

## The Lost Books of the Essene

A Series of Twelve Energy Transmissions



### *Message Four: The Gift of Divine Origin*

*Delivered through Wisdom Teacher Sri Ram Kaa & Angelic Oracle Kira Raa  
Albuquerque, New Mexico, USA  
January 31, 2009*

The Essene Brethren, in unification with the Benevolent Ones and the T-12:

Yes, hello. It is with great and reverent honor and joy that we come forward to say hello to you today. Indeed, hello! *Hello. (listeners' response)*

#### **Igniting a Great Cycle**

Yes. Beloved Ones of the great planet that is now in a Divine moment of memory, it is time, indeed, for your own heart to recognize the cellular memory that seeks to come forward in all ways from within you. It is a great gift when this memory can be released with the joyous recognition that every moment is in Divine order. Every moment is in Divine order. We come forward to share with you a great gathering of light, for indeed, today is a great gathering of light. This day, this moment is a great gathering of light. You say, "Right here?" We say, "Yes, and beyond here."

You see, Beloved Ones, in the galactic calendar, if you were to call it such, in the cosmic linear recognition of all that has ever been, and this can seem like an oxymoron indeed, there is a moment, a precious moment, that arrives once within a cycle. Just once. And in your world, that turn of that moment is this day right now. Right now!

***This is a powerful moment to arrive at and to remember you have always been, for this is a moment that ignites a great cycle of Divine illumination, presence, understanding, and awakening.***

In your world, as you have experienced thousands of times, there has been a great cycle of growth, and in the great cycle of growth, this tree, as we wish to refer to it today, has very deep roots. And yet this tree has been growing branches that many have sought to cut, to use, to take, to utilize in ways that have gone away from the energy of a strong foundation that will constantly nourish and bring forth the growth. When you cut a limb and take it, it dies, and in that death, it does, indeed, find its new way. Perhaps it transforms into shelter. Perhaps it transforms back into dust through the use of being burned as you would say. It will always find a use; however, it is no longer nourished by the energy that birthed it. It must now have enough of that energy within itself to sustain itself until it completes its cycle.



## Understanding the Tree of Life

We bring this forward for you because, Beloved Ones, many limbs have been cut from what you would call a Tree of Life. This is not a symbolic tree. This is a tree that has brought forth all experience in your world now. Many wish to draw this tree. Many wish to offer symbolic understanding of the tree. Many wish to say many things about the tree. We bring to you the revealed wisdom of the origin of the tree.

In this book, as you may wish to call it, for your world, to understand nourishment, to understand the gift of Divine origin is a precious moment indeed, for when you understand the gift of Divine origin, you are continually nourished, even if you perceived you have been cut from the tree. You cannot be cut, but like a leaf in fall you can say, "It is now my time. I am ready to leave this form of recognition and find where my energy may fall."

What does this mean to you? What does this mean to your world right now? In many, many, many expressions of your own journey on this world, lifetime after lifetime after lifetime, each time you have been like that leaf. You have come in filled with all of the knowledge, wisdom, understanding and coherent energy structure to sustain thyself. Yet a baby still must be nourished, must it not? In many ways. And so in your world now, as many trees symbolically are disappearing from your world, you must ask yourself, "If the trees disappear, where will my oxygen come from? If I am unable to breathe air, how do I live?"

***We offer this to you in Divine recognition that you are being inspired to awaken to your Divine origin. How this can happen is when you offer to your own heart true nourishment of the soul through connection that is not born of the mind.***

## Mastering the Mind

Let us chat about the mind, may we? The mind is a great and powerful gift; is it not? And yet it is one that very quickly can become your controller, your god. For many, mind is god. While these words may not be said that way, mind is god. And when mind is god, then when you pray to god, you are praying to your mind. And it is important to understand this discernment.

***What is the mind? The mind is the gift that you have been offered to bring you to a Divine thought that will inspire your reconnection to cosmic origin. No more, no less.***

Without mind, you would walk aimless. With mind, you create thought. And with each thought, you birth a feeling. Every thought births a feeling. And so you can easily and effortlessly transcend the ocean of planetary, we shall say, soup of thoughts, when you are able to recognize every thought is born of the mind, and every feeling is born of every thought.

***To master the mind is to master your Divine recognition of your cosmic origin.***

You may say, "Your conversation makes me engage your mind." This is not our intent, and yet the mind must have its due; must it not? The mind says, "Tell me. I want to know. Is there a formula? Is there a test?" Indeed, there is. It is your thoughts and your feelings. Mind, thought, feeling. These are not one and the same.



## Practicing Mastery of the Mind

Beloved Ones, a good way to begin practicing mastery of the mind is to first, when you wake in the morning, breathe in the air. Breathe in the air and pay attention to the mind. Is it already chattering to you? “Good morning. Here is your list of things to do.” What is the mind doing?

*If you wake up in the morning and the mind chatters immediately, then follow it to the thought that is present and pay attention to the feeling you are experiencing. If it is less than a feeling that inspires your physicalness to joyous harmony, then smile at the recognition that you see it and breathe again and pay attention again.*

## Transcending the Planetary Soup of Thought

Beloved Ones, as we come to you as the brethren of Es-see-nah, it is important to understand that true mastery comes when you can transcend your participation in planetary soup of thoughts. You are exposed to the planetary soup of thoughts constantly. You are here. Imagine it as water around you. Every thought of every being is here and has brought forth and birthed the co-creative energy that is abundant on your planet right now. If you were to offer that energy one word, you already know the word it would be. It is fear.

There may be an illusion of hope; however, the transcendent energy that is most prevalent on your planet is fear which has birthed a momentum of a need for hope. And when you can understand that this energy seeks to encapsulate you, then you become the, we shall use the word “slave,” of the mind.

Beloved Ones, in a world of planetary thought soup, how do you move through that? One way is to pay attention to your feelings associated with the thoughts that have been birthed from the mind.

*When you can bring forth a thought based upon a heart anchored in the recognition of cosmic origin and Divine service in body, you instantaneously, like a beautiful bird, fly through the planetary thought soup and enter into the magnitude of cosmic connection.*

*You open a portal that says, “I do not have to be affected by this.”*

We were going to say, “Think about it,” and we refrained from saying that. *(audience laughter)* Instead, we shall say, “Breathe about it. Breathe about it.” Are the thoughts you are feeling your thoughts? Is your mind influenced by others? Is your heart available only sometimes?

Beloved Angels of Light, all of these experiences are wondrous experiences, as is fear. Fear has brought forth great momentum in your world, and if you wish to travel the journey of Es-see-nah, then you wake up each morning and offer to yourself the gift of recognition that mind, thought, feeling, to where does it go? The planetary capsule, we shall say, that encapsulates your world is very much like your very thin atmosphere. The atmosphere that you currently breathe in is fragile, very, very small and very, very, very, very diminishing. And so what is energizing it at this time are the random thoughts, the collective thoughts that are dispelled without conscious attention to them.



## Offering Yourself Es-see-nah Peace

To offer yourself Es-see-nah peace in your life, you must become the witness of your own manifest thought created by a mind and then birthed through a feeling. Your bodies are the co-creative response of this process and will willingly show you where your own process is if the mind seeks to take control and tell you otherwise.

***To be an observer of your own thought is to call forth the energy of your cosmic origin first and to live that gift first, always. To live that gift first in all ways navigates all planetary soup of thought.***

And only when you are able to literally, and we offer you the visual, break through your own atmosphere, can you jettison to the universal cosmic conscious connection that stands as the foundation, the root, the system of love and nourishment and replenishment that is ever available and cannot be cut from any tree.

As the leaf comes to the planet, it finds a new way of expressing, and as it allows itself to become one with the planet again, it finds nourishment to birth. As you allow this gift of Divine Presence to come forward within yourself, you birth again, and you are all birthing.

## Becoming Aware of Your Role

In your world now there are those who are pregnant, there are those who are midwives, there are those who are terrified of the new child, and there are those who welcome it with open arms. Four roles. You are one of those roles. Which role is yours? And all, all four roles exist.

It is important to recognize that in a moment of birth, fear will come. Can I deliver this baby? Can I support this child? What will happen to my past way of being? Will my life be different from now on? Will I be okay to raise and nurture? These are all mind thoughts, are they not? And yet they create feelings of energy.

***If you gaze around you and you understand these four roles, you can, from a heart center, not a mind center, understand with greater clarity the expression of cosmic origin seeking stability in your planet now.***

Labor pains come in waves. This is why your planet is in a cycle of wave, up and downs, strong intensity; a moment to recoup; strong intensity; a moment to recoup; strong intensity; a shorter moment; stronger intensity; a shorter moment, until finally, the birth. This moment in time is labor. Are you prepared to breathe through it? Labor is a gift. Labor is a gift, and labor can be joyous and effortless and pain-free, when you transcend the planetary attachment to it.

Celebrate, Beloved Ones, the re-emergence of your nourishment, your reconnection to the tree. You are not separate. You are whole. You are not far away. You are here, now. Your world loves you. Your experience of this world is preparing you. Are you listening or not? Beloved Ones, we offer you this.

***In this time, choose your words from the space of cosmic origin. Choose your alliances among those who you do not need to explain yourself. Allow yourself freedom to be, and as you do, you will free others around you.***

This is not a time to pontificate. It is not a time to dogma-cate -- we like that new word. It is the time to be, to just be. And in the being, remember, there is great doing. Being does not mean to sit on the couch and say, "Gimme."



***Being is the expression of the Divine in every action with conscious responsibility for each thought delivered into the planetary soup of thought and the calling in of the cosmic thought reconnection to be constantly renewed, nourished and refreshed.***

There is none you need to awaken. Perhaps they are right where they need to be. There is none you need to convince. Perhaps they are asking you if you are clear.

***All you need to do is be yourself in your heart without fear.***

It is time to move from being so fear-filled to be so fear-less, and as you do, you will find this to be the most beautiful birth there has ever been, and you will find yourself a witness, a participant, and an active co-creator prepared and ready. We will take your questions. Yes?

*QUESTION: I wanted to ask you about death and dying. For those that are leaving the planet now, some with the presence of wanting to be part of this gratefulness but being called to bodies that don't work, and in this time of awakening, how is it that people who want to be part of it are having to leave, or just a better understanding of what the dying is about and how -- how are those beings that are now without body, how are they a part of this wakening consciousness? How are they a part of the story that we're awakening in our Earth consciousness now?*

Breathe. Beloved One, in all birth, is there not what you call death? The gift of the full awakening of your world will rebalance the population of your world. Your world now is at a maximum out breath, and a maximum out breath simply means that all souls and refractions of souls and those from other worlds that seek to express in form on the planet in the Infinite Cosmos known as Earth have come here because they see the moment is at hand. If you were to gaze upon the, what you would refer to population expansion and the rapid population expansion of your world, it would be a dizzying feat for a mind to look at and create many thoughts and feelings. In this world now, great waves of volunteers, great legions of enlightened masters are going to be here, some for a moment, some for a long time by your standards, and yet these unified hearts are very aware of the moment of Divine service when it is at hand.

***Many -- we will say this again -- many in your world are not here to serve on this earth. They have come for the gift of knowing you, the gift of escalation of awareness, and in their transitory state will leave many the markers of illumination.***

Many will wake through the transition of these great legions of light, and for those that are here, how do you honor this gift? It is an individual yet co-creative collective process and not one on this planet will not be affected by it. Many blessings.

*QUESTION: Would you give me some insight in my relationship with my sister that has caused a lot of turmoil, especially through the periods of health issues with my mother and now my father?*

Yes. There is a great cord of energy in your third chakra that is controlling you, and when you speak, it ignites even more. If you were to bring your hands there right now, which we encourage you to do, right there, close your eyes, take deep breath, and for any who feel their power compromised, you may join us in this moment.



***And as you take in this deep breath through the solar plexus, simply feel the direct connection beyond the planet into the cosmic ocean of Divine Presence offering you absolute stabilization, peace, and simply beingness.***

You may relax and open your eyes. For you, Dear One, this cannot be resolved from your mind. It can be resolved right there. The gift before you is the moment of breaking free into the power you have not yet claimed for yourself. You are ready to do so. If you call forth this energy often before you interact or when you feel trigger, you feel find a more effortless way to navigate. And so it is. Okay.

*QUESTION: Yes. Lately I've been feeling very lost and very sad, and I just wanted if you had any clarity?*

Yes, Beloved One. Take a deep breath. Celebrate that you are able to declare your experience, and we wish to offer you this. What you are feeling is what many call "the void" because a way of life that no longer serves you has left you. And so of course we mourn when our lives shift, and you mourn until you say,

***"I seek to mourn no more. Bring forward for me the truth of who I am. I demand and command the light to enter me now and clear my path with joy and beauty. And all is well."***

It is that simple. It is no more. It is no less. Dive into the void, Beloved One, without any fear, for you are greatly protected, and allow the seed that has already germinated to bloom.

***And we are complete.***

***Beloved Ones, a birth is a happy time; is it not? And we can assure you, you will not be stillborn.***

***There is great activity in your world.***

***Many blessings of abundant joy.***

***We love you dearly.***

***Many blessings.***

