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# Ancient Truths and Wisdoms

-As Given to Amy Jo Ellis

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Day 1 ~ Rings On a Pond	~~~~~Pg 6
Day 2 ~ They Pyramids	~~~~~Pg 12
Day 3 ~ What You Ask For - You Do Receive!	~~~~~Pg 16
Day 4 ~ Heart to Heart~~~~~	Pg 20
Day 5 ~ Time and Space~~~~~	Pg 30
Day 6 ~ Time flies ~~~~~	Pg 34
Day 7 ~ The Interim Realm~~~~~	Pg 36
Day 8 ~ Understanding, Love and Acceptance (forgive)~~~~~	Pg 39
Day 9 ~ Misdirection~~~~~	Pg 43
Day 10 ~ Target Practice~~~~~	Pg 45
Day 11 ~ Take Action, Any Action ~~~~~	Pg 52
Day 12 ~ Changing the Energy~~~~~	Pg 55
Day 13 ~ Thought ~ An Explosion of Energy~~~~~	Pg 59
Day 14 ~ Clearing Your Space ~~~~~	Pg 69
Day 15 ~ The Art Of Alignment ~~~~~	pg 76
Day 16 ~ The Past~~~~~	pg 84
Day 17 ~ Pressurizing the Field~~~~~	Pg 87
Day 18 ~ Containment~~~~~	Pg 91
Day 19 ~ Fertile Fields ~~~~~	Pg 93
Day 20 ~ Now ~~~~~	Pg 95

# Ancient Truths and Wisdom

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## Welcome!

Have you ever walked into a room and although everything was quiet, you knew there was an argument going on between two of the people in the room? That is how it is for me. On occasion right down to knowing what the argument was about... Except sometimes there is no one in the room.

I would know things that I had no way of knowing and then find out that they were true! I would feel the anger, the hurt or the pain just as if it were my own.

Let me tell you... I have never cared much for this kind of experience.

Since it kept happening, it soon became apparent that I was going to have to learn to live with this newly acquired "gift".

I learned to ask questions and write down the answers that came to mind.

It was through a series of this kind of question and answering that I was taught to balance my energy and to ask God for the assistance of Archangels. I was taught to state loudly (if but mentally): "Only those that come from the light are allowed in my space. Thank you God for your assistance."

I was told that through this process of writing and speaking with spirits that I had gained the ability to retrieve ancient truths that humans have been denied access to for thousands of years.

Since then I have been participating in several Earth altering discussions involving; God, ancient universal secrets, and unsolved mysteries of our planet.

I am talking with someone, and yet I am not all together certain from whom the

information is coming. Neale Donald Walsh, the author of Conversations With God, describes it as “The small still voice in our minds.” This is a great description, and yet this voice is more of a feeling of truth and a sense of knowing what is about to be said... Without really hearing it.

It's more like feeling what is about to be said and writing down the unspoken words.

Each session of meditation lasts 45min to an hour, with a rest space of at least 20 minutes between. It is a slow process, which feels to me as if only a couple of minutes have passed. However upon viewing the video it actually took almost an hour. I can read back in less than three minutes something that just took an hour to receive.

These channeled messages are being dictated to me for the benefit of all who wish to read them. I have been asked to make this available to everyone... Free of cost.

***From here on out this message is being channeled.***

Dear friends and higher vibrational thinkers,

This information is being given to you freely and we ask that it always please remain as such. There is an urgency to spread this information as far as it can travel and as quickly as it can get there.

It will take the use of as many human brains directing their thoughts toward the final goal of tranquility and freedom to change the course of events that have been lining up.

This information will help those who are already aligning their thoughts and their emotions toward peace to do so with more power than the human race has known they have had available to them.

Not one of us has a degree in your written language and there are translations being done on the fly. So errors of every linguistic kind can and will be seen. We

ask you to overlook this and read the messages without false judgment of the accuracy due to the inability to be grammatically correct.

Then we ask if you find value in these words, that you send this to others who

think like you think. Only those who already know the power of their thoughts will be able to know the words for the truth they are, so please be selective.

Thank you for reading this message and we look forward to interacting with you more.

Friends from a distant realm.... Galakrot

# Ancient Truths and Wisdom

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## Rings on a Pond

Day 1

October 8th 2013

We stand upon the precipice of a new enlightenment. We ask that those who listen and read these words hold their faith in their God long enough to listen to and hear that the words truly do come from their God.

The words you are about to read are more ancient than the wisdom you now consider the gospel.

These truths have been held sacred for thousands of years. They were the truths that Jesus himself learned and taught. It is the truth of all masters since the beginning of time.

In the days of ancient Egypt these truths were told to many and used by many. They were used in the daily practices of these people.

There is much to say and yet we begin with that which is most familiar to you and yet used mistakenly - the word destiny.

Destiny has been used to describe an act that appears to have been prearranged. Something unexpected, out of the ordinary, and yet re-examined it is where you have been aiming toward all along.

Destiny is used by heaven in the regards of the soul's purpose of journeying into body form. Always there is a prearranged purpose, the purpose to remove heavy energy, the purpose to heal unhealed traumas within the soul and also the purpose of atonement just to name a few. Destiny is the achievement of this purpose.

There is great value in completing your soul's purpose and attaining destiny. Yet there is still reward and joy in creating a life that is enriching and adventurous.

Sometimes a child comes with the ability to play an instrument beyond the normal ability of his age. This merely means that he has been gifted in this area. It does not mean that he is destined to use these skills again.

Allow your heart to choose what you love to do, as the soul will line up the events and the circumstances to fulfill its obligation. However a life based on talent, will just harbor discontent if it is not the source of Joy.

A whispered voice may speak to you ever so gently and yet resonate in you like a clap of thunder. This gentle thought whispered to you in your subconscious mind, will suggest that you be, do or have something bigger for yourself. Something so much bigger than you ever thought for yourself that it echoes in your being, sending shock-waves through your system. This gentle thought, when spoken softly into an empty fertile field, takes root and grows without the restriction of counter thoughts against its attainment. This thought was so far in the distance, so much bigger than anything ever thought before, that no false beliefs were built to its contrary. And so it comes to be, like a lightning bolt out of a clear blue sky.

Where as a much smaller insignificant thought can be spoken LOUDLY and just like a seed dropped in the middle of a weed pile, the thought get's choked out immediately. No sun is allowed to help it grow roots. So louder it is screamed "I WANT, I WANT, I WANT!" But the voice of discontentment screams louder still, that there is no way that this can come. These thoughts of discontent and disbelief choke out the fertile field so that no plant can grow. No plant of value can grow.

Destiny are those whispered thoughts, sometimes left un whispered, because the conscious mind believes it knows it's destiny and therefore changes the direction of the souls intent.

#### **(Session 2)**

There are those of you who seek wisdom. Who wish to help, who wish to give much love and happiness and Joy to others who you see do not have this. And we tell you... You cannot look upon another and see what they do not have, unless you know your own misery and project it upon them.

Every human has the ability to observe a man with no shoes and see in his heart a man who is happy in his apparent discontent. When the observer sees this man and perceives him as homeless, powerless, and sad, the observer feels homeless, powerless and sad. The observation did not improve the status of the homeless man. The exact opposite is what came to be. Sadness, discontent and a feeling of trapped becomes that which was felt by the observer.

It is written in many pages and spoken in every language, that what a man sows he shall soon reap and this is proven time and time again. Man has chosen to believe that to see a man in a condition of illness, homelessness, joblessness, anger, rage, to cast their judgment that this man needs assistance.

Understand this now... He is where he is choosing to be. And in your judgments and in your well meaning attempts to remove these perceived hardships, no help has been received. The only thing that happened was a reversal of your own position.

If assistance is requested by the man, your vision of him surrounded by objects, energy, and well being, will elevate the homeless man. Treat him as you would treat a beloved parent, grandparent or equal. Know that he is a mighty, mighty creator, who has in fact created in giant volumes everything he sees around him including the vastness, the distance between himself and the ideal life and objects that he may have chosen, had he known that every... every... EVERY... THOUGHT CREATES!

Sow and so shall you reap, means every single thought.

Look around and know that you are the one who created all that you see or wish to see and do not see. You have also created the distance between yourself and your desires by believing that you cannot achieve them and choosing to see the distance.

(Session 3)

*Every session begins with the Lord's prayer only this time the prayer continues:*

We ask that the wisdom of interplanetary exploration be returned to the people of the earth.

We ask that the portals of communication and transportation be reopened and reunited with the solar system from which it came. We ask that the ability to



access the information and transportation corridors be returned to the people of the earth.

The people of the earth at one time knew this wisdom and they created transportation corridors between the continents and alternate dimensions. These dimensions are the realms you know of as heaven and hell.

The people of Earth could travel through layers of photons to transport not only their spirit but their entire being.

When the word hell is spoken of here, it is describing the realm of which the souls of those who do not transcend into the spirit realm of light end up. The unseen layer between humanity and what you know of as heaven.

Hell is a space that is accessible not only to the deceased but to the soul of the living at times, while in a dream state. While in dream state it is a place of nightmares and fear.

The access of this realm has proven beneficial to the human race as it is in this realm that the future can and will be seen if things continue on the path that the world of humanity is on.

This realm holds the secrets of what will be. There are those who walk amongst you who have the ability to close their eyes and see the future as though it were being played out in this moment. Those who see the future are a gift to your people if they are willing to face persecution. Many have faced their deaths in their attempts to clear away the unseen and show to the world the consequences of the paths humanity is choosing to take.

While some of these people have been lifted up and hailed as saints, most of them have been tortured and killed for their desire to stop the unseen from unfolding into devastation.

We say to you that no one of you is special. No one of you has more ability than another. There are only those of you who choose to believe you can. Once you believe you can. - You Can. This statement is divine truth.

For those that believe that the kingdom of heaven is theirs. - It is theirs!

Proof that all is not what it appears is apparent in the creations that have been made by man. No man shall think I will never learn to fly and stumble upon a blueprint for a plane.

That man who believes he cannot fly will never find access to a plane. But to those who truly believe that they can fly, a way will be shown unto them.

So if you are in need... We say to you: Let go of your beliefs that make you need. Grab onto those thoughts that make you know beyond all apparent needs that you will have. Know that you already have the ability to create the creation.

Think back to the lesson of the homeless man. Look now upon yourself with your choices surrounding you. These choices are made in the realms of heaven. And the kingdom of heaven is at hand!

Know your ability to connect to heaven. Know heavens ability to connect to you!

These corridors where man and spirit can transport into the realms of the unseen realm of heaven, have always been a part of the history of mankind.

5000 years before Jesus walked amongst you, the people of Egypt created giant pyramids. These pyramids were created using the harnessing of the elements to transfer more than just thought through the passages. These passages transported the creatures of the earth as well as the humans. These passages were created because changes in the Earth's polarity were seen to be coming.

These polarity shifts, were a re-aligning of the Earth's vibrational field. Once again these changes to the Earth's polarities are being seen.

Do not fear this. It is seen that these teachings will allow the high vibrational thinkers of the Earth to use God's energy and reverse the foreseen series of events. It is time again that the wisdom of the distant planets be restored and Earth's inhabitants be allowed access to the corridors and the freedom that they allow.

These portals, when opened, will allow the entrance of healing energy to the Earth's core.

No one man is responsible for opening these corridors. All men together have created the need. The Earth itself will benefit and God gives his blessing for the union of heaven and earth.

When one man makes a selfish choice the thoughts of those around him create even more negativity to the earth's surface than the original act. The negativity spreads, through the others harsh words and judgments. One man kills one man. That is all the harm he did. Then those who were aware of it spread the negativity with their harsh words and judgments. On and on it goes out infecting the minds and emotions with negativity as the story is told and retold. Each time the story is told, it brings forward powerful negative emotions to embellish the story, and thus further infects the minds and souls of others.

Like rings on a pond the negative waves repeat until what had once been small, becomes what will be again in a bigger uglier way, as the story grows to create it's equal. Then the process begins again.

No man is responsible for the devastation of many. All are responsible for all.

# Ancient Truths and Wisdom

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## The Pyramids

Day 2

October 9th 2013

We are so pleased to be able to continue our lessons for the people and the inhabitants of Earth.

We are talking to you through the assistance of God, using a communication method of empathetic and auditory stimulus to the human brain.

The God of the Earth realm has given his blessing and is, in fact, the communicator whose translation is necessary for you to understand as the words that we speak are not of the Earth realm, but that of the solar system Galakrot

We have been entrusted with the knowledge of interplanetary exploration as it is a highly powerful medium of transportation for not only that of communication but that of particle acceleration and atomizing solids into vapor and then returning them to solid mater.

These accelerators are still found on your planet in the forms of ancient Egyptian pyramids.

Of course the technology has advanced as all things do, but these pyramids were at one time used by the inhabitants of Earth to flee the Earths realm as the polarity of the Earth's waters reversed to create a super heating of the planet followed by an ice age.

The pyramids were not built by man. They were built by allies of Earth in an attempt to free her people, and her other inhabitants if they chose to leave. The time has come for the masters to walk amongst you again and teach to you the ways of energy amplification.

This time however the pending polarity shift of the Earth shall be averted, and returned to its cooler temperatures. Not by device of man, but through the correct use of the spoken word... Prayer.

(Session 2)

The Pyramids in Ancient Egypt are ancient particle accelerators. We are aware that many entertainments have been made with the idea of particle acceleration as a new innovation, yet this technology is not advanced - it is ancient.

We are not suggesting that the pyramids be reopened and used again as a viable means of transportation. We are merely offering a clue to the mystery behind their existence.

Scientists will find that the particle accelerators are buried beneath layers of sand beyond the eastern wall of the smallest pyramid.

The accelerators are not metal machines as you have been expecting to find but crystallized matter that raises the frequency.

These crystals were placed in alignment with the sun's rotation to create the fullest contact with the sun's light. The energy was then directed through the crystal floor into the center of the smallest pyramid. Here it was gathered into the peak of the pyramid and a beam of light channeled through to the next pyramid. The second pyramid took the energy and broadcast it across the earth's layer. The atmosphere of the Earth heated the particles and the third chamber with its deep floors directed the energy back into its recesses where it was cooled and returned to solid.

This was the entrance into the Realm of Earth and also the exit. The crystal particles of Earth matter are the secret to unlocking the passage of particles both to and from the state of solid.

The surrounding Egyptian sand was also necessary as the heat bouncing off the sand was a crucial element in the alchemy.

The milky white quartz crystals found in the Egyptian terrain are the perfect combination of silicate, hydrochloride, phosphorus and diamond that causes the combustion of particles when exposed to direct sunlight. This combustion

of particles is witnessed by the human eye as prisms. Prisms are a result of the shattering of light as it passes through the crystal and breaks down into the separate dimensions of color.

(Session 3)

This shattering of light is the same principle used in your laser technologies and is proven by your science to have the power to increase the energy as the beam of light is directed through it.

It is through the heating of the particles that the vaporizing takes place. Much like solid ice liquefies and evaporates so too does solid matter when the correct intention is set on the object to be transported.

It is more about mind than science. But we will continue to explain the science so that the scientific community will be of a mind to follow along the path.

Without proof your society dismisses the obvious.

The particle accelerators that are found off the eastern wall of the smallest pyramid are deeply buried beneath the Earth's layer of sediment. They were, in fact, at the time of the evacuation, only a few meters below the sand but now due to centuries of sediment they are more than a hundred meters down.

Their location is not directly connected to the pyramid. It is a field of crystal that is laid like a cobblestone path. It extends out the precise width of the pyramid for hundreds of meters. Even in the time of the pyramids this field was already covered by layers of silicate sand. Its original intention was that of an entrance created to greet the public by the pharaohs. It was a grand entrance to the village but its existence brought about the technology being installed on Earth, as it was seen by the Masters to be a useful source of energy.

The Earth was already in great need of rain and so the sands had long buried the entrance before it was re-discovered by the masters. It was the sensation of frequency elevation that the master first noted.

These Masters were drawn to Earth because of the distress frequency that was emanating from not only the Earth's inhabitants but from the very Earth itself.

These same distress signals can be felt by the masters at this time.

It is at this time eminent that guardians and masters must return to the Earth to teach again to its people the secrets of not only the pyramids but of the universal truth.

# Ancient Truths and Wisdom

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## What You Ask For – You Do Receive!

Day 3  
October 10th 2013

These lessons are to be a stepping off point of humanity. A point in time when the binds and constraint of learned human imprisonment comes to an end. A point where man begins to understand the power that is available to him or her in every moment they are on the Earth. There have been those amongst you that feared the power that every man had. Fear that if man used his ability to harness the world's energy field they would use it to enslave and inflict their will up on others.

We say that the information only being available to a couple or a few has in fact created this very scenario.

It is time that all people know how to use this power.

Let us go back to the pyramids of ancient Egypt. These pyramids were used to amplify the Earth's energy field and to open corridors of energetic exchange between the realms of Earth and the realms of distant solar systems. Your scientists are aware that the pyramids did in fact generate and harvest electrical transformations. Harnessing solar energy and storing it presumably in the crystal fields that they have detected and yet they are mystified as to how or why as no evidence of electrical apparatus are found beyond their walls.

These pyramids were constructed of Earthly Elements built using the same technology we are again in the midst of re-teaching your people. There were no earthly machines built to create them. There were no machines at all.

The formula for the creation of these pyramids is the same as the formula to create a flower, a rock or a tree. It is in the desire of the creator to create them, that they exist in this realm. And they remain in this realm as a reminder and as evidence of the possibility of mind over matter.

Mind over matter is a statement that if purified and returned to its original



context would again move mountains. It would restore tranquility and peace to this realm of great potential and end historically controversial distrust.

*(Session 2)*

This is the time when man as a whole will be challenged to see past its differences and begin to see all men as worthy and able creators in their own creation. It is a time when a great movement of union will begin to take place; a time when the smallest and meekest amongst you will rise up to be heard and have their voice carried in the statement of what shall become.

It is in these moments of creative unrest that humanity makes its biggest leaps forward in their desire to create an improvement from a state of disillusionment. Man has a tendency to continue with a state of peaceful and happy instead of striving to improve, and so this turmoil that surrounds you is the spring in a giant catapult that will launch the Earth's people into a new phase of tranquility and harmony.

We are here speaking with you today as it is our greatest wish that healing energy flows again through the surface of the Earth and that the people and all of Earth's inhabitants know the peace and well being that this planet Earth has to offer.

There is a large movement amongst you to use "the law of attraction." This is a significant step in the direction of what these lessons are about and yet it is just the first of many steps that will explain the availability to use Earth's energy for the benefit of self and others.

Each person in this realm is here creating their experience in a manner that they choose. They are choosing. These choices are influenced by the Television shows they choose to watch, the songs they choose to listen to and the beliefs of others that they choose to adopt as their own. It is the thoughts and beliefs of others that have created the Television shows and the songs on the radio, the government and all that you see around you.

Everything that you see, is a choice that has been made by someone, or something. Their choices, have created the environment that you currently surround yourself with. Now that you know this, it is time that you began to choose these things, for yourself.

Very few things, are original thoughts, and original objects. Even paintings that were created by master artisans, are usually painted on a canvas created by another. They used paints created by still another. Even gardening is often the act of planting plants grown first by someone else, or from seeds that were harvested by another.

Do you see how one man is connected to everyman in some way from some angle?

Every piece of furniture comes from the hands of many, as does a deck of cards or a stereo.

The connection between one man and another clear across the world could easily be seen if the viewer was inspired to look.

It is because of this close connection to all other humans that we say that having just a few believe the words we are teaching here will bring about a change that will be adopted and accepted by all. So allow the message to rest in the unfolding of your soul and allow it to shine out into the hearts of others and all will be understood in a short time.

(Session 3)

## **Lesson 1**

Look upon all men and their creation without judgment or doctrine. See before you a powerful creator who is creating his life exactly as he has chosen to do so - rich and poor alike. All men are choosing and all men have exactly what they have chosen to call forth.

## **Lesson 2**

Look upon the field of all possibilities and see before you a vision of your own life that is worthy to pursue. If you do not see one then you will not find one. Look until you see before you in your mind's eye a vision that inspires, enthralls and excites you to the point of needing to jump from your chair and spring into action. This kind of inspiration creates movement and momentum.

### **Lesson 3**

Allow only thoughts of inspiration to dwell in your conscious mind. This is easier than it has been made out to be. See what you wish to have. If a thought to the contrary enters your mind, say to your own heart. "I no longer allow that thought to come to mind." Keep doing this until they are cleared. Do not judge them, just allow your thoughts to be, and if one feels contrary, or painful and disempowering, tell your own heart to please dismiss this information, as it was taught to you by someone who believes in a manner other than what you now know and hold to be true.

### **Lesson 4**

Make a time each day to dwell inside the vision that you are now choosing as your life's path.

Make a time to enjoy the creating of a new way of life for yourself, and for others.

While you spend time in this period of focused choosing, raise up your energy by the use of things that stimulate happiness, joy and love.

Bring into your space objects that evoke from you a smile, a movement such as a song your body loves to dance to, a fragrance of favorite flowers or sit and eat your favorite foods while you dwell upon the creative vision of your future.

These objects, sounds, fragrances and flavors will help to elevate the amount of energy that is brought into the creation and hasten its arrival in the realm of your own life.

### **Lesson 5**

Make a commitment to your own soul to listen to its desires at a designated time each day.

Make a commitment that binds you to the pursuit of this vision, that you obligate yourself to fulfill daily, everyday, from now till the end of your life.

Commit yourself to striving to expand the vision that inspires and ignites your soul.

## Lesson 6

By now you should have an idea of the items and lifestyle that would appeal to your soul. You should have an idea of what your soul has been calling you to do. If in fact you do not have this vision this lesson is one that will help you to find it. Look around your room, your house, and even look at the TV shows you choose to watch and notice that there is a common denominator flowing through the objects and entertainment where you put your focus each day.

Notice that the objects that you have chosen to surround yourself with have, in fact, an appeal to you, as if they are asking you to do something with them.

If you listen to music of a romantic nature, music that evokes from you the feelings of love and togetherness, then you would be wise to look into your souls longing. You will find it rewarding to help yourself, and others to find love and togetherness.

If you read books on government or history, you may notice that your soul has a calling to make changes in government or to correct historical accounts that have been miscounted or misjudged.

Each choice you make throughout the day has a feeling of goodness or of dread. When you are allowing yourself to continue in a service that fills you with dread, you are, in fact, making effort in a direction that has no interest to your soul.

Search your feelings about your future and make sure a pleasant sensation rises up as you think of the things that you will do tomorrow – or even later today. Make certain that you are the one that is wishing this for yourself.

Put your sights on things that inspire you, that fill you with enthusiasm and a longing for a deeper connection.

A man who desires to travel will find his focus on cultures and events that excites and mystifies him. He has no desire to give his focus on the building of a house or a barn. He finds his thoughts constantly focusing on things foreign and exciting.

A man, who wishes to build his own home, finds his thoughts buried in this process and he will find it hard to leave on business to go to foreign lands as he will be leaving his souls calling. His thoughts will not be enchanted and mystified by exotic culture. He will hold in his heart a longing to return to the project.

These are the kind of clues that are being shown to mankind, as to what their purpose and role is in humanity.

So, in summary, lesson 6 is to explore your surroundings, to see what holds your attention and to release from your belongings those things that no longer inspire you.

(Session 4)

## **Lesson 7**

What you ask for, you do receive.

Make yourself clear on your desired way of life. Then, while you focus on it daily, speak the words out loud: "This is my life. This life, is the life I choose to live. This life is the life I am creating. Using my thoughts, using my words using the very force that was used to create the Earth I stand upon. I ask God to line up the solar systems and assist me to create this divinely chosen life.

It has been said that what you ask for you receive... So ask.

If God is not a word that you like, you may infuse any word which appeals to you. Universal energy, Jesus, Jehovah the list is almost endless.

It is important to ask out loud, using your voice. Ask loudly and assertively for those things that you wish for yourself to come to be. Do it from a state of knowing that it is being done as you say it.

The more confidence you can give your voice the faster you will receive your good.

The spoken word has more power to it than mankind has allowed itself to entertain.

Thoughts, feelings and especially words evoke the mystical power of the Earth. They evoke goodness and bring to pass all things.

# Ancient Truths and Wisdom

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## Heart to Heart

Day 4

October 13th 2013

It is time for us to begin to delve deep inside the secrets of the human mind. Humans find it hard to keep their thoughts attracted to the one necessary frequency mandatory for the manifestation of desired events or objects. We wish to impart upon you the necessity to align your frequency to the exact precise frequency of the desired result. There is a target frequency. (Much like a bull's eye in a dart game.) You are either in it, or you are not in it. If you are not in it, there is no way to achieve the manifestation.

The misconception that hinders most human's ability to align, is they believe the relation of attaining the object, or result, is the frequency needed to align with it. But this frequency is only the frequency of achieving it. Not the frequency of the target itself.

If you choose to manifest a target, then align to the target. Not to the feeling of gaining it.

Here are the steps required to achieve your target desire:

Choose a target. (For this exercise we will use a dollar amount)

Ask out loud for the assistance of aligning with the dollar amount you wish to manifest. We use the term dollar amount because that is what we see the most requests are about. Humans see a car they choose and they translate their focus to that of the price that is being asked for the car. They think, "I need \$35,000 to buy that car." (It is easier to align with the frequency of the car.) For this exercise we will show you how to use the dollar amount. So choose the target and ask

out loud, "I ask to have my frequency aligned with the frequency of \$35,000 dollars. I ask to have my frequency aligned with the same frequency of \$35,000 dollars".

Sit in a quiet place, breath in the fragrance of a loved scent, feel the subtle shifts as you relax into the state of being that \$35,000 dollars.

Repeat the words out loud over and over. " I align my frequency to that of the frequency of \$35,000 dollars."

Sit and let your mind calm and still, if thoughts to the contrary come to mind ask your very heart "Please remove these thoughts from my system as they no longer serve me. I align my thoughts to the frequency of \$35,000 dollars."

Allow your mind to still again.

Each time you notice that you are thinking of something other than being in alignment with your target ask our heart to please remove these thoughts and align my frequency to same frequency of \$35,000 dollars.

Eventually you will feel a calmness and lightness.

Some feel a serene sense of the room around them having the lights turn off and restful darkness help to quiet the mind. If the mind does not quiet you may imagine pulling a black velvet cloak over yourself to block out the external influences and help to quiet the subconscious doubts and fears.

One by one ask your heart to remove the contrary thoughts. It will not take long before they give up and you find this stillness and this alignment to your intended target.

"I ask to align my frequency to the precise frequency of my intended target."

If you will make an area in which you choose to do this work each day. The stimulus of that area will begin to assist in the goal of quieting your mind and tuning your frequency to that of your intended target. The Earth itself will extend its energy to you, very much like a channel that is dug out by running water a channel will begin to flow the Earth's energy to you to assist in this aligning of frequency.

Every living thing has a consciousness. But more than you can ever know while in this space the objects and airwaves that surround you also have a consciousness and a frequency. If you ask the assistance of everything around you, you will begin to traverse this realm of Earth with an ease and a grace no one has even considered has been possible.

Now let us look closer at what alignment really means.

As a result of vibration, the ocean's tides, rock to their own frequency. And yet, when they interact with the frequency of wind, they are elevated from their natural state to a more turbulent frequency. These frequencies interact. The water is not the only element whose frequency is disrupted. The wind is weighed down by the slower frequency of the turbulent ocean. The ocean seemingly leaps from its depths, to lift its spray into to the wind. So do not think that your frequency is the only frequency that is altered when you align with frequency of another.

That frequency rises to match your speed and both parties begin to intermingle within each others realm of space.

The wind plunges into the depths of the ocean carrying oxygen and carbon dioxide from its own realm. This can be seen as the foam that plays on the water. The bubbles that are carried down into the depths to rise back to their own realm and also the water vapor that can be seen blowing or tasted on your lips. The two realms interact adjusting their frequency attracting what is needed for a symbiotic bonding of energy.

Just like this, particles of your very being are attracted into the target and particles of the target penetrate and activate receptors inside the human brain.

Mind over matter requires more giving than it does receiving. Giving of yourself to the target. Just like a dart penetrates the bull's-eye, your own energy must penetrate into the depths of the target.

This energy merging into the target is necessary to create the channel for which the target will recognize its path of least resistance into your realm.

We stated before that aligning with the car is the easier route as the car has a consciousness. You can make friends with the car and speak to it in reverence and respect.

Your bonding with the automobile will hasten it's ascension into your space, love and gratitude are both accelerators of particles and will further advance the union of time and space to place both of you together in your realm. Aligning with a number as in the example of \$35,000 dollars is a much more difficult frequency to



match as each piece of that number needs to be aligned making it a more difficult manifestation. It is still very probable that this number will come to you. We know that dollar amounts are meant to cover many things. House payments, electric payments and outstanding moneys owed do not give much placement for thought on the attainment of a target and so money amounts are chosen. "If I had \$35,000 dollars all of my problems would be taken care of."

We chose \$35,000 dollars as it is a number that if given the attention that we are asking you to give, would be a number that would handle most of the difficulties that are in the lives of those who read these words and follow along.

And yet there are better targets to be taken, ones that would align with joyous attraction at a hastened pairing of frequencies.

Let us say... There are people calling for outstanding money owed.

To align your frequency, see the solution to paying these bills. The solution is usually in the form of a client, the sale of something currently in your possession. Or a service provided. Then the target that would be the most efficient to solve the current issue would be to align with clients for your goods or services. If a position of employment is desired, then align with the employer of a status or position that you wish to fulfill.

Do not create turmoil around not knowing who or where you wish to be hired. Just ask... "There is a perfect position for me, one that brings me great happiness and financial security and confidence. I ask to align with this position. I ask to align my frequency to the frequency that matches the vision my heart holds for my highest and best.

I ask to align my frequency to the precise frequency of the position that will heal my debts and create joy and tranquility in my heart center.

Thank you for this assistance.

Repeat these words continuously, while removing all thoughts to the contrary. Ask the Earth itself to send a message to this employer. Show to this person a symbol that represents your desire to merge together with their establishment. Ask God to plant a seed of desire into the heart of this person to hire you.

Ask this person, whoever they might be to open themselves to receive the love and assistance that you will bring to them when they choose to merge with your heart and mind.

From this you can see that the choice is being made from your heart, and your guides and your energy are seeking this employer and one heart is seeking one heart and from this many solutions to your perceived issues are being taken care of with a simplistic aligning of energy between only two. Instead of 35,000.

Two human hearts have much more attractive power than that of the much slower frequency of inanimate objects. There is much less learned negativity toward obtaining a position than there is in the thoughts surrounding financial gain.

(Session 3)

From here we begin to explain the attraction processing of particles of atoms and molecular alignment of energetic streams.

The use of transmitters and receptors are the very mechanics behind the technology of television and radio broadcasting. These signals breakdown information into digital and analog particles transmit them through atmospheric waves and the receptors gather the information and recreate the image or the original sound wave.

This is almost unquestioned by your society. It is a known fact that it is possible and the miracle of the ability to do it goes without much attention.

If you have a radio in your hands you may turn the dial and have your choice of many stations of which to choose to observe. The same is true of satellite television. This tiny unit has no wires attached yet it has the ability to pull from the air, a crystal clear image with movement and sound, chosen from an almost endless amount of choices as to which bit of information you choose to amuse yourself. And yet when asked if you believe your thoughts and emotions attract to you events that match what you are broadcasting out, there is only a small percentage of the human population that will admit that there is a possibility that it is happening.

Every man knows, that every dog knows, the intent of the person who approaches him. A dog reads the signal emitting from the people around him. Humans also know not to trust a person that their dog does not trust. These signals are a natural and understood part of the dynamic between man and dog.

We ask you to consider why you're willing to believe you can choose with the click of a button what Wi-Fi entertainment you will watch, and yet discount that

your aggression has the ability to call to it the same frequency that it is in alignment with.

Desperation calls desperation, which creates desperate situations to create more desperation.

Laughter is contagious, and although the people around you do not know the reason that you are laughing, they feel the frequency of laughter, and laugh because they see you laughing. Frequencies line up and adjust themselves.

Higher frequencies, like laughter and happiness, have more magnetism and have a stronger ability to raise the vibrational frequency of sorrow, and desperation.

Desperation and depression have a downward flowing, energy which has its own momentum and perpetuation of events that recreate the scenarios. These two frequencies although similar in many ways are still very different. Depression has only a downward flow of energy that pulls the thoughts of the depressed farther and farther down into suffering.

Now let's look at a desperate person. This person is searching for a solution to their desperate situation. This is a positive action but buried in the negativity of desperation. Therefore, the energy is moving in both a rising and falling of particles.

Let us give you a visual to help you envision this concept.

A desperate person would look to us like a hamster on a wheel running and running searching for a solution while the energy is the wheel rising and falling in close proximity to the hamster. Its rise of creative energy sucked back to itself quickly and impotently. It's a very tight circle of energy. The depressed person is one that sits beside the wheel not feeling the ability to even move the wheel.

Take now a joyous person who is using their power to create in their life. This person steps happily onto the Ferris wheel and watches in awe as their thoughts lift them from their circumstances and enjoy the rising and falling of the wheel as they feel certain that the energy is traversing where it must in order to create their visions. There is no fear as the energy falls magnetized to their desires! They are busying their thoughts with the target and allowing the ebb and flow of energy to attract at its speed, the things of which they desire.

When you focus on your target, always enjoy the results no matter what the outcome. If you do not see the results of your endeavor to manifest, check in with your visions to make sure that you are precisely at the frequency of your target. “I ask that my frequency match precisely the frequency of my intended target.” State the target and describe it to yourself with as much detail as you can bring about.

(Session 4)

It is unnecessary to grasp the mechanics of why the frequency alignment will attract it to you. It is unnecessary to know how a light switch operates or a toilet flushes and yet, every two year old can handle the operation completely without understanding the why or how. Most don't even think to question it.

It is our desire that you will take the information that we are giving to you and begin lighting the switch to your target without the weight of the knowledge of the functions that make it operate.

Yet we hear in the minds of some of those reading this, thoughts that it will not work. “What if I waste my time trying to do this and it is all a hoax?” And so we explain still further into the mind of humanity.

The human brain has the ability to decipher all of the radio frequencies that surround you at any given time. It also has the ability to remove all unnecessary information. It is the removal of unimportant energy fields, which is the brains most important ability.

Can you imagine what it would be like to stand in a department store, with every television and stereo playing a separate channel? Imagine all the sounds and images coming at you at once. You would wish to remain in that environment for any length of time? Hands would cover ears and eyes as you race to remove your being from the bombardment of information on your senses.

This deletion ability allows you to focus solely on circumstances and events to which you feel an attraction.

Yes, others bring to you things that you are not attracted to, and yet if you paid no attention to them, they would soon leave your thoughts without much disruption.

It is the secret of the Masters, to notice what is happening, and flood their attention on what they wish to see happen. Masters see the events unfolding

around themselves and their loved ones, and redirect the frequency alignment to one of a desired outcome.

Masters feel and see the problems that those around them are mired in, and the Master makes an image in his mind of a possible solution, one that will heal the disruption in their realm. Then with unrelenting force they mold the vision and merge their frequency with the frequency of the very solution they see. They not only lift their frequency, they also speak of it with such clarity that others are pulled from their quagmire of despair and lifted until they too are assisting in the creation of the newest highest vision.

It is this ability to align the frequency to match your target, that we wish to impress upon your mind. Not only can you do this, you are constantly doing it.

Step boldly into your power and accept for yourself a future that is filled with the creation of your choosing. It is available to you at a speed that you cannot yet imagine, all you need to do is adjust your frequency and align with the target.

There is no need to take from another something you wish to have for yourself.

The universal knowledge of particle acceleration, and frequency alignment, will place you in the middle of a life filled with your creation, and a sense of accomplishment that will leave you wishing only to help those around you to learn to create at this level of mastery.

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## Time and Space

Day 5

October 14th 2013

Today we begin to explore the realms of time and space.

There is relativity to time and space that your scientists are just now beginning to grasp the concept of.

Everything you know about time and space to this moment is about to become obsolete. It will be used solely as a place keeper of the here and now and a dot on the radar of those who can comprehend the reality of it all.

Your lifespan on Earth although averaging upwards of 80 years, when viewed from the perspective of the soul, feels like the mere blink of an eye, or almost like the viewing of a past memory.

If we asked you what you ate for breakfast 6 days ago, it was so insignificant that most people would not be able to recall precisely what it was. If we go farther back like 20 days, it is even less likely you would remember. Now let us ask you what you had for breakfast on your 6<sup>th</sup> birthday, and not one of you could recall.

We are not saying that your life is unimportant, because it is. It is just that time has a way of collapsing that makes the retrieval of unimportant information virtually impossible to the untrained mind.

And yet if you were to put yourself in the correct altered state of awareness, you could journey back and recall the meal, complete with sounds and tastes along with seeing the faces of your family and feeling the love flow between you. It can feel as though you were living it in that moment. It is this correct altered state of awareness that is needed to align your frequency with your target. This state of heightened awareness is what is needed to gain access to the transportation corridors of information and matter.

The ability to use a transportation corridor is brought about by the ability to align your frequency with where on Earth you wish to go.

Very much like going on line and purchasing your airline ticket without the assistance of another. You will be capable of setting your sites on your destination and aligning your frequency with that destination.

There are Masters who are guarding the entrances to these corridors as we wish for only those with the ability to direct their energy to use them. You might be able to purchase an airline ticket online, but without the correct identification or if your intentions are perceived as harmful to others, there are people around the plane that will not allow you access. This is the same with the transportation corridors.

These corridors are not a new thing. There is nothing to fear about them.

They have been in place on the surface of the Earth for as long as there has been a surface to the Earth.

The secret to using them correctly disappeared at the opening of the Egyptian Pyramids, as all members of the society that used them evacuated the Earth.

After the evacuation, life on Earth began again. This time without the leadership of the Masters who had the information. Only those who have had the ability to traverse to other realms such as Jesus, Moses, two of the Dali Lama's along with other great leaders of your realm, ever fully learned the use of these Corridors and so all other access has been denied.

Now the time has come again when the inhabitants of the Earth are once again in jeopardy. There is a heating to the Earth's surface that may once again shift the energy of the waters and bring about a catastrophic change to waters of the

Earth. These events are a natural cycle of life to this planet. Your scientists and Historians have spoken of these changes.

The Earth has already begun the process of restarting its life cycle. It can be likened to the annual cycling of the seasons that refresh and renew the energy of all seasonal trees, plants and hibernating animals. Just as you see in a

smaller window of time, colder days to warmer days then returning to colder days during the winter months. The Earth itself has smaller seasons that you recognize as years and much larger seasons that you have named ice ages. It is a rejuvenation to the Earth to undergo this process.

Your fears of global warming although misdirected as to their cause are correct. The Earth is lining up its energy to once again reverse the polarity of the oceanic rivers causing a cooling effect which will once again bring the onslaught of another ice age.

There is nothing to fear at this time as this is decades into the future and changes will be made to correct the condition before any damage is really done. It will be corrected by human prayer!

The act of prayer has more power than humans have ever dared consider. We are teaching in these pages the correct manner of prayer. It is through the aligning of your frequency to the desired target that once again humans can and will establish their dominion over the Earth. It is also the Earth's pleasure to respond.

Bring with you childlike curiosity as we begin these lessons, test them and see for yourself the validity to the words we speak. Bring with you the curiosity of a scientist who is trying to prove or disprove a hypothesis, as it is this mindset that will bring about the quickest of manifestations and changes to your conditions of health.

Bring also the playful ease of entertainment as these simple steps and prayers when viewed as fun and enjoyable will become habitual and cherished moments in your daily routine.

Remember that anything that is viewed as obligatory soon becomes dreaded. If you feel at all like not participating then we ask you now to stop reading as this is clearly not something you are enthusiastic about joining in on.

Think of children at summer camp. Many want to fish, many want to hike and many cannot wait to leave this land of poison oak and mosquitoes. There is nothing wrong with not wanting to join in.



There is just something else that you would rather be doing and we bless you on your way to a more enjoyable entertainment.

Those who wish to partake in this adventure we welcome you and your enthusiasm!

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## Time Flies

Day 6  
October 15<sup>th</sup> 2013

Yesterday we began to explain about time and space.

The theory of relativity also is a clue as to how time can lengthen or hasten its retreat. It is an observation that “Time flies when you’re having fun.” This truth has more power than is spoken here. Time is not all that flies. The molecules around your body, even the blood that flows through you speeds up as you engage in a delightful expression of self.

Laughter, happiness, joy, movement, and dancing all speed up the effect of time and space.

Depression we already noted had a downward movement of energy, therefore it slows down the heart, it slows down the molecules and so T-I-M-E D-R-A-G-S. It feels almost like time and space will never end. You will find the victims of depression saying things like. “Will this ever end? It feels like I’ve been sick forever, etc.”

The cure for depression is exercise. MOVE! Get up and get the blood pumping. Get up and take some kind of action. DO SOMETHING! ANYTHING! Eat ice cream if it will make you feel better.

The next step is to remove the depressing thoughts. Again ask your very heart to remove these thoughts that are not serving you.

***Here then lies one of the secrets to manifestation... Action!***

Taking action is a necessary part of manifestation. It is in fact the key ingredient to the alchemy.

Take action. If you know what needs to be done, then do it. But if you do not know what needs to be done then do SOMETHING. Asking without giving action is like putting the ingredients in the bowl to bake a cake and never stirring them. You may end up with something but it is not going to look at all like what you are setting your sights on to obtain.

WE are not saying run out and quit your job, or go to work for someone that is not right for you... What we are saying is stir the molecules!!! Speed them up. Go for a jog, go for a swim, dance, laugh, move, talk excitedly to others about what you are concocting. Get the Juice flowing. Getting excited about a target (or even something else for that matter) speeds up the molecules in your own system of energy and strengthens and magnifies the connection, thus speeding up the arrival of your target.

So the recipe again for attaining a target looks like this.

1. Know what you want to target.
2. Ask out loud for what you want.
3. Ask out loud. "I ask for assistance. I ask to align my frequency to the precise frequency of\_\_\_\_\_." (The target.)
4. Hold that alignment sending love and enthusiasm to you target.
5. Hold it as long as it feels good to do so.
6. Excite the energy of your being through movement. Also sound, scent, taste etc. (Do something enjoyable.)
7. Give a prayer of gratitude to your God and Guides, Angels, and loved ones. Whom ever you might feel is helping assist in this mater. Give the Earth some gratitude too.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## The Interim Realm

Day 7  
October 25th 2013

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, 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 alternate dimensions.

We mentioned in the first days communication, that there is a space that lies between, what you know as 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 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.

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## Understanding, Love and Acceptance

Day 8

October 26th 2013

Today 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 eras of your life time, from teenage adolescence to parenthood. The floors you can pear 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... It is expanding both forward and backward. As you move forward, you are 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.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Misdirection

Day 9

November 3 2013

Let us begin on today's project.

Pick a target, something you would really enjoy if it were a reality in your everyday life.

As you focus on your target, you will find that there is a feeling inside of 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 nine 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." Or "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 nine 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 direction of focus!!!

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Target Practice

Day 10

November 17th 2013

We come now to the possibility of using time as a vehicle rather than a place keeper.

Imagine you see a blip on radar indicating where you are now. See the bull's-eye of a radar screen and see yourself as moving left to right as if you were an aircraft being seen by a control tower.

There is a slow and steady movement of the blip as you traverse the space between yourself and your destination. Imagine that your destination is on the right side of the screen. If you could fold the screen in half, the distance between you would fall away while the blip that is you and the blip that is your destination could touch.

We are seeing that paper is the correct model to use. See yourself on the left side of a piece of paper and see your destination on the right. Fold the paper directly in half positioning the dots to line up and you will notice how the distance, is what fell away, as the time and space collapsed to create alignment.

When you correctly use alignment with your target the results are instantaneous for your creations. This folding of time is really a metaphor as to how your mind can wrap around a seemingly outrageous possibility. This ability to align with the target causes the field of time and space to arrange itself in the manner of which you are commanding it to.

(Session 2)

Let us go back and revisit the idea of aligning with the target.

Knowing what you want as a target appears to be half of the problem. There is much fear wrapped up in the idea that you could choose the wrong target and in the end feel like you are stuck with an object, position or relationship

that is somehow being viewed as something that you cannot get out of and wish you never asked for.

We say to you that there is nothing done that cannot be undone and nothing undone that cannot be redone.

These words are resisted as you have always looked at time as linear. Time is something that must be traversed through never to be revisited, so you feel like there are things you cannot undo, like a murder. But we know that there are things that can be done to change the outcomes of all circumstances as long as all minds involved share the vision of recreating. So far your society has never taught the use of recreation using single mindedness of purpose.

If a major event takes place and the information is broadcast wide across the world using communication devices the effects are probably now irreversible because you can never collect all minds to see it as undone. But when a man falls dead from a heart attack and all humans in the room believe he can be brought back amongst the living, then the victim of the heart attack will now live. But if there is a person amongst the occupants of the room that focuses their thoughts on the fact that he is dead. HE IS DEAD, and your best surgeon will not be able to save him. The human mind is this powerful! ONE human mind is THAT POWERFUL.

There may be a person whose voice is screaming... "He is dead, he is dead!" but if in their heart, they are hoping that the attempts to save him will be successful then the other minds (that believe they can save him) will overwrite the thoughts that he has died.

So far it is beyond human thought to consider that a man who died in the past and is decaying is able to be saved. Someday you will know otherwise. Science says the brain has died and so therefore there is nothing left to save, and yet you will one day look at this and realize that the ability to rejuvenate a cell is instantaneous and therefore all is not lost.

Death however is permanent when the soul of the deceased wishes it to be so.

(Session 3)

When it comes to picking a target, make sure that it is a target that makes you feel deliriously happy when you think about it. If there is any part of you that

resists the target, then that is not really a target, and therefore it is a waste of your time.

When you have an idea that makes your body ring with excitement and your thoughts have trouble focusing on other things, then you know you are focusing on a target worth aligning with. You will find it easy to focus your attention on it and see yourself aligned with this target, because you already had trouble pulling your thoughts away from the target. It is this excitement and interest that helps you to align to your target. - In fact it is alignment.

Some people may think that they would like to choose a target to allow them to pay the bills on their house because they are afraid of losing the house. We say if you are afraid of losing the house then there is a reason that the energy is already moving you out of the house.

Examine the idea of paying money to keep the house and ask yourself, “Is there anything about this house that I really don’t like that might have caused the circumstances of not being able to pay for it?” For instance: The payments are too high, not enough rooms, it needs another bathroom. Etc.)

If there is... Either start to change the way you feel about it and focus on its positive aspects or look and see if there is another house that fills your needs better.

Once you find the house that meets your needs better, make sure it excites you. When you begin to align yourself with thoughts filled with excitement and enthusiasm, providence will move heaven and earth so that a way will open up to sell your house, or simply move you out of your old house and into the new one.

It will be done easier than you ever thought possible.

(Session 4)

Let us also interject that a target that is expanding to the well-being of others is also a worthy target and one that will have magnetic powers of its own.

If you were to try to raise funds so that you could go on vacation simply by getting your friends to hand over money to assist you. It would take some convincing as to why they should assist.

They know you are completely capable of earning your own way and so no one feels compelled to simply hand you their hard earned money.

Yet if you were to show them a photo of little “Jacky So and So” who is in a wheel chair and his parents are having a hard time. Friends and strangers alike will open their pockets to lend a helping hand, just as a sick dolphin will assist his friend to the surface to help.

Being helpful is a target that almost moves itself. So if you are choosing a house, choose a house that helps your spouse in some way, or helps you help the world in some small way. (Maybe it has a basement laboratory that lets you search for the cure for cancer in your spare time, or just a room with the perfect lighting that helps you to create energy altering paintings that benefit those that buy your art work. Or it simply has a warm cozy feeling that will comfort your children or your grand babies.)

See the house as it could benefit another and your own heart will volunteer to join in, on attracting the energy to obtain the house. Also the hearts of those who see the benefit will also volunteer, and the energy begins to align with very little effort.

(Session 5)

For this example we will use the obtainment of a new opportunity to provide income for yourself and your family. This new opportunity will increase the well-being of your family. It will increase the flow of opulence through your family unit. This new opportunity will provide shelter, comfort, security, recreation and financial well being all at the same time.

To choose this opportunity you might want to start with what you know about yourself thus far. What do you enjoy doing when you are not at work? What do you enjoy watching on television or at the movies? What kinds of books do you like to read?

These are all clues as to what would fulfill your heart and would allow you to choose a target. For instance, if you like to go on nature hikes and walks in the park, then you might not enjoy that desk job that’s being offered. It only looks good for the sole purpose of having money to enjoy during your time off.

But if you find that you like to shop and spend time in department stores, then looking for a position working in a shopping mall might appeal more. It may pay less than the desk job but it will fill your spirit and you will feel more successful.



We are not saying to pick up the classified section of the newspaper to find the job. We are saying, align yourself to the job.

See yourself in your favorite store, surrounded by your favorite things, assisting people with friendly smiles who appreciate your service. Feel yourself enjoying your time just being in the store. Seeing things you love and enjoy having around you.

Imagine having co-workers, who like the same things you like, and are easy to talk to. See yourself interacting with a fun sense of camaraderie. Make it clear in your mind what a day working at your favorite store would look like.

Once the image is clear ask your very heart to align with this vision. Ask your heart to open and attract these people, this opening, this opportunity. Align your vibration to the vision of your creation.

Ask your very heart to create this vision into your reality.  
So let's make this personal.

Start now to begin picturing a day at the grandest job you can imagine.

What would you do if you knew you could do anything?  
Who would you see there?  
What would you be doing?  
Where are you?  
What items do you see?  
What colors do you see around you?  
Look into the details.  
Imagine your perfect day, at your perfect job,  
Working with the best people available to you.

Allow yourself to step into the image of who you are in that position. Once you feel it fully, ask your heart to open and align with that.

Say out loud or to yourself with conviction!

*I ask my very heart to open and align with my perfect job. I ask my very heart to align with the job of my dreams and magnetize myself and it.*

*This opportunity and I are one. This opportunity and I are combined and pulsing with connection. This opportunity and I are creating this alignment together and providence and I are moving heaven and earth to line things up! I am a mighty*

*creator, I am aligned with the power of the universe, I am aligned with the vibration of all that is around me. All that I envision for my future I create as an opportunity to give service to the world.*

Close your eyes and allow the energy to flow and when it's done, take a deep breath, sigh and give thanks. Ahhhmen!!!!

(Session 6)

As you can see, that is a short, concise paragraph, that if employed by the frequency of your voice, your heart and your mind, will make changes in your world that are astounding.

The heart is a key component to the mechanism and so therefore it is imperative that you work with the heart and keep the heart free of anger and resentment.

Using Christianity as an example, look at the line in the Lord's Prayer. "Forgive us our trespasses as we forgive those who trespass against us." This line asks God to overlook our wrong doings and explains that we too must overlook the wrong doings of others and even ourselves.

Understand that everyone makes mistakes and know that your life is better if you release your judgments against those that have harmed you. Try to see and understand why they did the things they've done. Accept that it has happened and restore love between you. This is the way to open your heart so you can once again use it to assist you in creating.

(Session 7)

There is more here than meets the eye. This you have heard and this most of you have come to accept as truth. But really there is nothing more here than meets the heart. The heart is the seat of understanding. If you do not feel the understanding you can see the reasons all day, why something happened but you will not forgive. It will make sense to your brain but your heart needs to feel it in order to understand.

Remember a time someone hurt your feelings with their actions. Your mind could tell you twenty reasons why they might have done it, but you were still hurt.

That is because understanding is not a concept, it's a feeling. The whole body works together to process information.

You can look at a stove and see the flames under a pot of water, and because you've experienced this before, you will know that it is hot. But a child can look at a pot on the stove and see the water boiling, and until they touch it, they do not know what hot means. They need to experience it for themselves. Once they touch something hot, then they have full understanding. After they've touched it, you can simply say the word hot, and they won't try touching anything called hot again.

This is the level of understanding that you need, in order to open your heart. Someone might take something from you and you will label them a thief. You probably will never trust them completely again, and we are not saying that you should.

Go ahead and label them a thief, so that they are not left with the opportunity to do it again. But accept that they are a thief, accept that they took it, and understand that they had a need that they had to fulfill.

Something made them take what they took. Maybe they were just attracted to it and wanted it for themselves. Maybe they needed it to sell and make money to feed a family. Whatever the reason... They had one.

And you as the victim had a reason to be a victim. You needed to have them steal something from you so that you could have the experience of it.

Perhaps you needed the experience, to understand that you need to make your belongings safer in the future. Whatever the reason... It happened, and you do not want your own bitterness about it, robbing you of the ability improve your life.

Understand by thinking "I caused this. Somehow, somehow, I too am to blame." (Take at least one percent of the blame.) "I caused it by leaving it out, or by trusting the wrong person." Etc.

Life is a two way street, if you experienced it, you brought it to you for a reason.

Look closely at the perceived wrong doings of others until you understand that you needed to learn something from it and you did. Accept that it happened for a reason you probably do not see, and give love to them for doing their part.

Understanding, acceptance and love are the key ingredients to the recipe that cures everything.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Take Action – Any Action!

Day 11

November 18 2013

There is a beginning and end to all things, stars, planets, galaxies, and even to the universe. But just as there is a beginning and end to all things, there is also an expansion, ever pushing, ever growing, ever receding, and collapsing, only to explode and let life begin again. Such are the ways of stars. They are born, expanding, dying, shrinking, imploding, and exploding.

Movement is what we are trying to show you. - Movement. All things have movement. Take a blade of grass, first it is a seed, then it grows a root, and then a shoot of green leaf explodes into the sunlight. Then it grows, expands itself with seeds and dies off, and the seeds that were once a part of itself, now explode, throw out roots and shoots and push into daylight to start the process over and over and over again.

There is no fear of death or dying to a star, or a seed, or a plant, or a planet. There just is what is and nothing more. There is nothing to be done about it and nothing to fear from what is happening at the moment. It is all expansion and movement and life.

Let us now look into the thoughts of humans. There is birth, there is wonderment, there is nurturing. There is from an early age of life, a dependency upon others, to provide for your needs. Unlike the seed, baby humans are not given by nature, all that is needed to survive. Baby humans learn to depend on their parents for the sustainment of health and nourishment.

Baby animals are also taught to depend on their mothers and fathers for nutrient and guidance. These babies are much more rapidly introduced to being self sufficient in the supply of food and water. Although they at times

are taught to depend on the herd or the pack for protection and guidance, at an early age, the ability to forage for food and water lies solely on the animal itself.

Humans on the other hand, feed and water and shelter their offspring, sometimes for the full duration of the child's life. Something is missing in the human connection that takes a child and encourages the child's dependency on its parents.

When this is happening it is best for both the child and the parents to spent time alone, away from each other to force the child to become self sufficient. It is best to force the child to make a stand for him or herself and find their path in life.

Humans have a need to keep the child feeling youthful and childlike, yet if they looked more closely, they would realize, they had a full sized adult woman or man living in their spare room.

When a parent realizes this is the case, then it is best to choose a target that creates an image of a fully functioning, self-sufficient adult human. See their child driving their own new car. Going to the job they love, and feel them hugging you, in the door way of their new house.

Feel the pride and the accomplishment that beams forth from them and permeates into your heart. Ask the child in this vision, what his new job that he loves so much, entails. Let the child in the vision create the job. Ask the child what they love most about their new house and let the vision create its own house. Creating from this level will allow the child to create its own life, rather than the parent forcing the child to do to do the parents desired work.

Hold no attachment to the child creating this exact view. As what you hear and what is in their heart is always changing and evolving and expanding and collapsing just as the rest of the universe.

Let this creation go out into the world by evoking again the assistance of your voice, your heart, your mind and God's energy.

Speak aloud and with conviction.

*I ask my very heart to assist me in creating this vision of the future for my child. I ask my child's very heart to assist them in the creation of the vision that my child holds for him or herself. I see him as a mighty creator capable of creating any life that they choose. I myself am a mighty creator and I ask my very heart to open and align with this vision I have for my child's vision of themselves. I align with the thoughts and power of the divine creator and trusting that this power expands and implodes, bringing with it the creation of my vision.*

(Session 2)

Look only to where you wish the energy to go.

Allow the universe to expand, explode, implode and re-grow for you at your will and allow it to create your visions. This can only be done with faith.

Have faith that everything is as you have asked it to be. One thought to the negative is two hundred steps in the wrong direction, so make sure that you keep your thoughts and your feelings focused on the attainment of your vision.

This is easier done than said. Yes you heard me right. It is easier done than said.

Create the vision that you want. Speak the prayer of its existence, align with the target and now go do something you enjoy doing. Get out of the way. Go do something that will get your mind off of the prayer you spoke.

Go play tennis. Go for a hike. Walk on the beach. Sit on the patio and count bears in the clouds. It doesn't matter as long as you are doing something that holds your focus entirely away from the prayer that you just spoke.

Activity equals activation so the more active you are with your next activity the better it is for your creation. The faster the heart pumps the faster the blood flows, the faster the molecules speed up around you. So before you start to make a target and speak a prayer for its attainment, it is best to have an activity in mind to go and do, which will get your heart pumping.

Activity is best, but if you are of a mind to relax on the couch and watch a movie, then watch an adventure type movie that gets you on the edge of your seat and makes you forget about your target. This will keep you from negating the energy by misdirecting it with old programmed negative thoughts.

(Session 3)

Keeping with the theme of today's lessons we will begin to look into the misdirection of thoughts and how they create in reverse.

You might have a thought that you would like to own a house, and yet at the same time your mind throws up the thought that you don't have the money or the credit or both. Suddenly your target loses all of its sparkle and delight and begins to appear dark and foreboding. You begin to feel like you will never be able to have the house you desire.

With these misdirecting thoughts, you and the house start moving farther and farther apart. Sometimes decades pass and no house was ever purchased. This is because you held on to the misdirecting thought.

Next time you find yourself with a misdirecting thought, ask yourself to examine it closer. Who told you this? Is there any chance that circumstances have changed, or could change, so that you could purchase a new house? Always there is room for change.

If you find that you cannot look past the truth of the words, then it is best to look past the words entirely and tell yourself I can, and will have the house I choose, no matter what. Cancel the misdirecting thoughts as quickly as they come up. Again we stress it is best to completely engage the mind in an activity that takes action and focus so that you don't even allow your mind the opportunity to negate the statement for the vision.

(Session 4)

Finish the statement, or declaration of your future. Give thanks for it. Close the prayer. Say "Amen, or "And so it is. Etc.

Now comes the part that will drop kick the goals through the goalposts. Ask God to show you evidence that your prayers are being heard.

Ask for a specific sign that you will see, one you will notice often, that tells you that you are on the right track, to help you keep your thoughts in the positive.

Pick an average everyday item that can and will be seen periodically throughout the day, every day, all day long. An object you will see many times

in an average day. Pick something like a light switch, a door knob or a fork. Look at this item closely in your mind and link it to your target. If you are targeting a new car then you might link your thoughts to your car keys. If you are targeting a new house then link your thoughts to door knobs.

Ask your very heart to link your thoughts to door knobs as a keystone to pull you right back on track.

Close your eyes see the house, open your eyes see the doorknob. Do it several times with several different door knobs.

Ask also to be shown a series of numbers that will remind you that it you are doing something grand and return your focus to the project at hand.

Pick numbers like 1717 a combination of numbers that are easily identifiable, so that your brain will catch and you will know that the universe is at work pulling your vision together. Seeing these numbers will remind you that you should mind your thoughts and your words, and to speak of your life in an optimistic way.

Now go do an activity that you love to do.

(Session 5)

Use the opportunities of seeing your touchstone and your number sequences to put your thoughts on the positive and hold them there. Let the numbers remind you that there is more to the world than meets the eye, and that everything is going along fine, with what you have set into motion. Allow these thoughts to permeate your being and ask that each time you see these numbers; you feel a stronger connection to them and a stronger incentive to keep your thoughts actively creating your desired vision.

Ask that every time you see or touch a touchstone that you are transported to the vision and are realigned with the vision. Allow yourself to feel the fulfillment of the vision, and ask again that your heart, god, and the vision align, and activate the molecules to attract the vision to you.

See it clearly, feel it clearly and realign. Now ask to have the energy multiplied.



# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Changing the Energy

Day 12

November 19, 2013

Today at long last we reach the point of teaching the lessons of aligning for environmental restoration.

There is much to be done in this world to heal Earth and its inhabitants. Today we would like to suggest that some of what has been done, be undone.

There is a big movement amongst humans to stop genetically altering plants and animals. We would like to suggest that this is important to view and speak of in a friendlier and more uplifting way. Speaking “well-meaning” words of slander against the industries involved, merely gives more energy to the industries, and robs **you of your power**.

It is important that these genetic modifications, regenerate to their normal gene pre-sets, so if this is your target, then the vision you should be holding would be one of a world filled with successful organic farms and organic dairies. This is easy to focus on as it is increasing.

We suggest that you pull your thoughts away from the unwanted and put all of your words and energy in support, of the wanted way of life.

For far too long, the human race has been using its hours of entertainment, to regale stories of desperate situations and unwanted circumstances.

Even sitting around the dinner table, the stories are filled with traffic and mishaps. It is time that the impact of all these catastrophic stories is noticed, so the cycle of problematic events will stop.

Let us look into a world where people sit around the dinner table and share stories that are simply humorous, delightful and uplifting. Use your time on

the computer to spread laughter and uplift your fellow travelers upon the starship Earth. You are all trying to go in the same direction after all.

Showing photos of things you wish to avoid in the future only lines up this idea into your future. Posting words of fear of governmental laws and bills only helps to insure that these bills pass.

In order to face off and turn around an event that is lining up, you must place your focus firmly in the intended target, and inspire people to back you up, by using the happy results as their target to aim for.

Take these statements, and see that the only movement that can come from them is in the direction the desired result. This is the way your thoughts should look.

*I live in a world where plants are grown organically, the way they have been growing for millions of years. I live in a world where baby cows are allowed to suckle from their mothers for the first months of their lives and where we use the excess.*

*I live in a world where the land and the oceans are rejuvenating and reforesting and flourishing.*

*I live in a world where the government listens to the people it serves.*

*I live in a world where the animals are loved and cherished for the duration of their time with us.*

*I live in a world where cars are powered by the sun, the wind, and the tide.*

*I live in a world where food is grown or raised.*

*I live in a world where hands and hearts heal.*

If you find yourself thinking about the things that you do not want, we suggest that you stop what you are doing and say to yourself. “ENOUGH!” At the same time, throw your arms wide and spin around in a clockwise circle.

Spinning in a circle is a way of pulling yourself out of the negative energy that was beginning to swirl around you. This clockwise circle just moved energy in a positive direction. So spinning in a clockwise circle, broke your pattern of thought and changed the advancing creations from negative to at least to neutral if not to positive.

Let us begin today to look deep inside the workings of manifestation. There are many books and leaders that teach the secret of divine manifestation. Many of the principles that we are sharing here with you are found in these teachings. All of them have a place and an ability to create. There is however a missing ingredient in the bulk of these teachings. Most of them leave out changing the energy.

There is nothing to fear but fear itself. These words are negated by the ears of the fear filled heart. Someone in fear believes there is plenty here to fear besides fear. Yet with the ability to look past the fear we would see, if there is real danger then removing yourself from the danger is the right and correct movement.

To hold fear in your heart immobilizes you and prevents you from taking clear and concise lifesaving actions.

A brave man will run into the fire to remove his family from harm. A fearful man will be too afraid to open the door and save himself from the burning building.

Fear is a non-beneficial emotion. Fear is one emotion, which is comprised of several emotions at once; insecurity, nervousness, anxiety and dread. These four emotions team up to paralyze and compromise the heart center, and together they close down the creative forces that could and would clear the undesirable circumstances that brought about the emotions in the first place.

When you are feeling fear, recognize what you are picturing in your mind and then spin in a clockwise circle and think again why you were feeling that way. You will notice that the circumstances that you were focusing on suddenly do not seem quite so threatening.

This movement of energy, clockwise and counter clockwise is primarily a metaphor. Both positive and negative energies move in all directions but when a person dwells in the imaginings of fearful events there is almost always a swirling effect of energy that begins. If you can catch it early on, you can stop the flow of energy before it creates something that you actually wished to avoid.

God only says yes. You say "I want a house." God says "Yes."

You say “I want a fancy new automobile.” And God says “Yes.” Unfortunately for most people the very next thought is something along the lines of - “But I will never be able to afford one.” and God says “Yes.” to that too.

So never being able to afford to buy a house, becomes the thought that runs in the mind. Next you tell yourself why you can’t and the energy starts to spin.

You see the car you want and say, “Someday I will have that car and God says, “Yes.” Then the thought... “But not on my income.” “Not with my credit.” And God says, “Yes you are always right.”

Stopping the barrage of words that cancel creation is now your assignment. Listen to your thoughts as they stream by.

Listen as your thoughts line up with your desires and then listen to the canceling thoughts that your subconscious mind feeds you without your permission.

When you hear a canceling thought spring to mind. Stop yourself from saying it. Shout... “STOP! ENOUGH! I am in control of my life and I am in control of my own thoughts. That’s ENOUGH!” Then spin your body in a clockwise direction to shake yourself out of the control of the negative self-talk.

Give it a try!

You’re going like the results!

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## Thought – An Explosion of Energy

Day 13

Feb 2nd 2013

There is but one force in the universe that creates. It is an invisible untouchable, undetectable force. Humans, plants, animals, etc. know of its existence. Invisible it may be, and yet the tangible-ness of it, keeps the human mind searching for the ability to harness it, and bend it to their liking. Words like God, God force energy, life, life force energy, are all terms that are located around the intelligence that somehow seems to miraculously, out of thin air, create incredible circumstances and coincidences. So many in fact that most humans on Earth believe there must be a God, or something that was able to create such an event.

This creative energy, races toward you and collides with your thoughts. The collision creates an explosion of energy. The momentum generated by the explosion ricochets out into the field, and much like a sonic boom, shakes the earth and sky. This collision of thought and creative force, begins to shake and shift the molecular structure. It begins splitting atoms and cells, duplicating and doubling, dividing down and -at the same time- gaining in size and matter.

As each molecule splits it does not become half of a whole but two separate wholes, much like a human egg can be split in half and identical twins are the result. The molecules divide and multiply at incomprehensible speeds.

These cells that are created by your thoughts are bending and shifting to take on the shape of the manifestation you imagined. They are lining up circumstances and working to bring into your existence, the creation of the idea you recently said yes to.

Let's go back over that.

Have you ever had the thought, “I would really enjoy a hot steaming cup of coffee?” The thought in your mind was vivid. You could imagine seeing it in your hand, rising to your lips; tasting the hot beverage and feeling it warm you to the core. The thought was so pleasurable that it got you to rise out of your chair to go create a cup of coffee.

Now I am sure that there have also been moments where you’ve realized that your cupboard was out of coffee, but that didn’t stop you either. You picked up your car keys and headed to the market, or to a café. Yet there were probably other times when the phone rang and the neighbor said. I’m at the market do you need anything? Or I just made some excellent new coffee would you like to come try some? “

In a moment like that, your answer is usually not. “OH MY GOD! You will never believe the miracle it is that you are calling me right now.” Because you didn’t recognize the action taking place in the unseen forces and so your answer was. “I would LOVE TO. I was just thinking about having a cup, right when you called.

This unseen force is everywhere at once, and in all things and all actions. It is the creative intelligence that also made the heavens, the stars, the earth and the moon. This creative force that most know in some form or another as God, is here with you, in you, around you at all times, all day long, all night long. It is in every breath you take and every nap you take. It is the creative force that starts the germination of a seed and keeps it growing, splitting atoms, expanding and becoming a tree. It is also in the conception of an egg, too small to be seen by the naked eye, when it collides with an even smaller sperm, then dividing, and dividing again, and again, and again until you hold your newborn son in your arms and forget to look at the miracle.

I hear you saying. “We call it the miracle of birth.” But birth is not the miracle. The miracle is the life that was placed into something too small to be seen. Where did that life come from?

This dividing of cells and expanding, turns into a complete individuality that continues to flourish and grow, and grow, and grow until you are standing next to a man. A man who sometimes is even taller than either parent and looks and

acts like no one who was ever lived on the face of the earth before. He is a completely unique individual with his own mind, his own thoughts and his own ideas of how to live and act and be.

You think you have it figured out how this happened, and yet we tell you one thing is for sure. There is no way to know how this happened. You can recreate the conception with an egg and a sperm. But sometimes it will work and other times it will not work.

Just like the farmer plants his fields. Seeds are placed in fertile soil in beautiful sunlight with the right amount of rain and shade. The recipe is exactly right for every single seed he planted, and yet some of them will grow and some of them will not grow and when they will not grow, there is absolutely nothing any human on earth can do about that. It is out of their control. God, life, creative energy is the only thing that can create the effect of expansion.

Expansion is the element. It is the basis of all life. It is the direction of all endeavors. Some may say they are downsizing their business and yet what they really mean is we are reconfiguring so that we can begin growing in another direction.

Expansion is the key that makes all of it work. It is the piece of the puzzle that has eluded many as to how to create the life of their dreams.

For centuries humans have looked at an object they would enjoy having in their surroundings and they have focused their attention on the monetary value of it and how to gather the necessary funds to purchase such an object.

For far too long now humans have been reshaping their natural world using their hands and restructuring objects such as trees, plants, rocks etc. to fashion lumber, glass, metal in order to create things in their physical world.

It is necessary in the beginning to shape an object out of another, in order to find the end result that you might wish to duplicate. But duplication does not mean that you need to take the same initial first step.

Let me ask you this. When you look at nature, does nature cut down trees to build supermarkets? Okay, so you can argue that a beaver sort of does, but the rest do not. Most don't even dig holes in the ground for shelter and yet somehow they are still surviving and thriving and hanging around the planet.

Does nature dominate over one flower to pluck apart its petals to create yet another more beautiful flower? No. It harnesses an intelligence that has the ability to configure in its thoughts, what a hardier variety of plant would be, and it fashions the flower using molecular restructuring. This restructuring is witnessed by your scientists at the level of genetic improvement, also known as evolution.

Bigger, better, hardier varieties of living things can be seen on a near daily basis if you just knew where to look.

Every day new species of insects, plants, animals, rocks and humans are being created. They may look the same to you and yet there are improvements being made. Improvements to resist diseases, drought, cold, pollutions, and other elemental hardships that otherwise would have brought about the demise of the original design.

Adaptation is a key ingredient to the survival of all that is. So this brings us now to the point of all of this explaining.

The time has come to adapt. To focus your thoughts to see things the way they are and not the way they seem to appear.

Let's take again the Coffee example. In your mind you surely thought that your neighbor had gone to the market and purchased this coffee. The same coffee that someone had trucked from the factory where it had been taken by farmers who had harvested the crops they had planted.

Make room in your mind that none of that had to actually happen. Yes it most often does happen this way because of the way humans have configured their belief systems, but it doesn't have to happen this way.



Humans through centuries of trial and error have figured out how to fashion with their hands and their funds, the items they desire. Every century found the handmade items being shaped with more and more elegance and usefulness.

Most humans could not even entertain the thought that maybe your neighbor just thought she would like some coffee and found that there had been a bag placed in the cupboard for her enjoyment. She might have known she was out of coffee beforehand but upon seeing it there in the cupboard took for granted the thought that her husband must have bought coffee. But we wish to impress upon you, that many, many, MANY times... He had not!

The ability to create the seen from the unseen has been shown to you by most of your masters, the most famous of them in the English speaking world, being Jesus with the loaves and the fishes.

Your thoughts and desires are being created into your reality with the assistance of divine intelligence all day long, every day. Most humans believe it cannot happen this way, it is being done out of sight of your belief system. If you were walking parched of thirst and burning up in the desert and your thoughts were on shade and water. The oasis would not appear just as you were to fall accidentally into the pool.

The oasis would appear on the horizon, out of focus, while you gaze upon it with questions of "What is that?" The closer you get to it the clearer it comes into focus. This way you can believe you found it.

Almost no one who has ever stumbled upon an oasis ever doubted that it was a miracle. They believe it is a miracle that they stumbled along in the middle of nowhere and happened upon such a blessing. *But almost none of them believed that the oasis was created out of the creative energy field by their own desires for it.*

But really we wish to impress upon you that the greater miracle would be that they stumbled upon a preexisting place in the middle of no man's land! The improbability of it without divine intervention is staggering. It is much less miraculous that a normal everyday occurrence took place and their thoughts simply created the place for them.

The more you can wrap your mind around this idea, the easier it will become to find more examples of focused attention bringing about manifestations of not only your desires but of your fears as well.

Once you learn that your thoughts quite literally create your circumstances and surroundings, you will become diligent to guard your thoughts and use them like

tools to create and shape your world.

Today while we are together we wish to ask your assistance in bringing about a greater creation for not only man, but for the Earth as a whole. We wish that as you read these words you flood your full attention toward the attainment of this request. We ask this to be done only for the duration that you are hearing or reading the words as they pass. Once you are finished with the blessing just let it drift from your mind. You need do nothing more to assist. The creative intelligence has already picked up your imaginings and has started the process into place. Each person who recites the request will bring about an effect on the creative field and as one by one the effect spreads out, soon it will cover the Earth as a whole and the creation of the request shall be complete.

The request is to read this request, and speak in the power of first person.

*I form in my mind an Earth that is healthy, vibrant and peaceful. I see quite clearly the forests raising its magnificent branches toward the sky. I smell the pungent woodsy scent of forest floor. I listen to the sounds of birds, and the wind as they play through the branches, and it brings a peace to my heart and a calmness to my mind.*

*The sound of the ocean can be heard and I follow it till I reach the forest edge. My chest tightens as I gasp in awe of the view from this cliff that I have found myself on. The mist from the ocean spray is carried to me on the breeze and I can taste the salt on my lips. The water is a vibrant blue that blends with greens of the forest and white of the ocean spray.*

*I can see something splashing as it moves through the waves. It's hard to see from here but it could be a dolphin and the thought brings a smile as I think that it could be so.*

*Sea gulls and pelicans drift across a beautiful blue sky that is dappled with white puffy clouds. Like music their calls blend with the waves - a symphony of nature.*

*In the distance a sail boat appears quiet and still on the water. From here it is hard to detect if it is moving at all. I think of the laughter and friendship that could be happening on that tiny speck on a vast blue ocean and I realize that I am enjoying their pleasure just as the breath I am exhaling may soon fill its very sails.*

*The words "we are all one" somehow, in this moment, seem to make more sense. I breathe your air and you breathe mine, and the peace that I feel in my heart, can be spread to you so that you may share in my serenity, as every breath I take, moves from me, to you, to another, and yet another. We are all here together sharing this beautiful Earth in a very real way.*

*The same sun shines down on all of our faces and we can choose to enjoy the feel of it. Revel in its warmth. The same water that crashes to the rocks below will recede back into ocean and come to rest again on a shore half a world away. My love that I pour forth from my heart to that water is carried with it.*

*I remember my effect upon the Earth as I envision these vibrant, healthy natural settings. I ask my mind to wander and to look upon a meadow filled with wildflowers. As I breathe in their sweet fragrance, I bring that peace and tranquility to my heart and I give it to the creative intelligence, knowing it will fill the sail of a distant ship and carry with it my sigh of contentment, my gratitude and spread peace and love as it sails on its way.*

Many of you have been asking who we are and why we had been silent for so long. We are humans who came and lived on Earth in an ancient civilization, a civilization whose technologies were far more advanced. We came to Earth to assist in a time of need. We were not here very long before the problems on the Earth had become ominous and we were forced to evacuate.

As for our silence, the information corridor that we used back then was damaged and rendered useless due to a shift in the energy and changes to the rotations of galaxies.

We know some of you are asking if we are aliens with green skin and bulging eyes. You might be surprised to find out that we look just like you. We are human after all. If we returned and walked among you, the only noted difference between us would be an obvious need to get out into the sun a little more.

Right now the information corridor is beginning to function although it is very sporadic. So far it has only been available for a couple of days at a time. We are doing our best to make use of this opportunity as there are several people on the Earth who are assisting in bringing this wisdom through.

Some day in the not too far distant future, the transportation corridor will begin to function and our grandchildren may get the opportunity to visit each other once again.

It is no coincidence that we are returning just as the core temperature of the Earth is showing the early signs of heating up. There is nothing to fear. This time we will simply teach the people of the Earth to use the creative intelligence that is available to you to restore balance and harmony to the Earth.

We can now hear Amy Jo thinking “If you could create at this mastery level, why didn't you cool down the Earth's core on your first visit?” The answer is really quite sad. We didn't think of it at the time.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Clearing Your Space

Day 14

February 3<sup>rd</sup> 2014

Today we take a closer look in the direction of healing.

There are many ideas, theories, thoughts, observations and ponderings around the upset in the human energetic systems. The human body is comprised of no less than 10 layers of energy and sometimes many more than that. Each person is an individual and so therefore just as you will find people with blue eyes and people with brown eyes, you will find that people are a mix and match of energy layers unique to each individual.

You will notice if you begin to read on auras and energy systems that each author will slightly disagree with the other authors as to the orders and purposes of each layer. This is because the way they wrote it was true for them.

The first is the physical body that you can touch and feel. The second layer is usually the emotional body. You can sense this layer at about  $\frac{3}{4}$  of an inch from the skin. Have you ever noticed while you were standing next to someone that you could sense their current emotional state or even the undercurrent of anger they are hiding behind a smile? That is because the emotional body is located outside the physical body. - There are actually several layers that deal with emotions.

The third level is the Celestial body, which is the energy field that is sensed at about 3 to 8 inches out. (Depending on the strength of the persons health) These first outer layers of energy are a sensory device. It allows you to feel beyond your arms and skin and react to situations around you. They are also the fields where divine guidance is felt. Guidance also permeates into your being through your energy centers you know of as Chakras.

The 4<sup>th</sup> energy field is located around the 3 to 12 inches out, again depending on where the one before it began and ended. This energy field connects you to your ancestors. This energy field gives you and your ancestors the ability to communicate. It is in this energy body where many of the health problems can begin.

Ancestors that have unhealed traumas or grievances often times remain in the interim realm. It is an opportunity for them to whisper suggestions to their family in an attempt to heal old wounds.

In the interim realm emotional pain lingers and spirits with sadness, hurt or shame, can become quite attached to the relative they are attempting to have help them. With the attachment of a disincarnate spirit, the living human will begin to feel the aches, pains and emotional upsets that the disincarnate spirit felt.

At first this feeling is just a disturbance in the vibration of the 4<sup>th</sup> field. But if this spirit sticks around undetected the energy spreads to the 3<sup>rd</sup> field then the 2<sup>nd</sup> and finally causing unexplainable pains that will eventually manifest as a disease in the physical body.

Not all diseases come from this field but many of them do. It is therefore a good idea to ask yourself periodically, "Is this my own pain? Or is it someone else's?" If you receive that it does not belong to you then ask to be disconnected from this pain. "I am \_\_\_\_\_(say your name). I feel only my own emotions!"

If the pain returns you may wish to speak to a spiritual counselor who has the ability to communicate at that level and have them help you assist the spirit with its problem or remove the psychic chord.

A good thing to note is that each organ of the body has these same layers of energy. If you learn to access these layers you can boost the strength of the organs and heal from the outside in.

Crystal healing, toning, resonance healing, and even prayer all work at the level of the subtle energy bodies. Each in its own way is tuning the frequency of the outer energy body organ whose frequency is much more pliable, The information from the now healthier outer body organ transfers through the layers and eventually restores health on the physical level.

It now comes to the part of this writing where we begin to tell you things that you probably didn't know.

Things that most people have never dreamed possible, not even in their wildest imaginings.

**You are the one in control!** - This is **your** field of energy and **you** are the one pulling the strings.

You are the one who says yes or says no to absolutely every finite detail of your existence. I hear you now saying. This is not so. But it really is so.

There is intelligence to the universe that creates and expands. You are that intelligence.

You are the only thing that is affecting you.

Yes other people co-create along the way but your decisions about their decisions are the only thing that is affecting you.

Your physical body is a result of your own thoughts. Your physical handicaps are a result of your own doing. Your level of financial success is a product of your own beliefs about it.

Your level of emotional well-being has been brought about by what you put your focus on. - At all times. Every time.

(session 3)

We hear you now saying... Didn't you just say that an ancestor could cause illness? Yes, if you choose to let it.

The difficulty here is that people do not know how powerful they are.

So they say things about themselves that quite simply are not true. Yet once the words are spoken, it becomes true for them. They begin to see proof of this silly thought that they picked up somewhere and then applied it to them self.

We also said that other people's beliefs limit your success. That is simply because you do not believe in your own abilities enough to surpass their limits.

We are telling you these words now because it is time for you to begin to experiment with creating Targets, focusing your attention on them, aligning

your frequency with theirs and creating at a mastery level the life you wish to live.

The first thing we suggest is that you tell no one that you are doing it. This way you do not have their limits pushing against you. The second thing that we suggest is that you begin to practice sensing your outer layers.

### **Meditation for sensing your energy.**

*Sit in a comfortable chair, feet flat on the floor. Focus on the soles of your feet (even with shoes on) and begin to notice the energy of the Earth that is rising up to meet you.*

*Focus on the skin on the tops of your feet and notice how they begin to feel expanded... bigger. Let that energy move up your legs and feel the earth energy in your knees.*

*Let the energy move through your thighs and into your buttocks. Feel the chair. Feel the energy of the Earth rising up to meet you in the chair.*

*Ask the energy to rise into your abdomen, solar plexus, and chest. Notice this energy warming you, healing you.*

*Now focus your attention on the scalp at the very top of your head. Feel it tingling. Let the energy from the solar system move down through your head and feel it resonating in your inner ears and jaw.*

*Feel it as it moves into your mouth and throat. Just observe the energy and the way it plays with the muscles. You may find that you are relaxing and swallowing.*

*Let the energy move down into your upper chest. Notice it right at your collar bone... Now let it slide down into the heart region.*

*Here the energy begins to amplify as the universal energy merges with the Earth's energy.*

*Notice again your feet. Do they feel the same as when we first started? Are they warmer?*

*Let this energy penetrate your outer layers of energy.*



*Feel this warmed energy move out into the first layer. Feel the vibration of it on your skin.*

*Now expand the energy out 3 or 4 inches.*

*Expand the energy again out about 8 inches.*

*Expand again the energy out about 18 inches*

*Keep expanding the energy and sensing yourself as that larger dimension move out 10 inches at a time until you can sense yourself as if you were a bubble that were 9 feet in diameter.*

*Notice the feel of the energy of furniture that is in your sphere.*

*Notice the vibrations of wind, or music or any sound that you hear.*

*Now notice where your body is, and where you can feel your energy.*

Take a few moments to relax and notice what you feel...

(Session 4)

Your own energy moves through everything around you, for 9 feet in all directions. It always has and it always will.

Look around you at what is residing in your energy field. Your belongings affect your health.

While you learn to create at a mastery level it will become imperative for you to clear out a space in your house where you can practice. Create a place where the energy is supportive of health and emotional well being. Notice the way your objects around you make you feel.

Many of you own items that when you look at them, they bring back a memory of someone you love. When those objects fill you with joy and happiness they are welcome guests in your space. But sometimes you have an object from a loved one that brings of memories of sadness or hurt. We suggest that you remove the objects to locations where your nine foot energy field will not be altered by the item without your permission.

If you have things that are antiques and you are unsure of how you really respond to them.

Walk away from an item and when you are well clear of its energy field and yours. Bring to mind a nice joyous thought. Once you feel that good energy. Walk back to the item and notice if you feel the same, better or worse.

Noticing the things that reside inside your energy field, and clearing out the things that cause you to have a negative reaction to them, will speed up recovery from illness. It will assist in your overall wellbeing, and it will help you to gain strength and accumulate power to assist you in your purposeful manifestation of a life of your choice.

People who are negative are sometimes harder to avoid, but if you begin to clear out the objects that resonate with a negative response, you may find that your family's energy may begin to feel lighter to you as well.

If you are married to or live with a person who appears to be in a perpetual state of negativity, you will have to work on creating a picture of that person in your mind and begin to see them as a happy person.

You need to hold them in your thoughts in a joyous state of being. Remember you are the only one creating in your life. If your spouse appears to you as though they are constantly grouchy and unhappy. They are but a reflection of yourself.

Their unhappiness is your unhappiness. Stop and look to see where you might be unhappy. It might just be that you are unhappy that they are always unhappy, which of course is all the time so that means you are usually unhappy too.

Once you see where this is happening you can sit with that energy of unhappiness and just allow it to be. Say to yourself. I am my spouse. I am my spouse's unhappiness. His/her unhappiness is my unhappiness. I choose to retrieve my unhappiness and feel it for myself, right here, right now in this moment.

Becoming aware that you are the one in charge of the way you feel is the first step down the road to mastery.

So today we have covered your energy bodies, becoming aware of the energy bodies and noticing the objects that you have around you and sensing their energy.

It is now time, for clearing out your space.

We mentioned earlier about creating a space that is powerful and clear to practice. You can start working immediately by going out and spending time in nature. You can make a natural setting such as park or pretty piece of your yard be your sanctuary. It just needs to be someplace quiet where you can do a few minutes of meditation.

As for creating a space inside the house, find a place where you can put a comfortable chair, light a candle and get as little clutter in your energy field as possible.

If you are going to be near a wall, consider what is on the other side of the wall as your energy passes right through them. Also remember this about downstairs apartments, basements and even water lines electric lines and septic tanks. You are much bigger than you think you are and you are much more powerful than you think you are.

You can always work in a cluttered space, but make sure that there is nothing horrendously negative in it. No family photographs with old Uncle Nester the clingy pervert with his arm draped around your neck. You may not have paid attention to the way that photo made you feel before, but once you are aware that your objects are creating in your life you will be on a mission to dismiss them!

Books are also a source of energy, some good, some not so good. Pay attention to the way you feel and you can easily clear them out.

Learn to use a pendulum. Just put a weight on a string and hold it in your dominant hand. Ask it to show you yes as a vertical swing up and down. Ask yourself to show you NO as a horizontal swing side to side.

Ask “Does this object affect me positively?” If the answer is no you may consider removing the object or healing the way you feel about it.

Sometimes there was an argument and the item reminds you of harsh words that were spoken. Healing the unhappy memory will release your negative reaction to the item and bring up your energy as well.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## The Art of Alignment

Day 15

February 4th 2014

It is with great joy that we come to you today, and we ask you to take a greater look at the idea of time.

There are moments when time passes, swept away without a trace and you wonder where it went. Then there are days when time drags on and on and on, until you think it may never end.

In the concept of creating, it is imperative to place yourself in a moment of time passing without a trace.

Have you ever laid down for a nap and the intention was to be there for only twenty minutes but you woke up to find that two or four hours had passed. It was but a blink of an eye. There are other times when things just do not seem to go right and you count the ticks of the clock, waiting for the day to end.

You find that time passes un-noticed when it is un-watched. This usually happens when a person is enjoying great moments of delightful entertaining activity. Putting yourself in a state of bliss, joy, and happiness will enhance the speed of your manifestation.

We have said before, when choosing a target choose one that brings great joy and one you feel inspired to think of it.

Let us take this moment to give further instructions on alignment. This alignment is more appropriately called a state of oneness.

Choose again a target. Hold the target firmly in your mind. Imagine it in great detail. Add to the image everything that you know about it. Now as you see that target, focus your mind by saying silently to yourself; I am that. I am that. Name the target as you speak the words. If it is a house, say. "I am that house. I am that house" Say it over and over until you begin to feel the truth of it. You will begin to notice the feeling of being limitless. A feeling of boundless energy surging through your system. This has been described as feeling shapeless, formless and unified.

You may find a great sense of joy, a great sense of carefree, open space. The whole time keep asking your mind to picture the object. It may be flashes of the object, or shapes in static electricity or a photographic negative image in the static. You will feel this connection to it... You will know.

As you focus your attention on this desired object stating I am that, I am that, I am that... Invite the object to come into existence. "I am that, I am that, I invite you now to come into my existence. I open my heart and make room for you to come into my heart. I invite you, I invite me... I am that... I am that."

Stay in this connected state as long as it is possible to do so. Allow yourself to enjoy the feeling of coexisting with the house you chose.

Allow your thoughts to dwell on the creation of your imaginings. Enjoy the sensations that you are the house. If you have resistance from the saying "I am that." You may say. That is me... I am that house and that house is me."

Another statement to assist in alignment may be said. "I am that, My house is me." I am my house. My house is me. You will begin to notice how your house feels like you.

Walk through the rooms of your house. Feel what you would feel to lay up on your bed. Open the windows and enjoy the house. "This is my house, my house is me." I am my house, my house is me."

It is a very good idea to do this manifestation while you are lying down to sleep. You can then dwell within the house as you slide into dream state. Falling asleep will send that information out in to space drawing energy from all that is.

Take into your mind, the thought, All there is. All there is... All that is... I am that!

(Session 2)

So now let us return to the idea of collapsing time and space. We had suggested that like placing two dots on a piece of paper, the paper could be folded... allowing the dots to touch. So place the dots as follows:

One dot on the left and the other one on the right. Then the paper could be folded to allow the dots to touch. We are suggesting that time could be folded to remove the time between the conceived manifestation and the tangible one.

This folding of space works much like your television frequencies. You have a signal tower and it broadcasts a television show. It begins broadcasting at 9:00 pm. At 9:00 pm hundreds of miles away you are watching the very same show that is being broadcast.

Telephones, fax machines, radios they all use this broadcasting, crossing space in a timeless manor. You can sit in a chair in your own living room, punch in a couple of numbers and have your father answer. You can speak a sentence and your father responds like he is in the very same room.

Take a moment to ponder that concept. Notice that the amount of distance really doesn't matter. Sometimes the signal is being bounced into outer space to a satellite, to another satellite, to yet another satellite, then to a disc and then finally to his ear, and it took an amount of time that needs to be counted in the hundredths of a second.

This is an important concept. It appears instantaneous even though it travels thousands and thousands of miles.

The human mind has been programmed to believe that manifestations must take time. The planting of the seed must take time. Time must pass to germinate, time must pass to grow. Time must pass to receive the tree. This is the natural way. This is the way that nature expands. Babies are conceived and they take time to grow. Then they are born and they take years to grow. This is the natural way.

The way of nature.

The way of nature is not the way of man! Man turns on a water faucet and drinks his fill. Flips a light switch and light appears. Man harnesses the power and energy of God. God harnesses the power and the energy of the natural world and bends it to his liking. This ability to bend and shape the natural world is a God like ability and is what is spoken of in the famous words "Made in the likeness of God."

So far man has only really considered bending and shaping the natural world with his hands. He creates objects, manufactures them, mass produces them, sells them, buys them.

There is, however, an alternative means of creation. A means of Re- Creation! Most people do not recognize they have the ability to bring about a complete and perfect manifestation of any object, size or shape.

It is all together possible to create at an instantaneous speed. It is altogether possible to fashion in your mind a creation that you wish to bring about, and it is all together possible to invite that imagined image into your heart. And when you put it in your heart, at the same time, place it in your mind in the location that you wish to see it. It is important that in your real life you have made room to receive.

Let us say it is a dining room table that you wish to manifest, so we suggest to you - remove the old one. Sweep the floor, get ready for the new table.

This making room for the new table creates a vacuum and nature loves a vacuum. Just dig out in the yard and watch the weeds grow.

It is all together possible that when you walk out of this room and into the living room that the new dining room table is already there.

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## The Past

Day 16  
February 5<sup>th</sup> 2014

Because of the programming of man (that you must first build the table or buy the table), it has put limitations upon the arrival of miracles. These limitations were put into place in an accidental way.

There was an era of time when the masters walked upon the earth, sharing their wisdom. During that era of technological growth and expansion, the core temperature of the Earth began to rise. And when it rose to a level where it became a hazard to all who lived upon it, a distress signal was sent out. This distress signal reached the galaxy of Galakrot and a mission to save the inhabitants of planet Earth came into effect.

Transportation corridors were created that allowed a warping of time and a bending of space. These were created using solely the same mental processes that are being taught to you here.

The people of the Earth, as a whole, were not as receptive as we had hoped to the teaching that we had brought forward. So when the Earth became too hazardous to occupy, an evacuation of Earth was set into motion. The people of Galakrot took with them as many of the occupants of Earth that would choose to leave. Man, animals, insects, plants... All were welcome.

Many chose to go, yet there were those that chose to stay. Those that chose to stay lived farther out from the cities. The people that lived within the cities were aware of the teaching of the masters.

Those that lived farther away had not seen the proof and could not trust the information. They knew only a way of life that was etched out of the earth with



their hands. So when the core of the earth began heating up to the point that the polar caps melted, a shift in the energy of the Earth took place. The oceanic streams reversed in direction. This was the beginning of another era. Most of mankind perished.

This reversal of the energy of Earth, caused two catastrophic events. First was the onslaught of the flooding and the change in climate. The second was the solitude. The polarity change of the Earth also changed the communication system that had been in place between God, Guides, Guardian Angels, and Ascended Masters.

Having lost the communication system to their guides, counselors, teachers, God, Angels... man began to etch out a living for himself. As we said, most of mankind perished. Those that survived were the strongest and the fittest with the ability to dominate those that were weaker than himself.

In the time and the era of the Ancient Egyptian cities, those with the most ability to create, raised to the higher status. The more ability that they had, the more they were capable of providing for all of the others, so they became honored leaders of the people.

When these masters chose to leave the Earth, and spoke of a place of safety and tranquility, those that knew of their ability to create with your mind believed them, and chose to go with them. This left behind those that lived at great distances tending fields and working with livestock.

So mankind was left with only the strongest and the fittest that had survived flooding and an ice age by dominating, overtaking and even preying upon the flesh of his fellow man. These humans survived an era of unimaginable hardships. And this way of life created a new hierarchy and a new reign of power. It changed with the polarity of the earth from the master that provided for all, to the master who allowed all to provide for him.

All was lost. Life as they had known it before was all gone.

(Session 2)

When the Earths polarity began to create again with the lushness of the land and the abundance of the animals, the only thing that remained was man himself and the primitive tools that he could fashion.

Many times masters have returned who have tried to teach the old ways. Yet each time the men in power were so threatened that they may lose their position - that the masters were slain.

These teachings have remained through written form from the masters' visits. Little by little - more and more of the text has been believed.

Throughout history there were great alchemists, scientists, saints, masters, and healers. As the skills of these Saints among men developed, the stories of their ability to harness the power of the creative force spread far and wide. Over and over those in charge, Kings, and queens, knights and princes all fearful of losing their position, had the students of Alchemy arrested and murdered.

These Alchemists were called heretics, sorcerers and witches.

The time has come to teach again the ways of gentle, peaceful, existence. You can see it in the heating of the polar ice caps. You can see it in the struggle for power. That power does not belong to those who struggle. Power belongs to those who KNOW.

Faith is a word that closely describes it. Faith that creation is yours to harness is but one step down the ladder - the next step is KNOWING.

# Ancient Truths and Wisdom

– As Given to Amy Jo Ellis

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## Pressurizing the Field

Day 17

February 6th 2014

Each of these lessons and teachings expands upon the last. Some may seem as though they are completely separate and teaching in another direction and yet in the end you will find that they weave together like a tapestry to create the final pieces of understanding. Many repeat upon other things previously taught but it is in the teaching and the layering of thought that things begin to bind together and comprehension and understanding begin to take hold.

To some, it may seem unnecessary to reflect back to where the information was first lost and to others knowing about the ancient evacuation of the Earth will be the only piece of information that will drive them forward.

So let's quickly go back over what we have learned before.

There is but one creative intelligence. This one creative intelligence dwells within the nucleus of every atom and it resides inside the smallest speck. This divine intelligence is in constant, non-fluctuating, undiminishing, ever present conversation with all other tiny sparks dwelling inside every single atomic particle.

This creative divine intelligence is never surprised, it is never harmed, it is never hostile, and it is never hurt. It knows not anger, it knows not the meaning of improbable, impossible, or unimportant. It knows solely itself. It knows itself. It knows that it is. It knows that it is and it knows what it is. It knows what it is choosing to be.

Take for instance the bamboo chair. Inside each inch of this chair are trillions of molecules. Each molecule binding together with the next molecule, pulling, pushing, binding together to create the precise amount of each component that it takes to create bamboo.

Just as you stand before a mirror and recognize yourself, your facial expressions the clothes you are wearing, the shoes you picked out, atoms recognize themselves. Individually and then as more of them gather and bind together they begin to recognize themselves as the whole of which they wish to create.

Imagine for a moment that you have just stepped from the shower and a knock comes at your front door.

You could choose to walk naked from the shower and stand with the door open and speak confidently to the person before you. You could, because you are a whole and a complete individual just exactly as you are.

Stop and recognize that you are quiet confident to walk naked from the bathroom to the bedroom or from the sink to the shower. Yet when a knock comes to the door, there is a pressure inside of you that says. "Let me be something else." So you dash for a robe preferably a pair of underwear, a pair of pants a shirt and even your shoes!

You wish to put on the clothing that makes you feel covered and comfortable to present yourself as who you know yourself to be. The more you feel like who you are, the more confidently you answer the door and you might even pretend that you have been dressed for a long time.

Putting pressure on the field, is part of creation.

If you had already been wearing pants and a shirt and a sweater socks and shoes there would be no pressure to run to the bedroom to put on another pair of pants, and another shirt, another pair of shoes... Nothing else was needed. The absence of clothing put the pressure on the field to fill the space.

Going back to the atoms, they know themselves as atoms just floating around, drifting around, clinging around like a chair, but when pressure is put upon them. - They change!

If you no longer wish to own a chair, the chair can be burned and the atoms will still exist. They change form to flame, to ash, to smoke and they reduce down as their grip loosens under pressure.

Just as water boils to become steam, then vapor restructures to become clouds, then rain, and then back to ocean, ice, vapor, - It's all the same.  
It's all molecules.

It is the external pressure that turns the ice to water, the water to vapor and the vapor to mist.

When creating purposefully with your mind; objects, health, friendship, etc... You can hasten, insure, and accelerate the process by creating a field of receptivity. Our suggestion to you is this: When creating a desired object, create the vacant, empty space you wish to fill!!!!!!!

If you already have a bamboo chair and your wish is for a leather one, then remove the bamboo chair, paint the wall, vacuum the rug. This will create the vacant space and allow the particles of the bamboo chair to dissipate (either by fire, burial, or trash collector) from your existence. This puts pressure on the now empty space the chair once occupied, so that the field becomes magnetized in an attempt to fill the void.

So take the chair and remove it from the space, clean the floor, wash the window and everything you would do if the new chair was sitting in its box ready to be moved in. Act as though the new chair is already here waiting to be put into its place.

Keep firmly in your mind what the new chair will look like in its new surroundings. Place the coffee table where you wish to see it in conjunction with the chair. Place the lamp where it will be located when the chair is in place.

Make ready in your house as you make ready in your mind.

When the space is ready see firmly in your mind the chair in that space. Say, I am that... I am that chair. I am, I am that chair. Repeat these words. I am. I am that chair. I am. I am that chair. See it, feel it, and do this until it feels as if there is no separation between you and your chair.

When you've come to the place where you feel the chair. Invite the chair into your heart. I am, I am that chair, I invite myself in that chair to reside inside my heart. I am... That chair.

Stay with the sensation of the chair being inside of you. I am, I am that chair. I am my chair. I am my chair. Change your focus to the space. I am... I am that space. I am that space. I invite my chair as a representative of myself to fill the space that I have created. I am.... I am my chair.

If we were standing in your house, knowing what we know, and feeling what feel, you could at this moment sit upon your chair. The belief... the KNOWING that this is my chair will create with the mere passing of an instant. That chair that is a part of you is at this moment colliding molecules, dividing, colliding, dividing and colliding and expanding and creating that chair.

In your mind if you have doubts and blocks from a life time of upbringing that says this is not so. Then the chair is at this moment taking the quickest path to you. A path that you can conceive of, and will match your belief system.

You may decide enough of this waiting around, and think; "I am going to the store and buying the chair." If that is your point of reference... then, that is what will be.

It is also possible that a neighbor may put your chair to the side of their moving van. You might see it and stop because you see that this chair is a perfect replica of the one you imaged and think that this is a sign that my chair is on the way.

The owner of the house may see you and say. "If you like that chair it is yours. We just moved in and we do not have room for it." In this highly plausible example the chair could be yours free of cost.

If you have beliefs about yourself that you are not worthy of receiving a free chair, then the neighbor may say, "If you want the chair, it's yours for fifty bucks."

This allows for you to receive the chair along the pathway that you believe the chair may approach.

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Containment

Day 18

February 7<sup>th</sup> 2014

Today we begin to combine all the parts that we have been teaching.

Up to this point you have been shown individual parts of a more intricate puzzle.

- Particle acceleration - movement
- Vibrational increase - using joy and delight
- Particle alignment. - I am that
- Pressurizing the receptivity of the molecular field. - making room

It is time to harness the creative intelligence and utilize the creative intelligence.

There is but one power to the universe and that is the creative intelligence that is found within the nucleus of all atoms. These atoms are particles too small to be seen, not only by the naked eye but by the most powerful microscopes known to mankind.

Traces of these particles are now being seen by your scientists, who are now proving their existence. Yet we say to you - no proof is needed.

It is possible to see that they exist, not because your scientists have seen traces of markers, these particles have left behind. But by your own observation of their willingness to transform and re-convey their energy in any way, shape, manner or form, that humans may wish to fashion.

Over and over the creative intelligence proves to you - beyond a shadow of a doubt - that your thoughts have been creative. Many of you have begun to see and to believe that the thoughts of mankind bend the force of nature.

We wish to impress upon you that your thoughts joyously create. This creating never stops. These thoughts are creating from a mind filled with love and happiness, or a mind filled with distress and distrust.

We have said, “Images held in the mind will create in the physical realm.” Using the example of the chair; Clearing out the space to receive the chair while repeating the words, I am that, I am, I am that chair. I am. I am that. I am. That chair and I are one, that chair is me. This statement brings the body, the mind and the creative intelligence, into vibrational alignment.

Let us also impress upon you the importance of opening the heart center and inviting the creation to dwell within. This is imperative to the creation process. When the heart is truly open, all beliefs to the contrary are pushed aside, thus giving you and your image a much needed environment, to create without obstructing thoughts.

When scientists conduct experiments, they find that controlled circumstances, with confined containment, to be the best source of proof, and also the most successful.

If you take seeds into the yard and you throw them on to the wind and let them carry off, it is hard to know if the plants that you see beginning to grow, are in fact the seeds that you have scattered.

Yet if you take a single seed and you plant it in the only purple pot and a plant grows in the purple pot, chances are much greater that you will believe it came from you.

While doing these experiments, it is highly beneficial to create a void for containment. Each successful manifestation will be instantly apparent and it will impress a positive belief in your ability to manifest.



# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Fertile Fields

Day 19

February 8th 2014

After a period of deep sleep, the conscious mind upon awakening... just for an instant...has a period of not knowing the self.

The mind scans for data... Where am I? Who am I? And then awareness returns. I am me. I was sleeping, that was a dream. I am here in this room, I am in my bed and a little dialog continues that puts the mind back on track as to who it is and where it is.

The creative intelligence that dwells within the nucleus of every atom - knows itself to be. Just as the conscious mind says, "Who am I?" "Where am I?" The creative intelligence responds. "You are you." "You are home." "You are in your bed."

This momentary lapse of conscious awareness, brought about by a period of hibernation, which is given to the cells for rejuvenation, is an opportunity to know yourself differently.

Take advantage of these moments of conscious awakening, when you are recognizing who you are and your surroundings. Impress upon the creative intelligence a desired effect such as a change you have been intending to bring about.

These moments upon awakening are like extremely fertile fields. They are moments when the seeds sown, will take hold. In the earliest moments of awakening, when you first recognize I was sleeping, program yourself to be who you wish to become.

Where am I? - I was sleeping.

Who am I? - I am a mighty creator. I create my life in the fashion I wish it to be. I am! That's who I am!

The moments just before slumber are also fertile fields. As you drift off to sleep, program yourself “ I am... state your name clearly, I am a mighty creator. The Earth, the Moon the Sun and the stars lend themselves to me. The creative intelligence of the universe is at my disposal, yielding to the demands of my thoughts and shaping creation as I wish it to be.

There is one final step and that is - Know who you are. You are a conductor of a giant symphony. This Earth, the wind, the oceans, the moon, the stars, the planets, and all the spaces in between, harmonize to your resonance and create at the level of your thoughts.

Believe you can and you will, believe you can't and you will once again prove yourself correct. - You are a mighty creator! Made in the likeness of God!

# Ancient Truths and Wisdom

- As Given to Amy Jo Ellis

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## Now

Day 20

March 9th 2014

There is but one moment, this one right now. It doesn't matter what date is on the cover of this book. The moment that is, is the only moment there is. Dates mark a passage in history. They predict a time in the future but, now is a slippery slope that most people do nothing to try to address.

They will take out their date books and mark meetings, departure times, arrival times and even eloquently speak of these things. But the whole time they are doing this the useful period of now is passing.

Now. Now. Now. When do you want it to be finished? NOW! Is that really possible? Creating with your heart... Yes, Creating with your hands... No.

If you are requesting for something to be done now, and you are speaking of the old system of using your hands to create, even if it's only "Go make a copy of this document, Now" Now is over before the words are out of your mouth. There is no way for NOW to be the time for creation.

Day before yesterday we assisted Amy Jo to repair a camera that she felt was broken beyond repair. So much so, that she laid it abandoned to the floor boards of her rusty beach buggy, not caring if it would get wet in the heavy rains that frequent her island. In her mind, the camera was already trash.

We had to insist that she retrieve the camera, because she was frightened that healing the camera with her thoughts was too far out of her ability. She feared she would be crushed if she failed and the damage to her belief system would be worse than the damage to her now lifeless camera.

We told her, "This is a perfect example of why people fail before they begin. GO GET YOUR CAMERA!"

When she first brought the camera to us and placed it on the table her thoughts were sad and frightened that the damage was not something that even we could talk her through energetically repairing.

The first thing we had her do was remember the day that her husband gave her the camera. As she was watching the events unfold we noticed that she felt like jumping and screaming for joy, but that she held her ground and simply said thank you and gave him a firm kiss and hug.

We asked her why she didn't reward him with the gratitude that she so obviously felt. Her words; "Because I didn't want to make a scene in a Costco."

This right here is a big deal. This fear of making a scene of joy and elation is a mistake of giant proportions! We showed her why it was a mistake.

We asked her to imagine in her mind jumping up and down and screaming like a winner on the Price is Right! "THANK YOU. THANK YOU. THANK YOU!!!" She saw all of the faces in the Costco turn to look at her. She saw them smile and shake their heads.

In that moment we had her look at her camera and notice how she felt about it. "I feel a lot more love for the camera but I'm still a little bit sad that it is broken.

We then had her talk to her camera. "Pretend if you will" Ask it, "Why did you fall? Why are you broken?"

She then began remembering all of the times that she had refused to take the camera out on the boat in case it would get wet or fall in. She began remembering that she had been asking for a new underwater camera so she could take it on the boat and take it snorkeling.

Her husband Ken had told her that he was looking for a new bigger better camera to get her for her birthday this year.

The camera in her mind said. "I felt unwanted and unloved. I was so jealous of these new cameras that you were going to get, that I wanted to get away!"

Amy Jo then apologized in her thoughts and told the camera that she was very sorry that she had hurt its feelings. She was only ever trying to protect it. She also told the camera that she forgave it for wanting to get away. It was her fault that it felt that way.

Looking at the camera again, she no longer felt sad, and she felt a lot of love for the camera.

Now we had her go back to the Costco and pretend that she made the big scene of gratitude, really get in and feel it. Then we had her pretend that she was not herself but the next person in line behind her.

She found that she was joyous, ecstatic and celebrating right along with them. She was congratulating the husband for a job well done and congratulating the woman for her new camera.

She saw the people in the store applauding, as she kissed his face. She felt the love for this moment coming from all of the others around her who had been allowed to share in the feeling of this wonderful event.

She knew the mistake she had made by denying humanity to be entertained by her joy.

Her joy... Is their joy... Healing energy for the Earth... And at this point... For the camera!

Feeling the healing energy moving through her she tried turning on the camera again, knowing something was different. But nothing happened.

She looked surprised that nothing had happened so we reminded her that she had forgotten one major step... She needed to invite the camera to live inside her heart. (Remember we taught you that the heart is an energy generating center.)

Once she invited the camera into her heart, she began to feel a rushing of energy through her hands and into her camera. We told her just to let that energy flow from her heart, through her hands, to the camera. She sat that way for around 5 or 6 minutes.

When the energy stopped flowing she tried the button again...  
Still the camera did nothing.

We told her to think of the camera like it had been in a coma. It needs a little time to wake up. Five or six more times she pushed the button, but with no response from the camera.

This was very early in the morning and she was hearing her husband making coffee in the other room, and feeling a bit put off, she thought this was as good a time as any, to go get a cup of coffee. So as she reached to put the camera down, she give one last push to the button.

This time, the camera jumped to life! The lights came on, the telephoto lens stretched out and the camera gave a series of short beeps!

Her husband Ken could hear her startled scream as she less than lady like shrieked and hollered, "Holy Fucking SHIT!"

From her soul, relief and gratitude poured forth and by the time Ken reached the bedroom she was a puddle of emotional tears.

Seeing her sobbing after screaming like that, Ken was afraid we had hurt her in some way, and immediately became defensive, and looked around the room for the enemy.

"WHAT HAPPENED?"

Tear choked words, whispered hoarsely. "They... helped me... fix... my CAMERA!!!!"

The range of emotions that crossed Ken's face told us she had taken a few years off of his life for the fright she had given him. Then shock and disbelief appeared because the camera was in fact working. This was followed closely by a look of genuine appreciation of the miracle that he knew had just happened.

Miracle by the way is Ken's word for it. "Miraculous!" "That is the only thing I can think to describe it. She was devastated for days at the loss of that camera, working on it, changing the batteries and trying again and

again to fix it. To see it back to life now with only love and her prayers, I know without a doubt it was a miracle.”

But for us who know the recipe for what really happened. It is no more of a miracle than a blade of grass that comes back after it has been mowed.

It is a simple adjustment in knowledge, that can resurrect a camera even if the lens had been cracked or the circuit board broken.

It is a communication with the molecules. An understanding of what is and what can be.

Your religions and your metaphysicians speak of these great healing practices. Most people hear them and believe that it is for someone else to do the healing, but they are open to be healed by it.

It is time that the masses begin to practice this art of “Knowing” NOW!

There will be more days to come.... But for now... You have all that you need.

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About the author and the process.

Channeling the messages from Galakrot, is nothing like channeling a loved one, angels, or spirit guides.

There is one major difference. There is a time restraint! Strict schedules needed to be followed. I was told weeks in advance, when the next writing days would be. Apparently there is only a window of opportunity to receive a clear channel, when the solar systems line up exactly right.

At first I thought that this clear reception was the only reason to have the schedules, so I was a little bit lax with my appointments. I didn’t realize until later, how important it was to follow the schedule. I would hear at the end of a session; “Be back in 20 minutes.” I would get lost in a phone call, or one of the millions of daily tasks on the “to do” list and would get beckoned back.

“You are late.” Always gently and with love, but still the voice was insistent.

One day when I was again a few minutes late, I asked why it was so important that I be on time. “I didn’t think spirits had the restraint of time.” I was told. “We don’t, but the people of Galakrot are not spirits. They are human beings. They have lives and things to do, just as you do. They have given up their day, just as you have to give up yours. They are waiting for you!”

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I need to say “Thank You” to a couple of people.

My husband Ken; Thank you for putting up with me and all of my wild, woo woo, nutcase, shenanigans!

Ken, endured days of me locking myself in our bedroom.

At first he was a bit uneasy about how crazy the idea of channel writing sounded. But he soon became my most valuable supporter. He handled daily life for me, and at times gave me the push I needed to get home on time to do these writings. Thank you baby!!!

Our son, Tenor Wayne Ellis, Thank you for letting me use your beautiful art work for the cover, and also enduring the long hours of disappearance, or worse yet, being forced to listen to the newest message.

Marianne Strait, my new “bestest” friend, and extremely gifted life coach. Thank you!

Marianne encouraged and PUSHED when I needed it. She used master level techniques to get me in there and going, AND... She also assisted me with hours of editing and formatting! (This thing was channeled with my eyes closed and a lot of it looked like a spelling and grammatical nightmare!)

Marianne, I would not have had the courage to put this out without you! Thank you so much! Your belief in me and this information, was really the defining factor of this book being available now.



My parents, Amy and Rusty Richards. Thank you for listening!  
At the end of each day, I read the writings to my parents over the phone. What a treat it was for me, to have them be a part of this. They gave me much needed and valuable feedback. My mother's enthusiasm, and encouragement, gave me something to look forward to with each day of work. Sometimes I would call them on the break and read each session as they came in.

Our Daughters Autumn and Melody. Although I was told, this was a little bit outside their comfort zones, and too far out of their spouses to even mention it to them. Both listened to me patiently as I bubbled forth with enthusiasm about the most recent writings. Thank you for saying "Do it!"

And now a few more people whose lessons and encouragement needs a little appreciation:

Daxa and Joe Barker, for their hospitality, love and encouragement, when I first found out that I had this to do, your perfectly chosen words were exactly what I needed to hear.

Neale Donald Walsh, for writing a book, that let me know that it was not insane to believe that I was actually having a "Conversation With God."

Maggie and Nigel Percy and their guests on The Dowsing World Summit, for many of the valuable lessons that gave me the tools I needed, to help understand what I was being asked to do.

Anneliese Gabriel Hagemann. For appearing as a guest on the Dowsing World Summit and giving away a free dowsing chart that quite literally pointed me down this path!!!

Travis Winden, for opening my eyes and ears to other ways of thinking.

Audrey Ephland, I think this all started one night in our guest room, when you taught me to clear my energy! Wow! A lot has happened since then and two million lessons and sessions later.... Here we are.

The psychic Grey Bear, for telling me, "You have a book to write." And making

me believe, that what I thought was happening, Was REALLY happening!

The psychic Bonni McCliss, whose 15 minute reading was imperative to this project. She gave me the understanding and the proof I needed. “You need to own your abilities! Open the closet door and really own it!” Your words have come back to me a thousand times. Thank you!!!

My mentor Billy Riesgo. This process was not easy on our friendship. Thank you for not giving up on me.

This was not an easy task, and I have many angels, guides, ancestors, God and the people of Galakrot, who lent their time and energy to this project. They are in fact the reason it is here. Thank you! I am truly blessed to have been a part of it!

Amy Jo Ellis