# QUAN YIN, ARK of the COVENANT and the HOLY CELL TOWERS

Nia Kallhof & Bruce Durward

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ISBN-13: 978-1517640743 ISBN-10: 1517640741

# Lakota Prayer

Great Mystery,
teach me how to trust
my heart,
my mind,
my intuition,
my inner knowing,
the senses of my body,
the blessings of my spirit.
Teach me to trust these things
so that I may enter my Sacred Space
and love beyond my fear,
and thus Walk in Balance
with the passing of each glorious Sun.

# **CONTENTS**

Introduction	1
The Story	3
The Backstory	
Crystals of Light	35
Crystal Resonance	36
Clearing and Charging Crystals	42
Quartz	44
Creating Crystal Arrays and Grids	46
Phi Crystals	50
Dancing with Devas	59
Communicating with the More than Human World	
Bruce's Experiences	71
Nia Shares	81

# **INTRODUCTION**

The publication of this book is a dream come true—to co-create an expression of our love!

Both of us had started writing books on our own but they sat unfinished. We decided to try a combined collaboration since we both were writing about similar spiritual topics. We made some headway, but it was still slow going. In July our magical birthday adventure with the cell towers happened! We were flying high and wanted to share our experience with everyone. Archangel Michael suggested in a channel that we focus on telling this story and wrap the rest of our book around it. Brilliant! Now we had a handle and we were off and running with it. Then Quan Yin suggested the perfect title!

Working on this book together has been so much fun and just increased our love and respect for each other.

We want to thank our spiritual teachers, including Bruce's brother John (JD) Durward, Lee Hilficker, Don Luis Higuera, Don Cohaila, Naisha Ahsian, Madhurii Ma, Shivanii Ma, Joe Landwehr, James Tyberonn, Archangel Michael, ascended masters Quan Yin and Saint Germaine and our dear guru Shrii Shrii Anandamurti.

We hope you enjoy our adventures in this book, and use the information here to spur your own adventures in spirituality.

# THE STORY

# Nia's Birthday

This story begins on my birthday July 8, 2015. We were on a beautiful little lake called Golden Silence in the Upper Peninsula of Michigan, enjoying the exquisite peacefulness and connecting with the sacred water and her ancient tree guardian. I turned to Bruce, "This is so wonderful! Where do you want to go for your birthday?" His birthday is also in July—the 26<sup>th</sup>.

"Let me think about that for awhile," he replied. Not long afterwards as we walked through the dappled light of the forest, he knew! "Roche-a-Cri! We need to go to Roche-a-Cri." Bruce had not been there for many years and it was time to return, to work with that energy again. I, of course, had heard the story before of the amazing adventures he and his brother had back in 2008 at Roche-a-Cri. Well, maybe this is where the story really begins.

#### Flashback to 2008 - Bruce's Introduction to Roche-a-Cri

I was first introduced to Roche-A-Cri, the central Wisconsin energy grid, and the deva in charge, Mogodishra (phonetic spelling) several years ago, with an amazing string of synchronicities.

My brother (JD) and I were attending a permaculture design course at Mark Shepard's farm in Viola, Wisconsin. One night several of the students played hooky and went out for a beer. As they were talking and laughing, a woman in the bar came over to talk. She had

overheard one of them mention JD, and checking this out said she knew JD. She (Susan) wrote a note and asked someone to give it to JD.

Susan had gone though a shamanic training with JD several years before. JD was very surprised to hear from her, and didn't know she lived close to Viola. He called her and arranged to stop for a visit after our class was over.

Susan's farm looked like a shaman lived there, with arrangements of stones and flowers, beaver sticks and crystals. As we talked over tea, she mentioned Roche-A-Cri and suggested we stop there on our way back to northern Wisconsin where we lived. She described the natural medicine wheel formed in the area with Roche-A-Cri as the center node, surrounded by a circle of mounds and bluffs such as Necedah Mound, Saddle Mound, Davis Bluff, Rib Mountain, etc. Susan and a friend were relinking many of the Native American created medicine wheels in western US and Canada with Roche-A-Cri, all of which had a ray pointing to Roche-A-Cri and were representations of this energy system. One of her Native American friends had mentioned that a shaman in his tribe had been maintaining the energy links from the outlying nodes to Roche-A-Cri, but had recently passed over, so no one was doing this work.

After a short but delightful visit JD and I started our drive home. With a road map on my lap I searched for Roche-A-Cri State Park, but couldn't find it. JD did not take his eyes off the road, and reached over and punched the map with his finger. I looked and amazingly he had found it! We laughed and laughed, and I plotted a route to take us there. Spirit was indeed sending us there!

Roche-A-Cri is a 300-foot tall sandstone bluff. In the last ice age, it was surrounded by Lake Wisconsin. This roughly triangular lake was bordered by glaciers on all sides, but never froze over and was never run over by a glacier. We climbed the 300 plus steps to the top, and enjoyed the incredible vista. The energy of the place was very palpable and felt both strong and calm. We then found a rocky place to do ceremony and connect with the bluff. After opening sacred space, we went into a shamanic trance or journey. We were both

contacted by the deva of the place. JD was given visions of the area many, many years ago where it was a sandstone plain instead of a bluff rising from the swamp. He also saw Native American shaman and ancestors doing ceremony and honoring the high energy place.

I had a conversation with the deva, and asked his name. It was close to Mogodishra, so I have called him by this name. I asked if he needed help with anything, and he mentioned several of the nodes of the energy web were weak. Roche-A-Cri is the center node of a spider-web type of energy network, linking the other bluffs and mounds. This type of energy system is found many places; for example in Peru, Machu Picchu is the center node connecting to the surrounding mountain peaks.

After discussing this with JD, we volunteered to help maintain the energy grid, and asked where we should start. Mogodishra told us Necedah Mound was in the worst shape and the most important node to revitalize. JD and I drove home with much to discuss! We were not expecting such a powerful experience. We had connected with and talked to several other devas, but not one with such an important job as Mogodishra, who was moving immense amounts of energy.

JD contacted Susan, and made arrangements to meet in Roche-A-Cri the next weekend. Susan's friend Jane came also, which gave us a good balance of 2 men and two women. After climbing to the top, we opened sacred space and conversed with Mogodishra again. Our message from the previous visit was confirmed. We decided to drive to Necedah Mound and see what was up there. It was only about 16 miles away.

After arriving we hunted and found a route to the top of the mound. The hill had a lot of white quartz rock in it. Jane had researched Necedah and shared that there had been a Catholic home for unwed mothers at the base of the mound. All the intense emotions of the home had affected the energies of the place. We decided to do a ceremony to release the old emotions from the rock. This we completed, and the energy immediately felt better. We envisioned the energy link to Roch-A-Cri and saw it get stronger.

Afterwards, on the way down the hill, I was unexpectedly contacted by Archangel Zadkiel. We exchanged greetings, and he thanked me for the work we did there. He said that the Jupiter ley line, which he supports, passes close to Necedah Mound, and the wonky energy there had also impeded the ley line energy flow. I was happy we had helped.

We spent several weekends that summer driving to central Wisconsin and working on revitalizing the energy web. We performed ceremonies on most of the bluffs and mounds of the natural medicine wheel. We also connected Roche-A-Cri to many other sacred spots such as Hot Springs, Arkansas, Ely Peak, Minnesota and Mount Shasta, California. Having the deva as a friend was very useful. In the future, we were able to tap into his energy network when we needed energy for a project.

# Nia Continues: Fast Forward—July 27, 2015

We're excited to be on our way to Roche-A-Cri. Bruce is full of anticipation to meet up with Mogodishra again and be in the special energy of Roche-A-Cri. I'm happy that I'll finally get to experience this sacred natural site that I've heard so much about. We're driving south on U.S. 51 away from our home in Ashland, Wisconsin on Lake Superior. It's a beautiful summer day and we stop to have a picnic at a roadside park.

"We'll stop at Rib Mountain on the southern edge of Wausau on our way down. Not only is it one of the periphery sites on the Roche-A-Cri energy grid, but it has some amazing huge quartz rocks you'll love!" Bruce tells me.

"Great!" As a crystal healer, I'm always happy to spend time with my crystal allies.

However, starting about 40 miles from Rib Mountain, my sense of pleasant anticipation changed dramatically. Physically I felt yucky—headache and queasy stomach. Emotionally I wanted to get away and felt a strong sense of "I don't belong here."

Finally, we got to Rib Mountain, drove up the hill into the State Park,

and got out of the car. All around us were boulders and slabs of rock, which had broken off from the quartzite from which the mountain was formed. They were so beautiful, glistening in the sun! But I felt even worse—quite nauseous and pounding head. It occurred to me that maybe it wasn't just me but that there was something wrong energetically. Was all this quartz resonating with and amplifying some disturbed energy from the city below? (learn more about resonance, communicating and working with crystal allies, and quartz specifically in our chapter "Crystals of Light".) We drove up a little higher to the top, and parked where we could better explore the rocks. As soon as I got out of the car, my question was answered. There it was—a giant cell tower, perched atop this beautiful sacred quartzite mountain!

Apparently the cell tower hadn't been here the last time Bruce visited Rib Mountain, but now what? I felt called to head down the hillside, and soon we found the biggest, most securely grounded rock in the immediate area. Sitting on that rock and connecting with it energetically, I was guided to tone loudly. Vocal toning with intent to restore the natural energy is one of the easiest and most effective means of clearing crystals and stones. Bruce joined in and we were able to restore the natural energy to a great extent though not completely. I experimented some with trying to create an etheric shield or deflecting the energy of the cell tower. But the rocks communicated that I wouldn't be able to and shouldn't because it would mess up the service of the cell tower. As I would find out later, my allies were talking about more than just messing up cell phone service in the surrounding area!

Bruce suggested we move on to the other side of the mountain where the really big rocks are. After a short walk, we stepped into an incredible giant rock garden full of the most amazing quartzite structures. Here it was possible to see how Rib Mountain had been formed as layers of sandstone were deposited in this area, which had once been a huge lake or inland sea. When the waters receded, the softer sandstone eroded away, leaving the harder quartzite like Rib Mountain. As this erosion process has continued over time this landscape of beautiful banded quartzite structures has emerged. Fortunately, this area had already been positively affected by our toning and also seemed better able to maintain their own natural

energy because of their big size. Despite this, these rocks wanted us to sing to them too. Once we started toning, it felt like we were mutually healing each other. They conveyed to me that in order to help maintain their natural vibration, they stay connected to an alternate reality/dimension where there is no cell tower and where water flows over them keeping them clear and clean.

While we were there, Bruce communicated with his ally deva Mogodishra. He said he would help strengthen the connection of Rib Mountain to Roche-A-Cri at the center of the Central Wisconsin energy grid. He promised to help remediate the wonky energy at Rib Mountain due to the cell tower. We also spent some time etherically connecting the quartzite rocks at Rib Mountain with other strong quartz sacred sites we have visited, such as Crestone and Needle Rock in Colorado and Hot Springs in Arkansas.

This whole experience was a very powerful initiation for me into working with our nature allies to help maintain an energetic grid or medicine wheel. I left feeling better, and now understanding why I had felt so bad.

That evening I got my first chance to visit Roche-A-Cri. After checking into our motel in nearby Friendship and having a quick supper from our stash of wholesome snacks, we drove into the state park at Roche-A-Cri. We passed a cliff-side with Native American pictographs and petroglyphs. Then parked by the stairway leading to the top of the 300-foot rock outcropping. The name Roche-A-Cri is from the French "crevice in the rock." We immediately connected with the beauty of Roche-A-Cri, both visual and energetic. We climbed the 300 steps and arrived breathlessly at the top platform in time to see a spectacular sunset. It was also a good opportunity to get a view of the whole surrounding area to the south, west and north, enabling us to see the other mounds and outcroppings rising out of the plains and marsh. Together they make up the energy grid or medicine wheel of which Roche-A-Cri is the central powerhouse. Tomorrow morning we'd come back to do ceremony.

# Roche-A-Cri Ceremony

In the cool morning air, we climbed the 300 steps to the top of Roche-A-Cri and then hoisted ourselves over the stair railing onto the lightly wooded hilltop with rocky ledges visible around the edges. We found a spot that called to us. Dappled sunlight highlighted the small rock ledge, where we arranged our altar. There was a beautiful spruce on the eastside and a view to the west of the open rocky edge and the surrounding sacred valley beyond. The light felt perfect for our intent to create a column of light drawn down from the Central Sun and anchored into the heart of the Earth. (Right before our trip we had received a reading from our dear sister Lani describing this.) Although we had not yet been told the precise purpose for creating this column of light, Bruce explained that it would provide extra energy for the Deva Mogodishra and the energy web or Central Wisconsin that surrounded Roche-A-Cri.

We opened sacred space with sage smoke, rattling and calling in the directions and our angels and guides. As we felt the strong peaceful loving energy descend upon us, Bruce and I joined hands. Visually and energetically, the Light from the Central Sun suddenly poured powerfully through our sun, through the circle of our arms, onto the altar and into the mountain! "Ooohh! Did you feel that?" I yelped with surprise! When I told Bruce I felt Lani there with us, he looked up and saw 3 birds fly off together. It seemed a confirmation that our mission was accomplished. I also had a vision of the three of us there together as Native Americans in some other lifetime.

Our ceremony complete, I moved out onto the open ledge to sit and meditate a bit. I could feel the mountain responding through the rocks with a wonderful feeling of love and appreciation for our work. I could also feel the connecting grid with the surrounding quartz power nodes clicking more strongly into place. Perfectly aligned with this rock on Roche-A-Cri and the sun at my back, directly in front of me was the Necedah Mound. I felt her strongly in my heart calling us to come sing to her—she needed our help. "Ok I promised. We're coming."

### Durward's Glen

Before visiting Necedah Mound tomorrow, we had a few other stops and important discoveries to make. Winding south on the Wisconsin River, we passed the awesome rocky bluffs at Wisconsin Dells, crossed I-94, and drove through the rolling hills of bright green corn and bright yellow sunflowers east of Baraboo. We had to watch carefully for the number and letter marked county roads leading to our destination. There it was—Durwards Glen Road! Obviously the name itself (Durward, same spelling as Bruce's name) was a draw. We pulled into the shady parking area and felt the peaceful sacred energy settle into us. There was a sign inviting us to quietly enjoy the grounds and explaining their history:

The Glen is named after the family of Bernard Isaac Durward (born November 26, 1817 in Montrose, Scotland) who purchased the property in 1862 and moved here with his wife and 5 children from Milwaukee on the Feast of All Saints, November 1st, of that year. Bernard and Margaret raised all of their 8 children here and remained until their deaths. His son, Father John, wrote of him, "He had ever loved beauty, physical and moral. His greatest delight was the perception of the correspondence of things earthly with those heavenly, of the natural with the supernatural. To him, every forest bush is aflame with God, and every tree seems to exclaim Holy, Holy, Holy." Fulfilling the hopes of Bernard and Margaret, that Durward's Glen would remain a haven of spiritual peace and natural beauty, their children offered the property to the religious Order of St. Camillus who received it in 1932. The Order operated Durward's Glen as a novitiate for over 40 years, during which time a parish was opened at the property. Later, the buildings were used as a retreat center. Durward's Glen Retreat and Conference Center operates under the ownership of Durward's Glen OLRG Ltd, a local group in the Columbia-Sauk County Area of Wisconsin.

The scenic grounds at Durward's Glen include the Immaculate Conception Chapel, Mary, Mother of God Grotto, Holy Family Altar, Guardian of the Glen Statue, and St. Anthony of Padua Statue.

We strolled through the grounds enjoying both the natural beauty and the beautiful flowers and lawns. In the wooded area along the creek and pond there were some wonderful old trees—some weeping willows and a 350-year-old oak. We connected with the energy of each shrine, offering our prayers of healing and gratitude. Last we

came to the natural spring, bubbling out of the hillside alongside of the creek and through a font at the feet of Mother Mary. We knew we had come to the heart of this sacred land! The healing power of this spring was palpable and took me back instantly to the Mary spring we had visited last fall in southern France. Our hearts were opened and we felt refreshed and revived.

It had already been a long, eventful day, but we now had the energy for a hike through the beautiful rocky gorge at Parfrey's Glenn and a swim at the local motel where we spent the night.

# **Cell Tower Magic**

The next morning, while eating breakfast and planning our day, I got an intuitive flash about those pesky cell towers. What if they could be used to help the energy of the planet instead of being a detriment? I imagined each cell tower connected ethereally to the 5<sup>th</sup> Dimension and the Central Sun as well as grounded to the heart of the Earth and programmed to beam out unconditional love and healing energy for the planet and all her created beings! It's just energy, I thought, and should be able to be programmed for highest good rather than being so disruptive. When I shared my vision, Bruce agreed and checked in with Archangel Michael who gave an enthusiastic thumbs-up.

Bruce and I got very fired-up about the idea and felt we would be able to use the column of light we had called in during our Roche-A-Cri ceremony. It seemed if we worked with one tower (maybe the one at Necedah since we'd be going there), then we could link that one to all cell towers and to the planetary grid. This would create a huge boost in love energy shining out all over the planet! Lightworkers could help reinforce this by seeing every cell tower this way and connecting with their hearts with gratitude and resonating with unconditional love.

When I looked at the map to check out our route to get to Devil's Lake (known by the indigenous peoples as Spirit Lake)—where we wanted to stop before going to Necedah, I realized that we could get there by going back to Durward's Glen (yes!) and then following Durwards Glen Road to Tower Road. Yes Tower Road—perfect! Synchronicity was affirming us!

We were psyched to return to Durward's Glen and absorb more of its sacred energy for the important work we had ahead of us that day. When we arrived we went straight to the spring and filled all our water bottles. We did a ceremony connecting this spring to other sacred springs and waters. We felt an especially strong connection to the Sea of Galilee. We had brought along a few small rocks from Rib Mountain and threw them into water to help clear the area which had been so disturbed by the cell tower there. We asked Mother Mary for help with our tower project and felt lots of love from Her and Yeshua. It felt like the support and momentum for this idea was building!

We finally found Tower Road and followed it up to the top of the hill. And there in this beautiful, secluded place is—you guessed it—a giant cell tower! Obviously this was where our work should start. It was time for a very focused ceremony. To create sacred space, we saged each other and Bruce's rattle which he would use to call in the directions and the elements, power animals, angels and guides associated with them. Facing East, we felt the energy of Durward's Glen come in, at North, Roche-A-Cri, and in the West, Spirit Lake. The links to the important power points in the area were being made. Then we did some loud vocal toning to help shift the energy. We connected to Roch-A-Cri and re-created the column of light portal we had used there. Bruce envisioned a violet flame pyramid around the tower, and I experienced Archangel Michael come in and use his sword to bring the tower into alignment with true purpose. It seemed to me that this tower and all towers would represent manifestations of Michael's sword shining across the planet. Archangel Michael communicated to Bruce that he would replicate the 5th dimensional violet flame pyramid that now surround this cell tower to surround every tower. As our ceremony completed, the energy was now very powerful and felt great! We left there quite giddy and knew we'd never view a cell tower as pesky ever again!

#### Necedah Mound

We had a bit of a time finding the entrance to Devil's Lake State Park (Spirit Lake) from Tower Road in our still somewhat altered state. Once there we enjoyed some hiking and picnicking by the vast glacial lake. Then we were back on I-94 headed to Necedah.

Necedah is a small town in the heart of cranberry bog country of central Wisconsin, once covered by a glacial lake. The quartzite mound we were looking for is an obvious tall hill right in the middle of town. This is not a public park, however, so we had to drive around a bit to find the right road leading up the hill. About two-thirds of the way up, the road was blocked off with a big sign "no trespassing"! But of course we wouldn't let that stop us. We parked and headed up the dirt road on foot in the heat of the summer afternoon. After a while we saw two big quartzite boulders sticking up out of the brambles on our left. We acknowledged their greeting and let them know we'd be back and continued to the top. We could feel that the energy of the area had been helped by the work we'd already done, but something was still needed. Besides, I had promised back at Roche-A-Cri to answer the call of the rocks at Necedah Mound to come and sing to them.

Reaching the top of the hill, we were confronted by three cell and microwave towers as well as a big storage tank. Each was separately fenced off with lots of danger signs posted. I felt called to walk towards the highest and farthest tower first. I was almost there when I saw a giant wooden cross standing just beyond it on the open hilltop. "Oh! That must have been calling me!" I shouted and pointed for Bruce to look. Just as he turned in that direction, up jumped three deer that had been resting in the shade of the cross! Definitely we'd found the place for our ceremony! The 3 deer felt like a great affirmation and a reminder to call in Lani and connect with the Column of Light she had envisioned at Roche-A-Cri.

We stood by the cross, connecting it and the surrounding quartzite rock formations with Roche-A-Cri. The sun was behind us in the west, and we faced Roche-A-Cri in the east, which we could just barely see on the horizon. In this way we were best able to take

advantage of the natural medicine wheel of which Roche-A-Cri is the central focus. We then linked that energy into the cell towers—toning to bring everything into resonance. We felt bathed in the energy—so heart, so love, so delicious! Bruce had a strong knowing that we had fulfilled a significant purpose, both to strengthen the link to Roche-A-Cri as well as to bring these towers (each now encased in its own glowing violet flame pyramid) on this powerful quartz hill, located on a ley line, fully into the growing grid of towers generating unconditional love. Thank you Archangel Michael for helping with your sword of Truth.

But there was still something more needed. I was pulled to another group of rock outcroppings a short distance downhill and to the side. Sitting on those rocks, I felt tears of sadness and fear. These rocks couldn't seem to quite let go and completely move into resonance with the new loving energy. Something else was clinging to them, holding their energy down. I told Bruce that something was wrong. Remembering the story of the Catholic home for unwed mothers that was once located near here (see the flashback of the previous work at Necedah by Bruce and JD), I asked if there might be some abandoned baby souls still hanging about. "Oh yes!" he replied as he psychically tuned in. "I see at least 50." Bruce is an experienced pychopomp. After he helped those tiny ones to move on, the rocks gladly shifted into resonance with the renewed energy. Bruce felt Mother Mary and Quan Yin come in and add their healing and gratitude!

We walked back through the towers—so amazing how great they now felt! Now we could visit the first rocks, which had called to me on the way up. We had to find our own path through the blackberries and weeds, collecting a few scratches on the way. We stopped at a big cubic boulder. A couple of minutes of toning brought us into resonance with the rock and the Light pouring down from the Central Sun. We anchored that connection and moved on to the second rock formation nearby. This was more spread out—like a tiny mountain range. After finding a place to sit and connect, I was guided to sing softly, "Om Mama Om" over and over. I felt us move into resonance with the rock and deep into the earth and the cradling arms of the Divine Mother in unconditional love. I could feel the

beautiful link between the two rocks—sacred masculine and feminine, Light and Love, Central Sun and Earth Heart Womb—anchoring and holding open this important portal. I also felt the link between the two rocks strengthening the bond between Bruce and me and reminding us that our love is also a portal!

What a wonderful three days of work! Driving on into the west towards Minneapolis and family, every cell tower we passed called to us and we paused for a moment of recognition and heart celebration!

# The Light Meeting of Soulmates

"It was in the silence that the love portal opened widest. The bond was never the words- it was the spaces in between. Our love sang the song of the unheard realms, a symphonic penetration of the love-sourced wellspring that sources the all. Just laying in her arms opened a portal to the great beyond. As we merged our hearts in silence, we bore witness to a galaxy of heartfelt proportions. This was not the same universe I saw when I touched God alone. This was an entirely different skyscape- a hidden system that is revealed by love alone. As we breathed in unison, one soular flare after another lit our way, inviting us deeper and deeper into the heart of God." ~ Ieff Brown

From Nia's Journal 3/22/12: "I don't want to live like this? Do I mean that? What would something I like look like? You can't create it unless you can imagine it. So my mind went first to a more actively communal scenario then shook it's head and went to being with a partner. Then freaked---don't call that in—scary! Better be sure that's what you want because it means letting go of what I have, and then what if that doesn't work out? Fear. Lots of fear. One thing to be dissatisfied and just call in more dissatisfaction but very scary to actually proclaim my heart's desire. Then call that in. What if I get it wrong? Make yet another mistake? So just stay stuck then! That's certainly the path of least resistance, very familiar. You can just sit and not like yourself or your life. Complain—it's such an attractive quality! Sigh! I do like this writing—I'm more honest somehow. So what I'm getting is I need to start daring to look at, explore, experiment with what do I really want. Remember desire is how my soul speaks to me!

After writing all this, I left my room for a while. When I returned and opened my door, there was a big long black snake looking at me! My first thought—did I call the snake in when I promised the mouse I'd seen in my drawer that I'd kill it if it didn't leave. Now I'm thinking I'm like the mouse hiding in the drawer, and the snake, my transformation and healing, will just come right in and get me. I can't hide from it!"

Little did I realize that I'd already met the man who would completely change my life and help me live my hearts desire, and it wasn't the old lover that I was currently mooning over! In February 2012, I was on a sacred journey in Egypt with James Tyberon's Earth Keepers, hanging with my new friends at the back of the tour bus. Lani and Elina introduced me to their friend Bruce Gentle Bear. The three of them always seemed to be conjuring up special assignments to enact ceremonially at each temple. At this point I still felt I needed to do my own thing, but we had a lot of fun talking and sharing our experiences on the bus.

Bruce was such a lovable teddy bear—very friendly and open with everyone and so comfortable in his own skin and with sharing his metaphysical experiences. Talking with him was easy and fun and just sitting together was very nice as well—being with him gave me a sense of being grounded and safe. I noticed that he was wearing a Pratik—a spiritual symbol given by my guru Shrii Shrii Anandamurti.

"Where did you get this? Are you a Margi?" I asked with incredulity. It turned out that although he was no longer active in Ananda Marga, Bruce had been initiated back in the early 80's in Duluth, Minnesota and we knew some people in common. Definitely this seemed a sign of something though I had no idea what. Anyway we started spending more time hanging on the bus and shared a lot of our life stories—realizing there were several times when our paths had come very close but just missed!

When the trip was over, I felt a lot of warmth for this beautiful new friend as we embraced in a final "bear hug". But this was not a romance and no promises to stay in touch were exchanged. In truth, I was not quite ready to fully admit my hearts desire to myself, let alone allow it to manifest!

It was soon quite clear that the relationship that my old lover and I had been trying to rekindle was not going to work out. We enjoyed our short interludes together and the sex was quite nice, but I wanted more and to be part of co-creating something and he wanted casual. He was quite busy with his business and son, and our relationship was not a high priority. We seemed to have more and more difficulty even finding a time to meet. The good thing was that I was able to admit the reality and tell him. Even though I missed him, I didn't pursue him. I felt good inside myself about not just accepting crumbs and beginning to allow myself to own and call in my hearts desire for Big Love.

In August of 2012 my snake of transformation got really busy. At the last minute I decided to join a sacred journey led by a dear friend to Oaxaca, Mexico. A highlight of the trip was our time in Huatla participating in the beautiful sacred ceremony of the Ninos Santos (magic mushrooms) led by Grandmother Julieta and her daughter. It was such a blessing to be able to so gently release a lifetime of fears and past relationships in a space of pure unconditional love. Another curandera I met while there had two important messages for me: that I was facing a strong illness and that I needed to allow love into my life for true happiness. And indeed, despite her healing and that of the sweet ninos santos, when I arrived home, I became very ill with dysentery for a couple weeks - a huge cleansing! I emerged from all of this very ready to be alive and with a completely new attitude about love. Somehow, now, I just knew that I was soon to meet my true beloved. I could already feel how much we were in love with each other. It seemed he was just around the corner—my heart was already dancing with his! All I need do was just be with the feeling and Allow it to happen. Trust!

I decided to attend the Earth Keeper 12-12-12 event in Little Rock as my friend Natalie was being gifted with free admission for the transcribing work she had been doing for James Tyberon and she needed a roommate. It was very good to hang with all my friends from the Egypt trip including Bruce. We were all one big happy

family, but there was the hint that something had changed between us. A couple times as Bruce was rushing off to his responsibilities as IT person for the event, he paused to kiss me—very mutual, very sweet, very intense! Also it was a bit confusing—it felt so special yet nothing had been said and I saw him hugging and kissing all his many women friends. My new mantra just Allow kept repeating in my head.

Well it seemed 12-12-12 was to be the moment and our angels were not about to let us blow the opportunity in our own human bumbling way! We had both planned to spend a couple extra days in Hot Springs after the EK event. We thought that the whole group of us was going, but our tricky angelic helpers orchestrated it so that at the last minute, it was just the two of us. That night we fell exhausted into our separate beds in our shared motel room totally unaware of what was to happen the next day.

After a yummy breakfast of blueberry pancakes, we decided to go for a hike in the beautiful rocky hills that are central to Hot Springs National Park. The day was perfect--cool bright and sunny, and the crystalline energy of the underlying quartz was palpable. As we walked it felt like we'd crossed a portal into a world of enchantment. Every little while we would stop and kiss! I had never experienced kisses like this—the connection was so strong on every level. It felt like a magical reunion of a relationship that spanned many lifetimes. We would come together like pieces of a puzzle falling into place. Each time we seemed to be perfectly lined up with the sun to create an energetic portal through which divine light poured into the crystalline mountain. It seemed so evident that not only were we meant to be reunited at this time but that our physical loving connection was to be part of our service as light workers!

By the time we went our separate ways twenty-four hours later, it was a very difficult parting but there was no doubt that we would be together again!

# Long Distance Romance and Honeymoon of the Month Club

Remembering that time, Bruce writes: I was smitten, and very grateful for someone in my life so spiritual, and so nurturing. While I

was wondering about our future together, I was contacted by Archangel Chamuel during a meditation. I discussed this with him, and he thought we would co-create great things together. He asked if he could "over light" our relationship. I was touched, and decided this was an excellent omen for the future for Nia and I. His insight and thoughtfulness continued to be a blessing for me when I have asked for help. Once when I thanked him, he said, "Well, I really haven't had to do much for you and Nia!" Another time he told me that Nia and I would be an inspiration for others to work on their own relationships, just by our presence. What a compliment from the angel of relationships! Thank you Archangel Chamuel!

With all this angelic help we were both flying pretty high! Love notes were zooming back and forth across the internet. Without consulting each other, we simultaneously sent each other a special stone to help us be connected! When I held the stone Bruce sent me while meditating, I felt his loving presence flooding through me! One time I had a vision in which he was holding a large wooden door open for me, beckoning me forward into the Light.

Finally in April of 2013 Bruce and I got the opportunity to be together again on the physical plane when I went up to Ashland, Wisconsin to visit him at his home there for the first time. Now with the realization that we are "in a relationship" out in the open, we have a short but blissful time together and begin discussing what we are co-creating. At this point it seems our lives will at least on the surface not change much. Bruce will continue his "job" as IT Coordinator for Ashland County and I will continue to live at Hearthaven, a spiritual retreat for women in Willow Springs, Missouri and work part-time as an early childhood special education teacher with the First Steps Program.

But none of that seemed to matter at the moment. We were "in love" and very much in the "honeymoon" phase. In fact, we managed to get together for a mini-honeymoon every month or two! We arranged to stay together at Earth Keeper events in Phoenix and the Sequoias. We went camping in Sedona, northern New Mexico, southern Colorado, and northern Wisconsin. We me it Nashville when Bruce attended hypnotism trainings there. We met in Minneapolis when I

visited my daughter and her family there. And we went on two sacred journeys together—one to the Holy Lands and one to Southern France.

# Sangre de Cristo Mountains?

Despite all these wonderful times together, my soul was hungry for something closer to my hearts desire—a new, shared life together. I was talking to Bruce on the phone, expressing my sadness about going back to Missouri and being apart. Rather than commiserating with me or inviting me to come live with him, my dear sweet shaman says "I'll call you back in a while" and hangs up.

Later that day, Bruce calls back and tells me he has meditated on our situation and that St. Germaine has told him that he needs to start selling his possessions and getting his house ready to sell, and that we are to move to the Santa Fe area to be in the Sangre de Cristo Mountains. What? I was shocked—I had never even considered moving there nor had we ever discussed this before! But I did like that we were getting support for Bruce to retire and sell the house so we could start our new life. And I had just read a book recently where the main character goes on a pilgrimage to Santuario de Chimayo (north of Santa Fe) and felt sure that it was someplace we should visit.

When Bruce shared St. Germaine's message with his friend James Tyberonn, James said he should check out Crestone, a very energetic and spiritual place in the Sangre de Cristo Mountains of southern Colorado. When Bruce researched Crestone, he was amazed to discover the very small town was full of spiritual and new age centers, including a Hindu temple, a Zen temple, a Carmelite monastery and several Tibetan Buddhist monasteries! This was a very spiritual place!

#### Bruce Explains How the Ark of the Covenant Enters the Story

In Egypt, besides an auspicious first meeting with Nia, I also met Thoth. He appeared immediately (on the etheric plane of course!) when I visited the Egyptian Museum with friends, and directed me around the museum. Not too long after St. Germaine told me I was

to move to the Sangre de Cristo area, Thoth visited me again while I was meditating, and asked me for help.

He had prepared a room in the Sangre de Cristo Mountains (near Crestone!) for the Ark of the Covenant. The wonderful energy of the Sangre de Cristo Mountains would be used to greatly amplify the energy of the Ark. The Ark is long rectangular box. It has two long handles along the top to move it. Inside the box is very interesting. It has many vertical slots on the long sides. These slots hold gold plates with small indentations and short rectangular protrusions. There are also hieroglyphics inscribed on the plates. By changing different plates and changing their order in the box, the Ark can be programmed for different functions and energies. This is how Thoth sets up the Ark to send energy to different "hot" spots on the earth. Essentially the Ark is an engine for Love energy.

Nia and I were preparing to go on an Earth-Keeper pilgrimage to Israel and Jordan. Lani and Elena, two very close friends were also going. We had all worked together on several energy projects for spirit. One such project was moving an Atlantean crystal originally used to transport items through the Atlantean tunnels deep underground. In an alternative lifetime Lani and I had hidden the crystal in Montana under a nickel mine. (This is a long story, wait for that book!)

Thoth asked us if we would use that crystal to transport the Ark through the tunnel system from Mount Sinai to the Sangre de Cristo Mountains. I was planning on the four of us, and maybe another friend or two, getting together in Israel and doing this work. Such a project requires more energy than one person can generate, but a group of such talented people can accomplish almost anything!

When we got to Israel, I happened to meet Lynn, who had worked on this very project the weekend before! She was working with a group led by William Beuhler of Crestone. I contacted Thoth and found that the Ark had already been moved. Nia and I and our friends must have been plan "B"!

Don't worry the Ark will make another appearance soon!

# Visiting the Sangre de Cristos

Still intrigued by Crestone and the Sangre de Cristo Mountains, Nia and I made plans to visit this area after an Earth-Keeper seminar in Phoenix. I saved up my vacation time, and we started our trip camping at Santa Cruz Lake for a couple of days. This is very close to El Santuario de Chimayo, a small catholic church which draws thousands of visitors every year. We found they weren't coming for the local red pepper! El Santuario is very spiritually healing and energetic, and remains one of our favorite sacred sites on the planet. The peace and energy takes your breath away. It also was a sacred place for Native Americans, and they had a small chapel devoted to them. We met some guardian spirits of the area, and did some energy work on the chapel at their request.

From Chimayo, our plan was to drive to Crestone, but what route to take? We scrutinized the maps, but didn't have a clue among the many alternate routes. We decided to map douse the road map with a pendulum. The pendulum immediately swung up the high road to Taos. We went that way, and the scenery was spectacular. The pendulum next pointed us up highway 159, closer to the mountains than alternative routes. As we drove north, we started seeing a golden dome far ahead. This was puzzling; we had no idea what was there. Nia checked the maps while I drove, but found no solution to this mystery. The dome stuck up higher than the nearby hills.

We rolled into San Luis just across the Colorado border, and there high on an overlooking hill was our golden dome, atop a small chapel. We knew now why spirit had sent us this way. We parked and followed the zigzagging trail up the hill. A local metal sculptor, Huberto Maestas, had created many life size bronze statues depicting the Stations of the Cross for this unique Shrine. This was not my favorite subject, but as we walked past the statues, his mastery was unmistakable. Maestas' sculptures adorn several places in Taos and the area.

We meditated in the beautiful chapel for a while, and I received the message that we should connect the shrine to the Sangre de Cristo Mountain energy system. The earth was generating a new energy grid,

and this man made sacred site was not yet connected. Nia and I walked out to the edge of the hill. It had a great view of the nearby mountains, but how did we connect it to the mountain energy grid? As we looked over the beautiful mountains, a hole opened up in the cloudy sky and a beam of light lit up a nearby peak. Mystery solved! Thank you spirit! I later learned this was Vermejo Peak. We held hands, and visualized the energy link (what a Peruvian shaman would call a ceke line). This energy line went from the chapel to the mountain. Vermejo Peak was the center node of an energy grid.

We realized that El Santurario de Chimayo was also not connected. So we then created a link from there to Vermejo Peak. Now El Santuario was also sending its love energy to the new earth grid.

Feeling quite joyful indeed, we headed for Joyful Journey hot springs by Crestone. It was a great place to camp and enjoy the hot mineral baths and the amazing Colorado ever changing skies. The clouds shifted so quickly we saw storm clouds and brilliant rainbows in different directions at sunset and sunrise. Crestone itself was indeed a "high energy" place. We enjoyed visiting and praying at several sacred sites, but were most impacted by the mountains themselves! We hiked up a creek on the edge of town, and were amazed at the high energy of the mountains and the incredible quartz, mica, and conglomerate rocks. Nia finally had to resort to walking with a rock in each hand in order to keep from picking up any more rocks to carry home!

Our week in the Sangre de Cristos had been awesome. However, actually being ready to move anywhere was to take a lot more time and be a lot more work than I ever would have guessed at that moment. Bruce had years' of accumulated stuff in his house and the house itself had many unfinished projects and much sprucing up to be completed. Plus Bruce wasn't quite ready to retire yet. I did start spending longer blocks of time in Ashland so we could be together and so I could help work on the house; finally pretty much moving there in June of 2015 after Bruce retired. Lots of hard work and lots of "slow, slow and wait, wait." Even once we got the house on the market, there was no real action.

By mid-August of 2015, the house was looking quite sharp--clean and de-cluttered and projects completed, and we decided that we'd head to the Sangre de Cristos for a 6-week stay at the end of September whether the house sold or not. But how was that to happen? What would happen with the house? What about the cats? And where would we stay? When I asked Archangel Michael for guidance (see Backstory, Communicating with the More than Human World for more details about how Bruce and I do this), I got this message: "It's a definite that you will be going....there may be some more cell tower work....there's such powerful resonance (due to the quartz energetic of the mountains) that (there) must not be wonky (energy)! I wish I could give you more specifics but it doesn't seem I can right now.....don't doubt and don't minimize what you are capable of....the path will emerge."

#### Now!

And indeed it did with amazing synchronicities and a huge upshift in speed! Bruce describes what happened.

Nia and I had the next month all planned out. In the middle of September we had a trip planned to an Yggdrasil gathering in Missouri. I was looking forward to spending some time with some wonderful people I had only met on Skype so far. And then finally we'd go to the Sangre de Cristos in accord with our spiritual guidance we'd been receiving for the last two years. But suddenly spirit was impatient!

My master plan after retirement from my job was to sell my house and travel wherever Spirit needed Nia and I. I had been getting rid of all my "big ticket" items the last two years, such as a 40 acre piece of wooded heaven, a tractor and implements, my trailer, my truck, guns, and many personal possessions. Most of what I had left to shed after I retired was my house and two wonderful black cats. I put an ad for the cats on Craig's list as well as posting flyers around town. Finally a couple who lived two hours away contacted me about adopting my cats. They were very excited, and this seemed like a good home for them. We made arrangements for them to pick up the cats on the coming Sunday afternoon.

A buyer had not shown up for the house yet, contrary to my guides' prediction. With three weeks before we were leaving for Missouri, we decided to see if we could rent it. I changed my ads in the paper, Craig's list and Zillow, and the phone started to ring. We showed the house to several people who would be good renters. All needed to give 30 days notice, which would put the rental for October first, but no one could come up with the damage deposit and first month's rent so we could get a lease signed.

It was Thursday Aug. 27 when Nia's friend Gini contacted her, very frantic with a big problem. She was going to Mexico on Sept. 1 to teach a shamanism class, but her plans for someone to take care of her dog and retreat center Garden of the Goddess south of Santa Fe had fallen through. Although we were intrigued, it didn't seem possible that we could be ready to be there by Aug. 31, so Nia passed on phone numbers for other people she knew who might be interested.

Nia sensed that Gini had some big energy problems happening as well and called her to check it out and get permission for distance healing. I did a shamanic scan of her energy body (also known as the Ka body) for any problems. I found three entities there, and asked them to leave with Archangel Michael's help. Nia and I did a distance energy clearing of her property (see Backstory, land clearing section in Dancing with Devas for more details). This provided some immediate help for Gini, but did nothing for her major housesitting problem.

Later that same evening, I called back a Northland College student who had contacted me about my ad and pictures of my house on Craig's List. She and two friends wanted to rent it starting September first! Spirit was on the move! We might actually be leaving for New Mexico in two days?!

Should we try this crazy idea? I meditated and asked my guides if this would be for the highest good. St Germaine, who had been promoting my spending time in the Sangre de Cristo Mountains of Colorado/New Mexico, told me "Why do you think we arranged all this?" Nia and I cracked up, and decided to choose this craziness.

We let Gini know that we might be able to make it out to New Mexico in time to house sit after all. The students were happy to rent the house furnished, which meant we did not have to deal with my furniture before leaving. They were all in Minneapolis at the moment, and we realized we could drive through Minneapolis, leave stuff at Nia's daughter's house, and sign a lease. Next the people adopting my cats texted me and asked if they could come Friday night instead of Sunday! Another piece of the puzzle dropped into place.

Friday was a mad rush of emailed rental applications, credit checks online, tying up financial loose ends, washing clothes, and packing up the car late into the night! Saturday morning driving to Minneapolis we realized that we were about to sign a rental agreement with 3 students we had never met and they were renting a house they'd never seen! To top this all off, one of the renters was working two jobs until school started, and this was the first Saturday he had off all summer! The lease signing went very smoothly. And early Sunday morning we took off for the long 2-day drive to Santa Fe! Wow, had our life completely changed in just 2 days!

#### Garden of the Goddess

We arrived at Garden of the Goddess, and new instantly we'd made the right decision. Located in the foothills and upland dessert south of Santa Fe near the old mining town of Los Cerrillos, this very special and sacred piece of land is made up of amazing rock formations carved by wind and water out of sandstone tilted and pushed up by volcanic action thousands of years ago. The buildings themselves are whimsical adobe structures and yurts surrounding a large garden of flowers, shrubs, trees, fountains, crystals, and of course The Goddess! We met our charge—a beautiful somewhat anxious Swiss mountain dog named Trinity, got final instructions and saw Gini off to the airport. We were so tired! We made an early night of it.

The next morning while meditating we received more information about energy work St Germaine and Thoth wanted us to do. On a previous trip to the area we had done energy work connecting two sacred sites, the Santuario de Chimayo and the chapel at San Luis to the energy grid of the Sangre de Cristo Mountains. We were guided to connect them to a large dome shaped mountain we could see from San Luis. One mission was to connect the Garden of the Goddess to the same mountain and energy grid. The main mission was to connect the cell tower network Archangel Michael had set up to the same energy grid. Thoth's Ark of the Covenant, now located in the Sangre de Cristos by Crestone, was already connected to this grid. By making this connection Thoth could route major energy to be distributed by the cell phone towers throughout the world. This was why everything had moved so quickly, St Germaine and Archangel Michael wanted this extra love going out to the world before the September 27th full moon eclipse initiated more rapid change here.

I talked to the local deva at Garden of the Goddess, called something like Branpoulos. He was excited to be connected to the large energy grid of the Sangre de Cristos. His home rock formation, which we had dubbed "Lion Guardian", was the center node of a local energy grid connecting all the energetic rocks nearby. This energy work would be similar to what we did in the Roche-a-Cri area in Wisconsin with my brother and Nia, as described at the beginning of this book.

Nia and I opened sacred space, and initiated the energy link from Garden of the Goddess to the Sangre de Cristos central energy node near San Luis. We could feel the local energy surge when the connection was made. We also cleared the energy in Gini's home, and decided to set up a protective grid. Crystal master Nia selected six quartz crystals already on the site. We meditated and linked them around the perimeter of the house, and added a seventh in the center of the home. (See Backstory, Crystals of Light, section on creating crystal grids.) I scanned afterwards, and could see a dome of energy around the home.

I had also been instructed by the four guardian spirits of the land that we were to do a fire ceremony to help release years of trauma stuck energetically in the surrounding rock walls. After they communicated this to me, a large group of maybe 50 Native American spirits suddenly appeared coming over the hill! They told me they had heard there was to be a fire ceremony and they were here to participate. So the second night, we had a beautiful fire in the central fire pit. After

burning sage and calling in the directions, our guides and angels, we had a great time singing, chanting, and dancing with the devas and ghost Indians---releasing that energy which did not serve and restoring Garden of the Goddess to it's original sacred intent!

St Germaine had indicated we could now choose any local cell phone tower and also link it to the Sangre de Cristo energy center. Archangel Michael who had helped us originally in re-purposing cell towers to distribute love as well as phone messages, agreed this would work. Nia and I drove into Santa Fe to shop for groceries, and passed a large cell tower a few blocks off the highway. It was right behind a police station! We turned off the road, and parked in a lot next to it. We were pleased to feel a positive energy coming from the tower already. Michael's cell tower grid must be working! We found a spot nearby in the shade, and started our ceremony to connect the tower and thereby the whole cell tower grid to the Sangre de Cristo grid and the Ark of the Covenant. Standing by the tower felt good before, but now it felt just amazing! We drove away very high on the love energy being emitted and quite certain all these events had been planned at a cosmic level!

Not surprisingly my favorite Goddess Quan Yin (see Back Story, Communicating with the More than Human World for more detail about Bruce's relationship with Quan Yin) came to me one morning in meditation. Quan Yin told me: "Gini has done such amazing work here at Garden of the Goddess, aiding so many people in their spiritual evolution. We appreciate her greatly. Please tell her this and that I am blessing the well to give it healing properties."

Nia also got a message from Quan Yin. "Thank you for setting up the Quan Yin altar and calling me in. My beloved Gini needs our compassion. Thank you to you and Bruce for helping her, loving her with so little coaxing. This is Divine Mother land and yes we needed you two here to help reset the energy as well as the work with the Ark and the cell towers. Great name for your book by the way. Maybe even *Quan Yin*, *Ark of the Covenant*, & the Holy Cell Towers! Hmm a bit wordy, but I like it," she laughed. "Tell Bruce I love him and he's still my man!"

# Quan Yin and the Ark Meet Yggdrasil

Our unexpected and magical two weeks at Garden of the Goddess had come to an end. It was time for us to get back to Missouri for the Yggdrasil gathering scheduled for Sept. 16. Both Bruce and I are members of the Yggdrasil Talking Council, which has been meeting via Skype for the last few years and this was to be our first in-person gathering. Yggdrasil is a school for visionary contrarians and a retreat for souls reinventing themselves, eventually to be housed within a self-sustaining community.

In Norse mythology, Yggdrasil was the World Tree on which the storm god Odin hung for nine days and nights, channeling the magical language of the runes. Through his initiation, Odin gained the power to realign the world with the axis mundi—the natural order—by giving voice to wisdom absorbed in dialogue with the World Tree.

We spent 4 days with our Yggdrasil friends at Phoenix Ranch in the Missouri Ozarks. One of the most amazing exercises we did together emerged on the last day, out of our collective dream work around the image of a ceremonial box. All five of us who had come to the Gathering had, within the past couple of months or so, a dream about a box – with different connotations for each of us. For one member, the box was a prison – something to escape from; for Bruce, it became the Ark of the Covenant, transported by mythic journey to its home in a ceremonial cave; for yet another, the box was formed by a hollowed-out log, which became a dream chamber. For me the box was central to a ceremony we were to co-create.

After re-reading our dreams, we decided to actually build a box. With lumber and tools handy and made readily available by Talking Council member John – in the midst of building his unusual home at Phoenix Ranch – and the combined carpentry skills of four men, we worked together with unanticipated ease to spontaneously plan and construct a wooden box. The box was shaped very much like a coffin, yet to the trained mythopoetic eye shared by all of us, also very obviously a portal into other dimensions. I was the sole woman among us for this Gathering and added cushions and aesthetic

embellishments, including a beautiful scroll depicting Quan Yin to serve as our presiding deity on this adventure. Within a couple of hours, we had the necessary vehicle to launch a bona fide mythopoetic journey.

After lunch, we took some time to feel our way into the possibilities, each receiving guidance about what would be meaningful to us. Then after an invocation of spirits by Bruce acting as high priest, we each took a turn in the box. One member had us read affirmations to him; Bruce used the box as an energy generator (Ark) to send healing energy to troubled spots in the world; Joe held a mock funeral in which each person spoke their eulogy, before he went into the light; I did a journey for guidance from Archangel Michael; and for the grand finale, we formed a spirit canoe, so the fifth member could experience a soul retrieval. Probably no other ordinary wooden box ever saw such use before, but it would appear that in the emerging synergy of the Talking Council, morphing into Magic Action Council, nothing is really ordinary.

Presiding over our magic box ceremony was the goddess Quan Yin. In the Buddhist tradition, Quan Yin is the embodiment of compassion, a distinctly Feminine bodhisattva, foregoing her own enlightenment to attend to the pain and suffering of all sentient beings as long as it takes for all beings to be freed from the endless cycle of birth, death, and rebirth.

Quan Yin is also one of Yggdrasil's patron deities. While it might seem strange that a beloved Buddhist figure could find her way into a venture informed by Norse mythology, this is but one example of the way in which our path forward is often revealed to us in unexpected ways. According to Joe Landwehr, who is a brilliant astrologer as well as the founding father of Yggdrasil, "in the astrological birthchart for Yggdrasil, we have Venus in Pisces rising opposed Mars setting, retrograde in Virgo." When sister Talking Council member and astrologer Genevieve first saw this Venus rising, she immediately thought of Quan Yin, just as I, had a vision of Quan Yin in the clouds. Appearing with this characteristic synchronicity, she has been with us ever since. Perhaps it was Quan Yin who brought her beloved and mine Gentle Bear Bruce into Yggdrasil.

The work that we do at Yggdrasil, in our workshops, at our gatherings, and in a variety of emerging vehicles involves creating a sacred space – a ceremonial box or chamber – in which healing and transmutation can take place. It is our intent to fill this healing space with love, compassion, and non-judgmental awareness so that whatever wounds we carry can be transmuted into blessings. To do this work requires both the fierce tenacity of the spiritual warrior and the healing waters of compassion, and in bringing both together, Quan Yin and Odin find their way into an unlikely marriage.

### Quan Yin at Hearthaven

After the Yggdrasil get together, Nia and I drove to Hearthaven, which is a women's spiritual retreat in the same general area of the Ozarks. This was my first time to visit the place where Nia had spent the last 12 years transforming in the womb of the Divine Mother and becoming Narayanii Ma—that aspect of the Divine Mother which pervades everything. We were lovingly greeted by her spiritual sisters, Shivanii Ma and Madhurii Ma. The land is truly their little piece of heaven—a very feminine 40-acre holler surrounded by national forest with the spring-fed Indian Creek running through it. After Nia took me on a tour of the buildings and down the Isis trail to the forest goddess garden beside the creek, we joined the others in the beautiful circular ceremony room, and celebrated by doing kiirtan and then meditating together. I felt the presence of Quan Yin during my meditation. She said she had a message for the Hearthaven women, and asked if I would deliver it. I said I would love to share it.

Quan Yin's message: "Greetings Shivanii Ma, Madhurii Ma, and Narayanii Ma. This is Quan Yin. I love you all. You have helped so many women with your spiritual retreats! This is a hard society for women, and Hearthaven has been a goddess-send for many of them. You have helped heal many. Hearthaven has my blessing, and I will also bless the springs that feed your creek. The water in the creek will now have enhanced healing properties, which you may use in your ceremonies or directly for healing yourselves and your visitors.

Ask for help, and I am here to aid you any way I can. And so it is, Quan Yin."

After the meditation and channel, we had a feast of Indian food prepared by Shivanii. I felt very welcomed at Hearthaven.

# Sept. 27, 2015 - Super Moon Eclipse

After yet another hard drive across the plains, Bruce and I are back in the Sangre do Cristo Mountains just in time for this major astrological event. We felt blessed indeed to come to rest in a sweet casita at Truchas Peaks Place, New Mexico with a whole week's free lodging gifted to us. We had no responsibilities and could simply "be in our beloved Sangre de Cristos" and finally have time to finish writing this book together. As we sat on our deck and watched the huge full moon rise over the towering peaks, we reflected on how very far we had come and how magically our lives had transformed since we had received the call from Gini exactly one month ago on Aug. 27!

We were quite pleased with the writing we were getting done and decided to take a morning off to go hiking. We drove to a beautiful national forest recreation area on the Rio Santa Barbara near Jicarita Peak. We had read there was a great hiking trail that went up into the mountains along the river. We wandered all over the campground for a good 30 minutes, looking for the trailhead for #24 that was supposed to be there. No marked trails to be found—nothing but some very free-range cows! As we ambled back to the car, there, right in front of us, was the trailhead. Only it was marked #27 Indian Creek Trail. We started up the trail following the beautiful bubbling creek with the same name as the creek at Hearthaven where Bruce had channeled Quan Yin and I had my blissful encounter with Archangel Michael. We are pretty sure we heard Michael laughing and saying, "Isn't this a fun game?"

We stopped when we reached an exquisite meadow at the top of a ridge with beautiful views all around of firs and golden aspens and a few bare peaks just above the tree line. I found my special boulder full of red rock and quartz to meditate on and Bruce found his tree to

commune with while he played his flute. We each had our private little time to connect with this perfect peaceful spot and the greater Sangre de Cristo energy grid. Then we came back together to channel another column of light to anchor that connection, as requested by the local deva.

As we hiked back down the trail, Bruce and I had fun tracing the number 27 in this story: our first encounter with cell phone towers was on July 27, the call from Gini to come to Garden of the Goddess was August 27, our return arrival to the Sangre de Cristos was September 27, and finally we're led to follow trail #27. Suddenly I remembered a message I had received from St. Germaine at the end of August, 2014 when we were wondering when to put Bruce's house on the market.

St. Germaine's message: "I am St. Germaine of the violet flame. I wish to speak. Listen please. There is a timing divine in nature and the cosmos. Important practice to learn to perceive. I will teach you. Call in the violet flame with your amethyst. Take some time to connect and go inside with your question. Timing will be revealed. May need interpretation, which you can discuss with me later. [I did as directed.] 9 is for completion. 10 is return to One. [Inside the amethyst I saw a small space with a tiny violet flame.] You are the violet flame take it to where it needs to grow."

Was this not a great beginning to our new lives as spiritual nomads? We had followed the trail of 27 or 9, carrying along the violet flame of the One, as we used it to transform each cell tower along the way into a pyramid of violet light connected through Archangel Michael's sword into a giant grid of Love!

# Nia Kallhof & Bruce Durward

# THE BACKSTORY

# CRYSTALS OF LIGHT

The art of using crystals and stones for healing and connecting to the world of spirit is ancient but has had a huge resurgence in the last 50 years as we have entered the New Age consciousness. They have become an indispensable tool of light workers for energy healing and other metaphysical work. As of 12/21/12, according to Archangel Metatron (as channeled by James Tyberon), we have actually entered the Crystalline Age!

Crystal knowledge is essential to the coming age of the Quantum Crystalline Field. Many of you were involved intricately in this lost science. It is why so many are now fascinated with not only the quartz variety, but all aspects of the mineral kingdom. Yet be aware, the Crystalline Field is equally valid in terms of its relationship to consciousness, to thought, to action and manifesting creation.

Marcel Vogel correctly surmised that the energy signature of quartz was very similar to that of pure water, and that as the human body is over 70% water, the quartz could be used to charge and influence both.

Like most of you, Bruce and I have long been attracted to our rocks—we can't go anywhere without picking them up, and rock and gem shops are like a magnet. We want to share some background information about the mineral world and what it has to teach us. From our experience, we are sure that every crystal is a sentient being.

The crystal realm has been evolving, just as we are. We believe recognizing the sentience and intelligence of the crystals is an important way to use them in a healing practice, or for personal and planetary evolution. They are our partners in our healing and energy work, and worthy of our respect.

We are excited to share what we have learned about crystal resonance, communication, healing, and inter-dimensional channeling. In addition, we will include information and stories about using, clearing and programing crystals and special crystal tools such as skulls, phi Vogel design crystals, and grids.

# Crystal Resonance

Our great Earth Mother is a complex living entity, existing in relationship with the sun, moon, stars and other planets. Of her children—mineral, plant, animal, and human—it is the mineral world from which all other creation evolves. Igneous rocks, primarily basalt, are produced from the consolidation of magma, hot molten mass of essentially silicate composition rich in volatile elements. The magma comes to the surface by means of eruptions or injections. As the magma cools at different rates and under different pressures, many new minerals are produced and volatiles are released including air and water. Gravity, wind and water gradually transform some of these rocks into sedimentary rocks, which cover two-thirds of the Earth's surface. The final stage of this petrogenetic cycle is the formation of granite through metamorphic recrystallization. The fact that from the original basalt we get granite as the final product indicates which parts of the material generated in the mantle do not complete the cycle—the parts that make up our atmosphere and hydrosphere and residual sedimentary rocks which remain permanently on the earth's surface. Without this mineral cycle, we would not have continents, water, air, or life itself! (Simon & Schuster's Guide to Rocks and Minerals)

We quite literally are made up of all the same chemical elements as the over 3000 mineral species that make up our planet Earth. Each of these minerals has its' own unique vibration. Together they create a rainbow of energetic frequencies, which work in harmony to sustain the Earth's Energy Field (EMF), the aura of the planet. When we connect with, or come into <u>resonance</u> with the frequency of a particular type of mineral, we open ourselves to experiences of physical/emotional healing, spiritual awakening and higher states of consciousness. Our stones and crystals can become messengers, teachers and allies for spiritual and personal growth, returning to balance and reconnecting with ancestral or other dimensional wisdom.

What is crystal resonance? The Law of Resonance states: "When one vibrating system comes into contact with another vibrating system, the vibration of the weaker body will adjust to match the stronger. Or the vibration of the stronger system will draw that of the weaker to a new level. In addition, if two or more vibrating systems resonate compatibly, a stronger resonant field is created." (Naisha Ahsian) We have all experienced unconscious resonance, for example an angry person enters the room and your mood changes, the magical uplifting effect of being in the guru's presence, or falling in love. By using this principal with full awareness and intent, we can use conscious resonance to communicate with our crystals and use them as allies for healing and guidance.

Over the last ten years as a Crystal Resonance Therapist (CRTh) I have learned that the more I work with and open to my stones, the more I understand how much they are teaching me. Most importantly my crystal allies have taught me how to perceive, hold and transmit energy. Because each stone holds a very clear steady coherent energy field, which is unique to it self, they are great teachers of what energy feels like to me personally. I can take my time and fully tune into, and resonate with, that particular vibration. I notice what sensations, colors, images, or messages arise and where I most sense it in my body. I can apply what I've learned about perception to assess my own energy field and that of my clients. I can assist my client's field in coming into resonance with the stone. Then I can perceive the effect of the stone's energy on my client's overall energy flow and any perceived pain, blockages, or imbalances. Repeatedly my crystal allies have taught me to trust the process of

#### Nia Kallhof & Bruce Durward

crystal resonance and to work from my heart—not over thinking or second guessing myself.

When I get a new stone, I can't wait to get some time alone with it—to hold it and meditate with it. I want to build a connection between our energy fields and get to know each other. Often I will meditate with the same stone over several days. Besides identifying what elemental energy and chakra energy it has and how it might generally want to be used, I often find it has very specific messages for me that aid in my healing practice or help me process or heal personal issues that are currently up for me.

Lately, for example, I've been drawn to holding amazonite during my morning meditations. One meditation was all about its beautiful watery nature—filled with sensations of gentle wavelike fluid motion and the color of turquoise tropical seas. In another I found myself focused on my throat. Then I saw images of the area just to the left of my spine from behind my heart all the way up through my chest and neck to behind my left ear all lit up with the color of amazonite. I felt the pains I've noticed in these areas over the years. I sensed how linked together my whole left-sided area is and how in order to heal it I need to allow myself to fully know and express my true self. Most recently, my amazonite took me into a blissful experience of floating in infinite waves of peace and joy, love and light. Ah, this is who I truly am at the core of my being.

I am so grateful for the gift of my crystal allies and want to help others to access this gift for themselves. So I encourage you to take the time to get "up close and personal with your crystals." The following description of how to connect with a crystal ally is based on the practices taught by the originator of Crystal Resonance Therapy, Naisha Ahsian.

# How to Connect with a Crystal Ally

- 1. Place your stone in your receptive or left hand.
- 2. Close your eyes. Take a couple deep breaths, relax and open.
- 3. Bring your awareness to the stone. Feel it in your hand. Notice weight, temperature, any sensations where it is touching your skin.
- 4. Imagine that you are directing a flow of Light from the Sun into your stone—warming it, awakening it with Light. Notice how the stone feels in your hand now that it is activated. Continue to draw more Light into the stone until you can really feel that it is enlivened. What do you notice?
- 5. Now bring your awareness to your heart—allow your heart also to fill with Light and Love. Send your love to the stone, letting it know that you wish to connect with it and learn what it has to teach you. Continue until you begin to feel it sending love back to you.
- 6. Using all your senses focus again on the stone in your hand. Has the temperature changed? Does the stone seem more magnetic or electrical? Do you have any sense of color, sound or image?
- 7. Once you have a fairly clear sense of how your stone is communicating its energy to you, begin to pull that energy into your body. Allow it to move into and fill your hand, like water soaking into a sponge. Then pull it into your wrist and forearm, experiencing how it feels. Then your elbow and upper arm. Then shoulder. Then into the left side of your chest. As the energy floods into your heart, allow it to fill completely, taking time to really connect with this crystal ally's energy and noticing what sensations and feelings it is communicating to you.
- 8. Once your heart is fully resonating with the stone's energy, allow it to expand into the rest of your body—your whole chest, belly, hips, legs, feet, down your other arm and hand, up into your neck and head. Allow your heart to continue to connect and resonate with the

#### Nia Kallhof & Bruce Durward

energy of the stone in your hand and also the energy of this type of stone, this mineral, in the earth. Breathe this energy into your heart and then let it flow out to fill not only your whole body but the energy field which surrounds you.

- 9. Now you are completely resonating with the unique vibration of this crystal ally. Notice if you find the vibration focused more in one or more areas of your body. Again using all your senses tune into how you perceive this energy—smell, taste, sound, words, color, brightness, images, memories, vibration, movement, weight, sensations, temperature.
- 10. Ask your crystal ally if it has a message for you and how it would like to be used.
- 11. Thank your ally.
- 12. Allow yourself to come fully present in your body, feeling the surface on which you are sitting or lying. Take a couple deep breaths and open your eyes. You may want to jot some notes right away about your experience and what your crystal ally communicated to you.

### How to Talk with a Crystal

There are many different ways of communicating with a crystal. Where Nia experiences connecting with the spirit and energy frequency of a particular crystal by holding it and allowing it to fill her (as described in the conscious resonance exercise above), Bruce visualizes himself going into the crystal. Perhaps, this is a masculine versus feminine approach—smile?!

Bruce outlines his favorite method of talking to a crystal this way. After clearing and charging the crystal (described in the next section), I imagine a point of red light inside the crystal. I then visualize the light shifting and moving until it is over my head, and I am inside the crystal. I can see the outside edges of the crystal. I can then talk to the spirit of the crystal directly. They appear in many different forms, taking the same visual form each time, in my experience. My

spirituality has always been very visual, and spirits or devas I communicate with will take on a visual form for me to see. Your experience will vary from mine, depending on your own psychic gifts. I have "seen" crystal spirits in forms from winged angels, to dragons, to various humanoid figures.

Another way to go inside a crystal is to hold it in your hand. Visualize the inside of your arm, muscles, arteries, veins, bones, etc. Gradually move this "inside" vision down your arm, through your hand, and then into the inside of the crystal. You can then slowly move into the crystal.

Those are my main methods. Other people report holding the crystal and meditating with the intent to talk with the crystal spirit. As with much of spiritual work, intent is the key. I believe we are powerful beings who have been taught we have no power. If any of my methods resonate with you, give it a try. They do work for me! Your own ceremony and ideas for contacting the crystal spirit can also be as effective as mine.

On contacting the crystal spirit, I first thank them for communicating with me, and helping me. I always ask how I can honor them, and get many varied requests. I've been asked to place the crystal in the sunlight and/or moonlight, or to wash or dust (I'm a lousy housekeeper!). A few times the crystal has asked to help with a project of mine they are interested in, or attend a light worker seminar with me.

I will also consult with the crystal spirit about an upcoming healing, especially if it involves something I have not tried before. For example, a light worker asked for a healing session, and was having a problem with cataracts in her eyes. I thought I could try a generic extraction technique. I went into the phi crystal I was planning on using and discussed what I was planning. The crystal came up with a different plan, which was to direct energy through the crystal directly into the cataract. It would take about 6-7 treatments, not more than one a day. After the first treatment, the cataract was noticeably clearer, and gradually got clearer with each treatment. I was amazed, and made sure to thank the crystal for it's help.

Energy work can also be done inside a crystal for heightened impact. You can even bring another person inside the crystal with you before doing energy healing work of some kind. Use the same visualization you normally use, while holding the person's hand. As you go inside the crystal, you will bring them with you. Meditation of any kind is ramped up inside a crystal. Experiment and enjoy!

### Clearing and Charging Crystals

Clearing means removing the thoughts and feelings of other people and energies the crystal has picked up directly by someone holding it or using it, or from it's environment. Charging means tuning the crystal to your energies, for ease of using and communicating with it. It has been traditional in the past to clear your crystals after you get them. This is supposedly done to remove unwanted energy and restore the crystals to their natural innate energy state. Then the stone is at its maximum effectiveness and cannot possibly pass on imbalances or energetic static.

Some people chant or use an affirmation to clear and charge crystals. Some use environmental methods to clear them. Some examples of these methods are sunlight (some stones such as amethyst will fade if exposed to direct sunlight for periods of time), moonlight, burying in salt, placing for a while on a slab of selinite or a quartz cluster, running cold water over them (be careful with this one, if too cold you might crack your crystal! Also some stones such as selenite will dissolve in water), and smudging the crystal with smoke of white sage or cedar. It's especially important to clear a crystal when it's been used for extracting negative energies or thought forms. When you obtain a crystal it's also a good idea to clear it, because you don't know where it's been!

Most crystals are actually quite capable of clearing themselves if they need to. I think of most of these clearing methods as part of our process of connection and communion with the crystals. First see if you can sense whether or not the crystal or stone wants this clearing attention. If it's energy feels good, it probably does not need clearing.

I was taught by Rumi Da, Ron Carlson, (an associate of Marcel Vogel), to clear and charge crystals with a pulsed breath. Holding a six-sided Vogel crystal, for example, between thumb and forefinger of one hand on opposite faces of the center section, the breath is pulsed out the mouth. The grip is changed to two other sides and repeated; then the last two sides and the breath pulsed again. Finally, one more pulse with the intent of charging the crystal to yourself (http://www.vogelcrystals.net). This procedure works fine on 6-22 sided Vogel crystals, but is very impractical for some of the newer 88, 108, or 144 sided Vogel crystals!

James Tyberonn, (www.earth-keeper.com) uses a different approach. He meditates with the crystal, charging himself by doing some deep breathing. He has the intent to clear and charge the crystal, and checks by rubbing when he thinks this has been accomplished.

When a crystal is charged to you, an amazing thing happens--the surface tension of the crystal changes. This can be felt by rubbing. Initially the crystal feels slick, and after charging it gets "sticky" and will squeak when rubbed. This happens no matter what method is used to charge the crystal.

I read an Ayurvedic chant for charging crystals about 30 years ago, and could not find it again for this book, of course. That was the first time I worked with a crystal. I had a ring with a large tigers eye crystal. I held it and chanted for about 20 minutes, and it got so hot I could not hold it!

As a crystal healer, Nia's favorite method for clearing her crystals and stones is using sound—vocal toning or chiming with a Tibetan bowl. Sound vibration is very powerful and can easily clear and reset the vibration of the whole array of stones, the healing room, and the practioner all at the same time. Whatever method used, holding the intent for the stones to return to their natural clear and beneficial state is key.

#### Quartz

Before we begin to discuss specific crystal light working tools such as Phi Vogels and crystal skulls, let's look at the features and characteristics of the quartz from which they are made. Quartz, or silicon dioxide, is the most prevalent mineral on earth. We are most familiar with clear quartz "crystals" which are naturally formed with 6-sided pointed terminations. They can also be quite cloudy or colored by trace minerals (i.e. smoky quartz, citrine, rose quartz, and amethyst). Less easily identified as quartz is micro-crystalline quartz—jasper, chalcedony, glass and obsidian—and quartz in mica schist, granite, conglomerates and other metamorphic rocks.

Crystalline solids have a very regular atomic structure: that is, the local positions of atoms with respect to each other are repeated at the atomic scale. These arrangements of crystal structures serve many purposes, and in essence form the life force structure of the Crystal Entity. As with all life there is an auric field and indeed a consciousness within crystals. That of quartz offers many functionalities that make it especially beneficial to mankind, yet in truth all crystalline structures offer myriad benefits. (AA Metatron as channeled by James Tyberon)

One of the key properties of clear quartz is that it is **piezoelectric**, meaning it acquires an electrical charge when mechanical pressure is applied. Through the piezoelectric effect, mechanical energy can be transduced into electromagnetic energy, and vice versa. We see this use of quartz in radios and computers.

One of the primary attributes of Quartz Crystals is that these living mineral forms can receive, store, recover and transmit information. Your scientists discovered this two decades ago when they succeeded in putting a 3-dimensional image of the Mona Lisa into a quartz crystal and then retrieved it. Your mainstream academics have long recognized the ability of crystals to transmit energy waves, your early radios used crystal transmitters, and crystal or 'silicon' technology is the basis of your computers. (AA Metatron as channeled by James Tyberon)

Quartz is also an amazing **amplifier.** Its structure allows it to amplify any energy with which it comes into resonance. For example, I often use clear quartz in healing layouts to amplify the energy of other stones as well as to increase the level of healing energy flow overall. The clarity of quartz is also excellent for opening and amplifying psychic communication with higher beings of light.

### Programing and Using Clear Quartz Crystals

As a crystal healer, quartz points are one of my most valuable tools and so much fun to acquire by going crystal digging in Hot Springs, Arkansas! So I thought I'd share some tips that anyone can try. First of course you will want to wash them (I just use water to rinse away any earth or mud). Then if you like you can use vocal toning or a gong to clear and activate them. Next a fun experiment is to try holding one to your third eye—with the point in to your forehead and pointed out as well. This will allow you to experience how they transmit energy with directionality. As has been described above quartz crystals conduct energy very well and it is easy to feel it for your self. The energy actually moves through in a directional spiral because this is how the molecules grow when the crystal is being formed from water with silicon in solution.

If you want to perceive what a particular crystal has to tell you/ share with you, hold it in your left hand with the point towards your arm and meditate with it in the manner described above under "How to Connect with a Crystal Ally."

Some quartz crystals are even considered to be "recorders or record keepers". These are recognized by tiny triangles that appear on the main facets of the stone's termination. While they may appear or "pop" suddenly, they are just as likely to be already visible when you first receive the stone. A raised triangle is the type most commonly found. These raised record keepers activate cellular memory and can assist in retrieving information from your lineage or past lives. The sunken record keeper is indicated by an upward pointing triangle that appears to be cut into the stone and may contain a data bank within the stone itself often from Atlantean times.

Because of its ability to record and transmit energy, clear quartz is quite easy to program with a particular energy or intent. For instance, if I want to use a crystal to help heal a particular area of my body, I might program it with unconditional loving heart energy because being in this state maximizes the body's natural ability to relax and heal itself. I then could place the crystal on that part of my body every day while I imagine the healing process taking place. Another example would be to program my crystal with a particular intent I want to manifest such as finding the perfect job or creating world peace. The crystal could then be kept on a special altar and used for daily meditation.

Programming your clear quartz crystal is a simple process. Hold the stone in your right hand with the terminated point out away from your body as you go into a meditative state in which you clearly and strongly hold the energetic with which you wish to program the stone. The stone will automatically be programmed with that energy. You can even do this while listening to a guided meditation if there is one that fits your intent.

# Creating Crystal Arrays and Grids

Those who love crystals and stones are frequently guided to create a pattern of selected stones, which they feel have a particular frequency or set of frequencies to use in meditations or healing layouts for a specific purpose. These are often informally called "crystal grids." I prefer to call them **crystal arrays** to distinguish them from **crystal grids**, which are based on **sacred geometry**.

The atoms within any mineral are arranged in an ordered geometric pattern, which determines its "crystal structure." Crystallographers group these crystal structures into 7 systems: cubic, hexagonal, tetragonal, trigonal, orthorhombic, monoclinic, and triclinic. Sometimes the geometry is easily visible as in the 6-sided termination of a quartz crystal and sometimes one may need a rock guidebook to determine the underlying geometry. What is so cool is that this geometry is inherent just as it is in all created matter from the most miniscule to the great patterns of the stars in the cosmos, reminding us that we are part of a sacred inter connected whole!

Because crystal arrays are not governed by the rules of geometry they are more flexible but their energy field is not as cohesive. To ensure that crystal arrays have enough energetic cohesiveness to be effective, they can be used as a secondary grid inside a primary grid.

When I do a stone layout on a client, I am creating an array. Instead of predetermining the array layout, however, I am creating the array intuitively then analyzing it afterward to determine its theme or purpose. The stones placed on a particular chakra may be considered an individual array as well. Or I may put an array of stones underneath the healing table to bring an overall energy pattern to the healing session.

The best way to choose stones for an array is to first become resonant with the energy of the intention. Then choose stones until you feel "done". Try to be specific with the energies you use. Less is more.

The inherent qualities of clear quartz crystals: definite observable 6-sided geometry and easily programmable, make them an excellent choice for creating primary grids for protection, maintaining coherent energy and amplifying intent.

Below is a description of **how to create a primary grid** based on the teachings of my mentor Naisha Ahsian:

Before you lay your stones for the grid, clear yourself and the room you will be working in. You can do this by smudging with sage or other herbs, toning for clarity, or using gong, drum or bells. It's also a good idea to open a window or door when doing the cleansing process.

Clear quartz crystals are excellent for creating a healing room grid and can be used for other living or meditation space as well. When building a grid you will need stones that are of a similar size and form to one another.

After you have chosen your stones for the grid, you will need to clear and activate them to working with you. This can be done easily by

#### Nia Kallhof & Bruce Durward

using toning and conscious resonance. Besides resetting the stones to their natural energy, you will want to bring them into resonance with your heart and the vibration of unconditional love.

When creating your primary grid, the crystals will be standing up on end at 6 points around the room. For a primary grid in a room, the 7<sup>th</sup> point is inferred. When you are in the grid, your heart will be the magical 7<sup>th</sup> point. The seventh central point represents the culmination, termination, completion, clarity and focus. It is the point that holds the potential for fulfillment. Your human crystal will physically represent the termination of the 6-sided etheric crystal that you have constructed.

If you don't have the resources to purchase 6 large, self-supporting standing quartz crystals, you can use smaller stones or those without a flat base by "planting" them in sand in small containers to give them a solid base. Sand (rather than soil) is simply tiny particles of quartz, which will create a stable energetic base as well as a physical base for your stones.

These stones are these stones are then placed standing (so that there energy goes up to embrace the whole room not just the floor) at 6 points around the room to form a hexagonal grid. You don't need to be exact in your geometry, but be as true as possible to the hexagonal form. Your room may not be perfectly square or rectangular. Just place the stones as you would if it were a perfect rectangle. The stones will tell you where they wish to be.

Once the grid is laid, it must be activated in order for it to be useful. During the activation process you are creating a common resonant field between the 6 quartz points. These points will already be resonating at the level of clear quartz. The activation process is intended to bring all levels of energy into harmony, creating a third, larger field of vibration filled with the intention of the grid. In addition, it is an alchemical process of bringing your human crystal into the grid field and attuning yourself to the stones' energy field.

### **Activation Outline:**

- 1. Sit in the center of the grid and choose a starting point. Focus on filling your energy field with loving heart energy and any other intention, such as protection, that you wish. Expand your energy field until it completely fills the room and encompasses all of the stones.
- 2. Bring your attention to the stone at your beginning point. Consciously engage it in resonance and sense it with the energy you are holding. When it feels resonant, imagine an etheric line connecting it to the next stone, face that stone and repeat the process.
- 3. Continue in a clock-wise or sun-wise direction around the room, bringing all 6 stones into resonance.
- 4. After all stones have been activated, focus on your own heart as the center point of the grid. Sense the energy field of the grid standing like a huge crystal within the room, with your heart as the termination of the crystal. Amplify this energy field through your heart until you feel completely coherent and the stones and your human crystal are all vibrating in a common field.

Please note that this type of grid is very powerful and will support you well if you connect with it regularly and resonate with its original intent from your loving heart. However, if you are absent for a long time and/or don't regularly re-connect with the grid, re-affirming its resonant field, that field can be disrupted by some other very "loud" energy field (i.e. strong electronic noise, other dimensional entity, or strong discordant emotional energy). If this happens, you will need to re-clear the room and the crystals and then re-program and reactivate the grid. This has become quite obvious to me when I've returned after periods of time away from Hearthaven during which my room has been used by others.

# Crystal Learns a Meditation

Bruce had this experience demonstrating the ability of quartz to store information:

I was working with a 3" rutilated quartz sphere, and decided to see what would happen when it was exposed to the Merkaba meditation as taught in Drunvalo Melchezidek's Flower of Life classes. As I practiced the meditation every day, I started holding the crystal over my heart chakra. After a week of this, whenever I picked the crystal up, my Merkaba energy field would immediately appear just as at the end of the meditation. It had learned the meditation very well!

One beautiful fall day while taking a break at work, I started doing the meditation in the parking lot. I saw the crystal winging across the parking lot, about 6 feet in diameter! It took the place or coincided with the prana ball in the meditation. Now whenever I think of a Merkaba field, the crystal comes and creates one, with me inside the crystal. It figured this out all on it's own, I only made a decision to hold it.

### Bruce's Guide to Using Phi Crystals

You just bought a beautiful clear Vogel or Phi crystal. But what do you do with it? I've had many people ask me this, and indeed this was one motivation for writing this section of the book. You now have an amazing powerful helper.

The amazing crystals designed by Marcel Vogel are commonly called Vogel crystals. Any name using Vogel or Marcel Vogel or particularly Vogel-cut Crystals has been claimed as a trademark by Rumi Da (http://www.vogelcrystals.net). In this book we are not referring to a particular trade name of cut crystal, but rather a particular design. For this reason we will refer to these Vogel-designed crystals as "phi crystals", which is another common name for Vogel's design, and extensions of his design.

However, today these crystals are cut by three artists that I know of Gil Reigler, Drew Tousley, and Ray Pinto of Brazil. Gil Reigler and Drew Tousley worked with Marcel Vogel and cut crystal for him, to his specifications. Ray Pinto channels Marcel Vogel, and has been given new crystal designs from the other side from Vogel. All three work by hand, in a trance, and have deep feelings for the crystals and the process.

Marcel Vogel was a scientist who held more than 50 patents while working on computers for IBM. He was interested in the properties of plants, and in his home lab he had wired some houseplants with all kinds of sensors (this was a chapter in the book "The Secret Life of Plants"). Watching the output charts, he realized that the plants reacted to his thoughts. While exploring this amazing discovery, out of the blue someone sent him a large crystal. He unwrapped it by the front door of his house, and examined it for a while. Finally he put the crystal down and went back into his lab. To his surprise, the plants had reacted to his thoughts as if he were in the room with them! He realized the crystal had amplified what he was thinking, and started him on a many years effort learning about crystals.

One of his discoveries was that the internal crystalline structure of the quartz was reinforced by specific external cuts. The powerful design he derived was a double terminated crystal, the base cut or female end is phi (they are also known as "phi crystals") or 51 degrees 51 minutes 51 seconds. This is the same angle that the sides of the Great Pyramid in Giza have, and a major angle used in sacred geometry. The other end was a more acute angle, with the sides cut to equal sizes. The center axis of the crystal is also the center axis of the cut crystal, that is, energy flows though the crystal from point to point. This requires exacting work by the cutter, which is reflected in the price. Phi crystals are very expensive. They are priced based on quartz crystal type (clear, smoky, rutilated, citrine, etc) and particular design (number of sides, regular or dream cut, size).

Phi crystals are amazing instruments for use in manipulating and amplifying subtle energies for healing work. With their specific geometric design, the energy passed through the crystal is both amplified and emitted in a coherent beam, like a laser. Natural crystals will also amplify energy, but their sides are unequal, so they

#### Nia Kallhof & Bruce Durward

do not have the same coherency property and are not as strong of amplifiers as the phi cut crystals.

Archangel Metatron discusses Marcel Vogel designed or Phi cut crystals in astounding depth, as channeled by James Tyberonn (The Earth-Keeper Chronicles, November Issue, 2008: EKC Issue: 23, "The Alchemy of Phi Crystals", www.earth-keeper.com).

"Question to Metatron: Can you speak about Vogel Crystals, phi cut crystals, and the man who invented them Marcel Vogel?

AA Metatron: Indeed! The inventor of these of course, was an astute Crystal Master from the Atla-Ra, the scientist priests of Atlantis. However he did not truly invent them, rather did he channel the knowledge of same which co exists within multi-dimensionality. In truth, most of what you consider to be invented is not new technology, rather is it pulled from the future and the advanced technical knowledge of the past.

Crystals cut into sacred Phi angles are capable of many things, most of which are beyond the current understanding of the masses of humankind within polarity consciousness. You see these crystals exist above the spectrum of your visible light, well into the perceptual divisions of crystalline light within x-ray and void or Now, beyond time sequence. As such they are time gates and can offer glimpses of realities both in your perceived past and future. As simply as I can explain it, your consciousness within planetary duality and 'flashing' continuum sequence is "divided" into linear time and probability parallel areas. The Now moment in the higher ultraviolet field is a crystalline unit which contains Universal Truth. When you are able to access that unit, you achieve the ability to expand that truth, and gain the control of your reality. Phi Crystals then are the fabled Philosophers Stone that assist your consciousness into the unit of the Crystalline, Alchemical Moment of Now....

In your hermetic view of alchemy, the Philosopher's Stone represented the tangible crystallization and morph- transmutation of a subtle substance into something greater. This then is the sacred metaphor for the inner potential of the spirit and reason to evolve from a lower state of imperfection to a higher state of enlightenment and perfection. Phi Crystals are the tool of the MerKiVah that takes one to the Alchemy Journey. They are one of the paths of the Philosophers Stone, the crystalline journey into coherent energy through Phi."

### The 'Black Hole' Within Quartz

Now, there are some interesting aspects related to certain crystalline forms that are only beginning to be understood by your scientist. Marcel Vogel correctly theorized that there were 'missing' silicon atoms in the quartz molecule (SiO2), in what was is now termed the 'Lattice Defect Theory'. There are in fact 'holes' that occur in the tetrahedronal pyramid of the quartz molecule, the missing component is silicon, and we tell you that space retains an energetic form that is capable of receiving and amplifying human intent. It is a 'black hole' of sorts that is a void space capable of receiving human energetic intent! That is why quartz and many other crystalline gems are capable of being 'programmed', and Dear ones, this is an important aspect of why these are particularly beneficial to you. Phi Crystals by their sacred geometric construct, emit a unique energy, a crystalline light. They change the vibration that affects the able user. They change the frequencies at which humanity's minds operate. Phi crystal receive human intent, and indeed intent creates an energy that is synergized and transformed through crystalline light and that embellished energy is capable of manifesting and reaches the heavens and earth, the inner and outer dimensions, you see?

The variations of Phi Crystals are compatible with humanity. Some of them are compatible with the earth, some with the elemental and emotional worlds, others with the celestial realms. Some create frequencies that unlock ancient encodements, even as some natural crystals do. Certain Phi's have past and future sequencing keys that open time and dimensional gates, but these are less understood in the present and many of these remain unutilized and locked. This knowledge is now available to the savant and focused adept. It will surface and offer itself as the individual user becomes capable of understanding the responsible usage of same.

Masters, this is the only tip of the iceberg; or should we say the tip of the crystal!

The purpose of using a Phi crystal is to amplify and cohere the thought and energy that you wish to direct. Amplification you can more readily understand, but coherence is a somewhat difficult concept for you. In physics or Metatronic terms. Coherence is a crystalline aspect of light energy waves with each individual wave in intelligent ordered harmony with every other one. At present your laser light is the most prominent example of perfectly coherent light; all the photons emitted by a laser have the same frequency and are in harmonic crystalline phase in quantum states. We tell you Phi Crystals are capable of forming and emitting a unique blend of intent coded light in perfect coherent union. This may not be easy for you

#### Nia Kallhof & Bruce Durward

to grasp, but it is an important axiom, a key aspect of a 'new' paradigm as you enter the Ascension within the Quantum Crystalline Field. Coherency enhances manifestation of appropriate intent, you see?" (Metatron as channeled by James Tyberon in Earth Keeper Chronicles, Nov. 2008)

So, according to AA Metatron, and validated by my own experience, all aspects of advanced energy work are aided by use of a Phi crystal. Phi's can help with communication with angels and your guides, channeling, manifestation and all higher realm work.

Marcel Vogel's daughter created a unique use for a crystal's information storage property. Before a difficult final exam, she passed the crystal over the pages of her school textbook. She then brought the crystal to school, and set it on her desk as a "good luck" stone. During the test she could then put her hand on her crystal and access her textbook to look up an answer! Of course, no one, teachers or students, realized what she was doing!

All crystals have the following properties, but they are refined and augmented in the phi crystals:(also from AA Metatron)

These are the ability to:
Amplify Thought Frequency
Enable Focus for Manifestation
Receival and Storage of Thought or Intent
Transform or Refine Light Wave Frequencies
Transfer Thought Energetics or Thoughtforms
Merge Frequential Energies
Emit a Frequential Field

# Using a Phi Crystal for Healing

How to use a phi crystal:

- 1. Clear and charge, tune into it (make it yours), bring into resonance with your energy
- 2. Can implant symbols (such as in Reiki) into your phi crystal. Imagine that the symbol enters your crown and then moves into and through your arm and hand into the cystal
- 3. For remote healing
- 4. For meditation one can take advantage of phi's extradimensional qualities due to its geometry. Start by talking to your phi as outlined above-convey your intent and receive suggestions, ask for help and thank, being respectful.
- 5. Can be a mini-portal, so your intent might be to communicate with angels or star beings or deva or faeries.
- 6. Can use to direct and amplify energy. Also makes the energy coherent like a laser

Phi crystals are amazing amplifiers. They amplify energy of all kinds, including healing energy such as Reiki. They amplify thought, so always use them in a meditative state! They are also sentient, and evolving as we are evolving. Using them is actually more of a partnership, rather than strictly as just a tool to use. Always respect them, ask permission to use them, and thank them for their help. They should be consulted prior to using them, as they might give you some better ideas on how to use them!

In my healing sessions, I was adding crystal energy by placing a phi crystal on the client's heart chakra. I was instructed by Sirian energy physicians that a more effective approach was to have the client hold a phi crystal in each hand while on the massage table receiving the treatment. I started using a pair of large phi crystals to assist me. Energy healing sessions that normally took 30 to 45 minutes were now taking 10 to 15 minutes. This was quite effective!

I was starting sessions by using sounds from tuning forks and singing bowls. I was using the tuning forks two at a time to produce overtones, which are very useful at breaking up energy blockages in the meridian system and energy body. I started one session without

the client holding my crystals, and the crystals complained to me that they should be involved. I stopped and gave the client one to hold in each hand, and sounded the tuning forks again. I noticed the overtones had changed! With the crystals involved now the forks gave a pulsed overtone of slightly different pitches than when the crystals were not involved. I was astounded, and did not know they even had this ability. They were "tuning" the sound energy to be more effective. They, not only enjoyed this healing work, but were very creative and inventive with it, not to forget effective!

### A Sassy Phi Crystal

A friend of mine requested help learning how to use a large, recently acquired Phi crystal for healing. He was using it on himself, and reported the crystal told him that the way he was using it was like buying a fast sports car and then pushing it up a hill. He was so humiliated that he didn't even bring it along. I was disappointed. I wanted to meet this unusually assertive and very sassy crystal! I reminded him of the crystal's amplifying power, and how I used them to amplify healing energy. He realized he could send Reiki energy through the crystal for the self healing he was attempting. I can hardly wait for a report on his further experiences with this Phi Crystal.

### **Bruce Discusses Crystal Skulls**

Crystal Skulls are one of hardest tools to comprehend, and I was in that situation for a long time! I just couldn't see the point. Skulls are always represented in movies and stories as props for black magic or something a black magician or sorcerer would use. I believe this is why many people are turned off by crystal skulls. I did several Google searches doing research for this book. There is an incredible amount of BS about skulls on the internet. It seems everyone has their own agenda and very sketchy info about skulls to share!

My own personal epiphany about skulls happened when I was hemming and hawing about attending an Earth-keeper seminar at Stuart Mineral Springs, by Mt Shasta. I was sitting at my desk at work, when I looked up to find a six-foot tall skull talking to me!

This was Hermes, a skull working with James Tyberonn. It is not 6 foot tall normally, only about 8 inches tall. Hermes asked me to come to the Mt Shasta seminar. This was very convincing! I went of course!

And then I met the skull Max at an Earth-Keepers seminar. Max is the real deal. He has been examined under microscopes and absolutely no tool marks can be found! He has 5 separate crystal areas that have grown together. More importantly, he is very powerful energetically and very sentient. He is a creation of the offworld technology of our friends the Arcturians. After meeting him in person, he now appears to me ethereally, bringing information and advice. I ask him questions about spiritual matters. Max could be described as a sentient computer!

I now have three skulls of my own. They can tap into the incredible knowledge engine of Max, but of course only a subset. Max has also programmed them with information I will need as I spiritually advance. It aids me to hold one when I'm trying to connect with Max.

# Nia Kallhof & Bruce Durward

# THE BACKSTORY

# DANCING WITH DEVAS

Bruce shares his personal knowledge and experiences gained through years of shamanic experience and spending time in Nature.

#### Dimensions and the Ascension

This is indeed a universe based on the number 12---12 Apostles, 12 hours, 12 months, 12 strands of DNA, and the 144-sided grid we are growing into. Some of our string theory physicists agree with the channelings of Archangel Metatron in that there are 12 dimensions here. I view our 12 dimensions in this universe as overlaying each other in the same space. Moving into or viewing higher dimensions is not about actual physical movement, but rather sensitivity to higher vibrations. Spirit is here with us, and available to communicate with us at all times. I have been blessed with being a seer, able to see spirits, angels and devas as I interact with them.

Higher dimensional cultures, the fifth dimensional Pleiadians and Arcturians, sixth dimensional Andromedans and Sirians, and others are involved and interacting with us to aide the upcoming ascension of Gaia and many of us. They need to give us this help as a part of their own spiritual evolution. The Pleiadians, for instance, because of karma rules depend on our ascension to enable them selves to ascend to the sixth dimension (Barbara Marciniak, Path of Empowerment: New Pleiadian Wisdom for a World in Chaos).

We third dimensional humans are involved with Gaia, on the first dimension, and the devic realm on the second dimension, and the plant and animal kingdoms here in the third dimension. Many light workers are assisting Gaia, helping to raise the new energy grid and to bring energy for the ascension. On the Children of Light web community, groups are assisting the animal kingdom to ascend and evolve spiritually as well. They meditate on a particular specie every new and full moon, starting with the polar bears that face many challenges with the climatic changes we are experiencing.

I had an epiphany that my role is to assist the devic, stone, plant and animal kingdoms in their spiritual evolving, as the Pleiadians assist us. That is one of my intentions for writing this book. It was always intended that we work closely with the devic kingdom, and that they depend on interactions with us for their spiritual advancement (Natasha Hoffman, Let the Standing Stones Speak). Many of the devas I have met had not talked to a human for hundreds of years. Devas have taken on the "nuts and bolts" of converting energy and making it available for plants, animals, humans and everything connected with our planet. They work tirelessly, with little acknowledgement of their major contributions to our life here.

Two communities I know of and have read about, the Findhorn community in Scotland and Perelandra Gardens in the United States deliberately work with the local devas connected to their lands and plants. The gardens they co-created with the devas were absolutely astounding! These are outstanding examples of how the world is designed for daily interaction between devas and humans, to our mutual benefit.

I will detail my interactions in this chapter, and try to tell their stories as I know them. These are my interpretations of their names, often shortened to what I could remember. Others may know them by different names. It is mostly a story of my experiences with the devic and fairy realms. With our senses perceiving only our 3D world directly, interacting with other dimensions beyond the veil, as a Buddhist would describe it, requires openness to alternative realities. Shamanism is a well-developed construct, a form used by all human

cultures for sensing and working with spirit. Shamanism was my own route into discovery of the rich texture of life here, and some understanding of how our universe works.

I hope the reader will gain a greater appreciation of nature and the spirit world that surrounds us. Our world here is amazingly rich. The devas are anxious to meet you, eager to help you, and need your help.

# Rainbow Lady

One of the first devas I met and interacted with is the Rainbow Lady of Hot Springs, Arkansas. She is in charge of the healing water of the hot springs. I met her in Gupta Gorge, which is her home base. Hot Springs, before the forest service capped all the springs, used to be a site of drifting mist and many rainbows. It was a sacred healing site for Native Americans. Even Mayans made pilgrimages there. The water is still very healing. I can't soak in it without getting visions!

After meeting her for the first time, she had a gift for my brother and I. As we drove through Arkansas, every spring on a hillside we passed had a different colored mist above it! We saw orange, yellow, red, blue and purple mists as we were driving home that day. I was touched, and still have a soft spot in my heart for the Rainbow Lady.

# Magic Mushrooms

The first time JD (my brother) and I visited the 40-acre parcel south of Ashland, Wisconsin that we ended up buying, I was learning dowsing. I had read about map dowsing, and decided to try it. I printed a map of the property, cleared a crystal pendulum, and started dowsing for leys and water lines, and power spots where they crossed. It was a small map, and I found so many lines and "hot spots" I was convinced I was dowsing incorrectly.

We arrived at the land, and as we walked we both dowsed using copper L rods. We verified every line I had found on the map! I was looking along a ley line, and I noticed that a row of large mushrooms

(elves cups) were growing right on the line, up to a large fir. I looked behind the fir, and the straight row of mushrooms continued off into the woods. This was amazing, and rechecking other ley lines and water lines found more lines of mushrooms of various species. At the power spots, there would be a cluster of mushrooms. The whole area had been mapped for our benefit! This blew me away, and it seemed the land and fairies were welcoming us with this display. This has never been repeated in the summers hence. This place, spectacularly beautiful, was extremely energetic. I felt humbled that we had been led there by spirit, and so welcomed by faerie. I learned much from the devas and fairies working there.

# Meeting Dreysomenos (and numerous frogs)

Later that day, we explored by an adjacent beaver pond. Looking back up the hill, I saw a small animal hopping, and thought I should look there. JD went back to the land parcel, and I went up to the spot I had noticed. I saw no sign or track of any animal, but did find a telltale mushroom patch by the crossing of two water lines. This was not as potent as the other energetic spots we had found, but I marked it by sticking a fallen branch into the earth. It was by a logging road we had used for access, and I built a rock cairn there to mark the spot also. When I showed this to JD on the way out, he wondered why I had marked this spot in this way, and not any others. I had no answer for him.

I was bone tired that night, and started to nod off while reading a book. At the moment my hand loosened and the book started to fall, I saw an Indian swipe at the book, as if he was knocking it out of my hand. This was very funny, and I laughed out loud! The next morning JD called me, and related a poltergeist incident he had had in the middle of the night. He was awakened by a loud crash, and felt a presence in his room. He turned on the light, but could find nothing that had fallen to make such a noise. He went back to bed, and felt a nudge on the bed as he lay there. Again he turned on the light, but there was no explanation for the nudge. I hung up and journeyed to ask my guides what was going on. I was told that a spirit or deva wanted to talk to us. The spot was it's connection to the earth. I called JD, and we made plans to return early that evening. We

thought we had disturbed its spot, and decided to offer tobacco and a ceremony to make amends. As we started down the logging road, a hawk was sitting alongside the road. It swooped ahead about 100 vards and alighted on another tree. When we got up to it, it repeated the maneuver up the road, leading us on and continued until we got close to the rock cairn, when it scooted into the woods, over the power spot. We parked and got out of the truck. As we walked we noticed several frogs by the road. There was a frog on the rock cairn, and we sprinkled some tobacco on the cairn. I started drumming, and we journeyed to the spirit to offer our apology. The deva talked to us, and was overjoyed to find humans to work with. He wanted help blessing water, which was his niche in the world. JD and I made a pyramid over his spot out of some small logs left by loggers, and a medicine wheel on the ground out of stones there. We found two more frogs as we cleared the circle to arrange our rocks. We did more ceremony there, and Dreyso (short version of his name) told us we could charge stones there, and use them to bless water. We would place the stones in the water, drum or rattle, and he would come dance and bless the water. We walked out to the road to find two small stones to charge, and there on a big flat rock were two small stones, with another frog sitting between them.

We have blessed water all over the Midwest, and several other shamans have taken up this work as well. Blessing water helps the water deal with pollution. Dreyso has proven an exceptional ally, and introduced us to other devas we wanted to talk to. He has an amazing sense of humor, and relishes a good joke. Other devas call him "The Happy One".

#### Stone in the Fire

My brother attended a shamanic gathering where they did a type of fire ceremony. He pulled a stone out of his pocket to put in the fire for a blessing. He grabbed a stone that he had charged on Dreyso's power spot, intending its use in water blessings. A couple days later, JD stopped to bless a river he was crossing. When Dreyso arrived to do the blessing, he appeared with all his clothes blackened and still smoldering from the fire! We both laughed hard over this vision!

### Blessing Water in Peru

A friend was traveling to Peru. When we bless water, we collect a small sample and pour some into the water we are blessing, so we have water from all the places we have blessed in a small bottle. JD gave the friend some of our mostly Midwest water to join with Lake Titicaca while she was in Peru. This she accomplished, blessed the lake and brought us back some Lake Titicaca water to add to our water collection. So, at the next water blessing we did, Dreyso now shows up wearing a poncho and knit hat as they wear in Peru! This was completely unexpected, and oh so funny!

### Sandra's Protective Circle

Our very connected friend Sandra was having some problems she suspected might be a psychic attack. She decided to journey and ask her guides about it. When she was relating her experience to us, she said everything went well, but something strange happened. When she started discussing protective measures with her guides, she said a little Indian appeared. He said he would make a protective circle, jumped on a bicycle and started pedaling madly around her and her guides! She said she didn't know quite what to think about this, but it was pretty funny! My brother and I looked at each other, smiled-Dreyso!

# Stealing Steve's Stone

My brother and I met an English friend Steve at a shaman's gathering outside of Eau Claire, Wisconsin. It was on a river. Someone mentioned doing a water blessing, and we agreed this would be a good idea. We had introduced Steve and another friend to Dreyso earlier that summer. Steve started directing the ceremony. Towards the end the four of us put our charged rocks in the shallow edge of the small river, and meditated and sang. When the ceremony was over, the 4 stones that had been lined up together were now only 3! Steve's stone was gone. There was no current in the shallow pool, and the other stones were undisturbed. All we could figure was Dreyso decided to give Steve a humbleness lesson, and took his stone. We laughed and laughed. This is well within the capabilities of

higher level Devas. Don Luis Higuerra, a shaman teacher from Peru had described a similar event that had happened to him, in which a mountain Deva had taken his whole backpack from underneath the pile where it had been placed.

# A Magical Day - Return of the Queesar

My brother and I were enjoying the Northern Wisconsin woods one summer day in 2008. We noticed it was very quiet and still. It felt like the whole woods was waiting in delicious anticipation, but what was about to happen? JD & I had no clue. He talked to an old birch tree and a fir, and just got the message "they are coming!"

We puzzled about this while we slowly walked to a portal where we did ceremony. We were in sight of the portal when we saw many entities emerging from it. At first I could only discern the entities in outline form. Later they developed into more angelic looking creatures, with wings, a little smaller than humans. This was wild! Groups of the entities were holding hands and dancing around various trees. We could hear them splashing and cavorting in the nearby river. The trees were extremely joyous and loved this reunion.

For a reunion it was. The beings called themselves Queesar, and they were returning to earth from an assignment on a distant planet. They had lived on earth before, living with fairies and helping people communicate with fairies. They had come back to help people communicate with higher realms, as people's spiritual vibrations increased.

We finally left at dark, and started driving back home. One of the Queesar, now fully fleshed out with wings, flew along with us and talked to us on the way. They had come through that particular portal because of it's remoteness, and high energy. My brother and I had done many ceremonies there and erected a pyramid of tree branches and medicine wheel of rocks. They also emerged from many other portals around the earth.

Update: After my heating thermostat turned itself to a high temperature two days in a row (in August!), I decided to meditate and

see if I was being "nudged" by a higher entity. One of the Queesar was trying to get my attention. I hadn't thought of them or contacted them the last several years. They had dispersed over the earth after their magical arrival. It said they liked it warm!

There was a message was one the Queesar wanted me to share, so I posted the story on FB. They want you to know they are readily available to help anyone. They can facilitate conversations with many higher realm entities and star brothers and sisters. They can also help with knowledge of higher realms, and how the universe works! Meditate and have the intention to talk with one, and they will come.

# The Mississippi River Deva Sargon

My mother used to live in the St. Louis, Missouri area. One Thanksgiving my brother, my youngest daughter Aria and I visited. One afternoon the three of us went down and found a spot on the Mississippi River bank to do ceremony. We drummed, and blessed the water with our charged stones and our deva friend Dreyso. We sang healing songs for a while, and picked up our paraphernalia to leave. As we were walking back along the river bank, all three of us had the vision of a tremendous water snake rising out of the Mississippi and talking to us. It stretched from one bend of the river to the next, several hundred yards at least. It looked at us and said "Soon I will be free....". All three of us heard the same thing, after comparing experiences later. I'm not exactly sure what it meant by this, but what made sense to me was the Mississippi is constrained its entire length by levees, locks, and dams. My intuition was all these would be destroyed, maybe by an earthquake involving the fault under the river. This fault hasn't been active since the mid 1800's. Several people have channeled a map of North America after a coming earth cleansing, and they all show North America divided into two smaller continents. Where the Mississippi was, is a 50-100 mile wide inlet from the ocean, not a river anymore.

We asked the giant water snake her name, and how we could honor her. She replied that she liked the water blessing we had done, and would attend other blessings we did. She said most water on the earth is interconnected in some way, and she could thus travel to most bodies of water. I remember blessing Lake Superior (I lived on Lake Superior) one day, and Sargon showed up there, along with several hundred smaller snakes. Sargon was three or four times larger than the largest of the smaller snakes. These were the devas of the smaller rivers and creeks that flowed into Lake Superior. Sargon had spread the word, and invited them all to this blessing. I was humbled at this turnout.

#### Land Healing Episode

My brother and I had been struggling about what to do about environmentally damaged areas. There is an area near to Duluth, Minnesota which was a steel mill back in the 1920's. This steel mill was torn down in the 60's. Pollutants were dumped on the land and in St Louis Bay. The EPA just did a partial clean up in the Bay by excavating some areas and burying other areas in sand. The land around the old steel mill looks like a moonscape. Many areas are still barren. The toxins that were dumped on the land and in the bay make up a list of who's who of the nastiest chemicals in existence. The pollution wasn't just chemical. There were human imprints on the land also. Imprints such as greed, viciousness, disregard for human life and happiness, total disregard for the land. Much of the pollution was done knowing that future generations would have to live with the destruction of our environment. I wanted to find a shamanic way to aid the land in its recovery.

I had many questions that I didn't have answers for, such as:

- What to do about the chemicals? Is there a way to transmute the chemicals?
- How can I heal the land?
- Do I have a right to try to heal the land when I don't own it?
- How do I remove the human imprint from the land? The imprint of death, greed, distain, etc.?
- Is it arrogant of me to think that I can heal the earth, or should I concentrate on healing myself?

So, when I was thinking of approaching the steel mill site, I thought of using crystals to create a container around the several hundred acres site, and creating a vortex for increased energy to the site by using a Merkaba field. This field would be programmed for healing.

The hucha, or disorganized energy, would be removed by the Merkaba field as well. I didn't know how long I would have to attach that field to the site.

My brother did a meditation and connected to the deva of the land around our property south of Ashland, Wisconsin with the intention to ask for guidance. The deva took him immediately to the deva of the steel mill area, where he was told to connect to Ely Peak, which is the closest power place. We were to connect Ely Peak to Roche-a-Cri (the story of the Roche-a-Cri energy grid included the main body of this book) and our mesas. By supplying Ely Peak with extra power from the grid that we were connected to, extra power would be going to the local devas which would speed up the process. The deva was already working to return that area to balance and our proper role was to be the intermediary between the earth energy, and the light energy.

Some background: The world contains energy networks, which are systems of energy sites (sacred spaces) connected by ley lines and water lines. On a more local scale, there are mega energy centers/sites and subsites. The mega sites are connected to the subsites by ceke (in Quero language) energy lines. Some mega sites that are active and very energetic are Lake Titicaca in Peru, and Sedona in Arizona. Lake Titicaca is connected with energy lines to the mountains around it, for instance.

Our healing meditation for the steel mill site in Duluth consisted of connecting the Roche-a-Cri energy network to the local mega center, Ely Peak. Immediately after this was accomplished, we observed a large energy flow into Ely Peak. The second step was an "energy sheet" procedure as described by Machaelle Small Wright in the Perelandra Garden Workbook. A sheet of light was visualized under the earth, and then gradually brought up to the treetops. The intention was that anything that should be released would be, i.e. hucha (disorganized energy), trapped souls, entities.

To answer most of my questions: the Earth entity can and will take care of itself. The Archangel Metatron has explained global warming is part of this process, and will lead to the earth cleansing itself, as the polar icecaps melt. Our major focus should be healing ourselves, and reconnecting with nature and spirit. This is the best way to prepare for the coming dimensional shifts.

#### **Trees**

I enjoy immensely interacting with trees. Trees are such joyous creatures. They are a main reason we feel so good out in the woods. They enjoy providing wood to us for fuel and houses. They enjoy dying and providing food for insects and fungi. A tree once told me: "What is dying to a tree but a change in climate?" Trees have "whispering buddies" that they converse with on a regular basis. These are mostly other trees in the area and local birds.

When I talk to a tree, I touch it with my hands. I breathe deep and go into a shallow trance. I try and sync with the tree. I thank the tree for all the good it does in the world and all the oxygen it makes for us. Sometimes I am moved to sing to the tree out of love and respect. After introductions, I ask a question if I have one. Sometimes trees will send me visions of other times and places. To quote my brother: "If you want to know about what happened in an area, ask a tree that lives there".

My daughter received a great story from a tree. She was only about 8 years old at the time. The tree told her it had tried an incarnation as a human. It was too intense being human! After it passed over it went back to being a tree in its next incarnation.

Of the many conversations I've had with trees, the most amazing and startling happened talking to a sequoia in Sequoia National Park in California. Nia and I were slotted to do a meditation at an Earth-Keeper seminar near the park. Nia was leading the meditation, and I was drumming in the background. Just before she started the meditation, she realized the sequoias were present etherically, and asked for their help with the meditation. They helped direct a beautiful tree meditation in which all the seminar participants were invited inside a giant hollow sequoia to experience "treeness" and how deeply trees are interconnected with each other, the Earth and

the Light from above. It was a wonderful experience and very well received.

When we went into the park, I was called to a particular sequoia. I connected with it, and it told me I had been a sequoia and grew there in the park. This was about 2000 years ago. A shaman used to come and talk to me everyday. I grew to love him deeply. On my next incarnation, I chose to come back as a human instead of a tree because of this love. I've been here as human ever since.

When Nia and I were visiting the Sylvania Wilderness in the upper peninsula of Michigan, Nia was drawn to a small lake called Golden Silence Lake. We hiked there. It was beautiful and secluded, living up to its name! While we were there, she went to talk to an old spruce tree there. It asked her to call me, as it wanted to talk to me! It turned out it had been a sequoia in another lifetime, and knew me when I was also a sequoia. This felt like meeting an old friend, as indeed it was. It did apologize to Nia for not talking to her.

# THE BACKSTORY

# COMMUNICATING WITH THE MORE THAN HUMAN WORLD

# Bruce's Experience

### **Shamanic Journeying**

One day my brother called me. "There is a beginning shamanism class in Madison this weekend. Do you want to go?" he asked. Madison was a five-hour drive, but I decided to go anyway. This was The Foundation for Shamanic Studies core shamanism class. The class finished up the required exercises Saturday. The shaman teaching suggested doing a healing on Sunday. I volunteered! I was six months out of a terrible marriage and trying to get my life together.

On Sunday our teacher assembled a "spirit canoe" propelled by the class and took us on a soul retrieval trip. This was major healing for me. I felt great! The introduction to altered reality in shamanic journeys was also life altering in itself. It was hard for me to journey by myself at first. Journeying, as most spiritual practices is easier in a group. I would try several times a week, with the usual result of me falling asleep! With practice this got easier, and I found that for me, journeying was easier if I stood up, and rattled for myself. With

practice, going into the underworld or overworld in a shamanic trance became easier and easier. After many years, I can switch at will to various trance states and altered realities without going through a formal shamanic journey process.

After this first shamanism class, I was now opened up to spirit. I found myself talking to trees, rocks, devas, fairies, guardians, angels and ghosts! Everyday was a mind-blowing experience. It was invaluable to have my brother to talk over my experiences and try to make sense out of all this. But, I needed more. I found a Peruvian shamanism medicine wheel apprenticeship taught by Lee Hilficker of Eau Claire, Wisconsin, and signed up. This was a godsend, and gave me a solid structure to hang all these experiences on.

#### Dreyso

I first communicated mostly with devas, fairies and trees. I was aware of ghosts around, but other than realizing what they were, I didn't attempt to talk with them. In shamanism you learn that everything has a spirit. Having an attitude of respect and appreciation for the deva you wish to communicate with is very important in the process.

My first deva that I "discovered" actually did his best to get my attention! This was the water blessing deva I call Dreyso. Many of my experiences with this deva are described in this Back Story in the Dancing with Devas section. After working with Dreyso for a while, he proved to be a valuable ally. Several times he introduced my brother and I to devas we wished to communicate with. Devas communicate among themselves also. The word went out that I was willing to help, and many devas initiated contact with me. They would show up when I meditated in their areas, eager to request my assistance with a problem.

#### Angels

The first angel I talked to was Archangel Michael. He started showing up in my shamanic journeys. He appeared as a one hundred foot being sitting in a chair. He was very wooden in aspect, almost like a statue. After him appearing several journeys in a row, I finally asked

my guides who this was. I am somewhat slow at times! I was told this was AA Michael, and I was very surprised. I tried having the intent to talk with him when I meditated, and he was listening! I realized later his wooden appearance was the most I my vibration was ready for. He is always ready to help when asked, and has a wonderful sense of humor. Once I asked him where I was going next, and he told me Africa! This was totally unexpected, and I had not an inkling of a plan to go there. Then, on the way to Sequoia National Park, I realized I would be traveling through an area, which used to be an African wildlife exhibit! This was the Africa he was teasing me with!

All those in the angelic realm I have communicated with have the same ground rule: they must be asked for help! We live in a free choice zone, and they are compelled to not contact us unless asked.

I connected with Archangel Metatron at the first Earth-Keeper seminar I attended in Arkansas. The seminar was fairly interesting, and I helped James Tyberon setup and control his new strobes he wanted to use during meditations to help people go deeper. At the end of the seminar, James channels Metatron. When Metatron came into the room before the channel, I strongly felt his presence. Being that close to unconditional love was the most amazing thing I have ever felt. I was crying with joy before the channel even started! This was the start of my association and friendship with James, and we still work together on his seminars.

### **Safety Fairy**

When I started my spiritual path, a fairy appeared with the task of helping light workers with safety and discernment. This fairy, named by my brother Jaktaewas, appeared as a fox/coyote, definitely not of this world! He manifests here in the third dimension to get our attention when we have safety issues we need to be aware of. He appeared several times to my brother before we started working with him regularly. He was very willing to help us figure out what we had "seen"---what it was and where it came from. I was aware of ghosts long before I ever talked to one and this fairy was immense help to me, as ghosts can take on whatever appearance they choose. A few would try to scare me, as this is about the extent of their power here.

# Alathena and My Psychopomp Work

After hurricane Katrina, I attended a psychopomp workshop at a local church. Psychopomp is greek for "soul guide". It means helping souls transition from the fourth dimensional area we go to first when we die, to higher dimensions where they can choose and move on to their next soul mission. The shaman teaching, Merle, worked with a deva called Alathena to do psychopomp work. Her mission here is to help human souls transition. So many people have no clue as to what happens when they die, and they get stuck on the fourth dimensional plane. This plane has instant manifestation, unlike our familiar third dimension, so whatever they think happens! If they think of a family member or their old house, boom, there they are! People dying violently have an especially hard time determining what is happening and what they need to do next.

This workshop was where I learned to communicate with earthbound souls or ghosts. Merle had arranged with Alathena beforehand to bring the whole class to a small town that had been wiped out by the hurricane. Many had died, and there was a pressing need to help these souls transition. That was my introduction to this work, and psychopomp is now a part of my spiritual practice. Alathena usually shows up now whether I call on her for help or not. If I clear a house or graveyard of ghosts, she will start herding other lost souls in the area to me for my assistance.

Once, my brother and a friend decided to offer a class in night school called "Getting in Touch with Your Intuition". We had a few exercises they were going to do, and then were going to play with pendulums. About a dozen people signed up. When the class started, one of the people who came had just returned from a trip to Jamaica. She had a photo of a dozen ghosts trapped by a witch in a haunted house they had visited. "Can't we do anything for these poor souls?" she wailed. This was kind of a heavy-duty task, a little beyond "getting in touch with your intuition", so my brother resisted. Eventually the woman convinced most of the people in the class they should do something about the ghosts. My brother had just been to Merle's workshop with me, and sort of knew what to do. He meditated and asked Alathena for help, and she readily agreed. He

then took the class on a shamanic journey to the haunted house in Jamaica. The ghosts showed up, and agreed to transition. All was going well, when suddenly the witch showed up! She viewed these souls as her property, and wasn't going to let them go without a fight! Alathena presented as a young girl with ponytails, so as not to frighten the lost souls she dealt with. So little Alathena immediately jumped in front of the witch, and got into a tense argument with her. She was able to convince the witch to let the ghosts go, and also to transition herself. JD brought the class back from Jamaica, with the situation resolved. The only losers were the haunted house proprietors who lost their main attraction!

When people die, their soul goes to an area of the fourth dimension. The portal to higher dimensions that they need to go through appears in the sky as a white light or tunnel. If they realize this, just having the intent to go there (instant manifestation, remember?) will work to help them along to their next soul mission. A lot of times friends and relatives who have already moved on will come out of the tunnel to greet them. When I show this tunnel of light to an earthbound soul, they usually agree for me to help them transition. At this point one of my bird allies will fly them up to the portal.

#### Healing and Entities

When doing healing work, I will sometimes notice a deceased relative hanging around. Often helping the relative transition will remove their influence on the client, and aid in their healing.

The other type of beings that I notice often when doing healing work are entities inhabiting the person's energy field. The vast majority of these are stuck in our universe by mistake. Many were sucked in here in the cataclysmic end of Atlantis when great rifts in the fabric of the universe were created. I communicate with these beings when I find them (with the person's agreement). I send them love, which is completely unexpected! I then offer them a ride back to their home universe if they come out of the person's energy field. AA Michael has offered to do this, so I let him do the heavy lifting!

#### **Ascended Masters**

Communicating with ascended masters is similar to working with angels. I mostly work with Quan Yin and Saint Germaine. Saint Germaine I met at Mount Shasta in California. This is his main hangout on the earth. This meeting was connected to a meeting with dragon kind as well. At a shaman's gathering in Wisconsin, organized by people who had gone through training with my brother, we ended up doing a healing for one of the shaman there. We removed many myriad things from his energy body, including two dragon eggs. The short story was he had been cursed, and our work was ineffective because of this. While we were trying to figure out what was going on, the dragon eggs disappeared.

My brother and I were driving home, when a dragon appeared flying alongside the car! This got our attention! The dragon placed an egg in each of our energy bodies. We could feel them there! I did not know why this had happened, but was concerned because of all the weird stuff happening to our friend at the gathering.

I flew out to California for an Earth-Keeper seminar. I asked Tyb(James Tyberonn) about the egg, and he was unsure what this was all about. When it was time for the Archangel Metatron channel, however, Metatron knew! He explained the egg was an honoring, and time in my energy field was not needed for the egg to hatch. This was all a relief. We went up to Mount Shasta, and Saint Germaine came into my consciousness. He offered to receive the egg, and raise the young dragons there at Telos City, the Lemurian city under Mount Shasta. This seemed like a wonderful idea, as my primary concern was the egg and the hatchling dragons' safety. As I flew home later, St Germaine appeared to me in a vision, holding out his arm with six baby dragons sitting on it. I'm still connected with those now grown dragons and interact with them from time to time. I took a rock from Mt Shasta home with me, and my brother meditated with it. Then he was also able to give his egg to Saint Germaine.

On a trip to Bolivia in 2013, I first connected to Quan Yin. She is an ascended master to some, and a goddess to others. She so loved humankind after her life here, she has stayed, to help anyone who

needed help. Quan Yin's themes are children, kindness, magic, health and fertility. Her symbols are a lotus, black tea, rice and rainbows. Quan Yin is the most beloved of all Eastern Goddess figures, giving freely her unending sympathy, fertility, health and magical insight to all who ask. It is Her sacred duty to relieve suffering and encourage enlightenment among humans. In Eastern mythology, a rainbow bore Quan Yin to heaven in human form. Her name means "regarder of sounds," meaning She hears the cries and prayers of the world. She is often depicted riding a dragon, and is closely connected with the dragon race.

I was traveling with James Tyberonn's Earth-Keeper group in Bolivia. We were in a rocky, sacred area much used for ceremonies.. Everyone worked together to create a medicine wheel out of rocks and stones. We all circled around it, and two Tibetan Buddhist priestesses who were on the trip started dancing and singing in the middle of the circle. I was enjoying the sacred place and the music when I got a vision! Standing in the middle of the circle was Quan Yin, about 30 feet high! I was blown away, and did not try to converse with her. I just stood there with my mouth open, utterly amazed.

Later that night, about 1 or 2 am I awoke, feeling Quan Yin's presence in the room. She asked if I would deliver a message to the group. I told her I was honored and would be happy to assist her in any way I could. She relayed the message, and I repeated it back to ensure I had it right. I felt very touched by being so close to so much love! I was able to go back to sleep easily afterwards.

I asked Tyb if I could relay the message, and the next day we had a meeting where it seemed appropriate. Quan Yin came in the room, and I relayed her message to the Earth-Keepers. Many were touched by her presence and message of compassion. Since then she has been a valuable advisor, and I have channeled many of her messages over the last few years.

This is the message she asked me to deliver to an Earth-Keeper event in Denver recently: "Greetings Earth-Keepers! I am Quan Yin. Enjoy the mountains here. Mountains are funnels for the energy of the universe. The devas or apus of the mountains convert that energy to give it to mother earth. They are powerful beings, and they wait to connect and talk to you. Many spiritual societies have chosen to live in the mountains, such as the Incas and Tibetan Buddhists. High in the mountains, there are fewer filters, and connecting with higher realms and beings is easier than in lower areas. You are closer to the energies of the sun and moon and stars. Take advantage of this, and meditate deeply while you are here. Know you are deeply loved! Call on me for assistance anytime. I am Quan Yin, and so it is."

#### **Dragons**

The Dragon race has been involved with Gaia for millennia. They are energy mechanics, and have helped create and maintain the earth's ley lines and water energy lines. As we are closely related to the earth, they also work with the kundalini energy we all have coiled at the base of our spines.

There are many here on earth now, helping create the new 144 crystalline grid. To me they look like classical dragons, in different colors of the rainbow. To a shaman friend they appear as crystalline creatures. AA Michael reports that they easily move between the different dimensions, and will use that ability to help during the ascension of the earth.

I first met one as the result of a curse removal, performed by my brother for a friend. As he was extracting and removing an entity sent as a curse to the woman, he realized he could work with the energy. It seemed the person attempting the "black magic" did not really know what he was sending. My brother talked to it, and realized it was one of the crystalline dragons. He asked if it would work with him on his energy and healing work, and it was glad to do so. After talking with it, the dragon showed up flying around my living room, much to my surprise! My brother and I are very close psychically, and do a lot of ceremony together. When he called later to relay the story, I had already met the dragon, called Salazar. At this time I mostly asked for her assistance with my long distance healing efforts. She would contribute a white light energy blast, and was happy to do so.

My next major experience with dragon kind was when I was given a dragon egg, as already told about in my meeting with Saint Germaine.

A year or so after that, a friend who was also a friend of the dragons, called me up one morning. "Do you feel the turmoil with the dragons?" she asked. I meditated and noticed everything seemed in an uproar. I called out to Salazar, my dragon friend, and found out what was happening. An alien reptilian race had created loud siren devices that the dragons were sensitive to, and were attacking them with the vibrations. They thought the dragons would leave to escape the noise. This backfired! Many more dragons traveled here to help from other dimensions and other places in the universe, and they proceeded to destroy the devices one by one. I asked Salazar if I could help their effort, and he said no, they were handling it ok. I offered him all my earth energy connections to use, but he said this was unnecessary. What is a dragon but a master energy technician? What was I thinking? With all the extra help I asked if they could also blast a target for human benefit? Sure was Salazar's answer. I sent them to Hell's Half Acre outside of Hot Springs, Arkansas. An old piece of Atlantean technology was underground there, and it was causing really wonky things to happen. Nothing grew on this halfacre site--no grass, no trees, no mice, no insects. It looked like a moonscape. Pilots avoided flying over the site, as all their instruments would go haywire. The dragons destroyed the artifact, and now things are growing there.

#### **Arcturian Connection**

I read about the Arcturians in a channeled book, We The Arcturians: A True Experience by Dr. Norma J Milanovich, Betty Rice, and Cynthia Ploski. The Arcturians worked with the angels on setting up the Earth for our great experiment in free will. They are crystal masters, and generated the blueprint for the earth and all life here using a crystal skull computer. The Arcturians laugh at being called aliens! They respond that they were here first! We are the aliens!

The book contains a description of the Arcturian mothership, in orbit around the earth. I talked about the book with a friend, Sarah,

and she mentioned she was going out to the ship to visit their blue light healing room. They described a procedure in the book to make it easy to visit their ship. Encouraged by Sarah's astral traveling, I tried the procedure the next night.

In bed, just before sleeping, I imagined a web of light descending from the vertices of a star tetrahedron over my head down to below my toes. The web was then filled out with three horizontal bands of light wrapping around me. Now in a web of light and with the intention to visit the Arcturian mothership, two Arcturians came and guided me upward to their ship. My last sensation before falling asleep was floating gently up above my bed, and out the room. The next night I managed to stay awake for my visit. I met my friend Sarah there, and she showed me where the blue healing room was. I visited the room, and received healing for a sore knee I had at the time. The soreness was completely gone the next day!

On their mothership the Arcturians also have a room of light, tuned to the exact spectra of their home sun. The Arcturians are sun gazers, receiving their energy direct from their sun. They told me they go in the room for a recharge about once a week. When I sun gazed one summer, my two Arcturian friends came to help me. They monitored my gazing and told me when to quit for the day to avoid hurting my eyes.

My last experience with the healing room happened last week. The amazing blue room cleared up the poison ivy infection I acquired in Missouri, in 6 days instead of two weeks as is normal! Thanks again Arcturians!

#### **Nia Shares**

# **Spiritual Opening**

Even though I've been consciously on a spiritual path since I was 20 when I was initiated into yoga and meditation practice, I've tended to have a rather pragmatic 3-D view. My saving grace was an agreement I made with myself very early on to suspend disbelief. So when I heard "weird, magical" stories about spontaneous healings and Samadhi experiences and channeling other dimensional beings, I didn't dismiss them as utterly impossible and tried to remain open to what experiences might show up. When it came to meditation, I was hooked immediately, simply because it felt so good!

Besides being a yogini, my life was rather mundane—I got married, had three children, went back to school to get a special education teaching certification, got a teaching position in the public schools, and got divorced.

Like Bruce, the shattering of my marriage was a huge spiritual opening for me. I felt "cracked open" and entered a period of literally "rebirthing myself." For me the healing process involved Jungian psychology, attending a variety of workshops and counseling groups, sharing with other women, and lots of dream work and journaling. It was a great gift to get to know my own precious wounded little girl self and to feel my heart soften, open, and allow vulnerability.

I also learned new skills that were to enrich my communication with the Divine and with the more than human world. I seemed to have a real affinity for the guided visualizations I encountered in the workshops and counseling groups. I received images and messages from my guru and various parts of my self (baby self, little girl, mother, father, higher self). This communication carried over into my journaling, dream world, and meditation. I learned to dialogue with these various internal parts, dream characters, and spiritual beings for support and understanding.

#### Guru Baba

At this time my relationship with my guru Baba Shrii Shrii Anandamurti became very important and internalized. We had lots of communication through meditation, dreams and journaling despite the fact that I never journeyed to India to see him in person as so many Margiis did. I dialogued with him regularly about everything I was going through. He reassured me over and over that I was eternally loved and never alone. When I was struggling just to get myself to sit daily for meditation, I'd experience the rare moment of blissful connection just when I needed it the most. When I was in endless turmoil over what to do about my house—afraid to let go of it because I might never have a house again but completely overwhelmed with the financial and maintenance responsibilities in addition to the long commute to work while trying to care for my 3 children as a single parent, Baba came to me and simply whispered, "it's ok to sell the house." What a relief, and it sold very quickly and easily, and just as easily I found an affordable condo for us to live in very near the school where I worked.

My relationship with Baba has continued to be active and very personal over the years. Occasionally he has come in when I'm doing a healing on someone who is a Margii with a specific message for them. Some of the most powerful messages I received from Baba were during my training sessions to become a Spiritual Mother Minister at Hearthaven, the women's spiritual retreat where I lived for 12 years after my children grew up. My teacher Madhurii Ma regularly gave channeled Baba talks, which is not something I've ever done. But I experienced Baba teaching me how to initiate someone into meditation, how to be a channel for the Guru.

My journal entry from that experience reads: "I went to an incredible place at the end of meditation. I was so peaceful—like a tree or rock, deeply connected and aware of every sound and sensation but with no desire to move or do. Next this image of an incredible light appeared in my head. It started from Baba in lotus at guru chakra. Then just became an unfolding lotus with light at the center of the petals still together. I heard Baba speak of the light at crown chakra, which would end all questioning and confusion.

Later, Madhurii Ma was giving another Baba talk but I was having trouble listening because I suddenly got caught up in an agony of fear about becoming an acarya now that it was so close. The judging voices in my head were so loud! Then I heard Baba say, "Do you want to be a spiritual mother acarya?" I said, "yes!" And I felt all these briars that had grown around the soft, Divine Mother light inside begin to be cut and fall away. More questions and again yes, followed by more cutting. This happened several times. I was in tears. Baba was actually giving me the initiation process, and I wasn't hearing it that way because I was going through this final affirmation crisis!

After all this, I had a wonderful vision of Baba inside of me and me inside of Baba, which I later learned is what happens when you are initiating someone. I also experienced as part of this, all of my chakras being opened and then a drop of what looked like silver mercury came through my 7<sup>th</sup> chakra and floated slowly down until it hit the 1<sup>st</sup> chakra. I felt that now I am truly the open, hollow bamboo, ready to be a channel fro Divine Energy!"

# Archangel Michael

My first encounter with angels was very early on during the transformative period at the end of my marriage. I didn't really know anything about angels or have any expectation that one might visit me or help me. But this beautiful gentle man visited me often in my dreams. We would lay on the grass a top a hill, holding hands—just being together and looking at the stars. Sometimes he would play his horn for me, bringing me such sweet joy and peace. I knew his name was Michael, nothing more. Years later, I was to realize this was Archangel Michael with whom I've continued to have a very special relationship. A couple years ago, when I joined an on-line support group with Mary Soliel who channels AA Michael, she sent us an audio recording of a song written for them. It is a beautiful song, but when the interlude came on--sweet mystical horn music—tears rolled down my cheeks! This was definitely my Michael!

Now, I communicate with Archangel Michael regularly. It is mostly through journaling. We all have our strengths and uniqueness in how

we perceive the world of spirit. I rarely see Michael, but if I write down my question then write down his name with a colon, amazingly helpful and often humorous words spontaneously pour out on paper. Sometimes he teases me, saying "can you hear my horn?" as a car horn or fog horn sound outside. As Bruce stated, angels want to help us but because of free will we must ask, and believe me I do about all kinds of things, and usually get a very quick response! When I was feeling lost driving through Canada and started getting nervous because it would be dark soon, I asked for "help now!" Immediately I saw a sign pointing towards the "Information Center." I've even asked for help when I'm in a funky mood and experience an immediate shift in perspective.

One of the most beautiful messages I received from Archangel Michael occurred when I was communing with him in nature as my inner beloved. I felt him caress me in the form of a gentle breeze and beckon me to the waters edge. The blue heron (Bruce's totem) flies up! And Michael says, "So happy that you choose love—listen and watch for it. My song I play for you. You see me soar on the peace eagle's wings. See my Light reflection shimmering on the tree trunks at waters edge. Now that you have opened to me, you will always be able to perceive me. Call on me for protection, for help, for healing, for inspiration."

Then I asked him if I rely too much on Bruce now? Michael replied, "Oh you two are so cute. I love Bruce as much as I do you, and even more, your loving passionate connection. There can never be too much of being "in love." You have my blessing. Our relationship is ever secure and in no way less because of your relationship with Gentle Bear. Allow me to experience the sweet and ecstatic sensations of physical love as you make love with him and with your self. It is a wonderful portal—eh? Worth blowing my horn about!" As that message concluded, I saw a great many little fish all jumping out of the water!

#### **Elemental and Crystal Allies**

Although I've never had any direct communication with devas, I have a great deal with my beloved elemental and crystal allies. I've described how this works for me in the chapter Crystals of Light. I feel strongly that we all have the ability to communicate with the more than human world. We just need to allow ourselves to find our individual mode(s) of perception and intuition and then practice opening to and receiving communication to develop our confidence. For many of us being in Nature is very calming and conducive for this type of spiritual communication. When I'm hiking, I often find myself drawn to a particular rock or tree. I go sit on the rock or put my hands on the tree. I go into my heart, sending love to this other being and allowing myself to be in a relaxed receptive state. I notice what sensations I feel in my body and how the rock or tree feels to me. I feel like it tells me what it wants to about itself. Sometimes it seems to give me a specific message. Sometimes I ask if there is anything it would like me to do or know. Usually there is a deep feeling of mutual connection, recognition and gratitude.

When I want to get to know a specific crystal or stone for healing or metaphysical purposes, I usually meditate with it, often repeatedly. When I am working with students, it seems to work well to lead them through this process using guided visualizations in the same way as I learned from my teacher, Naisha Ahsian.

# **Healing Helpers**

When I am doing healings, my elemental allies help me to perceive the energetic state of the client and if the chakras and elements—earth, fire, water, wind are properly balanced. I ask them for help and guidance in restoring proper flow and balance. Often particular crystals let me know where they want to be used. I also ask for and often receive specific information or suggestions from the client's guides or angels. My ability to perceive if there is an entity or ghost interfering with a client's energy field is just developing. However, I tend to get this information by sensing it kinesthetically in my own body rather than "seeing" it as someone like Bruce would. Or sometimes I "just know" or am informed by one of the client's allies.

I always ask for help, especially from Archangel Michael to release anything not for the highest good of the client.

Energy healing and communicating with crystals and spirit helpers was something that I had to learn. When I was first exposed to Reiki, I thought it was cool and that it obviously worked well for some people, but not me! It took lots of exposure and participation with group healing circles before I was able to conceive of myself as having any possibility of being a healer. I did intensive training with Naisha Ahsian to become a crystal resonance therapist. She does an excellent job of providing her students not only with a sound theoretical background, but with an array of their own personal experiences of perceiving and working with the complex human energy field and the energy of the elements and specific crystals and stones. Rather than learning properties of a particular stone, we learned how to discover them for ourselves. Since then, from 10 years of practice, I have become quite skilled as an energy healer and at inter-dimensional communication.

# FOR MORE INFORMATION

Nia's website is www.crystalsoflight.com

Hearthaven is www.spiritualwomen.org

Yggdrasil is www.yggdrasilretreat.com

Bruce's website and blog is www.gentle-bear.com