

SHAUMBRA
MAGAZINE
DECEMBER 2023





WELCOME TO SHAUMBRA MAGAZINE

INSPIRE CONSCIOUSNESS

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Welcome to Shaumbra Magazine for December 2023!

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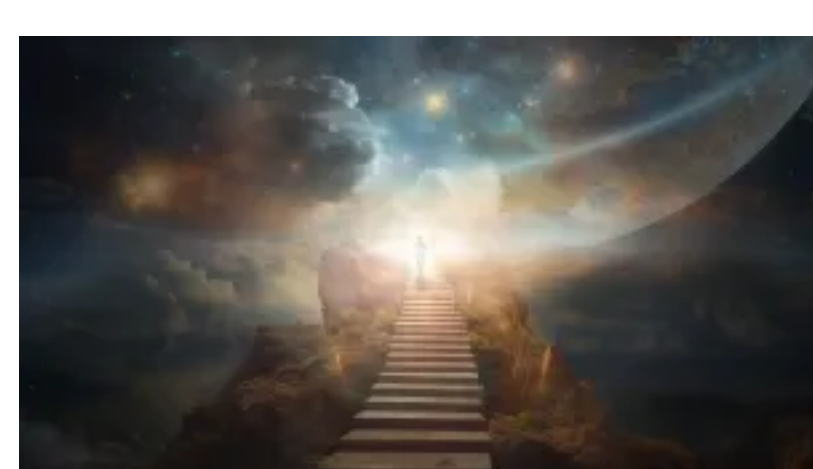
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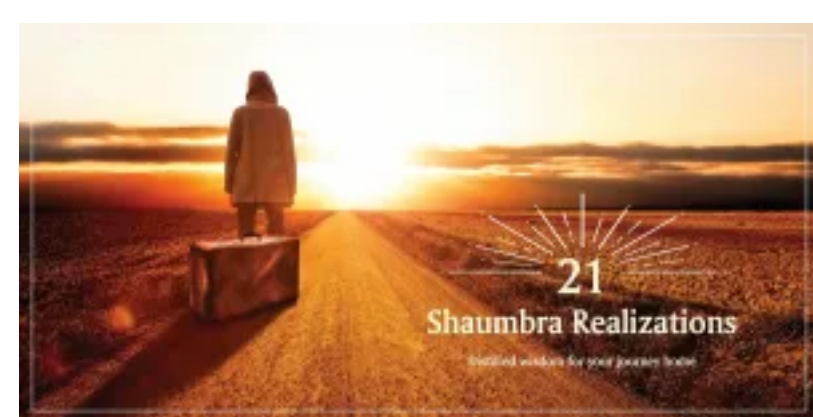
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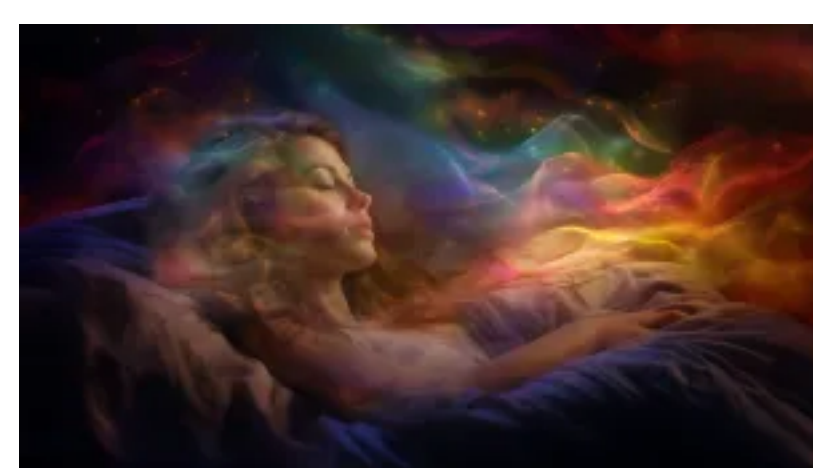
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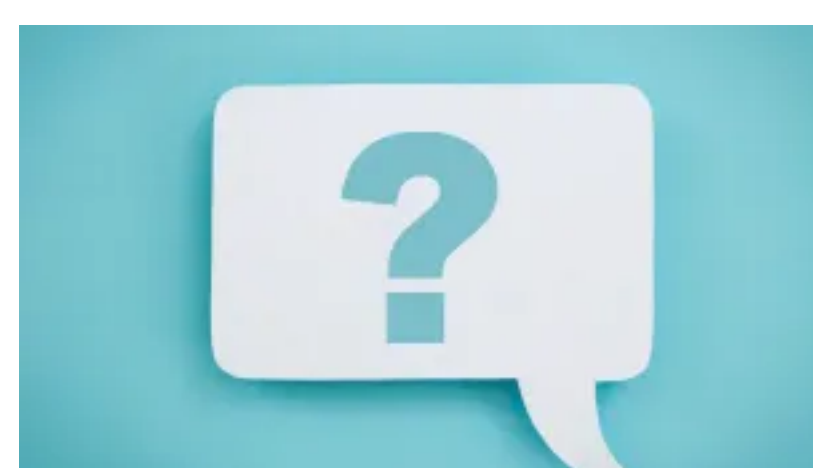
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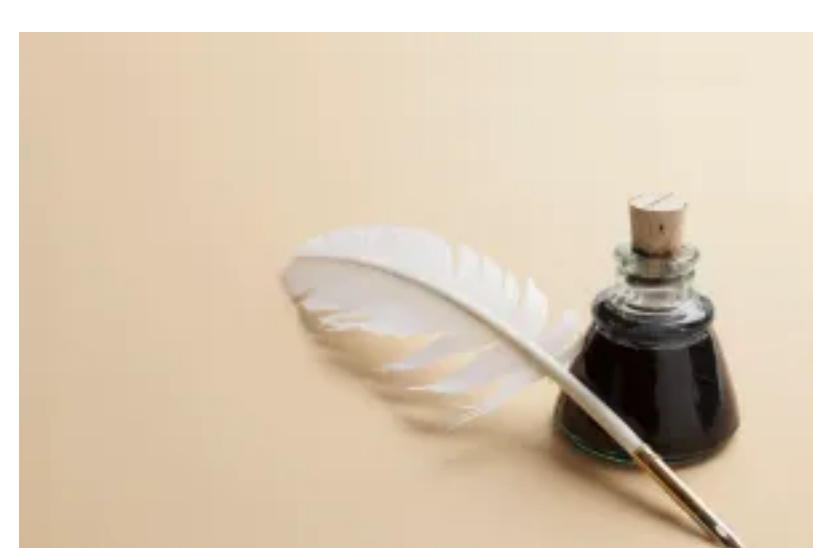
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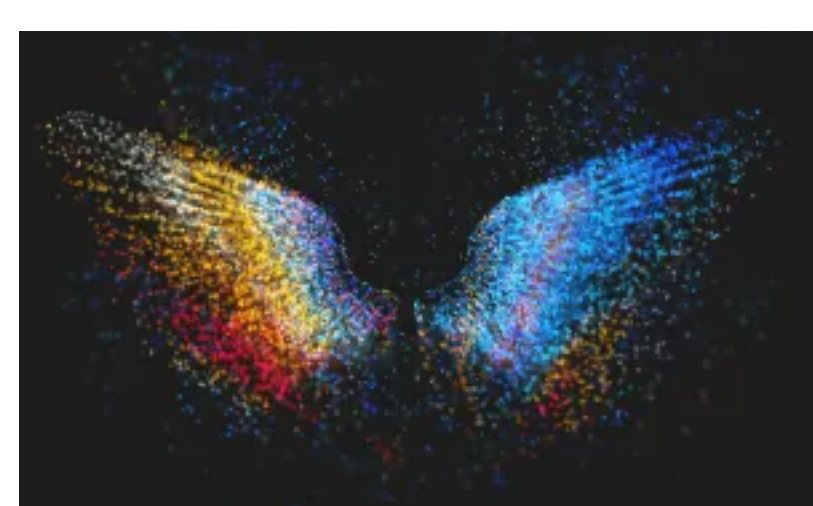
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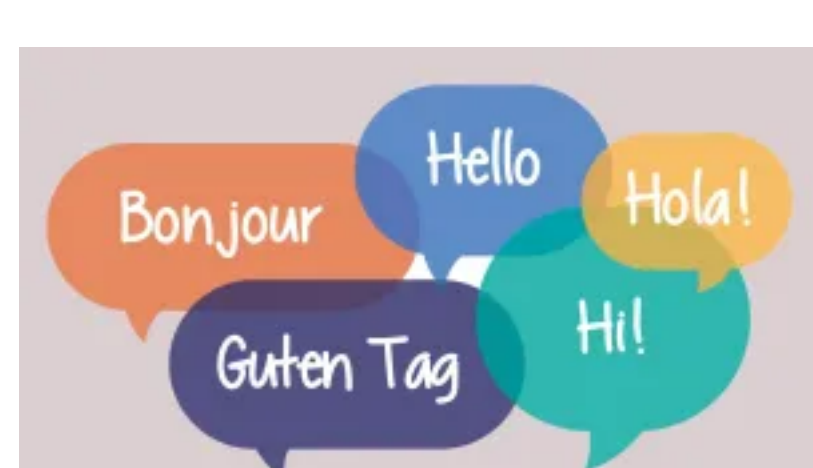
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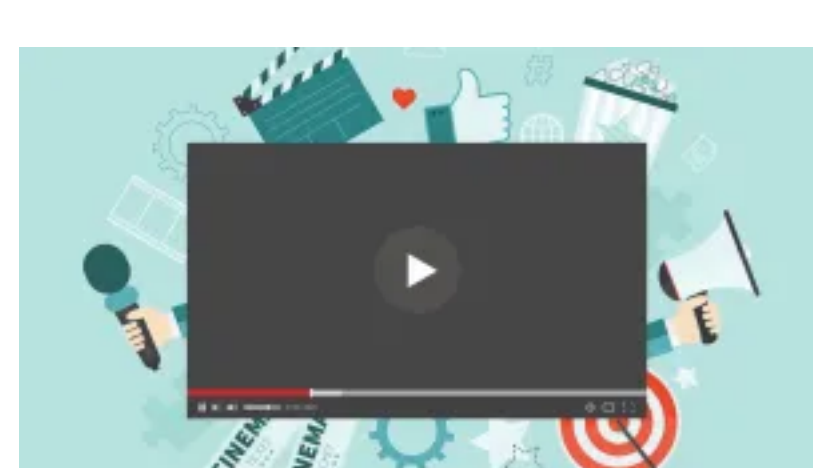
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QUOTE FOR DECEMBER

By [Crimson Circle](#)

Accept your mastery, receive your energy, and shine your light. It's pretty simple.
– Adamus Saint-Germain... [Read More »](#)



RISING TO HIGHER POTENTIALS

By Geoffrey Hoppe

I started writing my article for the December 2023 issue about something I do when faced with important decisions, and when I get stuck trying to resolve an issue. I soon realized it needed to be a special audio recording rather than just written words because it's all about the experience. I invite you to get comfortable, click the audio player button below, and join me in the experience of rising into your higher potentials.

On behalf of the entire Crimson Circle team, blessings and love for the holiday season and beyond.

CLICK ON PLAYER TO BEGIN LISTENING



Read transcript

Hello dear Shaumbra.

I started to write my article for the December issue of the Shaumbra magazine, and I wanted to talk about accessing higher potentials. I wanted to talk about how I do it, how, when there's some issues or challenges in my life, how I really go out there and try to get into those higher potentials because so often I just get caught in my own brain and caught in limited potentials or only the ones that are like right in front of my face when I know full well that there's so many more. So, as I got into my article, I suddenly realized that it'd probably be best actually to record this, to do kind of a guided journey to show you what I do and hopefully it helps you in going into the higher potentials.

You know, staying here on this planet as an embodied Master has its challenges. I'd like to think that I can just float through the day without any issues or confrontations, without stress, without having to make any tough decisions, and especially without any of that internal questioning or conflict. But alas, as long as I stay here in mass consciousness and the physical form, I'm bound to have some tough days.

Well, one of these days, one of those days, when you find that the physical and psychic gravity can have a tight hold on you, that's when you feel trapped in your own mind. You're filled with limitations and inner conflict. Sometimes it's even tough to make decisions, but you know that the mental options are very limited. There's got to be something more.

That's where I learned to just stop and take a deep breath. There are so many options and potentials that we're not even seeing, we're not even sensing or feeling, especially when we're just working in a very mental way. They're usually not apparent because, well, at that point, I'm usually entangled in the gravity and mass consciousness and my own mind.

I'd like to take you through a guided experience, something I use to access the greater potentials filled with higher consciousness. I sometimes wonder why I just don't do this more often, like every day, but sometimes it is actually kind of hard to just stop, take a deep breath, and let yourself go into the realms of the much, much greater potentials.

So right now, go ahead and get relaxed. Take a few good deep breaths.

Just let yourself relax. Breathing always helps. You know, it's hard to think a lot while you're doing conscious breathing - that's why I love it - and it tends to settle the energies down and get them flowing again.

A couple good deep breaths and relax.

We're entering into that beautiful holiday season. Ah, I think it's one of my favorite times of the year. It's the end of the year, for one thing. You know you made it through. But it's one time of the year where humans are really much more joyful, they're much more giving and happy. But as you probably know, it's also the time of year where some issues come up.

You know, there's things like, well, family issues or even being alone or just wondering what you really accomplished in the year. So, it's kind of an interesting mix of a joyful time of the year; but sometimes it can be very conflicted. But right now, just take a good deep breath and relax.

Now, think of a nagging issue in your life. It might be about a relationship or your abundance or even your health. It might be your connection or lack of connection with your soul self, kind of the frustration that we all face along this path. Some days feeling connected other days, not feeling connected at all. Or wondering, even when we're feeling connected, if it's really real.

So, this nagging issue, it could be about your overall sense of well-being. But feel into that nagging issue for a moment.

(pause)

That issue is surrounded by the density of this physical reality, by the energy noises of this dimension, even by your own self limitations. It's not really that you want to be trapped here, but you just don't know how to get beyond it, to get out of it.

This state of being can greatly limit what you perceive as your realities. What are the solutions? What will set you free of the issue? What are the grander potentials? That state of being, you know, of going back and forth in the mind, that's kind of a frustrating trapped feeling that really limits what you perceive as your potentials.

So, while you feel deeply into this nagging issue - and please don't be afraid of it. Don't resist it. I believe that's where we get in trouble. We try resisting the issues or running from them. It's really important to feel into that issue, whatever it is. It's there. I mean, it's real, at least in the sense of your beliefs. It's there, so let yourself feel into it, no matter what that issue is.

And there's a certain beauty of actually feeling into it rather than just getting into a mental debate with it or running from it.

Now take a deep breath and imagine that you're going to go beyond all of the noise - the noise of this reality, this dimension, the noise of mass consciousness.

And imagine yourself, now, getting into a hot air balloon. Getting into a hot air balloon and now that you're in, you take a deep breath and let that hot air balloon serve you by gracefully rising you up off the Earth. Just very gracefully, very gently raising you up off the Earth.

When I do this, I feel myself lighten up. I feel less dense. And I really feel that I'm starting to float. Why? Because I'm letting myself. I'm using the hot air balloon as a vehicle, but I'm really letting myself just rise up and above.

What I'm really doing is consciously going into the beyond and just using the hot air balloon as my vehicle to at least get me up off the Earth. So, take a deep breath and feel yourself rising.

Slowly, gently. There's no hurry. Slowly, Gently. And instead of looking back to the Earth, look upward into the skies.

Realize that the hot air balloon is helping you to free yourself from your body and mind. And let yourself gracefully float up and up now, into the clouds and then beyond the clouds, into the deep blueness of the atmosphere.

Take a few good deep breaths and feel the sense of graceful soaring, rising far above all the noise and the commotion and that dense gravity of Earth. Take a few good deep breaths and sense that graceful feeling of just soaring.

And as you continue to rise above the Earth's density, now let the hot air balloon start integrating within you to the point where you don't need it anymore. It was just a vehicle to help get you up and beyond that density of this Earth that we live on, just to help you rise above. But now let the hot air balloon integrate within you to the point where you don't even need it to transport you, to go beyond.

Now you're just rising and soaring by yourself, letting yourself start to feel the lightness and the freedom. Starting to feel the release from that density and that gravity of mass consciousness, even of your body and especially of your mind. Take a good deep breath.

You don't even need the hot air balloon anymore to let you rise up. You're just doing it. You're just allowing it.

And let yourself feel the conflicts and the stress fall away.

Now you don't even need to think about that nagging issue. You know it's real, but you don't even need to think about it. Just take a good deep breath, rising above all the limitations, all the noise, all the gravity, all the issues.

Feeling into yourself as a true embodied Master. Knowing that you've stayed on the planet to bring light for the good of all humanity but, well, you've chosen to stay, and it does have its hardships. But once in a while, like this, just rising above.

What you're really doing is allowing yourself to go beyond, into the great field of potentials of your soul. That's really what we're doing here is just rising above the noise and letting yourself now be in the great field of potentials of your soul.

Here, there are innumerable solutions and answers; many, many ways of perceiving reality; many ways of releasing stuck energies. And out here are solutions that you might have never thought about back in the density of Earth and mass consciousness.

You don't have to do a thing, other than just being here. You don't have to, nor do you really want to even think about that nagging issue.

Out here it's just a matter of feeling and being conscious of so many potentials, potentials that were just even hard to imagine back in that density. Here, you're free to immerse yourself into your higher consciousness and higher potentials.

Just feel it. Don't think about it.

Let it come to you rather than trying to search for answers. Don't go mental, just feel.

You see, when you're really feeling and sensing, and not thinking, those higher potentials, those really free solutions, resolutions, they'll come to you. You don't have to go out here in the field of potential searching for them; they come to you and it's absolutely appropriate for where you are and what your true heart's desires are. So, take a moment now and just be in your field of potentials.

You don't have to worry about seeing anything or suddenly having a bottle show up with the answer written on a piece of paper inside. Nothing like that. Just be here. That's the important thing.

You don't have to see colors, you don't have to hear voices, not at all. This is really the beauty of your own field of potentials.

Often times, if there was a lot of noise and commotion out here, it would be very distracting. Here it's just about being and allowing. Being and allowing. Taking a good deep breath. Releasing the stress.

Out here are beautiful, beautiful solutions, beautiful new potentials, ways that you might have never, never considered before.

Out here are creative resolutions, ways to unblock the energies, ways to move on in your human life as an embodied Master. They're all out here. There are potentials that, at your level of consciousness, you certainly wouldn't choose. There are potentials for things to get worse, for you to be even more trapped, but you're not going to choose those. You already know that.

Out here are truly conscious potentials. Take a deep breath and just let yourself be here. That's all, just let yourself be here.

When I come to this place, it's usually when I've gotten myself in a bit of a bind, when I'm in a pickle, when I've got some conflict and oh, I just can't seem to make things work out. I come out here and just be. I realized that is within my soul and the gift of the soul is any and all the potentials I could imagine, so I come out here, and I just let myself breathe.

I don't try to attain the answers. I don't try to force anything. I don't even get into any dialogue with my soul, with other entities, or anything like that. I just allow myself to be in this beautiful, magnificent, and magical field of potentials.

There are potentials in here that, as my human self, I might have never even considered because, well, I'm in my human self, I'm in my own mind. But out here are things that are far beyond that, far beyond what I could have imagined. They're just in this space of consciousness. They're not little bits of light necessarily. They're not little file folders, nothing like that. It's just, they're all here.

And the potentials, the higher potentials for you, they'll be attracted to you. They'll come to you. You'll start to just feel it without thinking it. You'll just start knowing it without rationalizing it. That's the beauty, you don't really have to do a thing, just your intent to be here, to open yourself up to higher potentials for the issues of your life. They're all here.

The important thing is just to be here, to absorb them. You might not even be aware of them right away, but just to absorb them, to sense them, because later on, when you're going through your everyday life, you'll suddenly feel inspiration. You'll suddenly feel that creative surge, suddenly feel that 'ah' moment to the very things that have been nagging issues.

But right now, what's important is just being here within your field of potentials where there are such grander, grander ways of perceiving things than you might have imagined. And this is all yours. It's all right here.

Feel into it. Take a good deep breath and allow. Adamus talks a lot about allowing and sometimes it's almost aggravating, his answer to everything seems to be "Allow," but it's very true. It's just about allowing the higher potentials that you couldn't necessarily perceive or understand in your human mind, allowing those to come in now.

Take a good deep breath out here in this magnificent field of your potentials. Higher consciousness potentials. Potentials for ease and grace in your life. Clever potentials to really truly resolve some of the issues you might be having back in your human life. Very wise potentials. Very simple potentials.

Just let yourself be here without expectation of anything. You're just out here with all of your potentials.

Sometimes I'll sit out here for 10, 15 minutes, sometimes for an hour or more. There's no rush and you're not trying to achieve anything. It's just about letting yourself feel into the potentials. Even if you can't put your finger on what they are, it doesn't matter because they'll show up in your life. Like I said, it's those 'ah' moments.

I just let myself absorb all these. Even though my mind probably never really understands what's going on out here, I know what's going on. I'm giving myself access to higher consciousness potentials in my life. I'm letting myself see beyond the walls of my own limitations, beyond the entrapment of mass consciousness. I'm opening myself to greater potentials. That's what I do out here.

Well, I started to write about it for my article, but I thought there's nothing better than personally experiencing it, feeling into it, letting it become an experience rather than just words on paper.

So, I appreciate you - well, with this different kind of article for my magazine - I appreciate you being a part of this and hopefully this experience will help you to understand that so often we get trapped back on the planet with our thoughts and going back and forth in our mind. Out here, it's free and open.

You're welcome to stay here as long as you choose or come back. What happens when you come back is you bring different answers and potentials with you. Maybe you don't even realize them right away, not the first day or second or maybe even the first week, but you'll suddenly truly get that 'ah' moment where - "Huh! Why didn't I think of that? Here's how to deal with that nagging issue. Here's how to go beyond it."

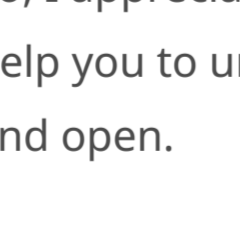
Instead of fighting back and forth to your mind and analyzing and being logical and rational and weighing both sides and battling with both sides, suddenly you have that 'ah' moment and it's just there.

So, I thank you for, for being Shaumbra, for staying on the Earth as an embodied Master, for sharing this little bit different kind of article this month for the Shaumbra Magazine.

Again, stay out here as long as you want, come back as often as you want. It's your field of potentials. It's all yours. When you're having one of those tough days staying on the planet as an embodied Master, when you're facing situations, challenges in your life, take a moment to come back here. Take a moment just to be in your potentials and to let yourself feel them. Not think them, but feel them. They'll integrate back with you, and they'll then become very apparent in one of the moments of your life so that you now can go beyond.

With that, I thank each and every one of you. Have a joyful, blessed, and beautiful holiday season. Thank you.

AUTHOR



GEOFFREY HOPPE

Geoffrey Hoppe founded the Crimson Circle in 1999 after a series of conversations with the angelic being known as Tobias. He left the corporate world in 2001 to devote his full time to the Crimson Circle, along with his wife Linda. Geoff channeled Tobias until 2009 when Tobias returned to earth in a new incarnation known as Sam. Tobias handed off his guidance role with the Crimson Circle to Adamus Saint-Germain, a facet of the Beloved St. Germain who has been working with humans for hundreds of years. Geoff has been the messenger of Adamus Saint-Germain ever since.

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NEW! MASTER'S LIFE – PART 16: RETURNING TO GRACE

And Staying There

The recent “Staying in Grace” workshops at Villa Ahmyo in Hawaii were, according to the attendees, some of the most profound and life-changing events to date. And we’re happy to announce that they provided the foundation for a whole new installment of the [Master's Life](#) series!

Returning to Grace – And Staying There is the title Adamus gave for this important Cloud Class. He says that grace is an angelic sense that means “to gather or bring together,” and reconnecting to this sense is one of the greatest ways to experience life on Earth. Grace has always been here, but humans lost touch with it due to feelings of guilt, shame, and compromise, and the belief that we are fallen angels deserving of punishment and suffering. But all that is simply a grand illusion. We can reconnect with grace at any time to create a life of joy, ease, and delight.

Special guests in this event are the recently departed Shaumbra. They have a very strong message for the listeners, based on their latest lifetime on Earth.

NOTE: Adamus recommends taking at least one day between each session to give yourself time to integrate the information and experience.

HIGHLIGHTS

- Moving from oneness to many felt like a fall
- When one is fragmented, life is bumpy
- Feeling unworthy blocks higher potentials
- Grace brings you back together in all realms
- You never fell, so enjoy every moment of life
- It is divine to enjoy the human condition

Introductory Price: \$150 (through March 5, 2024, \$195 thereafter)

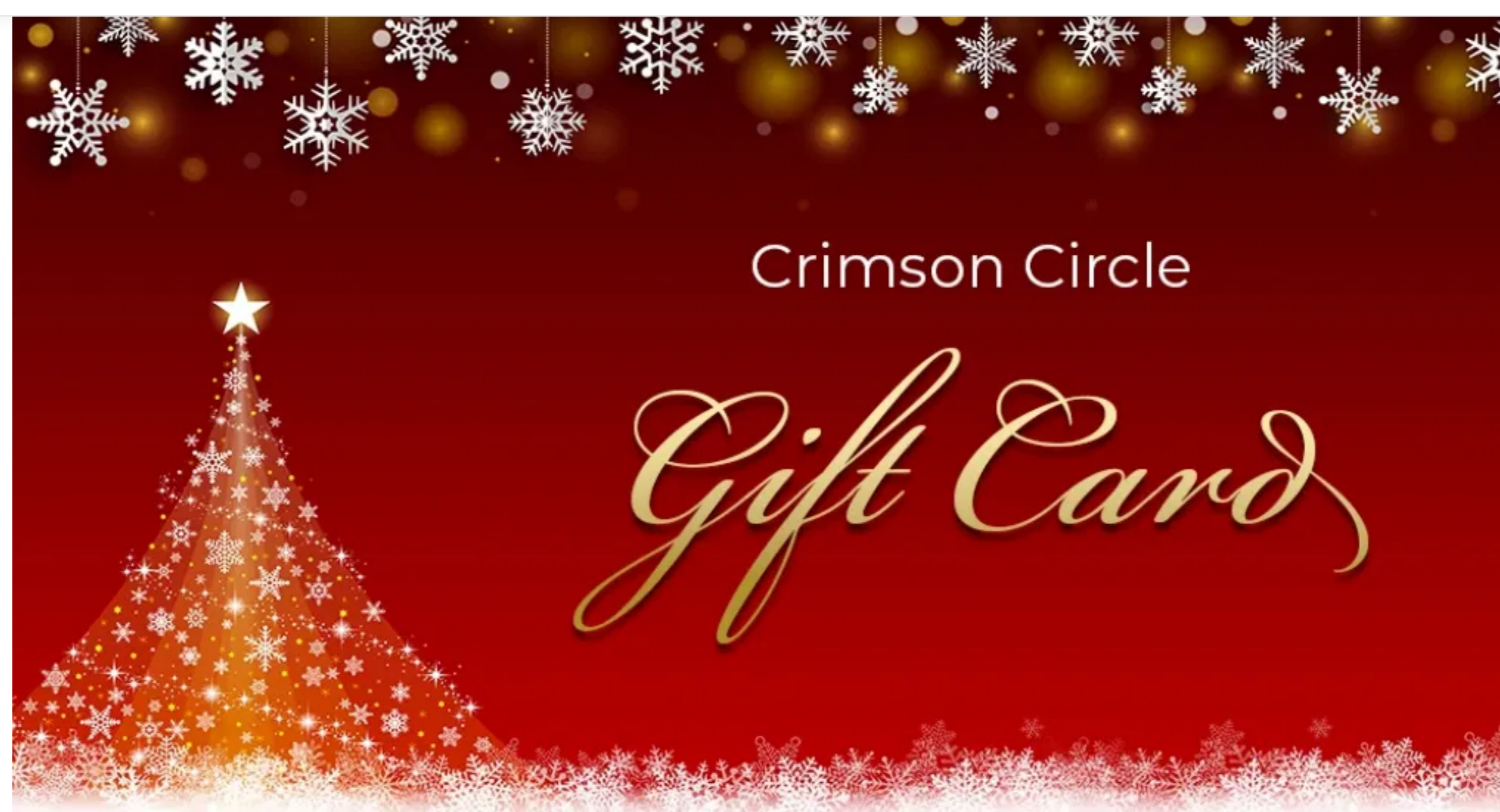
Format: Streaming video, audio, and online text e-reader

Access: 90-days

Recorded at the Shaumbra Pavilion in Kona, Hawaii, September 2023

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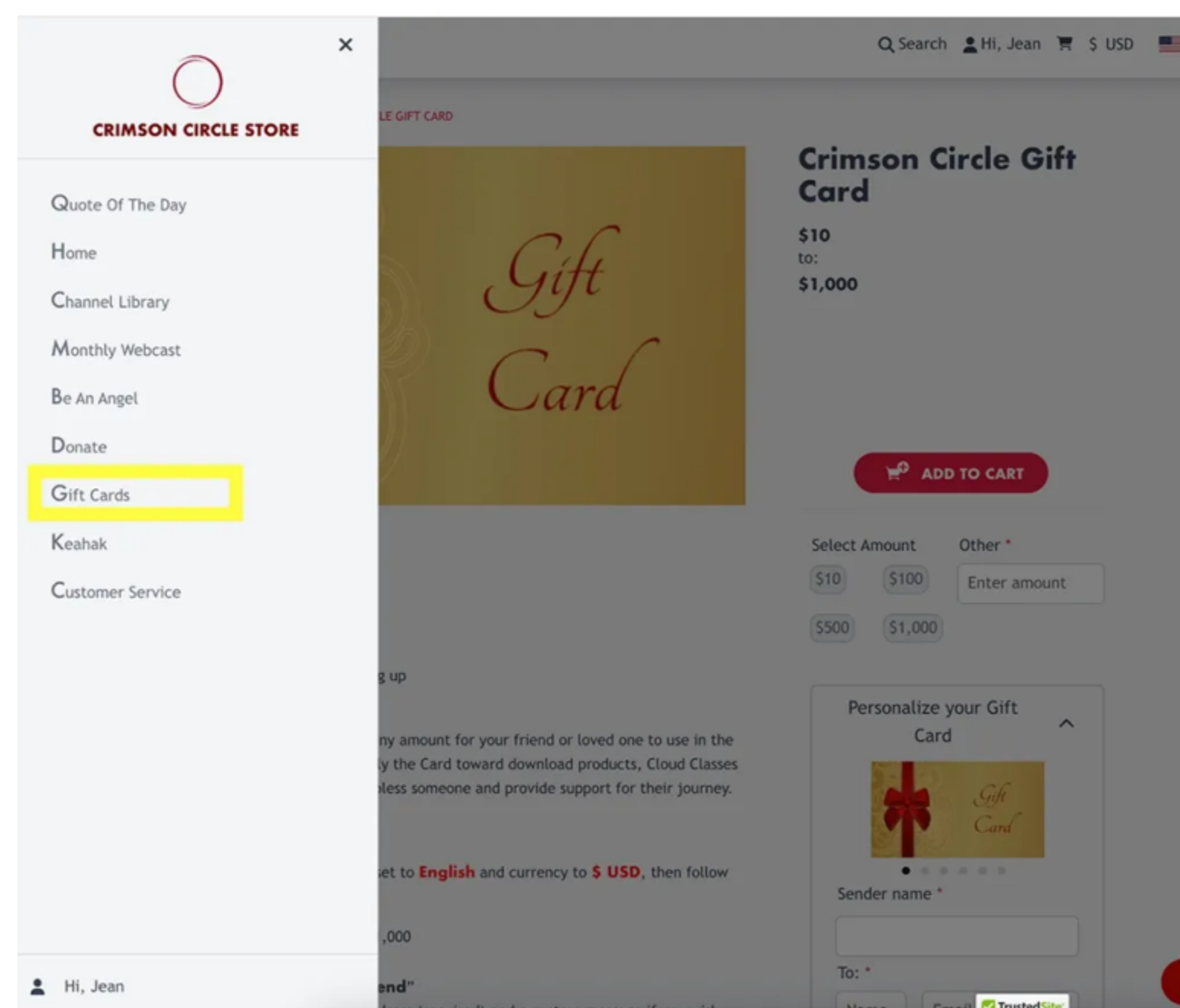
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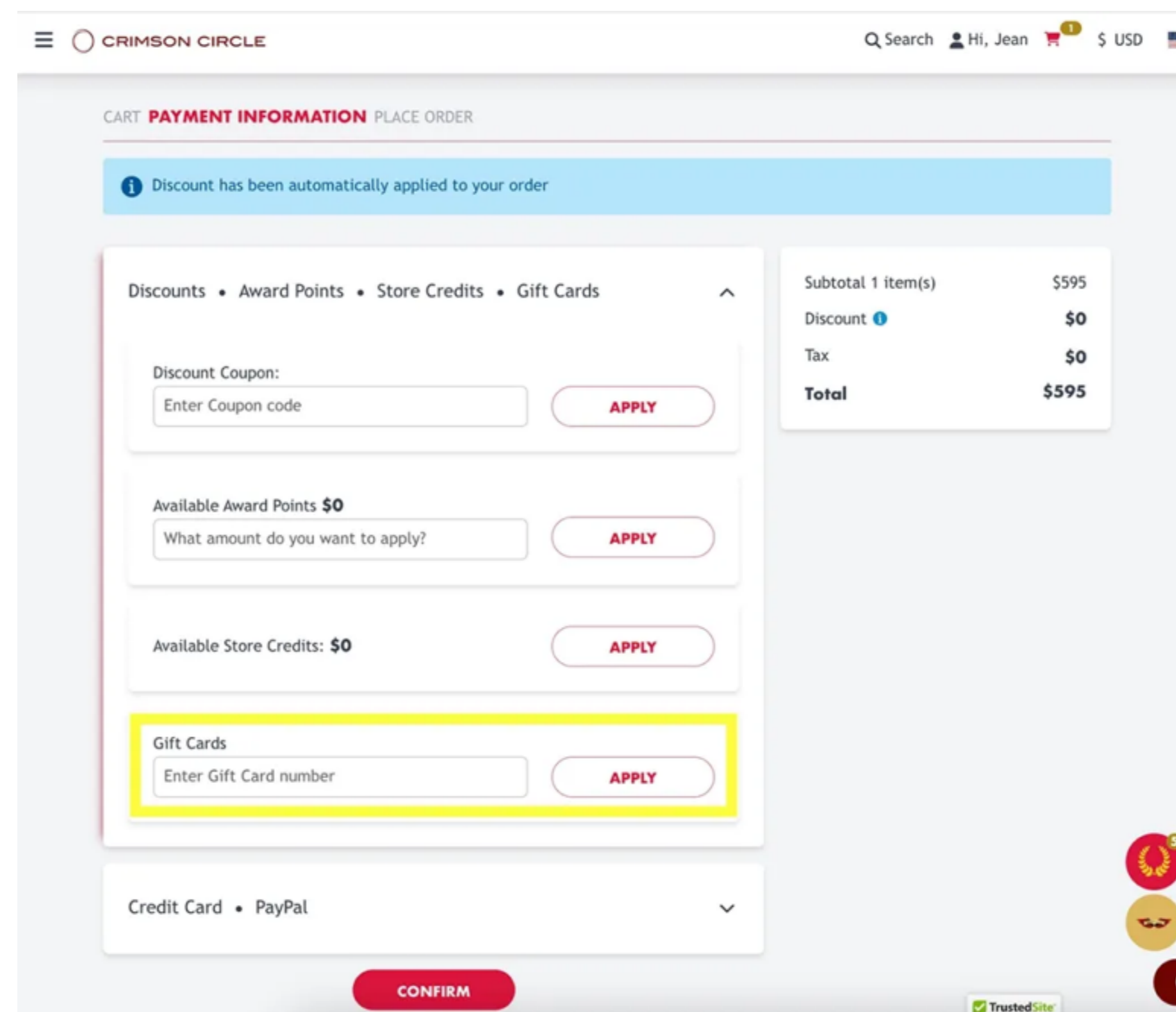
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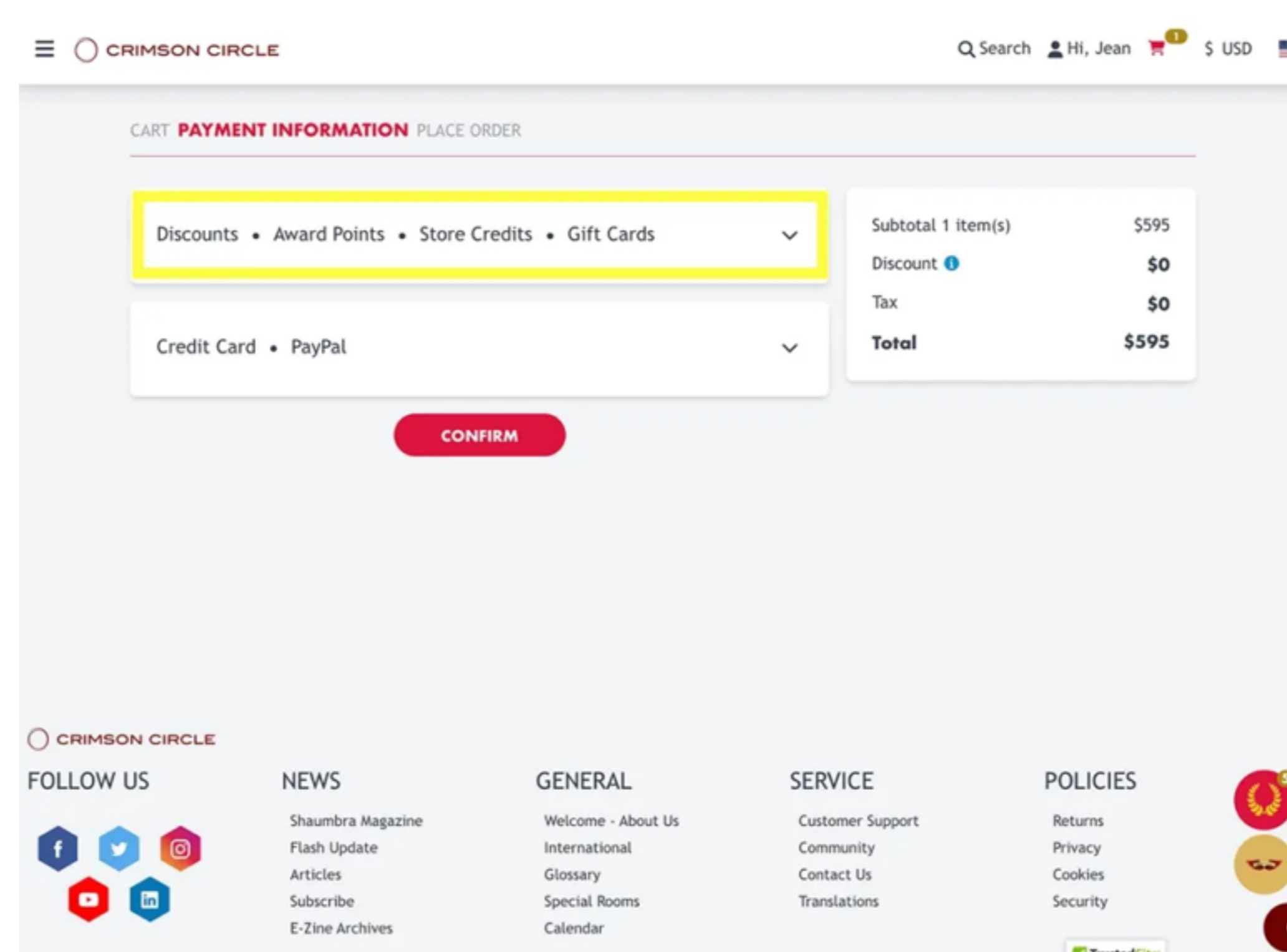
To use a Gift Card, login to the Crimson Circle store and add your desired item to the cart. During the checkout process, click **PROCEED TO PAYMENT**, then click on the first payment box option. Use the appropriate box to enter the Gift Card code from the notification email in your inbox and click **APPLY**.



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ONLINE EVENTS 2023

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ONLINE • DECEMBER 8–10, 2023**

This opportunity for profound transformation and healing is offered twice a year. With benefits that can include better health, the end of energy stealing and power games, balanced relationships, enhanced creativity, and true enlightenment, it is ultimately a return to Self.

Hosted live by Geoffrey and Linda, includes multiple sessions with Tobias and Adamus, as well as guided personal experiences.

[MORE INFO](#)

ONLINE EVENTS 2024

**PROGNOST™ 2024
– THE LAWS ARE NOT YOURS
ADAMUS' ANNUAL PLANETARY FORECAST
ONLINE • JANUARY 13, 2024**

TAMBIÉN EN ESPAÑOL

With the New Year comes the newest ProGnost installment, Adamus' annual planetary trend forecast. Since 2014, ProGnost has become one of the most anticipated Shaumbra events of the year because Adamus paints a clear and understandable picture of where humanity is headed in the years ahead. ProGnost provides a high-level global overview of what's coming in the future so you can be physically, emotionally and energetically prepared.

[MORE INFO – ENGLISH](#)[MÁS INFO – ESPAÑOL](#)**ASPECTOLOGY®
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Aspectology, also called "New Energy Psychology," is a groundbreaking study of human nature, healing and creation. Unlike traditional psychology which assumes there is something wrong with you that must be fixed (or medicated), Aspectology assumes that you are whole and complete at your core, no matter the level of your current difficulties.

Only offered one time a year.

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IN-PERSON EVENTS • WINTER / SPRING 2024

**EXPLORING THE NEW LIGHT
KONA, HAWAII • MARCH 10–14, 2024**

During a recent workshop Adamus Saint-Germain made first mention of "The New Light." The physics are simple: As a result of Heaven's Cross, there is a new level of divinity and consciousness with many humans around the world. The "light" from the soul's energy that provides the personal life-force in this 3D realm refracts in a different way when it lands on a highly conscious or Realized person.

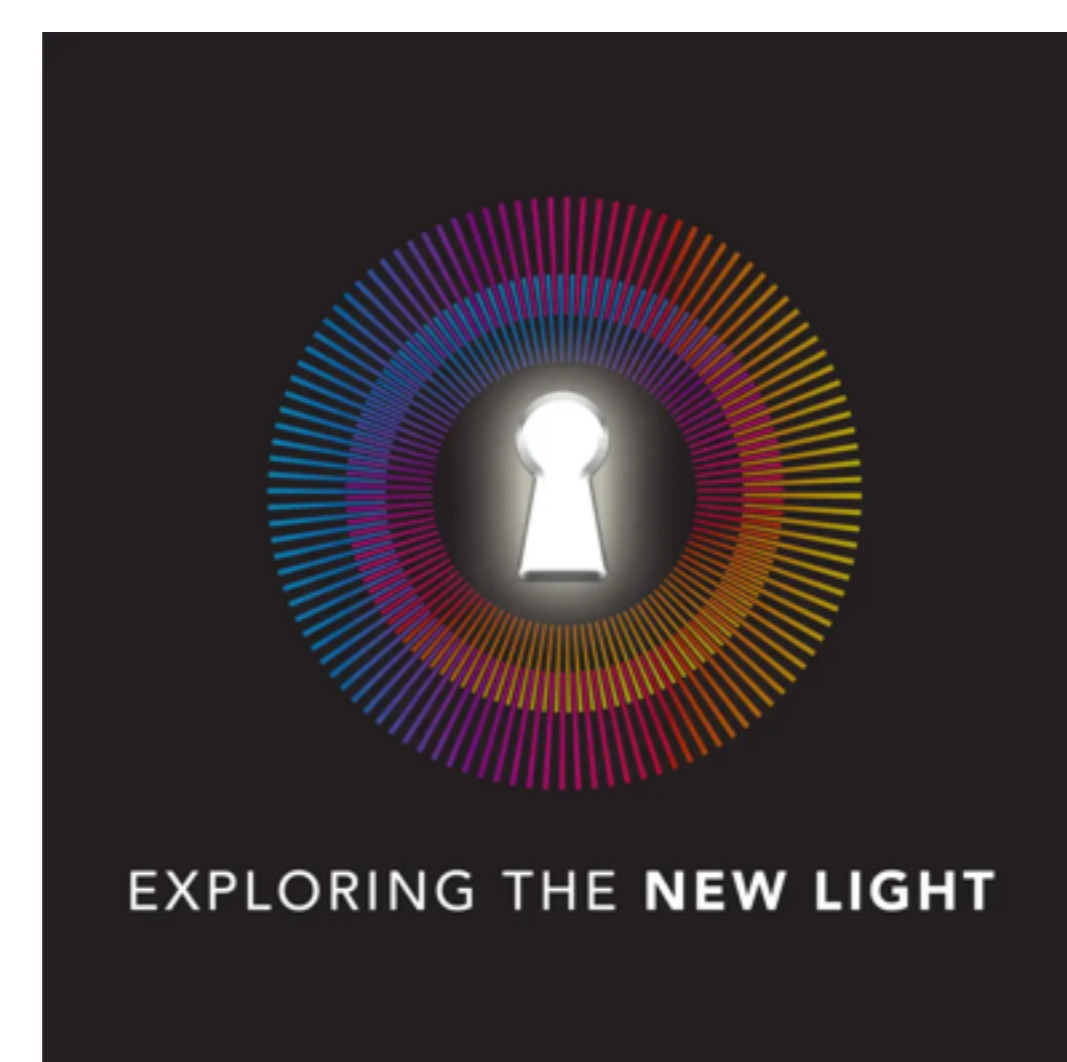
[MORE INFO](#)**METAPHYSICS OF THE MIND
KONA, HAWAII • MARCH 24–28, 2024**

"What was I thinking??"

You might have asked yourself this question a few times, especially after doing something odd or unusual. It's a great question, especially when you consider what's really going on in your mind. What makes you think certain things? What is happening inside that brain of yours that makes you think the way you think, act the way you act, and feel the way you feel? In this new and groundbreaking course from Adamus Saint-Germain, we'll take a look at what's happening in the mind from the metaphysical perspective rather than the traditional psychological viewpoint.

[MORE INFO](#)**MASTERS CIRCLE
KONA, HAWAII • APRIL 14–18, 2024**

Each Masters Circle event is more of a gathering than a workshop, and will be tailored to the specific group of Shaumbra in attendance rather than a more structured workshop format. Adamus will talk about the issues of importance to the group, with plenty of interaction between group members and Adamus.

[MORE INFO](#)**EXPLORING THE NEW LIGHT
KONA, HAWAII • APRIL 24–28, 2024**

During a recent workshop Adamus Saint-Germain made first mention of "The New Light." The physics are simple: As a result of Heaven's Cross, there is a new level of divinity and consciousness with many humans around the world. The "light" from the soul's energy that provides the personal life-force in this 3D realm refracts in a different way when it lands on a highly conscious or Realized person.

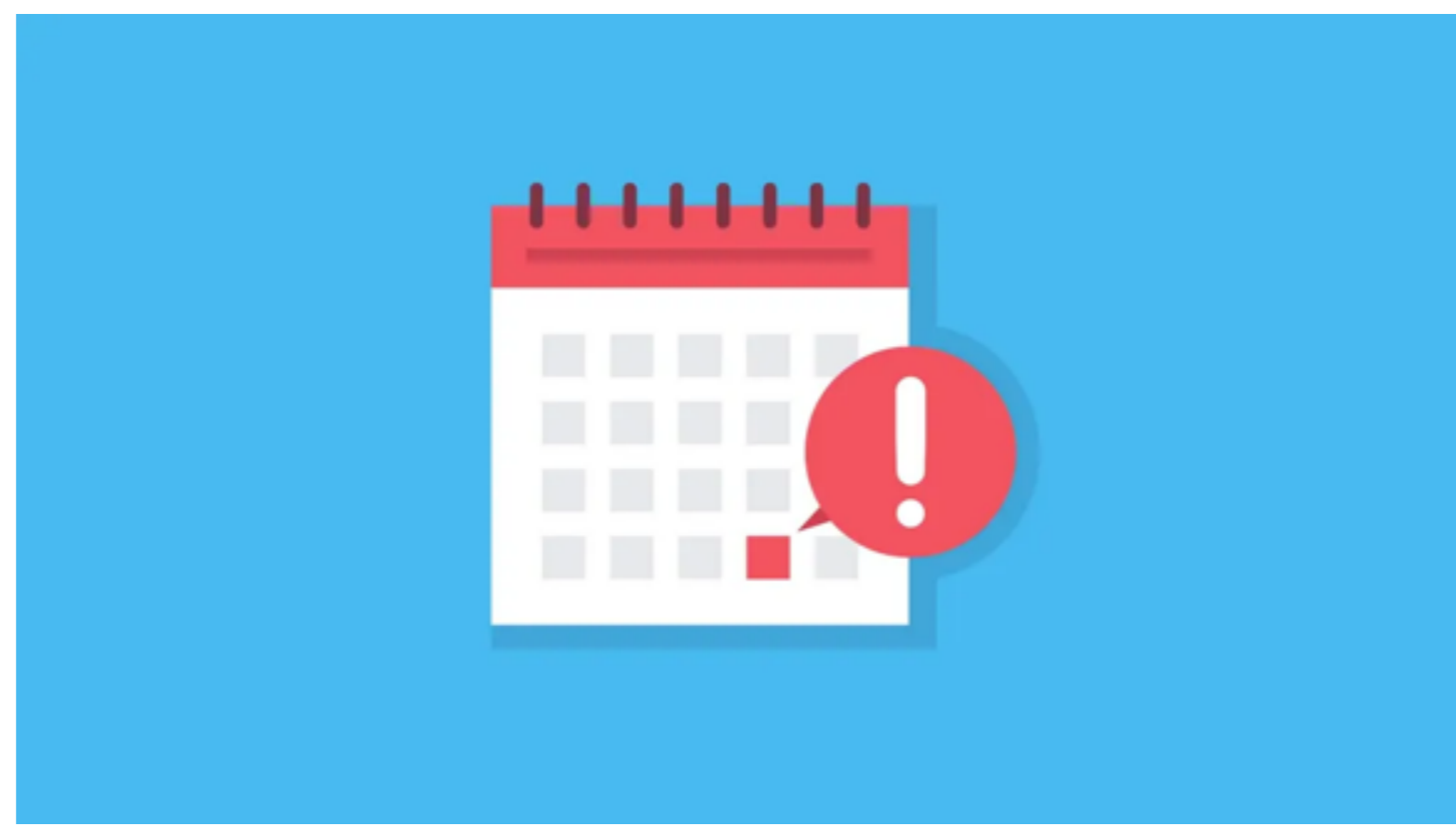
[MORE INFO](#)**METAPHYSICS OF THE MIND
KONA, HAWAII • MAY 8–12, 2024**

"What was I thinking??"

You might have asked yourself this question a few times, especially after doing something odd or unusual. It's a great question, especially when you consider what's really going on in your mind. What makes you think certain things? What is happening inside that brain of yours that makes you think the way you think, act the way you act, and feel the way you feel? In this new and groundbreaking course from Adamus Saint-Germain, we'll take a look at what's happening in the mind from the metaphysical perspective rather than the traditional psychological viewpoint.

[MORE INFO](#)

CALENDAR



VISIT THE CRIMSONCIRCLE STORE FOR MORE EVENT INFO

NOTE: Not all events may yet be open for registration; Crimson Circle Angels receive advance notice.

CCCC – Crimson Circle Connection Center, Louisville, Colorado

DECEMBER 2023

08-10	Sexual Energies School Online	Online
09	Keahak XIII	Online
16	Monthly Webcast & Christmas Party	CCCC & Online
23	Keahak XIII	Online

JANUARY 2024

06	Monthly Webcast & Shoud	CCCC & Online
13	ProGnost 2024	Online
13	Keahak XIII	Online
19-21	Aspectology Online	Online
27	Keahak XIII	Online

FEBRUARY 2024

03	Monthly Webcast & Shoud	CCCC & Online
10	Keahak XIII	Online
24	Keahak XIII	Online

MARCH 2024

02	Monthly Webcast & Shoud	Online
09	Keahak XIII	Online
10-14	Exploring the New Light	Villa Ahmyo, Kona, HI
23	Keahak XIII	Online
24-28	Metaphysics of The Mind	Villa Ahmyo, Kona, HI

APRIL 2023

06	Monthly Webcast & Shoud	Online
13	Keahak XIII	Online
14-18	Masters Circle	Villa Ahmyo, Kona, HI
27	Keahak XIII	Online
24-28	Exploring the New Light	Villa Ahmyo, Kona, HI

MAY 2023

04	Monthly Webcast & Shoud	Online
08-12	Metaphysics of The Mind	Villa Ahmyo, Kona, HI
11	Keahak XIII	Online
25	Keahak XIII	Online



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ON THE ROAD WITH CRIMSON CIRCLE

By Joep Claessens

Watching Geoff & Linda going over the 21 Shaumbra Realizations during the *Light of the Merlin* event was pretty stunning. It made me realize how far we have come in the 24 years that Crimson Circle has been around. To see it spelled out, how much we opened up consciousness, was awe-inspiring. Mind you, I am definitely not at the point yet where I am able to fully embody all of those 21 realizations. But the potential is there now.

Yet, if I would have heard that message 20-odd years ago when I discovered Crimson Circle, I would have turned around and ran the other way. They would have been completely beyond what I was able to comprehend at that point in time. I sure needed those 20+ years to get to the point where we are now, where these truths can be shared, talked about, and lived.

It will be interesting to see how those that are coming in now or at a later time will receive them. It would be a true testament to the path that Shaumbra Founders like me have carved out for others to follow, if they can embrace them fully, without needing all the time and hard work that so many of us had to put in to come this far.

Taking in those 21 Realizations made me look back over my own personal journey with Crimson Circle of the past two decades. How did we get from [12 Signs of Your Awakening Divinity](#) (2003) to [21 Shaumbra Realizations](#) twenty years later? If you were there, you might remember how exciting it was to go over that list of 12 signs when it came out, to check off the ones that applied to you (all of them, right?) and to discuss them on the old Shaumbra message board. It's been quite the ride!

What follows is a very personal recollection of the major shifts, aha's and insights that happened in my life since then, on my way to full realization. It is by no means exhaustive, just the big ones that came to mind first. And the list no doubt would look different for each and every one of us, so as always, take what resonates and leave the rest.

I AM AN ANGELIC BEING HAVING A HUMAN EXPERIENCE

This idea was pretty mind-blowing when Tobias introduced it in the early days. Lowly human, yes, fallen angel, maybe, but an angel? It took a while to wrap my mind around that one! Of course, Tobias also redefined the whole concept of what an angel is, clearing away all the old religious overlays, which made it a bit easier to accept the idea. It turned out that as angelic beings we were just as clueless as many of the current inhabitants of planet Earth still seem to be. Heck, we volunteered for the Earth experiment, that says it all!

Tobias reminding us again and again of our angelic origins¹, eventually helped me realize and accept that I am so much more than just a mortal being having a finite human experience. I am a multidimensional being that chose to have an incredible, immersive, physical experience. And the cool thing is that as humanity we are at a point in our collective journey where we can begin to bring all of that into the human experience. That's pretty amazing, right? No wonder we signed up for this!

I CHOSE TO BE HERE AT THIS EXACT TIME

Along the same lines I also came to realize during those years with Tobias that it's not an accident that I am on Earth. I wasn't sent here as some sort of punishment or to work through a bunch of lessons. I chose to be here, especially right now, because I wanted to experience myself on a whole new level.²

Mind you, I don't always agree, for my Human Self definitely wasn't part of that decision and doesn't always like being on Earth. So at times 'little I' resents that it's been put in a position it doesn't really want to be in. But then I remind myself of what [the group, through Steve Rother](#) once said: that when we lined up to come to Earth at this particular time, many angels stepped aside to let some of us move to the head of the queue, as they felt we could have a much bigger impact than they ever could. That always stuck with me. I believe it to mean that if you are here right now, you are special and bring a unique piece of the puzzle that is needed right now!

THIS IS SO MUCH BIGGER THAN LITTLE HUMAN ME

Tobias' messages also made me realize that what I was going through was part of something much, much bigger than I ever could have imagined. It wasn't just my personal journey to find some deeper meaning in my life; it was all of humanity going through the biggest shift in human consciousness in history. And it didn't just start in this lifetime. It started even before we ever came to Earth, continued in Lemurian and Atlantean times, in biblical times – when we planted the seeds of the Christ consciousness – and in the Mystery Schools of old. And I've been a part of it all along! Tobias put things in historical perspective, even beyond Earth's history, and gave the bigger picture that up to that point I was totally unaware of.³ It sure made me feel I was part of something BIG. And being at the forefront felt totally cool!

I AM NEVER ALONE

When I found Crimson Circle, they had a page on the website with a list of local contacts. It listed Shaumbra all over the world that you could contact and connect with. There was nobody listed in my area, so I had my name added. At first, I was only contacted by people that lived in other parts of the country, but then after a year or two, all of a sudden I was contacted by about ten local people, independent from each other. We started getting together once a month, to chat and share experiences. We didn't even talk that much about the material; just being with others that were on the same journey was such a blessing.

Both Tobias and Adamus have told us how special it is that we are going through this as a group. All of the Ascended Masters that came before us were on their own. But we can connect with others like us, share experiences, laugh and cry, or grumble if we feel like it.



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I AM THE 'DESIGNATED ASCENDEE'

This is not a typical lifetime. It's not a continuation of my past lives, and it is definitely my last lifetime as a human on Earth. That's another concept that was pretty mind-blowing when Adamus introduced the idea in the *DreamWalker Ascension School* back in 2007. What do you mean, my last lifetime? You gotta be kidding! I still have lots of karma I need to clear. I need at least a few dozen lifetimes more to do so.

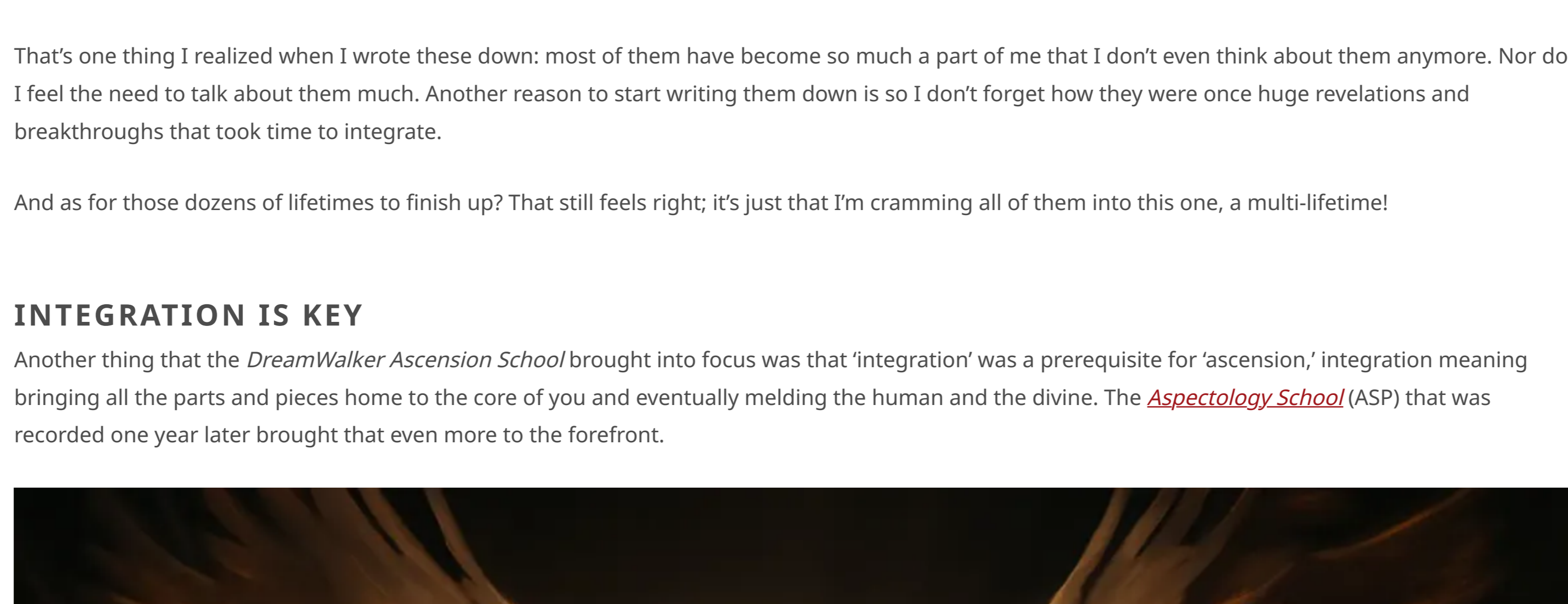
This idea also took a while to get used to. As the 'designated ascendeer'⁴ I am the one to pick up all the pieces of all of my lifetimes and hand them over to my Master self to distill all those experiences into wisdom. For you can't take all that stuff with you when you go into full Realization. Over the years I've come to accept it though. It's not something I talk about much, being a last-timer. It's just a knowingsness I carry in my heart.

That's one thing I realized when I wrote these down: most of them have become so much a part of me that I don't even think about them anymore. Nor do I feel the need to talk about them much. Another reason to start writing them down is so I don't forget how they were once huge revelations and breakthroughs that took time to integrate.

And as for those dozens of lifetimes to finish up? That still feels right; it's just that I'm cramming all of them into this one, a multi-lifetime!

INTEGRATION IS KEY

Another thing that the *DreamWalker Ascension School* brought into focus was that 'integration' was a prerequisite for 'ascension,' integration meaning bringing all the parts and pieces home to the core of you and eventually melding the human and the divine. The *Aspectology School* (ASP) that was recorded one year later brought that even more to the forefront.



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The most shocking eye-opener of the *Aspectology School* was that we basically all have 'multiple personalities.' Where before ASP I tended to see myself as a whole, integrated being, Tobias made it perfectly clear that in fact I was pretty fragmented and totally unconscious of that fact. Some parts – 'aspects,' as Tobias calls them – are serving me in a good way (the 'dark' ones), others are totally dysfunctional, sabotaging me in all kinds of ways (the 'gray' ones), and then there are the severely wounded and completely dissociated ones that are after my soul (the 'dark' ones).

Taking the *Aspectology School* started a journey that continues to this day, of learning to recognize those different aspects in my daily life and bringing them back 'home.'

IT'S NOT ABOUT ME

Another challenging part of the *Aspectology School* was that it showed me how much of what I thought, felt, and even acted out was not my own. They were the thoughts, feelings, and actions of 'aspects,' where to me they had always been my own thoughts and feelings. For example, I always considered myself a shy, introverted, timid kind of guy. *Aspectology* made me aware of my scared-to-death little boy aspect, a bleed-through from a past life, that kept blocking me from truly opening up to others. And then there was my wounded warrior aspect, another past-life inheritance, who kept me from fully embracing my masculinity. Once upon a time I created him to keep me from losing it again, hurting others – or worse – in the process, which he faithfully did, until I decide he no longer serves me.

The *Sexual Energies School* (SES) added another layer to this 'it's not about me' as well. It made me aware of the 'sexual energy virus,' which also is feeding me thoughts, feelings, and urges, so that it can keep feeding off of me and others I interact with.

And then of course, there is mass consciousness, something I'm inevitably plugged into as well, feeding me beliefs, ideas, thoughts, and whatnot.

The realization that so much of what I always thought was my own, but in reality wasn't, definitely made me feel out of control. How on Earth could I tell the difference between what I was being 'fed' and what was truly mine? For me that was mostly about developing an alertness, over years and years of trial and error: having the presence of mind to recognize the mind loops and behavioral patterns that don't serve me anymore and then choosing to move beyond them, again and again. Not easy, but recently it dawned on me how my mind has become so much more quiet than it used to be, and that I experience a lot less emotional turmoil as well, especially compared to my pre-awakening days. That sure makes it a lot easier to discern the voices that are not mine.⁵

IT'S A WORK IN PROGRESS

Adamus mentioned once that it takes on average 5.2 years for Shaumbra to fully integrate any new concept he introduces. I attended the *Sexual Energies School* in 2006, and then taught the school at least a dozen times back when Crimson Circle allowed certified teachers to present some of the core material on location and in-person. But to this day – 17 years later – I still play the victim game every now and then. These days I usually catch myself pretty fast and can make the choice to indulge for a while or snap out of it, but still...

We all integrate stuff at our own pace (and I'm definitely a slowpoke) but I keep telling myself that there is nothing wrong with reventing every now and then to an old pattern I feel I should have left behind. It's a matter of being kind to myself and accepting all things as they are.⁶

THE ART OF DISCERNMENT

I don't always agree with what's being put in front of us and that's okay too. Like when Adamus keeps telling us that "Only a Master allows energy to serve them." That never made sense to me. Energy cannot NOT serve us. It is always serving us, even if we act like fools or clergy, for my energy simply responds to whatever level of consciousness I'm at. Serving myself up a dose of foolishness is no less an act of service than serving myself a dose of mastery. I guess I just don't get yet what Adamus is trying to tell us with that one.

My point is that I can only meet a truth at the level of consciousness I'm at. And sometimes I'm just not ready yet to understand it, let alone embrace it. Like I said at the start: most of the 21 Shaumbra Realizations would have gone completely over my head if I'd heard them 20 years ago. The real measure of mastery is to apply the art of discernment: if something doesn't resonate, then apparently it is not for me – at least not yet – and I can just let it go.

I DON'T HAVE TO STAY

Quite a number of Shaumbra have crossed over in the past 24 years, as you can see on the [In Memoriam](#) page that lists a few of those that chose to leave. There definitely have been moments on my journey where I felt I was ready to leave, if only because I was so tired of it and bored with life, not to mention looking forward to finding a nice, quiet corner on Theos to retire to. But so far it hasn't happened. Still, the idea that I can check out any time I feel I'm really done is sweet. I'm not afraid to die, that's for sure, as I know it'll mostly be a relief to finally be able to leave my human existence behind.⁷ But apparently, I'm not done here yet, so onwards we go, Shaumbries!

WHAT'S NEXT?

I'm pretty sure that those 21 *Shaumbra Realizations* are just a stop along the way too. Ten years from now, no doubt those will be old hat too. Just like the *12 Awakening Signs* are now. For now, they are a great reminder of what we are currently in the process of integrating into our reality landscape. Exciting times we live in!

ENDNOTES

- If you want to know more about our origins as angels, read or watch [Journey of the Angels](#)' ([book](#) / [cloud class](#).) And if you want to get a taste of your multi-dimensional nature, check out the many [DreamWalks](#) that are on offer in the web shop. Or for a deeper dive I recommend [Interdimensional Living and DreamWalker Death](#). [↔](#)
- See, for example [The Lost Children of Christ](#) or Shoud 4 of the [Merlin I Am Series](#) ('Why Are You Here?') [↔](#)
- Again, [Journey of the Angels](#) and also check out Lesson 1 of the [Ascension Series](#) (Aug 2001) – 'It Is Not About You Anymore' [↔](#)
- For Adamus' take on the 'designated ascendeer,' see Shoud 4 of the [2012 Series](#), titled 'Life Designers' (Dec 2011) and Shoud 1 of the [Art of Benching Series](#) (Oct 2021) about being the Zero Point for all of your lifetimes. [↔](#)
- Shoud 10 of the [Returning Series](#) (May 2009) – 'User Accepts Full Responsibility' [↔](#)
- The 5.2 years was first mentioned in Shoud 2 of the [Passion 2020 Series](#) (Oct 2019), titled, 'Spiritual Maturity.' See also: Shoud 10 of the [Wings Series](#) (Jan 2018) titled, 'True Allowing.' [↔](#)
- For everything you always wanted to know about death & dying, but didn't even realize you wanted to ask, check out the [DreamWalker Death](#) cloud class. And for a virtual visit to Theos there's the [Theos DreamWalk](#). [↔](#)

AUTHOR

JOEP CLAESSENS

Joep Claessens was surprised to find himself to be the designated ascendeer for the 1000+ lifetimes his soul has had on planet Earth. To try and make some sense of it all he has been involved with Crimson Circle from the early days and considers himself a Shaumbra founder. Joep lives in Louisville, Colorado, USA and may be contacted by email.

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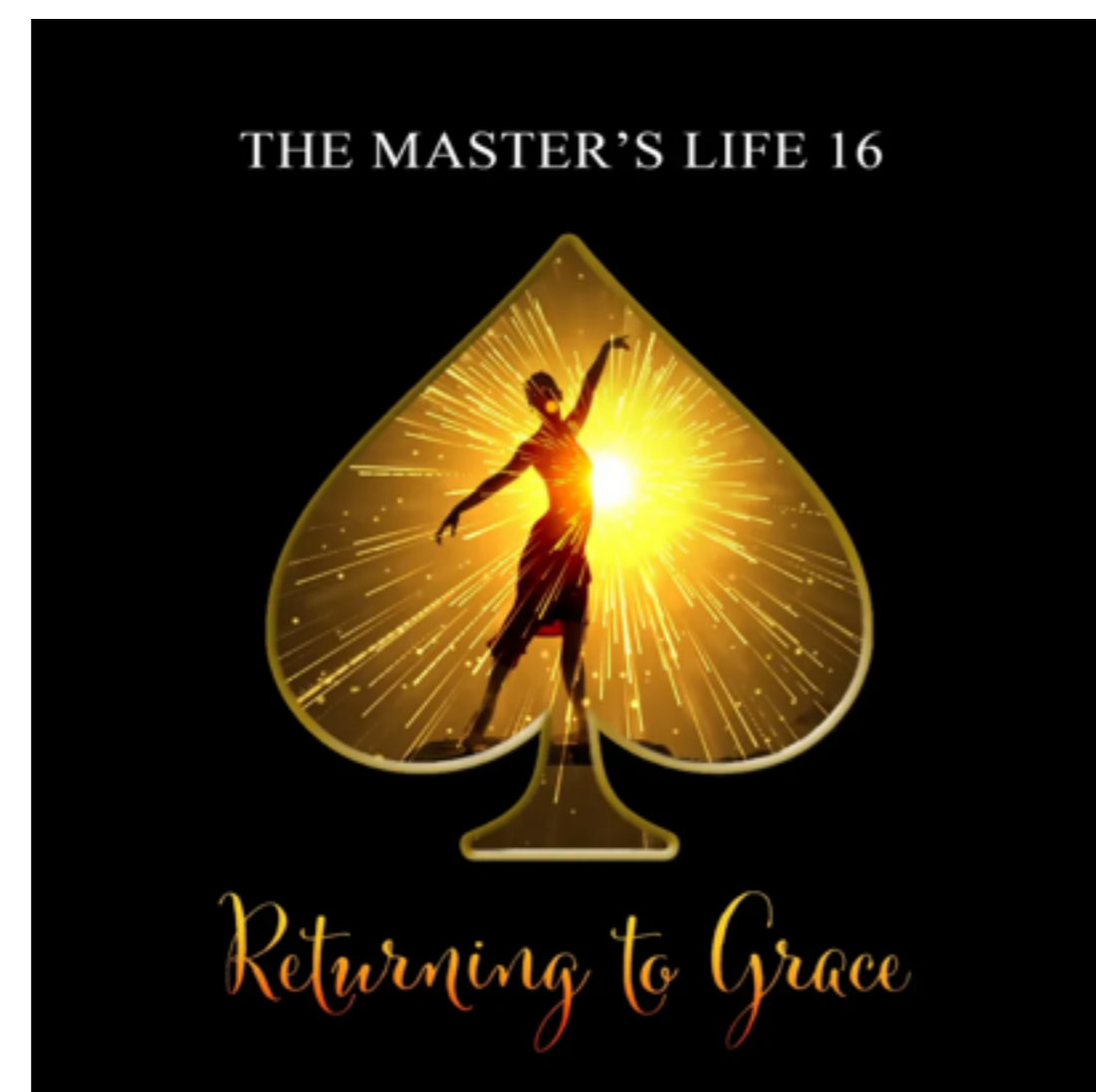
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NEWEST PRODUCTS

Here you can see the four newest releases every month!

MASTER'S LIFE 16 – RETURNING TO GRACE

And Staying There



Cost: \$150 (through March 5, 2024; \$195 thereafter)
Format: Streaming audio, video and online text e-reader
Access: 90 days

Grace means “to gather or bring together” and is one of the greatest ways to experience human life. It is always here, but most humans do not experience grace because of our inherent sense of guilt and shame, and the belief that we are fallen angels deserving of punishment and suffering. When we accept that there was never a fall from grace, we'll no longer have the pain, struggle, and suffering that stems from feeling unworthy. Life becomes smooth and easy, and everything begins to flow in its natural graceful way.

The lack of grace in our human experience comes from fear and a deep sense of separation, but it was simply how we experienced the expansion of consciousness from oneness into many. Accepting the truth of who you are, embracing the experiences of human life, choosing your own safe space, and letting go of compromise allows the integration of yourself in all the realms, which brings back the grace and ease into your life.

[MORE INFO](#)

[WATCH EXCERPTS](#)

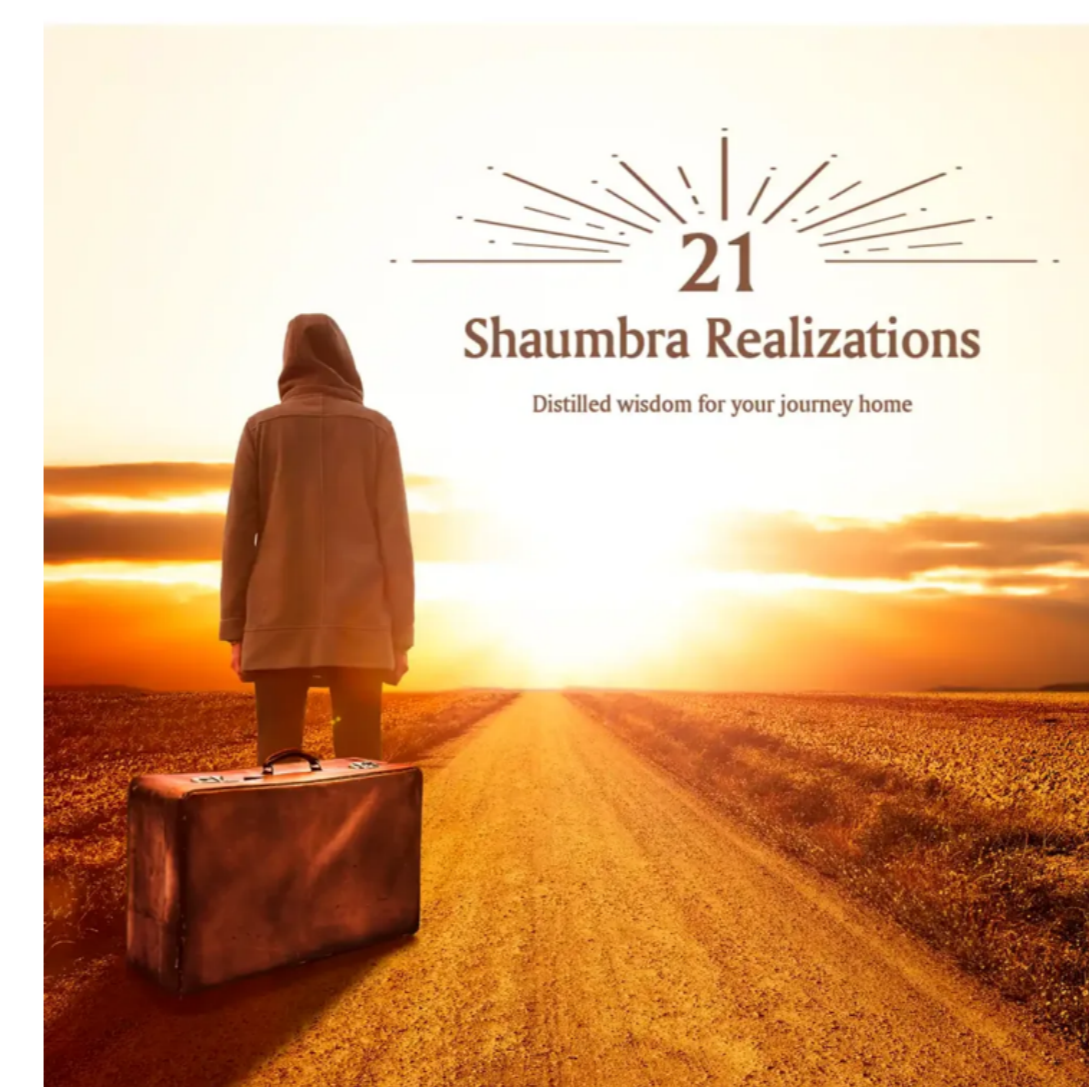
21 SHAUMBRA REALIZATIONS – FREE!

Wisdom from the Masters

Cost: FREE
Format: Downloadable video and text
Access: Unlimited

These Realizations, distilled from nearly 25 years of inspired messages, provide a comprehensive framework for understanding your journey from awakening to enlightenment. Covering the metaphysics of life from pure consciousness to physical creation, from your beginning to your ascension, victimhood to healing, suffering to mastery, from the search for meaning to ultimate freedom, these 21 truths encompass the foundations of physical and nonphysical reality.

Over the past two decades, a tremendous amount of compassion and life-changing inspiration has been shared by Tobias, Adamus, Kuthumi and more. While it's mind-boggling to take in at a glance the vast scope of these messages, the highlights of this ageless wisdom have now been distilled into *21 Shaumbra Realizations*.



[NOW AVAILABLE!](#)

[WATCH ON YOUTUBE](#)

LIGHT OF THE MERLIN

A Global Gathering of the New Light



Cost: \$300
Format: Streaming video and online text e-reader
Access: 90 days

This grand event ushers in a new era for Planet Earth, the time of living light, Christos Physics, and calling forth the magical genie within. As scientism makes way for consciousness, metaphysics can no longer be ignored. With profound messages from Gaia, Steve Jobs, Merlin, Kuthumi, Adamus, and Beloved St. Germain, the information and energy delivered are literally out of this world. And, thanks to the light streaming in since Heaven's Cross, our beloved Earth is evolving into what we always knew was possible – a true planet of light.

Geoffrey and Linda Hoppe also offer a distillation of over twenty years of wisdom in the form of *21 Shaumbra Realizations*. These sessions, along with several new “Faces of Shaumbra” videos, serve to create a memorable and soul-touching experience, one that you won't want to miss.

[MORE INFO](#)

[WATCH EXCERPTS](#)

PROGNOST 2023 UPDATE

Four Factors of a Changing World

Cost: \$75
Format: Streaming video, audio, and online text e-reader
Access: 90 days

In this “full Crimson Alert” Adamus asks Shaumbra to stay present and very aware of what's happening on the planet. You chose to be here as bearers of light, and AI is the thing most affected by the new level of light. In just four months since Heaven's Cross, the level of consciousness has measurably increased, and will expand by at least 7% in the coming 2-3 years. This means drastic changes in every area of life, with the strong potential that Earth will ultimately become a planet of light populated by beings of light. Practical

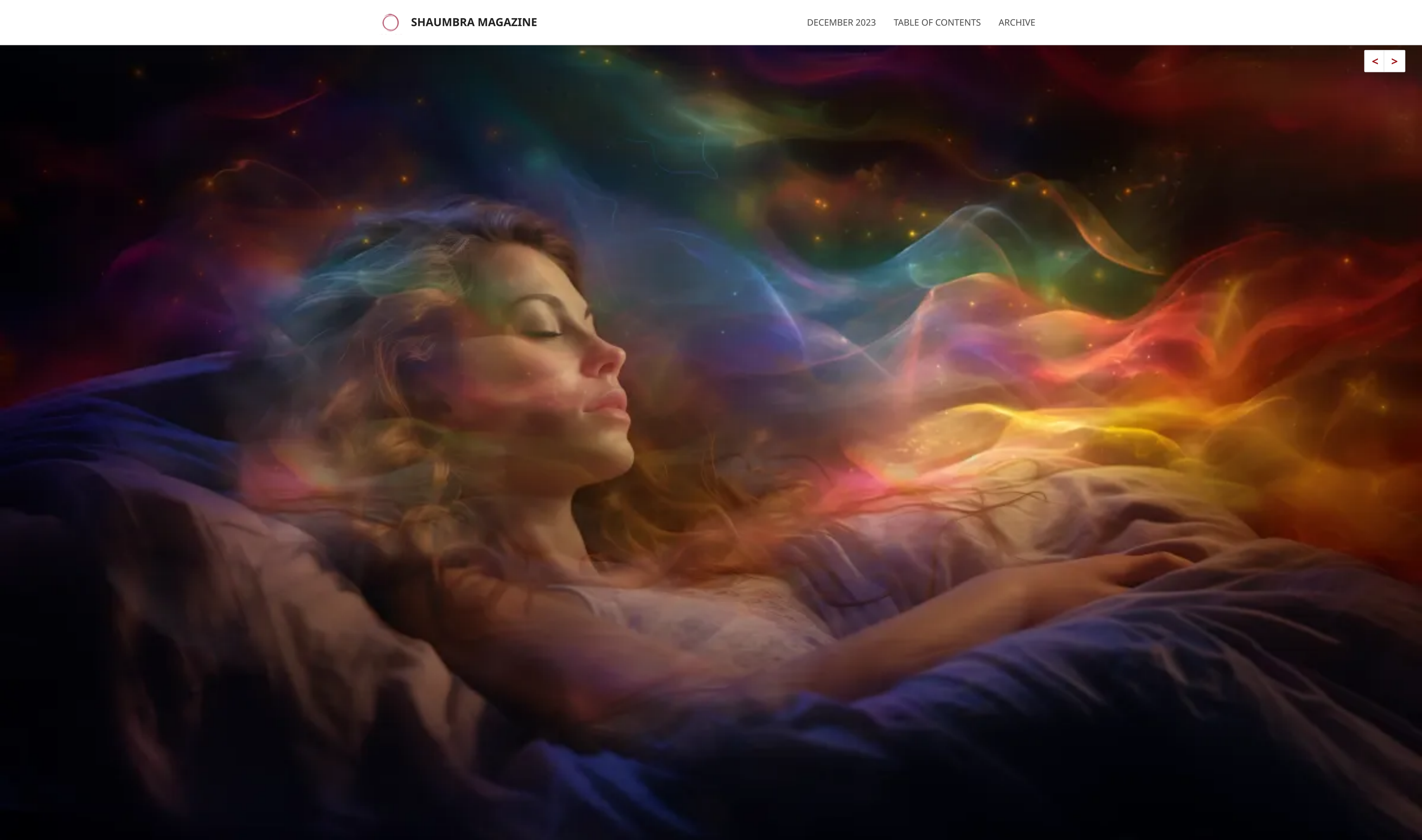
Artificial Intelligence is rapidly expanding, and Adamus says that the power games and limitations of darkness will attempt to use it to stay active as long as possible. However, the one thing that will illuminate the darkness is allowing, receiving, and radiating your own light. This “un-battle” is the fulfillment of our entire journey and it's happening *right now*.

Let your light, your consciousness, now dance with this gravity. It brings your wings back.
 ~ Adamus

[MORE INFO](#)

[WATCH EXCERPTS](#)





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RELAX, IT'S ALL NATURAL

By Turid Rein

In 1999 there was another war going on in Europe, causing millions of people to flee from their homes. The Balkan war in the nineties was a shocking experience for Europeans, as we had to witness concentration camps and great suffering amongst people.

At that time, I was teaching in an area of my country that welcomed many refugee families, and every day I had to deal with children and parents with war traumas. I found it impossible not to get emotionally involved, so I dove into all the drama and did everything I could do to help. I felt focused, alive, and energized. But at the same time, it also stirred up something deep inside me – pain, guilt, grief – and it slowly wore me down. I started feeling more and more tired, and when I eventually took a long break from work, it even got worse. My body hurt, my memory was gone, and I just couldn't go to sleep at night. In late August 1999 I was in bed, facing another sleepless night and feeling completely helpless, and suddenly heard myself asking for help.

What happened next is impossible to convey, but I can best describe it as:

Incredible powerful currents of waves with electrical light which flushed into my body and mind.

It was so powerful that it knocked me out, for how long I will never know. When I came back, still at night in bed, I had no understanding of what had just happened:

My body felt electrical, my mind was gone, and my physical heart was bursting with energy; I remember saying loudly to myself: This must be spiritual!

But my journey leading to that night had been without references to any spiritual or religious groups. My family were all country people with knowledge and love for the natural and simple life, and I was not brought up in a religious environment. I would say that they were very intuitive, not anti-religious, but the church was not a part of their life.

I was curious about the New Age in my early adult years, because there was a deep longing within me for something. I read a few books about spirituality, but I was never a New Ager. I was more into politics and philosophy, but my deep longing and search for that SOMETHING stayed with me and became even deeper.

I will never forget those late August days where I spent my time trying to cope with my awakening. I felt overwhelmed with LOVE, and an intense feeling of ONENESS, connected to ALL THERE IS. I felt a HEART with a string into ETERNITY. I was extremely fragile, and my feet barely touched the ground. I knew intuitively that I had to keep this experience to myself for a while before sharing it with someone, and I was sure of one thing:

I have not consciously done anything to create this experience, so it must be natural. It happened to me, and therefore it can happen to everybody. I am also sure that I am not crazy!

Feeling the vibrations of the energy field within and around me was a very real physical experience completely unlike anything that I had experienced so far. I have practiced dance and conscious movement most of my life, and I have a very strong body awareness. My knowingness and body wisdom were very clear:

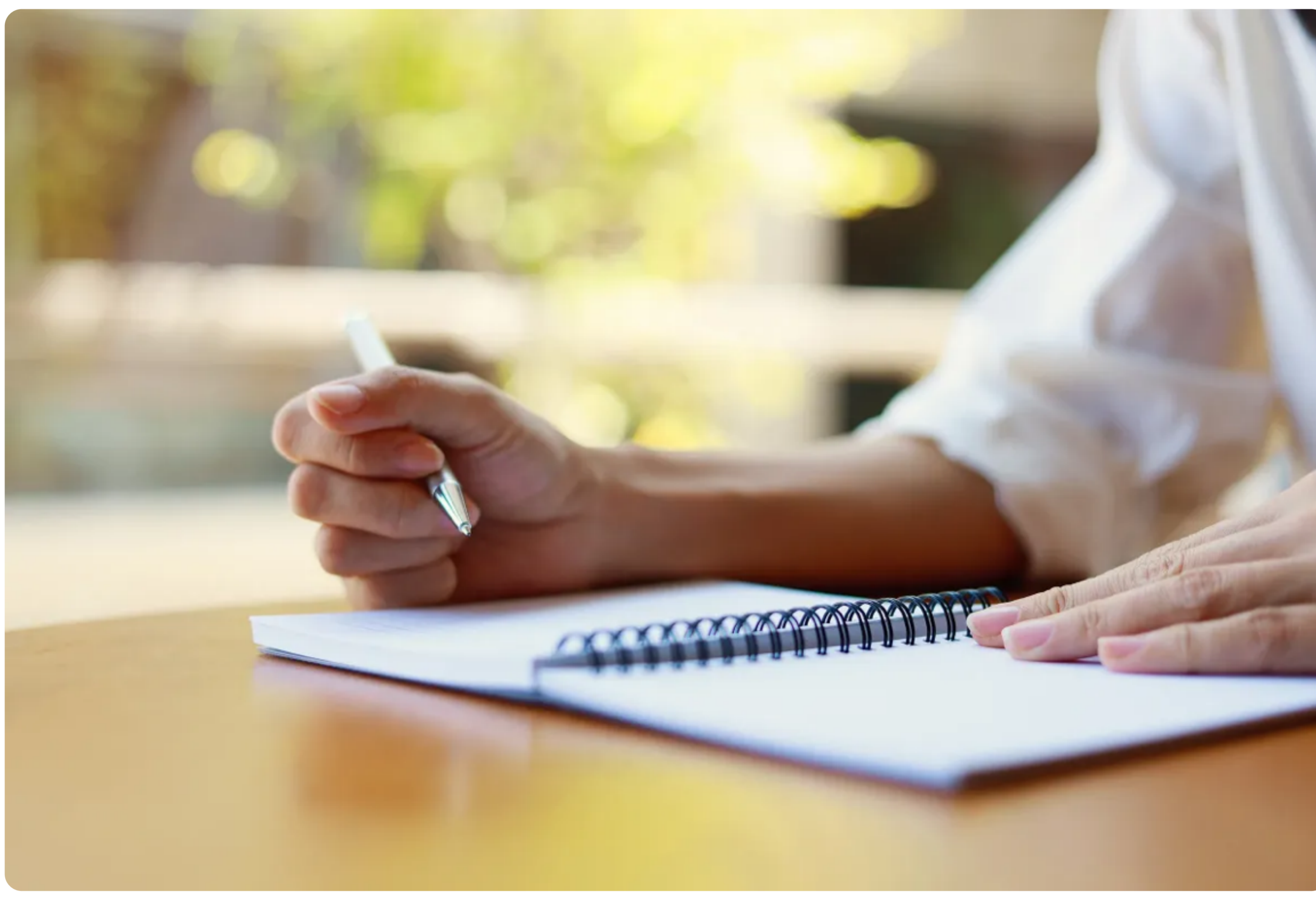
This is a spiritual experience!

My mind was in shock, and I had no idea what "a spiritual experience" meant, which caused lots of anxiety. The electrical waves of light energy carried on at night for several days, and I also started to have clear inner visions, as if I was watching a film and participating in it at the same time.

One night the "film" was very alive:

A scroll appeared in front of me, and when it rolled open, I saw that it was a map of the world. It was alive, and I saw all the land and the oceans, and how it all was moving and changing. I saw old landmasses disappearing and new land emerging. It felt so natural, like a birth! It was beautiful and overwhelming at the same time.

I don't remember so much from this time, other than that I was resting, either on the couch or in bed, most of the time. My family and friends thought that I suffered from severe exhaustion (which was true) and left me in peace to recover.



A couple of months later, on my birthday, I sat down at the table and decided to start a diary to pass some time. I opened my new book and wrote some sentences on the fresh pages, and before I knew it, words full of biblical terms poured onto the pages. Beautiful, poetic wisdom was floating from my pen, words and meaning that I did not understand. I had never written like this before, and it was shocking! My practical mind tried to analyze the situation:

I am all alone in the house (listening very carefully). I don't feel the presence of anything or hear any voices. I don't hear any voices in my head (great relief). This is not automatic writing (no force was moving my pen), so what is it? Where does it come from?

The minute I raised the last question, I knew the answer: It came from deep within my chest, my heart.

THAT was a very frightening moment, and I immediately stopped writing and closed my book. I knew it couldn't just be me because most of the messages I wrote were expressed in biblical terms. It was clear that something or someone knew me at a very deep level. At first, I was given the facts about my awakening:

You have been through what we call a transformation. What you have experienced is the healing power of light, also known as the Holy Spirit. It will appear when you ask for it, but you must ask with your whole beingness. Your suffering is from the past in another lifetime. You are not alone in this. You are with a group of people who have been transformed at the same time, and you will all meet through me. Your studies will tell you who you are, where you come from, and where you are going.

This was a simple and clear message, but I had no awareness of what it meant, and the words were strange and unfamiliar to me.

It took a long time before I relaxed, but in the end, I became completely dependent on my morning writing routine. The guidance I received in writing calmed me down, supported me, and gave me hope, because this was a very difficult time in my life. I was euphoric and extremely fragile, like a newborn. I could easily have walked away from everything – my family, all my belongings, my whole life – and just wander about in a cloud of euphoria. But I knew from the depth of my heart that there was no need for that, and it was very clear to me that I wanted to integrate my experience into everyday life.

My awakening happened in late August 1999, long before we had computers in our house, so I didn't know that a man with the name of Geoffrey Hoppe was gathered with a group in a teepee, across the Atlantic at the same time, doing his first channel with Tobias in a big group.

I learnt to relax, and life slowly got back to a NEW normal. I changed my job, bought a computer, but kept my secret to myself, because I knew intuitively that the time was not ripe to tell my story. And there was no one in my circle of friends and family who I could talk to about my awakening. They witnessed the changes in me, but there were few signs in my behavior other than exhaustion, and I left it at that.

I thought a lot about my experiences, and searched for answers, but without having a clear understanding of it. I was in many ways naive, and spiritually inexperienced (or so I thought LOL), and had no words to label it.

Four years went by. I wrote, enjoyed my new job, family, and social life, all while I was integrating the NEW ME, and the euphoria gradually wore off. Eventually I shared my story with a close friend who was spiritually aware, and one afternoon in 2004 she called me:

I have just had this profound encounter with Archangel Gabriel, and when I searched for more information on the internet, this web page turned up. You must look at it.

I went straight to my computer, and there it was, the first channelled Tobias materials. (This was before the Crimson Circle website as we now know it.)

One of the first Shouds I read was *"The Lost Children of Christ"* and I will never forget the chills in my spine and the rush of energy in my body. In that moment everything fell into place. I recognized the energy and the depth of the messages. I could not deny it anymore – this was REAL!

I dove into the Tobias material, but resisted the idea of participating in a "spiritual group," and when I finally met Shaumbra I was disappointed. I suppose my idea was that we all were alike and would fall into each other arms in total understanding. I could not have been more wrong! However, the EYES of Shaumbra was a completely different matter: It was all there in the eyes, recognition of each other beyond time and space.

The Tobias material was a very physical experience, where I felt the vibration of the words in my body. I learned to take deep breaths, and to embody what I sensed within and around me. It was not always without fear and resistance, but I knew that I didn't have much choice, because my soul had decided it was time. My awakening was very clear in that way. My soul had waited and prepared the ground, so to speak, for me to get to the point of awakening, while my mind was busy doing other things.

When Tobias left and Adamus turned up and shouted to Shaumbra to get out of the easy chair and start to do something, I was a bit shocked. He then proclaimed that he would start a school, and that we would have to study and even have homework. I completely resisted it. No studies or lessons for me, thank you! My knowingness was very clear:

This time around (remembering past lives) I don't want the words or anybody to tell me what to do or believe. I want to make sure that everything I experience comes from within, in a natural rhythm of evolving and emerging when its ready and ripe. That's what happened in my awakening, and I trust that. I want the sensual, physical experience of it all. To feel it, to sense it, to feel the divine beauty of my HUMANITY.

I knew that my mind would get in the way if I were to study with Professor Adamus, so I let that go. He was talking too much, and I disliked his fancy words and bossy style. Too many words, and it didn't appeal to the simplicity I felt within.

I felt lost and sad because I felt that might be the end of it as I let go of the monthly Shouds. At the same time, my life changed drastically when many of my loved ones suddenly departed from their life on Earth. It was a very emotional time in my life, but it was also a time of huge energy shifts in my body and mind, and through all the tears and grief I was also able to let go of some of the grief and guilt that I had carried with me in so many lifetimes.

After a year or so, I would occasionally have a quick look at the monthly Shouds, never listening, but reading what I found interesting. It didn't take long before I understood that what I read made sense to what I felt within – in my body sensations and inner visions – and what I experienced in my everyday life.

I started listening to Adamus again, and I knew then that I didn't have to read or study anything, because the channelled information was a natural flow of energies which I would experience in my own unique way, at the right time. It is who I AM and have always been, and as Adamus says in the first Shoud in the ALT series:

Acknowledge and understand the mind has stepped aside and now the divinity, the Master that you've always been, it takes the throne.

I found my balance along the way, where my own wisdom and body awareness melded together with the teaching of Adamus in a most interesting dance of energies; not always a waltz, mostly it turned into a breakdance! I learned new steps along the way, and while dancing, I discovered the love and compassion of my new dance teacher.

I know now that I was carrying a huge energy packet labelled "SUFFERING" from another lifetime, and that aspect drained me and stopped the flow of energy in my life. As it happened, that packet was ready to break loose and release its secret. I had developed a sixth sense, the ability to smell suffering in others, and as a carrier of the sexual energy virus, I was attracted to it and fed on it. But the burden became so heavy in the end, that my Spirit came forward and took charge, because I asked for it.

The gift of feeling the suffering of others is that I got in touch with my own – or my own suffering got me in touch with others; it IS all my energy – and every time I took on that burden, I filled my well of pain till it was full and overloaded. I was basically drowning in it and finally had to surrender. It was brilliant at the time, because I did not have the tools or the awareness to do it different, and this was before I knew anything about Crimson Circle, Aspectology and SES. With today's consciousness and the tools available, aspects are more willing to surrender and come home, instead of lurking around in darkness and misery, which makes the human life so complicated.

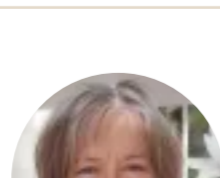
My awakening was rude and beautiful, and little did I know about the journey ahead. Frankly, I'm a bit surprised that I am still here, and that my body and mind have survived all the intense changes. I have wrestled with my own energies many times, not willing to give in, but I have also been the calm eye of the hurricane when the goings got rough. I am in AWE of that. And there has been lots and lots of laughter, joy, and magic along the way.

I am still here, shaken and stirred, but I have no doubt whatsoever that I am made for this. My DNA was ready to pop, and my soul eager to take a quantum leap. This is what I came here for.

To me, the most brilliant teaching of Adamus is to RELAX and ALLOW! Everything will happen in its own time, in a beautiful rhythm of evolving and emerging, in a most natural and organic way. There is no rush, or right or wrong. All That Is will release its secret, when I am ready to let go and receive the divine beauty of SIMPLICITY, and of being HUMAN.

In deep gratitude and awe to all that I AM, and to all with whom I share this amazing and intense journey.

AUTHOR



TURID REIN

Turid holds a MA degree in Education, Art and Social Anthropology, and is a trained conscious bodywork practitioner. She says: "I enjoy the beauty and sensuality of being in my body on Earth, and believe that the expression of the soul – ART – is going to change the world. I love to spend my time outside, to photograph, write, paint and play the piano." Turid can be contacted via [email](#).

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CC TIPS

Monthly suggestions and recommendations to help make your Crimson Circle experience smoother and easier!

MULTIFACTOR AUTHENTICATION (MFA)



To maintain cybersecurity, more and more companies are offering and/or requiring multifactor authentication (MFA) when logging in to personal accounts. This helps prevent unauthorized access to your account, including financial and personal information, and also helps keep the CC servers and systems safe as well.

Multifactor Authentication is **now available** in the Crimson Circle store.

Early next year, MFA will be **required** to access your CC store account.

It's relatively easy to set up and use, and the peace of mind that comes with MFA is reassuring.

Follow the steps below. If you need further assistance, please visit our [help center](#).

Steps to set up Multi-Factor Authentication

- 1** Log into your account
- 2** Start MFA setup
- 3** Reset your password
- 4** Check your inbox for code and type it in
- 5** Select MFA method

Email option

- A** Check your inbox for code and type it in
- B** Success! You have registered an email as your verification method.

Authenticator app option

- B** Select your device
- Scan QR code to download app
- Scan code to Link your app to your account
- Check code on your app
- Type in code

ADDITIONAL INFORMATION ON MFA

>> If you have any questions, please send us a note to customerservice@crimsoncircle.com



INTERNAL AQUASCAPING

By Špela Tajnić (aka Shaianna Dot)

A few days ago, after having a thrilling, even mind-blowing aha moment about how energy works, I wrote a short journal entry about it. A while later I thought other Shaumbra might be interested in this aha as well so, after expanding it a little and adding some context, I sent it in to be considered for Shaumbra Magazine.

After reviewing it, Jean pointed out that it was very short and had no palpable real-life experience to illustrate the point I was trying to make. But, as much as I tried to tie in a personal experience, I couldn't. I still can't.

So, I put it aside, knowing that with time it would become clear and mature into a real story.

The other morning I was making some changes to my fish tank, rearranging the old aquascape setup by pulling out some plants and putting them in other places, and adding new plants and pebbles. As I was doing this underwater gardening and "enlightening" my tank with these alterations, the water soon got very murky. A lot of fish poop, uneaten food, dead plant parts, and whatnot was floating all through it, the tiny particles making it densely foggy and milky white. Some plants I couldn't even see, while others were barely visible and blurry in the fog. Colors were dim, and though my pretty little fish were happily swimming around exploring the new hiding places, their bright shades were only a memory in my mind. The tank was NOT a pretty sight; in fact, all the changes I made to bring lushness and beauty could not be seen at all. It was just horrible, and looked neglected more than anything. After all that work and with no idea what it would look like when the water settled down, I felt uneasy, wondering if I should have left it well enough alone. That feeling of "losing" what was while waiting for the new and unknown to appear, was quite unpleasant and persistent.

Hours went by, but the water just wouldn't set and go back to crystal clear. I was impatient to see it in all its new glory ... or disaster.

You see, I knew it would clear out, and I knew it would ultimately be beautiful. But during that in-between time of getting rid of the old and waiting for the new to settle in, and with my mistrustful human aspect acting out, I urgently wanted it to clear *right now!* I even searched on the internet for quick solutions, so desperately impatient I was. Of course, there were no quick fixes, so I just gave in and waited.

The milky white day ever so slowly turned into the evening hours. The light in my fish tank went off, and the milkiness was not as prominent in the darkness. I went to bed, feeling conflicted. On one hand I had some regrets – why did I even tinker with the aquarium in the first place? – and at the same time I knew that it would be glorious when everything settled down.

When morning came, I rushed down to my living room and beheld ... magnificence! That tank full of nasty scum had turned into a lush underwater jungle with crystal clear water and colorful fish swimming around. I was thrilled and excited. It felt amazing!

Gazing at the now beautiful fish tank while sipping my coffee, I realized what a perfect metaphor I was looking at. Sometimes, when a major change happens within, things get murky and yucky as all the dust, parts and pieces are swirling around. It brings a total – but temporary – lack of clarity that is rather uncomfortable. Sometimes we even wish we'd left things as they were, because at that moment of fuzzy confusion the old setup looks pretty good in hindsight. But in reality that temporary murkiness does not mean that the change was not for the better. It just means that there was a huge shift and interference in the system, and everything has to settle down before we can really see the new beauty and flow. And there are no quick fixes; this time of clearing out needs to run its natural course.

Now to my 'aha' and journal entry about energy. The experience with my fish tank also helped me realize why, at the moment, I can't expand it into a real story. My internal waters are still murky and everything is still vague, so I will share it below as originally written.

JOURNAL ENTRY: NOVEMBER 2023

"Let the energy serve you." We hear Adamus telling us that again and again ... and again. Sounds very nice, and it is. It's easily understandable ... but is it really? On a purely mental level, it is understandable and makes a lot of sense, but then why do we still not get into the flow and experience of it?

Well, Adamus is also always saying to allow, receive, and if there's anything in our lives we don't like, it is there because we are still deriving something from it. (It is so very true, but that is another story for another time.) Hearing all that, I would usually take it into my mind and leave it there to sit, not really knowing what to do with it or what it means. Sometimes it works, other times not at all. #confusedaboutit

The other evening I drifted off into dreamland while listening to a Keahak session, which is fine. (These sessions are so intense and deep that they usually knock me out, and I often suddenly wake up in the middle of it just to hear a brilliant gem I am ready to accept from Adamus, me, us.) This time, I woke up suddenly hearing Adamus saying that energy will serve us in the way that we feel about ourselves.

Maybe he said that before, and I just never really heard it, but now it was so loud and so clear. "Energy responds to how you feel about yourself." So, when I feel love for myself and feel worthy to allow and receive everything, then the energy will bring back manifestations that match those feelings. If I feel shitty about myself, and only try to think about myself in a good way, the energy will again bring what matches my feelings, not my thoughts, and I will be left with shitty manifestations, wondering why it doesn't work for me. But you see, it actually does, and that is the funny part: it always works for everybody.

Wow! It doesn't get any more simple than that. Energy will respond to how we feel about ourselves, not think, not wish to feel, but really honestly feel. It is such a key ingredient to truly understand energy responses and letting it serve us, of course, along with allowing and receiving.

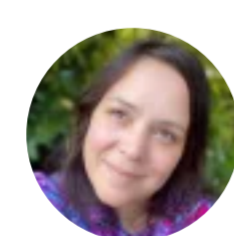
Now I know why everything in life flows and is just wonderful in those times of new and fresh love. It is because for a time we feel great about ourselves, until the honey is licked off that spoon of love, and we are left with unfeasible expectations and old problems, and that great feeling about ourselves slowly evaporates.

How long it took me to get this. It is just fascinating.

Hey Adamus, Tobias, Kuthumi, why didn't you tell us that before? Oh, wait, you did. In many different ways, over and over and over ...

What I know right now is that this aha changed my overall perception of *everything*, and it goes beyond just me. I feel it as an all-embracing knowingness that affects all that I am, all my lifetimes, expressions and aspects, and is for now sans definition. It is a game changer in the perception of all my history, but beyond that it is still just a hazy pool. The only difference in cleaning up this internal "selfscape" is that it doesn't make me feel uneasy like the murky aquascape in my living room did. I know that lush inner clarity is inevitable; I only have to patently receive and allow.

AUTHOR



ŠPELA TAJNIĆ (AKA SHAIANNA DOT)

Špela lives in Slovenia with her husband, two kids and two dogs. In late 2016 she finally summed up the courage to leave her dead-end job, and embarked on a pursuit of inner freedom and some long overdue answers to her many questions. Soon after, in January 2017, Adamus' book Act of Consciousness led her to Crimson Circle and a huge sigh of relief.

Špela says, "I love exploring and expressing myself in any possible way, but most of all I love translating Crimson Circle materials. Today I think of myself as a metaphysical freelancer, in service to anyone, beholden to no one." She lives in Ljubljana, Slovenia and can be contacted via email.

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DEAR MASTER

HOW CAN I CHANGE MY OWN REALITY?

Compiled by Carolina Oquendo

Q – Dear Master, lately I've been feeling somewhat ungrounded and weird, like some of the experiences and even people I see and talk with in my day-to-day life don't make sense at all. Where does this come from?

We've talked about it before, but I want it to go on record in the history books, is that 100 percent of the energy that you encounter is yours. There is no outside energy whatsoever.

Humans like to blame other people and like to think that everything is outside of them and that they ain't got shit, that they have very, very little and they have no control. That is a game. That is a bad game, but it's a game.¹

Q – So does that mean that the lack of sense I see in the world, in other people, it's just my own lack of sense? How does that work when I'm still seeing it outside of me?

It's mind boggling, because the mind is like, "No, no, no, it couldn't be, because I see other people." Actually, no, you really don't.

There is a sense of perception that there are other souled beings. You're perceiving their consciousness, but **it's your energy through which you perceive them**. In other words, you're not really perceiving them. I mean, it's not their energy. It's your perception. It's your big TV show or movie about them.

Imagine that energy is a great big cloud, a mist and it's all yours. **There is a souled being on the other side of the mist** that you perceive from soul being to soul being, but **the energy between you and them is all you** and you're just perceiving them through **your own energy fog or goggles** or whatever. But it's all your energy.²

Q – If I understand what you are saying, everything is my energy, and I can change what I'm seeing (and experiencing) in my life. How can I do it from a practical point of view?

Life is based on the perception of the observer. What you get in your life is basically how you observe it, how you perceive it, your story.³

Be the observer.

Watch how the human self acts and responds. Watch how really it's been programmed to do so many different things. And it's okay if it does, **but you don't need to get you all involved in it.**

Be the observer, even in this thing with your soul, your spirit. Observe how you have thought of it. Observe how the thing called the soul really works. It doesn't need you to mediate anything.⁴

Q – This requires a constant awareness, which I'm not sure I can always maintain.

Don't think about it, feel it. Don't try to organize it in the hierarchy of your mind. It will fall apart and won't work.

Start to feel – I don't know what you want to call it – but your Self, your beingness, your Self, **and watch how energy starts changing**. Not about other people – don't start there with how you're going to change other people, you're going to run into trouble – but how just energy around you changes.⁵

Q – Okay, but it is hard to stay as the observer when I keep feeling weird or even on the brink of craziness. Because when that happens, I turn to my default mode, which is to try to make it better, and I end up fighting with whatever it is I'm feeling.

When the energy is yours, what are you fighting? Well, you're only going to be fighting yourself, and what fighting yourself is going to do is make you even more sick. It's going to confirm your state of imbalance and disease.

You breathe it in.

Yes, your illness, your craziness, whatever it happens to be, your lack of abundance, you breathe that in. And I'm not saying that you should say that's your state, but no more fighting these things.

It's all just your energy. Your disease is your energy. Your lack of abundance is your energy. Your lack of self-worth, it's still your energy.⁶

Yeah, we talk a lot about energy. That's because it's so important right now, as you stay here on the planet, not to continue to struggle, not to go outside for it, but to **realize there's nothing you need to do right now other than to take that deep breath and smile.**

You thought I was going to say "allow," right? Nah. Just take that deep breath and smile.⁷

Q – Will this "weirdness" become permanent, or will it eventually improve?

What does it matter? All I'm saying is you don't have to do anything anymore. You don't have to regulate your thoughts, monitor whether your emotions are good. You don't have to balance and check your energies or anything like that. You don't have to do that anymore. The inertia does it.

So try this. Rather than trying to resist that natural inertia into enlightenment, rather than trying to fight against it (...) **Just take a deep breath and go with the flow.**

It's kind of like hop into the canoe and let the current take you this time, rather than trying to build the river, fill it with water and then fight upstream against it. That's what you've been doing. "I've got to dig the ditch, I've got to fill it with water, make it flow and then paddle upstream." No. **Hop in the canoe and let's glide with it from now on.**⁸

The point is you go multi-identity now, and it feels a little awkward at first. Feels like you want to find your ground base, your baseline on things, "Where's the balance point?" Don't worry about it. Where you're at right now, between your body, mind, your spirit, your soul, it all works itself out.

If there's any point I can impress on Shaumbra right now – and I've tried to do so in so many different ways – **stop trying to craft, stop trying to shape sculptures right now, even of yourself as a Master.** Some of you are still, oh, you're trying to do that.

The Master is very fluid. The Master time travels. The Master is beyond space itself. The Master doesn't need definition of itself. Just the "I Am, I Exist" is enough for the Master.⁹

It's not about saying, "Here's what I want for the outcome." The outcome of whatever happens is going to be perfect and it always is. Maybe not in what the old human thought it should be, but it is going to be perfect.¹⁰

Sources:

- [1. The Passion 2020 series – Shoud 2 ↗](#)
- [2. The Passion 2020 series – Shoud 2 ↗](#)
- [3. The Alt series – Shoud 4 ↗](#)
- [4. Walk On series, Shoud 11 ↗](#)
- [5. The Passion 2020 series, Shoud 6 ↗](#)
- [6. The Merlin I Am series, Shoud 3 ↗](#)
- [7. The Merlin I Am series, Shoud 7 ↗](#)
- [8. Walk On series, Shoud 11 ↗](#)
- [9. The Art of Benching, Shoud 2 ↗](#)
- [10. The Passion 2020 series, Shoud 1 ↗](#)



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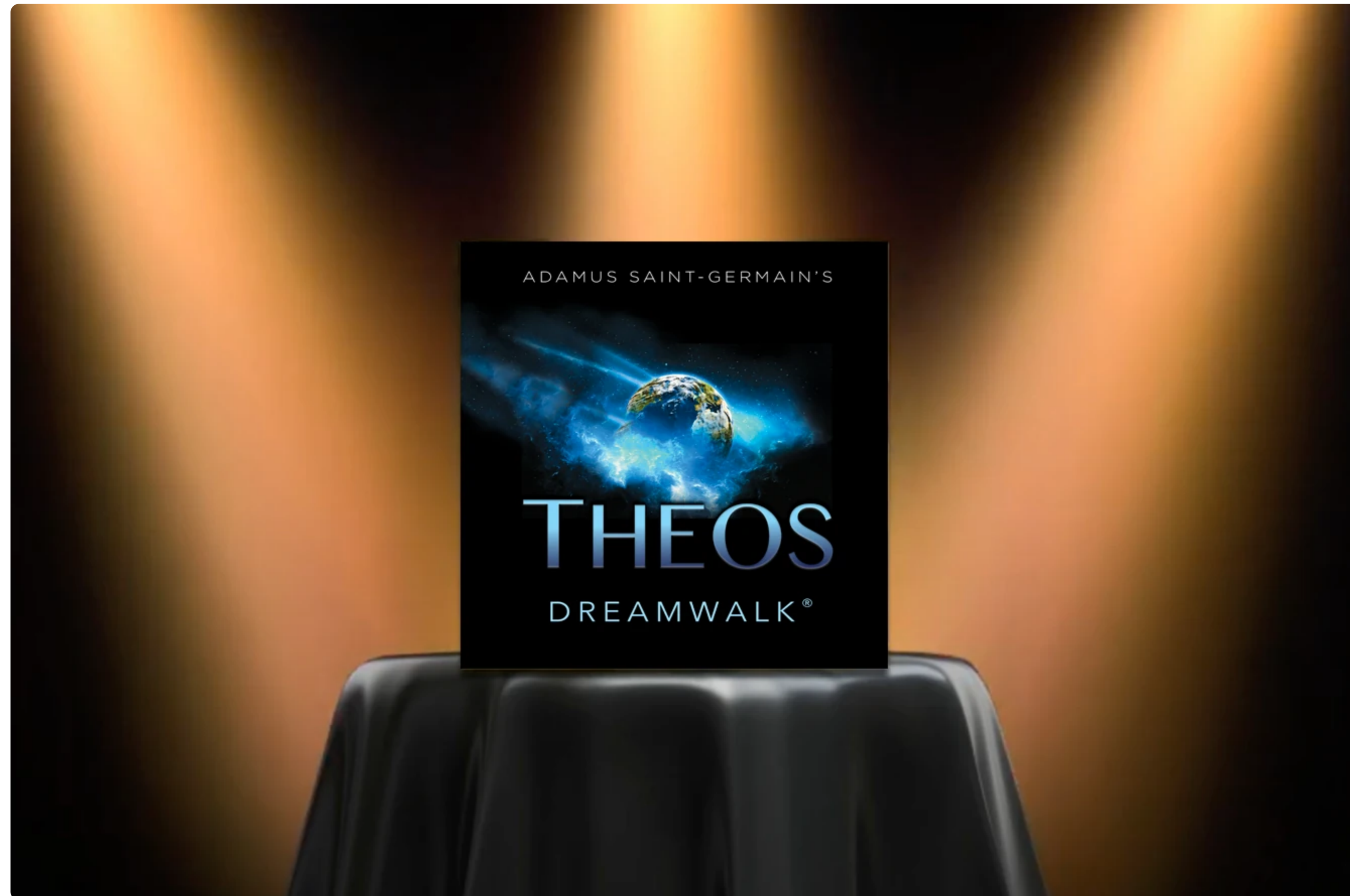
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Check here every month for a specially selected and relevant product offered at a special 15% discount!



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- It's YOUR space, where your senses can open
- You can bring nature with you
- Breathe into the stillness as it comes to you
- Bring it all back into your everyday life, full circle
- "In the stillness, the mysteries are revealed"

YOUR SPACE OF LOVE

During *ProGnost 2017*, Adamus introduced Theos, a magical place on the New Earth that exists beyond the emotional and psychic gravity of Earth, where we can truly experience deep love and sensuality. Theos exists without gravity, hunger or limitations, and is available "on demand" for those who know the way. It included a beautiful experience of building a "Dream Bridge" between Old Earth and Theos.

Not long after this, Adamus recorded a 4-part DreamWalk experience to connect with and integrate the energies and experience of Theos, accompanied by the beautiful music of Yoham. The *Theos DreamWalk* is a deep and beautiful inner journey of release, discovery, integration, and self-love that you can experience again and again.

Although this DreamWalk is in four separate parts, Adamus recommends that you experience them in sequence without interruption. He will accompany you every step of the way.

Format: Downloadable audio and text

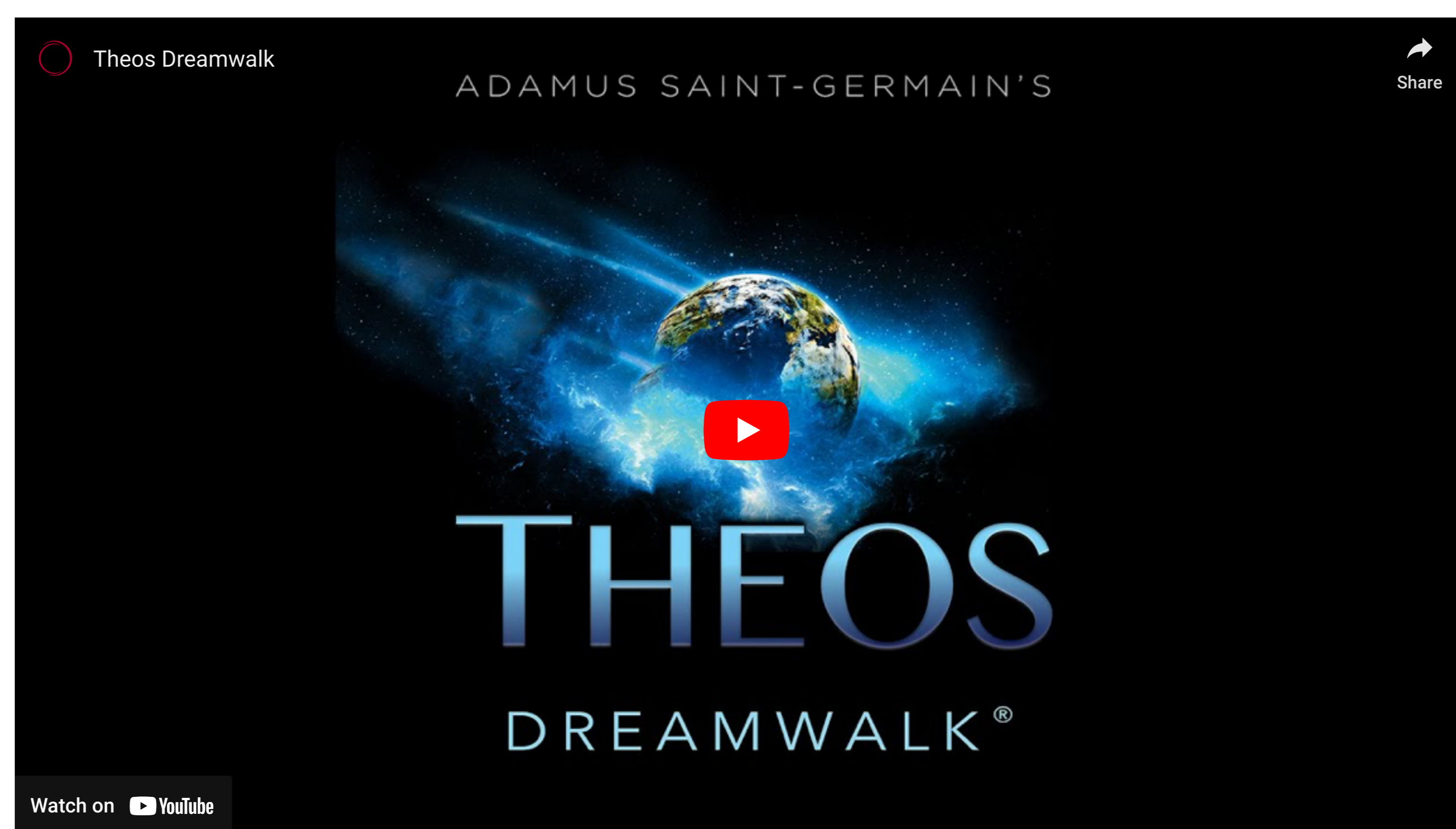
Cost: ~~\$33~~ \$28.05 (through December 31, 2023)

Featuring: Adamus Saint-Germain, Geoff & Linda Hoppe and Yoham (Gerhard Fankhauser, Einat Gilboa and Amir Yakobi)

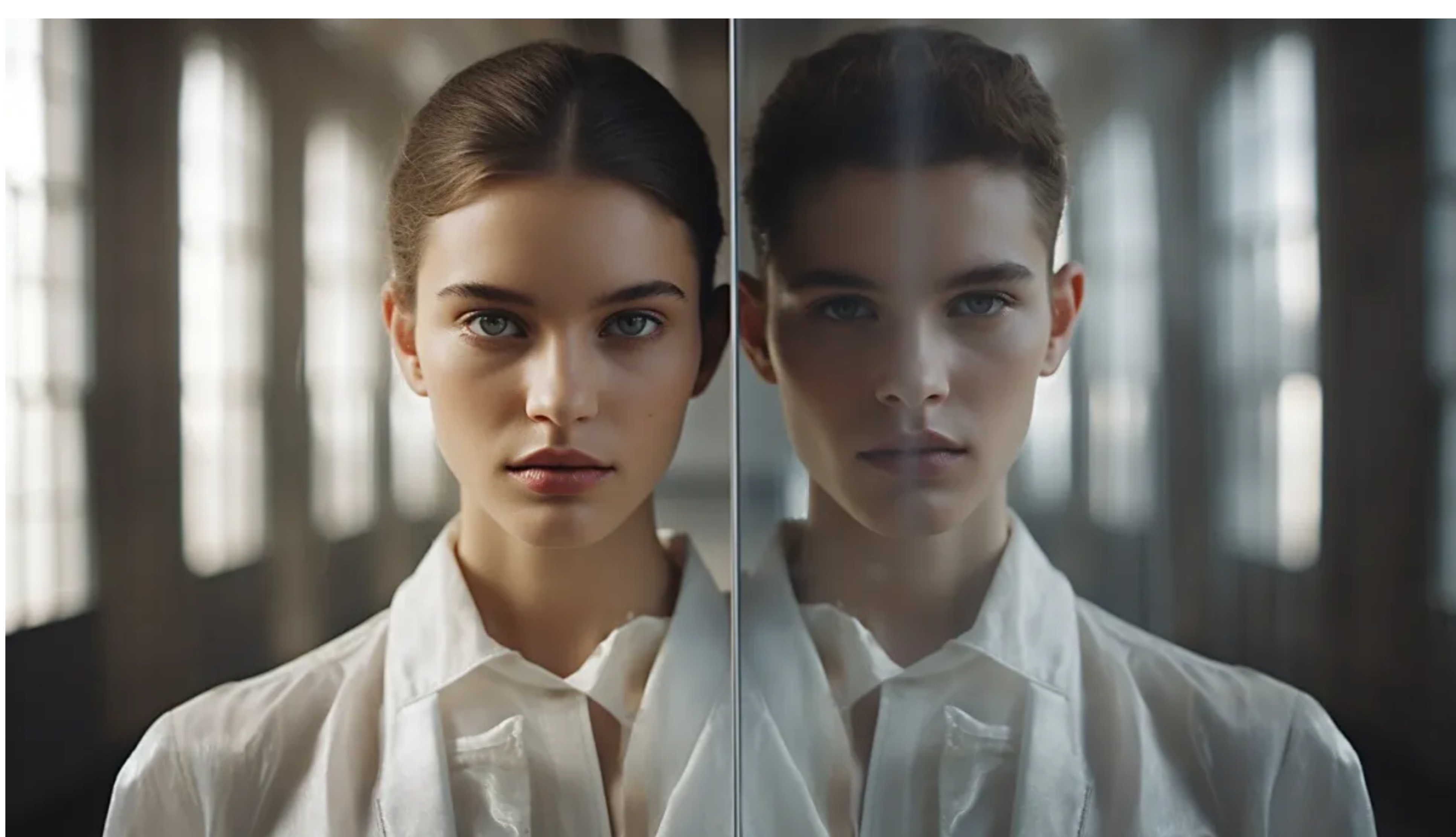
Recorded at the Crimson Circle Connection Center in Louisville, Colorado, March 2017

MORE INFO

HEAR A SAMPLE



SHAUMBRA HEARTBEAT



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MANIPULATION VS. SENSUALITY

This month's Shaumbra Heartbeat was difficult to write. Not only is it a sensitive topic for a lot of people, me included, it's also impossible to address all the nuances and implications in one short article. However, since Shaumbra are ostensibly on the cutting edge of reaping wisdom from past traumas and leading the way into expansion and sensuality, it seems to be a topic whose time has come.

A few weeks ago, I read an anguished email from a dear Shaumbra who had something to say about a handful of graphics recently used in Shaumbra Magazine and the 21 *Shaumbra Realizations* video. Referring to a several images of women, she felt they were too sexualized; that they played into the age-old "sexual ambitions" of men while ignoring the discomfort of women and even continuing damaging stereotypes. Speaking on behalf of several other Shaumbra, she felt it was important to address this "elephant in the room."

The Crimson Circle staff always pays attention to feedback from Shaumbra. And while we can't cater to every individual preference, it's important to consider the overall sensibilities of our audience, not to mention staying in energy integrity. Energy feeding and manipulation of any kind should never be present in anything we do or offer to the world. The email in question was sent to customer service, who forwarded it on to those who choose the images for our various productions, a team that consists primarily of Geoffrey Hoppe, Marc Ritter, Peter Orlando, and myself. We had several discussions about it, and while I can't speak for the others, I would like to share my own thoughts on this issue.

As part of the CC creative team, I have an active professional interest in the general feeling and appropriateness of the images we use, nearly all of which are acquired from Gettyimages.com. Every graphic is chosen to illustrate, support, or enhance the information that's being shared. Being on this journey for decades (and lifetimes) as a woman – and the only woman on the creative team – I also have a very personal interest in how women are portrayed. After millennia of energy distortions and wounds, it's a sensitive area, and one that is certainly ripe for transformation.

I grew up in an environment where the body was mistrusted and denied. Physical pain was to be endured without complaint. Physical pleasure (particularly self-administered) was suspect at best, ugly and sinful at worst. A woman's appearance was to be modest in every way – no trousers, no bare shoulders or knees, and definitely no cleavage. The physical body was essentially an impulsive and shameful thing to be kept under strict control and used solely to carry around the brain. (Being beautiful was suspect, but being smart was everything.) Sex and sexuality were never discussed beyond "just don't," and boys were strictly off limits. As a child I used to pray to God that I wouldn't have a baby before I was married because it was such a shameful thing. I had no idea *how* it happened or what "being married" had to do with the process, just that getting it wrong was the worst thing in the world.

Needless to say, when life actually presented *A BOY* who found me interesting, I didn't have a clue how quickly things could go from "Hi, what's your name?" to "Oh my god, I'm pregnant." At 18 years old, I understood the biological processes but was completely unprepared for the emotional and hormonal components. It was an exceedingly stressful period of my life, and I carried the scars for a long time. (For the record, I now have zero regrets, and just a few weeks ago celebrated my oldest son's 40th birthday. But it took a long time and a lot of compassion to release the wounds and wounding beliefs I had taken on.)

Tobias used to say that for most Shaumbra this lifetime is a sort of microcosm of our other lifetimes all mashed together. In other words, we've allowed circumstances in our lives that trigger old wounds and stuck energies in order to finally let them go, bringing home multitudes of aspects in the process. I've had flashbacks of horrors personally experienced by other versions of myself – profound sexual trauma, execution by fire and bullet, powerlessness in the face of male domination, betrayal and abandonment by those who should have protected me, and so on. A lot of the abuse, including in this lifetime, came from religious distortion and control; some of it from ignorance and power imbalances. ALL of it hurt, and the scars run deep. But this is the lifetime to turn them into wisdom.



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Because of my own memories and wounds, I've had deep sensitivities to how women are portrayed. Many years ago, for instance, there was a billboard that I saw every day showing a woman's face with her mouth open in a clearly seductive way. It vexed me greatly. As I said to someone, "It's as if women are just pin cushions, objects for men to poke." Over the years I also felt revulsion at women who displayed any degree of voluptuousness or sensuality. Even though I mentally rejected the sense of shame in which I was raised, I had deeply internalized it.

It was only a few years ago that I realized my issues with sensuality and beauty had nothing to do with other people. It wasn't about how women presented themselves, or even the attitudes of men and memories of things they had done. Rather, it was about the imbalance of my own inner masculine and feminine selves. More than 10 years after first attending the *Sexual Energies School* (SES), then teaching and going through it many more times, a whole new depth of its potential for healing was finally becoming clear to me.

You see, my inner feminine felt abused, shamed, and abandoned by my inner masculine, and had gone into hiding. My inner masculine, left with the responsibility of taking care of me, felt both annoyed by and impotently protective of her. And any outer reminder of her absence, such as a particularly beautiful woman, just annoyed him even more. I realized that until peace could be found between these inner parts of me, the judgments, resentments, and fears would continue to be projected on situations and people in my outer world. It was a bitter pill to swallow, but I knew it had to be sorted out if I wanted to live in harmony with myself. It wasn't about gorgeous women or even slutty billboards. It was that the societal problems of sexualizing and objectifying women could only be fixed inside myself.

Now, coming back to the topic at hand, I'm not saying that any and every image is appropriate to use. If my negative emotions are triggered by something, that's on me. But every image has qualities which may or may not fit with the production at hand. How do we decide if a photo is suitable or not? It's always a collective choice and each team member has our own criteria. But for me, particularly when it comes to potentially "sexy" images, it's important to feel what the image is "saying."

For example, let's say there's a beautiful woman who's showing a bit of skin. I don't think it's the amount of skin that matters, but what the image is portraying. Is she having an inner experience of sensual joy that we happen to see? Is she seductively trying to "sell" something? Is the shot staged to elicit a certain kind of response? In other words, *what is the energy doing?* Clearly, my own filters, conditioning, beliefs, and past experiences may cause me to perceive something different than you do. And society has a long history of reducing women to objects of men's stimulation and gratification, or temptation and downfall. So, where is the line between the delight of sensual beauty and the trouble of seductive manipulation?

If Shaumbra are to be the Standards for living as sensual angels on Earth, how do we let go of the old triggers and wounds, while keeping the wisdom they offer? Obviously, this is deeply personal for each of us. For me, it's about looking *within* every time I'm triggered. It's about asking, "What am I really feeling here?" and then trusting wherever the answer takes me. It's a lot easier to turn away from the trigger or ask someone else to remove it, and much more challenging to follow it deeper until the wound is exposed. And then what? Do we blame the men, the religions, the virus, the whatever? Adamus asks at the beginning of SES, "Who's to blame?" In the end, it's not about blame but about receiving forgiveness, because that's where the real solution is found.



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In other words, it's not about "fixing" a problem and "getting over" an issue. Nor is it about blaming a traumatic event or endemic societal issue, from now or long past. And it's certainly not about forgiving the perpetrators, because if it's all my energy, then who really wounded me? True healing comes from *receiving forgiveness* from my Self to my human for being in all those hurtful situations in the first place.

When I am forgiven for choosing a lifetime of limiting and shaming beliefs, I no longer need to blame my parents, pastors, or past lives. They, after all, were just acting out their own wounds.

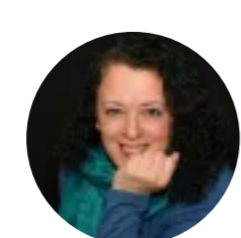
When I am forgiven for being in a situation where someone wounded me sexually, the heaviness of that scar begins to lift.

When I am forgiven for bumping through life harming others and perpetuating abuses myself, the shame and pain of the past become healed, and a future of sensuality and joy becomes possible.

When I am forgiven, it all comes back to neutral.

These wounds run deep, and I will never minimize someone else's pain. We cannot compare our journeys, only reflect to each other the way to get home. I will continue to enjoy images that celebrate beauty, openness, and sensuality, while also being aware that others may see them differently. And I will continue to remember that when wounds of pain, shame or fear are triggered, it is a gift to be received, for it points the way toward freedom... whenever I'm ready to go there.

AUTHOR



JEAN TINDER

As Crimson Circle's Content Manager, Jean is fulfilling her life-long dream to shine her light in the world. On a spiritual journey since childhood, she found Crimson Circle in 2002, joined the staff in 2008 and never looked back. Her first book is called *"Stories from My Last Lifetime"*.

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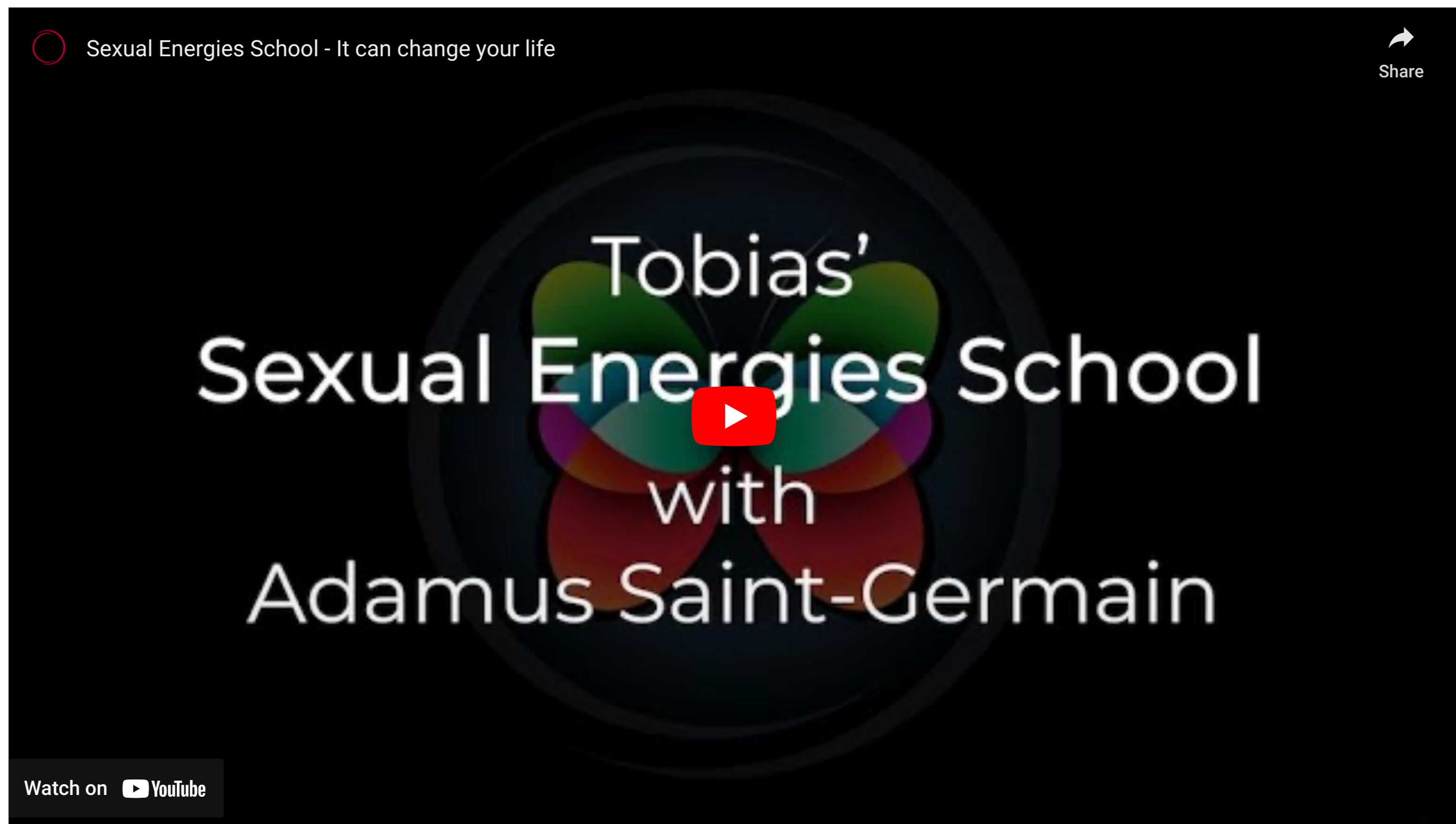
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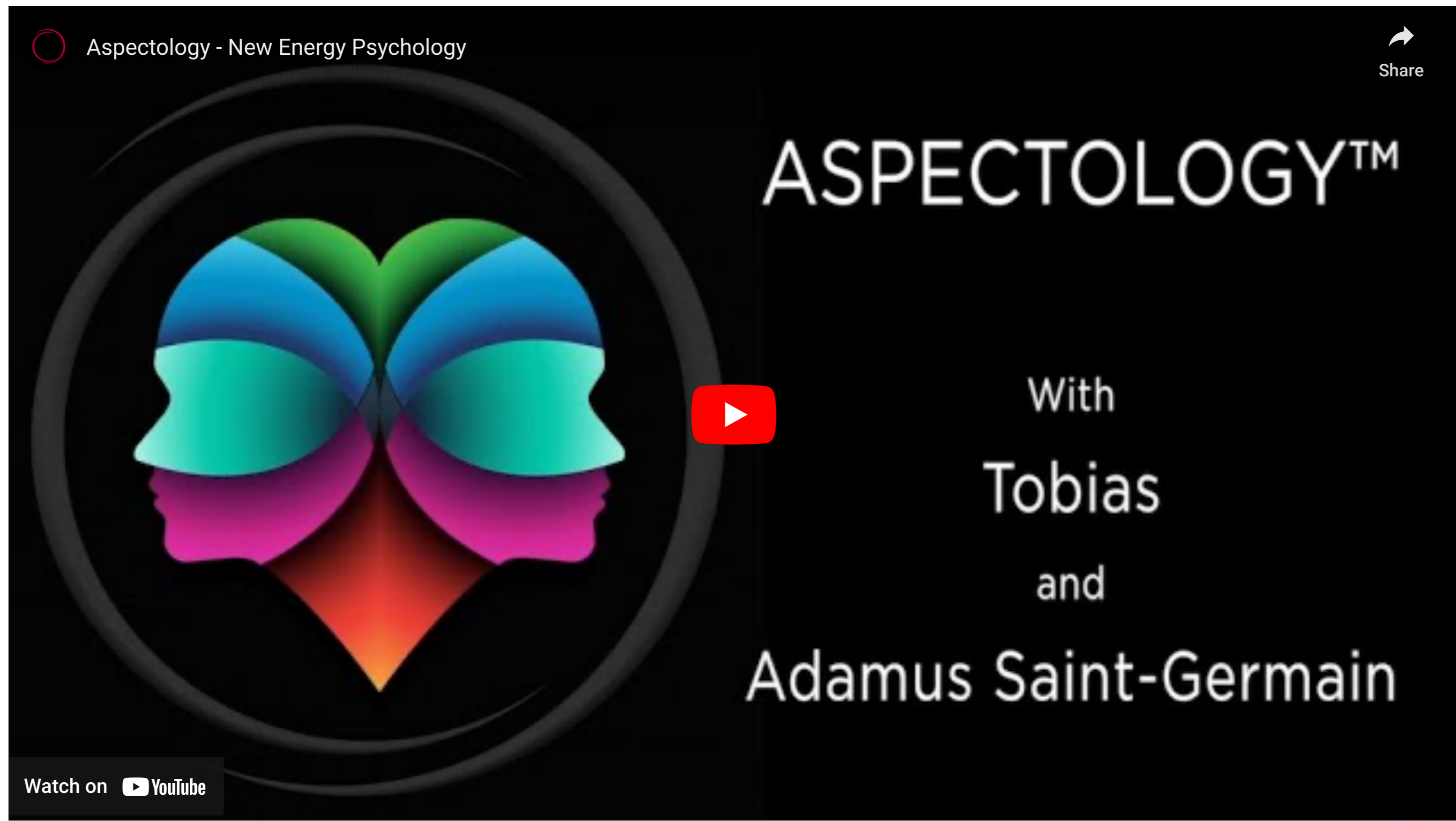
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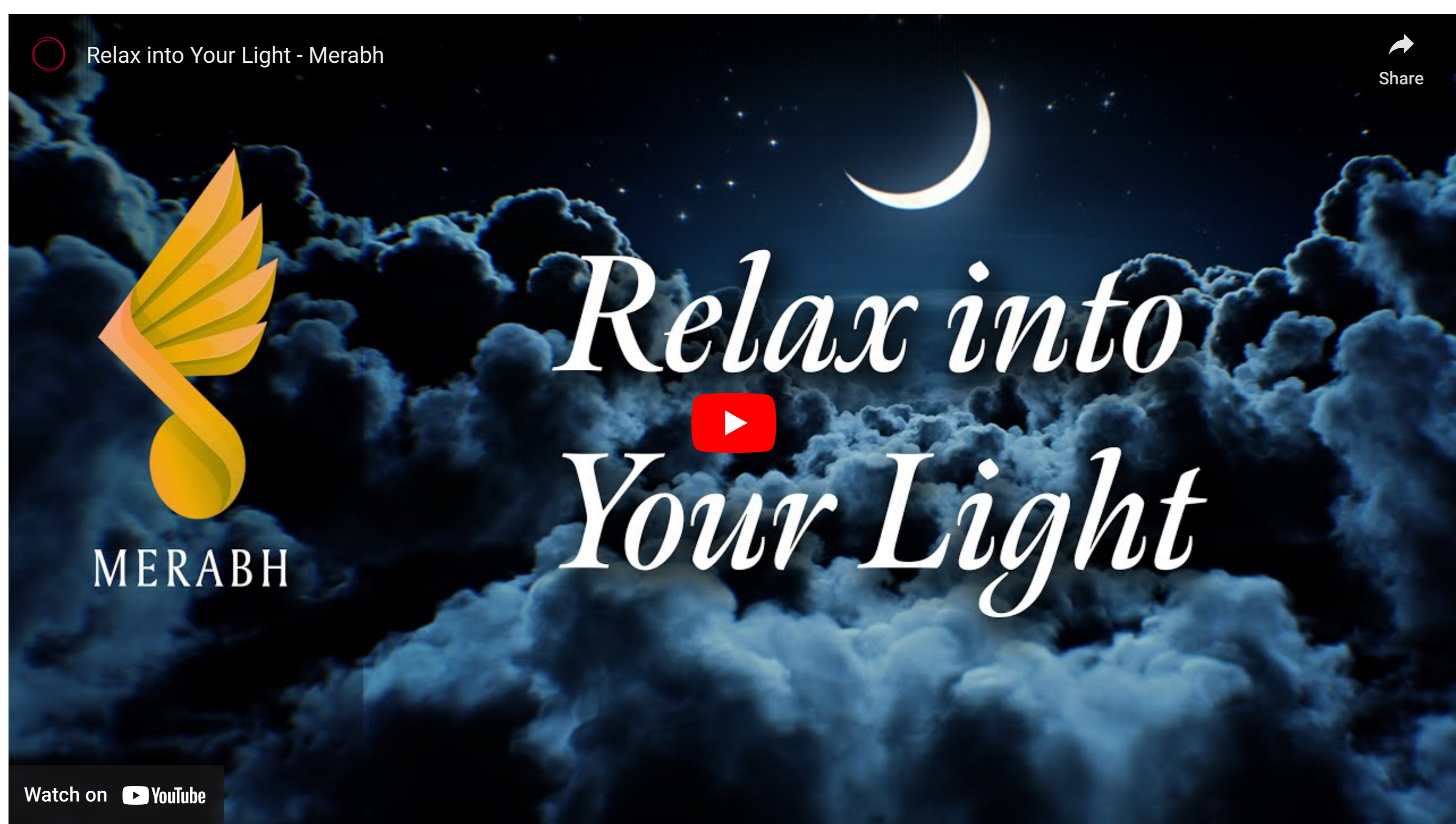
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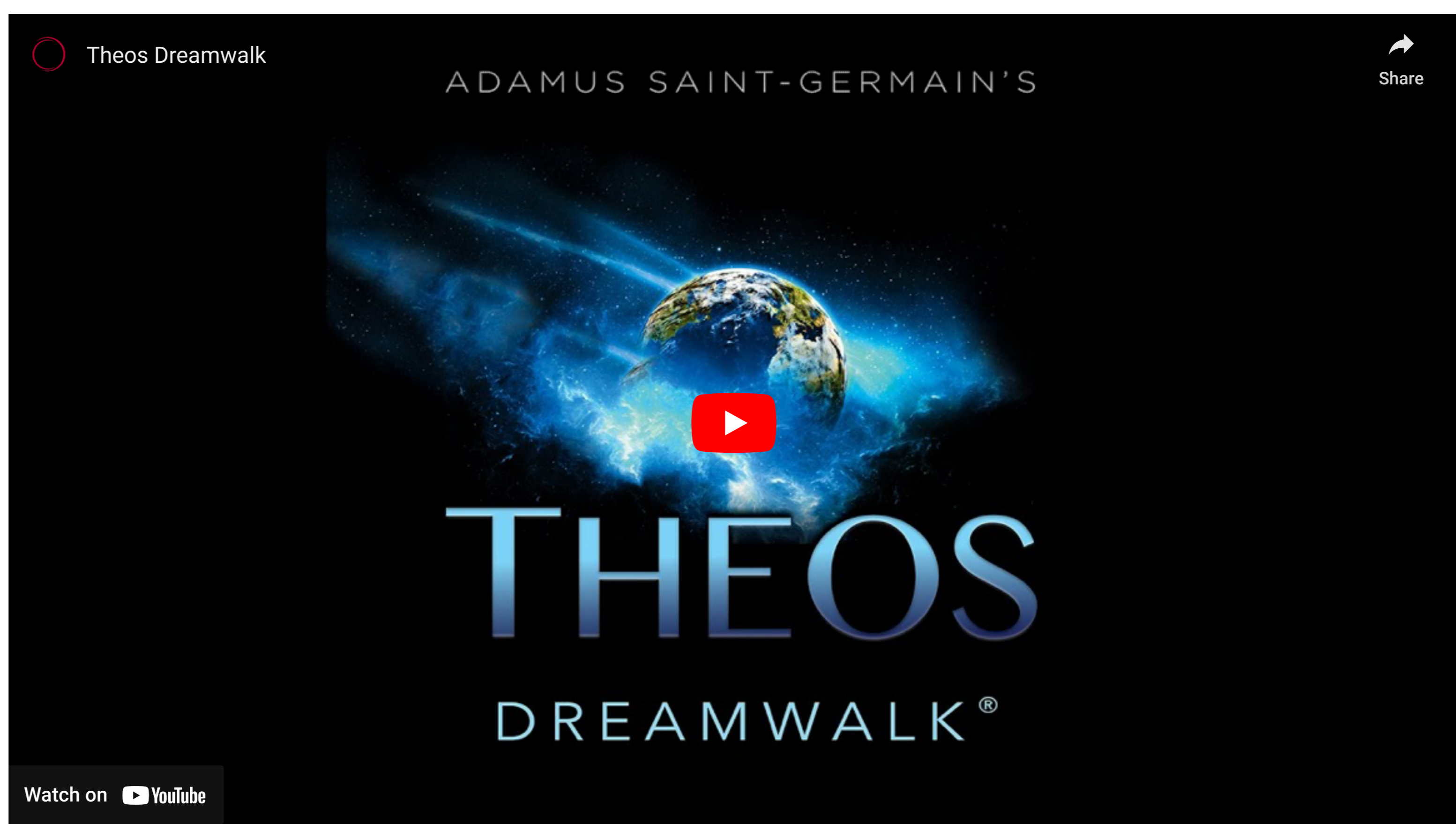
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— Adamus Saint-Germain