

## The Lost Books of the Essene

A Series of Twelve Energy Transmissions



### Message Eight: "The Four Journeys"

*Delivered at TOSA ranch, Tijeras, New Mexico, USA  
May 30, 2009*

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

Hello, Beloved Ones of Light, Beloved Ones of Divine Joy. It is with great and reverent presence that we come forward today to welcome thee.

Indeed, we are at the glorious moment of Divine recognition as you journey ever more through the pathway...through the portal...through the Divine presence of your life.

#### **True, Present, Joyous Knowing**

As you walk through this life, as you expand through this life, there are many energies now that are centered upon the resurrection of the energy of true, present, joyous knowing. True, present, joyous knowing.

These four words, true, present, joyous, knowing; when strung together, have indeed, an energy that bursts forth only from a heart that has been anchored within its own space free of the four energies that seek to take you from the journey.

The four journeys of your planet that seek to take you from the journey are indeed gifts, indeed. These gifts are quite bountiful and, indeed, bounty is how they survive so well. And yet, when you are able to harness the gift of the gift, then you are able to move forward into the energy and full presence of Es-see-nah that opens up the gateway to every greater recognition.

#### **The First Gift of the Four Journeys**

Beloved Angels of Divine Light and Presence, with each breath that you take, the first energy that is a gift, and yet one that would seek to stop reunion, stop resurrection, is the gift of the body.



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***You must recognize that the body is the first gift.***

As it is, the body is the gift that offers to you the greatest relationship within. We choose this word "relationship" very carefully because to have a **relationship** with density is not the same as **believing** you are density.

In the relationship with density created through the body, which is the first gift of the experience of this realm, it is the body that first will call all of your attention. As a young child, you find great fascination with the body; do you not? It grows, it moves, it shifts, and it calls. The body will continuously move with you as you move with it.

***It is when that the Being of Light in form on a planet of form in a physical vessel known as a body becomes aligned with the body that the forgetfulness begins.***

**The Second Gift of the Four Journeys**

And then there is the belief structure that supports the body; is there not? This is the second gift. The first gift is the body.

***The second gift is the belief structure that springs from the body.***

Basics at first, Beloved Ones such as, I must eat at a certain time; I must breathe a certain way; I must do things in a manner that I have been trained to believe are necessary to be in body. And these are great servants for you.

***These are great servants for you for each of these gifts brings you into greater recognition, reunification, and understanding that as you are ready to be the True Presence of all joy, then the body must find its beauty in and of itself without the "you" being the controller of it.***

Can you imagine this for a moment? Because, indeed, it can be hard to imagine.

What this reveals to you is that through conscious breath as a beginning, when you take in a deep, conscious breath, you send a hello signal to the body rather than a, *This is what you need to live signal*, to the body.

***Take in a breath and feel hello ... hello ... hello.***

The autopilot, a word you would use, of the breath is a non-conscious activity of the vessel. Your vessel will always take care of itself.

***The conscious breath of hello is the recognition of a Divine memory of true presence that stabilizes this physical form and says to it, Hello...I remember.***





And you now know. And as you offer this stabilizing breath to this gift of form, you begin to also release, relax, and allow the belief structure that supports a density only experience to simply unwind spaciously without great drama-trauma.

There are many ways you can release the illusion of the body being you. There are many ways that you can release a belief structure or a belief system that things must be different.

In the years of the Es-see-nah, as you understand them, as you are familiar with, during the time of the one you called Christ on the planet, we have shared with you already our way of 17 years of great silence, 17 years of unwinding belief systems that are often verbalized through a language. *(refer to Lesson 7)*

When you verbalize a belief system through any form of language without conscious recognition of the loving presence of the verbalization, then you are, indeed, saying, I need more gift from the first two gifts, the gift of the body and belief systems.

And then, when you are able to give yourself the gift of just 17 seconds of Divine Presence energy in the recognition that you are, indeed, releasing these gifts to the greater gift of that which you are, then the expansionary energy of freedom comes in fully through you, with you, and of you, and great flow comes forward. Great flow.

### **The Greater Understanding of Oneness**

So when you gaze at the gifts of the journey, the first gift of the physical body, the second gift of belief systems, you begin to see the interweaving of all energy. All energy is interwoven. Many of your brains understand the concept, and we choose this word very carefully, the concept of Oneness, yet your hearts are unable to fully embrace the truth of Oneness.

***Oneness is a gift that comes from the relinquishment of a belief system that is first attached to a physical body in a world of illusion.***

And when this heart-centered energy expands and opens, then there is no need to conceptualize anything, because to conceptualize is to embrace a belief system, and you are still working with the second gift as we are still sharing with you on the second gift.

Beloved Ones, we wish to share with you that all of your experiences within this realm are the great gift of the realm and a chosen gift of your Divine experience. Many of you know the word Elohim, yes?



As you know the word "Elohim," as you know the word "angels," as you know the word you might call "God," as you know the word you might call "Divine," as you know the word you might call "Ascended Masters," we offer you this:

***Release all the words and simply allow the energy to be.***

You are all the one energy. The names come from a belief structure. You are all the one energy.

***To even begin to touch the expansive magnitude of energy in your world in a manner that would feel comfortable to a brain of matter would be, at its smallest reduction, to consider every being in form as one aspect of Divine Energy and seeing every being, without exception, every being together as one harmony.***

Then the brain of a world of form could begin to understand the magnitude of all energy.

### **Greater Understanding of The One Energy: Our Origins**

When you are able to float in your Divine energetic recognition, you begin to unfold the belief systems. Many, many, many in your world indeed have what you would call different, and we are careful to choose this word here, cosmic origin.

Yet, when you reach out from, lets say, Earth,  
and you travel from Earth to, lets say, another planet,  
and you travel from that planet through your sun,  
and when you travel through your sun into another realm,  
and when you travel from that realm into another realm,  
into another realm, into another realm, the refractions no longer are apparent.

You reunify, reunify, reunify, reunify.

***The different streams that refracted to have form here in your world reunify back to that one energy.***

### **The Third Gift of the Four Journeys**

As you expand beyond the physical body and the belief systems that experience the physical body, the next gift of your world is the perception of dogma or religion.

We offer this to you because it is a great gift.



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***The perception of dogma or dogmatic traditions springs from the belief systems that are aligned with a body.***

In its most basic form, this energy of dogmatic traditions sprang forward from a fear of the unknown, from a fear of leaving the planet, from the belief that without the body there is none. That one must have the body or take the body with them or be with the body, and that if the body ceases to take in breath, then what is needed?

It is that need that births into a belief system that births into dogmatic religion as a method and means to inspire a vehicle of density to feel peace when, indeed, it is feeling confusion.

In the ancient Es-see-nah traditions, and we choose this next word carefully, the ***inspiration*** is to release, first, the alignment with the body.

***To release the need to hold a belief system, thereby freeing one to transcend a dogmatic system that teaches the need of delivery from. There is nothing to deliver from.***

Healing and wholeness are the true aspect of your nature, and all that is unlike that is your call to anchor that gift within thee. How you do that is very unique in your world; is it not? There are, indeed, many unique ways to offer this gift to you.

Through the practice of conscious breath and the freedom that understands that death is a concept born of a body seeking to preserve itself, then you are able to break free!

***The gift of a dogmatic religious tradition is that it will, at its core essence, bring you to your heart. That is the highest service of any dogmatic tradition that has been inspired and developed from those who are in body with belief systems, aligning belief systems with the body, and then bringing those belief systems to a dogmatic tradition to keep you captive.***

And yet, within the essence, *because you are the one energy*, is the essence of pure heart form. And when one finds this pure heart form within any dogmatic tradition, the inspiration, the revelation, and the Divine freedom that expands the heart infinite-fold comes forward, and in that moment all the gifts are received and your freedom comes forward once again.

This is a very powerful moment because these four gifts of the journey that we offer you today have been playing in many different ways in your world.



**Understanding the Journey of our World**

Let us regress for a moment.

If you were to consider a time many thousands of years ago when what you would call primitive culture existed in your world, there was great alignment with body energy.

There was great alignment with body energy. How to keep the body, how to take care of the body, how to be with the body...and your world was very aware of body energy for thousands of years.

And from this alignment of body energy, you moved into belief systems, and belief systems created society; belief systems created ways of interacting together; belief systems began to teach what was perceived as right and wrong....Because in the energy of one energy, there is no need to teach a right or wrong. There just is. And in that *isness* energy, rules are not necessary.

***Rules, indeed, are a birth of a world of density through a belief system.***

And as the rules became more dogmatic, next there was the inspiration to create worship. How else can you worship if you do not have a king? And so many of your traditions were inspired based upon the perception of a ruler having kingly or godlike qualities that thereby would assist others to literally rise into this ruler-ship capacity.

This is much for your brain to be with, and yet, on a cellular level, many of you understand already because you lived during these times. You were part of this creation, which is why you are here now!

**The Fourth Gift of the Four Journeys**

Many of the beings on your world now, that have been through great persecution for the purpose of religion, are very present on the planet today. Because, as with every cycle of history, your world has come close to repeating a cycle.

It is not repeating it...yet. And yet, Beloved Ones, you are literally at the precipice of the repetition.

The dark ages were not so dark compared to what could come forward now if this cycle would repeat itself.



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Persecution for the sake of religious tradition is a gift because it will inspire many to say, *Where is the heart? Where is the heart? Where is the humanity?*

Where is the expression of form that we, as beings of Infinite Light, came to celebrate love with?

***And this is the gift of this cycle. That many who would have not remembered their Divine Presence, will remember it through the energy of the repetition of a cycle. And that is the fourth gift, repetition.***

There are four gifts of the journey. Gift number one, your physical body. Gift number two, do you remember? (*audience says Belief systems*)  
Yes!

See, this is so good. Belief systems.  
Number three, of course you know. Yes, dogmatic religious traditions which lead to the fourth gift, which is the repetition of all cycles.

Within every lifetime, you have already learned the gift of repetition even within that lifetime. If you have ever revisited your physical body, a belief system or a religious tradition, if you have been in that cycle, then in your own life you have already called forward the energy of repetition.

In your world, the birth of karma was based upon the fourth gift of repetition. And so the karma energy bound you to this world because of the fourth gift of repetition.

***To be free to lift through these four gifts is what offers you what you call ascension.***

Do you wish to ascend? Do you wish to? We understand that you do, yes. Then you must lift through these four cycles.

You cannot mentalize your way through these cycles. You cannot rationalize your way through these cycles. You cannot barter your way through these cycles.

***You can only free your way through these cycles by the ignition of your heart energy in full recognition that every being in your world, and many others, is here to conspire for you to lift through these cycles.***

***And as the one energy, as an energy of the Allness into Isness, you have collectively conspired and are at the repetitive cycle again.***



### **Masters in Forgetfulness**

The repetitive cycle is, *if you were to choose a word*, a most dangerous cycle because to choose repetition again...literally starts everything again. Many will be at the point where they must watch for their body: *What will I eat? Where will I find shelter? How will I support myself?*

And you already see this is beginning to happen on your planet. The cycle is trying to start again.

Beloved Ones, many of you are Elohim in Divine forgetfulness. Many of you are masters who have come to this planet, ***not because you needed to***, because you are already masters of lifting through the four gifts of the journey.

***You came here intentionally to be present for those who would forget their way and those who were still mastering these gifts.***

We offered you words earlier: Elohim, Angels, God, Divine, Ascended Masters. All...every being in your world, has a Divine stream of energy; a conduit, a portal, a means of cosmic connection that your heart can instantaneously bring you back through and to within one breath of conscious connection.

And as you give yourself this gift, you lift through the physical body. So when you find yourself preoccupied with physical, and the physical has many preoccupations, does it not? Money, in your world, is the biggest weight on the physical body in many ways.

***Many in your world who have been lifting, lifting, lifting will catapult back to the beginning of the cycle because of the financial preoccupation of the body, which is very similar to what you call a first chakra, the root chakra. It will catapult you right back.***

### **The Four Journeys and the Physical Body**

The physical body relates directly to the first three chakras in this cycle, and belief systems overlay through the third, fourth and fifth chakra of this cycle. Religious dogmatic traditions overlay between the fifth, sixth, and seventh cycle, and repetition begins when the first ignites again.

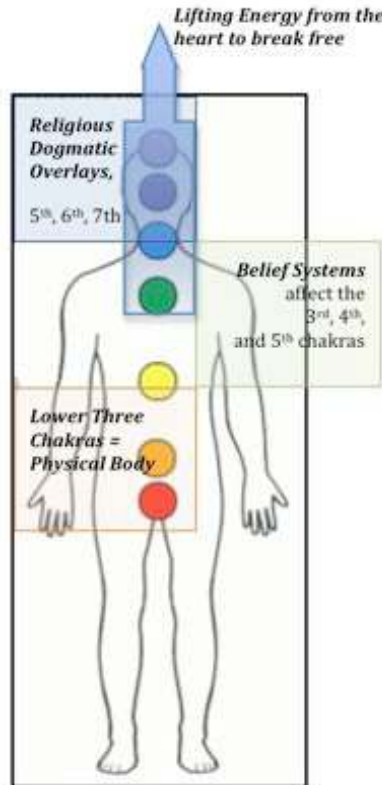


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***In order to truly break free, you must lift, starting at your heart, breathing into your recognition, expanding beyond this world, letting your voice stabilize in love, breathing conscious "hello" to the body, and allowing yourself the release of all judgment beginning with you.***



***When you judge yourself, you repeat another cycle.***

And the gift is that you can repeat the cycle in a moment and be done with it and recognize, I do not need to repeat this again. I am done. I have been here, done that.

***Or you can choose to repeat again and again until you are ready.***

However, collectively in your world now, with each conscious moment of releasing the repetition and repetitive cycles of anger, jealousy, comparative, seeking, wanting to take from another, lack of celebration, and there are many more we do not need to offer because you are wise, you understand.



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***With every release of that energy, you lift even more, and you begin to hold the lack of need for repetition for the planet.***

***It is your choice, Beloved Ones. It is why you came.***

You can certainly cycle again, and not all will cycle. There are those that will break free of their own repetition and ascend gloriously from this planet holding presence for those who choose to be in the cycle again. And there are those who will awake because you have awoken.

### **Understanding the Volunteers**

In your world now, currently exceeding over six billion in form, you are at the point where ***over half of those here are volunteers***, which is why your world has such great population on it now.

***Yet of that half, that are here as volunteers, less than...please hear us...less than 10 percent know. Ninety percent of those of you that volunteered to come, which represent 50 percent of those of you on this planet now, still have lost their way.***

And this is a gift, for you came here with great open eyes. You must understand that.

You came here knowing that you would come back into a world that would seek to help you forget who you are. And so all of the teachers are coming forward. All of the wisdom keepers are coming forward. And with that there will also be many, what you would call charlatan energies who seek to captivate the 90 percent of that 50 percent because they are the greatest energy who will propel the cycle of repetition back on your planet again.

And so, Beloved Ones, the armor for you to wear is the armor of your heart, the armor of your truth, the tenacity of your Divine Presence living through the gifts, recognizing the gifts and celebrating that you are, indeed, living Es-see-nah, that you are indeed illuminated, that with every breath you take, with every step you take, you lift even more.

And your bodies will rejuvenate for many of you, almost instantaneously when you fully lift through this energy. There will be many reports of miracle cure, miracle cure, miracle cure, because many are simply lifting through this cycle of repetition. And when you start seeing this gift for yourself, when you uplift within yourself, all gifts are received, all light is illuminated, and each seed will blossom, and you are all Divine seeds.



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***Take your breath of hello, Beloved Ones.  
A breath of hello, a breath that says, Hello. Hello. Hello.***

And we will take some of your questions.

*Q: I've been very attracted to anger and confusion. If you could offer me some inspiration on this I would be grateful.*

Take a deep breath, Beloved One. To be attached to anger energy, as you share, is a gift for you to recognize. It is part of your belief system. It is that second gift of the journey we have mentioned to you today. You have lifted through your physical and you are gazing into the religious dogma release, and yet for yourself it is the belief systems that are at war within your body now.

Anger is a powerful ally when one is seeking to break free. We use the word "ally" because anger will seek to find friends. Anger is very verbal, and anger is very present when one is seeking a way through something that seems too challenging to look at, too painful to deal with, too frightening to comprehend an outcome that the heart may not be ready to accept.

When you ask your question, the energy of a beloved one rises great from within you and whispers gently to you and says, You must walk your journey. We are always together. When you walk your journey, knowing we are always together, the how will manifest and the brain will not be able to manifest it for you.

Take your breath, Beloved One. You are holding your breath. Yes.

And your tears will release this anger. You must lift now, Beloved One. And you are being called to lift, which is why you are revisiting such abundant anger. When this anger comes forward, scream it out if you must, hit the pillow if you must, and then breathe and say "Hello" and call to the Beloved One through the ethers and walk your journey.

Breathe, Beloved One. Yes. This time shall pass, and in the next 24 months there will be great revolution. Stay focused on the now. Stay focused on your now. The tears you cry are for many on this planet, not just yourself, and so we honor your bounty of tears. And so it is.

*Q: Several of us have been working on releasing some very strong, dark energy from the planet. We've heard that we have done everything that is humanly possible to be able to release that. Is there anything else? Is there anything else to remove and help bring in more of the light?*



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This is a good question, and we wish to respond by beginning with the word you used, "humanly" possible.

This energy was born of human and called in from human, and thereby, the human can offer their love, the human can offer their sincere energy, and yet the human must not forget they are simply a conduit of Divine manifest energy.

There is nothing a human can do, for that keeps even the ceremony within the first strata of gifts of the physical and the combination of the second strata of the belief structure that indeed the human is doing.

Rise, Beloved One, into a Divine portal of surrendered manifest light: the crystalline energy that seeks to wave through you.

To gather a public expression of release also calls forth an ego, *Look how good I'm doing this; Look how good we are; look at how special we are.* We simply mention this because one must always be very careful, in the gathering of others, that the gathering is to uplift all, to bring Divine to all, and that each human form is part of that one energy.

Go home and lay in your bed in the space of Divine Love that you emanate in this moment now. Close your eyes and invite the Divine to work through you, and you will find great momentum. And so it is.

*Q: Since I was 19, I've been channeling, and I found in February I crossed a portal. I've actually done healings with. Is that the direction that I'm going with this gift?*

When you bring your hands to your heart, and we encourage you to do that now, and when you close your eyes and when you take in a breath of "Hello" to your body, it is time for you to seek all of your answers from this space.

What we can affirm for you is that, indeed, you are awakening as a healer, and to recognize that there is great community coming forward to support this revelation for yourself. Gaze at your patterns. Gaze at your body. Gaze at your belief systems. Gaze at any remnant dogmatic energies and fly. Literally go into the fields and flap your arms. Breathe deeply, stamp your feet in the dirt, and you will discover the great healer energy emerging from within. Honor this gift and all answers are revealed beautifully for you. Many blessings.

*Q: My husband and I are very clear we're being guided to move. We're feeling three places that are away from the United States: Fiji, Guatemala and Belize, and what we're looking for is nourishment for our soul that will support us in integrity, as well as*



*financially. Could you clarify on these three places?*

Thank you for asking this question, and it is a greater question you ask. This is why three energies have come forward for you. In the beloved heartfelt space of a trinity, there is always, always peace and healing. The three energies that you are speaking of now offer to you each, individually and collectively, a **“wholing healing”** from other life times.

We wish to speak on several issues because your question is really for many. There are many who will soon be relocating in many places that may not have ever thought possible for them. Many countries will have great shifts of population. Some of these will be inspired politically, some of these will be inspired by great waves of change that are coming to your planet very soon. And some of these waves will be so great and so big that many will be stunned at their magnitude. And these great waves of change that will roll in over many islands will be a method of offering shift for many.

When you invite and seek to find a place that is nourishing, you must come to a decision on what aspect of nourishment. For some that means we wish to stay in a body for a longer time, or we wish to ascend at a different time. You must consider these factors.

Each of the trinity energies you mention would serve you, yet of those three, there is only one that will be less volatile to the waves of change that are coming. And you will discover this one within your own soul, and so will many others.

Your world, Beloved Ones, is shaking off years of energy, and starting in this summer, this year, 2009, fully through 2011, there will be great rapid shifts. Each will be exactly where they are called to be, and all will be in the perfect place at any perfect time. Many blessings.

*Q: I would like to know what I can do to be in the full recognition of who I am.*

To be in full recognition of who you are, we invite you to lovingly embrace the four gifts of the journey that we have offered to you today and to practice your lifting through that.

And as you see the remnant energies that will come forward from each one of the four, because it is the way of your world to continue repeating until you are finally free.



And as you move through and as you free, you will give yourself the great gift of celebration.

This is how you can empower even more the gift that you are.

You have great wings of Divinity that come out from you with great force, and to give yourself the surrender to all that is ready to be healed, to be celebrated and loved, will propel you like a rocket ship, and it will be most fun. And so it is.

***Many blessings, Beloved Ones.  
May you know that you are loved.  
May you know that you are celebrated.  
May you breathe hello often.  
And may you choose a great upliftment.  
And so it is.***



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