

## The Lost Books of the Essene

### A Series of Twelve Energy Transmissions



*Message Five:*

*“And the Lion Steps out of the Woods”*

*Delivered at the Lotus Temple at TOSA ranch*

*February 29, 2009*

#### ***The Essene Brethren Speak:***

Hello, Beloved Ones.

It is a beautiful time of Divine upliftment. It is the time to come forward in the energy of Divine upliftment in the time of great beauty...great beauty Indeed...for many have held out or have let go of the gift of beauty.

#### **Embracing Beauty**

What is beauty? What is it to truly understand beauty...to be beautiful...to be filled with the understanding and the recognition of the Divine beauty that exists in all and in all-ness?

We especially wish to understand the beauty of Allness, and, indeed, this is a powerful lesson, because Oneness is not a concept. Oneness is not a little thing you write down and make a little diagram of.

***Oneness is the reunion of the precious gift, and the understanding, and the integration, of all beauty...Of all beauty.***



And yet, in a world of words, as your world is a world of words, when you hear the word beauty, you already have a thought with it; do you not? Yes. As with each word, you have a thought.

When we offer you the word Oneness, you have a thought. When we offer you Allness, you have a thought.

***To be thought-less is to find true beauty.***

To be thought-less is to be able to find true beauty. Now, you may say to be thoughtless in our world, that is to be selfish. We say to be thought-less...Less thought!

There is a great and powerful momentum that is part of your own evolutionary Divine upliftment that has come forward now like a great and profound beautiful lion gracefully exiting the forest. Coming forward to say, I am here. I have grown up. Do you see my beauty?

**The Lion Leaves the Woods**

As the lion comes out of the forest for all to see, it offers two energies immediately: The energy of divine empowerment -- I am safe to come out of the woods, I am safe to be seen in my power -- and the energy also that says, I am here from the energy of Divine empowerment, and it is my heart that I offer as the goal of your heart.

Now, we wish to explain this.

When a lion comes out of the woods, it is a courageous act indeed, is it not? This is because for a lion to come out of its woods means it is to expose itself, to be seen. It must be in great power to do this because it knows when it comes out of the safety of its den or its home into full daylight, that it is now offering itself to all of the energies that are prepared to greet it.

**The Energies that Greet Us**

Each energy carries with it a different intent; does it not?

There is the energy of the one who says, I will receive this gift. I will see the beauty of this gift and I will not run away. I wish to run up and pet the lion because I can



see the Oneness I am with the lion, and the lion understands this energy and sits gently, saying, Pet me, and I shall offer you my love in return.

And then there is the energy of the one who has sat in their own woods hidden so that when the lion comes out, they can catch it by surprise, hunt it, take it as the prize that it is.

In the hunted energy of the lion, the lion has no fear because it has known that the hunter has waited. And so the lion does not shrink from that fear. And if, indeed, the energy of the lion is meant to become one with the hunter, then the lion transcends and understands this, too.

And then there are those who are afraid of the lion, who run the other way. A lion! Oh, my goodness. I must run away. The lion will eat me; it will scratch me; it will hurt me. And so the lion sits and simply watches them run without the need to chase...*without the need to chase.*

***You see, Beloved Ones, you are at the great powerful moment where the time of In-lion-ment is in full energetic flow -- full energetic flow - and you are either a cub or an adult.***

Which do you seek to be, and how do you seek to offer this gift?

### **Seeking Understanding**

And you say now, how does this become a book of the Essene? Let us offer you the understanding that is deeper.

***To understand and to come out of the woods, can only happen after you have prepared yourself through your own self-understanding and presence and release of all doubt that has held you in many different journeys.***

To sit quietly at the edge of a woods to be seen by all is a gift of mastery, because the lion does not come out and let out a roar. The lion walks out and says, I am here, through its presence. And through great presence you find beauty.

***Through great presence you find beauty.***



In your world, how many times have you looked at something that someone says, Oh, that is so funny looking! It could be a tree, it could be a puppy or a little dog or a person or a building, and yet in your own heart you find beauty because it is standing with presence; because it is aware; because it says, I am here, and I am aware.

To be aware is to find the beauty within and the beauty in all.

Beauty is a seed of the soul that has come forward for you now in a world that has sought to disrupt it, freeze it, characterize it, minimize it, and gather it into a disrupted manipulated face.

### **The Pristine Seed of your Heart**

***Beauty, Beloved Ones, begins in the pristine energy of your heart center.***

Deep in your heart center is pristine energy. Think of the clearest mountain lake that you have ever seen. As you drink of that water, how does it feel? When you simply see that lake, what do you experience? Just arriving at the lake, do you smile? Do you simply sit in awe and say or feel, *What beauty!*

What a gift!

This beauty, this gift, is the pristine seed of your own heart, and yet, do you awaken that seed or do you pollute the lake, because the choice is yours; is it not?

If you go to a beautiful lake, do you ever find a cup thrown by the side, or do you find the cup that is full? What do you do with it? This is an important understanding.

***You must find beauty in all experience and action in order to be able to swim in the pristine energy of your heart.***

To swim in the pristine energy of your heart will bring consistent and fulfilling nourishment to the body, to the mind, to the soul, to the spirit, and you will find that you no longer require so much sleep.

You will find that you do not require so much stimulation from external sources. You will find that deep within the Divine Presence of this lake of your heart is all of



the restoration, abundance, nourishment, love, connection and beauty you could ever want, and yet to want implies there is an unmet need.

***And so we come again to share to be thought-less is to discover beauty.  
To be thought-less is to discover beauty.***

When the thought comes forward, we refer you back right now as if we flip little pages and bring you back to a book we have already offered to you, and let us offer you this quick reminder. *(this is a reference to Book four)*

### **Understanding Thought**

The mind of the human form of the world of Gaia that you live in now, this cerebral experience is a great gift; is it not? It is designed to help you navigate this world, it does its best to keep you safe, and it also offers you suggestions, often when you do not ask for them. It will always have a perception, will it not? Yes. This is most powerful to understand. Yet, these are thoughts of a mind born that is working on a planetary level.

***The superior thought is the first step in finding the beauty because the superior thought does not question itself, nor would it ever leave you feeling less than or feeling less than another, nor would it encourage you to judge another, nor would it encourage you to share anything with another that would not uplift them, and so to look at the thought is to understand the beauty that is within.***

And so when the superior thought arises, you are ready to catapult beyond this world. Your thought then leaves the planetary field of thought and enters into a cosmic ocean of pure thought.

The cosmic ocean of pure thought has nothing to do with a cerebral thought. It is a thought of upliftment that forms an ocean of divine connection and beauty that is ever present to nourish you. And so, perhaps a training of mastery that you may wish to invite yourself to do is to giggle or laugh at every superior thought you send to the cosmic ocean.

Aha! There went one. Look at it go, like a rocket! Yes! The more you can send thoughts to the cosmic ocean, the more the thoughts of planetary dissidence will no longer invade you.



***The planetary cosmic connection is a powerful one when you seek mastery and when you seek the release of hiding in the woods. Until you can free yourself to be thought-less and to engage in the cosmic ocean, then you are in the woods and the woods is indeed beautiful; is it not?***

***It can be quite lovely. And so allow that to be.***

### **The Mastery Virus**

Perhaps the day has come when you have found a path that will take you to the edge of the forest. This is a great gift. And, you can always camp along the way, if you need to.

***When you are ready, this gift of beauty will propel you out of the woods because there is no longer anything to hide.***

And when you come forward, you come forward as a lion. As you come forward as a lion, you are prepared, because you know there are three potential energies waiting for you:

1. The energy of the embrace,
2. The energy of the hunter, and
3. The energy of the one who is afraid.

All greet you with one of these three energies, Beloved Ones. Simply, are you greeted in the woods or not? If you are greeted in the woods with these energies, then you are greeting each other at a level that has not yet mastered beauty.

It is the time of great practice for this, is it not?

For most of your planet is very much in the woods. Some are closer to the edge than others, yet, indeed, there are big cats in the woods right now, and this is good.

***How are you greeted and when you are greeted, and the opportunity to be a lion in the greeting, is the gift of mastery that comes through the recognition that you are now connecting with a cosmic consciousness freeing the cerebrum from the doldrums of density.***

You will read that again and understand it more.

It is important to pay attention because in your world right now these three energies are causing mastery to become a rampant little virus. Yes!



What a great virus, indeed, the virus of mastery. We do hope you catch it! And when you do, it is a virus. There is no vaccine for it.

### Recognizing the Three Energies

***When you decide, and it is a decision that you make, and it is not a decision that can go two ways, so when you make the decision to embrace mastery, to celebrate mastery, and to move forward with mastery, you will face all three of the energies of the lion.***

You will face those who run to you and say, Let me hold you. Let me gaze into your eyes. Let me acknowledge you. Spend as much time as you can with those who have no reason to treat you otherwise.

And you will greet those who say, Let me hunt you. I wish for you to not even exist in this form. And there are many ways they will do this.

In your world, a very acceptable way to hunt you is with words. Words are very good at stopping you from being who you are, if you let them. They are the tool of the hunter in a world of density who seeks to stop a lion who has found their power.

Words mean nothing unless you are trapped in the thought of density. If you are, and you have this experience, and you start feeling less than, then this, too, is part of your path of mastery. You have met the energy and you are aware and you get to practice again. Sometimes a retreat back into the woods can be rejuvenating; can it not? Yes.

Then there are those who will seek to run away from you, and of course it will be your fault! This is important to understand because if they are running, and you must understand people who run, even animals who run...run for one reason: ***They are afraid!***

An animal that runs from another animal only runs because it is afraid, and it is afraid at a cellular level it does not even understand. It just knows it must run away.



If you are a little mouse and you see a hawk in the sky, you run away. If you are an empowered Being of Light on a planet, standing out of the woods in your power and there are those around you who cannot experience that power, then they will run away because they are afraid.

***The beauty in this gift is that you can send them reassurance with your energy propelled from your heart. This will then ignite your heart to even greater mastery and even more extraordinary presence, manifest abundance, and Divine understanding.***

***Or... you can choose to engage in the run, which is usually very exhausting; is it not?***

Beloved Ones, this teaching is very important to understand. To come out of the woods and to see the beauty in all is a freedom that can only be called in to you by you. Only you know.

And you will dance with it. You have little song, do you not, one foot in, one foot out? Yes. Shake it all around. Yes! And so you will put one foot in and one foot out, and you will indeed shake it all about. And finally, you will put two feet in and two feet out, and then you will put two feet out and stand in them and say, I am here!

And then the three energies will greet you, and here is the blessing of those energies.

### **The Blessing of the Three Energies: True Soul Nourishment**

***When you find the beauty in all of these experiences...when you find that the beauty exists in the endless, divine, pristine lake that is within your heart...when you dive into this ocean because, indeed, it is an ocean, and an endless one at that, often and regularly...what you will find is that you will no longer succumb to being tired, overwhelmed, depressed, scared, worried, or have a lack of affluence.***

There are so many words we could offer you that come from a thought pool that is doing its best to perpetuate the energy to keep you in the woods.



Now, Beloved Ones, there is a co-creative state that will propagate this energy very quickly, and so we wish for you to hear this: How do you nourish your bodies?

Step number one. There is much we can say, only the books already revealed on your planet by the Essene contain much on this knowledge that you are aware of and say plenty about this.

We do ask again, how do you nourish your body? You must pay attention to this.

***Do you eat fear, or do you eat light?  
Do you eat love, or do you eat death?  
Do you drink water that is pure and crystalline and clear, or do you drink  
bubbles that irritate your stomach?  
Choices, Beloved Ones.***

Start with these choices. Gaze at your food. Lift it up in the hand and hold it like you would a baby and say, Look how beautiful you are! Thank you. Thank you. Thank you for offering me this gift in this moment right now, and slowly ingest with love and joy, patience.

You have teeth for one reason, to liquefy your food. You are predominantly water. If you do not liquefy your food, you are putting hard matter into a water substance. Like a rock thrown into a pond, it is heavy and it sinks.

Chew your food, and with each bite perhaps you say, "Thank you. I love you." Chew. Thank you. Chew. I love you. Chew. Thank you. Chew. I love you. Chew. Thank you. Chew. I love you. Chew until all that is left is water and then the water can lovingly assimilate into a body without any -- without any -- discomfort.

***If your nourishment brings your body discomfort, then there is not enough love in the nourishment. It is that simple. It is that simple.***

Thank you. I love you. Thank you. I love you. I just remind you.

As you slowly chew your food, we encourage you also to know that your bodies were never meant to drive and eat. A wondrous concept of a density based world, one hand with a sandwich and one hand with a wheel.



Your bodies were never designed for this. When you had horses, it was physically impossible -- and yet you would try. We simply wish for you to understand that when your life was made transportation-friendly so that you could see more people more frequently and more quickly, it was not so you could eat along the way.

Perhaps if you need to eat along the way, you can eat the nourishment of the Divine.

***Move your mouth in sacred mantra. Sing to beautiful music. Uplift your heart and your soul and rejuvenate. If you need to do something with the mouth, then drink water, and you will find that you will arrive uplifted, your body will feel light and fresh, your energy field delightful, and that beautiful pristine lake in your heart is overflowing with extraordinary energy.***

***We simply wish for you to consider this.***

Your world has, indeed, moved faster now; has it not?

***Your body seeks stillness in a fast world.  
When you eat fast, you de-program your bliss.***

When you shove food down your throat, when you allow yourself to starve, you are truly saying, I have not had enough water today.

If you carry with you water all the time, the Water of Life, all the time, you will never go hungry, ever. If you breathe the Breath of Life with a smile and connect it into your heart, you will never feel a loss. And if you chew your food with Thank you, I love you, you will find great joy and bliss in what you eat, and you will find that perhaps your body has had more than it needed all along and has not known what to do with the waste product.

***Beloved Ones, beauty begins when you honor the vessel that you have brought forward to hold your soul to express on this planet.***

Love your body. Keep it clean, and cleanliness is more than taking shower or bath. It begins with the inside nourishment. Keep your body clean and allow your joy to come forward, your beautiful lake of Divine Presence. And then, Beloved Ones, the hair of the lion is silky and beautiful and fragrant, the eyes are clear, the muscles strong, the bones beautiful. The cells harmonize each other, the blood glows, the



heart pumps, and you step out of the woods and say, I am here, and I am ready, and nothing can interfere with my Divine Presence. And I meet your Divine Presence with my Divine Presence in beauty, harmony, synergy and understanding.

**May you ingest this book slowly, drink the water of life often, and know that the beauty is you. It is you. It is in your heart. It is always in your heart.**

**If the mind seeks to rob you of that great gift, you can smile indeed. If you meet one of the energies along the road, whether it is the path in the forest or out in clear view of the meadow, you are able to offer loving reassurance, loving reassurance.**

**Any who greet you in fear simply want reassurance. It is only fear that acts out. And in your mastery, you will get to have much practice.**

Beloved Ones, we will take a few questions.

Yes?

*"I have two children, a 17-year-old and a 13-year-old, and their energy is very strong. The example that you're giving us with the lion that is being strong and coming out of the woods, I think I've been standing right by the edge scared to death to go outside, feeling like the fool to be out there. And sometimes I wonder if I go through that change as a mother, is that going to be enough of an example for my kids? They're my practice, because they're wanting to do their thing, eat their food, and think their way. And they look at me, you know, with feeling like they have the power and they have the right to choose what they're choosing. I've taught them that, and I know it's true, and at the same time I feel maybe I taught them wrong."*

So breathe first. We wish for you to understand that your question is asked by many and for many reasons. Every parent in the world of Gaia, every parent, not one is excluded, has the opportunity to free their children by their own example.



This means your children will not respond to your words. They will only respond to your consistent action. When you hide, you teach them to hide. When you are afraid, you teach them to be afraid.

In your world, we wish to share more because this is a very important question, each child, as you know, selects the extraordinary parents that bring them forward. Therefore, you cannot have taught them wrong. You must hear this. That is the mind of density that would believe you could have taught them wrong, and a wonderful step along your path of mastery.

Their strength is offering you a mirror of how strong you are, and you must stand in your own clarity and your own power to free them to have their own. This is why in many families there is a belief in cycles of diseases. One mother has a cancer, then the daughter has the cancer, then the granddaughter has the cancer.

This is not a gene. It is an energy.

To be the one who stands and declares, I will break the cycle, has not been openly supported in your world, and so it is very hard.

Oftentimes, when you stand in your power, children rebel like 2-year-olds -- tantrum, tantrum...tantrum. It is important to hold your power in the tantrum. And sometimes, even separation comes forward in your world, and even then you must hold Inner Presence.

We are offering this in many terms for you and for all those who ask this question. To be a parent is to love enough to let the child have their life while you do not compromise your own.

In your world, especially in the role of mother which has been greatly out of balance in your planet now for many hundreds of years, the role of mother has too commonly become the role of enabler in your world, a role of self-sacrifice that thereby perpetuates this gift which can be a gift to the children who then become enablers who then perpetuate the gift.

***You are at a moment of great freedom because you are aware.***



Yes, it takes great strength to do this, and this is the gift of the three energies we speak of today. When you become the lion and step out of the woods, you must remember the first energy we mentioned.

There have been those who have been waiting to come hold you. There are those who have been waiting to support you. But they are out of the woods, and unless you come out of the woods, they cannot join you because they are free of the woods. Remember that this is the first energy...the ones who will run to you, understand your journey and stand by your side because they are out of the woods, too.

If one who is in the woods seeks to help you get out of the woods when they are still in the woods themselves, you will never break through.

Yes? *(responding to another question)*

*"I am being called to make an affirmation. I now affirm that I am safe in my empowerment, and I am ready to be totally empowered to teach and heal and bring this healing about to others."*

Welcome out of the woods! Enjoy the sunlight, and remember, three energies will greet you. Send them all reassurance.

**And we are complete.**

**Beloved Ones, welcome out of the woods.**

**And if you stick the one foot out and you stick the other back in, continue to shake and continue to keep moving.**

**We love you dearly.**

**It is a very powerful time in your world, and we celebrate your presence on this planet right now because you chose this planet and this planet simultaneously chose you.**

**Many blessings.**

