

Beloved of my own light, I am St Germain. I would draw your attention to some important events in the coming days, weeks and months.

The feeling of indigestion you may be feeling has nothing to do with food. It has to do with the energies we are bringing to the Earth. There is a movement of energy from the solar plexus up into the heart. A lot of times it feels like indigestion or a burning sensation in your organs. It is important that you understand that there is planetary energies moving. Christ Maitreya is preparing the path for the announcement of his return. For this reason, the entire human soul is in the state of flux, state of anxiety, state of acceleration. Those amongst you who are high level initiates are feeling this more than those who are not. Many souls are being prepared to receive their first level of initiation. This will catch like wild fire across the globe.

As a result of this there will be many shifts in all areas of the world. The specifics will be the vortices of light that have been darkened. These vortices have been darkened as if it is a well that has been filled with sand and rocks. It is through the energy body of people such as yourself that we are transmuting the rocks and the sand from those wells that need to give pure waters.

From the 24<sup>th</sup> of May to the 24<sup>th</sup> of June of 2005 we will have an energy entering into the planet which will accelerate everyone and enable those who are un-awakened but willing to receive this energy of wakeful consciousness to receive it. It is as though you are sitting inside a body of water which is simmering. At first it is pleasant but as the water heats up and begins to bubble, your body will heat up too.

For this reason everyone should be vigilant with what they eat. You should consider eating cooling foods and that you avoid food which will heat your body. For an example, foods that heat your body are garlic, ginger, turmeric, tomatoes, coriander, chicken, lamb and beef. Beef can be somewhat cooling but avoid it because of its concentration and density. Wheats, bread, rice, raisins, hot spices, pepper and pickles are also hot foods.

So you are wondering what is left to eat? Vegetables, fruits, yogurt, kefir, salads and mint teas are cooling foods. Also try homeopathic herbs and remedies that are cooling.

It will be good to mix your hot foods with cooler foods. For example, a good mixture would be cucumbers and yogurt with some mint in with it. If you eat raisins, you can cool the body down with grapes. Apple cider vinegar is very cooling. Out of all the fruits apples are amongst the best. Pears and mangos are good. Avocado are very cooling and soothing to the body, providing all the oils and moisture that your body needs. Olive and sesame oil are good but coconut oil is best because it is lighter on your body. Coconut milk, juice, meat are also good. Have a piece fresh or dried coconut or a cup of desiccated (grounded dehydrated) coconut that you have soaked in water instead of a piece of meat or chicken. It will give you the same sustenance.

Avoid alcohol as much as possible.

There are 4 levels of acceleration happening. One is happening from approximately May 24<sup>th</sup> to June 24<sup>th</sup> with the summer solstice. The next phase of acceleration will be from the 24<sup>th</sup> of June to the 24<sup>th</sup> of July. The third is around the 21<sup>st</sup> to the 24<sup>th</sup> of July all the way to around the 21<sup>st</sup> to the 24<sup>th</sup> of August with the harmonic convergence on the 16<sup>th</sup> of August. The fourth phase is from around 21<sup>st</sup> to the 24<sup>th</sup> of August to the 21<sup>st</sup> to the 24<sup>th</sup> of September bringing in the energies of equinox with each of those four days (21<sup>st</sup> – 24<sup>th</sup>) as the crux of the energies.

These will be the Atlantean and Mayan energies re-entering the planet. It will be three

civilizations. One, the land of "Mu", Lemuria and the advent of the Atlantean time going back to 350,000 years ago. The next one is the end times of Atlantis the zenith of which was around 50,000 to 35,000 years ago. The last phase is the Mayan civilization, 18,000 to 12,000 years ago. The best of all three of the energies are coming to Earth right now and will be anchored around the time of the September equinox.

By that time much will shift in your lives and the lives of human consciousness and in the lives of the multitudes and masses. In particular for those who are entering into a state of spiritual consciousness, the babies of the spiritual path as well as those who are the highest level initiates. The highest level initiates will carry the brunt of this weight to enable the first level initiates to come to the surface and receive their first level initiation from Christ Maitreya. The greatest concentration of beings ready for their initiation is in the middle east. Iran is the inner hub and the surrounding areas are the hub. The center of the hub is Khusestan. This is another spot where the land is sitting on black gold, oil. It has transmutational properties because it is fire but its black because it has been so tarnished, abused and mixed with pollution, greed and negative emotions that people are willing to fight for it, to create wars because of it.

The energies are heightened within the six month period between equinox in March 2005 and equinox in September 2005 where the fall will dampen and quiet the energies a little. It will remain quiet through October and come back to a crescendo around Thanksgiving. In December and January the Egyptian energies will come. In February of 2006 the energies of the Piscean age will be complete and release their hold on humanity. People will come together as groups asking for peace, people letting go of their individual desire and needs and begin working together as a group. In March 2006 at the equinox another energy of light will come in.

You will look back one year practically to the day from March equinox (March 20<sup>th</sup>, 2005) and see what has taken place not only in your inner consciousness and spiritual life but you will also see the way the external world has shifted. The microcosm which you are impacts the macrocosm which is the world around you in the same way that the macrocosm impact the microcosm. It is the work that you have done on the microcosm that is impacting the macrocosm.

I hold you in my heart with great reverence and love. I am your very own St. Germain.