and say to yourself: "Maybe none of it is true – what I know about my other parts, about KRYON and Archangel Michael, my spirit helpers. Is this expansion of consciousness true? Maybe all of this has just been put into the world to irritate the people? I feel so left alone." And those thoughts are creating for you a feeling of helplessness. "What am I doing here? Who am I?" In those situations just lean back, relax and ask for help. Feel the gentle energies of all your beings and just trust. There are some words of repetition from us, which you don't want to hear anymore, right? That's for example: Trust! Have patience! Be free of fears! I see you smile. Yes I know, that you are reading those lines. I am with you and I like to continue to hold your hand. Your feeling of being home-sick fits exactly to your development. It is the path to open feelings. Remember, you had placed some membranes around your heart so you wouldn't feel the pain of the world so much. You also have done this so you would not always be reminded (in pain) of home.

The good news is that the bells of the greeting committee of the family members from home already are chiming. They all know about your fears, your insecurity about the new information and about your impatience. Do not have the idea that this trip back home is something which has to do with a long ride. Actually it's only one step into the next level: It's your pure intention. This pure intention and also your open heart are the doors for the expansion of your consciousness. It is the door to your divine treasure chamber. Take this step and feel the embracing of your divine part. It is always there. Feel it while stepping into your holy heart; perceive the fine voice, which always talks to you. You only have to become aware and open yourself for it. Home is now; home is within you. If you think about a far distant home, which you would find above or behind as a God or Father or Source, then be aware that here on Earth you are an extension of the arm. You are a dear field worker. At any time you have the possibility to talk to your boss, and to be in contact with the central office. Then you are the central office. Are you aware of this? It is time now to acknowledge this and live in this manner. Live in a way that everything is possible whatever you imagine and desire. Then it will be. In your divine being you know how everything functions! Do not limit yourself; this is my heart's desire!

Now you are waiting for the bad news, right? There is none. You still consider that after good news there has to be a bad one. Don't think like a human; think **divine!**

In deep love and connection  
**KRYON**

Received by Barbara Bessen in November 2008

**October 2008**

**Heart qualities...**

Greetings, dear Friends, I am KRYON of the magnetic service. How nice to meet you here at this meeting of the spiritual family. Surely, you know that the spiritual family does not necessarily have to be identical with the earthly one. At the moment, some

of you experience that you do not feel being connected with the earthly parents or other family members. Sometimes it seems the partner or parental ship is rather alien and maybe you ask yourself, "Why did I choose this partner or those parents? What was the reason for being together? Was it a karmic relation? What do we have to learn from each other?" Or maybe you have the feeling that the old karmic ties, which were binding you, have dissolved. What is there to do? Should you separate from your partner, or are there other possibilities to spend the next years rich with energy together in loving care and in fruitfulness?

Maybe some of you question if life structure is still the right one. You ask yourself: "Am I still in the right place? Is the work situation still fitting? Do I really still need a car? Should I conquer my inner dark side and use the bicycle or the public transportation? Is the beloved house on the beach or the apartment in the city still valid for me? Do I still feel comfortable in my surroundings?" Maybe some time ago you had planned to live in the center of the city to dive deep into everyday life. You loved the coffee shop around the corner or the evening strolls for window shopping or your frequent visit to the movie theater. Or, you were very happy to go back in the evenings to your wonderful home on the outskirts of your town to escape the hectic everyday life. And all of a sudden everything is different. You can no longer stand the city noise. You feel the movement of people and you feel it as if they were yours. You are open to all thoughts and energies that are roaming around. You literally pull all humanly activities into your field and you are so sensitive that you often shake your head in astonishment and you realize: "I was just very relaxed but, since I have been sitting in this coffee shop, I feel very foggy; my head is buzzing with all kinds of thoughts. How uncomfortable! All of a sudden I feel very weak." The desire for peace and seclusion is increasing more and more and you contemplate looking for another apartment because, even there, you are strongly aware of the outer influences. The other way around, it could be that you enjoyed your life in your secluded home and you prefer now your path in activity. Suddenly you have the feeling you belong amongst people with whom you can discuss and exchange your opinion. Maybe you have a special project which you would like to bring to life with a group of people. In the time of seclusion you dissolved many old things. You are already pretty much centered within yourself and you nourish yourself more and more with the energies of your Golden Angel. You have – maybe even unconsciously – found the path into your Higher Heart and would like to live this now. To be connected more and more in profundity with the Higher Heart does not mean to be hidden away to be alone with yourself and no longer deal with the physical part of being. This should not be a goal! Because, in this present incarnation, you've come here to serve humanity and the planet with your qualities.

You are an ascension-specialist and maybe you have already been many times on other planets to help raise the energies to change the vibrations of a planet and the people who live there.

Of course, you have lived here exactly as all the other people – a very normal life. You have participated in all things of life. You were born like everyone else, nourished by your parents or another person who raised you. You went to school, even though you often wondered why you were there, because as with so many other earthly living manners, you could not feel the higher sense with this. You knew instinctively that one can also learn other things. So what, that's a part of being here. The structure in your lower bodies was constructed in a way so that it was easier for you – than for others – to have access to your true identity. Remember: How often

did you feel a little out of place here and you thought: "Why am I here? I do come from somewhere else. I feel it. What am I doing here? Who has sent me? What is my task?"

Maybe you often felt very clearly what to do even though it did not fit with the ideas of your surroundings. To the other people it seemed crazy. Many times you were not able to push your ideas through which lead to the fact that you withdrew. Maybe you are one of them who is worn-out – not physically exhausted but rather overtaken by dullness and you ask yourself: "What am I still doing here? I did so many things. Some things have already changed; others, I was not able to accomplish. I always was an outsider." The new things that the Earth needs have already been in your structure. Your energy meridians have been always on line; your contact to spirit was mostly rather open. Before the "Harmonic Convergence" 1987 (if this means nothing to you, please check in the Internet) there was already the contact to the spirit family, but it was not obvious. Since then you are constantly "online". Some of you are online because you constantly communicate and question the future of Earth and your own lives. Some people go into meditation and then know what the next steps are. Again others of you are speaking it out open and loud: "Listen, dear spirit brother, I am really in a jam; please tell me what to do. After all you are on my side to help, right?" And you are expecting an immediate change. Maybe it is even an accusation or cry for help because you have realized who you really are and have the tendency to be a little unsatisfied about your situation. You also know that you live on a planet that is partially still anchored in the physical matter and the creations of one's own needs down here always require more time than in the higher dimensions. You feel yourself as not being totally complete. You vaguely remember how else it could work. You sense that, with a strong thought and heart centering, your problem could be solved and also a new home or another desire could be quickly created. Short: You may be a little frustrated that not everything goes the way you would like it. As I always like to say: With one leg you stand in the duality, with the other one in higher dimensions.

Now what does an awakened person do in this difficult time? How can he center himself to stay with himself but still do the things which the heart calls for? Many times we have talked about passion which wants to be lived. And now in the fall of 2008 the quality of the level of the heart is uncovered. You have now gained a new status with the situation of 8 – 8 – 2008 through the general frequency elevation of the New Energies, the Golden Wave! You came a bit closer to your Higher Heart. Some of you felt it somewhat and others received a powerful push as from a heavenly hand.

The seasons also reflect what happens to you and the Earth: You are changing your entire being to a multi-dimensional light being. As we sit together here, as a spirit family, the financial market is rumbling around you. Some of you think with effort, that which should be done. My advice: Lean back, go to your Higher Heart and ask the question. Go into your feelings and lighten up your problems, which the finances create. You will be inspired to do the right thing or nothing at all.

I am sure that in most cases there is nothing to do. In your Higher Heart you find the holistic view, everything there is without time, outside of duality. There you will learn how you will continue to live your life adjusted to your new frequency. Notice the priority and importance: You stand before all! The financial crisis does not fit into your new way of living because it is an illusion. It is something artificially created.

Whatever you heard about it is not correct. It's a present situation for regular acting people who act in the play field of duality.

What to do? Stay in your Higher Heart quality and feel if and what is there to do in relation to the outer insecurities. And be assured: You are taken care of. You are now tightly connected with your divine core, which will guide and lead your next steps. Also please imagine that money – or the things, which you need for your life – will come to you. But whatever way it takes you do not comprehend or decide with your mind, but let it flow to you by your higher self. Go into your Golden Wave and fill yourself with divine prana and trust that everything is for the better.

The critical ones among you will say: "KRYON, this is easy for you to say; you don't need money and a small apartment." That's right. You are correct, but I know that all that you desire is available to you. It is already there; everything that you desire is practically at your side. It is already there on the divine carpet. Your thoughts already have called it into life. And your Golden Angel adds to the ideas the focus and the flight energies so that it can step into your life. It is your duty to put doubts and impatience aside. Remain a lot in your Higher Heart. You can do this while driving a car with open eyes, in a train, while vacuuming, or in the shower. Keep the connection to your higher self; it provides you with love and warmth. It sends you inspiration for new steps and, most important, it elevates your light-quotients! The more you strengthen your higher-dimensional leg, the lighter you are. The contact to your Higher Heart opens your meridians and your charkas more and the divine light truly can flow through you. Support this contact daily with some more prana-breathing, and then you will visibly feel that you resonate higher. This is expressed in feeling the energies flowing through the body; you move easier. Your worries and concerns do not burden you as much and the access to solutions is easier. Your intuition or the direct words from your higher self are communicating it to you. You feel that your third eye is opening wider. Inner visions of your future are suddenly coming into your awareness – images of ideas, which want to manifest themselves. With your radiant change you attract other people near you who are helping you with your ideas and who think like you. New ideas are now introduced by awakened people in this critical time.

Your Higher Heart qualities provide to you that you can take all coming changes of Earth and its artificially created systems with a calm, divine, holistic view and that you can change it with a good judgment and far sight, the way that is proper for you.

Would you like to take a look at your Higher Heart?

I am in deep love and connectedness

**KRYON**

Received by Barbara Bessen in October 2008

**September 2008**

## **Power play and World events**

Greetings to you, dear friends, from the realm of timelessness and from the place of all encompassing love. Since I am directly a subordinate from the Source of all beings, is my point of view of things which concern the planet Earth, a different one than yours. Not that it is better, but the view point is a holistic one. I see the Earth and people and actions from a neutral view point – not that you think I have no feelings, far apart from that. I see everything that concerns you, but not with emotions and not through the glasses of duality. I can see you, the Earth and what you call history as neutral and I know that nothing is happening without a background. And this background for you is not easily noticeable. Still, I have to say in your honor that many of you have become aware, taken off the glasses and see all of what's happening in the personal area and also the time cycles of Earth from a higher perspective. You put the newspaper aside, turn off your TV and sort out the information according to contents of truth. I speak about the divine truth, not the one which seems to be at the surface. You know what I mean? We have been talking about this also many times; what I say here is not new.

Unfortunately for some KRYON-fans, who have been once again expecting something new, something very spectacular which would pull them out of their lethargy or their humanly painted dualistic boredom. What is new on planet Earth and its game field? "When are you finally going to take me out of here; I am a star-born one?" Do you feel as this is being said, too? Do you have spiritual boredom and with eagerness you expect new facts of development?

Actually this is very simple: Just look at yourself. Aren't you interesting enough to constantly deal with your own self, and to discover the spiritual news within yourself? You are the measurement of Earth's development. For example, we could determine from your own condition what the Earth looks like, which novelties are breaking through. This we can determine with you as an individual and naturally also on the Earth itself and its activity. Those events which are obvious, but not visible for everyone, because for most they are either unspectacular or they are not publicized. And how will you know in Dortmund, Graz, Bern or Dresden, what really is going on in the Ukraine, in Bosnia, Afghanistan or on the outer corner of the Taiga or even in the jungle in Brazil? I talk about the activities of people living there, larger groups, of their politicians, but also from the animal populations and geographical changes of the regions. You can only trust your inner sight. Or do you believe everything that is written in the newspapers or what the many versatile TV-stations present? They have their own point of view with things. Just imagine, they send their reporters into those regions or have messengers in those places who are reporting about the countries and people. They see everything from their or their station's point of view or they have been told which point of view is important and has to be investigated. Maybe your point of view is not the same, or you would like to know more about it, or different things from other sources. It starts already there. The transmissions to publishers, the broadcast stations or the newspaper are already filtered, adjusted to the outer conduct and to the image of the company. If you research TV-stations or papers for their outlines, you find everything from conservative, liberal or left oriented and also those which you consider as soap. The same applies to books which are flooding the market each year in great masses. There are also sections on how you judge them: Objective, belletristic, poetic and many others. Here it is also clearly

obvious: Everything is subjected to the opinion and ways of thinking of an individual or some others. Nothing is without color; everything is published under the cover of truth but does not always confirm the judgment of an individual or a certain group. Finally, it is the highest boss who represents the guidelines and the doctrines of the publishing firm. Constantly you are exposed to other opinions and streams. Naturally you also live this in your personal area. You decide what happens; you set your paradigms; and you are the boss in your company.

You already sense where I am heading, right? How will you be able to look at the Earth's events in truth? How can you know that it is true? Or are there different truths? Who is right? No one can adopt it to himself, to know the truth, unless one looks at the entire event of Earth and people from the perspective of the Divine Creation. All that has taken place since millenniums after the fall into the third dimension and still goes on belongs to the divine plan of duality. As long as men and the Earth are living in this play field, you can presume that everything underlies this level. It is a constant up and down in evolution – arguments over earth-gas or oil, or about religious freedom. Who has the better, the real true religion? Who has more money? Who has the better information? And so on. Good times, bad times, abundance of food, little food, as a condition of health or illness, this can be extended to likes.

If we look at all the information media, what always stands out is what is bad and what should be done better. So, one can read the following: “How to develop into a true Christian.” “How to finally achieve the ideal weight”. “How to conquer imperialism”. “How to become master over terrorists”. How to deal with ADHS kids”. “How does China achieve world power”. “How the World Bank will become more stable.” “Why are so many people hungry” and so on. All those topics are presented as humanitarian, scientifically, heretically, gentle, aggressive, well-researched or superficially mingled together.

Almost all people in the western world, or also more countries with western imprints, have the need to satisfy their hunger for knowledge and curiosity. The information which they are presented with are the thoughts of one or more people who are taking it from the mass consciousness. If we go about the play plan of Earth, there are no new thoughts. Everything has been thought or lived once before. This time might be a special one, but nothing that occurs in duality is new. Everything was already here before or is being released as potential from the great guardians of planet Earth. To become aware of this is an important step in order to get out of the general field of information. Nothing is free and nothing without coloring. If you like, consider once again how a newspaper or TV shows is created. The information in the Internet is ambivalent. The Internet is an excellent way to get elaborate information. But stop: Where is most of that information coming from? From one person or many people, who follow a certain idea, which comes out of their own experiences and leads into a certain direction? On the Internet there is also information to read which comes out of the Divine Truth; this I would like to add.

I would like to point out that you learn to open yourself up to your own truth. You can examine all this information that comes to you out of yourself. We already transmitted this in earlier messages: If you would like to buy a book for yourself, then do it with your Higher Heart, let the divine wisdom, your Golden Angel take part in the decision. It knows what you need now. That naturally leads to – that you actually

don't need anything, because everything is stored within you. Nothing is new to you, because you already have experienced many things and because – and this is most important – all of the knowledge which seems to be important to you, you can download yourself from the divine chronicle of this planet or also from the cosmos. You have your own computer system, which is self-sufficiently connected to the divine matrix. Isn't that wonderful?

I know you still would like to read the daily news and toggle from one station to the other on your TV, because you are really bored since you actually would like to switch off (in other ways it would work much better, but this is another topic...) or because you are curious. For once let's be critical: What's the need for all the information? To know what is going on on Earth? The TV stations are presenting to people all that is dualistically imprinted. The commercials are suggesting how you ought to be and everything you need in order to be happy, because otherwise your life would be incomplete. You actually know better, right? Don't you feel after such a TV evening worse rather than better? How can that be? You are becoming more sensitive with the changes of your body. The radiations are not that comfortable with the long sessions on the computer unless you are firmly anchored in your divine core, then the rays cannot harm you, or rather they get absorbed by the light. But maybe right now you are not well anchored in your divine core, otherwise you would not even switch on your TV; you would hardly ever get this idea. It would fit much better when you want to tune out, to walk in the green, to listen to good music, to have a harmonious talk with a dear one or a small meditation. But actually you know it all, right? Therefore, I do not say anything new here; I am just reminding.

Do you actually know that you are so much advanced in your development that everything you need is within grasp? Everything is available; you only have to do it and to make it real. All the steps and tools which we have offered you for years have become more effective. You can playfully tap into the Golden Wave, and in the evenings you can stabilize your body from all of the confusions of the day in this wave. You can keep the contact with your helpers; however you want to do this, you are more and more aware of your own divine self. Some of you are already strongly connected with the higher self. It's only one step to get there and to look at the power and world events from another point of view. This also means not to be affected by it.

We would like to examine this closer: I would not like to convince you not to read or listen to your beloved news. No, I only would like you to perceive it differently. Look at it very neutrally. Remember, that I said, that you are still standing with one leg in the third dimension and with the other one on a higher level, however high this might be. You decide with which leg you want to look and experience the daily events, also the ones presented through the media. I suggest, look at everything in a neutral way. Read it from a higher point of view without emotions. I do not tell you not to have compassion for the victims of catastrophes or war places, but look at it holistically and from a divine point of view. Whatever goes on Earth on a large scale is also taking place in the small way with you. It is a clearing. And so many clearings need enhancements to finally be transmuted. The same way you always have to resist temptations not to act dualistically; it is the same with the world at large. There are the politicians who still act out of their power strategies, because they probably have not worked through those topics as well as with their compatriots. They are in the middle of it. And all co-actors have the same topic as well. Honored and beloved is the man who understands that it is no accident to be present at the place of actions

where he is. He has chosen to experience, to finalize old imprints. So many, whether politicians or just normal earthly people realize and all of a sudden understand the game. He releases it, relaxes, realizes the entire scope of the game, smiles and maybe remembers another clear life with a divine game plan.

And everything which you hear or read about world events does, at the same time, also take place within you. It is like a mirror, even more like a holistic program. Maybe you already realized that you are in these strong clearing processes, but the more you take yourself out of the dualistic activities, the easier you walk through your day. It is as everything would glide away from you. You are no longer that much impressed and not that easy to be influenced. You are standing above the things, without losing the overview. This is the Divine Path.

The knowledge of all the old wise ones on all continents will awaken and anchor itself (again) in the field around the Earth in order then to spread out. It is also your knowledge, also because you, who are reading this, belong to the ancient ones of Earth, who finally wakes up now to help to change the game plan of Earth. The knowledge that is spreading contains the wisdom about Earth and humanity from the very beginning. It deals with Lemuria, Atlantis, and all the other important times on Earth and humanity. Within is stored everything which deals with the all-encompassing love, equality and peace. It contains as well many spectacular novelties in the area of science, which soon will be made available to the public. Everything is present in your multi-dimensional DNA layers, your divine memory-bank. The key to reveal the codes are already in place, although they have not yet been turned. On one side it is an individual development which leads to unlock, on the other hand it is a collective matter. The code will break if a certain number of people are ready and Lemuria and Atlantis will awaken in revealing the radiant knowledge, not only for you or some chosen ones, but for the entire Earth.

Therefore, it is important now to become aware of one's own divinity. Smile at the world spectacle, take serious world news objectively under the magnifying glass and become aware of the true core. At the same time also become aware of the illusion behind all of it. Don't worry so much about all the war-areas, trust the many divine cores who are on the road as humans, that they also might wake up soon. Offer your divine light as a golden ray in all areas that need light. Offer your light without programming and judgment; it works by itself.

In this sense I wish you an alert eye, an open heart for probably a quite turbulent fall and winter 2008. Be assured, if you concentrate on your Higher Heart then you are anchored in the divine oneness and you will recognize the divine truth in everything and all and you'll be able to react coolly and clearly. I know that, and for this you are honored and loved, you wonderful human being.

In deep love and connectedness

**KRYON**

Received by Barbara Bessen in September 2008

**August 2008**

**Your own darkness**

Greetings dear friends, I am KRYON of the magnetic service.

Welcome in the duality, or should I rather say: Welcome in a fake world of duality – in that world where you are still acting with one leg. It is your world which you now want to create new, and this is not that easy, right? You are still being tangled in old loops and patterns that are passing through your magnetic field from what you really are. You are twisting on the confused paths of the many other lives where duality still is flourishing. I would like to examine this closer for you. It has been talked about a lot, but now you are in an especially deep cleansing process and not all that you heard or knew has reached you. You are fighting at the moment through your own chaos, which rarely lets you listen up, but which keeps you trapped as in a maze. This chaos of your own emotions that let you say: “I am fed up; old fears are coming up again and again. I thought I had looked at many things, realized and dissolved them. Over and over those old things come up again. I would just like to live without those old feelings.” Or you think: “I really don’t understand, in the evening I close my eyes to go to sleep and then all those uncomfortable situations of my life pop up. It seems like a movie being played all over. And then I feel ashamed, helpless and embarrassed by all that’s going on. All of a sudden I am wide awake and cannot go back to sleep”. Or you experience the following: Deep darkness is lying on your shoulders. You feel yourself bent down and suppressed, although you have been home all day, without any weakening experiences. But you feel, as if a thousand tons are burdening you. An awareness of old experiences appears partially in your consciousness. You do not see any connections, but you know what you are experiencing right now is dipping into other lives. With one leg you are elsewhere, but you are not really able to perceive this. What is going on? Sometimes you also feel shadows at your side. Who are these shadows? What are they doing here? You did not invite them. Maybe you say: “I think I should slowly let go of the duality. What are those dark figures doing on the rim of my field? Go away, I don’t want you anymore. You no longer have anything to do with me!” Maybe you could have complained in this manner quite angrily and desperately.

You are at the moment in heavy processes of transformations. We have spoken already about the transformations of the heart. Here it is about other symptoms of processes of your transformation. For your better understanding, we would like to mention shortly again what you actually already know. You’ve read it or talked to others about it. Actually you know what this is all about but you cannot fit this in properly. Everything that you experience seems to be exceptional to you. Those strong headaches, the sleeplessness and lack of orientations make you insecure. The mood changes of being deathly sad and the next second filled with joy of life puts you into strong confusions. Sometimes it is almost impossible to do your daily work. Again, sometimes it is this heaviness and tiredness of life which comes in phases. “What is going on?” You think to yourself, “Am I getting into depressions? It almost feels like this. Maybe I should go for a therapeutic treatment?” Even the following thought could sneak in: “Maybe I am simply ill and stressed with my everyday life; this has nothing to do with the ascension of the Earth. Maybe it is not true that we will ascend. Maybe somebody just invented this. Probably I followed a

fraud. Certainly everybody around me is laughing and considers me to be a dreamer. Maybe I am crazy and will be put in a clinic.” Yes, this would be an extreme description of your possible thoughts.

I already have said this in many channelings, but I would like to put this again gently into your heart: You are a multi-dimensional light being, who moved out to learn in duality and then return with all the wisdom from all the experiences and, at some point, return back home with everything. Nothing which you experience here is unwanted. At this time, some of you are here with a special mission. You cannot always remember what it is. But be assured, if you are not yet on the path to this mission, it will soon appear to you. Many of you are here in this incarnation to just bring your own light of the higher self and even their higher parts that want to come through you to light up the Earth and the path of other people. In order for the light to be able to radiate more and more through you, the old patterns of other lives – and also this life, which are stored in your DNA and your emotional body – have to be dissolved. At the same time the structure of your electromagnetic field, which is what you actually are, is being adjusted as it had been planned in your divine blue print. This is an extensive process. The best is that you use these high energies for clearing, which at the moment is very evident for the awakened ones. And all that you feel at the moment is the activity of this Golden Wave. It brings everything to the surface that would like to leave you so that your light is able to radiate more. It is probably difficult to deal with this in the everyday life. In old times, initiates gave their students who awakened a certain time in temples for clarification. You are on the difficult path to deal with this in everyday life.

We could mention that initiations and the passing through certain doorways on this path of total awakening have not all become unnecessary. These still exist, but the sensational news is that we are standing very close to you and, as in school, whisper something into your ear or pass you a cheat slip which helps you in your steps. We are standing at the next door with you, offer you our hand and give you a slight push; some of you need a real kick to pass through. The outer circumstances are easier to get through if you are aware of the divine energies and which you use like a surfboard. Lay or stand in this Golden Wave and let yourself move smoothly. Do not hold on to old paradigms or old visions of how everything should be. You have been brought up in a way that everything has to be in certain ways. This had been taught to you – and not only in this life. It came from other people and experiences, right? Where does this idea come from – that everything has to be precisely tidy? Who told you that people have to be diligent, otherwise they don't amount to anything? Who taught you to be quiet and silent, not to utter a sound and that everything that the boss or the father says is to be believed because, of course, they would have better knowledge and wiser decisions? Who told you that one has to save money so that there is something left if distress comes up? I would not like to say anything against your saving account, but did you ever think that money could come to you in other ways? You never wanted to step out and do things differently? You do not need to sell your nice car, and your wonderful apartment is also in order. Don't be ashamed of it. Those who want to develop spiritually do not need to live poor or as an ascetic. We only suggest that you throw your planning upside down and then put it into a new order. Put all your imprints to the side and live your life with your own measurements. They should be a scepter for your freedom. Be free and live your own imaginations. Lay all old things aside and put up new lines that like to guide your life. If you like, connect to the ascended Master and human friend, St. Germain.

It is his favorite task to lead people into the path of freedom. He belongs to those (Jesus was also one of them) who straightened out energetically the path for people through his own process. Many of the ascended Masters have done this.

But we're now returning back to your own actual state of being. Some of you already enjoy an easier life. Also among the awakened ones are pioneers among the pioneers. If you are still in heavy processes for those who awakened with you or later, who walk in your path that you had worked out. And you step in the energy tracks others have already set for you. They are those, who stood up right after the Harmonic Convergence or even earlier and also got on their path to become a free human being. They have put aside most of their old slag and invented their next plans for themselves, their environment and the Earth. These are mostly people who are a little older in earthly years and like to take care of the younger awakened one who are full of energy but still stumble and really don't know what to do next. These already clearer ones offer their hand to those who need help; they support the needy ones. They also help the new children to get around. Keep looking for such a being, if you would like to get help from outside. They are those people who travel around and give lectures or tirelessly work in their practitioner's offices to help others to awaken. For support, you can also turn to me or other spirit helpers. Look, right now I also present to you the divine energy carpet so that it will be easier to get through those strokes of clarifications. Maybe you are also one of those pioneers of pioneers. You for sure know that. Research what you can do to serve mankind and the Earth.

Now let me come to the dark appearances, those who maybe hassle you and of whom you are aware are around you. It is correct that there are still energies – beings or forms of beings – which are not yet in the light. At some time this game will be totally over. The game field of the duality will dissolve. Everything which flows out of the Source will return to the path back home and be integrated into lighter levels. It is important to understand that you don't get into judgment in relation to other people; that everyone of you – and also you – dealt with the dark side of power. There are no exceptions for anyone. You are only one step further than the others. Don't damn the war veterans and their leaders, also, not their leaders, the politicians and those who guide them, those who came from far away. Realize everything is a game of duality. If a person dies, this of course is very sad for the relatives. But the person only changed the dimension and soon enough he enjoys spiritual health; he is eternal. With this, we do not want to say that you should not develop compassion for war fields and dying people. But do not be sad and discouraged. You are multi-dimensional – as your friends and your enemies are. Everybody is. Send your light to all areas that are involved at this time with wars that deal with natural disasters, or that live in places where life conditions are bad. Your light will find its way. Just let it flow. It always works.

The dark entities, which you may become aware of at the perimeter of your field, have possibly something to clear with you. They still might have old connections which could have come from the ancient time of the star wars. What is there to do? Consciously dissolve the connection and say: "No, I no longer want to have anything to do with you. I therefore disconnect our old bondage." Then the connection is dissolved. In very hard cases ask Archangel Michael for help. But probably you are already in the energies of the Archangels and work with the sword of power. Be assured that the more you stand in your light the stronger is the connection with your higher self, and no enemy can come through this light. Nobody can do this. You

should draw your attention only to yourself and your light. If you do this everything automatically steps back. Your light is blinding them and is very uncomfortable to them. And most important: Do not give them any attention. Be with yourself; stand in your light. You probably know this from daily life: The less attention you give to a bad situation or a complaining person the more you become uninteresting to them.

Now this might make you feel a little odd, if I tell you: Most of encounters which you experience are meetings with your own parts. Crazy isn't it? It's your own self! You experience your own dark parts, which are now standing next to you and make themselves noticeable. What are you doing now? No, don't run away or hide or even chase them away. Look at them. What do they want to tell you? Why are they here? They would like to integrate. They want to unify with you. You want to be complete, right? Look at them. With this you probably will bring up some uneasy feelings which are still stored in you. Shame, fear, unworthiness and feelings of power, also sexual feelings of all different kinds come up. In the last thousand years many times sexuality was used to manipulate people. This is still the case today. Think about and look closely at your own sexual attitude. Then release all the old ones, which you have stored – many times uncomfortable experiences and attitudes. To do this is an important step because it changes your own conception of power. The divine energy which is stored in every person (and is also activated in the sexual act) played a great role, as well as manipulation, also within high civilizations which then sank into the duality. Don't be afraid, just be aware of it. People have imprints with this as victims and as perpetrator. Also be aware that many of these things are stored in the mass consciousness. You are a pioneer and they usually have the assignment to courageously walk ahead. If you clear your own field of old power imprints, then it will be easier for your followers. Through this the mass consciousness experiences a progressive change. Now that you look around on Earth you may think that this might be a fairly heavy task. I would like to share: All old things have to come up and have to dissolve, have to burn in order to resurrect out of the ashes and become new like the phoenix bird.

I wish you all the best by integrating your dark shadow parts. It will continue to happen; it is not a onetime thing. It is a process. There are many small dark nights of the soul, whereas previously the experiences took longer phases. Some of the initiates lived a long time in that period. Anyhow some of them conquered this path through the depths of the underworld in a few days, a very few within some hours. We like to stand at your side so that in the short phases of diving in you can integrate your shadow-sides. I see you like living with yourself in a cocoon dealing with yourself so that you can burst out as a beautiful butterfly and flutter into your life hungry for knowledge and joyfully with life, ready to consider life from a different perspective. You are honored and loved for your service to stay here on Earth.

I am in deep love and connectedness.

**KRYON**

Received by Barbara Bessen in August 2008

**July 2008**

## **Intensive Transformation**

Greetings dear friends, I am KRYON of the magnetic service. It's a nice summer, isn't it? No, why not? Do you have troubles with the large quantities of water or are you living somewhere where it is too dry? Or is summer not so nice for you because you are stuck in a strong transformation? Yes, I can confirm for you that there is an intensive phase of purification going on. It deals with Mother Earth and you, dear human. Now it is really the case that the energies of the Golden Wave cannot be overlooked; nothing gets saved from this general purification. And, as many times described, it hits every one of you differently. It depends on one's own process and how far you are ready to let go. I come to you today to take you in my arms like a big brother does sometimes. Even if you are a man, you may accept my heart-felt hugs, my coat of protection – nobody is watching. Let yourself fall into and admit that in these weeks many things have knocked you over. Yes, it is like that.

Everybody, dear readers, lean back and resume a little of what is going on and what you can do for yourself. We always have told you that intensive times would shake the world and the people. We also said that the procedure will be as you have expected it. If you glide into that purification relaxed and as easy as possible, if you swim in that Golden Wave, in this divine energy which always flows stronger through Earth and then jointly swim into the New World, then everything will be so much easier. But if you would like to screen everything with your mind, strain your brain and forcefully spend your days complaining or blaming, things will be much more intense for you; it might even knock you over. You have the possibilities to program your thoughts in such a way that you can glide smoother into the future with that wave. The way you behave and deal with it is the way it will be. Those purifications will then not rush through you, but you will perceive them from a divine point and differently. You have to tell your body that something beautiful is going on. Because it is: You intensify your physical parts. You are about to rewire everything totally differently; your internal system is being differently connected. Some of the quiet functions are being activated so you can now live and act differently. Wasn't that what you desired? That's why you came here and incarnated at this time.

Now I even take you a little tighter in my arms and ask you to feel now the Golden Wave and let go of all pain. What is bothering you so much? Is it the very strong physical symptoms you feel that let you experience this transformational process over and over again? Headaches, a pounding in the center of your head, have to do with your pineal gland. Frequencies of inter-dimensionality become active again. This truly is a restructuring. Your ears hurt and the neck is stiff? Wonderful, then you are in the middle of an intense cleaning. Subtle mini chakras are stimulated. Pain above of the right ear is an opening for inter-dimensional hearing. Your knees hurt and you can hardly walk? Oh very nice, the mobility is getting lighter and is no longer bound to the cartilage of the physical knees. Your lungs and heart hurt? Then you are really in fashion.

Yes, here sits the deep pain from your childhood days, from being abandoned, from not being loved. Everything has to get out, like a household clearing. All old things are leaving in the garbage disposal. You don't need all that anymore. Now your higher parts like to take the lead, therefore there is no longer space for pain, sorrow or worries.

You are now requested really to act from your heart. Start with your own self. Treat yourself well, take care of you, lean yourself back and relax, as you do it with me right now. The more you go into relaxation, the easier it is for your body system. Breathe, breathe deeply, fill up your being with prana and let yourself have God's breath flowing through you. Take time for short breaks; lay in the grass outside or on the shore of a river or lake. Water is the best elixir for cleansing. Ask consciously for purification. If you lay in such a way you can feel your head become free. All those thoughts that would like to form your day are almost standing still. That feels so good! Now, in summer, nature is a very dear helper with your intensive clearing work. Treat yourself with good food. Lots of fresh fruits that are available now. Everywhere in the markets, you find fresh fruits. Let yourself be guided by your higher self on how to find the purest. Actually, it is able to transform all nutrition with the light, but still choose the easier way. You really don't have an easy time right now! Take time for yourself and enjoy your free time in such a way that you have fun. Maybe you make fewer appointments. Be for yourself and just let the reconstruction happen. This phase will take some time. But if it's comforting to you, you are not constantly under treatments with those gentle, very active spiritual surgeons. All adjustments will happen bit by bit. And you might also ask for breaks.

Already years ago, we have announced this time. Now it is here. And you have worked very intensely toward it. Now is the preparation for many attributes which you would like to have: Clairvoyance, clear feeling, teleportation, channeling, and spiritual journeys and so on. You are gliding automatically into those qualities. All of a sudden you realize that you are in two places at the same time. You will be astonished when this happens. There will be no announcement ahead of it; it just is. Your sensitivity is being trained. If you have not been able to communicate with us, now for sure it will function. Try it. I like to help you with this.

Do you still feel my warm protecting energy? Great, then we will turn to a topic which is somehow a little more difficult. Now the time has come, where it makes sense to connect you more and more. Maybe you belong to those who would have preferred to work on their own. You thought that you could only rely on yourself; many times you had problems with others, who really couldn't understand you. Then what was better than to be with yourself? You often lived drawn back, at least in your off times as you had to go for your daily work. You had developed into a single fighter. How would it be, if you would give this up and open yourself to the crystalline network which is always getting stronger? This is what is happening. The Christ Grid, the crystalline energies which are also connected to you, wants to be connected in the daily areas also. This could become a challenge for you because at the moment you are highly sensitive. You don't have to do it first thing tomorrow morning. But contemplate how I can connect my energies, my knowledge, my acting power, my divine being with those others, who are on the same path as I am. The networking can also be done with those who are now awakening. And it will be this way with many people. Look at what is going on in the world. Old connections, old alliances, associations, parties and other artificially created groups are dissolving and new ones are being founded. But now they are founded differently which is on the basis of a heart level.

And this I also would like to place into your heart. Feel your heart and examine how you can connect your qualities in a way to tie them so that a huge heart can be

created. Out of many small hearts can become a big one if it is lived out of an open heart. There is no longer time to live alone and drawn back in a silent small room, out of shame, fear and old actions.

The groups shall live! It can be with two or three people. And you don't have to be always together. You meet for joint activities and then you are with yourself again. It does not have to be like an organization or other similar manners. Meet spontaneously just as it appears, share, do what has to be done, and leave it up to your divine core when the next meeting should take place. This will come along. I could also say, establish free groups! It might sound paradoxical, but you know how I mean it. Be open for all people; be free for small and large meetings which deal with networking. It could be meditations or just talking or sharing about their own path. Be like a free newspaper. Pass on your knowledge to everyone who would like to hear it. The time has come where you do not have to leave your room for this, but still can participate. But this still needs a little moment.

Put all the old stuff to the side and open yourself for your expanded service. Come out of your silent room of hermitage, because actually you are connected to all anyway. Now, your outer joint activity is requested. Honored is the human, who takes the next steps with an open heart also for the well being of Earth. Who knows, maybe you initiate a group consciousness, which here in the center of Europe is going to invoke the necessary turnovers in the social areas? The fitting time-window is now there for it! Recognize who you really are and live inter-dimensionally. You have my support with the Golden Angel. I give you now an enlightened idea for your next steps on your new path. – Did it get to you?

In deep love and connectedness  
**KRYON**

Received by Barbara Bessen June 2008

**June 2008**

### **Living between the Worlds**

Greetings dear friends, I am KRYON of the magnetic service. Welcome in the realm of freedom. Welcome in the realm of equalized duality. I am greeting you from the now-time. I know, with one leg you are still in the physical barometer. It is what we call the earthly paradigm, dogmas and game plan of Earth, which varies. This game plane has always been newly adjusted to the experiences of humans.

A long time ago—when Gaia was still Tiamat and then was split by the impact of a comet – a group of high beings, created the conditions for those experiences, which Gaia has gone through for many thousands of years. The conditions had been to create a field which was different from the field of BEING.

It was separated, apart from other planets of this solar system, because Earth should become a platform for experiences, which had never existed in such a form before. It is always important for me to share that everything there is, is consciousness. There

is nothing which is not conscious of itself. It may appear very small and unimportant; it is conscious of itself; it is consciousness. So there have been and are, very high consciousnesses, high beings that also come from the Source as you do, who create a lot with their clear minds. They are totally in the field of the ONE and in connection with the divine power of creation, which makes it possible for them always to be in the creative processes. Some of these high beings now created this field, the conditions for Planet Earth, which is a part of the split Planet Tiamat. With this separation, this part then drifted also into another orbit. It is important to understand that nothing happens by coincidence. On the highest level, everything always has a plan, a thought which bears itself, which most times immediately is formed or transformed. This may appear difficult to you, although you also are a great creator being. It is because of this field which you are still bound into and many times clarity is lacking. Generally, there is no difference between you and those high beings that created the program for Earth and still hold it with their consciousness so that all this can happen that is taking place. Only you are not conscious enough of yourself. You are still living with one leg in this world of appearance and illusion. You are not free of imprints from your small created world. You still participate in the thoughts of the collective which influences everything that takes place on this planet. Honored is the human who is recognizing these paradigms and leaves them, and then goes on to discover new worlds. Worlds which always have been here, only this did not seem reachable for you.

These high beings, strategists, guardians of Earth energies have a lot to do with the new influences, which through the New Energies are having an effect on Earth, to stabilize, to integrate and to adjust it to the entire plan. It's like a new beginning. Nothing stays as it was. Now, again and again this is being felt with the things that are happening with the Earth and the people who are living here to learn and to serve. Less than a half percent of the Earth's population is capable to invoke, to hold it and to initiate the great miracles that should occur so that the necessary changes can take place.

This half percent of people, the high beings, to whom you belong, will make it, to spread the light, which all will be woven together like a grid and light up everything that still lives in the fog, in the darkness and in forgetfulness.

The time of darkness, of forgetfulness is over. Look around at what is happening on the planet! Also, all those wonderful things, which sometimes are not immediately obvious. I do not talk about the information sources which you call news. Those are not all the truth. It is polarized. I am asking you to light up with your hearts all things that take place on Earth now. I would like to describe this more closely and talk directly to you. How would it be if you concentrate yourself on Burma and you feel what goes on. Feel the suffering of the people, feel the changes of Earth, also go with your feelings totally into Earth, feel what is going on intensively. Feel those many spiritual beings who work there. And sense that those people who made transition had been the knowing ones, who cleared the field for what had to take place there. The changes of the field of Earth which also has something to do with the magnetic grid, made this cleansing necessary. Remember the messages I gave you years ago. It was always talked about that turbulences are accruing when Earth cleanses itself from old energies. Don't try to judge this with your mind. You might think: "Why there, those people already have very little to live with? Why doesn't it hit areas where no one is living?" Don't think like humans; look at it on an inter-

dimensional level. Another way to look at those events has to do with the opening of the sacred hearts of the people on Earth. Remember the tsunami? What happened? People stopped with their earthly drive and discovered again compassion. For some time they had been intensely connected with the sacred center of their hearts. And this rediscovery of the sacred hearts invoked a lot with each one of them.

Stop now briefly and send all your love and your light out of your sacred heart to those areas, pointed at the moment to Burma and China. Do it the way a Knowing One is doing it: Concentrate yourself on those areas and simply send your light there. It will initiate that which is able to happen. It will act and help there where it is needed. Your light is God's light and knows what's to be done. If your love gets overwhelmed a little in such a moment, then you might like to take Earth in your arms, cradle it motherly and let her know, that you are here and that you love it very much.

These explanations for the procedures might sound a little objective for many. All these events belong to the divine plan, which now foresees a cleansing for this planet, so that higher vibrations are able to get through. The vibrations are reaching Earth more strongly, that which is annoying is being removed, being cleansed. This might sound terrible to you all but it is necessary. If you'd like to help, direct your light through your heart to those areas. Every time you think about it, you can do it. It doesn't take much of your daily time. And then let it go. Your light will affect that which is supposed to happen.

Don't worry about the souls who have left. They are fine. Direct your love to the ones remaining who are continuing to do their service. Remember, every human being came here with a task or a plan. You do not know of the plans of those who incarnated there, but be assured, they have some. Every human there has something to do, to balance out something, to move something where he is living.

But now to you, who now reads these lines. How do you feel today? Do you feel a little dizzy; are you tired a lot or not concentrating? Are you always experiencing things where you think: I already have worked through and looked at these? I am very well aware of my patterns, but certain situations come up in my life, which show that I have to look at it again." That could be it. There you're right. The bottom is put on top. 2008, the year of truth, does its real thing. The high wave of divine energies, the Golden Wave has a strong power and doesn't stop for anything. In Asia you see what it brought up on the large scale; you notice that within you it works right into the smallest cell. Anything that no longer fits the life of Earth and the life of people is being detected and removed.

The more you hold on, the more this Wave surges over you and pulls everything with it. That which could have been dear and precious to you probably does not fit any longer. Many times in the last months we have transmitted in channelings, at seminars and personal contacts: It is the time of changes. It is the time of new orientation. Everything that imprints your life wants to be illuminated and often be taken off. It does not fit any longer. Do not hold on to it; let it go.

Please believe that your higher parts know how you feel and try to have the changes take place as smoothly and easily as possible. But remember that you have many layers and your personality-self, your ego, many times has a totally different opinion of what is good for you. It has the imagination that the old was actually quite good.

Changes and rethinking are not comfortable. It means to stand up from the comfortable lazy chair and take a new point of view and maybe even a new position. This new observation might also bring along with it that many things are leaving your life. We also have spoken about this many times. But now is the “hot phase”; now it becomes serious. It is the time of shedding the skin in the intensive phase. Nothing stays the way it has been. Have a close look: Isn't it wonderful what is coming about on the rim on the zenith, what great ideas come into your circle of thoughts, poured in from high spirit. It is now easier to reach you, because old paradigms are washed away, blown away. You are free.

Would you enjoy a small journey?

Close your eyes and take a few deep breaths until you have settled down and then imagine a screen in front of your inner eye. A TV screen as you know it. It fills out your entire inner eye. Try it until you have the screen large and clearly in front of your inner eye. (Again a reminder to those who have not read KRYON a long time: When we say “try to imagine something in front of your inner eye”, we mean that you imagine it as in your day-dreams or memories of past situations. Actually all day long you imagine something, right?!) The screen is blank. Now you ask your higher self, with pure intention, that it might offer you a picture, a picture concerning your (further) life. The picture which appears now might be a little hazy, but do not force it, let it develop in an easy way. What is shown could be out from your present life situation, something that is stirring you up. It could be something where you realize a solution to a problem. It could be something which is alien to you but represents your future. You know that they are just potentials which could be future. You decide what should happen. But what you see here could be the potential which is almost for sure coming into your life, and is what your higher self supports carefully and considers as most fitting. This potential could be the fitting one for you to enhance your further path and ascension. It could also be what people could possibly bring to you for your soul plan and introduce the lightest steps for joy of life and clarity. Maybe you receive a picture which could be a kind of a riddle. A beautiful scene of nature may like to impress itself on you, that you should spend more time outside, rather than to sit home at your computer.

The way to get in contact with your higher inner worlds and parts is an effective manner to raise one's own vibrations. Because every time you step into contact you are in the flow of the high divine energies, you sway your Golden Wave. Enjoy this connection. Experiment, ask for pictures for the further steps or experiment with yourself and your old patterns. From where do they originate? What do they want to tell you? And then dissolve them with Archangel Michael. Maybe Michael has already offered you a sword for your own use. Then take this sword with your mind and say: “The patterns may be cut; these imprints I now dissolve for all the time-tracks and parallel-worlds. So be it!” And it will be. This is the path to self-responsibility: To visit the other levels, to work and live with them but still remain with both legs on Earth and accomplish what has to be done.

You are honored and loved for your service here on this planet. Realize that you are truly multi-dimensional and swing yourself with your own consciousness throughout all levels of being. Do not limit yourself to earthly dimensions. Surf! But be careful that your lower chakras, those which are connected with the first three dimensions, are well nourished. Also this needs to be lived – a multi-dimensional being who lives and acts on all levels all at the same time. Try it! You can do it, because you actually

have always done it. Only, you have not been aware of. Lift your veil. You decide what is going on. For sure you have our help. Reach out you hand and feel our presence. With pleasure we can take the next steps together...

In deep love and connectedness  
**KRYON**

Received by Barbara Bessen in May 2008

**May 2008**

**When your heart hurts...**

Greetings dear friends, hearty greeting from here on the other side of the veil. I am always there for you, I am never away. I am only a nose-length away from you. We could say: I stand practically next to you, always. In this incarnation there is no time quality; where this would be a factor, it is not a factor. Crazy, isn't it, in the true sense of the word?! Yes, it is like this. It always creates great pleasure to take each one by the hand for our meeting. We could say: I raised the flag; I waved it to make you aware of me. With some of you, it took and takes a little longer until you spot or feel the flag. Sometimes it takes time until the cool breeze, which lifts my flag, is recognized. And sometimes it's like a storm swirling around you until you understand or notice it: "Oh KRYON is here, greetings from home, love from home. Yes, I come, I eavesdrop, and I feel. What is the news from home?" You don't need to take a long journey to participate in this family reunion. Your pure intention is sufficient. Maybe you went to the website of this partner, or a friend had printed out these pages, or you had put it aside some time ago, but only now did you get the impulse to read it. This, of course, is not a coincidence. One could say: It is the fitting time-window for you to let these familiar energies into your subtle energies and physical heart, in your electromagnetic field that you are. How about a peep of home energies for your tired heart? Maybe it's even more of what your heart needs, a large package of God-energy. It's like in the childhood days, right? As a child you were standing in front of the ice-cream shop and then somebody offered you an ice cream. It was a small ice cream, but you associated it with pleasure and loving attention. This ball of ice cream was heaven, or maybe it was a piece of chocolate or a spoon of pudding. You never could get enough of it; it gave you a cozy feeling.

Today, now, in this minute your inner self has transmitted to you the nice sweetness of protection; being loved is the right thing for you, maybe, because you are pressed down with a worry. This love from home is like a large ice cream waffle or a chocolate bar. Sit down comfortably. If you like, cuddle into a warm blanket while you are reading this. And you might already know it, but still I do like to remind you again like a teacher loves to do it, which I am. Our meeting is not a class hour in the usual sense, where the pupils have to watch their words, like you remember from your childhood. This here is about to dive in to the divine All-Love, meaning the divine essence, also called New Energy and Golden Wave, which now gently envelops this planet Earth. That's all about letting go of everyday life and diving into the wave of love, which washes away everything that makes your heart heavy at this time. This

wave has the power of a ton of hard steel, the blowing power of a super storm but still is gentle and light as a feather. It is always that which you need.

Maybe your heart is heavy because at the moment you are stuck in deep partnership problems, or your family doesn't let you go, or rather you can't make it go. The relationship from one person to another – like everything else in earthly life – is subject to change. What was fitting yesterday and full of lessons to learn is tomorrow already accomplished and no longer fitting. This belongs to duality, which at this time can act in very extremes and to other time qualities it seems almost dissolved. But one can create another relationship out of a partnership, one which is more fitting, but no longer is what it used to be. Everything is possible; don't judge and limit yourself.

Maybe your heart is heavy because you are still carrying old patterns in your being, which block you and won't let you be free. Those of you, who work with healing or medical tools, know that each organ can express its own life topic and is therefore busy dealing with it. Many of you people have pain right now in the area of the heart and lungs. Often these groups of organs have to do with old disappointments which are not worked through. Symbolically, there is a saying: "It cuts my breath; there is something heavy on my lungs". "My heart is heavy", many people say this when they think that something has not worked out, or something had been wounded. If your heart hurts and has pressure, then this is usually a hint of old experiences that have not been worked through, and therefore these strong processes. To stay with the topic of partnership: Those relationships in old energies, from the time before the Harmonic Convergence, quite often have been expedient connections. Let's shine on these: The parents, whom you had chosen, helped you to come on Earth and helped you find your way. They offered you the time to grow up. Also there, you had relationships accompanying you – friends in kindergarten, neighbors, schoolmates, etc. Again and again you were together with those who made it possible to have new experiences or even to smooth out old ones, and to dissolve old structures. When you look back, you see where there had been tensions, or when the relations had been harmonious and favorable. You can guess what kind of contracts you had made on the other side of the veil for your development here. Nothing happens incidentally. Have a look at your youth, your education. Some of you who read this now are in the middle of it. This is honored and loved. Earthly age is not a criterion for human experiences in the duality. Your age is not relevant. You are an old soul; otherwise these lines would not get to you.

All relationships imprint your being, also in a form that they dissolve something old which was still stored in your emotional body and had an influence on your decisions. This was your life up to now – until you started to deal with the New Energies, the new orbit of Earth and maybe KRYON. You are requesting that, which in the first books of an American channel was called "the neutral implant". This translation and formulation created some up stir, because it might sound confusing. We would like to add that it is all about a travel-ticket that you buy. This ticket has the effect that your entire system, which you really are, experiences restructuring. You are being transformed. High light Beings, who always appear when a planet is ascending, are working for a long time on you, to release you from old experiences, and continuing to form you back into a 12-strand DNA light being. Because you are actually one, you always have been until you wanted to have far reaching experiences on the third dimensional level. Other parts of you are in higher

dimensions. Imagine this very exacting, as with an image. You are a multi-dimensional light being, who left to collect experiences. Now the fanfare calls you home. This is in connection with the membranes of your heart; I mean those subtle areas of your heart, which again are strongly connected with the physical one. Right now I would not like to get into details about the anatomy of your heart structures or pictures of illness. If somebody says: "I have heartache, my heart is hurting as if it would burst," then it is in these times often a sign, that some things are loosening up in the subtle areas.

Coming back to human relationships, it's about to act out of the divine truth. 2008 is the year of truth, which brings with it that every person has to verify how the relations and connections to other people are in their everyday life. And these are now just the actors, who are living directly with you: Your love partner, your parents, the business associates, the neighbors, sports friends, and people in the club or in business. This you could easily expand. It's not always about clearing these relations and then you ask: What is my relation to them? Is it a close nurturing relation, (someone who nurtures himself from the other or both from each other) or maybe even a case of dependency? Do I like to be with them or am I exhausted afterwards? What is really connecting me to them? Is this relationship still fitting for me, or am I only keeping it up because it is difficult to end it? How could I create a free relationship out of an already existing one which has the tendency for dependency? This last one is a very important question, because it does not mean to eliminate everything around you, or to dissolve relations. The goal might be to create new free relationships from the old sticky and no longer expedient relationships which, usually are standing on shaky ground because they are relationships of power. Such a screening can be very unattractive; maybe it is no fun at all and you're hitting your boundaries with this.

This is an important step: Be free! Live with those people whom you really like. Dissolve in love the old ones (relationships) which are no longer fitting. Not in a rush, or fast without a talking. Speak to your colleague, friend or father; explain your new point of view, that you would like to have a gentle but free and independent relationship, and that you would care for this friendship. You will be astonished, if you conduct this talk openly without any blame, from eye to eye with an open heart, how your partner may understand this and think and even have similar thoughts, only did not dare to talk them out.

It is time for new partnerships. Have the courage to look at your daily life, to take inventory and to look deep into your heart. It is to be mentioned that sometimes even to be fired from the job situation is necessary to find the truth. Check it with your heart.

Your physical heart pressures you after a long day, or even in quiet minutes, with a fast beat or trouble with the rhythm which is probably expressing what is now ready for release on a subtle level. It wants to tell you: "So many old things want to get out. I would like to release the unnecessary patterns and structures. I would like to be pure and free. Release all the heaviness and the old out of me, which no longer belongs to my life."

As I mentioned, I would like to transmit to you again: We are in a wonderful era of Earth and this solar system, the galaxy and so on. We are ascending, we are changing our consciousness. I am saying "we" very consciously and I include myself,

because I am your older brother or your older sister and I'm experience all this with you. Ascension means: the change of consciousness, the rising of the vibrations of your being. And everything which no longer fits into the new vibration has to be released. Once again: No connection and experiences in your life and of other ones are a coincidence. It is the time track of clarification. Become free from the old, which still makes an impression and influences you. Become free. Look into your heart and act from the level of your heart. Become again what you really are – a multi-dimensional light being.

In deep love and connectedness  
**KRYON**

**April 08**

### **To live, act and create out of the Now-Time**

Dear Friends greetings, hearty greetings to you. I am KRYON of the magnetic service. I come into this circle with pure joy. I like to look who just tapped in and wants the pleasure of a sprinkle of KRYON. Or might it be a little more? I mean once again it is time to lean back, to get out of everyday life and to dive into the energies I have brought with me; energies from the Source of everything there is. I am directly under the order of the Source and have no opinion. I am the one I am, totally dipped in the Source energy and from there I create my inspirations and ideas for paths, which are to be taken. My service is multi-dimensional.

I recognize you as a high being of light. I see what kind of experiences you have had and which ones could be yours, or rather, will be yours. I perceive it out of your coloration. I can sense what potentials are waiting for you, which steps lay ahead. Your movements could be of a great variety. For example: very clear, which lead you directly home or some which have a few detours. This depends on your own clarity and the power of your personality-self. I mean that which you call your ego, this part of you, which leads your life with the mind, which is not tragically, nor scornful nor unreasonable. Your mind had been leading you for thousands of years and did its job excellently. But there have been situations in the dual system, times where the conditions to live divinity was extremely hard, and you have been too busy to have three dimensional experiences. With this your mind served you very well, because it took care of you. This started off with searching and finding nutrition or with the logical follow up of the next steps. However, it was not connected with your intuition; it followed the left hemisphere of the brain.

Your personality-self – that's what I call your ego – may now follow the Golden Angel. How would it be if you could meet your personality-self before your inner eye? I'd like to give you some practical tools with which you can push yourself further into your own light and, if you like, work with visualizations. Maybe you would like to create an inner stage, on which you can gaze at all of your topics and work with them. I mean with this, that you can work in this way for yourself, where you can find out where you're still stuck. Where you are repeating old experiences like on a loop over and over again, because you still let yourself be guided by old imprints and

conditions of experiences. Now you have the possibility of examining your actions, to change your way of acting. An example to explore your personality-self could be to imagine those parts in front of your inner eye. Would you like to try this now?

Close your eyes and imagine a stage in front of your inner eye, like in the theater. This is your life stage. All your parts, your created personality parts, your fears, your future prognoses, your inner child, your inner parents, your other lives, everything you can draw there. You are sitting in the first row and, through pure intention, you let the desired experience parameter appear. This is very simple. You imagine this stage and ask the Golden Angel, your higher self, if it may help. And the first act of your theater play starts as with magic hands.

Now we would like to call on this stage, which for you is the world, your personality-self, also called ego. Ask that it may appear. Maybe you are very surprised how this large part of you is developing in front of you – maybe as a king's knight or a huge being like the genie out of the bottle? Now establish the contact, talk to it and ask: "How are you?" If you conduct this process because you are stuck in a tricky situation and you don't know how to solve it, then your ego could be outraged, maybe vainly upset, because it would like to push its own point of view through, which is different from your own divine truth. If you listen to your higher self, then the decision could turn out very wise and clear with an all-over view. Your personality-self acts out of its own needs and is not necessarily conforming to the Divine. Talk with your ego and listen to its arguments. The art and your task is now to let your personality-self know that you are not interested in eliminating it but that it is your intention to connect it with the Divine. Try this once with dialog, which you are conducting in your own details.

The reason why I am bringing this up is because it is important to realize that you should not damn your personality-self, which is often mistakenly described. It's about integration. You can rather be thankful that it is here, but to let it know that another time has come, where mutual actions with the higher self are desired. Acting together is the goal. When you look at your present life, then you will notice that your ego can still serve you further. Your mind still will be needed, not on its own and not by its own intention alone. A merging together of the divine core and the personality-self is desired. That includes that you have to recognize this goal first. "No two souls have to live within you." This saying results from a situation of an upcoming decision of a "not knowing what to do", a splitting and pulling back and forth. If you become aware that both of them have the right to exist – only that the goal is different – then this reunion can usher in very gently. The driving force of the ego is sometimes a good work-incentive energy for new goals; it can shake-up and animate. It's all about, as with all steps into the New Energy, becoming conscious and to acknowledge the own self. Your personality-self has done great service, that you have let it guide you too much was your own decision. You and only you are the one who is changing. You certainly become aware that again this is all about self-responsibility.

I recommend that you lean back and that you think about all of this. Look at your personality, the thought imprints of your experiences from this life and others, which seem to be past in your thoughts but actually are taking place right now. If you move to the other side of the veil, then you are putting down your personality-self, you become neutral and essential. By getting back on to the carousel of birth,

you are putting on a new robe over your experiences which are being stored in the other mostly lower fine vibrating bodies and connects them. They are the foundation for a new sphere of activity on Earth. Then new experiences are added and create the personality-self, and with it you then take many steps. Now the higher self comes into the play, the Golden Angel. For a long time this divine part of you had no chance to inspire or guide you. Maybe it had a chance if you are a mediator or had similar experiences, but only peripherally. Now a change of leadership is taking place. The God-self is now taking over the staff of leading. Respect and honor your personality-self, keep the contact in a clear, growing and wise communication. Support the ego which you have created to connect itself with the core.

You people really like reading books and information, which contain a desire for the creation and imprints of physical life. Everybody would like to bring the things which they wish into their life. Many of these steps led to frustration because, mistakenly, it's transmitted that it is simply a matter of controlling thoughts. The forming of a life needs steps and many levels which finally lead to the divine self. In this life it's about guiding into an elevation of vibrations created in a divine manner. That also includes, shoving certain things into the matter. If a person concentrates on thoughts only for that which the personality-self desires, then maybe it is not in agreement with the soul plan. Lean back for a moment and consider these thoughts. The ego always wants to draw things into life which are momentary or maybe fertilize the own being for longer periods. Maybe it even "allows" that others can benefit from it, but its focus is a different one.

Many times your life in the New Energies has other goals, which might not necessarily fit with the ones of the ego. This is a discrepancy in which many of you awakened ones are living.

What is my goal? Where do I want to go? Some are irritated and are staggering maybe to get out of unemployment but sense that this time without work could be a possible tool for the New Energies. The chance came up to dive deeper into the self to get to the divine truth. It could be that a wonderful contract is hidden, which has to clear its way through probably a longer period of unemployment. To create work with difficulties doesn't make sense, right? I could bring up many examples. Now, look inside in the next days for your next steps which are coming out of the depth of your being and not short cut desires, which deal with duality. Because those you would like to transform slowly.

The art is to act as it is proper for a God-person, which means to be always in the "now". Because with the "now", you form your future. Conduct yourself as you would like to be and act in the future. Place the stone to your foundation now, this does not only start with thinking about it, but with acting. The devise is: Live active and in the present time. In the future will be all that, which you are now with all the facets and possibilities in your next steps. To understand this requires also the time to play with these thoughts. Many times we give you things to think about, so that you can deal with it in order to get connected to the divine spirit, and then when it's understood, to realize it in everyday life.

Observe your daily acting, also sometimes in the uncomfortable everyday life. Observe what you are doing. Do you do it with devotion or reluctance and with what kinds of feelings? Look at all things very closely and find new ways for everyday life.

Observe your encounters and search for the background of those meetings and why you acted in certain ways. Had you been skeptical, impatient, bored? Or have you been looking at the encounter for what it was, as your own created constructs which serve your growth, and can be formed through you? Would you like to introduce new and different encounters for growth? Then look at how you can arrange it to create those new meetings. You can reach it through changing and forming the old ones.

Summarized once again: Actually it is very simple! You change your life by observing and a directed conscious acting in the “now”. Maybe you would like to start right away? Start with reading these lines. How did you read them? What is your conclusion? What is next? For an entire understanding, again you need a little time to think about it, let it have its effect, let it playfully circle in you consciousness. This is the first step to create your life in self responsibility. And now lean back, close your eyes and ask the divine within you to walk this new path together. The Golden Angel is here and is pleased with our “now”–decision.

In deep love and connectedness

**KRYON**

Received by Barbara Bessen in April 2008

**March 2008**

**The Phantom of Fear**

Greeting dear friends, I am KRYON from the magnetic service. Oh, yes all have come together who want to open themselves for these words and divine energies. I operate out of the “now-time”. All who should and want to be reached, meet on this “now-track” and dive into the New Energies. It does not matter when it takes place in earthly time. If in March 2008 or February 2010, the energies and the power are the same, unchanged, no fading and no old energies spoil them. The intensity is the same; the help which should be offered has not changed nor has it become less or is underlined with other energies. This energy which flows now is inter-dimensional and is not subject to time quality or change. So, welcome in the energies of KRYON! I bring along divine wisdom, integrity and divine truth. There is only one truth. You might shake your head now and say: “This cannot be, KRYON, my truth is different from that of my partner. Otherwise, we would not always have arguments. And the truth of my boss also seems to be a different one. Because he does not think as I do, and I do not think as he does. His decisions, I have realized do not come out of my truth.”

I cannot hide a smile; these statements are human. Yes, very much human, because you are here on this Earth, you still live in the game field of Earth, which consist mainly of duality. You remember that many times we have been saying that the track of duality for awakened ones is turning slowly into a spiral. The duality is no longer the measure of your degrees. You are walking on a different path, the path of the inter-dimensionality. This might sound crazy; I know that many times your daily life looks very differently. What I want to point out is that there is no duality on the other

side of the veil. For sure you know this very well. But still very often you don't live free of it and then you sway back into it again and again. With one leg you live and act three-dimensionally, with the other one you already live on the fifth dimension or even higher. The latter one is when your own truth is in alignment with the divine truth. When the active truth is the divine truth, which has unified with you, and no longer is your personal truth or the one of your boss or your partner.

This has the result that fears no longer have the kind of effect they used to have. They are underlined with lightness and do not have the effects that they would knock you down, that your stomach is cramping or other parts of the body react as if you would be paralyzed. Let me explain to you: The fears, with the New Energies, will also not totally disappear. Fear is a part of you. It is a part which you could call a shadow-part of yours. It belongs to duality the same as the light filled parts also fit into duality. Only, you are on a different path now: Your light parts now integrate and absorb the shadow parts, where many of them consist of fear. You know the example with the dark room, and when the door opens it becomes light. Maybe not all of your corners become light, but the darkness fades. But on the other hand, if there is a window on one side of the room and it's dark outside, then this darkness will not influence the light in the room. The rule is: Light changes darkness. This same rule applies for Earth, for all that is going on this planet right now. It still looks as if there are many trouble spots on Earth, and many are boiling. The truth wants to get to the light. The truth likes to break the boundaries. Whether it's the unfaithfulness in politics or money shifting in higher commerce that many people are dealing with right now: The truth wants to get into the light. The dark is verbally flooded with light that flows more intense through Earth now. We also could say that the New Energies are floods through Earth; the Golden Wave takes everything in, which stands in the way and throws it upside-down or destroys it. Everything which is not of light comes to light. This is only the beginning. It will continue. You will be surprised how many politicians, and commercial bosses will all of a sudden come into the public light, because their non-truths are drifting to the surface. It's, literally, bubbling up what is not tolerable, justifiable or hidden.

2008 is the year of truth. Everything that no longer fits into the concept of the new Earth bursts out of the dark. Much of it has been longing a long time for this appearance; some of it would have preferred to stay in the shadow, because it had been nurtured as such so that it does not like to give up duality. But divine truth does not stop anywhere, it breaks through.

The people on this evolving planet are stuck in this very process. One's own fears out of old experiences are very present. They have been created by other lives, from childhood or imprints of parents, school, university, the job and so on. They are moving around in your daily life like autonomous beings. If your sun is shining then you can manage them well, then they have no platform for actions; even some of your daily decisions can guide some of them. An example: If you are conditioned and raised to be concerned with safety, then all your decisions are pointed to the factor of safety. Maybe you come from a house where your parents taught you that it's most important to have a profound profession, to earn lots of money, to lead a secure marriage and to have enough money, possessions and a house so that your late years are secured. "One never knows what's ahead," could have been the motto, which the others put on you. That imprinted criteria is always close if you have to make a decision concerning a job. It's influencing your decision. Your own truth is if

you feel deep within you and make the upcoming decision out from your heart. Still, many times the fear gets into the play. Like small dark parts, which they are, are acting in your thoughts because you have created them. Maybe you feel the fear in your neck or in certain places where it's stored (there is a saying that fear sits in the neck). It tingles and aches. Then you become uncomfortable and you no longer know what to do. Thoughts are: "Do I have enough money to live on? What if I get fired? Who will pay the loan on my car? Will there be enough money for the rent? Should I take the job, which is not so exciting but would provide more security?" Your own truth may be pushed aside by old fears. Who wins? Yes, this is your free will. You decide what is going on.

Honored is the person, who when in such a case leans back, breaths deep and allows one's own divinity to come through. I mean your higher self, your Golden Angel, your inner wisdom. There is a divine plan for you, which was prepared on a higher level. Your higher parts know of it. They know what kind of next steps would be fitting for your plan. There is no longer time to look with anticipation into the future; it is time to be aware every day of who you are. You are a divine being on a field mission, who can relax, lean back, and know, that if I act in the here and now, the next step will be the right one. This step creates my future. The near future has the potential which I have available. Out of my center I will choose the potential which fits my life. I create the future of my life with my God-self with the confidence that everything will come to me at the right time-window. I am protected, guided and live with the New Energy which provides me with what I need for my life in all of the manifold dimensions. My motto is: Dear God within me, show and tell me, what I should know and what should be my next steps.

Your fears will still find that your new way of living is not appropriate, and always try to push to the front. What to do? Fears are co-players of duality. You cannot just suddenly send them away or damn them. Most of you are ignoring them when they rush in front. It is better to be aware of, but not give them any leading power, but take the wind out of the sails (as you would say) and then fill them up slowly with light and integrate them. This will be the long-term goal of a light-worker on the school-planet Earth. If fears were not present, duality could not be experienced. Just think a little about this! The fears are highly honored for their service, but the contract slowly wears out. Don't kick them aside like old shoes. Explain that you no longer want to work with them, because you only want to live your own light-filled truth. Maybe you would like to create a stage within your inner eye and meet your fears there, to take a look at them, to communicate and maybe even to integrate them.

If case a situation is coming up, where fears push to the surface, I recommend the following: Become aware of them, look at them and what they want to tell you and then let them go. Now you know why they are here, what they want to transmit. Let them go and try to make your own clear decision. Realize they are old imprints which you don't need any more. It's also helpful if you concentrate a few seconds on your higher self – maybe you already have a slight contact – and then you connect with it. Or wrap yourself consciously into that Golden Light. Maybe deep breathing into your heart will help. You should use a quiet moment and take time to examine in which situation the fear was created. It's not easy letting go of those self-created old structures. Many times we have already talked about the tools. There is no more time for the need to conduct extensive ceremonies, regression therapy or similar

things. We are as close as ever. We enjoy working with you and enjoy helping you to use the tools of the New Energy appropriately.

Imagine that you are a wonderful, precious stone, which lays hidden, maybe in a dark box surrounded with paper and other small stuff. Your stone is being taken out, carefully unwrapped, and freed from all the unnecessary. Polish to shine it with a cloth and then put it into a radiant, beautiful, or maybe unspectacular place for others to enjoy.

That is you. You are a brilliant diamond, who is getting rid of the old and being polished to glow. This is your process. And – you are never alone in this process. We, your many helpers, are always with you, support and work with you, as we do it now.

Respect and honor your fears as tools of duality. Tell them that their service contract is complete, but that they can come into a new light contract. Let your divine light flow through all your different bodies. Allow the divine power to flow through and clear you. I am there for you if you need my help. Together we walk on the path of divine truth.

In deep love and connectedness  
**KRYON**

Received by Barbara Bessen in March 2008.

## **February 08**

### **To juggle with Planet Energies**

Greetings dear friends, I am KRYON of the magnetic service. I am pleased to welcome you and all later readers. I am the one whom you recognize and feel as an angel being. I am the he who is also a she. I am masculine and feminine. And according to the need and task, when you get in contact with me I appear to you in the form in which you need me now. For many of the world tasks I am connected with the ancient divine female energy, which is very well known to the old mystic traditions. The female energy is also what I would like to call the original power of creation. Many old wise ones and initiates knew how deep the feminine power goes and how important it is to balancing and smoothing; also for the birthing of structures and how necessary the feminine, the birthing and nurturing is for new creations. If you want to bring new ideas into your life, then first a thought and the power of imagination is needed. Then the feminine power of birthing is what brings it up. At the same time there is the nurturing power that makes sure that everything can blossom and grown with love, protection and safety. It's like a protected room where the feminine power lets the "baby" grow.

What I would like to discuss with you today, are the energies of your surrounding planets which, by the way, also can contain the just described attributes. Astrology, which defines the power of the planets, has the task to precisely give you supporting

energies on your path, which you need for this incarnation. Astrology is a highly honored science, which is not only dealing with this. But this part should interest us today, because it's concerning you, you honored human, who is standing in service on Earth. The service includes helping Mother Earth on her path to get to a new starting position and change her status of vibration. The service consists also on your soul family and on that part of God of which you are. It also includes changing you and your vibration frequencies. In brief words: to walk on the path of mastery. We talk about many topics in these channelings, which we bring close to you, so that you can walk this path a little easier. But once again it is time to transmit that these channelings are a family gathering as well as energy and healing sessions. I know who reads this text when. I say when – to talk in your understanding of time – when this text will be read. Some will only reach those words in some years. But the effects do not change. It is rather the case that the vibrations are stronger and the effectiveness of these energies, which we transported here, could be more profound because the awakened ones need them in a higher dosage. How this will be exactly I can only guess, because – and this I would like to mention again – I cannot tell you exactly what will be in a couple of years. You decide! The people decide how it should continue. It could possibly be, that in 2012 really happens what people sense and hope for, that Earth leaves its orbit totally and glides into a new track, which basically now is being prepared. Then many things will change all of a sudden. It's also possible that the changes need a little more time and that 2012 is bringing just a small energy search. And that all these energies, and also the people who awakened, are needed to present the new steps which will then become the new Earth. What I want to say with this is that a human influences many things and holds the key for change in his hand. There is still free will, which you're supplied with on this school of planet Earth. Honored is the human, who puts his free will into the hands of the higher self and says: "Tell me, what do I have to know? Tell me what my next steps should be, so that I can serve Earth and humanity effectively and clearly walk the path of mastery.

Your astrological imprints contain the constellation of your birth minute. Of course it is no coincidence that at that right moment you slipped into the birth channel and made your first steps on this planet. Goal oriented, you had chosen all of your topics, everything which you wanted to accomplish on Earth. It is the case, that Earth changes its consciousness when you are changing yours. Every step you take, Lady Gaia feels it, and you are a part of her. You nurture her, she nurtures you. It is important to realize this and you should also live accordingly. Some of you came with extra contracts, as an example the one of this partner. On the other side of the veil we had agreed that she becomes my mouthpiece. We also had agreed that it's important for this task and for this contract, that she learn some things which she would need later – we could say the work tools. Also it was talked about that, at the point where she takes on her service, she personally is developed enough that the other soul parts of hers are coming back to her piece by piece; those aspects which are incarnated elsewhere or in another time tracks. This merging together includes as well, that other qualities can be also used. This partner is a person who is rather drawn back. I taught her to open herself up to other qualities during the seminars, so that her rather restrained nature steps more into the background, and the desire to work and chat with people comes to the front, so that she leads these seminars full of joy.

The constellation of the planetary energies also holds certain qualities or potentials – also from old lives – which you brought forth into this incarnation. If today you have an astrological counseling, you get to know which of the planets had and have influence on your life. Many people believe that this is fate and say: “Oh, the stars are telling me, that it is such and such, and that Saturn was to blame. And certain things will come up soon in life because there and then would be a certain constellation of the stars.” This kind of counseling would then be very superficial. Honored is the astrologer, who looks at the person, gets his impression and then they talk about what kind of potentials are available in the constellations that the client had used, and the ones which remained unused. He looks at what kind of potentials are still standing ahead, which could be used now and what characteristic attributes have to balance out or to be supported or rather emphasized on. He then looks, when what energies have an influence upon Earth and gives advice as to how the client can use them. It would be stupid not to leave the house with a strong presence of Saturn. It is rather advisable to use the power of it to investigate the heavy storms that are just shaking life. The thing to do would be to look at those topics gently and kindly, and not stand up against this power; this would be the way to ride with these energies. When the strong Venus-transit had an influence on Earth, people who had known about it brought peace in their lives and enjoyed those energies. Even for all those energies which flow in waves upon Earth – I talk about the Golden Wave – the power of the planets can still have an influence. I would like to explain this a little more.

First I would like to transmit: The more you are connected with your higher self, your Golden Angel, the more you are standing in your own light and other influences, also the planets will not have a strong influence on you. You are then sort of in your own light, which is nourishing and influencing you. This is the case when you have totally merged with your Golden Angel. Only a small number of people have accomplished this total union. Most of you are standing with one leg in this connection. With deeper inner journeys, this connection is complete. Then in everyday life, you slide out a little of this connection again. Anyway the Golden Angel tries to co-influence your life, to create your everyday life a little easier; only you are then no longer aware of those impulses, right? Most times you're subject to other strong influences.

Of course, your connection, your merging, and the standing in your own light underlies the influence of the All-There-Is because nothing on this path is on a solo run. But the game plan of Earth with other planets, which have the task for this school, are becoming more neutral.

For everything there is a time quality. There are times of quietness, times for activity, for clearing, for nutrition. There are times of abstinence and time of joys. Those qualities are also again found in the surrounding planets. I ask you: Try to get in contact with the energies of the planets. For this you don't need to study astrology. Just as you go on your inner journeys or into meditation, you can as well get into contact with Mars, Venus or other planets. You can try it visually or with your feelings. Try to feel how those planets act, what kind of task they have in connection to the solar system. No planet is simply just here, but is in relation to neighbor planets and the stars. The planets are the organs of the solar system. The Earth has a certain function in this body and you have a function in this body of Earth. For a holistic well-being it is helpful to feel and to know how the planets react to your system and to the electromagnetic field, which you are. What are they doing with

you? How can you align your life better with those energies, with the functions of the planets? Go with the flow of this stream and resonate to those energies. Use it as a tool for the new time; don't work against them. All characteristics which you assigned to planets have, from a closer point of view, important functions and are neither good nor bad. This accrues rather from the point of the viewer. You will have a lot of joy with this and sometimes smile, when you tap into this high science. And you're not tapping in scientifically, but from the level of the heart and feelings. This is something rather different and special. Feel the energies of Venus, of Mars and Pluto and others. Forget attributes which you have read or learned somewhere. Explore the neighbor planets, the organs of the solar system like an explorer with a feeling, open heart. The planets know who you are. They're already waiting.

In this connection, I would also like to mention that more planets have come into your field of awareness. There are already two. However, those who start to perceive with their level of feelings can become slightly aware of three more (with this you throw a glimpse over the wall...). Have fun with the exploration! Honored is the human who knows, that he is inter-dimensional, and that he can explore everything with his own being.

To the readers working with astrology I would like to say: The art of astrology research and application is to assume that everything is changing and many times not everything is as it seems, that many things are behind the interpretations and that it has become time, to weave into astrology the teachings and own experiences with the New Energies. I also recommend to work together with the ascended high beings, which studied this in other Earth times with a holistic point of view and now are only waiting on the neutral levels, to give the seekers a glimpse of their knowledge.

In deep love and connectedness  
**KRYON**

Received by Barbara Bessen in February 2008

## **January 2008**

### **Light towers are not stranded**

Greetings dear friends, I am KRYON of the magnetic service. What a joy to see you, to feel you. Are you also as excited as we are and ask yourself in anticipation, what will happen in 2008?! Are you ready for new things in your life? Sometimes we really would like to pinch you quit a bit, so that you wake up and don't turn in a circle all the time. Some of you already strongly awakened, always fall again over into deep phases that are similar to depressions in which you tangle yourself with old dramas. The game plans of duality push strong flowers, right? No eye stays dry, you would say. Yes, truly but everything goes on, everything flows. Therefore, it is too bad to get stuck; it's like a mouse that got lost in a maze. There seem to be walls all over or a jungle that reaches out with tentacles on which the mouse gets its fur stuck. And again, the game plans of duality have their effects. Again you are about to question

yourself, and not consider that the ascension of Earth is getting closer and the own self experiences great changes. Your desires have not yet stepped into your life. Your search for a benefiting but still joyful life task is not yet fruitful? Your days are filled with upcoming dragging tasks, which have to do with letting go, right? But it's hard for you to let go. That which you should let go of is clinging to you like a mass of modeling clay. You constantly debate: "Should I really quit my job in this uncertain time? Where is all that upswing, everybody talks about in this country, I do not see it. This does not seem to be valid for me. Can I really let go of my friend? May I disappoint him when I release our bondage? After all he has been a long time at my side, but deep in my heart I know that we do not have a common path. Is the letting go real love or do I only follow my own interests? Is moving out really the right thing? My new apartment is much more expensive. But deep in my heart I feel that this step is the right one. I feel deep freedom coming up with the thought of living there. It feels like my inner child nudges and tries to relate that I should not decide out of my head."

I would like to encourage you to follow you inner feelings. With all your steps, do not look at your reactions of your lower mind, which in this time gets a lot stirring for seemingly reasonable decisions. The art is to open up for the love of your magical inner child. It is a split between the logic of the mind and fresh feeling of divine creativity that your magical inner child relates to you. Imagine that this magical inner child is the part of you that knows: "Everything is there for me; I only have to reach out for. I only have to free myself from the everyday track and follow the stream of my inner magic." A light tower cannot be washed to the shore. It always knows if it trusts its inner function that it is always right where it is, and unusual steps lead to a new, more appropriate position of the light tower.

Let me describe this closer: You are inter-dimensional; your physical eye only perceives a small part of you. We have talked about this over and over again. It is now necessary to let the other – the inter-dimensional part of you function. There are no limits to being. You are not being kept in this earthly game. Your bands of karmic imprints, your bands of old spells, oaths and promised connections are being dissolved or will be dissolved in the next months. It is time for freedom. Your part in this entire freeing of your being is to let go and to focus, among other things, on your inner magical child. Let it work. For the magical inner child there is no: "It does not work". Everything functions as you would like it to. Everything you mean and you feel that is compatible with your plan is possible and waits for some time in the form of different potentials in your own field. It is surrounded with helpers from your spiritual family in the form of master guides and other high parts of you. You are standing like a pioneer of the New Time, which also lights up for itself to the new potentials of further life. It is understood that finally this path serves to benefit all which is in relation and that nobody act solely on their own.

Don't limit your goals and don't say: "I can't make it; it doesn't work." Nothing is impossible. With the God within you, there are no limits.

What will be next? Quietly sit down, lean back, and take a couple of deep breaths. Then write down the things you would like to get into in 2008. The desires, the potentials you have not dared to get into but which are very close. Examine if the desire, the longing really is what you would like to ask into your life. As described many time, very often you don't see yourself entirely but rather limited. Your higher

parts know you in full glory and see you inter-dimensionally. They see your qualities and possible plans with which you have come here. Many of you are here to serve, to help Earth get into her healing. Most of the upcoming activities are connected with this; sometimes it does not seem to be so and seems to be rather personal desires. Quite often it is different than it seems to be. And further it is no longer to be understood that a person has to have a job in order to exist. – BEING on this planet can be arranged so that a total letting go can provide that the nutrition, which you need, comes from outer circumstances. With this I say, let go of the idea that you need a normal job in order to finance your life.

A true inventory, which comes deeply from your heart, of your unfulfilled desires, your ideas for life and changes for 2008 and the coming years, is of great necessity, because you might change your point of view. Now, what are your next steps into true life? Where and how are you going to be your lucky smith? This inventory can take up a few days, because you will be changing your notes over and over again. Maybe you are going to erase something, add in something new and you feel how your heart is opening. What and how is your further path? Set one or multiple goals for the next months or years. And then let go. Talk inside to your helpers and higher parts. Maybe you already have a clear contact. If not, feel your intuition. It will reveal the next steps to you. Then lean back and visualize the steps you would like to take. Imagine them with all your power and deep feelings. Like the memories of a wonderful situation that warms up your heart. That's how you create your future life, your divine earthly life. It is inspired of your higher self, supported with this energy which from now on I will call the inner magical child. It gives you the incentive for new goals. It lifts you above the humanly way of thinking and acting, up into the higher divine realms where everything is possible, where a clear focus of a thought is enough to let miracles become reality. Be the magician for your own life. All encompassing love is true magic. It is always available for you.

Now, a small exercise for the next days and months:

In your mind, sit in a meadow outside in nature. Look for a nice spot, maybe under a wise old knowing oak tree. In weak hours oaks give power and strength. Lean back relaxed, feel into the oak tree and enjoy the power. Then look ahead with your inner eye and see the funny little being coming towards you. Joyfully, maybe it comes singing and dancing towards you and smiles at you. It's your magical inner child. It's standing in front of you full of joy and would now like to step into your life consciously and would like to enrich it with all of its sometimes unusual ideas. It is up to you to get into that. Have fun with it!

Everything you are, you create yourself. There is no one to blame if some things do not function or turn out wrong. You are the one who created it. Do not forget, your karmic strings are dissolved. What could hold you back to live a nicer life like you imagine it? Focus on the next years. They bring out your own truth. The real truth lies quietly within you, the divine truth, which only was surrounded with a cocoon for the long phases of learning and studying on this planet. 2008 ushers in your time of your own truth, because the motto for 2008 is named "truth". May every person find their own truth to bring about the important changes of consciousness of humanity. The change starts within YOU!

In deep love and connectedness  
**KRYON**

Received by Barbara Bessen in Dec. 2007