

# Ancient Truths and Wisdom

*- As Given to Amy Jo Ellis*

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Day 7

October 25<sup>th</sup> 2013

Session 1

Thank you for joining in on this restoration of human knowledge pertaining to the use of what humans refer to as time.

Time is like a blip on a ships radar that marks a location of an object. Time is a place keeper. Humans have been using time much like your pawns in a chess game. Time allows you to move forward and left and right. Time is more like a queen in a chess game that has the ability to move forward, backwards, left and right, but at the same time there are other levels of the chessboard, like floors in a tall building.

In a tall building you can go forward, left, right, backward and diagonal, backwards, but you can also go up and down. The up and down that takes you to different levels of the building is what we would liken to an alternate dimensions.

We mentioned in the first day's communication that there is a space that lies between Heaven and life on earth. It is an unseen dimension that moves and interacts with humans on earth but without the limits of time and with much less restrictions of space. While in this realm one has the ability to see the future in all directions. Outcomes of all possible choices can, and is, seen while a person dwells within this realm. Access to this realm by the living is limited to those with intentions to inspire and assist in the benefit of another.

Many souls choose to remain in this realm even though their loved ones can no longer hear or see them. It is in this in between realm where spirits who have passed may assist their loved ones or ask their loved ones to assist them so they can make a mends for an action or event they wish restitution on.

This place between heaven and Earth offers many advantages to both humans and spirits and yet it is a place of torment as painful emotions are still available to the spirit as it travels through time and limited space in this realm. The soul that chooses to stay there is for the most part, incapable of communicating to the living earth realm.

God in his infinite wisdom removed the communication as there are those humans who wish to deceive and lead astray masses of humans for their own personal gain. When the ability to communicate with interim realm was open and available to the masses, there were those amongst you who wished to do harm.

When you desire to access a view of the future it is only made possible when the intention is stated clearly as to why you wish to know. Permission is only granted when an earnest request to assist another is made for the sole purpose of lifting and improving the quality of, and or quantity of human existence.

When one asks for permission for the mere benefit of self-improving status, the access remains locked firmly, and securely. There can be no cheating and appearing as though it is selfless, there can be no personal reason. Looking into the future and the past for personal gain is strictly prohibited.

Those amongst you who assist for monetary gain will find your access filled with turbulence and much resistance to the riches you seek. God supplies for the needs of those that ask. Give then to your fellow man who begs for assistance. Give of your time, give of your talent, give and serve and assist and the view to the future will be available, with glimpses of your own future given without asking. You will know.

You are always being guided and directed toward the supply and sustenance that fulfills your heart and soul. Good fortune is always there for those who see clearly and light the way for others around them.

God gives freely. Humans make restrictions of items and goodness. Humans create false walls and the appearance of distance between themselves and the good and goods they choose to desire.

## Session 2

When a person accesses the interim realm, the images and incidences, of past and future are often seen in a confusing assault on the senses. When a person first dies and their soul passes into the space between heaven and Earth, the shock can be very disconcerting, especially if the person was taken against their will.

When death is sudden and unexpected the soul refuses to relinquish its hold on the realm of the living and with the earthly memories of people and things left behind. They will at times remain in the state of awareness that allows them to pass information to their loved ones. These well-meaning visions of lottery tickets and numbers to buy can at times be precise. At other times they are unpredictable due to God's limit that the information be given only when it is asked for to selflessly serve another.

There is a difference between the information that is given to a clairaudient or clairvoyant. The psychic asks assistance of spirit guides in an attempt to improve the life of those who are requiring assistance. The guides give clues as to the best possible directions to take, by impressing images, and symbols into the mind of the clairvoyant, or silently speak messages into the thoughts of the clairaudient. Information is also passed as if it were memories into the hearts of those seeking. This will seem like you had an idea.

These thoughts and images are gifts given from the guides and so no access to the interim realm was used. The guides have access to all information. This is not the same as passing information from the unseen to the seen by those who have not moved into the celestial realm.

Clairaudient and clairvoyant humans usually access their information through the assistance of the spirit guides of the person whom the information is for.

There is no limit as to the request for information for Selfish means. The only limitation is that access to the future outcomes be blocked for selfish request. It is not selfish to request the obtainment of a new car. No access to the interim realm is needed in the request of a new car. Ask and you shall receive. But it is a very different thing to ask to step into the interim and look at the results of choices and use the information for greed and dominion over another.

A mother may be asking for the best way to make money. If her reason for needing money is to help her husband and children, the reason is seen and the access is granted. But if the same woman were to ask for information to assist in obtaining the funds to take a vacation far away from those she is responsible for overseeing, then the clairvoyant may see only the outcomes of the woman's selfish decision and will not see the way and means of obtaining the funding for such an endeavor. If a way is shown, it will not lead to the desired result.

What we are about to teach you is how to align your frequency and your intentions to that of the interim realm, this interim realm will allow you to move through the folds of time and space and bring about the greatest of accomplishments in the merest of time spent. We are about to teach you to see your target as it will look in the assistance of humanity and 'drop kick' your endeavors to the goal post of time and right into existence.

Come back tomorrow for lessons on time and space travel.

Amen.

## Day 8

October 26<sup>th</sup> 2013

### Session 1

Let us begin.

Today as promised we will begin to explore into the methods of traversing through time and space.

Time as we suggested yesterday could be witnessed more like a tall building with many floors. Each floor could be exited into and you would find yourself in a different period of time. Childhood can be seen as are different era's of your life time. From teenage adolescence to parenthood. The floors you can peer into also include the future. These are accessible when you wish to see yourself as you could be if you implemented changes.

Time is an ongoing never-ending always expanding process... Expanding both forward and backward. As you move forward you leaving more of your tracks in the sand behind you.

Things that you once did some times have a way of sneaking up on you. You have a saying of "His past caught up with him." There is more truth to these words than have been suggested.

Let's look how this happens. You regret a decision you made. Over and over you relive that past event, wishing to never remember it, and yet constantly being reminded of the mistake. Sometimes years pass with this regret constantly popping into mind only to be brushed aside, until one day someone shows up in your doorway. And like an explosion this thing you tried so hard to hide will no longer be hidden from anyone. This thing that you wished never to remember will now become your sole focus, at least for a short while.

Days, weeks, months - in some cases even years - will pass without this thing being the dominating thought in your brain, but that little nagging voice that kept warning you to heal it has now called it into existence.

The past mistake is now the future you are dealing with. You previously had been able to put this past mistake out of your mind but it was a mistake to do so, because now you will find it impossible! Here is the unwanted past standing before you in black and white or living color, looking you right in the eyes. It is now demanding that you pay attention to it. "The past is the past" Only if you use understanding, love and acceptance.

Those three emotions cure diseases, heal broken hearts and move mountains.

Love, understanding and acceptance - This is the recipe for true profound movement of energy into the positive direction.

When you can look at a person's actions and understand why they did what they did, then it makes it easier to accept what happened and begin to let love heal the wound.

## Session 2

You are given opportunities to heal your mistakes. You are given opportunities to forgive yourself and others for what you did or what they did to you. Each time it was playing over and over in your mind was an opportunity to heal this mistake.

Sometimes people die having never let go of the past. Those individuals will either get to heal it in the interim realm, as their loved ones deal with this secret that is now exposed, or they will get to watch as their children or grandchildren or great-grandchildren relive the same experience over and over in an attempt to finally find restitution for the wrong doing that originally was caused by themselves.

These events being watched without the ability to communicate your side of the story is how the interim realm got the bad reputation of eternal damnation. Recognize the pain and suffering as you watch those you love reliving your mistakes over and over again never understanding why their lives feel so punishing. Your own mistakes are punishing those you love and you can do nothing to stop it.

There is an uplifting side to all of this. Once you know this can happen you will know that you need to handle the mistakes from the past with love and acceptance.

Love and acceptance are the end result to aspire to reach. If forgiveness is handled correctly then acceptance, understanding, and the restoration of love will be reached.

Forgiveness is almost a dirty word in society. It is spoken of with almost contempt. "I can forgive but I will never forget." No one asked you to forget. They asked you to "fore give" to GIVE love beFORE it is earned. Fore Give! Give your love, your acceptance and your understanding before the restitution has been made.

All actions come from a place in the soul that needs love and acceptance. Even the actions of a murderer all come from a place in his heart that needs to be loved and accepted. Some of you will not be able to understand this concept in this life time and that is also an area in your own being that needs some love and acceptance.

## Day 9

November 3 2013

Let us begin on today's project.

Using once again the idea of picking a target, you will find that there is a feeling in you of either having the target or the target being out of reach. This out of reach feeling is what your metaphysicians have made known as emotional blocks. There is a bit of a misunderstanding surrounding the idea of blocks. When the word block is spoken, people see things like block walls or barricades. Neither one exists.

We would prefer to use the metaphor of misdirection.

Imagine for a moment that you wish to obtain a glass of water. It has been poured for you and is now standing on the table just 9 feet from where you sit. There is nothing between you and the glass of water but space. There are no blocks, no barricades simply your thoughts. If you think I would like to drink that water and no other thoughts come up, then the chances are pretty good that you will just rise from your seat walk to the water and drink it. But if your thoughts tell you "there are other people who need that water more than I do." "After the things I've done I don't deserve that water." Or "I do not know how to get someone to bring the water to me." You probably won't be drinking water anytime soon.

So let's say that the water is still yours and sitting on the table and you think... I would love to have a drink of water but you are looking in every direction except in the direction where the water sits at a mere 9 feet away. You may have a very long walk trying to reach the water as you traverse across the face of the Earth in the wrong direction.

Alignment of yourself with the water will magnetize yourself to the water and draw you closer to each other in the shortest path to create a connection. If you align with the water you will sense that the water is near and look around until you bring it into focus.

This is proven time and time again in your television and radio frequencies as you turn your dial to focus on only the one show you wish to watch. If you just turned your television on and looked at every possibility with random attention, the entertainment would not feel very rewarding.

Like we said... Not blocks, but miss directing of focus!!!