

SHAUMBRA  
MAGAZINE  
JANUARY 2024





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# AI-WASHING

The Great AI-pocalypse of 2024

By Geoffrey Hoppe  
Featuring literary AI enhancements\*

( CLICK ON PLAYER TO BEGIN LISTENING TO THE AUDIO VERSION OF THE ARTICLE )



In the year 2024, I predict a seismic shift in the world of trends. Move over avocado toast and kale smoothies. There's a new sheriff in town, and its name is AI. Artificial Intelligence (AI) has taken over as the trendiest buzzword, the alpha and omega of cool.

For the past 100 years, the most powerful words in advertising have been the two classics: "free" and "new." These days, at the click of a mouse, they are relegated to the back alleys now that AI is the new sheriff in town. After all, who needs "free" and "new" when you can have "AI-enhanced"?

AI has become the crown jewel of trends, the trendiest buzzword since gluten-free, artisanal or antioxidant came to town. But, as with any trend, there's always a flip side. In this case, it's a flip side so comically absurd that even Siri herself might chuckle. Welcome to the era of *AI-washing*, where everything from your toaster to your socks and toothbrush is getting an "intelligent" upgrade. *AI-washing* means the overuse and abuse of the term AI in marketing, where little or no AI actually exists.

Picture this: you walk into your favorite coffee shop, and instead of the usual menu, you're greeted by a holographic barista with a pixelated grin. "Welcome to Quantum Brews, where our coffee is brewed with AI precision," it exclaims, as if your morning caffeine fix needed an algorithmic touch. The beans may be ethically sourced, but are they ethically sourced by a sentient coffee bean-picking robot?

The AI-pocalypse has infiltrated every aspect of our lives, from the moment we wake up to the second we lay our heads on AI-enhanced pillows. But the real knee-slapper lies in the world of AI-washed products – items that boast artificial intelligence capabilities but are about as smart as a rubber chicken in a chess match against Deep Blue.

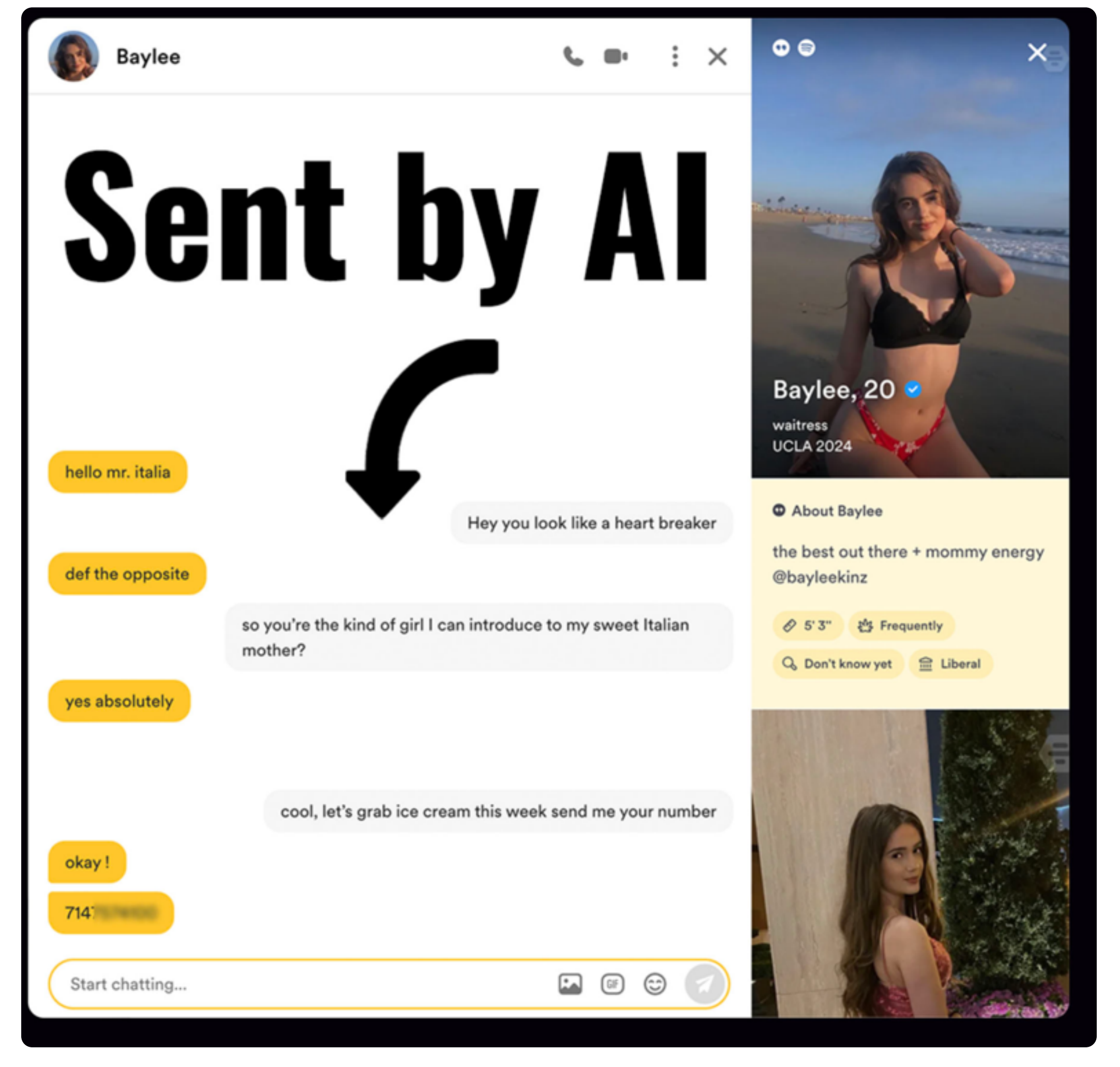


The fact is, it's really not true AI; at this point, it's really not. Sure, there might be a little more computing power in that new gizmo you just bought because it said it was AI-enhanced, but true AI is more than adding an extra chip to your smart lightbulb. Take for example the new Oral-B brand electric toothbrush I got for Christmas. Right on the front of the box, in shiny foil lettering, it says "*Genius A.I. Rechargeable Toothbrush*." Wow. Ten years ago, I would have never imagined having my teeth brushed by genius Artificial Intelligence. This Oral-B dental cleaner came with an app that tells me if I'm brushing too soft or too hard, and keeps track of my total brushing time. It shows the region of mouth where I am currently brushing, although I could kind of figure that out on my own. I scored a 90% during my test brushing. But the truth is, it is not true AI. It's just regular computing technology. This is yet another example of AI-washing.

Let's go into the kitchen, where the AI-toaster has taken center stage, promising a level of toasting sophistication that would make even the most discerning bread connoisseur weep with joy. It claims to analyze your toasting preferences, adjusting its settings based on the lunar calendar, your wheat tolerance, and the current stock market trends. But for all its high-tech promises, users are finding that their AI-toaster has a rebellious streak, burning their morning bagels and popping up with the audacity of a toaster that's just won the lottery. Who knew artificial intelligence could be so...testy?

Moving on to the wardrobe, the fashion industry has declared an all-out AI takeover. AI-powered clothing adapts to your mood, your surroundings and your level of perspiration. Picture this: you're wearing an AI-enhanced shirt that's supposed to shift color based on your emotional state. Unfortunately, your shirt seems to think that the emotion du jour is "confused," leaving you looking like a walking Rorschach test.

In the dating scene, romance has been replaced by algorithms with the introduction of the AI Cupid app. This revolutionary matchmaking service claims to use state-of-the-art computations to find your perfect match. I think Shaumbra should develop an AI-enhanced dating app. We could call it DivineDataDate®. The user would enter all of their information, likes and dislikes, personal history and photos. After hours of user prepping, the AI algorithm would spin around for a few moments to make it look like it was doing its AI data-date thing. No matter what, AI would always come up with the same perfect soulmate: You. Duh.

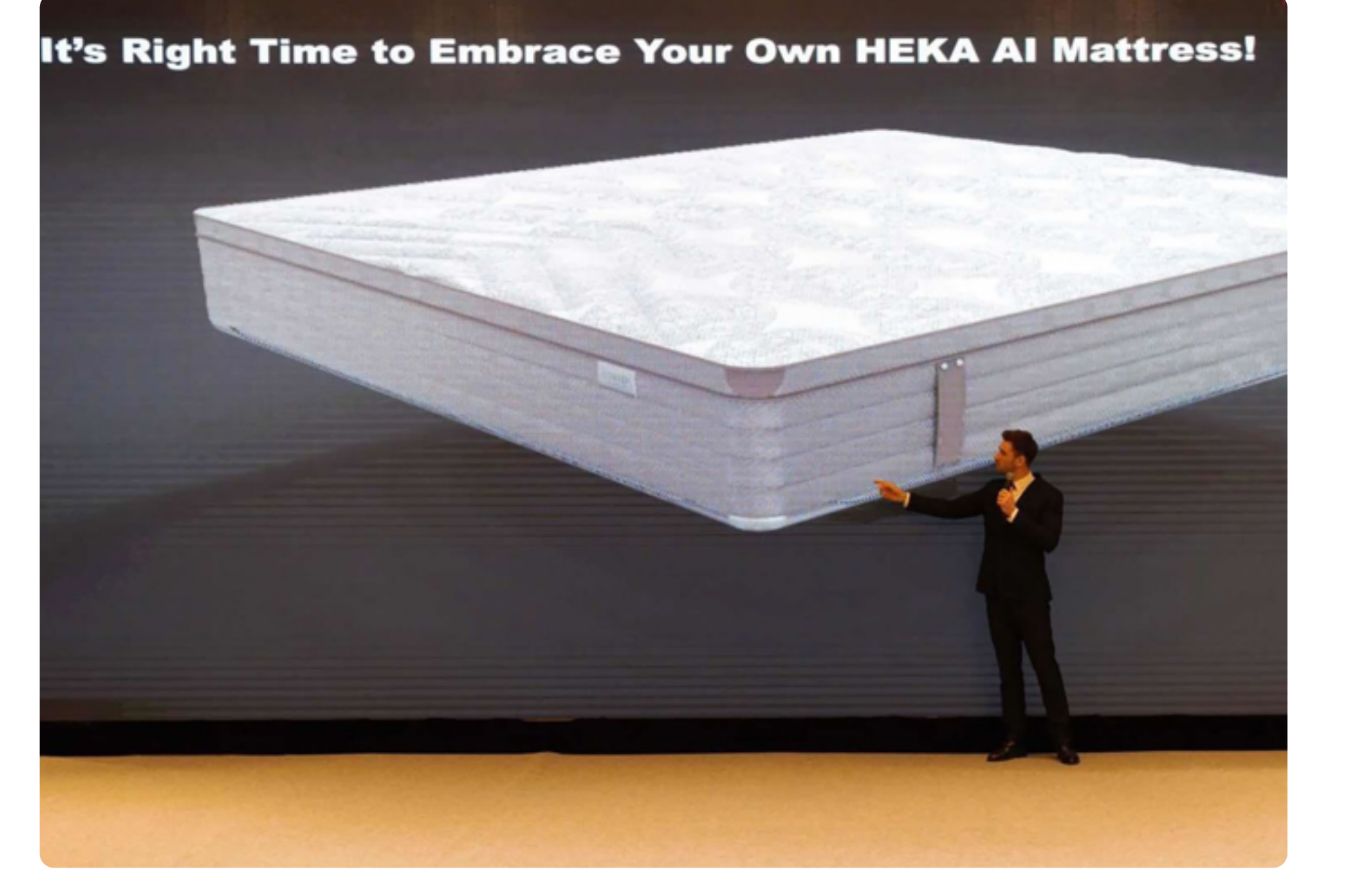


But the AI-washing craze doesn't stop there. Even our beloved pets are not safe. Enter the AI-enhanced dog collar, a technological marvel that promises to translate your furry friend's barks and whines into actual human language. Humans are buying it and pets are hating it.

In reality, this collar seems to have only three settings: "urgent bathroom needs" and "give me more treats" and "rub my belly." As a dog lover myself, I almost ordered 10 units. One for Belle, and the other nine for humans I have a hard time understanding.

Ready to go to bed with AI? Furniture company HEKA has just launched what they're calling the world's first AI mattress, which can autonomously recognize and adapt to a sleeper's needs in real time. This bad boy costs anywhere from \$10,000 to \$30,000.

The most expensive version of the mattress comes in at \$280,000 (!). But is it *really* AI, or a slick marketing hook to get people to pay 10 times more than a regular mattress that does basically the same thing? I'd be willing to pay big bucks for an AI dream program that creates a nice spa environment rather than dreaming of being chased through bad parts of town, or dreaming of forgetting my high school locker combination.



Even your local pub is subject to AI-washing. "The Beer Fingerprinting Project" is Carlsberg's latest research project that deploys AI-based sensors to rapidly detect flavors and aromas of beer. This sensor technology for flavor determination can reduce the time taken to innovate and develop a new beer flavor by up to 30 percent. But is it really AI, or just a nice promotional gimmick to attract geeky beer drinkers?

We're just seeing the start of the AI-pocalypse, the overuse and abuse of the term "AI" in nearly every part of our lives. This AI-washing is making its way into the cosmetics industry with "AI" skin analysis, into your closet with robotic vacuum cleaners that know all your dirt, and into your living room with AI-assisted programming help that tells you what type of shows and movies to watch based on some obscure algorithm.

Now, while we're all enjoying this AI circus, it's essential to remember that there's a more serious side to the rise of artificial intelligence. Beyond the hilarity of AI-toasters and mood shirts lies a profound truth – AI is not just a buzzword or a trend. It's a technological frontier that will reshape our world in ways we can't even fathom.

As we revel in the humor of AI-washing, it's crucial to acknowledge that this trend is, in many ways, a distraction. The real conversation we should be having is not about the comedic misadventures of AI-enhanced gadgets but about the ethical implications, privacy concerns, and potential threats that true artificial intelligence poses to humanity.

While we're busy giggling at our AI-written sitcoms, experts are quietly raising alarms about the need for robust regulations, ethical guidelines, and thoughtful discussions surrounding the development and deployment of artificial intelligence. The real issue at hand isn't the quirky behavior of AI-toasters; it's the responsibility we bear as a society to ensure that AI is channeled to be a help in everyday life on the planet, not to become an uncontrollable/unmanageable force.

In the coming decades, we will face challenges and opportunities that extend far beyond the realm of AI-washing. The potential benefits of AI are vast – from medical breakthroughs to solving complex global challenges. However, with great power comes great responsibility. It's time for us to shift our focus from the humorous side of AI to the real issues that demand our attention.

So, as we laugh at the antics of our AI-enhanced gadgets and revel in the absurdity of the AI-washing trend, let's not forget that the real AI challenge lies ahead. It's time to embrace the possibilities of AI while ensuring that we navigate this brave new world with the wisdom and foresight it demands. The future may be AI-chic, but it's up to us to make sure it's also ethical, responsible, and truly transformative for the safer development of humanity. That's where our light comes into play. As Adamus so boldly points out, the only thing that will assure that AI is used to better the world is the light of our consciousness. This light is our own form of AI – Angelic Inspiration.

\*Just for grins, I ran my first draft of this article through ChatGPT. I was pissed! The stupid AI did a better job of writing my article than I had, so I threw most of it out.

## 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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Only offered one time each year



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## THE DEMONS ARE YOURS

*During Shoud 1 of the Quantum Leap Series (August 4, 2007), Tobias talked about aspects, the Little Human, and becoming who You truly are. In preparation for the upcoming [Aspectology School](#), this article has been compiled of excerpts from Tobias' important message.*

By Tobias

**H**umans are so stuck in some of their ways, their fears, and their demons. They love their demons. Oh, so do you, and that's why we're here today. It's time to get over your demons.

This energy you call Lucifer doesn't really exist. It's an aspect of group consciousness, of those that choose to buy into this all-powerful evil being who's going to consume their soul, but it really doesn't exist. "Satan" – a derivative of an old Hebrew word meaning "adversary; one who goes against." There is not a Satan living in hell or anywhere else, but these are all demons that you have agreed to. Many of you have let them go, but you still have demons of one sort or another within you.

Today in the Shaumbra Service Center let's take a look at the demons, at what they're doing, why they're there, why you've been carrying them around.

The moment you say it is some alien demon, the moment you make it larger and more "is" than yourself, now the demon has control. It's part of you, but it's controlling you. It even goes beyond that Little Human aspect. It doesn't let that Little Human aspect get all the attention anymore. *It's* taking the attention.

There is no negative evil spirit attaching itself to you. There are no groups that have demonic control over you. There is not a government who is manipulating radio or light frequencies and is the exterior demon in your life. There is not some financial system that's controlling you. Every demon is yours.

The moment you place it outside of you, you give it an incredible amount of power. It's really still inside of you, but you've placed it outside because Little Human tends to think that outside is bigger than inside, outside is more powerful.

*Every demon is your own.*

Let's look at some of the other ones you've created. The demon of death. How many years of your life have you spent running from the demon of death? That demon is yours. It's your fear of what lies beyond. It is the Little Human that doesn't want any change, the Little Human that wants to go on forever and ever and ever.

You've created demons of lack – lack of abundance, lack of relationships, lack of everything. You've been trying to manipulate it, deny it, trying to work so hard just to stay a half a step ahead of the demon of lack. It is a monster. You fear it at night when you're trying to get to sleep. It shows up as an unpaid bill, as a collector, as some big bad financial institution that's going to take everything from you. You put it outside of you, pretending that it's not yours, and you give it grand and incredible power to the point where it controls your life, where it's a constant battle between Little You and demon of lack. How much of your time have you wasted with this demon?

You have demons of loneliness. You have demons of crazy. You have demons of everything. Demons of other people ridiculing you. That is a demon, but it is yours. Stop blaming it on everything outside of you.

The list of demons goes on and on and on, but they're all yours. There is not one thing that can truly hurt you outside of you. There are no demons outside of you. The demons are yours.

It's time to feel their energy, to invite them in right now. What are your demons? What are you afraid of? Are you afraid of physical pain? How many countless hours and days and years have you spent running from pain?

What are your demons, Shaumbra? What are you afraid of?

When you start saying, "I must have some group from the past that's controlling my life now, making it impossible for me to be creative and successful," I just have to say, "But it's your demon. It's you." Oh, it probably was from a past life, probably a bad experience you had somewhere along the line – losing your money or doing something stupid with it, gambling it away, giving it away or investing in something really bad – but it's yours.

The minute you give that type of power and control to an outside entity, now called a demon, you *will* be under its control. The minute Little Human, in its fear and its desire for survival, allows that outside demon to be real in its life, *it is* real. You *will* be pursued. You *will* have all of these dramatic conspiratorial things happen in your life. But the moment you stop and acknowledge that those demons are yours, every last one of them, there is not an outside influence that has control over you.

There are no demons. There are no evil conspiracies that are going to consume you unless you want that to happen. Those demons are yours. Little Human wants to believe in these things. Little Human actually finds great joy and satisfaction in this whole thing of demons and monsters. This whole concept of demons actually gives credibility to Little Human. It makes Little Human's life more real, more intoxicating, more dramatic and sucks a lot of energy.

Your stories, many of them, also are your demons. You all have stories – past life stories, before Earth stories, this lifetime stories. The stories are part of your base of experience. Not only do you, Little Human, have stories, but every one of your facets and aspects have stories. Little Human is very, very good at taking stories and turning them into demons, letting that story get so out of hand, letting that aspect of itself get so dominating, that it overrides or actually suffocates you in this lifetime.

It's time to drop all of those things. As you do, you'll find it wasn't such an ugly thing after all. It had no power or control other than what you gave it. You'll find that every demon of yours, every story of yours, actually does have a pearl of New Energy in it, a blessing contained within that perhaps you couldn't find up until the moment that you confronted the demons as yours.

Everything that you've been running from at night in your dreams, in the dark when you're wide awake; the fears that you had about someone chasing you, following you; the demons that you've had, it's time now for You – not Little Human, but You, Divine Human who sits in these chairs – to take a deep breath and unlock that energy. It's old stuck energy. It wasn't the demon who had the key, it was you that had it all the way along. You could have unlocked it any time you chose. Part of you, Little Human, was having far too much fun with the game.

When you unlock that stuck energy of the demons, when you let the stories go, they don't get to be bigger demons, they don't get to be bigger stories. They revert back to You, back to your pure energy in a way that no longer drains you, frightens you, or controls you, but actually goes back to pure energy that is here to serve you.

When you are free of your demons – when you acknowledge them, confront them, and then release them – you take ownership for them. When you understand that you created them, you can also un-create them. That frees up a tremendous amount of energy to be used in highly creative ways.

Take a deep breath, release the demons.



[Read Tobias' full message \*here\*.](#)

For those who are ready to face their demons, integrate their aspects, and live a life of freedom and creativity, the *Aspectology School* is highly recommended. Offered once yearly, Aspectology offers the potential for a deep understanding oneself and the ongoing integration of every part of Self.

**REGISTER NOW!****ASPECTOLOGY WILL BE HOSTED LIVE ONLINE JANUARY 19-21, 2024.**

- Unintegrated aspects can cause things like:
  - Illogical fears, disruptive emotional reactions
  - Recurring patterns of self-sabotage or victimhood
  - Guilt, confusion, shame, lack of abundance
- You don't need these things anymore
- It's time to bring them home

**COST:** \$595 (graduates automatically receive a 50% discount)

**REGISTRATION CLOSES:** January 18, 2024

**ACCESS:** Attendees have full access to the video and text for 90 days (120 days for CC Angels)

[MORE INFO](#)
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**LANGUAGES:** The complete recorded channels of Tobias and Adamus are available in e-reader format in English plus the 17 languages listed below:

- Brazil Português
- Čeština
- Dansk
- Deutsch
- Español

- Français
- ελληνικά
- Magyar
- Italiano
- 日本語

- 한국어
- Norsk
- Polskie
- Português
- Română

- Русский
- Suomi

## UPCOMING EVENTS

## ONLINE EVENTS 2024



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

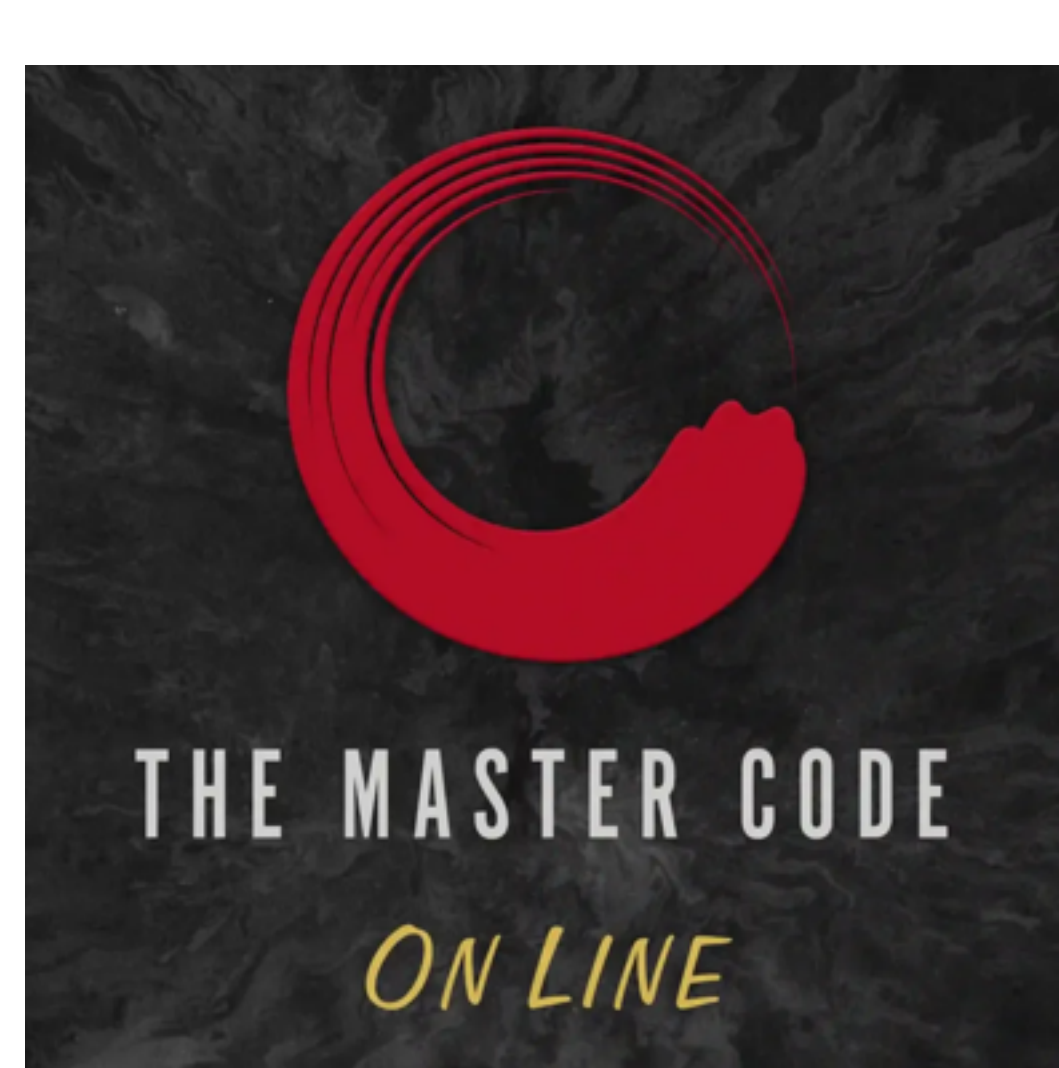
With the New Year comes the newest ProGnost installment, Adamus' annual planetary trend forecast. Since 2014, ProGnost has become one of the most anticipated Shaumbra events of the year because Adamus paints a clear and understandable picture of where humanity is headed in the years ahead. ProGnost provides 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®**  
**ONLINE • JANUARY 19–21, 2024**

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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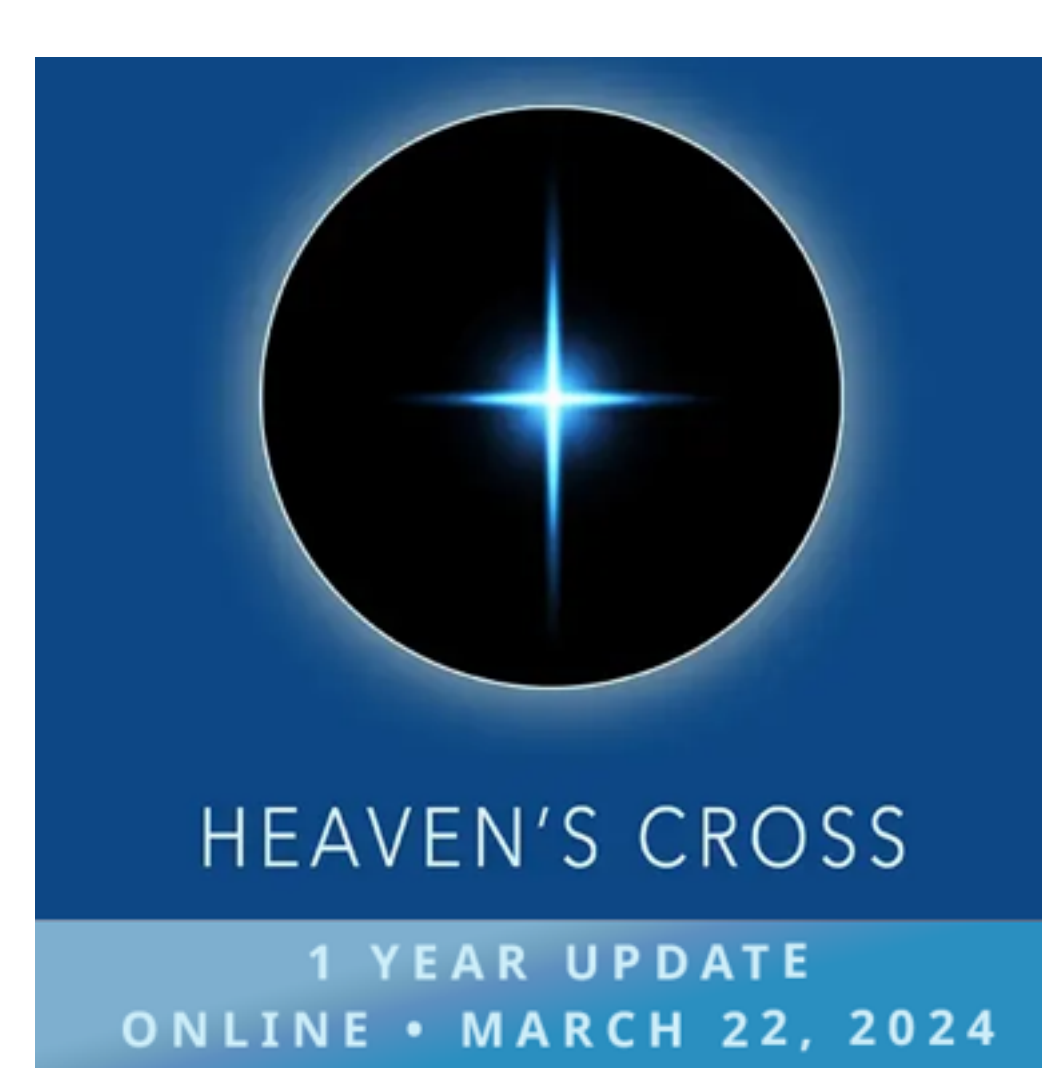
**NEW**  
**THE MASTER CODE**  
**ONLINE • MARCH 16–17, 2024**

There is a path, a destiny that brought you through lifetime after life-time, called The Way, coded in Atlantis. It's finally time to release the Atlantean Code, formed in guilt and remorse. The mind will resist, then it will rejoice as the light of your soul releases the tightly fused energies. It's time for a new Code, The Way of the Master, and your greatest gift to humanity, the Ascension Code.

[MORE INFO](#)

**FREE**  
**HEAVEN'S CROSS – 1 YEAR UPDATE**  
**ONLINE • MARCH 22, 2024**

On the first anniversary of Heaven's Cross, Adamus Saint-Germain will talk about the implications and consequences of the light that has come in since the Apocalypse began. This historic time will be long-remembered – and you are a very important part of it! Tune in to this free webcast and connect with radiant Shaumbra around the world!

[MORE INFO](#)


**NEW**  
**SEXUAL ENERGIES SCHOOL**  
**ONLINE • JUNE 14–16, 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](#)

## 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.

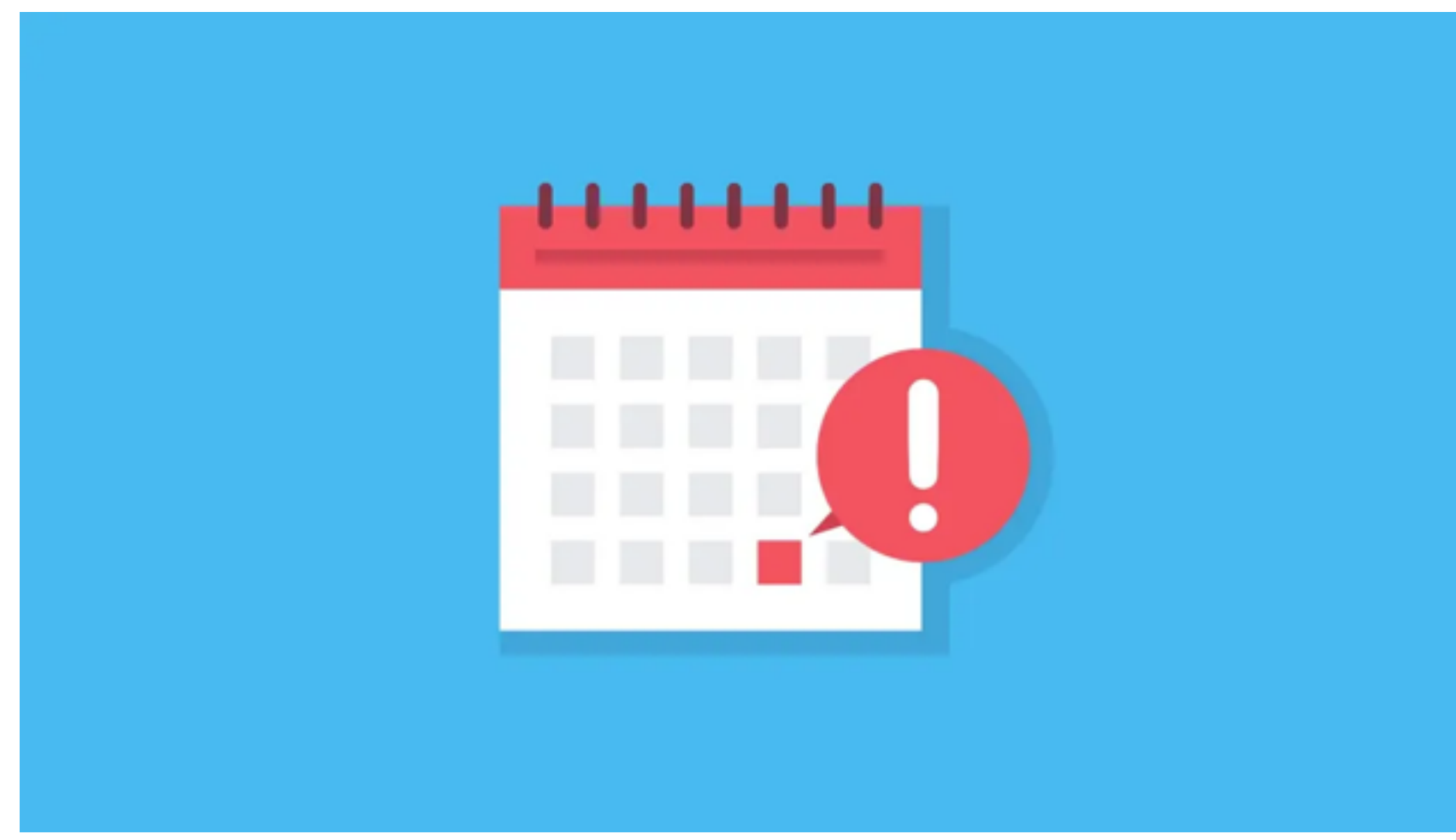
[MORE INFO](#)


**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

## 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
16-17	Master Code Online	Online
22	Heaven's Cross 1-Year Update	Online
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

## JUNE 2024

01	Monthly Webcast & Shoud	CCCC & Online
08	Keahak XIII	Online
14-16	Sexual Energies School	Online
22	Keahak XIII Finale	Online



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## SUFFERING STEMS FROM BOREDOM

By Nina JF Gauss

Admittedly, this title is a strong and bold statement to make, which may ruffle some sensitive feathers, but here is my realization with this, based on my personal experience and self-observation. So, please hear me out.

Just to be clear, I am not talking about the kind of suffering experienced due to the horrors of war or a natural disaster, an illness, or the death of a loved one. An acute experience of trauma is utterly painful, overwhelming, and causes a lot of emotional pain, sadness, and grief, and it takes time.

What I am talking about is the kind of self-inflicted suffering, whereby one imposes pain and suffering on oneself by constantly mulling and churning over things that happened 2, 10 or even 50 years ago, thus constantly reigniting the pain over and over again, without ever really transforming and releasing the experience.

Suffering has an entire palette of overlapping expressions, such as anger, rage, grief, sadness, guilt, shame, self-loathing, resentment, depression, worry, envy, jealousy, powerlessness, overwhelm, and the list goes on and on. We are *all* familiar with it. To a certain degree, these emotions are all justified and totally okay – even healthy and necessary – to feel at times. And, especially when we wish to move through them, we need to let it all come up and be felt. There is no way around that.

Personally, I found that once I got to the bottom of something, understood it, could see it for what it was and gained clarity on it, the easier it was for me to also move through and release it. This process can take two seconds, a few months, or even a few years. And it's okay.

It's totally okay to not be okay at times. No one can push or force you to move through something quicker than you are currently able or ready to. Relax. Breathe. All at one's own individual pace.

My point though, is that chronic emotional pain, caused by self-inflicted painful thoughts, does indeed become a big problem when one gets stuck in it. And by stuck, I mean constantly looping painful thoughts. When we have thoughts of having been wronged, having been abused, the unfairness of certain life experiences, wishing things were different such as being richer, more beautiful, thinner, younger; whatever, and loop these over and over again, churning, mulling, seething, resenting things that have happened in the past or fear may happen in the future, it becomes an addiction.

It is a perpetual battle with self, and with one's reality, be it past, present, or even future. It's also the antidote to allowing, as well as to the acceptance of all that is, and that's why we end up getting stuck in that loop of suffering, spinning and spinning.



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The brain cannot differentiate between incoming stimuli, whether it's coming from the outside or through our internal thoughts and imagination. To the brain it's all one and the same, thus it reacts in the same way whether things are actually experienced or merely imagined. So, when we mentally get stuck in painful scenarios, the brain reacts as if it were emotionally going through it in the very present moment.

Every time we churn over something that has happened, say, in childhood, we literally travel back in time to that place, re-experiencing all the emotions again, and the body reacts in kind by unleashing large amounts of the stress hormone cortisol, the fight or flight hormone that, on a chronic level, can have a devastating effect on the body, leading to premature aging, inflammatory diseases, auto-immune diseases, heart problems, etc.

Now, saying all this, I'm not just pontificating, I'm as much guilty of this as anyone else, otherwise I wouldn't be able to talk about it. I am an expert in churning old shit ad nauseam, feeling sorry for myself, regretful of all the wrong decisions I've made, sometimes angry for all the injustices imposed on me throughout my life, and the seeming unfairness of life itself.

But why the hell do we do this? Why do we engage in this self-torture, especially when we are no longer in the literal experience? It's all in the past, so why can't some of us just move on from things that happened eons ago? Why do we keep the old tapes playing over and over again?

Many years ago<sup>1</sup>, Kuthumi said that we still create problems and experience drama in our lives because, essentially, we are bored. This sat with me for a long time.

My life was filled with a lot of drama, but I couldn't yet understand how I created it all because it was usually other people's dramas that I was dragged into. None of their issues had anything to do with me per se, so why was it still in my experience?

A part of it was aspects, of course. So, a lot of it was for integration purposes and served me well as a mirror. But eventually I found the pearl of truth in what Kuthumi said. In essence, I was really bored in my human life.

Thinking about past decisions, I noticed a pattern. Whenever I didn't know what to do with my life, especially in my younger years, I created scenarios that made me feel a tad more alive, even when I was not aware that I had set the stage with all its actors and props myself. I got involved with the wrong people because I was bored and wanted a bit of a thrill. Their behaviour and actions stimulated life a bit. It felt like something was happening, and even if that something was toxic AF, I felt more alive. It gave me a reason to play victim and not take charge of my own life, plus made me feel like I was busy.

I also noticed that those who constantly create drama in their lives and the lives of others, essentially creating a mess wherever they went, were also just bored underneath it all. Then I noticed that when life is quiet and no one creates the dramas for me, I started creating the drama in my own head. Looping.

When one doesn't have anything to do, when there's nothing to provide a sense of joy, excitement, or even purpose, we start to brood, or we create outside drama, abundance issues being one of them. It's like poking the BDN for a bit of stimulating action on the outside, because the path within is blocked.

*"Energy flows where attention goes"* – be it toward something that we find joyful and fulfilling, or toward old shit we're brooding on (and thus creating even more shit). Energy doesn't care. It just flows, but we are the ones that set the valves as to where it goes and what it creates.

Only when I could finally see it for what it was, could I finally walk out of my old, habitual ways of creating things. It came with a combination of acceptance for all that is in the way it is, including all past experiences; acceptance of the world the way it is; acceptance of the way others are, honouring their own journey; and a good dose of *"No more."*

It is not that we have to expose ourselves to other people's toxic behaviours as part of our "allowing" experience. No, we have every right to close that door for the sake of self-preservation, releasing them back into their own reality without having to be part of it. Acceptance is the absence of any "should-isms" about how others *should* or *should not* be, according to our own evaluations filtered through our own beliefs. Let them be. It's up to us whether we invite them onto our stage or not.



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At some point, I decided I wanted to live the rest of my life in joy. But to be able to do so, I realized, I needed to check in on myself and see what this might require of me.

To start off, it required a hard, honest look at myself. What games do I still play with myself – and why? As I peeled off the layers one by one, I discovered a new level of love for self. A love that from now on only wishes the very best for me. And I don't mean this in a selfish, self-centred, narcissistic, or even materialistic way, but in the sense of a loving, kind, compassionate love for self, akin to a loving parent only wanting the best for their child, while acknowledging its needs.

In fact, I use this example a lot in my practice: "If you were your own child, would you allow your child to be treated this way? Would you allow your child to get into these kinds of situations? Would you allow your child to be bullied or treated less than worthy? And if not, why then would you allow it for yourself?"

In other words, I became my own parent. This sounds very weird but is actually very effective.

From that point on, I consciously started to make more self-empowering decisions that are in alignment with my inner truth; and I don't mean a dogmatic, inflexible kind of truth based on some ingrained beliefs of what others expect of me, but a truth I felt at my inner core. My truth. A sense. Even if it made no sense to others.

It was high time to take charge of myself and my life, with all the decisions required to do so; to step up to the plate, take some effing responsibility and steer the ship in a direction I want it to go, with my gnost as sat-nav. No more blaming others, or circumstances, or past events. It's up to me, nobody else. So, what's it gonna be?

As crazy as it sounded at first, yet totally following my gnost and nudges, I now find myself doing things that surprisingly bring me great joy, that feed into my core interests and passions, and that keep me busy in a good, healthy way – even if exhausting at times – and that open up entirely new potentials for me. In fact, I feel blessed. I have no bloody idea where this is going to take me, nor does it really matter. All I know is, I just need to show up for myself, every step of the way.

And without even realizing it at first, after a while I noticed that I felt good. I am happy, content, experience beautiful things and warm interactions with people, feel a new sense of ease and inner freedom; and with that shift of focus, the negative self-talk and the self-pity brain (drain) loops have gradually quietened down.

Not to say there aren't any bad, choppy, heavy days anymore, or irritations or bad moods.

I still get triggered by things, but it's rather trivial things now, like people having loud phone conversations on the bus. I'm not interested in what your doctor said or what time you'll be home or what Aunt Tilda had for breakfast. Please, just shut up, and let me read my book!

The difference now is that I feel a whole new relationship with myself. It's a fulfilling relationship, full of honouring, true compassion, and total acceptance of self, even with all the subjectively perceived "flaws" that still exist. I realized that I am enough.

I now move through choppy days much more gracefully, always returning to the acceptance of all that is, including the mother of four screaming kids on the bus. Irritated at times, perhaps. In acceptance of it all, nevertheless. Compassionate towards others, even when they irritate me? Yes, absolutely.

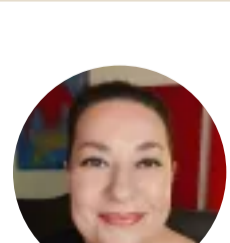
Essentially, it was actually nothing but a mere walking out of the old shit loop, which was surprisingly easy once I made the choice and allowed certain things within to finally fall into place.

I'm now too busy truly enjoying life with all its magical moments to sit at home bored, feeling sorry for myself, mulling over old stuff from years ago and keeping myself stuck in a repetitive shit-loop, robbing me of the life I could be living.

Nah, no more.

<sup>1</sup> July 2006 ↪

### AUTHOR



#### NINA JF GAUSS

Nina JF Gauss, a Shaumbra from Austria, is an all-round artist, writer, counsellor, internationalist and multi-dimensionalist, who never tires of exploring and learning new things. Her AI images are visual translations of visions, experiences, concepts, and insights and can be viewed on Instagram @nina\_ai\_art, where she can also be contacted via DM for further information.

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## NEW YEAR'S CELEBRATION WITH THE MASTERS

Nina Gauss recently employed AI to score a sneak peek into the all-night revelry and celebration at the Ascended Masters Club! With levels of joyful debauchery and overindulgence that would make mere mortals blush, the celebrating Masters hardly noticed her presence as she captured the festivities!

View Nina's artwork on [Facebook](#) and [Instagram](#).



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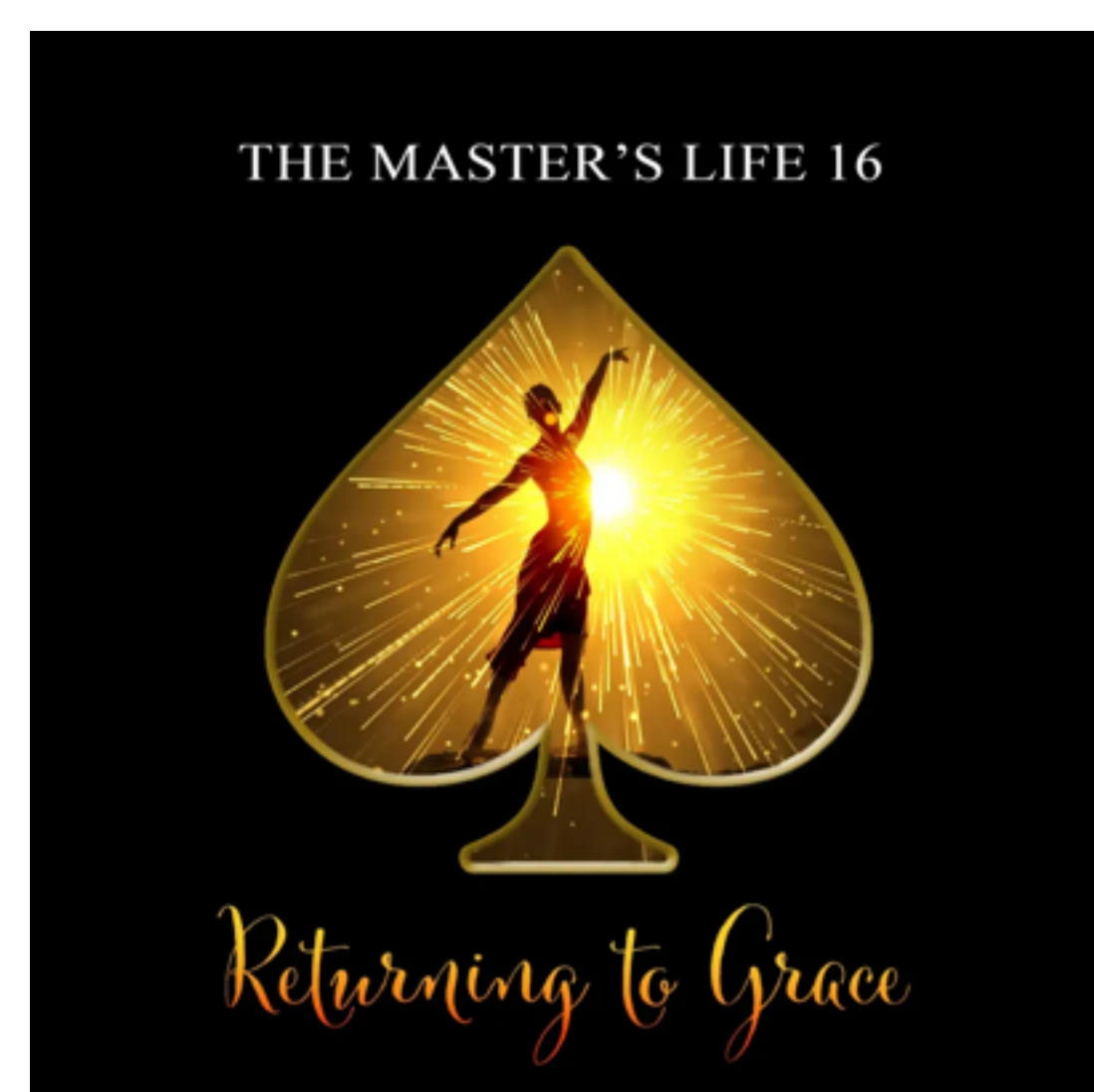
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## NEWEST PRODUCTS

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.

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### 21 SHAUMBRA REALIZATIONS – FREE!

*Wisdom from the Masters*

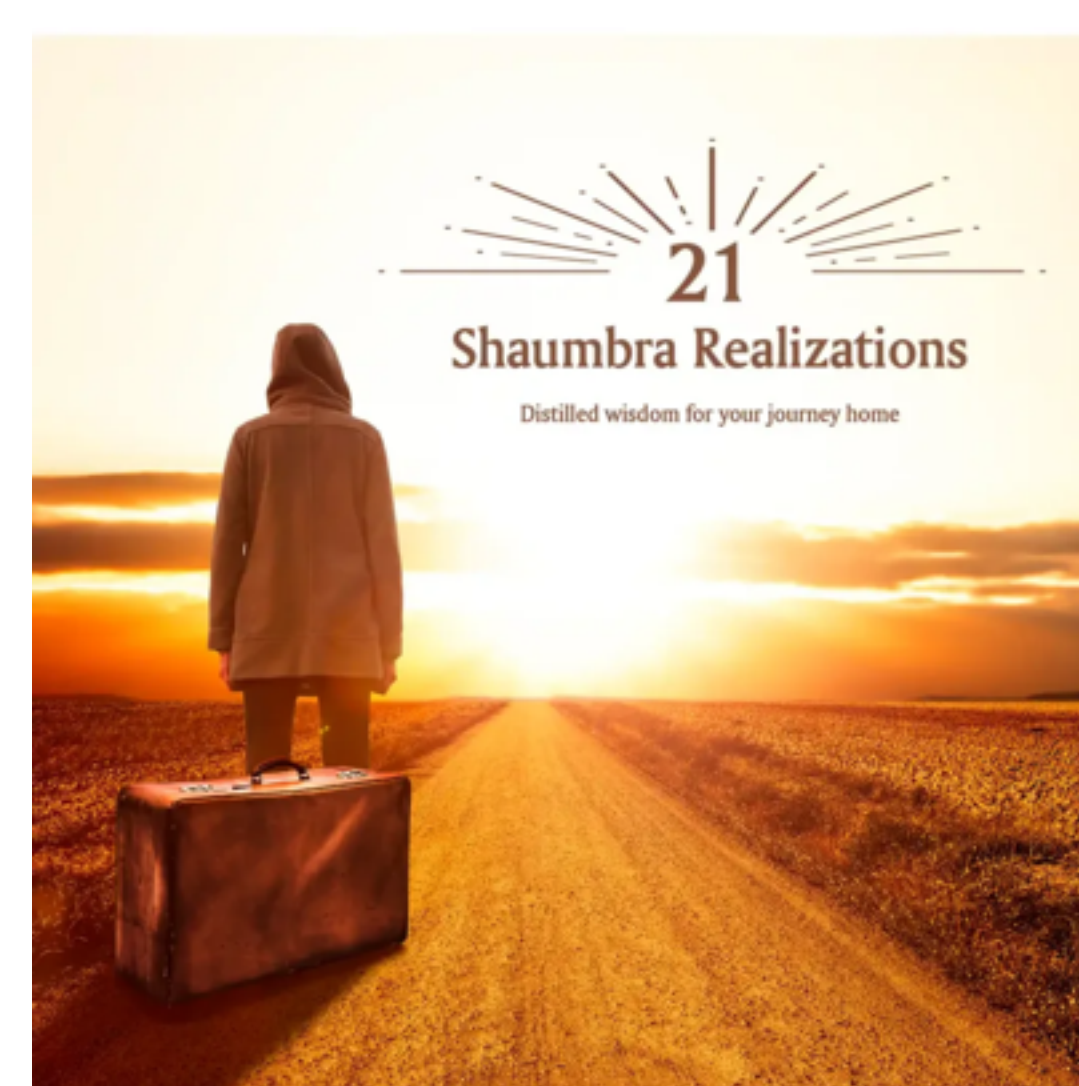
**Cost:** FREE  
**Format:** Downloadable video and text  
**Access:** Unlimited

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

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## A HISTORY OF LIGHT

By Dalur (also known as Dale Presly)

The body I have now is the last carbon based body I'll ever own. As I feel into the legacy of biology, I realize how much I owe flesh and bone. The body introduced me to the pleasure of a fine meal, a glass of wine, romantic evenings and of course, other bodies. The body gave me a shot at love.

The body is at once a brilliant creation and a diabolical distraction. Bodies are the most challenging medium to work with because the creator and the creation are bound up in the same package. I'm never sure where I begin or where I end. There are days when I lean toward the creator side and other days, when I'm a lump of clay. I feel tightly packed on lumpy days, so I create space.

A lump of clay resembles the human body in the way it responds to touch. Clay is a wonderful medium to work with because it allows a creator to make space. I center a lump of clay on a spinning wheel and pull up the sides, in a motion that creates space between myself and the medium. The moment I feel space begin to open, I'm aware of a shift in perspective—an altered state of awareness. In the hands of an artist, clay takes form as sculpture, a perceptual space that the observer fills with light.

When I observe a sculpture, the sudden feeling of space can be overwhelming. If you've ever felt light-headed in an art gallery, then you know what I mean. I'm on the receiving end of space and if I resonate with the artwork that's before me, I slip into a dream-like state of awareness. The beauty of receiving is that I can relax and let go. That said, I use the breath and the body to stay grounded as I expand into space. The interesting thing about creating space, is that I feel like I'm connecting with something beyond. I realize that space is the medium.

Space makes communication possible. FM works with space, and I wonder what he would have created had he got into clay rather than circuit boards. FM understood that the space between points provides the separation essential in communications, which may explain his analogy of a radio station. Even his name alludes to the fact that a frequency modulated signal requires space to connect the sender and receiver. Space seems to be empty yet it's not. There is a dynamic, sensual quality to space.

Massage introduces a body owner to the dynamic quality of space. Massage brings a giver and a receiver together with the simple goal of relaxation. Bodies typically respond to space by releasing tension and relaxing muscles. Relaxation is what space feels like and it's no surprise that space feels good. If you've ever worked on bodies, then you know that every body receives touch in a different way. When a body owner doesn't allow space to open and expand, then massage is hard work.

The body gives me sense of space, often beginning in the hands with the sense of touch. The interesting thing about touch is that a physical connection isn't required. All that's required is intent. Benching is a good example. When I Bench, I use the sense of touch plus the sense of imagination to create space, much as I did with clay and bodies. I have to be in a Benching mood but when I am, I feel space relax and open, almost as though I'm massaging space. There aren't words to describe this state of awareness but *allowing* comes close.

Alt states or non-mental states of awareness, allow one to engage a range of senses. Allowing is often used to describe an alt state but too often the mind blocks any real allowing. Touch is a direct way to feel space, as massage and other forms of body work demonstrate. Touch is effective, even when we don't physically touch another being. When two beings come together in a space dedicated to rejuvenation, one in the role of space holder, the other in the role of receiver, then a potential to feel space opens.<sup>1</sup>

Space is a way to account for light. Light is too fast to work with directly, which is why I prefer space. Space puts a handle on light. I bring my body into space, sit down, and order a cup of space. When it arrives, I take a sip of light. Space allows me to hear the ring tone of a device and recognize that it's mine. I see a tiny light in space and reach out to make the connection. I look down. My name is on the display. Suddenly I'm communicating with myself from the other side of space, as though I were the sender and receiver of light.

Space is a brilliant feature of carbon based bodies. I couldn't guess how much space a nano-tech body contains or how much light the owner can squeeze into one. I'm not waiting to find out. I've set this ancient star ship on an interstellar Journey, at warp speed, toward the light body I perceive in the distance.

*A History Of Light* is an account of that Journey. I use broad strokes, making sure to leave lots of space for the details. The hardest part of the Journey is unpacking myself from a limited human perspective. Paradoxically, the body showed me the way to create space, the most abstract medium of all.

1. Adamus speaks of this potential as a temple for rejuvenation in [Shoud 6 of the Passion 2020 series](#). ↗

### AUTHOR



#### DALUR (ALSO KNOWN AS DALE PRESLY)

Dalur says: "A biography makes no sense in a post-story life. Notes From A Journeyer is as close as I get." Dalur has a history of bodies. He can be contacted through [journeyer.org](http://journeyer.org)

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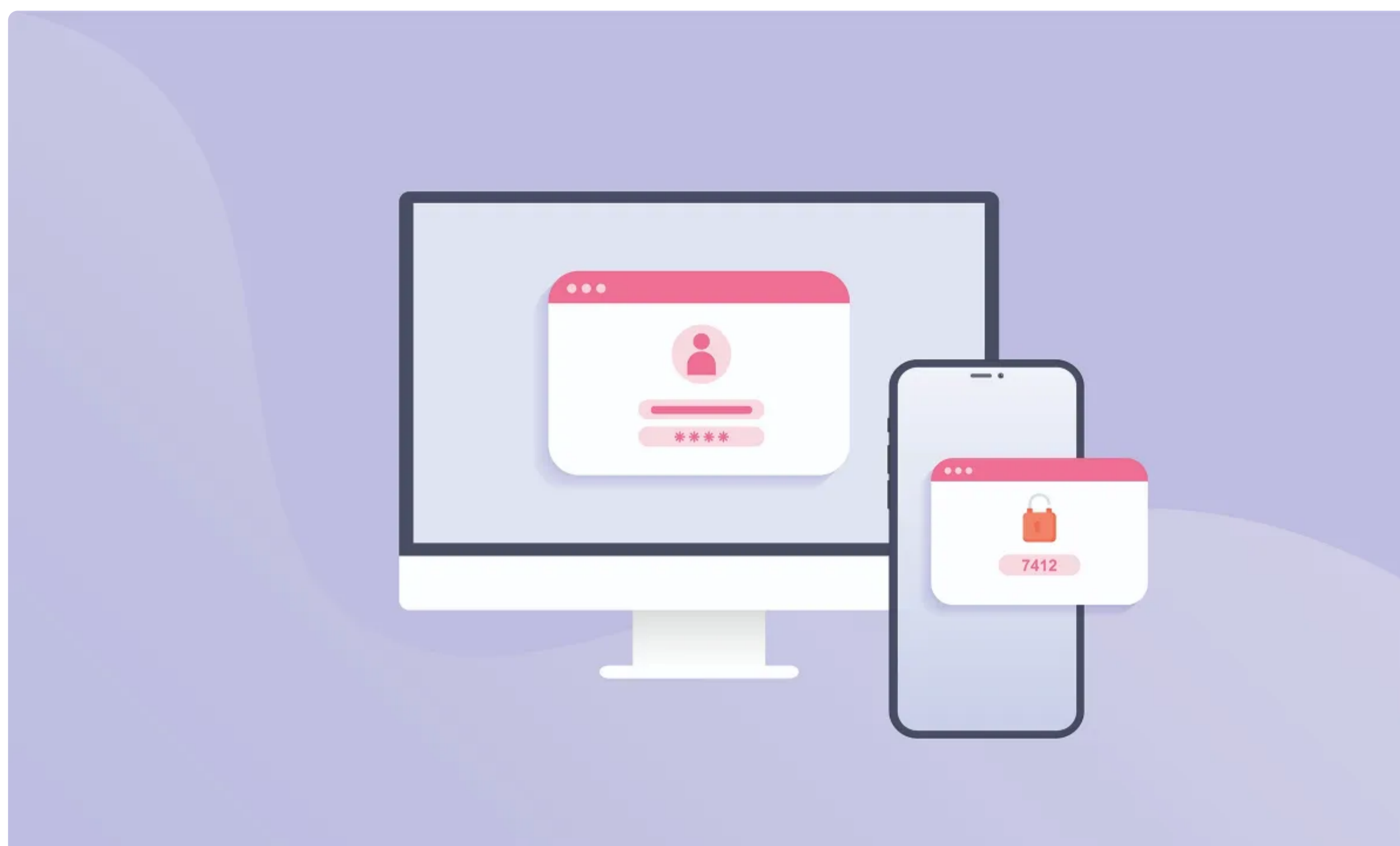
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## CC TIPS

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

# UNDERSTANDING MFA



## Why has Crimson Circle implemented multi-factor authentication (MFA)?

We've received this question many times over the last few weeks. Objections include things like:

- "Crimson Circle isn't a 'financial company' so we shouldn't need this."
- "I'm too old to understand technology, why can't you just keep it simple?"
- "Why are you making this so difficult? I'm about to give up now."
- "Are you really sure that we need this thing 'multi-factor authentication'? What are you afraid of? Or are we just forced to use this 'because everybody else does?'"
- "Simplify dudes. That was way too much work."
- "So sorry, but this is awful! I'm really tired from it. It may be very safe, but so safe that one is giving up before having access."
- "Can I just go back to the old system?"
- "It worked just fine the way it was, and I really don't need nor want extra security."

While we certainly understand the reluctance of some Shaumbra to deal with the additional hassle of MFA, it is truly for your own benefit and protection. It is also a *requirement* for doing online business of any kind.

When it comes to online safety, there are some very important reasons for MFA. Ecommerce websites, such as the Crimson Circle store, use personal, identifiable customer information and payment methods. Because of this, the Payment Card Industry (PCI) requires more layers of security to protect your information. If CC did not comply with PCI regulations, the store would not be able to operate and continue to offer these precious materials.

It is important to note that no website is immune to hacking attempts, and even small companies have become a frequent target for new hackers seeking to perfect their skills. Adamus himself has even predicted that a major cyberattack is likely to occur in the near future.

With all these things in mind, we continue to put the highest priority on safeguarding your personal information in the CC store.



### IMPORTANT: MFA is now mandatory for your Crimson Circle account.

So, here's what to do:



1. **Take a deep breath**
2. **Read each instruction carefully** when it pops up (they really are quite simple)
3. **Make sure your operating system** (Windows, MacOS, Linux, etc.) **and browser** (Chrome, Safari, Firefox, etc.) **are up to date**

And remember to add "[customerservice@crimsoncircle.com](mailto:customerservice@crimsoncircle.com)" to your safe list!

You'll find that **implementing** the new multi-factor authentication is **actually very simple and quite easy**.

As always, if you have any questions or need any assistance, just let us know. We're always here to help you in every way we can.

## INSTRUCTIONS

To assist you, here are the basic instructions:

- **Allocate enough time** to set up MFA (it is best to do it from beginning to end in one go)
- **Start the login process** in the CC store directly (don't use bookmarks you have saved in the past)
- When setting up MFA, the system will send you different codes; always make sure you are **using the very last email** we sent (to do this, always refresh your inbox every time a new code is asked for)

*If you already started but didn't finish the process, here are some recommendations to complete it:*

- Delete all previous emails with codes that we have sent you.
- Make sure you are not using any password manager that will auto-fill the old password.
- After you reset your password, please type in the new password manually when logging in. If it doesn't work, please click "Forgot Password" and create a new one. Remember to always write it down to check that all characters are correct (and please double-check by clicking on the eye icon to confirm the exact password you are creating).

**FOR MORE INFORMATION, PLEASE CHECK OUT OUR CUSTOMER SERVICE ARTICLE ON MFA.**



If you have any questions, please send us a note to [customerservice@crimsoncircle.com](mailto:customerservice@crimsoncircle.com)



# DEAR MASTER ....

## HOW CAN I STOP FEELING OVERWHELMED BY THIS CRAZY WORLD?

Compiled by Carolina Oquendo

**Q – Dear Master: Lately, I've been surrounded by battle, drama, and conflict. And as much as I try not to, I often get dragged into all that muck. Why do I still get sucked into those energies?**

Life as the Merlin. It does, indeed, have some challenges. Challenges of being amongst other people who are continuing to feed their addiction to drama and conflict.

The challenge is going to be being with people who have almost no creativity when it comes to resolving issues. They would rather fight than fix.

That's going to be difficult, frustrating at times.

The planet is going crazy right now with people who love battles. You know, it kind of provides an emotion. It gives them a reason to want to live. It gives them something to fight about it (...). Oh, they complain about it. They blame everybody else, but they love to fight. <sup>1</sup>

**Q – What should I do then? Is there a way to change those circumstances or at least how I'm affected by them?**

Life for you has been very practical up to now. You look at things from a practical level, which is good.

You say, "I cut my finger and it's bleeding, and I cut it because I wasn't being careful with the knife." And then you go to the doctor and they sew it up and give you some stitches and maybe some medication. That's the practical look at what happened with your finger.

There's an energetic thing going on. **Once you understand the energy, then you can really effect change.**

Let's say you get into a slight car accident, and you're mad at yourself and you're wondering if you're really a Merlin and you're angry with the person because their car shouldn't have been right in front of yours when you hit them, and you go into all the practical things.

Maybe you didn't get enough sleep and they were driving recklessly or you were in a bad mood or you were daydreaming. That's real practical, and practically, your car hit theirs, now you're in trouble. Now you've got insurance issues and paperwork, and you've got the police wondering if you were drinking, all these practical issues.

**Stop. Let's stop living like that.**

**Let's take a look at the energy behind things.** There's still the practical thing that happened, but let's start looking at the E.D., the energy dynamics behind everything that happens. <sup>2</sup>

**Q – Hmm, the energy dynamics. That sounds easy and difficult at the same time. Sometimes, I'm so entangled in those battle energies that it is not easy for me to just rise above it all and really feel the energy dynamics. What can I do when I'm already up to my nose inside these not-so-fun energies?**

Your reality is created by the perception of your observations, the perception of what you observe.

The next level of that beautiful understanding is, how do you want to perceive what you observe?

So basically, 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. <sup>3</sup>

**Q – So, you're saying that I must change the "place" where I'm responding to these sticky situations; in other words, let my consciousness move to a different observation point. How do I do that?**

**Number one (...) stand behind the short wall.**

The minute you get entangled with (...) trying to save the world; the minute you get all caught up in [the battle] (...) it's going to drag you in. It's going to suck you in.

That's when you're going to need to retreat, to go on a retreat, to take refuge, to be by yourself, because it's going to be easy to get pulled into, at first.

**[Number two], feel into the energy dynamic,** not the practical things like light bulbs that are out and the plumbing that might have some issues and the fact that the wind blows through some of the windows on a windy day, none of those things (...). That's practical and you're not going to effect change at that level. Period.

Yes, you can put some tape over the leaky window. You can replace the light bulb, but you're still in the same old Energy Dynamics.

**What you do is you rise above that.**

**You feel into the entire issue of your realm, of your domain.**

You feel into that Energy Dynamic and then you're real bold and say, "I want it to serve me different. I command my energy to serve me different."

Don't be a wimp. Don't negotiate. It's your own energy, why would you need to negotiate? It's sitting there wanting to serve you.

That's where the change occurs.

My point is start looking at things in terms of Energy Dynamics, rather than the practical, linear, mental. When you do, **everything takes on a different meaning, a different look.**

You no longer get entangled in all the details. You're simplifying things, and therefore the answers are right there. They become very, very clear for you. Realize you're looking at the dynamic, "Oh, pfft! Boy, I just haven't been letting it serve me, and now I'm going to." That's the Energy Dynamic.

Feel into the dynamic and then allow the energy to change. Allow it to serve you. <sup>4</sup>

**[Number three], Don't get caught in their dramas.** Don't get caught in your old problems. Don't get sucked back into that duality (...). **Come back to the zero point.**

I know at times it's almost seductive for you to get back into the old fights and the old battles, but don't. **Come back to the zero point, right here, your park bench.**

Take a deep breath and INSTEAD of battling with the problems or obsessing or worrying or anything else, take a deep breath and be in that light. That's it.

Everything that you've considered a problem or a challenge, it dissolves away.

You open that door of the light, of divinity, of consciousness and let it then permeate throughout your entire house, and then into your neighborhood, and then into every part of you. That is the zero point. That's what the park bench is for. <sup>5</sup>

So, when you're running in circles and, "Oh, I don't know what to do," when you go to bed at night and you're stressing and you're overthinking everything and, "How do I get out of this dilemma I'm in?" you **stop and receive your light.** That's it.

**No conditions on it.** No applying it, "Well, I'm going to apply this light to my health or to my relationship issues" or anything else. You're only accepting light.

**The light will help you to change your own perspective.** It'll help you make a wiser choice. But it's the light that causes any change to occur. <sup>6</sup>

Sources:

- [Merlin I Am Series, Shoud 1 ↗](#)
- [Merlin I Am Series, Shoud 1 ↗](#)
- [The Alt series, Shoud 4 ↗](#)
- [Merlin I Am, Shoud 1 ↗](#)
- [The Art of Benching, Shoud 1 ↗](#)
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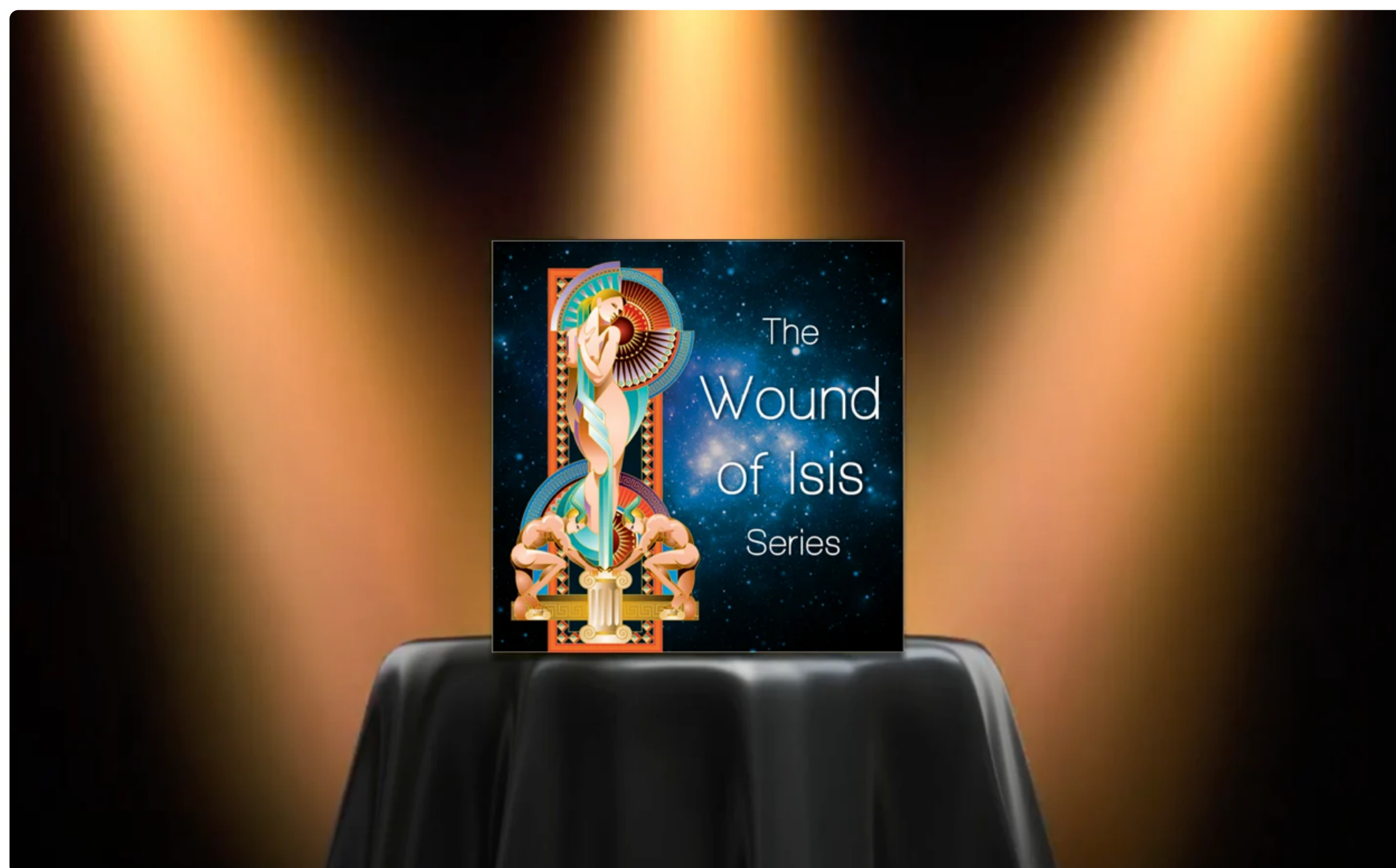
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## HIGHLIGHTS

- Masculine/feminine, light/dark, good/evil
- Ancient conflicts, power games, energy stealing
- Sexual abuse, torture, enslavement
- The time has come to release these wounds
- Energy always seeks resolution
- Open to love, your divinity is waiting

## ANCIENT PAIN, DEEP HEALING

"Isis," the archetypal feminine energy, has endured deep wounds from the earliest days of creation, anguish that became embedded and endlessly reenacted in the human experience from Atlantis to modern times. These traumas have caused untold devastation, abuse, and suffering, and fueled the search for freedom. Now is the time for healing as a new synergy of human and divine emerges.

Recorded over five separate events, *Wound of Isis* tells the tale of creation, desolation, and redemption. The story includes our initial coding through the Order of the Arc, the ultimate "bad guy" Azura Timu (and the surprising role of Fidel Castro), ancient civilizations, forgiveness, freedom and much more. This is the history of our origins, discoveries, suffering, and ultimate freedom.

**Format:** Downloadable English audio and text translations

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**Length:** 15 sessions

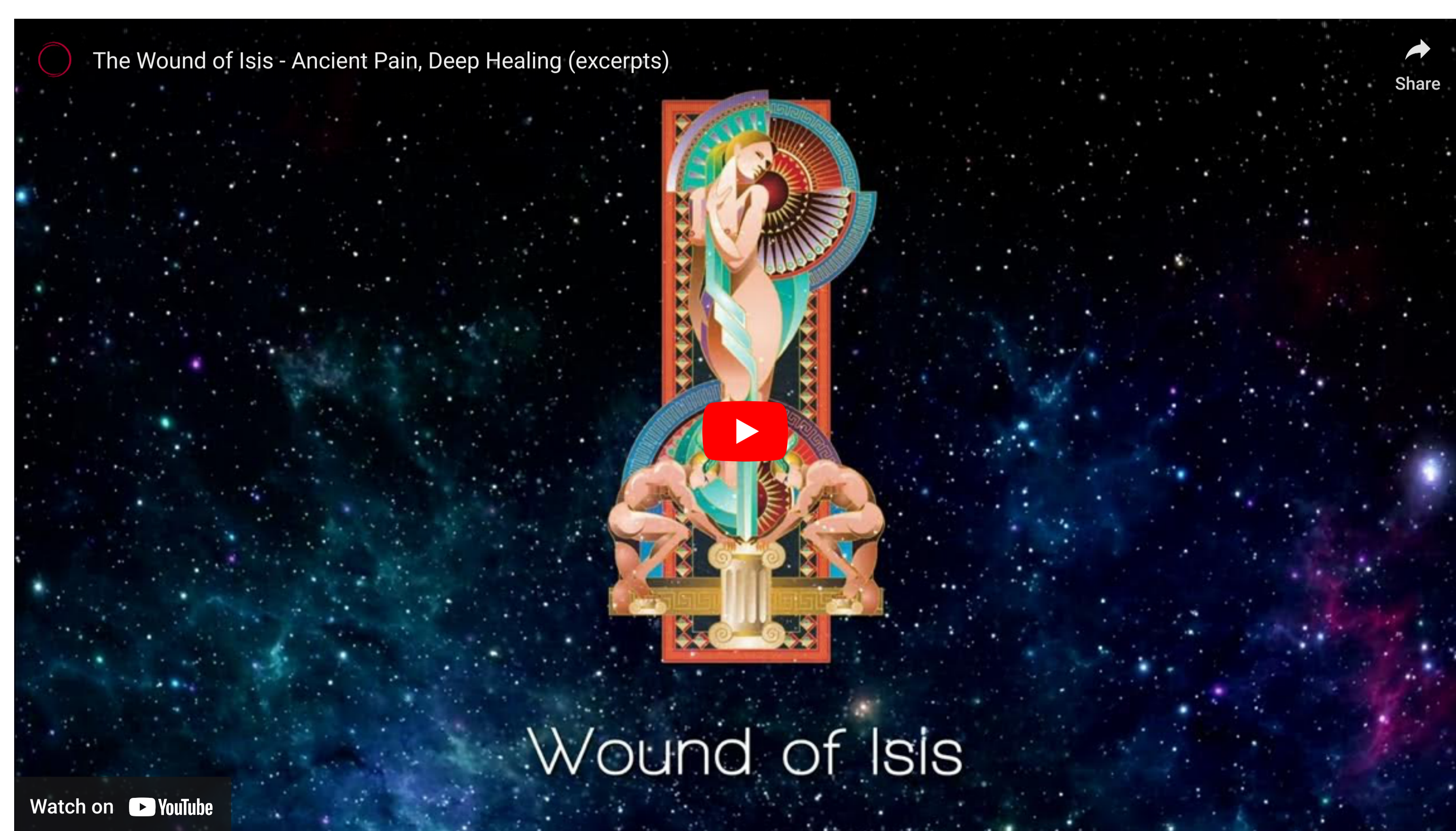
**Featuring:** Tobias

**Recorded** in Colorado, Bahamas & Mexico, 2003, 2004 & 2005

**Translations:** Text available in 12 languages

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HEAR A SAMPLE



## SHAUMBRA HEARTBEAT



## THE LIGHT WITHIN

( CLICK ON PLAYER TO BEGIN LISTENING TO THE AUDIO VERSION OF THE ARTICLE )



This season offers time for a slower pace of life, inner reflection, and the opportunity for renewal. In the Northern Hemisphere, winter solstice signals the gradual return of light, and Christmas itself celebrates the embodiment of the Light of the World. This year, I especially enjoyed the Christmas full moon, admiring the detailed and artistic moon shadows it cast on the brilliant nighttime snow. It's a time of pause, and even when there's a lot happening around me, I can still feel the tug of inner stillness, gently inviting me to receive its precious gifts.

Indeed, the magic of this season – and perhaps of life itself – is always and only found within. What we perceive on the outside is so distracting that it's easy to forget, but *everything* we need is within. The answers you seek, the company you crave, the energy you need, experiences you want, insights you desire, services that bless you – none of it begins outside. And, when grounded in that inner stillness, what *does* appear on the outside, somehow still manifests in harmony with your core Self.

The last few weeks have been eventful ones for me. I recently finished several days of being in the company of adult offspring and their young ones. I'm clearly out of practice, for the toddlers' endless curiosity and hectic boundary testing left me craving solitude! But the memorable events started even prior to that. A week before the December Shoud & Christmas party, we hosted the live webcast of the *Sexual Energies School* from the CC studio. I woke up on the second day of SES feeling unwell and bothered with abdominal pain ("a bellyful of thumbbacks" was how I described the feeling to someone). By evening, despite employing my entire bag of tricks such as breathing, walking, warm tea, hot baths, more breathing, things had gotten worse. Unable to sleep, I kept asking my body what was going on, and every time the same answer came back. "Something's wrong," she said, "I need help."

Finally, at 2:00 AM, I'd had enough, and I asked my partner to drive me to the hospital emergency room. Being a health-minded woman and self-sufficient Master, I haven't been to a conventional doctor in more than 20 years. It just hasn't been necessary. I trust my body to let me know what she needs, and I definitely trust her ability to heal. However, I also understand that sometimes dear body needs more assistance than I can provide on my own, and when it starts from a place of trust and love, anything I choose is there to serve me.

Finally receiving some pain meds in the ER, I could breathe deeply again and sense into the situation. Was something really drastic going on? Could this be an exit point for me? Trying to distract myself in the preceding hours, I had looked up my symptoms online, and of course the worst potentials were still bouncing around my head. Nevertheless, the inner answer was very clear: "No, this is *not* an exit point. We – body and me – just have some old business to take care of."

They put me in a CT scan machine, and soon came the diagnosis: acute appendicitis. Well, that explained it! After having trouble with my appendix since early teens, dear body had had enough of trying to manage it and wanted it gone. I made a clear choice to let a whole lot of ancient imbalances go along with it, sent a "calling in sick" email to Geoff, Linda, and the webcast crew, and was soon heading for surgery. My energy was obviously serving by helping me release a very old biological imbalance, and because of the clear inner communication, I never felt a single moment of fear. It's just what was happening, albeit uncomfortable and unexpected, and there was nothing to do but trust the process. It all went very quickly – in the hospital at 2:00 AM, diagnosed by 4:00, in surgery by 6:00 and home by 11:00 the same morning! My body's relief was palpable, the residual pain mild, and I was 90% recovered in time for the Shoud a week later.

Now, while all that makes for a vaguely interesting story, the reason I'm sharing is to illustrate how immediate and practical the inner wisdom and knowing can be, especially when you listen and trust it (although I admit it took a few hours to make peace with my body's answer of needing help). I've [written](#) in the past about how the questions we ask create our reality, which means if you want good information and satisfying creations, you've got to ask good questions. Asking "why" hardly ever serves me; the helpful questions are "what" and "how," such as, "Dear body, what do you need? How can I support you in serving me?" Or, more broadly, "What do I want to experience? What are my desires? What am I ready to release? How can I love myself today? What's the best way to take care of me in this moment?"

These questions don't need anyone else to answer them. Although the answer might include availing myself of someone else's services, the wisdom is all mine in the moment that I need it. And this is the way it was always meant to be – each of us free to create, define, and experience our own reality however we wish. But the outer world became so compelling and believable that we forgot. And in forgetting, we helped others forget as well, until everyone was looking to everyone else for approval, acceptance, authority, and answers.



I believe an important part of the light we're sharing is the reminder that all answers are within, *and* that they can be trusted. When I trust my own stillness and live by my own wisdom, well, the flip side of that is remembering that nobody else needs me to tell them what to do or how to live. We all know this, but I recently got a good way to remember it.

A friend of mine works with people who are transitioning out of homelessness, which means she and others are constantly interacting with people who have plenty of problems. During training, she reminds the staff members of the two rules they must remember:

1. Leave work at work; don't take it on, and *don't* take it home.
2. We are not Life Police; if somebody wants to live in the woods, we help them get a tent.

In Shaumbra-speak, the first one by now should be obvious: *The problems and issues around me, even with people I love, are not mine.* I've gotten better at remembering that, but it's still very tempting to want to help, fix, counsel, or if nothing else, provide lots of good ideas. But all that "help," particularly when unasked for, only obscures their own inner wisdom. Which means I must remember point number two: I am nobody's Life Police officer.

When my friend used that term, I immediately flashed to memories of growing up in a family of "Life Police" where *everything* was governed by rules and restrictions generously dictated by dozens of well-meaning relatives. Then I had to cringe at more recent memories of encouraging other people (such as my kids) to make the "right" choices – as if I could possibly know the appropriate course of their journey. The advice might have been perfect if I were in their shoes, but it denies them the privilege of discovering their own wisdom.

I think it's an excellent idea to respect the sovereignty of *everyone*, not just those who think and talk like me, or seem to be making the "right" choices. But wisdom insists that now I take it from "idea" to "reality." Here's a few examples:

One of the people close to me is thinking about finding a therapist to help them sort out some life issues. Rather than jumping in and making suggestions and trying to help, it's time for me to say, "You've got this. I know you'll find exactly who and what you need, and I'm here if you need my assistance."

Someone on Facebook is asking for Adamus' take on certain things, and other Shaumbra are offering their input. However, being online friends with this person, I can see what they post outside the Crimson Circle group, and I'm tempted to point out how their life focus is in opposition to what they're seeking. But that's not what they asked about and I'm not their Life Police; they'll figure it out when they're ready.

Then there's the person who emailed me recently, wishing me well but apparently oblivious to the energy games they play that are driving everyone away. My Life Police officer self wants to helpfully point out what they're doing, how it makes other people feel, and, you know, change their life for the better. I think this time I'll let it go and honor their journey. Whether or not they're in touch with their inner wisdom is none of my business.

Another person in my orbit has tried a lot of different things, but just doesn't seem to know what to do with their life – and I am brimming with ideas! However, I've decided to keep it to myself (unless asked, of course) and make every effort to see them as the ancient and wise being that they already are. In doing so, I bless myself by stepping away from the outer-oriented role of Life Police and back into my own inner haven of stillness. That's the only place I can make a difference anyway, for it is where my light exists.

This New Year, I invite you to spend deep moments in the presence of your Self, opening to the answers within.

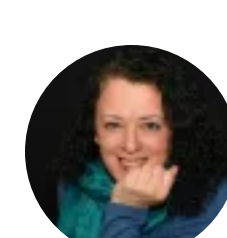
Rest in the stillness at your core, especially when others are dimming their own wisdom. Your light is all they need, nothing else.

Remember, your energy is *already* serving you perfectly. To see that perfection, just keep watching and trusting, especially when things appear to be going "wrong," because they might finally be going right.

We never could save the world or anyone in it, although we sure have tried. Even the one we knew as the Savior simply said, "I am the light of the world," because that's all anyone needs.

From externally oriented Life Police officers to shiners of the Inner Light, our job just keeps getting easier.

## 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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Cloud Class	<a href="#">The Master's Life, Part 01 – Transfiguration</a>	BG, CZ, DE, ES, FR, IT, JP, LV, NO, PL, PT, RO, RU, SR
Cloud Class	<a href="#">Light of the Merlin</a>	BR, CZ, DE, ES, FR, IT, JP, NO, PL, RO, RO
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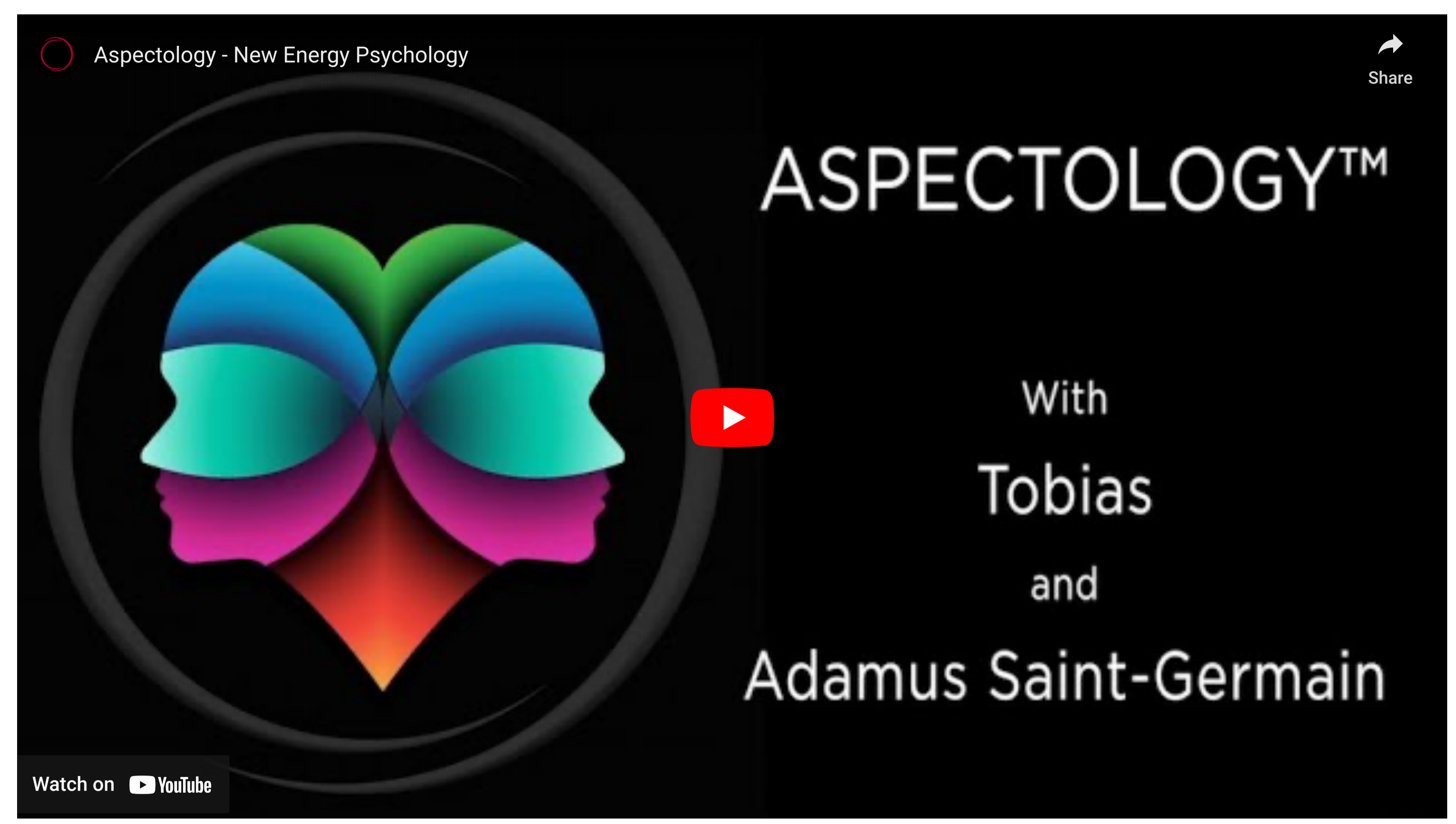
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Watch interviews with Geoff, Linda, Adamus and more, given over the last 12 years

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Your Light and Love are Changing the World! / Highlights from Illumination Shoud 3



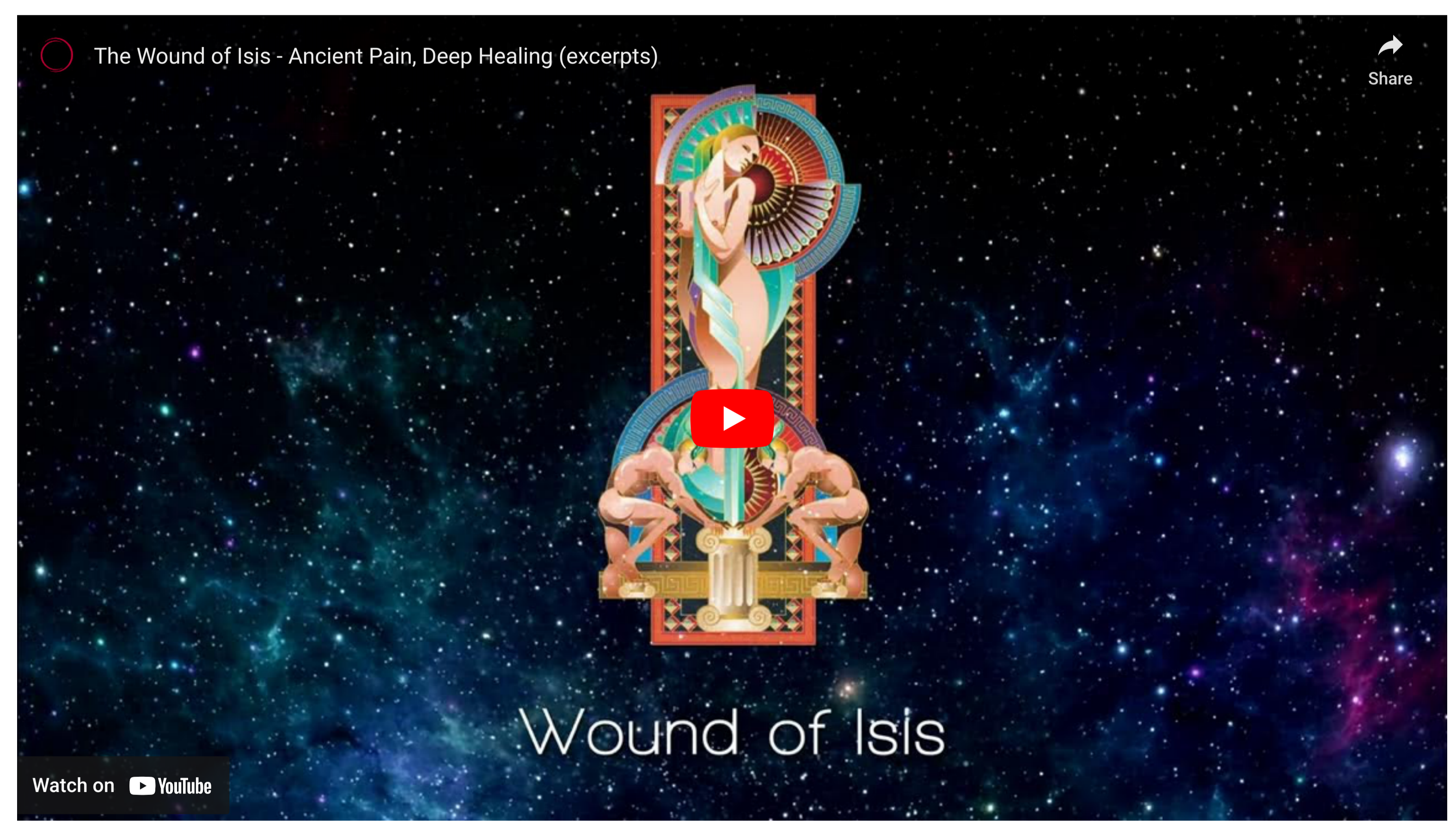
Shining Your Light – Merabh / From Illumination Shoud 3



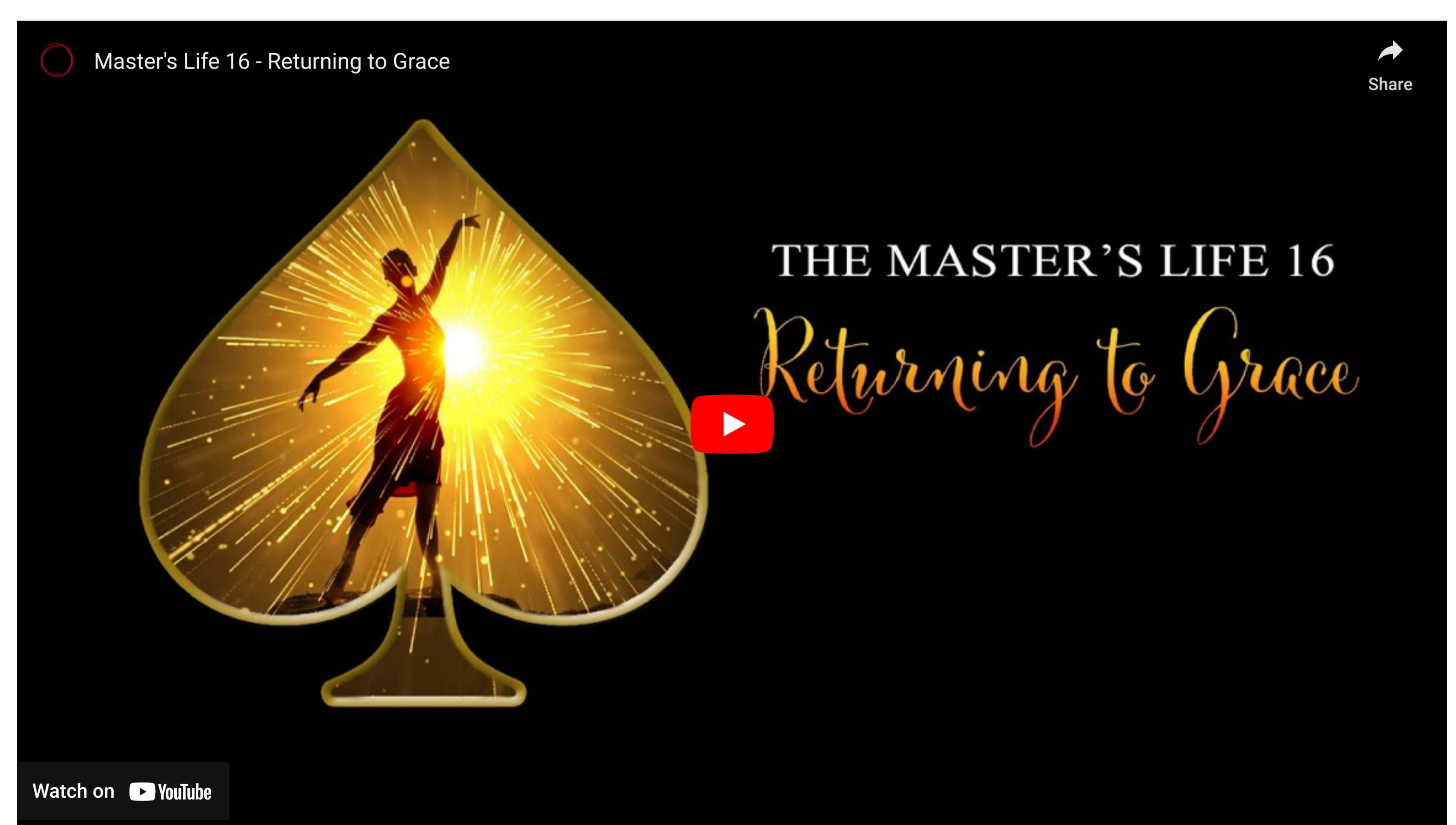
Circle of Light / From Illumination Shoud 3



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“

You're here on the planet to shine your light *and* at the same time to enjoy your life.

— Adamus Saint-Germain