



SHAUMBRA  
MAGAZINE  
JUNE 2024



# WELCOME TO SHAUMBRA MAGAZINE

INSPIRE CONSCIOUSNESS

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Welcome to Shaumbra Magazine for June 2024!

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Thank you for shining your light!

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## JUNE 2024



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By [Crimson Circle](#)

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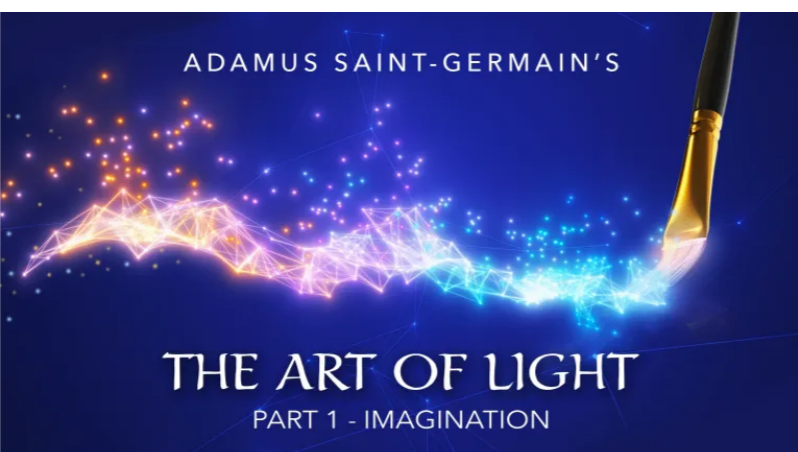


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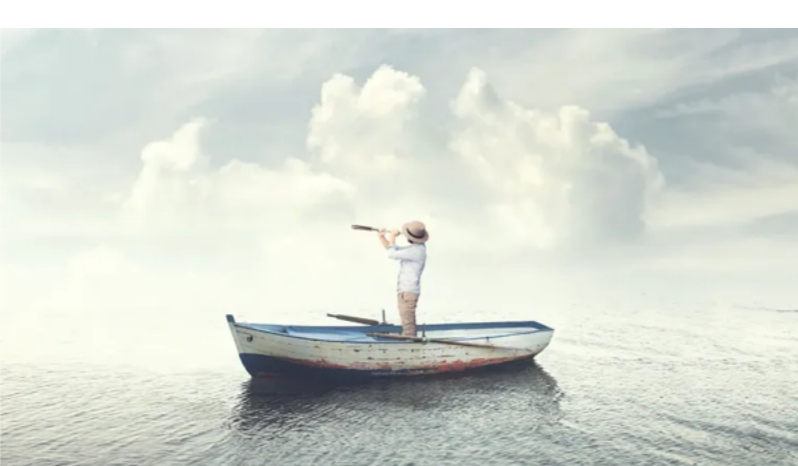


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A list of all the Crimson Circle activities & events for the next 6 months.

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REGISTER NOW – it's almost time for a new Keahak year!

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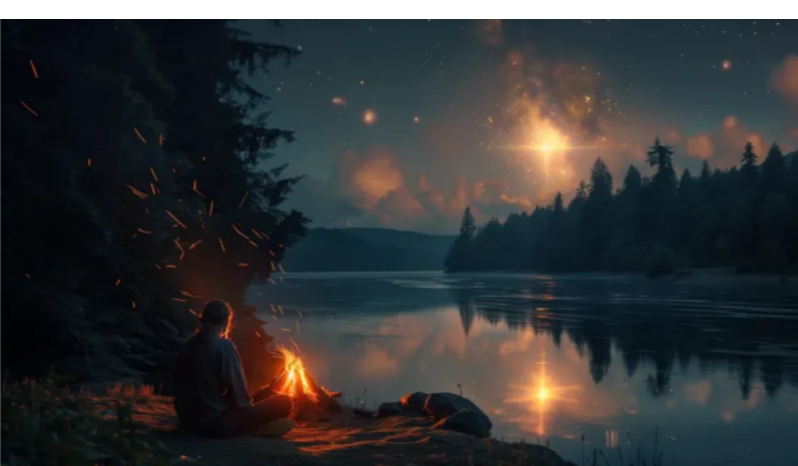


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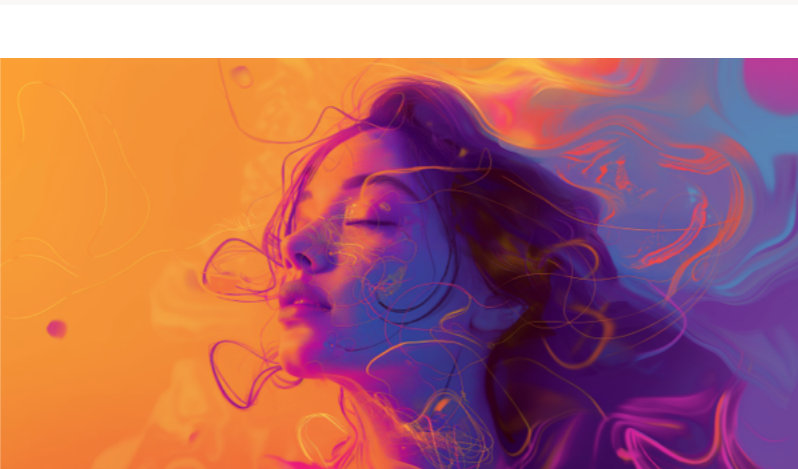


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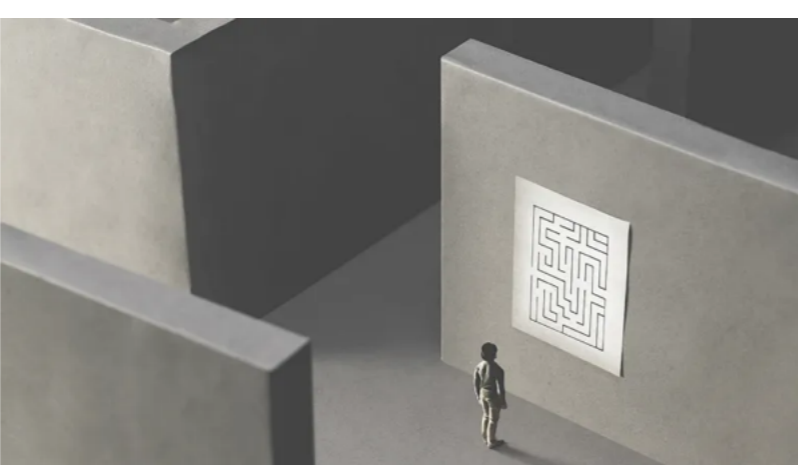


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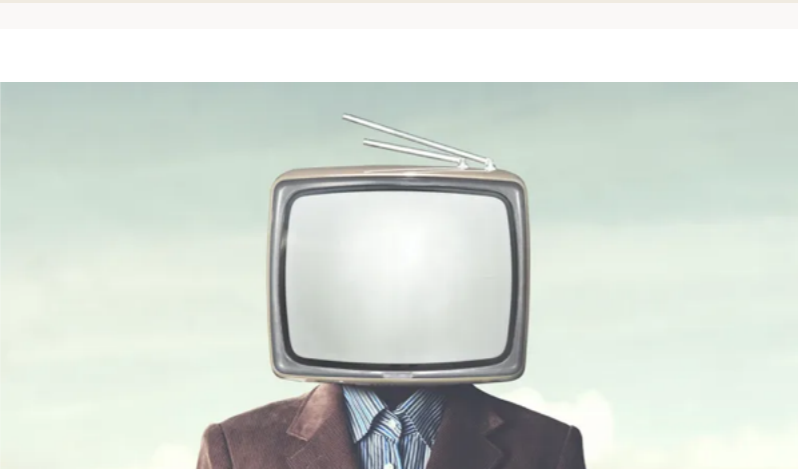


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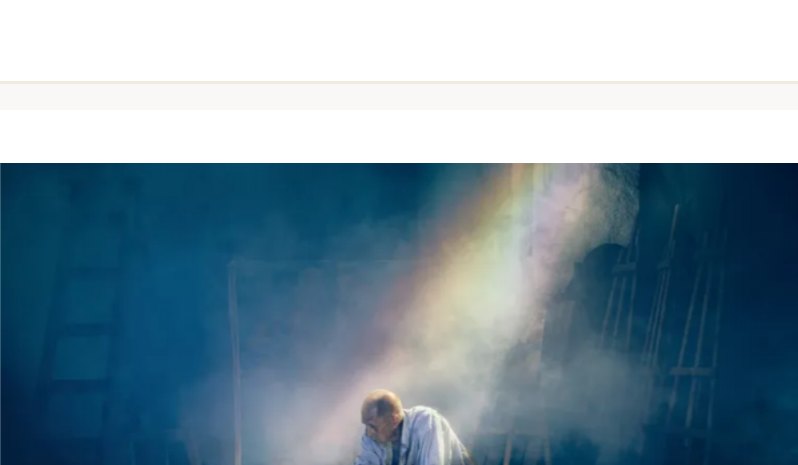


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### QUOTE FOR JUNE

By [Crimson Circle](#)

Allow yourself to be in life fully, sensually, physically, mentally, divinely in life.

— Adamus Saint-Germain

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# THE AEROTHEON DOORWAY

By Geoffrey Hoppe

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



If I've heard it once from Adamus I've heard it a thousand times. "Reality is a matter of perspective. If you want to change your reality, change the way you perceive it."

That makes sense, but how do I change the way I look at things? I mean, bad traffic is still bad traffic. Rude people are still rude, even if I try to think of them as beautiful angels trapped in dysfunctional personalities. My aspects still give me grief from time to time even if I try to remember that I created them for whatever reason. I had a bad flight the other night from Kona to Denver including an unscheduled stop in San Francisco because the crew was tired (!). No matter how I tried to change my thinking, it was still a bad flight especially with the screaming four-year old across the aisle in the middle of the night. Not much was going to change my perception in the midst of "whaaaaaaa..." all night long.

But, I finally realized what Adamus means when he says it's all a matter of how we perceive things. You see, I thought he meant we have to change our *thinking*. I should have known (or thought) better. It has little to do with thinking. As a matter of fact, thinking tends to get us even more stuck in our perceptions. Changing your perception is actually about going beyond thinking, into your other senses. You might remember that Adamus said we have a few hundred thousand senses, and that we perceive reality through our senses rather than our minds.

We recently did some new workshops in Kona, Hawaii called *Metaphysics of the Mind*. They were not what I thought they would be. After hearing Adamus' take on the human brain and mind, we went far beyond into the realms of Imagination. We imagined our Master Self, and then imagined our Master Self imagining us. My human mind couldn't keep up with "who is imagining who" which was a good thing because then the thinking stopped for a moment. Personally, it was one of the most insightful workshops ever. I finally realized the difference between thinking/beliefs, and imagination/senses.

"But Adamus," I asked one evening while enjoying a glass of wine on the lanai (patio), "how can I open these hidden senses?" I could have/should have guessed the answer. It's the answer to just about everything with the Professor: "Allow." He went on to explain that we are returning back to our natural state, but now as human Masters we are loaded with the experiences and wisdom of our lifetimes. "You can't think your way into any of this because the human mind will only limit and doubt. You allow your other angelic senses of perception to open naturally, and then they do in the most appropriate way for you. Stop thinking about it. You're only going to get stuck in your own underwear."

I allowed myself a second glass of wine that night just to practice allowing. It's funny how my mental activity slowed down during the course of the evening.

A few nights later I had a very profound experience. As many of you know, these transformational experiences can come out of the blue. I was walking from the kitchen to the lanai with a snack in hand, ready to resume working on graphics for the new *Art of Light* Cloud Class. I wasn't thinking about anything in particular, other than getting the project done so I could get to bed at a reasonable hour.

Everything suddenly went into slow-motion. For a brief moment I thought there was an earthquake because of the feeling of disorientation. I stopped in my tracks. There was no shaking or rattling, rather a feeling I can only describe as crystallization. Everything became crystal clear. It wasn't my vision, it was my inner perception. Every line in the furniture, every color in the wood, the light coming from the lamps, and even the fruit on the plate in my hand became clearer than anything I could remember experiencing. It wasn't overwhelming to behold because it actually felt more real than reality, rather than altered.



It felt as if a doorway into another realm had opened, but the realm was the one I was already in. The doorway took me deeper into the very realm I had been trying to free myself from for so very long, but now I felt the magnificence rather than the oppression.

I stood in place for a few minutes as I shifted my awareness around the living room. It wasn't like the colors in the furniture were coming to life as one might experience if they had smoked some strong pot. The colors were more defined and intact. The artwork on the walls didn't suddenly become animated, rather the compositions were more cohesive.

I walked onto the lanai as the experience continued. The chirping of the noisy little coqui frogs was pure and harmonious. I usually take the air for granted but now it felt defined and purposeful. The hard granite surface on the tabletop was simply exquisite. I felt it with my hand. It was dense and cool, more real than I had ever noticed. The palm trees looked strong and tangible, standing tall and purposeful in the dark night. Even my laptop appeared more corporeal than ever.

One would think that this type of transcendental experience should have everything turning soft and smooth, with swirling colors, twinkling lights, and warm, fuzzy sensations. This was just the opposite. Everything was incredibly defined and palpable. There was a beauty I had never experienced before. It was deliciously tight and real.

In that moment, I realized the beauty and brilliance of our physical reality. No wonder souled beings want to come to Earth. The other realms may be light and gossamer, but they lack the clarity and definition of our earthly realm. I was experiencing the finest part of gravity, where light becomes particles and then bonds together in a cohesive artform called reality. All of this time I had been trying to loosen up reality's tight grip in order to make life a little softer, and now I was in awe of the magnificence of its dense composition. I didn't feel trapped in it, rather more like going to an art gallery or museum to observe the beauty. I was deep in creation, but not imprisoned in it. At one point I burst out laughing, thinking about how hard I tried thinking my way out of the harshness of physical reality, when all of the while it was here to be enjoyed.

Adamus has been talking a lot lately about aetheron, or full spectrum gravity. I've been longing to experience the expansional nature of gravity, especially on the days when my body aches or my mind seems trapped. But here I was, deeper than ever in inbound gravity, and absolutely astonished by the beauty of it all. It was exquisite.

Weeks later, the sensation of clear definition is still with me. It's not as intense as it was that night at Villa Ahmyo, but I can easily shift into it to appreciate the reality I'm immersed in. My desire to get outside of dense matter has been replaced with a profound regard for it. The feeling of being trapped is being replaced with the feeling of artistic appreciation. Somehow, I know that this sense of crystallization will now help me shift into the outbound, expansional gravity. I'll have a very firm grounding and deep respect for inbound gravity to help insure that I don't get lost in the outbound nature of gravity, and perhaps not want to come back.

Many years ago, someone asked Adamus how we get the hell beyond this dense physical reality. His answer was like something out of the Zen playbook: "How do you go beyond this reality? By diving deeply into it."

Whether or not you have an experience like mine, or one of your own making, the fact is that we are returning to our natural state of Being while filled with the treasures of our deep experiences into gravity-life. Enjoy it while you can.

## AUTHOR



### GEOFFREY HOPPE

Geoffrey Hoppe joined 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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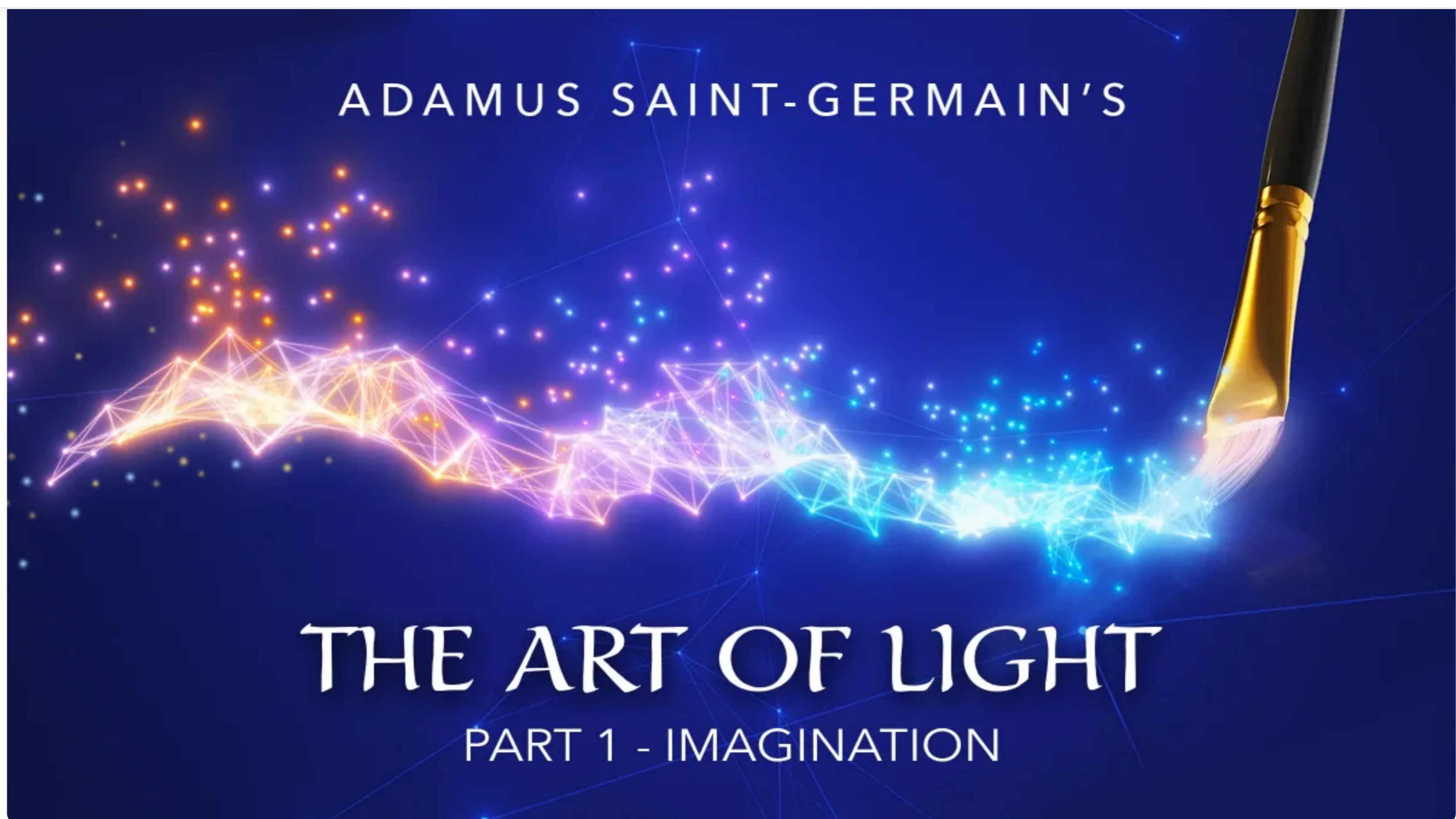
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## NEW! – THE ART OF LIGHT – PART 1: IMAGINATION

### UNLEASHING YOUR CREATIVE POTENTIAL

Adamus recently announced that he wants to offer a new miniseries called *The Art of Light*. In the first installment about *Imagination*, he said:

*We'll have several different installments, all about recognizing that light within you; all about working with the light now as Masters who are staying on the planet; all about how light reacts to you, how light comes into your life, particularly now after Heaven's Cross where this access to light, the availability of light is easier than ever. Now it's time to start talking about it, and in *The Art of Light*, in this first installment, we're going to be talking about imagination.*

– Adamus

According to Adamus, imagination is a very potent tool of the Master that brought this realm into being and now can manifest your dreams into reality.

Referring to the metaphysics of creation, he states that *consciousness = awareness, energy = communication*, and ***imagination = light***, which then condenses into waveforms, atomic structures, and physical reality. Imagination is, in fact, the light of the world that Yeshua talked about.

*Imagination is not just daydreaming. It is reality building. **Light is imagination.** Can you imagine how that changes everything?*

– Adamus

### HIGHLIGHTS

- Learn how imagination creates your life
- Imagine abundance, health, joy – are you worthy?
- Light is imagination; from there, all creation happens
- True imagination is not false or make-believe
- You are the light of the world
- You're not battling darkness but filling a void with life

**Length:** 6 sessions

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

**Cost:** \$150 (through August 28, 2024, \$195 thereafter)

**Access:** 90-days access to video, audio & text e-reader (120 days for CC Angels)

MORE INFO

WATCH EXCERPTS



## UPCOMING EVENTS

### ONLINE EVENTS 2024



#### SEXUAL ENERGIES SCHOOL® ONLINE • JUNE 14-16, 2024

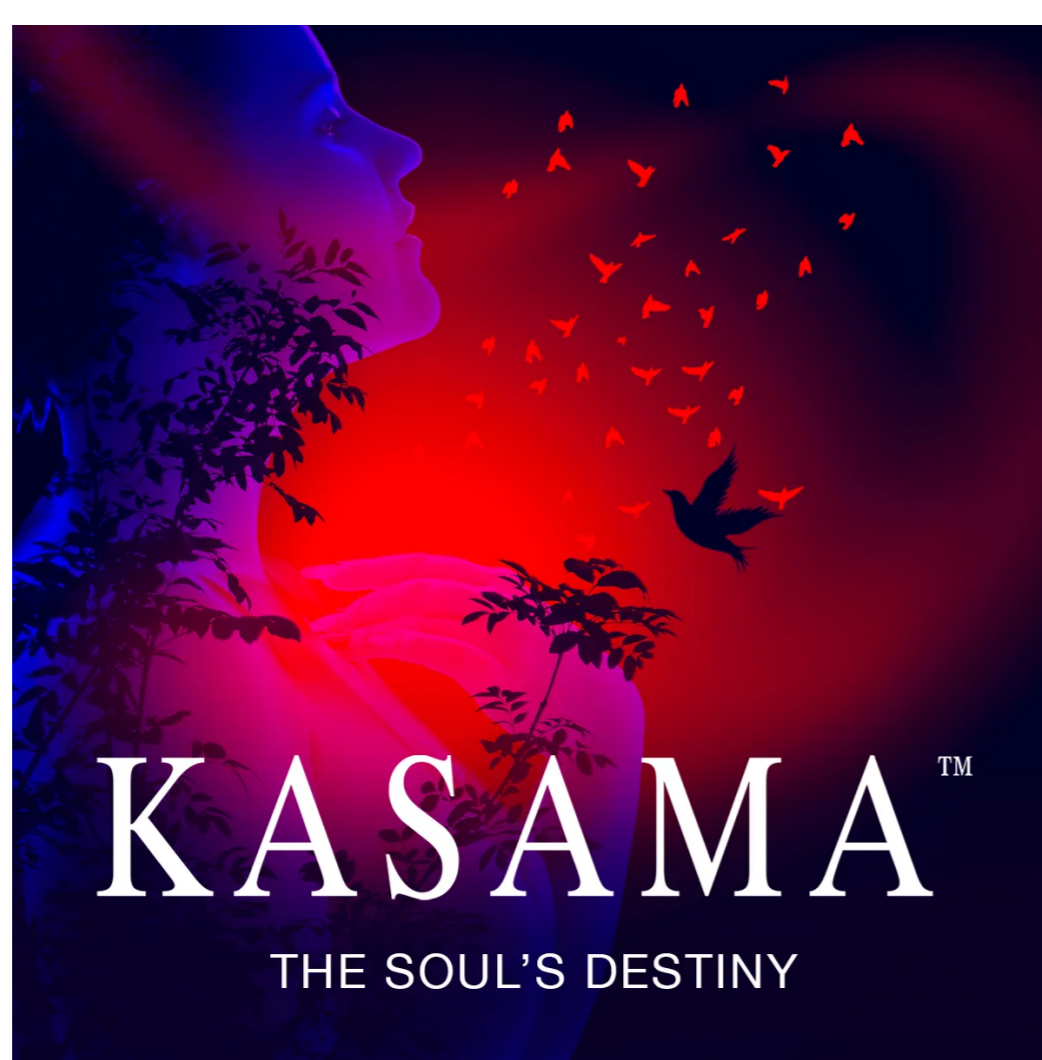
This opportunity for profound transformation and healing is offered twice a year. With benefits that can include better health, the end of energy stealing and power games, balanced relationships, enhanced creativity, and true enlightenment, it is ultimately a return to Self. Hosted live by Geoffrey and Linda, includes multiple sessions with Tobias and Adamus, as well as guided personal experiences.

[MORE INFO](#)

#### KEAHAK® XIV ONLINE • JULY 2024 – JUNE 2025

Keahak is a one-year program, designed by Adamus Saint-Germain, for the realization of your "I Am" consciousness into your daily life. This will be our 14th year of Keahak, which has been recognized as one of the most impactful and beneficial Crimson Circle programs for Shaumbra who are committed to embodied enlightenment in this lifetime.

REGISTRATION CLOSES JUNE 15, 2024

[MORE INFO](#)

#### KASAMA™ ONLINE • JULY 12-14, 2024

If you've ever wondered about the nature of your soul – what it is, where it is, and how to allow it into every moment of your life – this Cloud Class will bring you to a new level of awareness. Adamus answers some of the biggest questions about the soul, as well as staying on the planet as an embodied Master with energy serving you in grace.

Hosted live by Geoffrey and Linda Hoppe.

**INCLUDES LIVE Q&A SESSION WITH ADAMUS!**

**NOTE: This Cloud Class Is Only Offered Once a Year!**

[MORE INFO](#)

#### THE THRESHOLD™ ONLINE • AUGUST 9-11, 2024

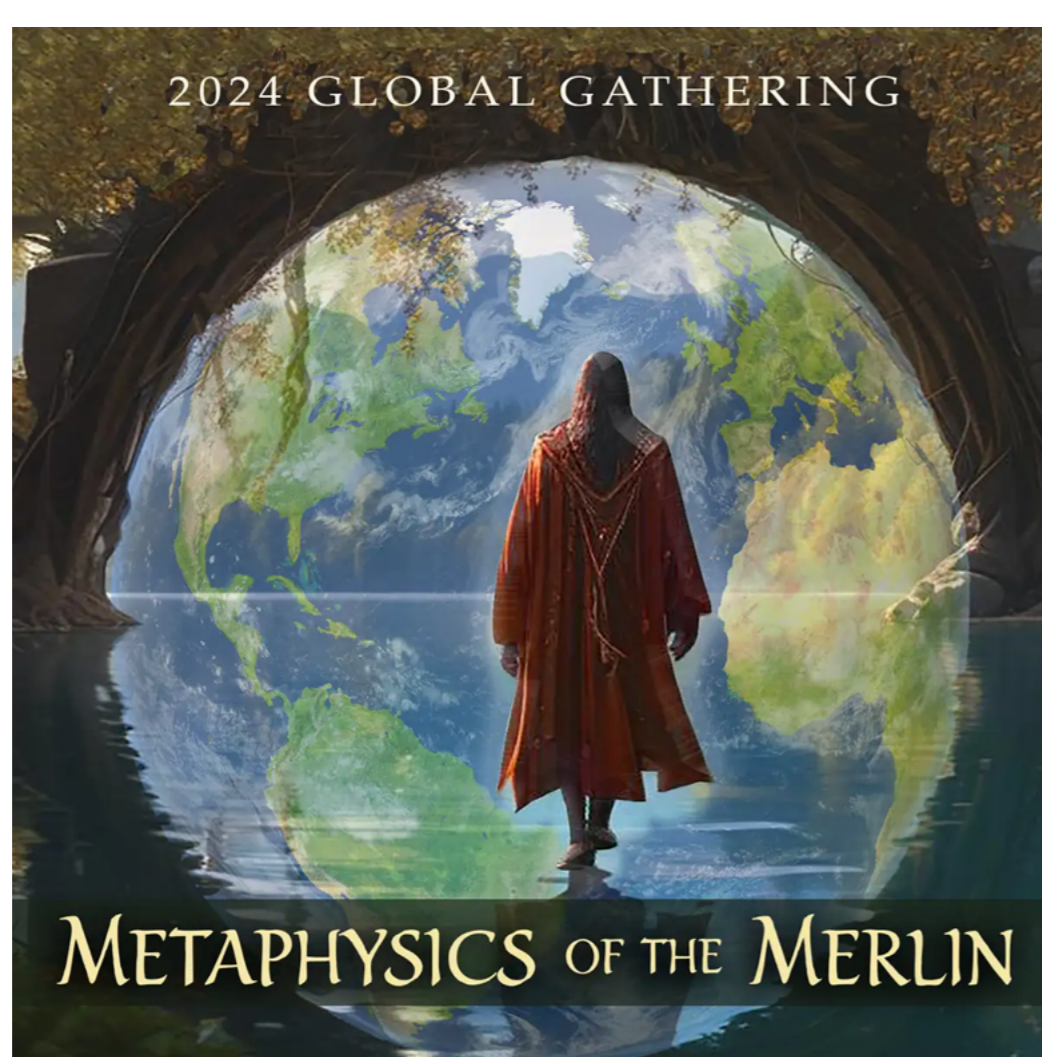
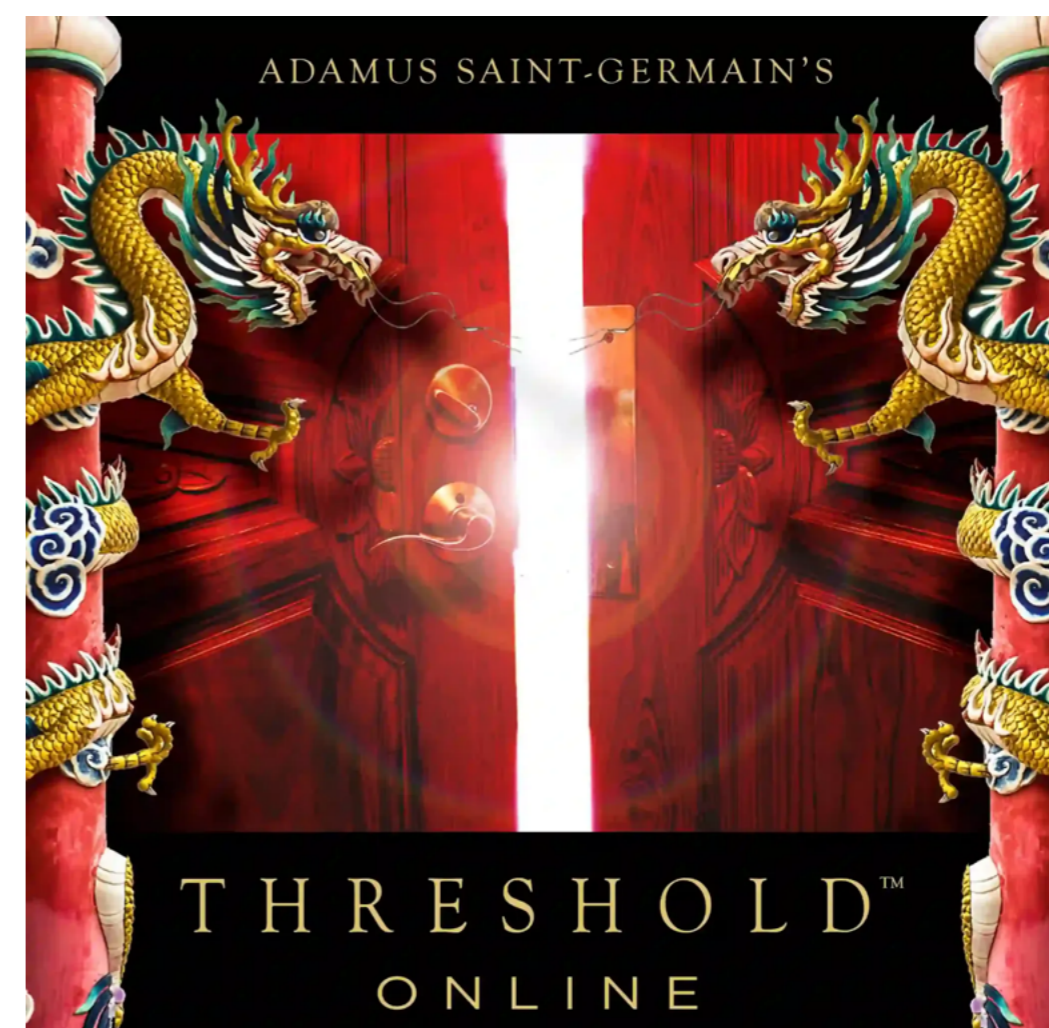
The journey of an angel from their first arrival on Earth until their final emergence as a realized Master is very long and winding, filled with experiences, joys, and heartaches.

Getting lost on Earth and forgetting oneself is the "fall from grace" for which humans eternally seek redemption, having accumulated layer upon layer of guilt and shame along the way. And yet, these things simply cannot be carried into Realization, so the dragon comes in to dig up and release every shred of guilt and shame still borne by the human.

Hosted live by Geoffrey and Linda Hoppe.

**INCLUDES LIVE Q&A SESSION WITH ADAMUS!**

**NOTE: This Cloud Class Is Only Offered Once a Year!**

[MORE INFO](#)

#### **NEW** METAPHYSICS OF THE MERLIN ONLINE • SEPTEMBER 7-8, 2024

Once a year for the past nine years, we have joined our Merlin energies in celebration of our journey to mastery on Earth. With the unprecedented level of changes happening around the world this year, the *2024 Metaphysics of the Merlin Online* event has the potential to be one of the biggest and most transformational ever with Adamus leading the charge into the metaphysics of reality and beyond, we anticipate that this will be another one-of-a-kind event.

This inspiring 2-day event will be webcast from the Crimson Circle Connection Center in Louisville, Colorado so Shaumbra from all around the world can participate. There will be channels from Adamus Saint-Germain and friends for more than 8 hours of inspiration and celebration.

[MORE INFO](#)

### IN-PERSON EVENTS • FALL 2024



#### EXPLORING THE NEW LIGHT KONA, HAWAII • OCTOBER 13-17, 2024

During a recent workshop, Adamus Saint-Germain made the 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 • NOVEMBER 6-10, 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 • NOVEMBER 17-21, 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](#)



# CALENDAR



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

CCCC – Crimson Circle Connection Center, Louisville, Colorado

VISIT THE CRIMSONCIRCLE STORE FOR MORE EVENT INFO

## JUNE 2024

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

## JULY 2024

06	Monthly Webcast & Shoud	CCCC & Online
07	Keahak XIV Welcome	Online
12-14	Kasama	Online
13	Keahak XIV	Online
27	Keahak XIV	Online

## AUGUST 2024

03	Monthly Shoud & 25th CC Anniversary Celebration	CCCC & Online
09-11	Threshold Online	Online
10	Keahak XIV	Online
24	Keahak XIV	Online

## SEPTEMBER 2024

07	Monthly Webcast & Shoud	NO SHOUD
07-08	Metaphysics of the Merlin	Online
14	Keahak XIV	Online
28	Keahak XIV	Online

## OCTOBER 2024

05	Monthly Webcast & Shoud	Online
12	Keahak XIV	Online
13-17	Exploring the New Light	Villa Ahmyo, Kona, HI
26	Keahak XIV	Online

## NOVEMBER 2024

02	Monthly Webcast & Shoud	Online
06-10	Metaphysics of the Mind	Villa Ahmyo, Kona, HI
09	Keahak XIV	Online
17-21	Master's Circle	Villa Ahmyo, Kona, HI
23	Keahak XIV	Online





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# KEAHAK® XIV

ONE INTENSE YEAR WITH ADAMUS

Join Adamus and Shaumbra for this one-year advanced program on the leading edge of physics, metaphysics, and mastery!

## KEAHAK®: SPIRIT IN EXPERIENCE AND ENERGY IN MOTION

**JULY 1, 2024 – JUNE 30, 2025**

**REGISTER HERE!**

For the past 13 years, the Keahak program has provided the most in-depth and leading-edge material from Adamus Saint-Germain. These advanced sessions, delivered twice a month by Adamus in the House of Keahak, dive deeper than any other Crimson Circle materials into the nature of reality and the metaphysics of Creation. The messages are personal, provocative, insightful, and at times, intense. They go beyond the discussions and experiences in the monthly Shoud messages, taking Keahakers to a new level of light and energy in their lives.

Keahak XIV will focus on bringing higher levels of consciousness into your life, staying in communication with your Soul, gently integrating your Free Energy Body (Light Body), and living as an embodied Master at a time when the planet needs it the most.

The Keahak program expands year after year. In other words, it is never the same. Many Keahakers sign up every year because it's always Adamus' most current information that continually offers the potential for deep life changes.



### THE KEAHAK YEAR

This intense one-year program with Adamus of St. Germain includes:

- Two channeled audio sessions per month (translations available in 10 languages)
- Access to the online House of Keahak XIV
- The monthly Living in Keahak show with Dr. Doug and Linda Hoppe (English only)
- Connecting with an amazing group of fellow travelers on the path of embodied Realization
- Online celebration at the end of the Keahak XIV year

#### DETAILS

- Registration closes June 15, 2024
- Agreement & Release form must be completed
- Tuition:
  - First-timers – \$1,200
  - Keahak Graduates – \$900
  - 6-month payment program is available

Attendees retain lifetime access to the recordings of the Keahak XIV program.

[MORE INFO](#)

[MESSAGE FROM ADAMUS](#)



## HACKING THE SYSTEM

Interview with Dr. Doug Davies, Keahak Advisor

**SHAUMBRA MAGAZINE:** You've been involved in Keahak since day one. How have you seen it change and progress over the years?

**DR. DOUG:** You know, Adamus has always been kind of avant-garde as far as trying to teach us about new physics and how things really work. But there were really clear times when he would push on something, then kind of back off a bit, and then push harder and back off. And now he seems to push all the time. So, I'd say the pace has picked up in terms of new topics.

**SM:** There are a lot of new people coming to Crimson Circle, and many who have never done Keahak. Is it a good idea for them to start now? What would you say to someone just starting out?

**DR. DOUG:** It certainly seems like each one is better than the year before it, or at least it covers more. If someone enjoys the Shouds and find themselves wanting to move faster and go more, I would definitely recommend Keahak. Adamus is teaching things that are opposite to what we thought that we knew. "We create our own reality" has always been said, but we've learned that everything around us is a part of us, even other souled beings.

It's like we're standing in a dressing room with purple drapes all around, and when you see the drapes move, you know there's somebody next door to you. Or maybe they pull the drapes tightly over their body and you can tell that it's a dog or a person or a piece of furniture or whatever. You can kind of see the outline, but the drapes that you're seeing, that's all your perception. These other beings are able to agitate your reality by agreement, but the fact that it's all your own is kind of revolutionary. Even the newest New Age people look at things as one big mix, like it's all together and we're all sharing the same thing, and everybody has access to everything else. Really, we live in a gigantic department store full of millions of cubicles with closed-circuit TV between them all. But it's still our energy.

All the futuristic things like astrology, psychics, divination systems, they make sense because we're the ones that authored our own fate. So of course, it works because it's all us! We wrote our own system.

The part that still blows my mind is the closed-circuit cameras connecting everybody and the permission level and amount of agreement that goes on. There's mass consciousness but you're still able to let things affect you – or have the illusion of them affecting you – and you still have to have access to what other people are doing. When you go to therapy, you get a hint of that. You realize that they're just acting and you're responding in a certain way. Your feelings and emotions belong to you. How you feel is your responsibility, not theirs. But it's an amazing cooperative system for what is fundamentally our own cubicle, so that kind of turns everything on its head.

We always thought we created our own reality, but just understanding that mechanism for slowing light down to appear as matter – it's like we have some kind of default mechanism in our projectors to do so. Otherwise, it'd be like dream state all the time. So, there's got to be some mechanism that keeps everything somewhat stable in this physical reality. But to what limits can we push that and how fast can we make it change? Even the ability to make a change and the speed at which we do seems to be increasing.

**SM:** Is there any reason to recommend that someone does *not* attend Keahak?

**DR. DOUG:** It's very self-selecting. I think anyone taking it who's not ready will simply not enjoy it and probably just fade away. I think it's great for people that are serious about where they want to go or have gotten in touch with their reason for incarnating this time. It may not be a specific memory, but they can feel, "This is why I'm here. I need to do this. I'm not entirely sure why, but I need to see this all the way through."

We're also kind of the first ones doing this. I talk about the 'goal post.' Not only are we moving toward the goal post but the goal post itself – what is possible on a physical planet – is moving, and we may even be responsible for determining where it will be in the future. It's a triple job.

**SM:** It sounds like we're the creators of the game, redesigning it in the middle of playing the game.

**DR. DOUG:** Yes, in the middle of the game and going, "Now that I know it's a game, I kind of like it, but I think the football field should be 120 yards, not 100, because I think that's better."

For example, we already have healing, right? If you cut your finger, you wrap it up and eventually it heals. But we don't have instant healing, at least not yet. Why not? Why do we take so long to heal? Or why isn't there a device that could do it? Where is that line? Who set it up that way? Well, obviously we did for lessons.

If you look at animals, mammals are considered the top of the chain, then you go lower and you get to lizards. If you cut off a lizard's tail, it grows back. How come mammals, who are the most advanced and evolved, don't have that? If we lose a limb, it's gone for the rest of our lives. Why doesn't it grow back? We have the DNA, we have the template, but why doesn't it grow back? So, there's obviously some pieces that we arbitrarily chose for our lesson learning. We didn't want limbs that grew back. I don't know why. But maybe that changes now, whether with an external machine or something that turns on the DNA again or whatever.

We also opted for aging. I've read that the Adam Kadmon human template, if left alone and working normally, is supposed to last about 900 years. But the problem is that souled beings living beyond 500 years without an in-between intermission causes some problems. We lose track of ourselves too much, so it's obviously been drastically shortened. The maximum lifespan of a human is about 120 years. No one lives past that, and we basically start aging at age 18 or 20, so our whole life is about making up for these things.

As I'm older and slowing down, I appreciate time a lot more, because when you're young, you don't. But it would be nice to live longer and healthier, and I don't just mean by eating granola. I mean, why don't we have more of a renewal in our body? Ideally, you'd live to be 90 or 100 – and still look like you were 40 or 50 – and then you just had this feeling in your body, and you say, "You know, I love you, my family, but it's time for me to go now. I sense it. I'm going to go lay down and go to sleep, and I won't wake up." And you take care of all your stuff and you're 110 years old, and you go take a nap and that's it. You're gone, no buts, no fuss. What about that? Why does the exit have to be done the way we do?

**SM:** So, would you say that Adamus is exploring how to hack the system?

**DR. DOUG:** Yeah, I think he's saying "This is a system that you wanted and created for a particular reason, and this is how it works. And now, if you really are empowered and sovereign, you can change the system."

[MORE INFO • KEAHAK XIV](#)

*Dr. Douglas Davies met Geoff & Linda Hoppe in 1999 at a Kryon conference in Nederland, Colorado, shortly before the inception of Crimson Circle. He is a practicing neurologist in Los Angeles, California and can be contacted via [email](#).*

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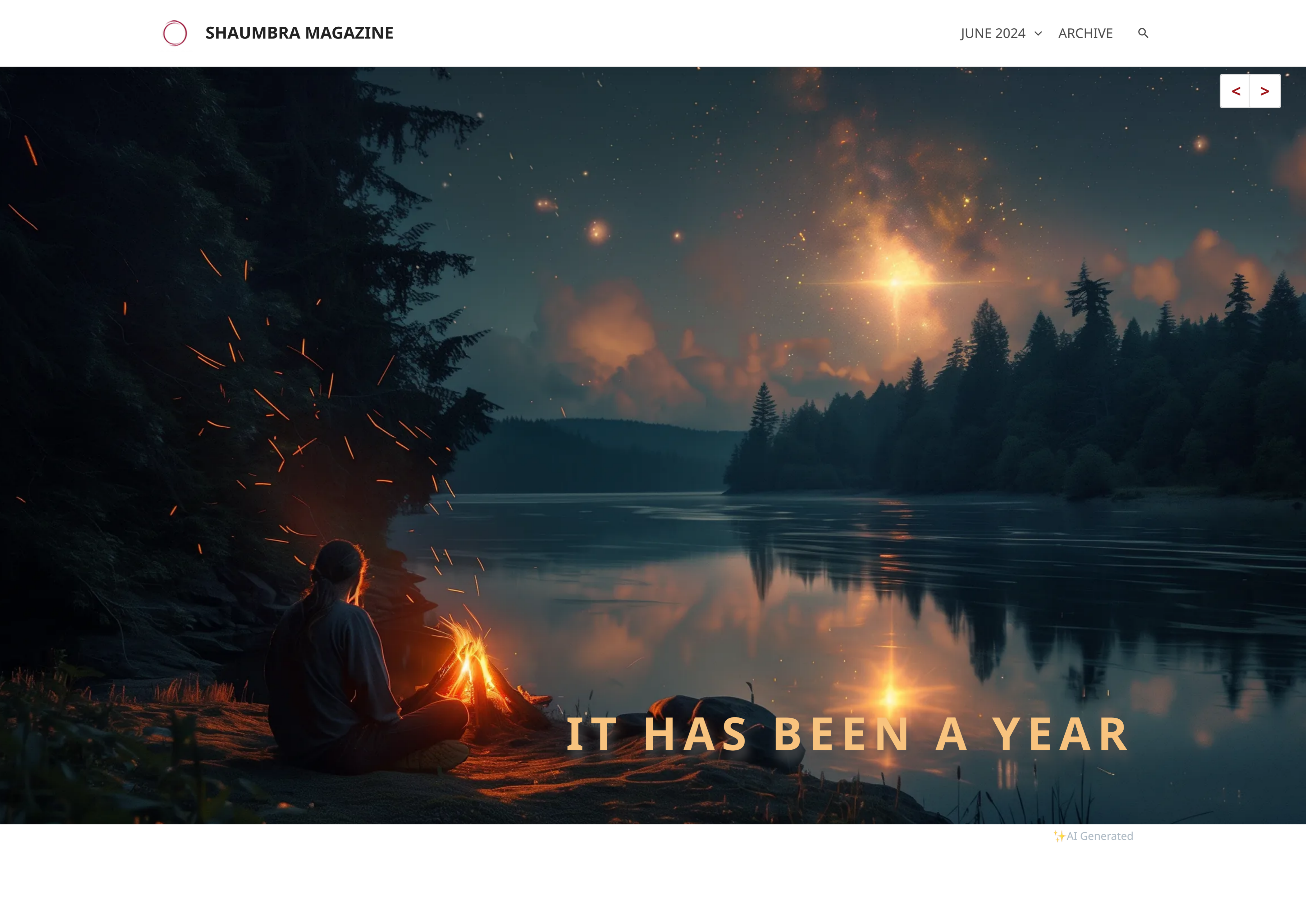
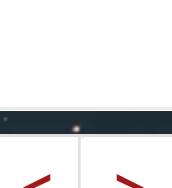
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# IT HAS BEEN A YEAR

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By Jerry Sweeten

It has been a year since Heaven's Cross. And what a year it has been. Transformative. This article is about those deep shifts and profound changes that I have experienced since March of last year.

I write this from a small town in Oregon in the US, that I recently found in my campervan wanderings. I left Virginia almost a year and a half ago. I write from a place that feels like home, because I am at home within myself. That is one of the changes that I have experienced in the last year.

The speed and depth of those kinds of changes has accelerated since Heaven's Cross. They have come about in a series of unusual (at least for the human facet of me) experiences that I feel called to share here.

I write here too about relationships. The changes I have witnessed in relationship to myself and others, have had a profound and significant impact in the ongoing integration of human and divine. This article is about that becoming. About seeing what has been hidden. About becoming aware in ways that I didn't anticipate. About remembering who I am at my core. About apocalyptic changes.

One of the first realizations has been what an enormous drain being a realm worker was on human resources. I am more here because that task is complete. A task that was the culmination of all of the 1231 lifetimes. I can feel the satisfaction of it in my bones. Retirement from that intense energy work has allowed me to be more available and present in the physical world.

For example, I never was any good at word games or puzzles. But suddenly, I have a new aptitude that has come out of nowhere. I feel new resources available within me. I am more aware of my body. I am more IN my body. I am aware of the passive neglect that happened in those very intense months before Heaven's Cross. I am also more invested in my physical self than I ever have been in my life. I am losing excess weight. My visage in the mirror has changed. I am walking more upright and my gait has become more relaxed and confident.

I have also realized that the creative nudges that come from my soul manifest as feelings in my body. As I tune into those subtle, yet potent threads, I have become better at sensing and allowing what I witness in my body. I attribute these changes to the deep shifts that are occurring naturally in my day-to-day life.

Another deep shift has been an increase in the use of my angelic senses. That shift in awareness has allowed me to process the human emotions connected to my aspects. I have concluded that as long as I am in physical form, there will be human emotions and aspects to cope with. What I witness now is that intense human emotions still arise. A circus of emotions by tired and bedraggled performers. But when the circus comes to town, these emotions are not the dysfunctional of my life any longer.

Being able to feel dysfunctional emotions intensely as they arise is a critical step in their release. I have spent much time and energy suppressing emotions from aspects. Now, instead of pushing the emotions away, I have begun to soak deeply into them. The danger here is that my human self has also spent much time and energy feeling the dysfunctional emotions. By shedding the belief that suffering is valuable and necessary in my human life, I have begun to trust myself when I feel these emotions. I trust in my ability to feel guilt or shame with the knowledge that these emotions are out of balance and are seeking release/resolution. So instead of indulging in some kind of misguided victimhood, I allow those emotions center stage. I trust in the discernment between feeling them and feeding them.

Are these emotions uncomfortable? Yes, they are. They are familiar, yet they are not fun. I have unconsciously created 3D identities based on these emotions. They have been, until now, how I have defined myself in this life. Shedding the belief in their reality is also shedding the human identity associated with them. And so, I feel them intensely as they arise, for they are an experience portal that I must go through, as a means of releasing the energetic congestion associated with them.

I feel them and hold them with a special knowledge that has come to me through Heaven's Cross.

That special knowledge or awareness is a beautiful gift that I have given myself. Knowing that if I hold these old aspects without feeding them, I can allow the soul entry into myself so that the balance can come in. I experience this release as a relief from the tension in my body. One moment I am carrying an emotional sack of rocks over my shoulder, burdened, and shuddering with tears. And in the next moment, the soul slides in behind me and simply slits the bottom of the sack with a sharp blade. Suddenly, I am unburdened, holding an empty sack, feeling intense relief. A lightness of being. A gentle warmth that surrounds me, guiding me. An awareness of the love that I feel for myself ensues.

The gift of the ease by which human me can allow the soul into my daily existence has been one of the greatest treasures from Heaven's Cross. As I face whatever comes up, my ability to trust in the release/integration/rebalance/healing continues to grow. For me, this is the metric that I observe as the human and divine meld.

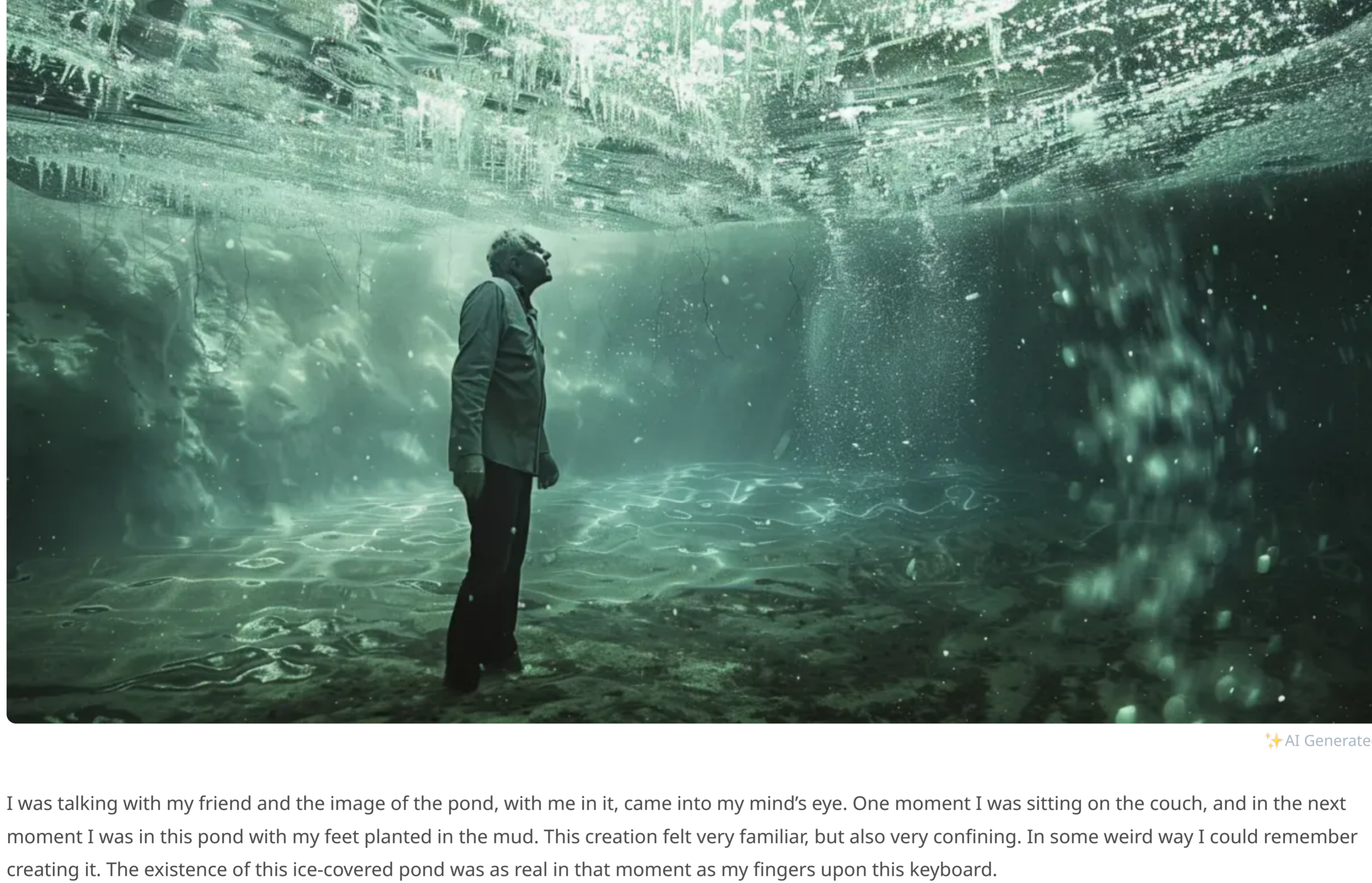
Over the last year, I have been exploring an intimate relationship with another Shaumbra. While some esteemed channeled teachers do not recommend such, I have never been very good at following those kinds of guidelines. The strength of the friendship enabled us to be present to each other as we discovered our way in our individual journeys.

Being close to someone triggered a lot of my old relationship issues. I found that I spent time unraveling emotional burdens that had nothing to do with the other person. Allowing my soul into my life as I held these burdens gave me the gift of shedding the old stuff without creating drama in the interaction with the other.

## THE ICE SHIELD

About 2 months ago, I had an experience of releasing a huge burden in what felt like an extraordinary manner. I know that this transformational experience used angelic senses beyond the five human senses.

I came upon the feeling of being constrained by an old defensive structure within. On some level I was aware of it, but for the most part this coping mechanism was hidden from me. It was as if I was underwater in a pond with a thick sheet of ice covering the water. It felt very odd. I felt that I needed to protect myself; shield my vulnerability from abuse in many forms.



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I was talking with my friend and the image of the pond, with me in it, came into my mind's eye. One moment I was sitting on the couch, and in the next moment I was in this pond with my feet planted in the mud. This creation felt very familiar, but also very confining. In some weird way I could remember creating it. The existence of this ice-covered pond was as real in that moment as my fingers upon this keyboard.

And so it was that I found myself underwater, looking up at the ice. There was a feeling, a nudge from the Master within. And suddenly I was aware that this very human creation was not needed any longer. And I just stood up, what was once deep water only came up to my calves. Suddenly, I became aware of the ice rose with me. I became a giant with this sheet of ice on my head and right shoulder. And then the ice slid off of me and vanished. I suddenly felt free. I felt that I had been constrained, crouched under a protective layer that was not needed any longer.

As I stood there, several things occurred to me: The presence of me in the world is changing. I outgrew this old confinement, and it released. I used to be proportionally equal to this pond. As I stood up, what was once deep water only came up to my calves. Suddenly, I became aware of my presence in the world is more substantial. But I also realized that at my feet in the pond were stunted plants that had been seeking the light and freedom to express themselves. I observed that they were coated in dark sludge from being hidden in the dark and cold. I would call the dark sludge aspects, but at the core of these plants were vibrant parts of myself seeking nourishment and resolution.

The images of the Ice Shield and the aspects are very much like dream images that my ears, in my waking state. They have an energetic basis that I can feel, very much like a bass riff that vibrates in my body. The music is not heard with my years, but felt in the vibration of feeling that is the communication of my soul. This soul light that comes in is like a drop of oil on the rusted tumblers of an ancient lock that is now free to open and release.

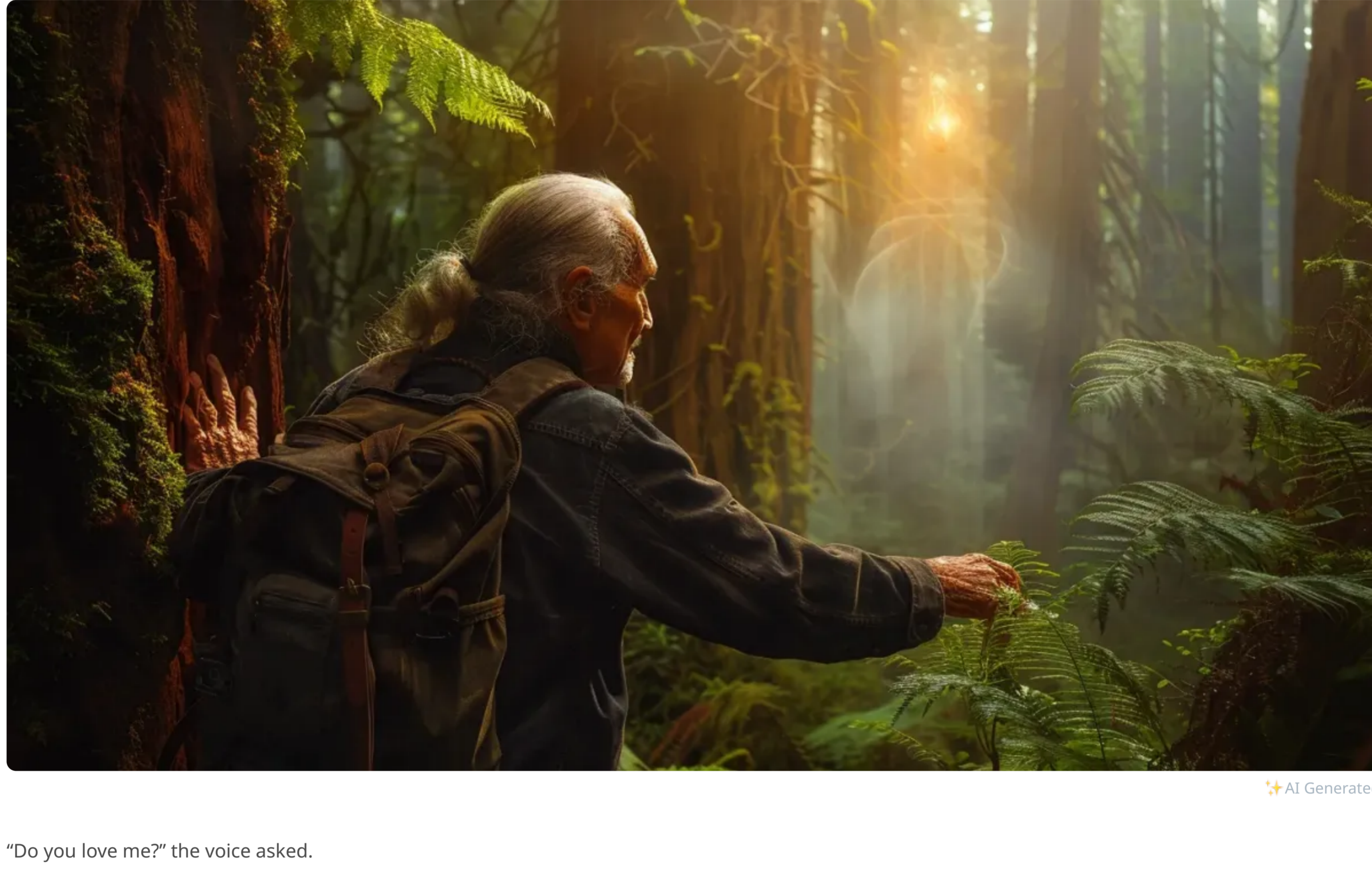
## RELATIONSHIPS

Several significant relationship changes have occurred in the last year. Both of my 100+ year old parents crossed over. I entered an intimate relationship that ended just a short time ago. These experiences changed me in significant ways.

My relationship with my parents was strained to non-existence at the end. I had stepped away from them before Heaven's Cross. I did not know I was a realm worker at that point. Did not know that such a thing existed. All I knew was that I had no bandwidth to deal with ancestral feeding from them or my siblings. Instinctively, I left Virginia in my motorhome and isolated myself. I knew that I needed to focus on tasks that I knew about without knowing what I knew. Turned out that those tasks were much larger for me than just this lifetime. I was playing in a high stakes event, and could not afford the distraction.

After Heaven's Cross, that need for isolation was not so imperative. My attempts to reconnect were rebuffed. Evidently, the prodigal son is only a tale for Sunday Mass. At least I thought that they were rebuffed.

I was hiking in the Redwood Forest when I became aware of a presence near me. I stopped with one hand on one of the great trees, and listened. The presence felt like my mother. A question slid into my awareness.



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"Do you love me?" the voice asked.

"Yes," I responded.

"How do I know?" she seemed to ask.

I responded by closing my eyes and focusing on my heart. I imagined the love that I felt in that moment to grow and expand. "Can you feel it?" I asked.

"Yes," she seemed to say and left me standing with my hand on a giant Redwood tree.

Over the next few days, this scene repeated 4 or 5 times. She would ask, and I would respond with heartfelt assurances.

Then I found myself sitting by a wonderfully vibrant campfire with the untamed Smith River roaring below. It was dusk and I had finished my dinner, and was relaxing by the fire, sipping a dram of single malt Scotch.

Suddenly a different scene shattered into my vision. All I could see was green. In my mind's eye, I found myself standing, staring at this green color until it began to resolve into the view of a meadow. I could see blurs resolve into wildflowers being serviced by butterflies. In the distance was an inviting deep forest much for that now. I spent a week in nature sitting by a beautiful river. I had lots of moments of just breathing myself back into the present moment to hold that sadness. While I had uncomfortable moments, overall, I have been pleasantly surprised by what I consider to be mental/emotional/spiritual maturity that I have witnessed in myself.

A pop from the fire brought me back. It had burned low, and it was full dark. I felt sad, certainly, but mostly I felt relief. I was relieved that she had found her way. Relief that my abuser was gone from the planet. (I was also relieved that somehow, I had not spilled my Scotch.)

Two days later I got a call from my brother, letting me know that she had passed. I did not go to the funeral Mass, for I knew that she had found her way. Not long after, my father joined her. I wrote a letter to my brother, sharing my experience, but he chose not to respond. He indicated in a phone call that he didn't see us reconnecting any time soon.

As I reflect now on these ancestral experiences, I feel broad strokes of emotion. The predominate emotion is relief. Guilt, shame and sadness too. But I feel strongly that if I were to be with these people today, it is very likely that I would perhaps have different kinds of interaction with them. I choose not to second guess myself though.

I remember Ram Dass saying that if you feel like you have progressed in your spiritual journey, go spend a week with your family. While humorous, family can be triggers for aspects. I believe that I have spent many lifetimes with this particular nuclear family. I chose to believe that I will create other mirrors and experiences to suss out unresolved aspects.

Experiences like being in an intimate relationship.

## UNWAVERING DEVOTION ASPECT

In the past, ending an intimate relationship would have devastated me. My pattern has been to identify myself through another person. Part of that identification was putting my esteem and self worth in the hands of someone else. If you love me, then I can love myself. People pleasing behaviors.

But this time is different. Have I experienced sadness? Yes, certainly. Has it had the devastating effects that past breakups have had? No. I love myself too much for that now. I spent a week in nature sitting by a beautiful river. I had lots of moments of just breathing myself back into this arising emotion. It felt like a combination of not one, but a mishmash of shame, guilt, betrayal, and fear. I went to sleep with this flood in my awareness.

That said, I do want to share an experience about my interaction. With the help of my friend, I was able to identify an aspect that I just did not see before. The manner in which it manifested and then resolved is very fascinating to me.

Beyond the people pleasing behavior, I had an "Unwavering Devotion Aspect." I witnessed this in my life as a commitment to another person. I would be willing to put up with all sorts of dysfunctional behaviors in a relationship because of my devotion to them. Steadfast. Always having my partner's back. I was willing to experience the discomfort of that which was not working no matter what. I believed that this was a functional asset. I believed that this was loyalty and was part of my character to be commended.

During this most recent experience with my friend, she challenged this aspect of my personality. At first, I resisted hearing her, and can be steadfastly stubborn at times. But when I felt more deeply into it, I had to agree with her. There was a chord of disharmony within me, that got my attention. I felt discomfort more strongly that evening. Before I went to sleep, I held the disharmony and felt even more deeply into this arising emotion. It felt like a combination of not one, but a mishmash of shame, guilt, betrayal, and fear. I went to sleep with this flood in my awareness.

*In the wee hours I know that I am dreaming. I am in a surgical suite. I am standing next to several other beings that I identify as the surgeons. I am in a role not unlike a scrub nurse. As I look at the table, I realize that I am also the patient. This does not trouble me, and seems natural.*

*The surgeons are working in my belly area above the navel. Protruding from the surgical site are several black threads that are as thick as my thumb. These tentacles are about a meter long and contain undulating loops. These threads are deeply imbedded into my body. With obvious skill, the surgical team works to unroot these unsightly protrusions. The base of these protrusions looks like roots of a plant. The team unwinds them from the healthy tissue. While they make steady progress, it feels like a long time to my scrub nurse self. Finally, the last of the roots are extracted, and they close the opening in my belly, applying a rich salve.*

*The scene changes. I see the faces of those I have been in relationship with. I see scenes where I used the tentacle loops to entrap those other individuals, so I could keep them close. There is a steady stream of faces, and the scene changes again. I begin witnessing scenes where the dress and furnishing are strange. Deathbed scenes where I have a mate holding my hand. Battle scenes. Scenes of lonely death in a cell. I know as I watch that these are past life scenes that have come for resolution and healing.*

*For as these scenes progress, I realize that I am feeling a release of very old and ancient emotion. I feel forgiven and reconciled within myself. There is a feeling of peace and a quiet joy in this.*

I wake up and I can see the first light of a new day. I feel into my body and realize that my belly feels physically sore. It isn't like anything that I have experienced before. It is both sore and not sore.

As I lay on the bed, I begin to reflect on the experience. Clearly, what I had considered an asset at one time was actually a subtle manipulation and control mechanism. In relationship, I was both the abuser and the abused. Classic energy feeding. Holy smokes. I thought that I was done with all of that.

But what happened next was surprising and a relief both at once. The reconciliation, the forgiveness was complete. There was no reintegration or recrimination. I did not wish myself for this behavior. At first, I thought that I must keep this secret, because others might see in a bad light. But the feeling of wholeness, of feeling complete, like I came home to myself in a significant way, was more like something to celebrate.

I wandered around in a daze all that day, feeling vertigo, and just took naps. The naps didn't seem to affect my sleep as the day ended.

*I am back on the table and the team is once again checking the work of the previous night. This session was considerably shorter, and they once again applied healing salve to my belly.*

I felt relaxed upon waking. Instead of being sore, my whole abdomen felt very vital with a subtle energetic buzz. I had lots of energy and went for a long hike. I have noticed that I do not have a craving for a new relationship at this juncture. This is new for me.

I do feel like this is something to celebrate. When I consider my past relationships, I do not feel anything but a quiet sense of relief. Reconciling these parts of myself are happening as I am ready, and I am very glad about that.

What I also feel is a sense that I can trust this evolution that is happening. I feel more of that sometimes elusive love of myself. Apocalyptic changes indeed. These kinds of changes have been my heart's desire ever since I can remember, and they are coming to fruition. To me, these changes feel easier, and are coming faster since Heaven's Cross. Whatever sacrifices I made prior to Heaven's Cross feel worth it now in these evolving times.

## AUTHOR



### JERRY SWEETEN

Jerry Sweeten has had many identities this lifetime. He has been a teacher, parent, business owner, shaman, minister, and many more. The unknown identity of a Realm Worker is closest to his heart. He can be found adventuring in his campervan or via email.

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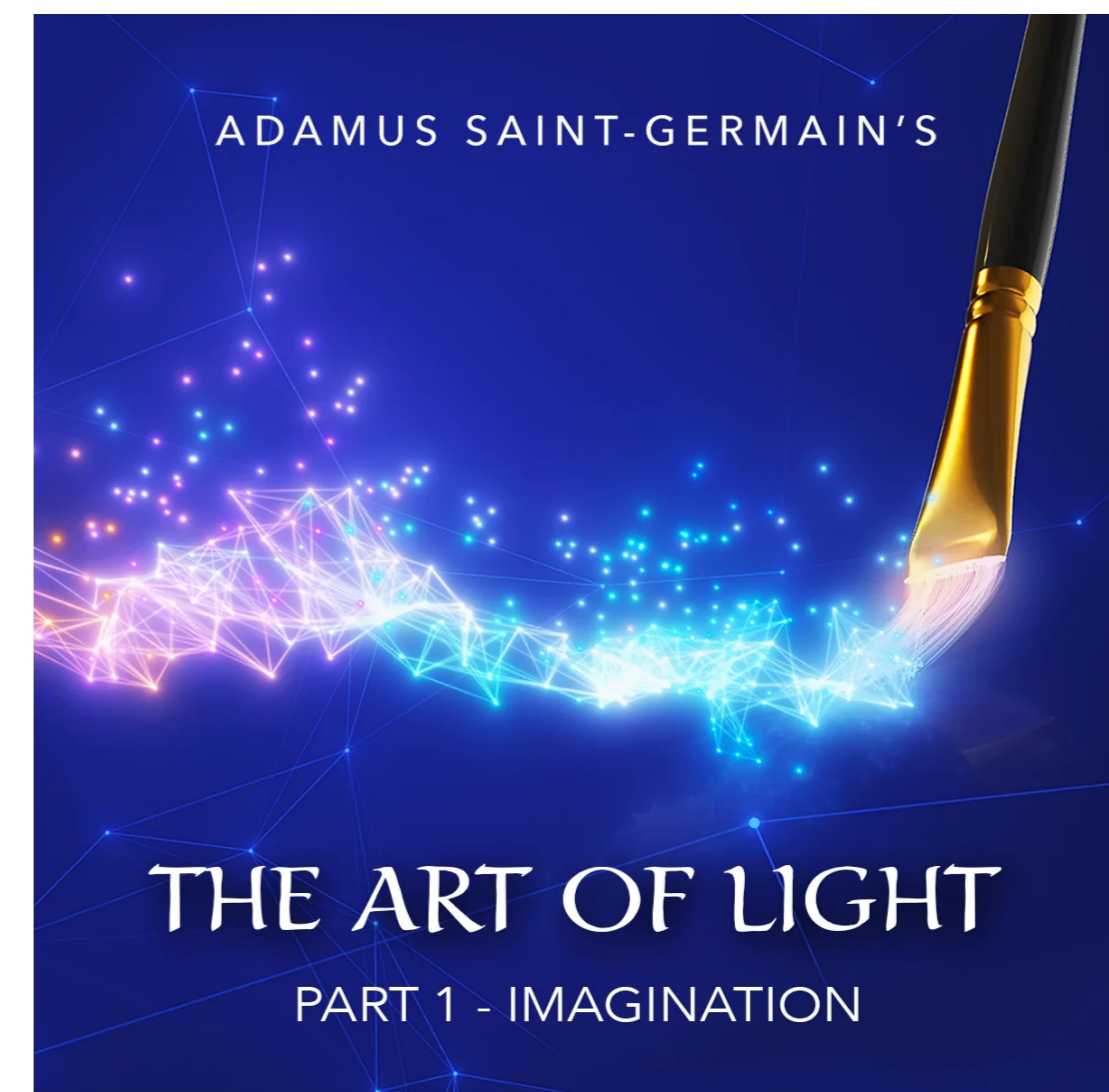
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Delve into the profound ability of imagination to literally create reality! Remember how to tap into this natural ability, a vital tool for bringing in your dreams from the other realms and shaping your human reality. Adamus explains how imagination manifests human desires using energy, light, and gravity to form the atomic structures of this physical realm. In fact, this physical universe itself was brought into existence by imagination.

Adamus emphasizes the importance of accessing pure imagination, allowing your passion to guide the process without worrying about the details. He guides several experiences in which you can connect with imagination as the indispensable creative tool of the Master.

*Imagination is not just daydreaming. It is reality building in your light. **Light is imagination.** Can you imagine how that changes everything?*

– Adamus



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When discussing metaphysics, Adamus describes “Full Spectrum Gravity” as a dualistic force that holds things together but can also bring expansion. “Inbound gravity” is the glue that holds reality together. But in aerotheon, “outbound gravity” changes how the body, mind, thoughts and emotions operate and brings tremendous freedom. It’s an act of consciousness and it’s all natural.

In this DreamWalk, Adamus guides a deep experience into aerotheon, helping us experience the unlimited expansion of gravity in every direction. Includes original music and additional bonus track composed and created by Gerhard Fankhauser. The music is embedded with energies to facilitate a deep experience with aerotheon.

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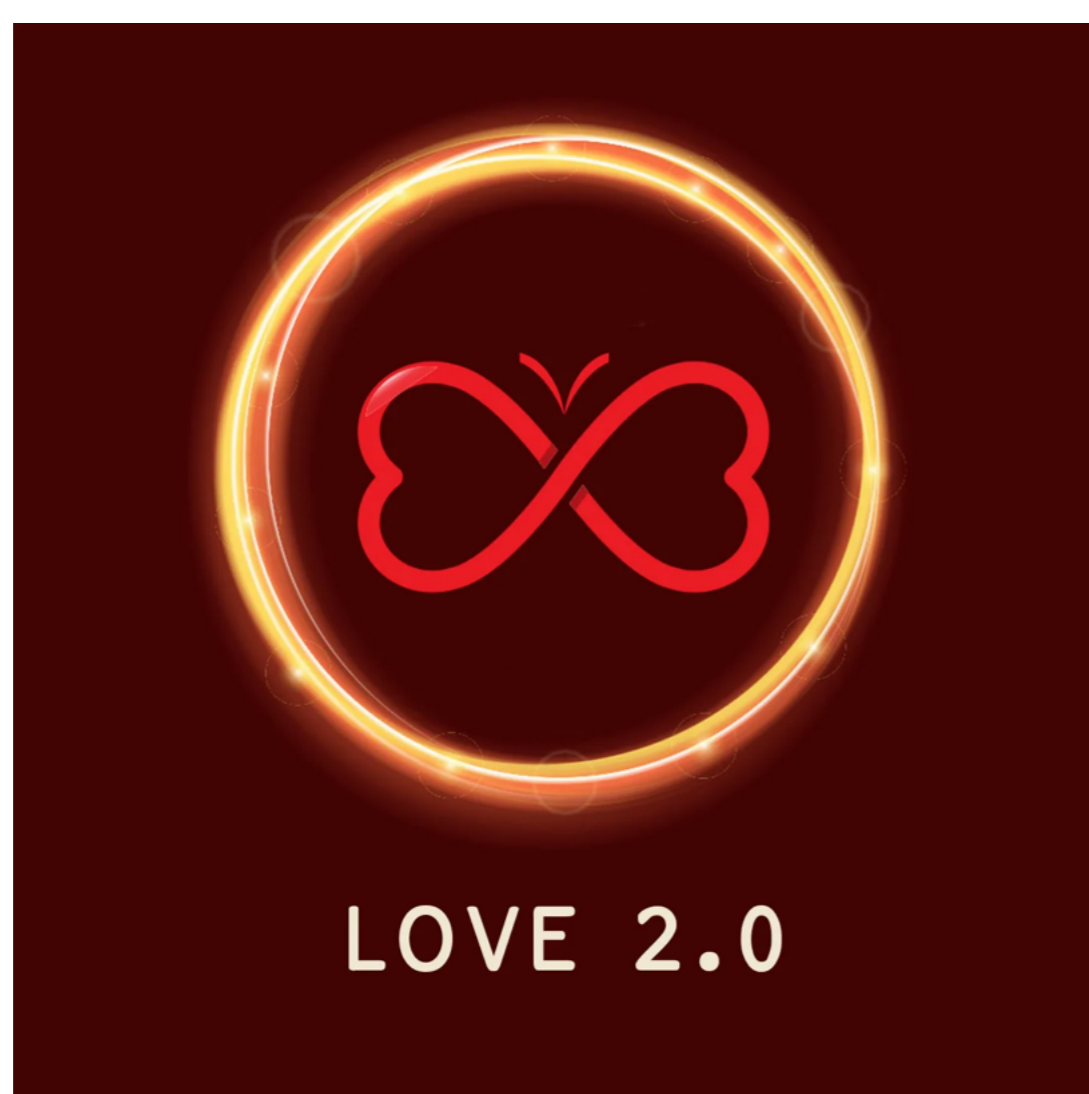
**Access:** Unlimited

One year after the Apocalypse began, Adamus gives an overview of what’s happening with the increased light on Earth. Acknowledging the collective endurance of Shaumbra and insisting on the goodness of nearly all humans, he also mentions the tiny percentage making their last stand in old patterns, darkness, and war. The light is here to stay, however, and humanity is taking a new turn. For this and so much more, it’s time to release *all* remaining issues of self-worth, receive your own light, and allow yourself to be a healthy, wealthy, and wise Master, fully enjoying life on Earth.

As *everything* goes new, the old structures will slowly blow up from trying to hold on. The light will touch every fragment, allowing “*the shattered pieces come back together in an alignment of light.*”

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### LOVE 2.0

*The Evolution of Love*

**Cost:** \$150 (through June 1, 2024, \$195 thereafter)

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Everybody loves love. Not only is it precious and sacred, but now, after Heaven’s Cross, Adamus says the future of the planet literally depends on it! He defines love as “awareness and acceptance.” While past love has included a lot of pain, its ultimate purpose is to bring the love of Self, with or without a human partner.

Adamus describes the physics of love and how it can alter the very fabric of reality by affecting gravity, time, and space. He even says that love is what will ultimately bring consciousness and energy together. More than 2,000 years ago Yeshua taught self-love. It was literally the Christ seed, and now we are here to harvest its precious gifts. As Adamus declares, “*In Love 2.0, everything presents itself to you as love.*”

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# MICROCOSMIC REALIZATIONS

By Ivonne Elsner

I would like to start this article with the conclusion and share a realization I recently had: There is nothing more important than to feel CONNECTED WITH SELF!

Well, is this really this big? Oh absolutely! I may have felt it before on some level, but now I feel it with all my heart and soul. It is more meaningful than ever before. More so, I see WHY it is so significant.

It is so simple and yet so true: What I thought comes first – jobs, opportunities, you name it – is actually last. And what I thought comes last – my Self – is actually all that I will ever need.

Let me explain a bit more. Before, I was chasing these external things because I thought they would somehow help me feel connected. But now I realize that nothing will ever *make* me feel connected. Instead, I just feel the connection, and things may or may not happen. This realization literally turns my whole life around – in a good way! It is a monumental shift, especially when I put it into actual practice. It makes it a lot easier for me to let go of old stuff that does not serve me anymore and to finally allow in all the good stuff which I may have been blind to before.

I would like to share the story of how I came to these profound realizations.

It all started with this: I lost money. Due to a bad investment decision, I lost 430 € (about \$450), yet I gained the most important treasure of realizations. In short, I bought a brilliant musical device to make my contribution for the [Music for Aerotheon](#) project. I'll spare you the technical details, but the device is called a "hologram microcosm" – a beautiful name for a box of electric components that can turn musical input from a guitar or other instrument into an awe inspiring, spacey sound. In fact, the sound is much like I imagine musical spheres in the omniverse. It literally makes you go into other worlds.

However, this magical device called the microcosm is not available in my country. Therefore, I ordered one on a second-hand online platform. At least this is what I thought I was doing, only to find out that the seller took my money with no intention of ever sending a product. As it was a private seller, there is no insurance, no type of safety net whatsoever. Just "trust" and bad luck on my side. Was it really bad luck though? Maybe not.

A million signs were there to tell me this wasn't a safe place to make the investment. In hindsight it smelt so much like mischief you could probably get a whiff of it up in the AMC. Here are just two examples of the smelly facts:

1. The PayPal address wasn't valid, so the seller had to give me a second one (the first one had probably been blocked already, I realized only later).
2. The language used was suspicious and when I checked later, their account had only been created the previous week.

Looking at these dubious items now makes me laugh at myself. Why on earth did I do this? I saw the signs indeed, but I very much blocked them out and did not listen because I so wanted to make this work! I have to say that in most cases I have a good feeling of whether or not I can trust a person or situation. However, I don't always trust that feeling because sometimes it is tainted with the internal clamor of aspects, such as "It has to be like this!" In hindsight, of course, it is so much easier to see. Nevertheless, I did learn to trust my gut a lot more after this incident. It is remarkable what we are able to sense and to just know. But we don't know how we know, which at times opens the doors for doubt.

By the time it became obvious the seller wouldn't send me anything, I was somewhat delighted, believe it or not. I had landed right in the **I AM** where I had always wanted to be. I also felt slightly sad, blaming myself for a short moment (especially about having been so naive), but I soon recovered, for my gut also tells me not to blame anyone – including myself – which is damn right!

What followed was the most amazing realization that made me feel losing the money was worth it, even if in a slightly wicked way. I felt LOVE for what happened, along with the human emotions. Wait, someone rips me off and I feel love all over? Yes, it may sound strange, but this is indeed what happened. The light and love flowed all through me, not only on the day of the incident but ever since then; it is now my trustworthy companion. In fact, the night after the incident I woke up at 2 am and stayed awake until dawn, floating in an endless experience of Light – Shift – Light. Plus, there was also a tremendous release of old junk, as always happens with these big moments. I am not able to describe this experience any clearer, so I'll stop trying. It was simply beyond words.



But what I *am* able to put into words are the realizations that followed, and these I would very much like to share, along with the conclusion with which I started out:

## THE MOST IMPORTANT THING IS TO FEEL CONNECTED TO SELF!

### REALIZATION 1

**Before this experience, I had been seeing things from the wrong end.** I wanted certain things to happen (e.g. the music project but also in other areas of my life), hoping that I would THEN feel connected with Self. Now I finally know, not only mentally but truly feel and realize, that it has to be the other way round! Nothing is going to MAKE me feel connected because I already am. Therefore, all I need to do is to allow myself to *feel* the connection, to stay with it. And then something works out or not. It won't even matter anymore because feeling that connectivity is all that counts. All other things simply lose their importance.

### REALIZATION 2

**I had still been chasing after signs on the outside** like chasing fireflies at night. I believed they were coming from the inside, signs assuring me I was on the right path. Yet, instead of looking inside, I was most often chasing artificial signs on the outside, like the number 44 or other types of mental constructs such as "If A happens now after B, then it MUST mean something." Well, no. Feel inside. It is a lot easier than that.

### REALIZATION 3

**I was still believing in a higher power of some sort.** On one hand, I was putting energy on the outside and on the other hand I was being very mental about it! I felt very spiritual for going on less traveled paths in my life. I still do tend to take the alternate roads, yet I realize now that in many cases I was still chasing fireflies, still feeling like I had to achieve something. I don't do that anymore – not in the way I did before – and I am a lot more grounded now. Also, I realize that I was trying to achieve things because I was so afraid of judgement from the outside, either from other people or from a higher power of some kind. This realization came as a bit of a surprise, considering my atheist upbringing and life choices. I would never have called such a higher power "God," but the energy dynamics were just the same as when someone believes in an old external God. I felt like I *just had to get things right* to please that power – or else. Even worse, I felt like I had to get things right *the first time!* What a pressure I put on myself! Yet, I hardly ever had any true feeling of satisfaction when I *did* achieve something or when things worked out as desired.

### REALIZATION 4

**I was running away from my true feelings by putting them outside rather than allowing myself to feel them as part of me.** I was still not 100 % open and honest with myself. I am now a lot more allowing when it comes to looking at my emotions instead of running or hiding from them. It is not like I was running and hiding all the time, yet I cannot say that it never happened. There were some beliefs that felt somehow out of reach and which I placed outside as I did not dare to allow them in. They seemed too frightening. Funny thing is though, they seem so much mightier when you place them outside. Once you place them on the inside, they lose their power over you.

Let me give you an example: I believed that I had to achieve something in order to make a living, and that I would be judged by some outside force if I didn't. After the realizations, I internalized it as a fear within myself. If there are no outside judgements, it is simply a fear on the inside. And this is a lot less scary! I can handle it and allow the integration a lot easier. Even though "fear" may sound scary, it is so much easier when it is MINE and I take ownership of it.

And this changes things! Once I figured it out for one issue, it is a lot easier to see it in other parts in my life as well. I would even go so far as to say that I do not need to know what exactly the issue is, just knowing that it is all on the inside already does the trick. It may actually be everything I need to do.

### REALIZATION 5

**I've been secretly taking care of other people** more than I would ever have thought. I mean this not in a compassionate way but rather in an outside-looking way. In a very subtle way, I felt like I had to save other people, that I was responsible for them, which influenced my actions in various ways. For example, I would smile to another person because I felt it was up to me to make them have a good day. More importantly, I felt that was *my duty*, although I wouldn't have used those words because I was simply not aware of the subtle mechanisms at play within me. I simply considered myself an open and friendly person. After this experience, I am still mostly open and friendly to others, but the reason has changed. Now it is not because *I have to* but rather because I just am. And if I am not, it is just as good because the most important thing is that *I* have a good day. I do not take anything away from anyone else by having a good day myself.

So now, because of all these realizations, perhaps you understand why I felt *love* for the experience of being scammed. Yes, I have heard all these things before, and had internalized bits and pieces of it before. I heard Adamus and Tobias talk about these things many times, yet hearing something is a very different thing than actually feeling and experiencing it yourself and – more importantly – integrating it into your life. It feels like these are MY realizations, I feel ownership for them, and therefore, it feels a lot bigger than any messages from the Masters. So yes, I am thankful for the experience of losing \$450.

In fact, I would like to introduce my new business model to you: I sell you literally nothing for \$450 and, well, all the subsequent amazing realizations are completely yours. How does that sound? Microcosmic? Anyone interested? Oh, you don't want to lose \$450 to get your realizations? You can have them for free? Well, good on you! Perhaps now I will do the same. ☺

What I am saying is this: **Allow yourself to have fun!** No matter what the experience is, you can turn shit into gold. Or, more accurately, in every bad experience there is already gold within. It is only up to you to see it – which is very easy when you realize you're already connected with every bad.

## AUTHOR



### IVONNE ELSNER

Ivonne is a musician and yoga teacher in the Frankfurt area in Germany. She loves playing the handpan and having plenty of time for herself, preferably on a bike in nature. She found Crimson Circle about 4 years ago and felt like she finally found her family. Visit her website at: [www.glowing-sun-yoga.com](http://www.glowing-sun-yoga.com)

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## REMINDER!

### LET YOURSELF SOAR

During Illumination Shoud 4 in January, Adamus invited Shaumbra musicians to create music that would help us expand into Aerotheon, or “Full Spectrum Gravity.” Since then, we have received almost 30 beautiful tracks, each more than 20 minutes in length.

This magnificent music can be used as ambient background tunes, or you can breathe it in deeply and expand into your own personal freedom.

Visit the **Music for Aerotheon YouTube channel** and browse through the tracks. Or simply click “Play All” to enjoy these uplifting audio creations.

VISIT AEROTHEON MUSIC CHANNEL

MORE INFO FOR MUSICIANS

#### HERE ARE SOME OF THE SUBMITTED AND APPROVED TRACKS – HAVE A LISTEN!



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## CC TIPS

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

# REAL-TIME TRANSLATED CAPTIONS

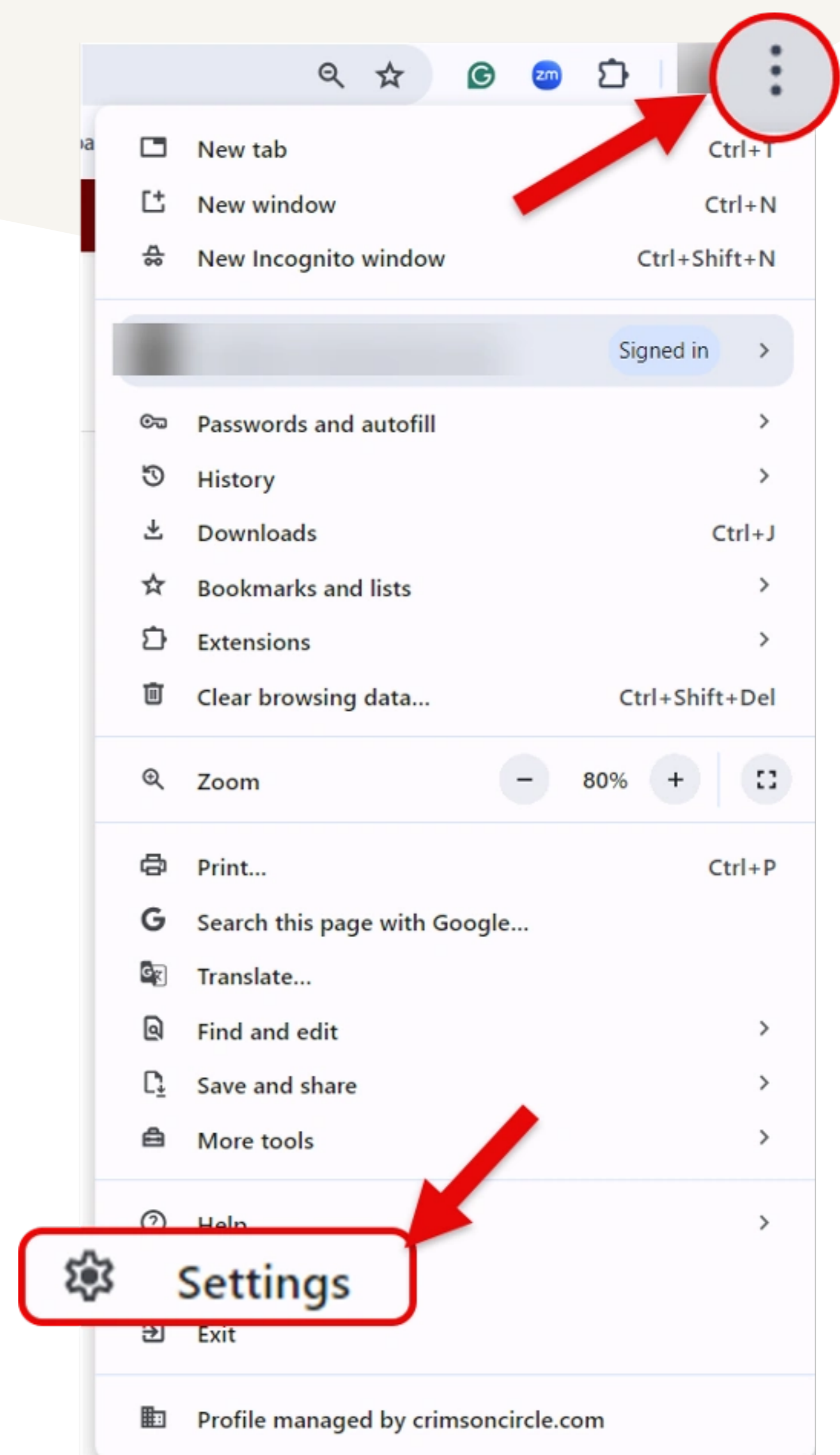
Live captioning is a useful feature that can help you better understand spoken English or even translate it to your preferred language.

By turning on this new feature in the **Chrome** browser, you'll be able to see captions in real-time as words are being spoken! This can be particularly helpful if you're watching a live-hosted Cloud Class with portions that are not included in the text e-reader.

To take advantage of this feature, first make sure you're using the Google Chrome browser. Then, to enjoy English or translated captions, take the following steps:

### STEP 1

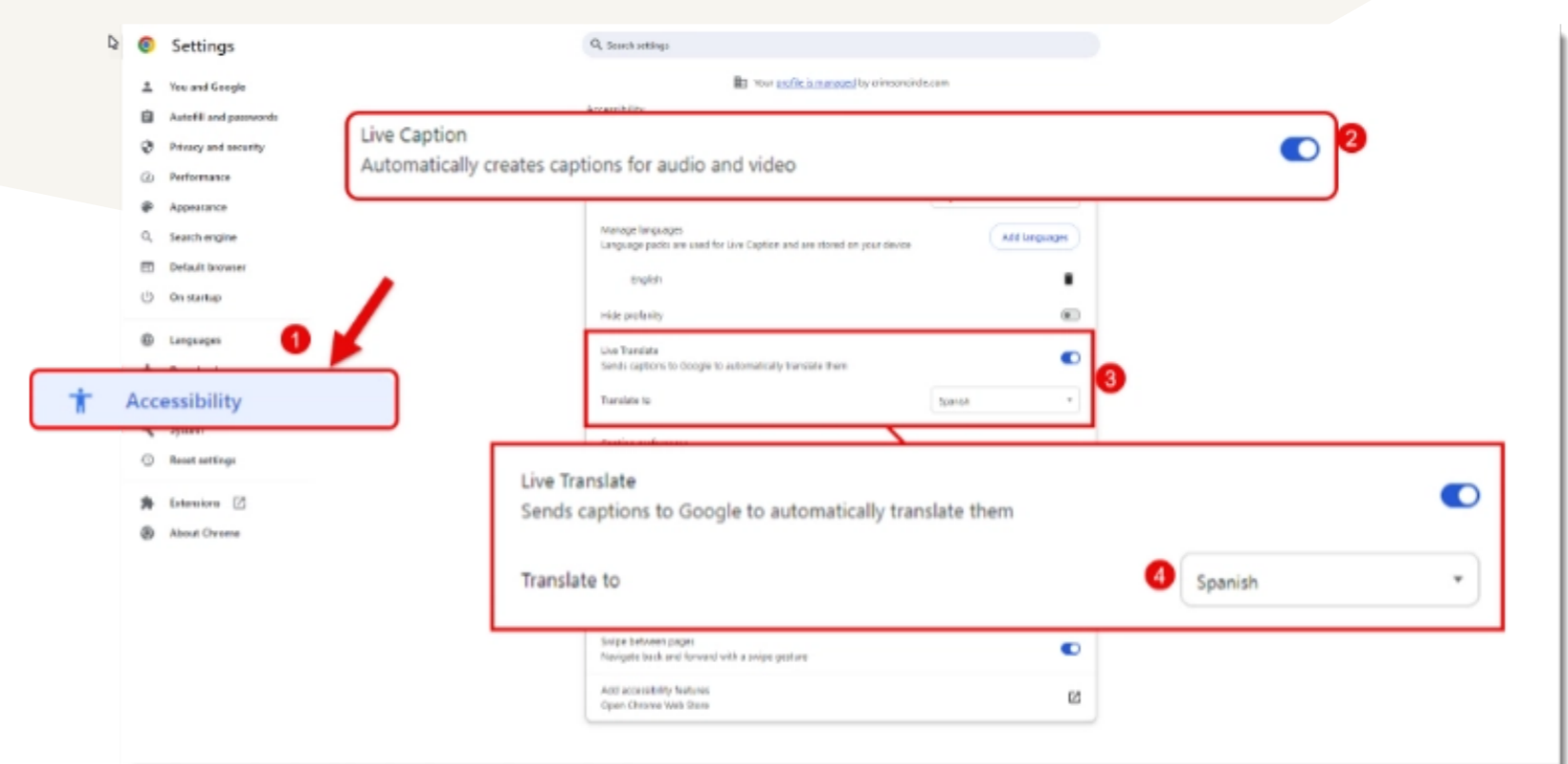
1. In the **Chrome** browser, click on the 3 vertical dots in the top right corner of the window
2. Select **Settings**



### STEP 2

Once on Settings,

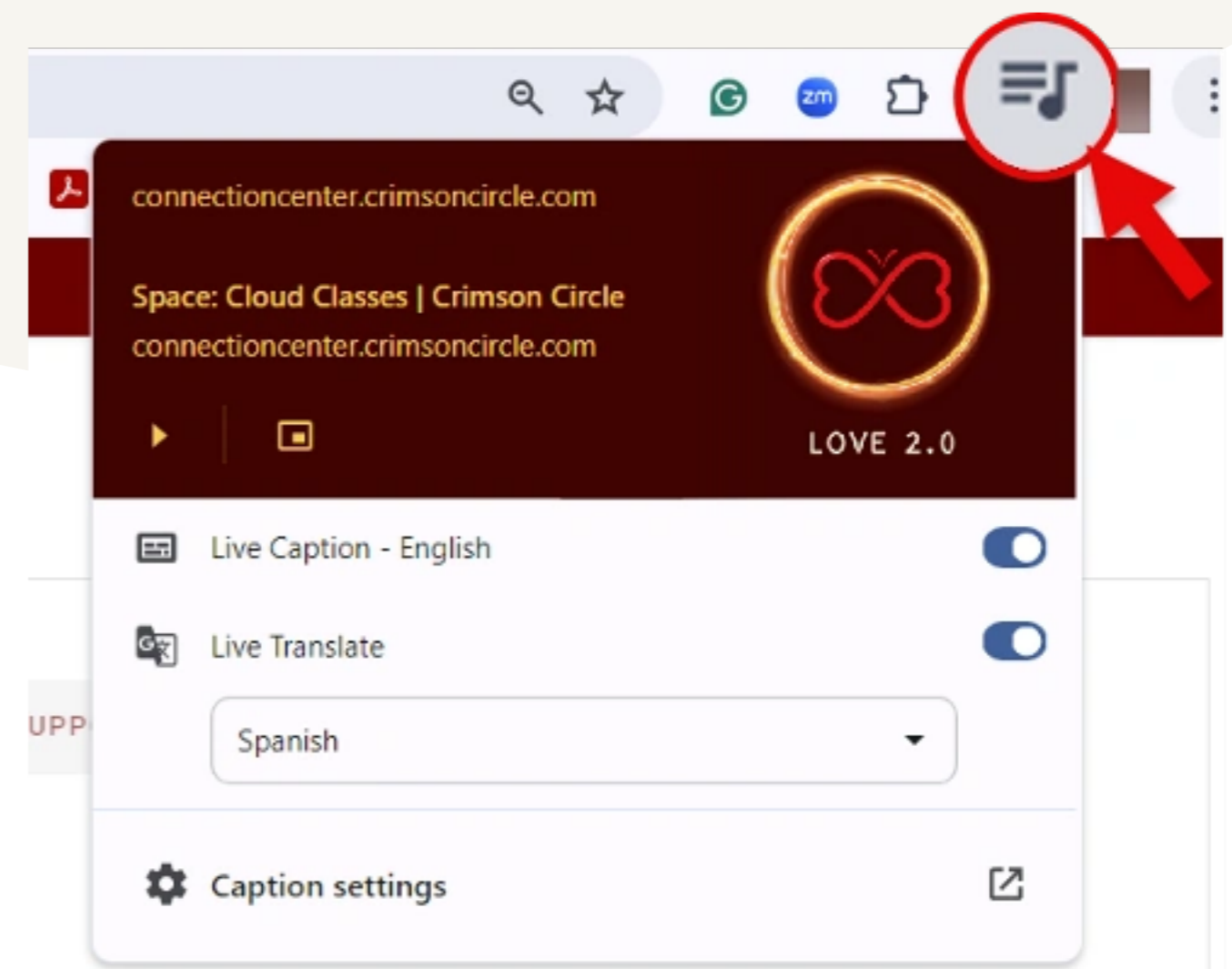
1. select **Accessibility** on the left, then
2. turn on the toggles for **Live Caption** and
3. enable **Live Translate**.
4. **Make sure you select the language you want the captions translated into.**



### STEP 3

After doing this, return to the video and press the play button.

If the captions do not appear automatically, please navigate to the upper right corner of your Chrome browser and click on the musical note icon.



### STEP 4

The captions will then appear at the bottom of the screen.



We hope this enhances your experience with Crimson Circle videos!

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



# DEAR MASTER ....

## HELP ME UNDERSTAND SELF-WORTH

Compiled by Carolina Oquendo

**Question: You've mentioned before that the human identity is going away. As I have experienced lately, that also means that everything I identified with and whatever I used, whether outside or inside, to help me feel worthy also goes out the door. What will become of the "me" I've known?**

The identity will not go out of existence. **It will just take on a different reality anchor in your life**, in your design.

You have tens, thousands – who knows, millions – of reality anchors. Your five senses are a big part of the reality anchor. You have a certain way of looking at things, hearing things, smelling things, touching, tasting things. (...) So **these are all ways for you to anchor your reality, yourself.**

Your emotions are a huge reality anchor. Your emotions – your anger, your happiness, your laughter, your imbalances. Your imbalances, believe it or not, even though they sound imbalanced, are very balanced. They're anchored exactly where you put them. The imbalanced emotions aren't wobbling and wavering and all what you would call imbalanced. They're very stuck. They're pillars that you call imbalance. But they're there. They're anchors.

Your earlier life experiences are anchors. Your schools that you went to, the teachers, all of these are ways of perceiving reality. All of these are ways of staying in that perception of reality.

Humans don't like to move those anchors. But, dear Shaumbra, what do pirates think about anchors on their boat? Arrgh. "Anchors are for sissies," a good pirate would say. "Anchors are for those who don't want to go anywhere," a good pirate would say.

[Now is] about releasing the reality anchor. Instead of replacing it with another, something that's going to keep you held down, it's going to be replaced with a sensor.

These sensors – the reality sensors – actually are going to be probes for you. They're going to sense the environment, your situation, your reality. They're going to provide you with feedback, but not up through here (head). **It's going to be in here (body), feeling feedback, sensory feedback about different potentials.**

These are coming from the inside, not the outside. <sup>1</sup>

**Question: When you say these reality sensors come from the inside, what does that mean exactly?**

**Sensing what could life be, without anchoring into things like science or math or anything else.** In other words, **imagining what could life be?** (...) It can be anything. <sup>2</sup>

Being in this state of mastery – beyond awakening, but truly now into your mastery – will cause you to lose all sense of identity, self-worth, balance, everything. It will get into you. But somehow you're staying committed. Somehow you're staying connected with yourself. <sup>3</sup>

**Question: Lose my sense of self-worth? Haven't you been drilling into us that we have to leave unworthiness behind? Now, I'm even more confused.**

Self-worth is the way you view who you are. Are you viewing yourself through a clear pure mirror? Or are you viewing yourself through cracked mirrors? Are you viewing yourself as you see others viewing you? Or are you viewing yourself from the perspective of your soul? <sup>4</sup>

**You don't need to manufacture self-worth.** You know, you don't have to say, "I'm worthy, because ... given these reasons, I'm worthy because ..." You just, "I'm worthy." That's it. "I am worthy." <sup>5</sup>

It gets down to everything – relationship, jobs, sense of your identity – not self-worth but identity – even your health, everything. Are you really willing to go beyond that identity? <sup>6</sup>

**Question: But if I let go of my reality anchors, if I lose my identity and any idea of self-worth that I've come up with, I won't have anything left to keep me to in this reality.**

What do they tell you when a hurricane's coming up and you've got a boat at the dock? What do they tell you? To throw a few more anchor out? No. To head into the storm, and that's where we're going to go.

You go through the releasing of the old linear path, and it is very uncomfortable. So your mind, having been programmed to think through everything, keeps scanning. "What should I be doing next? What will make me worthy?" As I said before, actually, **if nothing works, do nothing, because then it's working.**

And can you be alright with the fact that you don't have to do anything, you don't have to have direction. <sup>7</sup>

The mind is anchored in a lot of mass consciousness. So now you take that anchor, that almost a tethering point away, and the mind starts to go a little wacky. You've all experienced that and you've laid awake at night, "What's wrong with me? Why do I feel so dissociated? What am I doing wrong?"

Nothing at all. **You're simply letting go of that very seductive gravity, and the mind doesn't know how to handle it.** <sup>8</sup>

But instead of getting too connected or emotionally involved in it, **sit back and watch it like you'd watch a movie.** It's very interesting. **It's the last hurrah**, and it's also everything being brought up right now for wisdom. (...) And it would almost go contrary to what you would think. You'd think that, oh, right now everything would get light and fluffy.

No, but **this is the stuff that real angels are made out of.** This is what Ascended Masters are made out of – the grit, the grimy, the dirt all coming up to be cleansed, transformed. <sup>9</sup>

Sources:

- [1. The e2012 Series, Shoud 4 ↗](#)
- [2. The e2012 Series, Shoud 4 ↗](#)
- [3. Kharisma Series, Shoud 8 ↗](#)
- [4. Merlin I Am Series, Shoud 8 ↗](#)
- [5. ALT Series, Shoud 5 ↗](#)
- [6. The e2012 Series, Shoud 4 ↗](#)
- [7. The e2012 Series, Shoud 11 ↗](#)
- [8. Wings Series, Shoud 6 ↗](#)
- [9. Emergence Series, Shoud 1 ↗](#)

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# CALL FOR PHOTOS!

In just a couple months, on August 3<sup>rd</sup>, **Crimson Circle will be celebrating our 25<sup>th</sup> anniversary!** And, since CC is all about Shaumbra, we want to include YOU. To join in the celebration, please **send** in your photo **before July 10, 2024**.

The photos will be used in one or more “Faces of Shaumbra” videos, they might be shown before the webcast or during the break, and possibly during *Metaphysics of the Merlin* in September.

---

Here's how to participate in this project:

- Select **1 – 3** photos of yourself (1 is perfect, but please *no more than 3*)
- Include:
  - Your first name
  - Your country name
  - The year you found Crimson Circle

✉️ Send this information with your photo(s) to [photos@crimsoncircle.com](mailto:photos@crimsoncircle.com)

⚠️ **DEADLINE: All photos must be received before July 10, 2024**

---

Then tune in on August 3 to see yourself and hundreds of other Shaumbra around the world!

We look forward to your participation in this celebration!

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SPOTLIGHT

I AM SAFE

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



JUNE Spotlight – 15% off!

HIGHLIGHTS

- To a sensitive being, feeling safe is a huge challenge
- There's a place you go...
- Remember the safe space of compassion
- Safety issues with the outer, inner, and unseen worlds
- Imagine always feeling safe...
- Watch the profound difference in your life

TRUST, COMPASSION, AND ALLOWING

As we find ourselves halfway through 2024, this crazy world can seem more menacing than ever. You feel it every day, and sometimes the inner world isn't a whole lot better! But there's no need for fear because the Master can always choose to be in their own safe space.

In this very special presentation, Adamus discusses the reasons for not feeling safe, then invites you into a safe space hideaway during a beautiful merabh.

**Length:** 1:07:37

**Format:** Downloadable audio, video, and text

**Cost:** \$33 **\$28.05** (through June 30, 2024)

**Featuring:** Adamus, Geoff & Linda Hoppe

**Recorded** in Louisville, Colorado, October 2018

MORE INFO

WATCH EXCERPT





# SHAUMBRA HEARTBEAT



All photos by Jean Tinder

By Jean Tinder

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



We know it, but a reminder never hurts: *Here and Now is where it's at.* Recently I disappeared for several days. It wasn't easy, for there are some very big projects underway at Crimson Circle (which you'll hear about in a few weeks), and it didn't seem like a good time to abandon the team. But this vacation had been planned for several months and the busier I got, the more important it felt for my own inner coherence. So, except for the necessary driving, I spent 6 full days immersed in nature and completely disconnected from the rest of the world. It was heaven! But, at first, it seemed like mass consciousness didn't want to let me go.

Trying to get out of town, there was some kind of mishap on the highway that had traffic backed up for many miles. Nothing was moving, but we managed to find a back road through the mountains and were only delayed by an hour or so. A while later we came around a bend to see heavy black smoke billowing from the roadway just ahead.

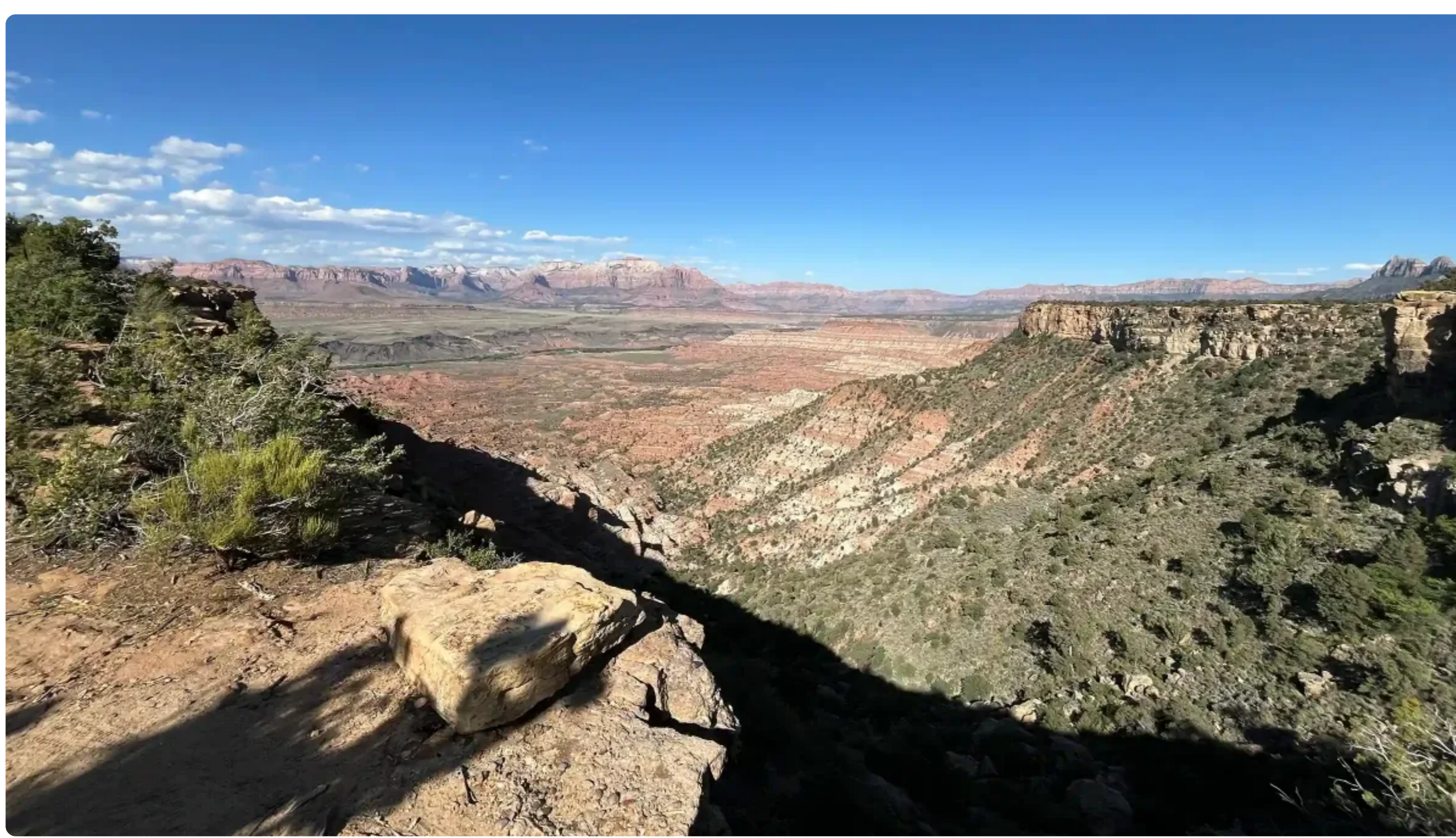


Traffic was edging around a pickup truck and camp trailer that were completely engulfed in flames! The occupants were standing far away, watching their vacation go up in smoke. As we gingerly rolled past the inferno, I was surprised by the searing heat from 30 feet away, intense even through closed windows. Half an hour later there was yet another slow-down, the third accident of the day! It appeared that no one was badly hurt, but the lane was blocked by a vehicle crumpled into the guardrail. Then I watched the car in front of us pull off to the side and a young man get out and began running toward the wreck. A young man standing by the smashed car turned to meet him, making a poignant scene as they rushed to hug fiercely, obviously relieved that everyone was okay.

Grateful that none of these incidents had involved us directly, we continued, pondering the weird feeling of encountering so many accidents. Finally the distractions faded, and the rest of the journey was smooth and graceful. Apparently, mass consciousness had finally let us go.

I've always liked camping, enjoying the sights and sounds of nature and being thoroughly offline. I always hope for a spot with lots of space between me and other campers, and far away from noisy generators and RVs. When the weather is good, everyone wants to get outside, but a surprising number of people like to bring modern conveniences along with them (which I just don't understand, but whatever). Anyway, not long ago I learned about "dispersed camping," which allows people (in the US) to camp in undeveloped areas of public land on a "first-come, first-served" basis. If you find an available spot, you can stay for up to two weeks at no charge, provided you adhere to the *Leave No Trace* guidelines. Dispersed camping is "primitive," meaning there are no facilities such as restrooms or water, so you really need to come prepared.

Before departure, we had located some dispersed camping areas near [Zion National Park](#), and after driving for many hours, began exploring the options. Some of the sites were already occupied, others didn't have the desired view. Thankful for my trusty 4-wheel-drive SUV, we crept over boulders and through ditches, looking for just the right spot, until suddenly - there it was!



Grand vistas as far as we could see. No sight or sound of humanity for miles. Steps away from the edge of the mesa where cliffs dropped dozens or hundreds of feet straight down, depending on where you looked. Wide open sky in all directions. It was perfect.

The next several days were spent hiking and exploring the incredible majesty on display. Valleys with "hanging gardens" of ferns and flowering plants that clung to the cliffs where water seeped out. Slot canyons with towering, sculpted walls displaying artwork wrought by Gaia over eons of time. High desert rock faces marked with the ancient graffiti of native people thousands of years ago. Natural edifices so enormous they were disorientating and evoked the feeling of supernatural design. Trails along creeks and waterfalls, through verdant forests and sandy deserts. In other words, the only thing to do was gawk at nature's incredible rejuvenating beauty everywhere we turned.

In the evenings it was back to the grandest campsite ever, preparing meals on a little camp stove, poking at the fire for hours, and falling asleep under the bright moon and endless stars. In the mornings we awoke surrounded by cheerful birdcalls and, coffee in hand, dangled our feet over the edge of the mesa watching the mountains illuminate in the morning light. My mind relaxed and my beingness expanded in the constant sense of awe.



It felt absolutely wonderful, and hardly an hour went by without saying, "I want to remember this! I want to take it with me and be able to revisit this feeling when I'm up against a deadline or buried in technical projects. I don't want to lose this!" Then I'd remind myself to forget about the future and just be here now, breathing it in and experiencing the wonder, for I can never take with me what I do not fully receive in the moment.

Eventually of course I returned, somewhat reluctantly, to the usual flow of work and life. But there have already been many times when I could stop, take a breath, remember, and revisit those moments of wonder. And you know what? It's right *here*, right *now*! The feelings, the sounds, the air, the grandeur, the rejuvenation - I DID bring it with me. How is that possible? How can I still feel it when I'm hundreds of miles and many days away?

When I'm lucky - or, let's say, *more allow-y* than usual - it is moments like this when things Adamus has told us manage to converge in real life. For instance, he's talked a lot about *receiving our energy* and letting it serve. Lately he's also mentioned how everything is right here in the *Now*, not in the 'past' or the 'future' - an *interesting theory* you actually experience it.

The nature of human life is focus, and it's certainly easier to focus attention on my immediate surroundings than on a mental memory of some other place and time. But if it's all in the *Now* and it's all my energy and - very important - if I have *received* it all, there's nothing to stop me from being wherever I want, whenever I want! With just a breath, I'm once again gawping in awe over the edge of a cliff. With the next breath, the wind is in my hair as I ride an e-bike along a gorgeous canyon river. Then I'm staring into the campfire, my mind blissfully on pause, surrounded by nothingness that's brimming with life.

Ahh... THIS is where I want to be.

And, on *this day in this Now*, I also have work to do and deadlines to meet, an article to write and chores to complete, which means THIS is *also* where I want to be.

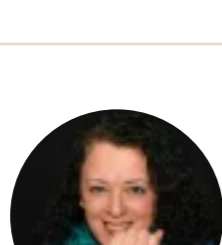
In other words, THIS - right here, right now, wherever and whenever it appears to be - is all me, all within me, all around me, all my energy. Because it's all me, I can summon, turn to, and luxuriate in any moment I desire. I can also release anything I do not wish to give attention to.

Yes, I'm still on Earth, in a body and in mass consciousness, so there are some things that seem less flexible than others. But still, it's up to me whether to receive this experience or fight it, whether to live it fully or push it away. Perhaps resistance is kind of like a magnet in my energy, bringing something back again and again until it's allowed to settle back where it belongs, in the realm of its creator.

The thing about receiving is that *it makes everything mine*. Pushing unwanted things away doesn't keep them out of my experience; it just brings inner strife. And holding on doesn't keep them with me any more than I can hold the wind. But *receiving* every moment - breathing it into me and feeling every shade - somehow fills this space, this moment, this Now, and makes it possible for me to revisit and revise any moment according to my desire.

I don't need to go 500 miles for my daily dose of awe and rejuvenation. It is right here, right now. It is THIS.

## 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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## INTERVIEW WITH ADAMUS – MAY 30!

**JOIN IN AS MICHAEL SANDLER TALKS WITH ADAMUS SAINT-GERMAIN ABOUT WHAT'S GOING ON AROUND THE WORLD!**

With a world in chaos and upheaval, plus the upcoming elections, what does an Ascended Master have to say about it all? In this world premiere event, Adamus answers questions about the elections, technology, AI, ETs, and where the world and humanity is headed today.

DATE: Thursday May 30, 2024

TIME: 6:00 PM (Denver time)

WHERE: [YouTube Premiere](#)

WHO: Chat with listeners around the world during the premiere!



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We would like to acknowledge the Crimson Circle Angels for your unfailing energetic and financial support. Without you, we would not be able to make this extensive library of material available to conscious and aware humans around the world. Your support means everything!



## NEW ANGELS

Catherine Kwong – Hong Kong (SAR China)

Marco Lehmann – Germany

Marjaana McBreen – Finland

Tibor János Szolcsányi – Hungary

Roberta Vannucchi – Italy

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**In grateful appreciation to the Crimson Circle Angels from around the world!**

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# NEW TRANSLATIONS



Crimson Circle material is translated in up to 22 languages, thanks to a very dedicated worldwide team of translators!

Every month this page will show the newest translations. Click the button below to see them all.

[VIEW COMPLETE LIST OF AVAILABLE TRANSLATIONS](#)

	CATEGORY	TITLE	LANGUAGE
	Cloud Class	<a href="#">The Master's Life, Part 16 - Returning to Grace</a>	BG, BR, CZ, DE, ES, FR, GR, HU, IT, NO, PL, RO, RU, SL, TR, UK, ZH
	Cloud Class	<a href="#">Love 2.0</a>	BR, CZ, DE, ES, FR, IT, JP, NO, PL, RU, SL
	DreamWalk Series	<a href="#">DreamWalk into Aerotheon</a>	BR, DE, ES, FR, HU, IT, PL
	FREE	<a href="#">Heaven's Cross: One-Year Update</a>	BR, CZ, DE, ES, FI, FR, GR, IT, PL, RO, SL
	FREE	<a href="#">The Human Face of Mastery</a>	BR, IT
	FREE	<a href="#">21 Shaumbra Realizations</a>	BG, BR, CZ, DE, FI, FR, NL, IT, PL, RO, SL, UK
	Special Topics	<a href="#">Ask Tobias: Mental Imbalance</a>	DE, ES, FR, ID, IT, NO, RO

LEGEND: BR=Português Brazil, BG=Bulgarian, CZ=Czech, DE=Deutsch, DK=Danske, ES=Español, FI=Suomi, FR=Français, GR=ελληνικά, HE=עברית, HU=Magyar, ID=Indonesian, IT=Italiano, JP=日本語, KO = Korean, LV= Latviski, NL=Nederlands, NO=Norsk, PL=Polskie, PT=Português, RO=Română, RU=Русский, SL=Slovenščina, SR= Српски, SV=Svensk, TR=Türk, UK= Український, ZH=Chinese

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# NEW VIDEOS – JUNE 2024

Here you will find all the newest product promos, Shoud recaps, merabhs, samples, interviews and more!

Watch interviews with Geoff, Linda, Adamus and more, given over the last 12 years

Go to Crimson Circle's YouTube channel

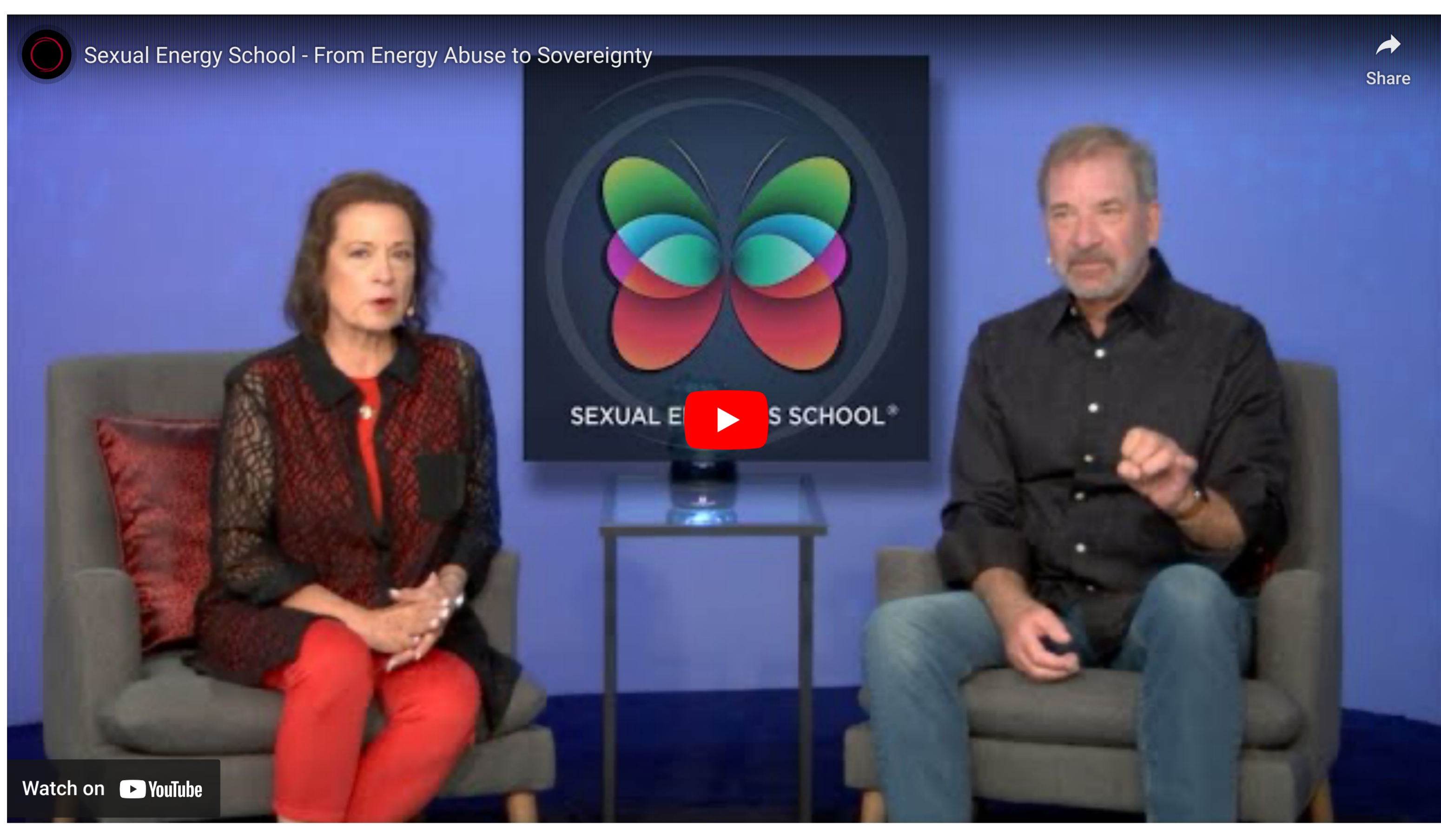
The Art of Light – Part 1: Imagination / Unleashing Your Creative Potential



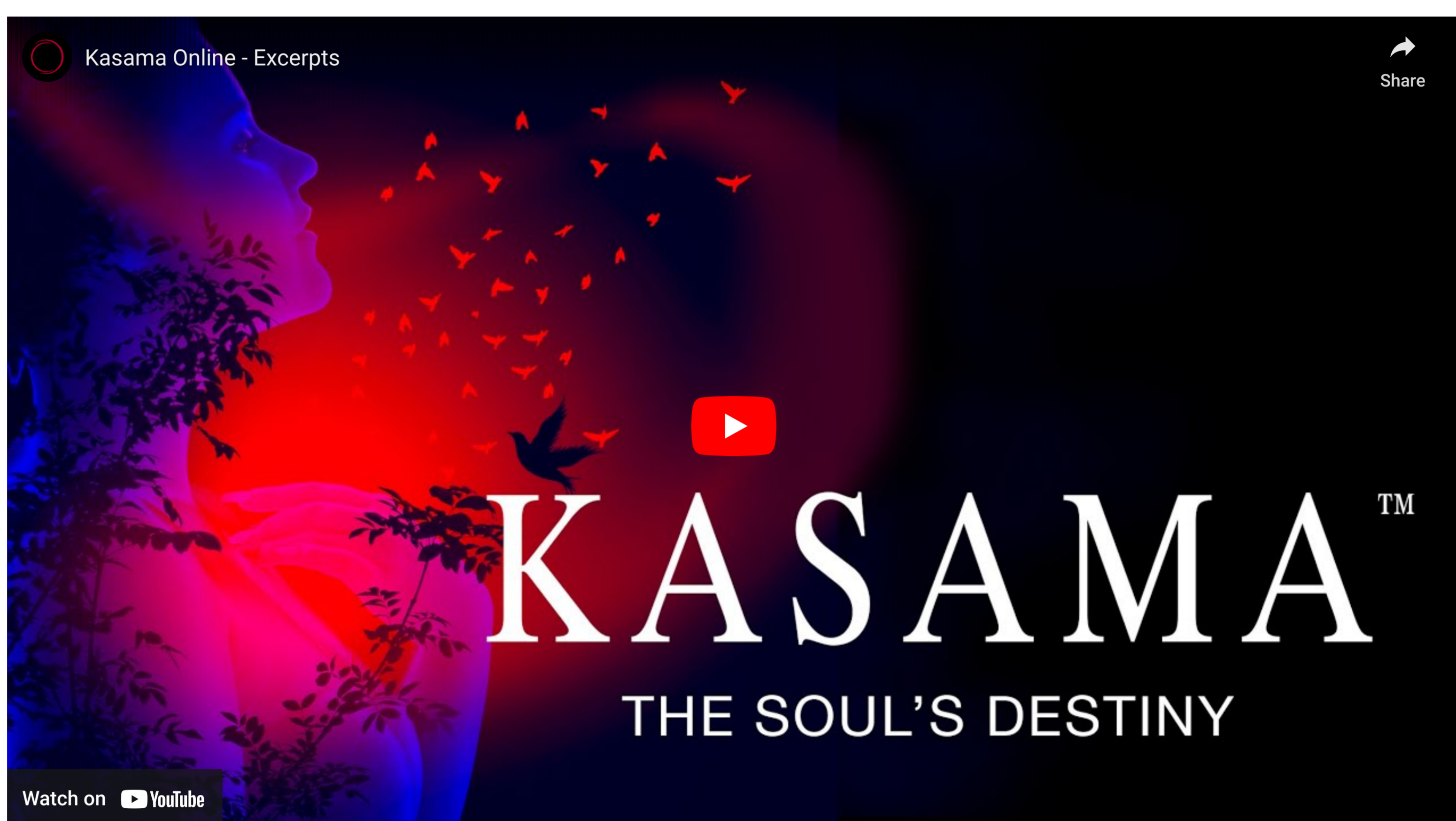
Keahak XIV / One intense year with Adamus!



Sexual Energies School / Coming June 14–16, 2024



Kasama / Coming July 12–14, 2024



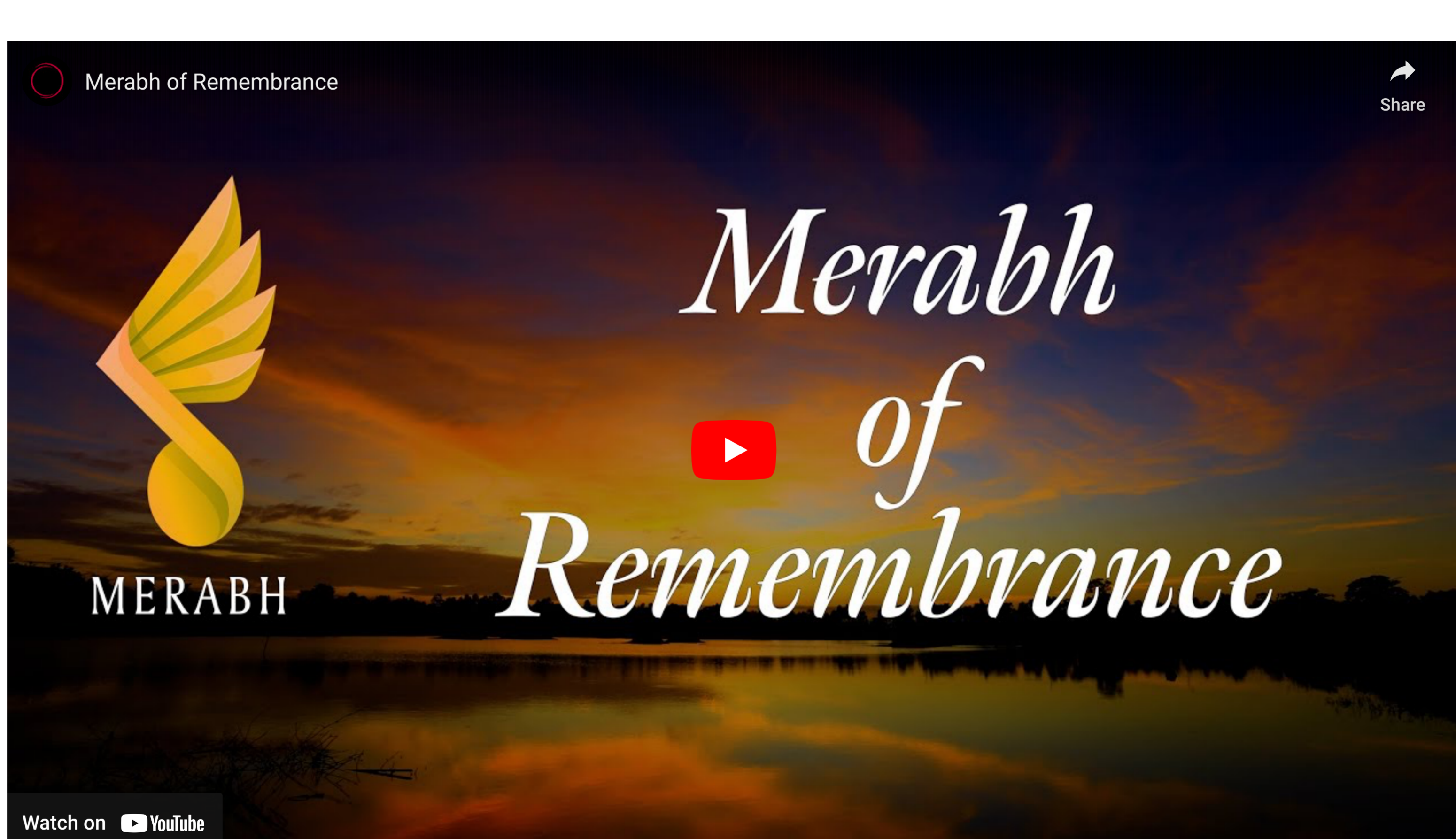
I Am Safe / June Spotlight – 15% off



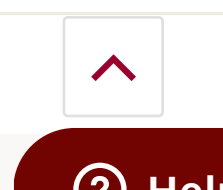
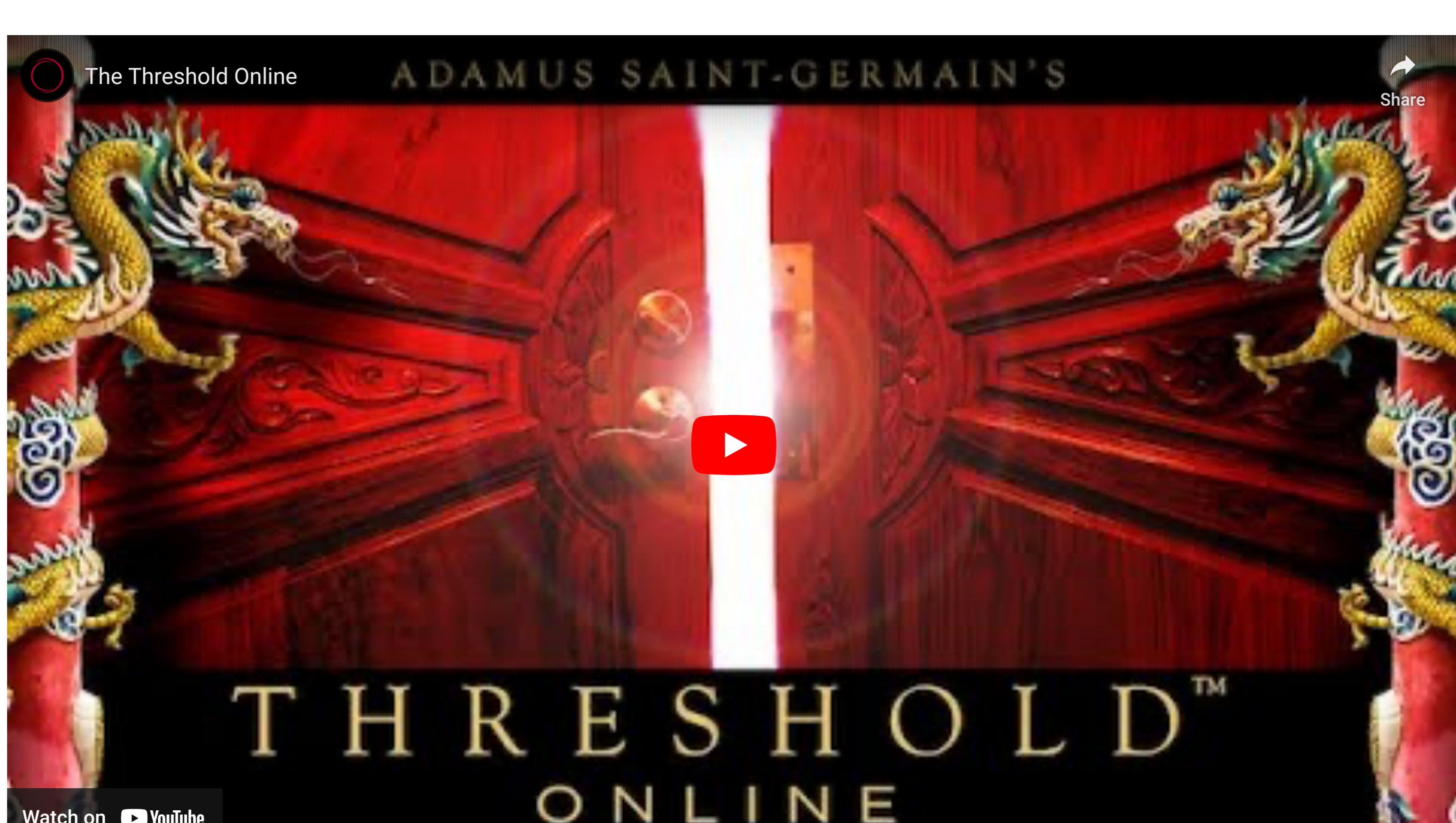
What Comes After Completion? / Highlights from Illumination Shoud 8



Merabh of Remembrance / From Illumination Shoud 8



Threshold / Coming August 9–11, 2024





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*Allow yourself to be in life fully,  
sensually, physically, mentally,  
divinely in life.*

*— Adamus Saint-Germain*

