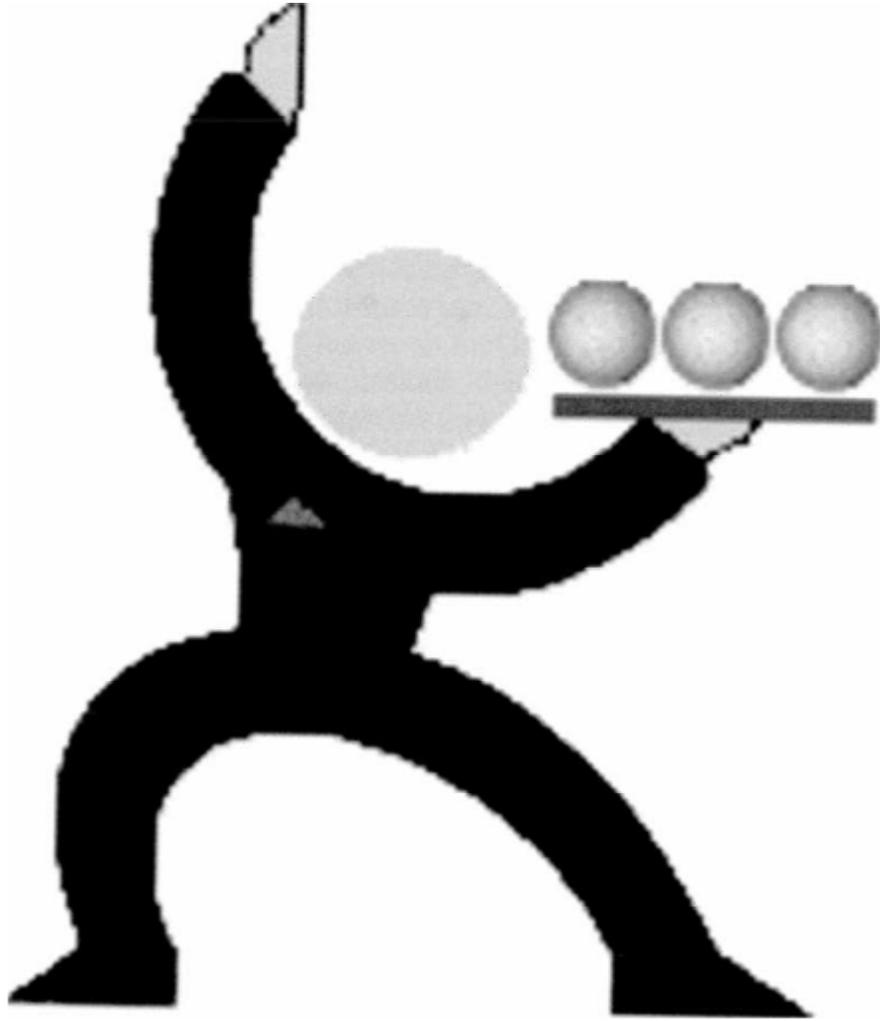


YOUR POWER ON A PLATE



ELAN

INTRODUCTION

Although I am *extraterrestrial* and therefore live on another planet, in no way do I see myself as better than you. I have certain understandings that many of you may consider more expanded than the common *earthling* point-of-view, but it is no better, only different.

I take this opportunity to communicate with you at this time for several reasons. The most significant reason is timing. It is time for you to attract the type of information that I have to offer. Another reason is desire. You collectively desire to know more about yourselves as beings and as creators. I desire to tell you what I know. As a society, we already embody the ideas that I am about to share with you. So I know that what I say is so, and that it can *work*.

I do not, in any way, insist that you *believe* what I am saying because I am extraterrestrial. You can only *prove* our ideas to yourself. My intention is to merely share, and that is where my responsibility ends. As a society, we trust what we attract, and live the results of that complete positive trust. We have attracted this opportunity to share with you in this way. I invite you to trust what *you* attract to yourself and this *transcript* is no exception.

Our society has existed for many thousands of years as *one cohesive society*, and we have learned many things about ourselves. In our exploration of many other planetary societies **we have also had the opportunity to learn many things about...**



THE NATURE OF REALITY.

We have only begun to observe your society relatively recently and are only one of several species that are now interacting with members of your planet. Our approach is one of *honoring* your right to explore yourselves, and therefore our presence, for the time being, remains in the background. One day soon, that will most likely change. For now, I am allowed to "break some ground" and interact with you through these writings. When I say I am "allowed," I mean allowed by *you*. Nobody has forced you to attract and read this transcript, so you do so of your own free desire and timing.

Life is a marvelous opportunity and experience and I intend to explain why this is so. We share a common experience with all of you. Although many of you still do not believe we exist, we believe in you. I intend to lay the *groundwork* for our eventual *face to face* interaction. I intend to share with you many things about yourselves that you are only now *awakening* to as a global society. I intend to explain why and when we may meet.

Join me and *celebrate* who you are and why you've chosen to be here. Join me and together we will discover more about each other.

(It's really not my name)... **ELAN**



Allow me to begin by expressing my unconditional love and appreciation for your willingness to co-create this interaction. We only respond to the request and desire to interact in this way, and therefore each and every *interaction* that we partake of is always the result of a *co-creation* of the interaction.

During these *channeled* interactions, I do not in any way, shape or form, "Inhabit" the body of any particular individual. That is not the *mechanism* through which these interactions take place. What occurs, is that any particular biological individual or entity is enabled, through a process that we co-create, to '*empathetically*' *mimic* the vibration of my consciousness, the vibration of what you would refer to as my "individuality," or my *signature vibration*.

So therefore, we '**co-create**' these interactions with any respective "channel" and with any participants in any of these interactions. I therefore thank you once again for your willingness to create such a joyful interaction, which brings us great joy, as well.

You really already *contain* anything that you seek to know, anything that you seek to experience, anything that you seek to create. I can say this because I understand your *nature* as a being or a beingness and each and every one of **you are** multidimensional, infinite and eternal by nature...

MULTIDIMENSIONAL, INFINITE AND ETERNAL BY NATURE.

You are creating what you refer to as your "physical lives" to partake of one option of creation, which is the experience of what you call "linear reality." Linear reality contains the idea that you call *space*, and therefore the idea of *time* to seemingly move through that space and experience that space.

The creation of 'before, during and after' is one of the sub-characteristics of *linear* reality, and in fact allows you to experience yourself in such a way that makes it seem as though you are not completely aware that you are indeed multi-dimensional, infinite and eternal.

The *way* that you create physical experience, linear reality, finite reality, is through a **methodology** in which you create the **APPARENCY** that you *break down* your consciousness or shall I say...

GRADIENTLY



EXPRESS YOUR CONSCIOUSNESS

In other words, you are **INHERENTLY** an...



**ALL KNOWING, ALL SEEING, SIMULTANEOUS,
MULTI-DIMENSIONAL, ETERNAL, INFINITE CONSCIOUSNESS...**

and at *this* time you are expressing yourself to *seem* as though you are: at first a lesser being, then you collect and gain knowledge and experience, then you seem to *become* a greater being, or *more* than you originally were!

IN ACTUALITY, everything that you experience, *everything*, is contained within your consciousness, *within* the already existing infinity of your consciousness. From your *infinite* point of view there is no "within" and "without," for these are linear terms, from the linear point of view.

YOUR BODY



**IS LITERALLY *WITHIN* YOUR CONSCIOUSNESS...
and not the other way around.**

Therefore, you *already* contain it *all*, all knowledge ... all experience... all ideas. And what you call "growth and learning" is only one of the characteristics of linear reality, and in that sense, is truly, from your **infinite** point of view, an illusion. Remember, you already know it all, therefore the idea of *not* knowing something and *then* learning it, is simply an exploration ... an apparenacy.

Therefore, since **you** already contain it all and express yourself ON A LINE for now, you will create the *apparenacy* of learning, but the *mechanism* to experience expansion is truly, simply, now to...



EXPRESS

more of yourself, *more* of your infinite potential, *more* of what you know to be true for you. And therefore, anything that 'rings true' with you, anything that *you* understand to be *true* at any given moment, **you** already must have contained to begin with.

As you begin to entertain the idea of yourself as pure consciousness, as an infinite being, you begin to then attract to yourself (within the physical parameters that you set up) ... resources, information, timing that allows you to begin to **express** more ... and more ... and more ... and more of who you already are, not *becoming* something that you are not, but simply *expressing* more of who you already are.

One way of looking at this is that as you express yourself in physical terms your *vibration* as a consciousness begins as a very *contracted* vibration. This allows you to experience the APPARENCY of *FORGETTING* 99.99999 % OF WHO YOU ARE ... in order to **experience** the *infinitesimal* decimal place...

.1%

(point one percent)

of who you *now* choose to express yourself as.

CONTRACTED

Your **vibration** therefore becomes ***CONTRACTED*** in a physical sense. As you begin to **expand** your notion... your *acceptance* of who you are...



YOUR VIBRATIONAL RESONANCE RISES

and you sometimes refer to this as your vibration "ascending." Therefore, truly, truly, "ascension" is simply being willing to *express* more of who you already are and is not somewhere to go *to* ...*from* here, because as you expand the idea of who you are, you understand that both *here* and *there* exist within you and that there is no separation.

Therefore, **ascending** is truly, simply..



BEING MORE OF YOURSELF.

Individuals, when defining the idea of "ascension," will often assume that you are ascending away *from* this physical reality. Now, that is one way to experience **ascension**; that is one idea of the result of the process of ascending or *expanding* your vibration. But understand in no uncertain terms, that *you* have chosen to be here ... you have chosen to be here to *experience* yourself in a very specific way, within a reality with very specific parameters. Because of these 'specific parameters' there are very unique characteristic *advantages* to the physical experience.

From the perspective of your *infinite* consciousness, when you are all knowing ... all seeing ... simultaneous there are certain nuances or qualities which have less meaning to you in that state. One is the idea of "learning"... another is the idea of "discovery"... and yet another is the idea of **surprise!** All of these ideas become somewhat irrelevant when you already know it all. So therefore, **advantages** of what you call the "physical reality" include discovery... the joy of discovery and surprise (or unexpected outcomes).



Therefore, one idea of *expressing* ascension is to begin to **willingly participate** in the creation and experience of your reality **consciously**, just because *you* say so. And very literally, if you are to ascribe *levels* to the idea of *ascension*, the first level of ascension would be ascending into living *this* reality fully, with absolutely no nuance, no hint of the idea of "escaping from" this reality, of ascending away *from* this "awful place" (as you will sometimes refer to it).

Therefore, the idea of *ascending* or expanding your vibration is a joyful celebration of more of who you already are. And nothing need be 'given up' in terms of becoming more of who you already are. Since you contain it all...

THERE IS NO "OUTSIDE"... THERE IS NO "EXTERNAL"



THERE IS NOTHING BUT YOU EXPERIENCING *YOURSELF*.

So therefore, you cannot really "escape *from* yourself, because all you would achieve, in that sense, is going *to* yourself anyway. Becoming familiar with this idea allows you to **now** understand, in no uncertain terms...

THERE IS NOWHERE TO GO... YOU'RE ALREADY *THERE*.

And understanding, *deciding* that you are already there, allows you to experience the advantage of what you have already (in no uncertain terms) created as your reality. Therefore, *diving into* your reality, being willing to decide your reality, is one way (in any given moment) that you can...



TRANSFORM YOUR REALITY

Now (as **I** had mentioned earlier on) you break down or **gradiently** express your consciousness from that *One ... Eternal... Infinite Being*.

THE CONVENTION through which you **express** this is what we generally refer to as...



**A TRIAD OF
BELIEF SYSTEMS
causing
EMOTIONS
causing
THOUGHTS
and ultimately resulting in
*ACTION.***

The **paradox** of the idea (that your reality is the result of your *beliefs, emotions, thoughts* and *actions*) is that...

**YOU DO NOT
HAVE ONE BELIEF AND NOT HAVE ANOTHER.**

As I said, **you contain it all** ... you contain **all** beliefs. Every belief that you can possibly mention or think of, you also contain the opposite belief. I mention this distinction, not to confuse you, not to confound and befuddle you, but to simply point out that if you understand that you *already* contain it all, then there is nothing to "get rid of" or *process* through, and there is nothing to gain or achieve. **There is simply**, and it all boils down to one word...



"DECISION"

It is up to you in any given moment to express who you **prefer** to be, VERSUS who someone else says you *should* be, who you think you should be out of *obligation* to *EVERYONE ELSE*, or whatever your RATIONALE is for maintaining a state of consciousness which does NOT allow you to *express* JOY in your life.

YOUR BIRTHRIGHT IS JOY.



YOUR BIRTHRIGHT IS ECSTASY.

These are not things you need "earn" (from the ultimate sense of that term). They are things that sometimes **you** will determine (decide) that you must *earn*. But you are the ultimate "dictator" of your reality and therefore you and only you can **decide**...

**"WELL, ALRIGHT,
THERE IS THIS CONCEPT OF ECSTASY, THERE IS THIS CONCEPT OF JOY**



AND ONCE I EARN IT ... I GET IT TOO."

Well, yes ... **you contain it all**, so if you have *that* particular approach, you *can* create the *apparency* of not deserving your joy ... taking a series of steps or actions, "earning," earning the 'deserve-ability' to express and experience joy and *then* ultimately experiencing the joy.

However, the interesting point is that the moment you decide you have *earned* the right to express your joy and express it ... **it is truly not the process** of having "earned" it that creates the **joy** in your life, **it is...**

THE *DECISION*



IN THE *MOMENT*

that you finally make the decision, using the *process*, using the "dues" that you have paid as an *excuse* to now express that joy. All the CRITERIA (all, as you sometimes refer to it as, the "BAGGAGE") is set up by you and you only. In every given moment **you are always expressing...**

SOME *VERSION* OF WHO YOU *BELIEVE* YOURSELF TO BE.

You *decide*, in each and every moment, who you are. You create 100% fully who you are in each and every moment, right now... right now ... right now ... right now and right now. For *now* is the only time that is truly, truly real.

YOUR *INFINITE* CONSCIOUSNESS



IS ONE *ETERNAL NOW* (simultaneous now).

And as a LINEAR expression, whereby you create the APPARENCY of a linear progression of nows, in each of those nows (which, by the way, are all truly the same now) you make a *decision...*

"I AM *THIS* PERSON ... I AM *THAT* PERSON."



"I AM *THIS* WAY ... I AM *THAT* WAY."

You generally do so through AN ELABORATE SET OF *CRITERIA*.

Perhaps you say...

"I am THIS person
BECAUSE this happened when I was a *CHILD*."

Perhaps you say...

"I am THIS person
BECAUSE these *CIRCUMSTANCES* would only *HAPPEN* to a person such as this."

Perhaps you say...

"I am THIS person
BECAUSE *EVERYONE* tells me I am, therefore they *MUST* be on to something."

But ultimately **it is your decision**, it is your *agreement* with whatever that *criteria* may be...

"I AM ... THIS PERSON"

that allows you to *express* (from the all that you contain) that *version* ... that *person* that you are *being* in that moment.

The *REASON* that you experience yourself as a *LINEAR BEING*, rather than a completely *new* person ... with a different body ... different hair color ... different eye color ... different height... different weight, in each and every moment, is because as you define yourself in any given *now* moment... you bring along "the baggage," you bring along A *CONCEPTION*...

**"WELL...
(you will often say)
I AM THIS PERSON**



**WHO IS EXACTLY THE SAME PERSON AS I WAS A MOMENT AGO
WITH
this — one — minor — little — difference."**

And of course you will experience the result of that "one minor little difference" with the APPARENCY of *being* the "SAME" PERSON.

Now, we do not share this so that you will spontaneously dis-integrate your entire personality and completely *transform* this reality into an unrecognizable form (that is an option, by the way)

because you need not do that in order to **recreate yourself** according to *preference* in any given moment.

By simply being willing to be 'mindful' of the decision you are making ... **right now** and then perhaps *dialoging* with yourself to determine who it is you *prefer* to be ... right now, that is all it takes to completely and **100 % transform** your entire experience ... right now.

You *already* do this anyway. I'm not suggesting or introducing anything that you are not an *expert* at. And as we sometimes say ...'**You are perfect creators,**' so when you create misery ... it is perfect misery. When you create joy ... it is perfect joy.



But always does it *hinge* on **THE DECISION** in the **moment** of **who you are.**

THE MECHANISM
DECISION... TRUST... ACTION
(How you create your physical life.)

In general, how you express this as *physical beings* is by...



NUMBER ONE...
MAKING THE *DECISION*,
"THIS IS WHO I AM."

You then,



NUMBER TWO...
***TRUST* THAT DECISION,**
"WELL I *MUST* BE THAT PERSON."

You then,



NUMBER THREE...
ACT
or perform an *action* in your reality
with the *foundational, underlying supposition* of your decision that...

"*THIS IS WHO I AM.*"

And it is those *actions* (in a physical reality) that seem to cause *results* (in a physical reality) that seem to *reinforce* (in a physical reality) ... the decision. Therefore, **whatever you *decide* ... you *get***. And no matter what method you use as an excuse to make that decision, the decision still *sticks*.

As an *example*, individuals will often assume...

"In order to *transform* to the individual that I *prefer* to be,



I must *understand* who I am already being."

And often they will create an **ELABORATE *PROCESS***, an elaborate and painstaking exploration of...

"WHY OH WHY! ... *AM I WHO I AM?*"

The interesting thing is that AS they are partaking in and creating this PROCESS, they continually *RE-ESTABLISH* THE DECISION...



"THIS... IS WHO... I AM"

As you *dig into* your past to determine why you *turned out* in such an undesirable way (should that be your approach), YOU CONTINUALLY *RE-ASSERT* that *version* of who you are. You continually *maintain* the decision that...



"I AM THIS PERSON THAT NEEDS SO MUCH WORK."

There can be value (when you insist on moving on a *gradient*) to all of this type of *exploration*. However, if transforming instantaneously appeals to you (maybe it doesn't, but if it does) **you need not carry around** THE BAGGAGE.

All that you need do to *transform* — **right now** is simply, as you say in your vernacular...



"TAKE THE BULL BY THE HORNS"
and *simply*
HAVE YOUR DECISIONS ABOUT WHO YOU ARE
be
CONSCIOUS AND PURPOSEFUL.

Perhaps you may wish to include the idea of factoring in your **preference...**

"THIS IS WHO I DESIRE TO BE."

Now, when you state "this is who I desire to be," there is sometimes the *tendency* to DIGRESS by thinking...



"WELL, *THIS* IS WHO I AM BEING,"



"EVEN THOUGH I DESIRE TO BE *THIS* PERSON."

But that is not the same as simply *deciding*...

**"*THIS* IS WHO I AM
BECAUSE *THIS* IS WHAT I PREFER ... *THIS* IS HOW I SEE MYSELF**



***THIS* IS THE *PERSON* I LOVE."**

And your **willingness** to simply...

"CUT THROUGH THE RED TAPE"



(as you say)

**AND DECIDE ACCORDING TO *PREFERENCE*
WHO *YOU* ARE...**

allows you to take the *process* that you *already* use to create your own reality and *shift it*, as you say, "on a dime" (or any *denomination* you choose). Therefore, be *mindful* (should you choose the idea of beginning to express **joy** and **ecstasy** in your life) not so much of who you are being that is *not* the person you desire to be, but who you **do** desire to be, who you *prefer* to be, who you already are. And therefore, once you **decide** ... any person that you may have been in any other given moment becomes *irrelevant* to that decision.



**YOU *BECOME* THE PERSON YOU DECIDE
IN EACH AND EVERY GIVEN MOMENT.**

To illustrate the extent of this idea...

IF YOU *DECIDE*...



"Well Elan, what you are saying right now is *nonsense*"....

you get that.

IF YOU *DECIDE*...



"that makes sense, I'll give that a *try*"...

then you *get* the partial result of someone who is trying."

IF YOU *DECIDE*...



"Ah, I already do that, I will begin to do it *consciously*
right now"...

you are no longer any other person that you have ever defined yourself to be, **you are now being the preferred you.** If you will begin to simply *trust* that decision, then your *actions* (perhaps subtly at first, but eventually quite blatantly) will begin to reflect the decision, and the actions will have *results* ... and even what you consider to be the "external circumstance" will seem to change.

Now understand in no uncertain terms, because of the "cause and effect" methodology that you create in your reality through your actions (you perform an action which you consider to be a "cause" and then you get an "effect")...



**YOU HAVE A TENDENCY TO JUDGE YOURSELF...
AGAINST THE BACKGROUND of your CIRCUMSTANCES, of your "SITUATION."**



If you will begin to understand that all those *results*, all those CIRCUMSTANCES, truly HAVE NO "BUILT IN" MEANING that they are...

A NEUTRAL SET OF PROPS



(NO MATTER HOW THEY MAY *APPEAR* ON THE SURFACE)...

you then give yourself the **power** to *interpret* that circumstance (those situations) through the new **you** that you have **now** decided to be.

Now if that you happens to be an **empowered being**, you will say...

"WELL,



HOW DOES THIS SITUATION *SERVE* ME EXACTLY AS IT IS" ...

and then get the result of receiving a **service** from a *circumstance*, of receiving **service** from a *situation* that you have formerly labeled "negative," or formerly labeled as "evidence" that seems to support the notion that,



"WELL, I GUESS *I HAVEN'T* CHANGED AT ALL."

Understand, by the way, that when you say, "I guess *I haven't* changed at all," what are you doing? You're making a new decision in that moment. And though you *did* change completely and *100%* when you had made this decision...

THIS DECISION...



"*I HAVEN'T* CHANGED AT ALL"...

is very SIMILAR (perhaps you can say) to "PREVIOUS" negative decisions that you have made and therefore can *seem* (it is only an APPARENCY, but a very strong one) seem to *cancel out* the positive change. It does not truly cancel the change, for *you* are still a *new* being with that much more knowledge.

But the idea is, only do you *SEEM* to

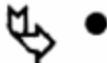
BACKSLIDE

(as you sometimes say)

when you are not willing to *re-mind* yourself... *re-member* yourself... to *maintain* the decision of who you **prefer** to be.

And any circumstance that would *seem* to be negative, and *seem* to be "evidence" that you are *not* the new person that you desire to be, is, on the "**FLIP SIDE OF THE**

COIN" ...



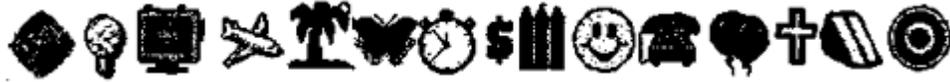
**AN OPPORTUNITY
TO RE-ESTABLISH, TO RE-ALIGN TO WHO YOU PREFER TO BE
by 're-minding' yourself...**

"Ah, though this circumstance may *appear* negative,
the *me* that I *prefer* to be no longer chooses to *interpret* things in that way...

this is the *new me*

and therefore, my *interpretation* of any set of circumstance is also new,
and I can derive *how* each and every circumstance is of *service* to me."

All the while ... **as you adopt this approach**, while containing the idea of *maintaining* who you prefer to be and *trusting* that decision and *acting* that way...



YOU ARE CREATING A NEW SET OF CIRCUMSTANCES.

And so the external situation in your life does seem to change, but generally only if you are willing to USE ... the first moment that you make the decision,



"I am now this PREFERRED person"...

the **CONSCIOUSNESS** of that preferred person to **interpret** your *present* set of circumstances (which physically speaking may seem to be resulting from *older* perspectives). But the **new interpretation** completely changes the *effect* of the circumstance rather than perpetuating it on and on and on and on....

So no matter what your *seeming* repetitive issues have been, they only **APPEAR** to be "repetitions" because **you** adopt a similar approach, a similar interpretation and ultimately... a similar set of actions when you realize and conclude...



"HERE IT COMES AGAIN!"

Allowing the decision of who you prefer to be to "stick," simply *requires* occasional **reminders**, and that is all. Also conducive to the change is the willingness to *remind* yourself to **interpret** your reality through your...



NEW SELF

Therefore, the initial idea of experiencing what you call "ascension" is to express yourself in *this* life, as *this* particular version of your consciousness fully, purposefully and be willing to not "settle" for anything less than getting every positive thing out of it that you can. When you *do* this, you experience the idea of "ascended consciousness" while still *maintaining*...

THE APPARENCY



OF A *PHYSICAL BODY* AND A *LINEAR* EXPRESSION.

And **living** your reality in a *physical* way, as a **CONSCIOUS CREATOR**, expressing yourself through **preference** and **joy** ... *expressing* the things that bring you **passion** with *integrity* (for you know that everything is *one integrated whole*) is a type of experience that is, to be qualitative about it and mean this, perhaps you can say "a bit loosely"...



AN UNRIVALED EXPERIENCE IN THE MULTIVERSE
(Therefore, **YOU** would not want to miss it!)

My particular society still expresses itself in a *physical* way. We on the verge ... on the threshold, of beginning the first phase of our *non-physical* expression of consciousness. But we have throughout our "history" (and I use the term loosely because time has a different meaning for us) still *chosen* to experience physicality, though from the **perspective** of...



CONSCIOUS CREATORHOOD...

from the perspective of taking the advantage of the unique opportunity to *discover*, the unique opportunity to be *surprised*, to experience unexpected circumstance. Which again I remind you, when you are experiencing your infinite and all-knowing point-of-view that apparency of surprise no longer has meaning.

So understand, we still *choose* to be physical, and in doing so, we **revel** in unexpected outcomes and *surprises*, instead of considering them to be *extraneous* or an *interruption*. When we mention that you do not experience *surprise* and *discovery* from the *infinite*, all knowing state of your consciousness, it is not that you are *missing* anything in that state, which you are not. Though the way that you create **THIS** type of *finite* experience is through...

GRADIENT



EXPRESSION OF YOUR *CONSCIOUSNESS*,
as opposed to
HOLISTIC



EXPRESSION OF YOUR *INFINITE* CONSCIOUSNESS.

“OPENING UP “THE COVER”
“THE VEIL” TO WHO YOU ALREADY ARE
(You get the credit.)

At this juncture, allow me to simply remind you once again that **you do**, as an *infinite being*...
already contain it all.



THERE IS NOTHING *OUTSIDE* INFINITY.



THERE IS NO *BORDER* TO INFINITY.

Therefore, anything that you hear ... that you 'dis-cover,' is literally, literally that process of 'gradient expression.' It is not *gaining* something you never had and now do, it is simply 'dis-covering'...

OPENING UP “THE COVER” ... “THE VEIL”
TO *MORE*



OF WHO *YOU* ALREADY ARE.

And therefore, should you feel you have *learned* something, whether it is in this interaction or any other time in your life, most accurately, *you* are simply now *choosing* to *express* what you already contain. And therefore, *you get the credit*. You get **100%** credit for the creation of your reality because...

YOU



100% CREATE THAT REALITY.

Therefore, by all means, you can *entertain* the idea of being willing to be proud and take "the credit that you are due." You already create your reality through *decision, trust* and *action*.

Therefore, the only slight change that we perceive that you are now *unveiling* to yourself (and therefore we act as a reflection *of*) is the simple idea to be more **conscious** about it, to be more definite about it, to make the **decision**, to allow that decision to *stick* and then **to have the fun** of going around to your reality, *interpreting* your reality through the decision and watching in what you call "short span of time," your entire reality... *life ... circumstances ... relationships* to both yourself and what you *perceive* to be others
... change 100%.

Only when you change *your* perspective, *your* approach, does there appear to be an external alteration of circumstance. Only when you change "who **YOU** are" does it appear that *others* have also changed, for you are now willing and ready to interact with others on that level, for they also (each and every one of you also) **ARE...**



MULTI-DIMENSIONAL ... INFINITE... AND ETERNAL BEINGS

and they also contain every potential... every possibility ... every expression. And as you change the *vibration* through which you **express** your reality, you also change the *vibration* through which you **interpret** your reality and therefore, you are now literally interacting with a different *version*, a different *aspect* of any individual that you formerly have interacted with ... and *they* seem to have changed, but ultimately, it is **you**.

Therefore, I thank you for being willing to allow *me* to reflect back to *you*, what you already **know** to be true for yourself, what you have **now** chosen as your timing ... and allowing me to act as the reflection to *mirror back* certain very simple ideas.

Remember, though your reality may seem to contain the notion of "complexity," the *mechanism* through which you create your reality **is quite simple**.

And when you *define* who you are...

**YOU CAN NOW ALLOW
FOR THE *DISPENSATION OF YOUR REALITY***



TO BE SIMPLE ... TO BE EFFORTLESS.

"Effortless" does not mean you will not have *surprise*, does not mean you will not have unexpected ideas, does not mean you will not *perceive* the idea you sometimes refer to as "*challenge*." But "effortless" is simply an expression of no longer "GOING AGAINST THE GRAIN" of who you know yourself to be.

"EFFORT," in one interpretation of that term, is simply...



GOING AGAINST YOUR OWN GRAIN



causing a FRICTION ... causing a RESISTANCE, which seems to EXHAUST you all.

BEING WHO YOU ARE IS



QUITE SIMPLE AND QUITE *EFFORTLESS*.

Therefore, I thank you once again and for the *first time*, since I am creating myself **anew** also ... I am always *experiencing* each and every one of *you* as a **new being** and *myself* as a **new being** as well.



NICE TO *MEET* YOU ALL!

TOUCHING ON PARADOX
***ALL THAT IS* LEAVES NOTHING OUT**
(Experiencing on a gradient... seemingly removed from that totality.)

Q- When you talk about the fact that as we change and experience ourselves, as we experience a different aspect of *ourselves* and then interact with other people, we are experiencing a different aspect of *them* as well ... that clarifies things for me very well as to how I can understand that apparent change in people.

Elan- Alright, well, one *tendency* that we have noticed is that individuals will say...



"well I could change ... I know I could ... if only *she* (or *he*) would change,"

and in fact... **THEY HAVE IT BACKWARDS.**

Q- I've experienced that myself and I appreciate that particular wording as that helps me to understand it better.

Elan- Alright.

Q- When you say that we all contain everything, we contain all the experience that we can experience in a *linear* process ... does *each* one of us contain the *same* set of experiences?

Elan- Well, in a sense, again, we are talking...

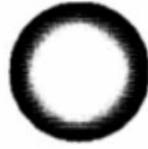
"GRADATION"



"LEVELS" OF TOTALITY.

As **IRONIC** as that *term* actually is, **IT IS ALL ONE ... ONE IDEA.** As we refer to it, ***All That Is* leaves nothing out** and again, one way to look at it is that...

IT IS ALL THE *SAME* ONE



"ALL THAT IS"...

containing every single myriad and nuance of possible experience **imaginable** (and a few that are perhaps presently *unimaginable* to you).

So to answer your question, **yes**, but as you begin to experience yourself in a *gradient*, as seemingly *removed* from that *totality*...

each one of you creates
THE SIMULTANEOUS APPARENCY
that the *entire* reality
is merging into



you.

And even though that SEEMS *PARADOXICAL* that there be...



MORE THAN ONE FOCAL POINT
THAT THE REALITY SEEMS TO *EMERGE* INTO...

nevertheless, **that is THE WAY 'IT' EXPRESSES ITSELF.**

That is a *PARADOX*... an *INFINITE* idea being **perceived** through *finite* means ...
(in discussing it in this way).

Q- You have discussed the notion, as **everything** that we experience is a *consensus*, that other people are willing to share that same experience, the same physicality with the same view of reality that **we** are sharing, otherwise *we* wouldn't ... *they* wouldn't be *in* our reality ... is that what you're saying?

Elan- That is one way to *experience* consensus, but ultimately, *your* entire experience, the experience of *each* and every *one* of you, hinges on...

YOUR DECISION



ABOUT WHO *YOU* ARE IN THE MOMENT

and so *your* experience of that "consensus" can drastically alter in any given moment.

Q- Thank you.

"I CREATE IT ALL?"

"WELL ... SO, I'M IN CHARGE?"

(Take that question mark ? straighten it out to an exclamation point!)

Q- There are as many "ascension processes" as there are **perceptions**, is the way **I** understand it, is that correct?

Elan- Well, again...

ANYTHING THAT YOU CAN *IMAGINE* IS "TRUE" ON SOME *LEVEL* OF REALITY.

And the idea of '**Infinite**' simply means there is **no limit**, so that would apply to experiences of *ascending*, yes.

Now, our general approach is to highlight the most **self-empowered** version of any idea that we are discussing, the *version* that allows you to *be* that person ... with no one else's help. And again, I remind you continually that **you already contain it all ...** because, should you decide to ascribe credit to *me*, I will not accept it. I am simply acting as a *mirror* to what you already know.

Does that answer the question?

Q- Not really, I'm working with a group right now that is ... ah ... working with a *process* called "THE AWAKENING PROCESS."

Elan- Alright, describe.

Q- Leaving my *bed* ... moving into *dimensional reality*, and ascending and actually leaving the dimension, the "Third Dimension"...



MOVING INTO THE "FOURTH DIMENSION."

Elan- Now, with the idea of *leaving* "The Third" for good?

Q- No ... temporarily.

Elan- Alright,



TO EXPERIENCE *MORE* OF THE SELF... yes?

Q- Correct.

Elan- Alright, and bring that back to *this* particular reality?

Q- After a four day *transformational* state.

Elan-Ah, "four days" alright.

Q- And moving back into our "Third Dimension" to continue on with a two week process of a *physical transformation* based on the *cellular* change.

Elan- Alright, well that is one way to express it, again, ON A *GRADIENT* ... with a *process*. But ultimately ... understand in *no uncertain terms* what we have already shared, which is this ... *after* your certain amount of days and certain amount of weeks ... any *change* that you experience will truly... now the most accurate way to put it, is to say ... that it will *result* from the decision in *that* moment and not truly from the *actual* process ... "from now, "till then."

So certainly, *gradient process* is one way, one method to express the idea of *ascension*. But allow me to also share something else, to clarify something else that we mention, which is that...



YOUR BODY EXISTS *WITHIN* YOUR CONSCIOUSNESS.

Individuals will sometimes assume...

"Well my consciousness cannot shift until my *body* shifts ... until it evolves ... until it changes its *cellular structure*, the expression of its *DNA* and so forth..."

and this is very creative, very useful. Individuals will use that as a *pivot*. But perhaps you can say the interesting point about it, is that *mechanically speaking*, no matter what,

THE *BODY* DOES NOT CHANGE FIRST.



ALWAYS IS THERE FIRST A *SHIFT* IN CONSCIOUSNESS.

Which again, I remind you, any change that would seem to occur in the body on a *cellular* level, without exception, always was *caused* by and initiated *first* by a change in consciousness. So if an *elaborate process* is what you feel you require to *shift* your consciousness, no matter what that process is, no matter" what degree of complexity it contains to allow *you* to say... "well I did something, I can now expect a result" ... the change always, first comes in *consciousness*. Does that make sense?

Q- Yes it does, one does not require outside assistance for them to have an *ascension process*?

Elan- Absolutely not, although one can attract that form of it if they wish. All options are valid, all approaches are absolutely equally valid. And we are not discussing *our* particular point of view to invalidate any other approach, but simply to simplify the idea, simply to *define* what many of these approaches actually accomplish, in a *kernel*, in a *crystal* that's right in front of you (and again, not to invalidate the process).

So there are an infinite number of *processes* that an individual or individuals can create, but *the point* of what I am saying's that it ultimately *results*, in a given moment, in your **decision...**



"I AM NOW *ASCENDED* ... I AM NOW *TRANSFORMED*."

And it is the **decision** in *that* moment that results in cellular change, that results in *any* type of *physical* change that you experience ... and **not** actually the **process**. And ironically, paradoxically, when you make that *decision*, when you *be* that person, whether you use the process as a rationalization or not, ironically, you will immediately realize what I am saying.

For one of the first ideas of "**ascending**" or being willing to **express** yourself in a more **limitless way** is...

"AH... IT WASN'T THE PROCESS...



IT WAS ME... IT WAS ME ALL ALONG."

Q- So the "ENERGIES" that I feel at night about me, are **my own consciousness** coming in to work with **my own vibration**?

Elan- Absolutely ... even the idea of what you call "spirit guide" or any *external* manifestation literally exists within **you**. Now, you can perceive them as "other beings" to allow you to experience very *specific nuances* of your consciousness and by all means through the physical expression, it is quite a valid idea of **assigning...**



"this is *this* GUIDE ... this is *this* CONSCIOUSNESS ... this is *this* ENERGY."

But what you have said is truly most accurate ... **IT IS ALL ACTUALLY YOU.**

Q- Well... so, "I'm **in** charge?"

Elan- Well... it is up to you!

I will suggest that **when you actually experience that**, you will say it slightly differently...

**you will take that question mark ... ?
and straighten it out into an exclamation point...!**

because you will simply (in making that decision) be quite **definite** about it and "**unswerving**," as you say.

RATHER THAN SAYING...



"well...I...create...it...all?"

YOU WILL SAY



"I CREATE IT ALL!"

Do *you* wish to do this?

Q- That is the question.

Elan- *Ah!*... only *you* can answer that one! can take a *stab* at it. I can perceive that *YES*, you *wish* to do it... *BUT* there is...



SOME *HESITATION*, SOME *TREPIDATION*, SOME "FEAR."

What is it that you feel could be a negative result of simply taking back your *power* and creating your life *consciously*?

Q- The *FEAR* would be drawing in...

UNKNOWN ENERGIES



OF UNKNOWN ORIGIN.

Elan- Ah, unknown, 'un-knowing'... so, you could '**dis-cover**' more of *yourself*, yes?

Q- Since we are **all** part of **one**, yes.

Elan- Alright, and then perhaps you may *revise* or consider (I will never insist that you do any of this, simply suggest) that '*unknown origins*' are no longer relevant when you *express* that the reality exists *within you*, consciously or knowingly.

THERE IS NO OUTSIDE



THERE IS NO *ORIGIN* WHICH IS *NOT* YOU.

Do you assume that **you** would *intend* to harm, frighten, or have a *negative* result ... **from yourself... to yourself?**

Q- Not *intentionally*, no.

Elan- Alright, well, what we are speaking of here is...



CONSCIOUS INTENTION

(no *intention* just "slipping in there").

When you make the *decision* ... this *is* your *intention*, this *is* your clear intention. So you may *now* begin to realize that nothing can happen *unintentionally*, unless *your* decision involves that particular allowance. I assume *you* wish to experience your *transformation* in a positive way ... yes?

Q- Absolutely.

Elan- Then simply ... build that into your *decision*. One of the ideas is to be very Specific about what that decision is, and should *something come along* in your experience that will result in perhaps revising that decision ... be willing to *use* that feedback to define yourself. And, at least be willing to...

ESTABLISH WHO YOU ARE



FROM WHAT SEEMS TO BE AVAILABLE...

to make the *decision* about who you are from what seems to be *available* and automatically will you refine it. Is this of assistance?

Q- Yes, thank you.

YOUR EMPOWERMENT RIGHT AT YOUR *IMMEDIATE DISPOSAL* (You just might be a little bit excited!!!)

Q- Um, I'm not sure if this is going to make sense, but if everything *is*, as you said it is to us tonight and then most everything is something (I'm sure) that everyone here had a pretty clear idea about... then if we are "*microcosms*" of the whole ... why isn't "Mother Earth" just making a *decision* ... POOF! ... to change? Why is **She** going through a process like **we** are?

Elan- Well, your **question** contains the **answer**, for though **I** have introduced the idea of...



"SPONTANEOUS RE-DEFINITION" (changing your *entire* reality)

perhaps **you** have not quite made that decision yet yourself. But when **I** say that you will begin to see external reflections *across the board*, that will include your planet as well, which is also a consciousness, but again, not truly apart from your own consciousness ... *within* your consciousness. So should you now decide to *shift* who you are and perhaps experience a temporal lag in your circumstances, giving you the opportunity to *redefine* those circumstances from who you **now** are ... once you maintain that for what you call "a period of time,"

YOU WILL SEE THE CHANGES



YOU ARE TALKING ABOUT.

But the *indecision* does truly come from each and every one of you. Remember also, that *indecision* **really is a decision to not decide.**

And, you are also *assuming* that "**Mother Earth,**" as you have put it, is *taking her time*. My particular observation is that the *consciousness* that you call Mother Earth is right there...



READY AND RESPONDING PERFECTLY

(in every given moment).

Is there something *specific* to which you are referring?

Q- Well, part of this change has to do with *healing* ... I believe.

Elan- Alright, does your *decision* create a gradient whereby perhaps an individual is "UNWELL" ... will obtain healing, and then be "WELL?"

Can you understand that...

HEALING, JUST AS DIS-EASING,



IS ALSO A *DECISION* MADE IN A GIVEN MOMENT?

In other words, your question implies a *process*, it implies stretching out the result from the decision and therefore your *experience* is the earth doing the same thing, yes?

Q- Yes.

Elan- Therefore your willingness to simply be **whole** ... which automatically includes the idea of "**health-full,**" will then allow *your* perception of the perfect response of what you perceive to be Earth Consciousness to *shift*, to see that "The Earth" is *already* doing this. If this does not make sense, please continue.

Q- No, it makes sense.

Elan- Alright... you do not sound "TOO THRILLED" about it. I assume (perhaps I'm *out of line*)... I assume that once you firmly *grasp* the idea of...

YOUR EMPOWERMENT



BEING RIGHT AT YOUR IMMEDIATE DISPOSAL...

that you might just be a little bit more **excited!**

SINUSES AND SITTING AROUND
ALLOWING THE ENERGY TO MOVE THROUGH YOU
(You may now be more sensitive to any changes that are occurring.)

Q- I wanted to talk a little bit about *health*. Because I seem to be *manifesting* some *DISEASE*.

Elan- Describe, if you wish.

Q- *Sinuses*, it's been going on for months and months and months and I'd like to ... I'd like to make it, you know, something that would be of general interest, but it's pretty *specific*.

Elan- Well, the idea is this - that your *sinus cavities* are very sensitive to, shall I say, *electromagnetic* changes and shifts because of a particular substance in your sinuses known as *magnetite*, which is, in that sense, also involved with your "sense" of *spatial orientation*. So the idea is that...

YOU MAY NOW BE MORE SENSITIVE



TO ANY CHANGES THAT ARE OCCURRING.

however you need not experience the sensation of these changes in *negative* terms. So, you can **now** introduce yourself to the idea of *allowing* yourself to be **aware** of changes without *resisting* those changes and causing friction and pain.

Now that is the more general idea, the other idea is to not allow any particular event, pain, discomfort, to alter or revise your *positive* decision about who you are. I assume, when defining yourself, your definition, your decision *includes* feeling physically *well*, yes?

Q- Yes, most definitely.

Elan- So when you **maintain** that decision, any particular sensitivity is very short lived. When you use that friction (that discomfort) as *evidence* to create the decision...

"WELL, I NOW MUST BE *SICK*"...

then *you* actually *perpetuate* a process which would otherwise be generally rather fleeting, if you notice it at all. So, to keep "on subject" (so to speak)... *re-establish* and *maintain* the *preferred* decision of who you are, very specifically to **include** the idea...

NOT THAT... "I AM NOT *SICK*" *but* that "**I AM WELL** "...

not running *from* what you don't prefer, but simply *being* what you *do* prefer. And this is why we said earlier, that although you *can*, you need not establish who it is you are being that you no longer prefer... in order to be the new you.

Q- So, what you're saying is I don't have to say, "Why am I creating this?"... and I don't have to go through that process, just decide that I am healthy?

Elan- Absolutely ... and you may wish to be **more specific** than that. Because if the decision does specifically reflect who *you* are and what *you* wish to do ... you will be *so busy*> going about your business that any so-called "recovery period" will simply be immediate ... *automatic* and you will forget all about any discomfort.

In other words, instead of simply... "*I am healthy*"... have the decision be **completely** who you are... "**I AM THIS PERSON**"... (fill in your own blanks)



"**WHO ENJOYS THIS ... WHO EXPRESSES THAT** "...

and in your being willing to be that **whole person**, there is no fragmentation or 'disease' in the process and you become busy *being* that person ... rather than *sitting around* and feeling your sinuses. Does that make sense?

Q- You've been watching me, huh?

Elan- Your *privacy* is completely intact.

Q- I've been doing a lot of...



sitting around.

Now, alright, I *do* see that.

Elan- By the way, one other idea ... if you are sensitive to electromagnetic changes and are remaining physically static, you do give yourself more opportunity to *perceive* that sensitivity in a negative way. If you are moving about, you are allowing the sensitivity ... you are *allowing* the *energy* to move *through* you, rather than "well up," or seem to accumulate, in that sense of the word.

Q- I've noticed that if I was physically **active**, that it was most definitely a **relief**.

Elan- Alright, then to use your language liberally, "see you later."

Q- Oh, **I can actually feel better now!** I mean **I** haven't been breathing in months!

Elan- Alright, well ... you have changed your decision and you have demonstrated in *no uncertain terms* that...



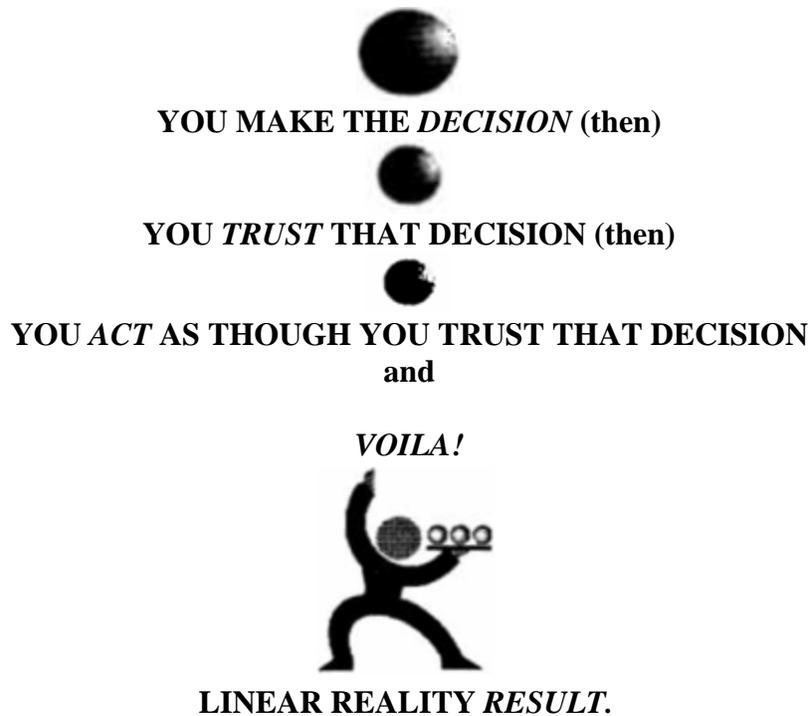
YOU GET THAT *DECISION* INSTANTANEOUSLY.

THE DECISION
A HELPFUL DISTINCTION
(You always already "trust"... 100% ... in something.)

Before we proceed, allow me to simply make a simple distinction you will find quite helpful. It is along the lines of what we have already discussed in terms of **maintaining** the decision for who it is you *prefer* to be.

And in mentioning that "you *already* do this anyway" (that your reality is *already* the result of any decision that you make, and this means of expression is "nothing new" to you), the same thing very directly applies to **trust**.

Now as we have said, you *decide* who you are...



In terms of Trusting The Decision ... understand in no uncertain terms, what you call "faith" ... what you call "trust" (which is perhaps slightly more *intentionful* than faith) is *not* something that you need to *gain*. Trust is not something you need to "muster up." The reason being because...

YOU ALREADY *TRUST* 100% IN SOMETHING
(even if it is in a reality that you do not prefer).

So, you do contain it *all* and in containing all of it...

YOU ALWAYS *ALREADY* TRUST IN SOMETHING.

So you do not need to *gain* trust, but simply be *aware* that you always trust in *something* and be more conscious and purposeful about what you will *choose* to trust in.

TRUST IS SOMETHING YOU *ALWAYS* HAVE.



YOU ARE ALWAYS *PLACING IT* SOMEWHERE.

You can remind yourself...

"WELL, LOOK *WHERE* I AM PLACING MY TRUST,"

but in a sense, that is looking backward. You can also simply just say, "Alright, I understand I *had* a negative decision, that I *had* negative trust"...

"NOW,

***THIS IS MY DECISION.*"**

(“THIS” being whatever *purposeful decision* you choose to make about yourself.)

**"AND SINCE I WILL TRUST IN *SOMETHING*
WHY NOT**



THIS DECISION?"

So with that *distinction* and on that *note*, we will continue with the sharing.

Sharing!

YOU ALL EXIST WITHIN ME
A GAME OF CATCH WITH A BALL OF LIGHT.
(... *trying us on.*)

Q- Elan, when you come here to do this, this is very *enjoyable* for us.

Elan- Oh, alright.

Q- Are you experiencing that also, do you sense *love* and *enjoyment* back at you?

Elan- Absolutely, I create my *version* of it, which could appear, when looking at my reality in linear terms, to be love *from* you. Now understand, in my decision of who I am, there is no lack of self-love. I completely, **100%**, love myself and others, and reality and circumstance **100%**, with the complete *trust* that I create it, and its very existence is to *support* my experience.

Though when I interact with you, I can create the awareness that you 'love me", though what you would perceive as *your* emotion toward *me*, I create my own *version* of, to have an experience. (I am simply explaining the mechanics.) In other words, yes ... with a little explanation.

Understand one other thing (if you wish) whatever you perceive that you get out of these interactions, I get just as much out of it. I understand, in no uncertain terms, that to me...

YOU ALL EXIST WITHIN ME.

And as I am willing to interact with different aspects of my own consciousness through seeming external "others," I then learn more about myself.

My particular society's approach is different than your own, and we are not exploring the types of *limitations* that you will often choose to explore. Therefore, we do not generally interact with that *aspect* of ourselves on a daily basis.

Interaction with your society affords me the opportunity to begin to look at some of those ideas, although always do I do so from my empowered self. What I am getting at, is that the *favor* that you are doing, from my end, to me, is immeasurable and it allows me to understand myself on a very complete level, apart from the mass, general experience of my society.

My society also happens to be very interlinked, and I will say, "*telem**pathically*." as opposed to "telepathically," for *empathy* implies that you create your version, *experience your* version, but you can in that sense, mold your version so closely to the intention of the seeming *others* that it seems that you are *reading their mind*, it seems that you are 'In touch." What technically is going on, is...

WE ARE CREATING THE SAME THOUGHTS AT THE SAME TIME.

And therefore, anything that is to *my* awareness, for anyone in my society who is so inclined ... *they* too immediately have that experience, and interact with it from *their* particular, individual

point of view, to reflect back to themselves as well. So, not only do I get something out of this, but so do many members of my society, who are so focused in that type of self-expression. And *we* thank you.

Q- I thank you for that sharing you just gave, I really enjoyed that answer.

Elan- Alright, I thank you for enjoying it and creating the enjoyment.

Q- We've been in this room for over an hour and I've been sensing **Bashar*** the whole time. I see him in my mind's eye reclining in a chair. I guess I would like some validation ...or I'm just wondering where he is?

Elan- Will you allow me to use your language liberally? We're *buddies*.

Q- He's not with you right now?

Elan- At this particular time there are several individuals present, he is one, yes. He is, by the way, very busy, all the time, can barely "nail him down," to use your vernacular. Fortunately, we always are "in touch."

Q- Could you also tell me what you did with your day today?

Elan- In this particular day, I have done several things. One was, I involved myself in an "energy exchange" with other individuals of my planet, perhaps very loosely speaking, perhaps what you would simply refer to as...



HAVING A **GAME** OF CATCH WITH A **BALL** OF ENERGY.

That is a very loose interpretation, for now, for the imagery that it will allow you to create, it will do. I also have, in that sense, interacted within my spacecraft in taking certain *readings* from what you would call, "other various individual societies" that we are communicating with at this time. And then, *you*.

Q- Thank you. I've just become real interested in the *Pleiadian* civilization and understanding that they are in *human form* like *we* are, and I'm enjoying their perspective on life, which is very empowering. I guess when I feel that I want, indeed, to be empowered, when I'm not being my essence, I will partake of you guys, or pick up a book of the *Pleadians*. I just wanted to say that I'm sharing and using and becoming aware of who I am and my spirituality and *I'm having fun with it*.

*** Bashar is another being from the same homeworld as Elan. Currently he is channeled by Darryl Anka.**

Elan- Well alright, and I thank you for your willingness to share that, and understand, **your Galactic Family is quite intact**, and on that level you are already creating *interaction* with them. You will notice earlier that I said that we will not interact with you in a way that would be a *dis-service* to you, or seem to imply that you are *dis-empowered*, and that is one of the reasons for what you call, "channeling phenomenon." It allows us, in a very *seemingly* removed way, to communicate with you and still allow you to make your *own* decisions, still allow you to have your own choices, still allow you to create either your **trust**, or *place* that trust in the form of what you refer to as *doubt*.

Therefore, it is still completely up to *you* to believe that I am who I say I am. I, in no way, have any insistence that you do, but if you are to ... you are beginning to become more *familiar* with **your galactic family**. And *we* thank you.

Q- It's been several months since I've been able to ask you, "where are you" and, in a sense, you've already answered that. Might you be on your **mothership** for a change?

Elan- Well, I might be, but I am not. At this particular moment I am upon the face of what you would refer to as my **planet**.

Q- You're actually there and not in your spacecraft?

Elan- Yes.

Q- That's unusual.

Elan- Not really. What you refer to as "projection table," and again this is very loose, also occurs upon the planet from time to time, though perhaps you would refer to them as, and I mean this quite loosely, *portable* tables.

Q- I had the idea that roughly 70% of your population, 250 million total, might normally be off the planet.

Elan- From time to time this is the case. This will vary. There has recently been, for lack of better translation, **a celebration**.

Q- Oh, could you elaborate?

Elan- Simply, that many of us are finding ourselves physically proximal to each other, or on the planet at the same time. While we're there, alright, I will use your language once again, this does not quite, quite, quite translate,



"WE LIKE TO PARTY."

Now the reason that it does not translate is because our entire attitude and life has that type of allowance in it, so there is not the distinction, "I am partying now, now I am not." We are always, in that sense, expressing joy and ecstasy, which, one way to interpret it into your language is "party."

Q- Dancing, singing, music?

Elan- Not in the way that you understand, but perhaps a *version* of that, from time to time, will spontaneously arise, as does everything that we do. That is why I hesitate to call it a "celebration," it is not that formal and it is...



QUITE SPONTANEOUS.

Q- I also wanted to know if you would share more with us about the other civilization you've been communicating with today?

Elan- Alright, the *civilization* that I was taking the aforementioned "readings" on, do not express themselves quite in the same *physical* terms that you are accustomed to. They are, perhaps you can say, "**energy beings**" that still have the ability to express *physical* manifestations. Those physical manifestations are instantaneous, and *instantaneously responsive* to the slightest change in consciousness.

Our perception of them occurs through the idea of the physical manifestations, and we are able to directly interact with them, what you call, "telepathically." But we can also communicate to them through what you call, "**observation**," by simply taking a measurement, or a reading, or an observation of their particular physical manifestation along what you would refer to as a "linear time line." We can translate, by *interpretation* of the physical *symbols*, their intended message. And it is an interesting, perhaps you can say, "**game**" that we play.

Did this translate at all?

Q- Oh, yes, it did. Umm...

Elan- By the way, there are many beings like this. This particular society, we are in proximity to, and they are also, perhaps you can say, from their point of view, taking in and relishing certain approaches that our society have as well. In fact some of the physical manifestations that they have in fact manifested are temporarily similar bodies to our own. But only for fleeting moments.

In other words, they are *trying us on*, so to speak.



Does that make sense?

Q- Okay, so they're creating a *body* form as one of the forms, but the...

Elan- Spontaneously, and generally fleeting, very quick. Now, one way that we can communicate back to them along those lines, when not "automatically" directly linked what you would call, "**telepathically**" (although that is not particularly accurate, I will not go into the detail) we can also create energy manifesting as physical events and have a conversation from one set of physical events that they are creating to another set of physical manifestations and results that we are creating, and I, in that sense, was functioning, perhaps you can say, very loosely speaking, as *secretary* for the event.

Does that make sense?

Q- Yeah, it's *cool*.

Elan- Oh, alright, actually it is quite *temperate*.

Q- Okay.

Elan- Alright, is there anything else?

Q- No, thank you, not right now. *HA 'A TU*.

Elan- *HA 'A TU*.

WANTING A DIVORCE
WERE THE SHOE ON THE OTHER FOOT
(Being indecisive is still a decision.)

Q- You being a mirror image to me, as I am to you ... well... I'm real **happy** about that! Elan- Well ... so am I.

Q- I really like that.

Elan- Well alright, thank you for honoring yourself so completely.

Q- I have a question, um, this might be too much of a personal question, I hope not for the crowd...

Elan- We trust the **synchronicity** of whatever we attract and when you are all willing to also contain that idea, simply then ... nothing will be "extraneous" in your reality. Do proceed with the **trust** that the **timing** is impeccable.

Q- Thank you. I am in the process of wanting a *divorce* from my husband ... without a condition and I'm having a hard time with that because I'm not giving him a reason why I'm divorcing him ... and that's not acceptable to him.

Elan- Would you, in a similar circumstance desire such a *reason*?

Q- Well I know ... see, I'm looking at it as though *he* is an aspect of *me* and...

Elan- Alright, before you proceed, answer my question, were ... "the shoe on the other foot"... would you desire a reason?

Q- Well, yes, I guess.

Elan- Why?

Q- Well, I guess ... well, I mean ... it should be obvious, I guess.

Elan- Well, so that you can grow and learn from the experience ... yes?

Q- Yes.

Elan- What is your reason for depriving him of that opportunity to grow and learn?

Q- As far as explaining my reasons to him?

Elan- Yes, so that he may learn and grow or do whatever. Your responsibility is simply to make that communication, not to be responsible for his reaction. But why do you assume that he has attracted such a situation that he cannot handle?

Q- 'Cause he won't acknowledge it when I say that I want a divorce and to leave. What I basically say is, "it's just not bringing me joy and we're not... we don't ever do anything together and there's no supporting of each other"... it's just... I... I don't know.

Elan- Alright, what will you do?

Q- Well, I don't want to ... I'm so STAGNANT and it's not bringing me *joy* and I know that that's not *servicing* me...

Elan- By the way, ironically, being indecisive, technically speaking, is a decision ... is a decision which is distinct from not making a decision or making one.

Q- Got you ... I was going more on the wanting, I guess. I was focusing on the joy and wanting to take the action, not the decision. So it's the decision that comes before the wanting?

Elan- Not necessarily, but assuming that the *wanting* has already happened, the *decision* would be next and in fact again...



YOU HAVE MADE A *DECISION TO REMAIN STAGNANT.*

Q- Yeah, and I don't *want* to do that.

Elan- Well, you have *tried that one on* already. Now what will you *do!*

Q- Make a decision to *act.*

Elan- Alright, congratulations ... you have transformed your reality ... spontaneously and completely. How does it **feel?**

Q- *Good!* Thank you!

Elan- I simply suggest (that no matter what you do and I would not advise you as to one specific idea or another)... that **YOUR DECISION** be **phrased** in such a way...

LISTEN UP ... ALL OF YOU,

whereby the **wording** does not contain any hint or nuance of what you *don't* want ... who you no longer wish to be and simply is...



THE *ESTABLISHMENT* OF WHO YOU ARE.

so that you are not running *from* who you were ... you are not running *from* any negative idea ... but are simply walking to **WHO YOU ARE** and thereby, **by convention...**

DISTANCING YOURSELF



FROM ANY *FORMER* NEGATIVE DECISION ABOUT YOURSELF.

But even the hint of running away *from* something still contains the idea *of* that something very strongly, and since you cannot "get away from anything" (you contain it *all*)...

**IT SIMPLY *IS*... THE NEW DECISION
AND NOT ... *NOT* THE OLD DECISION.**

Understand the distinction? Alright.

"MY EVERY DAY DRAMA"
YOUR WORDS ARE VERY REVEALING
(Throwing a warm blanket around the 'ascension process.')

Q- Elan, I want to understand this ... that we're creating our own reality here, I call it *drama* ... MY EVERYDAY DRAMA ... is how I choose to see it, whether it is through relationship with others or within my own space or it is...

Elan- Alright, does 'DRAMA' have a connotation, since that is your decision...



"IT'S A DRAMA"...

does it have a particular NEGATIVE CONNOTATION?

Q- No, just life ... flow, to me.

Elan- Alright, generally speaking, in the way that you express your language, *DRAMA* is very **serious**. *Drama* has a lot of interactions that can be 'ROCKY'... yes?

Q- Well let me just re-phrase that.

Elan- Alright, do understand that for all of you, **your words are very revealing**. I am not picking on you, but you also have the idea that you can create...



a "MUSICAL," a "COMEDY."

Q- Yes!

Elan- Do proceed.

Q- In keeping with that *comedy*, um, I've moved into creating circumstances and decisions and moving forward into the *ascension process* and now I look at it and consider it very confusing, because I'm bringing forth many different perspectives and many different aspects that are very confusing because they're *new* to me.

Elan- By the way, *confusing*, or '**co-fusing**' is simply taking many things that you are now observing and interpreting and simply 're-establishing' your relationship to them and ultimately it winds up with a decision between the options ... a *fusing* of your *intention*.

Q- Yes, I have a few. In some of the information that has been brought to me, I don't understand some of the information regarding...

"SPIRITUAL HIERARCHY" /slash/ "GALACTIC FEDERATION"

and how they work in alliance with one another in conjunction with the "ascension process."

Elan- Alright. Allow me to say the following and see if this does not *shed some light* on this idea. From *our* perspective...

THERE IS NO 'HIERARCHY.'

The reason that **I** explain this **emphatically** and specifically is because one of the *qualities* of "The galactic community" **IS...**

**COMPLETE AND ONE HUNDRED PER CENT
EQUALITY
BETWEEN ALL PARTICIPANTS.**

That does not mean that there is not organization or coordination and also does not mean there is no dispensation of particular actions and approaches. But only through what you would call "the human interpretation" of our structure does the idea of "A HIERARCHY" (because you create your society in hierarchical fashion) become *filtered* into the interpretation of who *we* are. From ours and my perspective, there is no hierarchy in the way that you are expressing the term. Therefore, there is no linear qualitative difference between any "job" ... any approach ... any particular "duty" (if you wish to call it that) and...



THERE IS COMPLETE *EQUALITY*.

There is no ascension in the aspect of moving through a set of "ranks." There is no ascension in the aspect of moving *to* a greater ability, *from* a lesser ability as being "worse" and "better."

So, understand that often, when any individual from any society becomes aware of an idea, they initially interpret that idea through their vocabulary ... through their present understanding. So for instance, in your past there have been many *predictions* of catastrophes, apocalypses and dire consequence. Now, as I have said...



THERE IS NO ONE "THE FUTURE"...

but individuals in that timing were sensing a propensity, were sensing a tendency from the energy that was available at that moment that the prediction was made. However, they *interpreted* that energy through the means of their societal approach ... through the means of what was available to them at *that* time in history. Back in those days, things were a bit different upon your planet than they are now, so for instance, they did perceive...



"THERE WILL BE GREAT CHANGE."

That was the overall energy, that was the overall perception. However, back then, the only way to interpret great change was through a complete...



"TEARING DOWN"

OF THE PRESENT STRUCTURE...

"A REVOLUTION"..."A REBELLION"..."DEATH"... AND 'DESTRUCTION."

And so therefore, rather than simply a perception of **change** ... it was "change" in their archaic vocabulary, "cataclysm"..."destruction." So, the sensing of the ancient seers and the ancient prophecies were accurate in determining or predicting great change ... but were not accurate in determining the **methodology**. They did not know certain things that would come into play between then and now that would allow that change to occur through **individuals** ... that would **allow** that change to occur with what you call...



THE 'HUNDREDTH MONKEY' MASS PHENOMENON.

They were not incorrect, they were simply interpreting it through the means available to them at the time. A large propensity of human consciousness can still only function, can only imagine a society functioning through a hierarchy ... otherwise they feel there would be *chaos*.

And although there is still **organization** when you are...



"FOURTH DENSITY"
PHYSICAL BEINGS...

it is not **perceived** through a *hierarchical* filter. So therefore, again, anything that you attract is a perspective, and then **you get to choose**.

If you simply understand that all the inner *voices* that you hear are merely *choices* that *you* are presenting to yourself, then **YOU** get to **choose** from them. It is always up to you to choose. And my suggestion is...

TO TRUST WHAT IS COMFORTABLE TO YOU



TO TRUST WHAT YOU'RE 'VIBRATING' AT



WHAT EXCITES YOU ... WHAT MOVES YOU.

No one else is an *authority* until **you** ... in your *decision*, build-in your *agreement* to what *they* are saying. Ultimately, your agreement is the only thing that *seems* to create *external* authority, and of course by extension ... a *hierarchy*.

Individuals that truly begin to express their self-empowerment have no desire to have anyone else follow them ... to take care of them, for the concept of taking care of does not completely acknowledge their own individual power.

Understand that a true "**master**" would be the first one to tell you that you are yourself, already a master and would therefore do nothing *for* you, though perhaps the way that you would interpret their actions might loosely translate as a "**coach**."

Is this helpful?

Q- Well, my perception is that we are all created equal and there is no hierarchy and we're all lateral.

Elan- Now, do understand, **you contain it all**.

You can SAY...

there is a "hierarchy" *OR* there is not.

Q- *Correct.*

Elan- But if you wish to be accurate...

there is a "hierarchy" *AND* there is not.

Now **you** get to **choose** ... not negating or invalidating a "HIERARCHICAL" approach, but simply *choosing* something that *vibrates* more strongly to who you *know* yourself to be. Which is to say...



**"I validate that there *are* hierarchical expressions,
but that is not *my* personal approach."**

Now when you said to me, "I believe in equality," I believed you. I will not "call you or that." The conviction was evident in your expression. Now the question is, since you're going to trust in *something* anyway, like I said, will you trust in your *own* knowingness or will you *fall into agreement* with someone *else's* story?

Q- That *is* the question.

Elan- Thank you. Do understand ... **A QUESTION IS SIMPLY AN ANSWER**

"UP SIDE DOWN"



so **the answer is right there.**

Q- Everything is **fun** with you Elan, it's great!

Elan- Oh, thank you ... with **you** all as well.

Q- The 'PHOTON BELT'... is that also a perception?

Elan- There is a physical counterpart to it, but it does not necessarily have the effects that have been predicted for the many "photon belts" that have supposedly already intersected with your reality.

There is not what you would call, "the negative effect" from it unless your decision places you of a vibration to experience negative effects in general and therefore, anything that you experience you will tend to experience the negative aspects of. Understand what you call 'PHOTONS,' simply in your language, in your own physics are simply LIGHT *PACKAGES*, particles of light. Light, in and of itself, is a very high vibratory expression of consciousness. That consciousness is very raw and reflective, so therefore it *MIRRORS* your decision.

Q- In my knowingness light is transformative and anything in its way will transform. Elan- Alright, that's one way to look at it.

But the idea is that...

THE TRANSFORMATION *BEGINS*



**FROM WITHIN YOU *and*
YOU *THEN* ATTRACT A SYMBOL**



THAT YOU REFER TO AS "TRANSFORMATIVE."

So, technically, light does not transform you.

Q- So possibly I could *meet that light* and be the same vibration. Elan- Or simply *allow yourself* to...



HAVE A *SHOWER* WHEN IT COMES BY.

Q- Right. Thank you.

Elan- But the idea is, again...

YOU ARE THE LIGHT



**YOU ARE THE LIGHT
PERIOD.**

And "The Light" can represent...



"UH, OH!"

or "The Light" can represent...



THE UNCONDITIONAL LOVE OF ALL THAT IS.

And 'All That Is' (what you refer to sometimes as "God") **loves you unconditionally** no matter what you will decide for *yourself* at any given moment. So simply, you can *choose* to **treat yourself with the same respect.**

Q- One more thing - "ROLES"... are we here specifically to take on specific roles (and I know it's a perception) however, there seems to be a lot of it in that "feeling center" for most people ... that there's a *specific purpose* here for all of us?

Elan- Alright, though that supposition that you have a specific purpose is also a *decision* about *yourself*. So, yes, you can absolutely experience that result and that reality, but that is not because anything was "predestined" or "preordained" ... it is simply (for whatever reason) **YOU...**



"FALLING" INTO AGREEMENT WITH IT.

Truly, you are a 100% *spark* of creation (at every given moment) who cannot easily be "**buttonholed**" into a particular **role**. You may *assume* roles to explore certain specific ideas, but when you decide purposefully who you are, when that decision is a function of your personal *preference* ... then *roles* that you would assume in order to provide experience, will be positive roles. So...



YOU ARE NOT "STUCK" IN ANY ROLE.

And playing through something you perceive that you created as an experience, ends or *transforms*, the moment you make the *new* decision about yourself, with no exceptions. And if the *new* decision is, 'I am that same person'... one moment later ... you are, absolutely. However, if your...



NEW DECISION

is to choose to no longer express a *hierarchy* in your experience, which results in you feeling 'lesser' and makes it *seem* as if there is some "greater" aspect to aspire to, you can simply state as your new decision...



**I am an equal to all of creation,
I choose to express that equality in everything that I do
and therefore I choose to perceive that equality in others as well."**

Then when you are *being* a *FOURTH DENSITY* physical being, the *veil of hierarchy* will dissolve. Understand?

Q- I understand.

Elan- Alright.

Q- So, as this planet is *evolving* in its "frequency," as yours is, as you say, as you're moving into um.....

Elan- Well, we do not necessarily consider it an "evolution," but simply a *conscious movement*, but do proceed.

Q- Okay, let's just say for the purposes of the tape, *conscious movement* of all the universe ... it's being affected ... this earth is affecting all?

Elan- Well, from your perspective absolutely, for as I have said, when you change *yourself*, everything else then seems to change. Remember, everything is multidimensional, infinite and eternal ... everything contains an *infinite* number of facets and aspects.

You, in experiencing *linear* reality, do not truly have the experience of interacting with the entire infinity of facets. You attract the perception of facets of any individual that is relevant to *your* particular decision and exploration. So as *you* begin to change *your* decision, as you begin to manifest your *new decision*, you interact with the corresponding facet of any *other* thing that you consider to be external. And so *yes*, the entire universe seems to change because you are now operating through a different set of *facets* within the infinite potentiality.

Does that make sense?

Q- I understand, but is there ever **one perception**?

Elan- Well, *The Perception* that you would refer to as...

THE PERCEPTION OF 'ALL THAT IS'



IS AT THE SAME TIME A MULTIPLICITY



AND YET ... ONE PERCEPTION.

And that becomes slightly difficult to translate, for it is **an infinite concept** and *you* are at least *now* choosing to perceive through a *finite* point of view. So the answer is **yes and no**. And as *you* begin to **expand your consciousness** and expand your acceptance and *allowance* of more of yourself... you will find that **PARADOX** becomes the *RULE* and not the exception and that truly (since you contain it all)...

***IT IS NEVER ... NEVER ... NEVER
THIS OR THAT***



IT IS ALWAYS BOTH.

And that always puts **you** right back into **the center** to *choose* between them with absolutely **equal ability**. Alright?

Q- Yes, thank you.

Elan- I thank you as well. What will **you** do?

Q- I'll decide to stay with what's in my **center** ... and make those decisions from that *center* of my being, at all times.

Elan- Alright, you can never stray too far from yourself, for everywhere you turn ... there *you* are. And so your willingness to simply be more direct about knowing that no seeming external person can possibly know you better than you know yourself... will allow part of your decision to be the certainty that you are now willing to **honor who you are** and settle for nothing less ... no matter what you do.

Q- Nothing is *wrong*, everything's *right*, it's always a **choice**.

Elan- Everything's perfect, a perfect manifestation of whatever it is, yes. Beginning to **exercise choice** *consciously* is the only thing, that if you embrace and begin to express, will immediately and fully transform your entire reality.

You can do it on a *gradient*, if you feel that completely transforming would be *too sudden* ... but when you do it on a gradient, you are simply making decisions closer and closer to the you, you wish to be, so that you don't have to be all that you at once. And ultimately, where you end up...



THAT YOU.

So, **YOU GET TO DECIDE** ... WOULD YOU LIKE TO TAKE THE "SCENIC ROUTE" OR WOULD YOU LIKE TO SIMPLY...



"BEAM YOURSELF UP"
(so to speak)?

Q- Is that mother process ... *beaming*? I don't wanna know.

Elan- Well, you do...

Q- Yes, I do.

Elan- ...but I won't tell you.

The idea is that there are many creative, physical opportunities in your future and your particular 'FICTION' will often predict future reality.

Q- Speaking of futures, you're a *future self* of Andrew, is that correct? 'Cause that's what I heard during the break.

Elan- Well, in a sense, my particular reality, planet, experience ... vibrates at a completely different time flow than your own. Approximately, for the purposes of comparison, ten times faster.

So, what you would perceive as ten of your years would play out in my reality as a hundred years of history, although our particular relationship to time is far different from your own. So, from your linear point of view it would appear that we are in "the future,"

but because we are already on a more accelerated time frame in comparison to your own, we cannot perceive each other. And so literally, there are "universes within a grain of sand"...

THERE ARE AN *INFINITE* NUMBER



**OF OVERLAPPING IDEAS OR *DIMENSIONS*...
THEY SEPARATE EACH OTHER BY "WAVE LENGTHS"**

and one of the expressions of the *wave lengths* is the flow of time stream. From the *channel's* point of view, I could *appear* to be a *future* incarnation ... from *my* point of view he could *appear* to be a *past self* But our realities are not in that type of *sync*, for direct comparison.

Q- Well... you've thrown a *warm blanket* around the **ascension process**.

Elan- Well, thank you ... WHAT A LOVELY *IMAGE*...



COVERING YOURSELF WITH *MORE* OF YOURSELF.

A MIRACLE
THE OTHER PERSON SEEMED TO CHANGE
(The present is not the result of the past.)

Q- I just wanted to share something. Do you know that this is my *husband* ... we're *married*? Maybe you know that.

Elan- Congratulations!

Q- Thank you, I wanted to say that, I don't know, about 6 or 7 months ago *we* completely *transformed* our relationship.

Elan- Alright, you made the decision.

Q- Right, and through the awareness of something that you told me or reminded me. And that *specific awareness* was that...

THE PRESENT IS NOT THE RESULT OF THE PAST,



UNLESS I SAY SO.

Elan- Thank you, very well put.

Q- And so that really worked, we just sort of forgot all those things that weren't working or just moved off of them...

Elan- Well, do understand how that fits into the *mechanics* that we have just discussed. When you make the decision of who you are *consciously*, according to *preference* ... you can simply make that decision because you're making it, or you can make it with a justification or a rationalization.

If that RATIONALIZATION is...

"I AM THIS PERSON BECAUSE I HAVE DONE THIS IN THE PAST"...

YOU DO *NOT* ACTUALLY EXPERIENCE *BEING A RESULT* OF THAT *PAST*, **YOU *recreate* that past in the *present*** as an "excuse" to make a particular *decision* in the moment. So there *is* the apparenacy, "I am affected by the past." But in being willing to make **the decision** based on '**who you are**' what you **prefer**, what **excites** you (with your integrity) then...

THE "BAGGAGE" OF THE PAST



IS NO LONGER RELEVANT TO THE NEW DECISION.

Q- Oh, so I ... **Oh! I get it...** so really ... **I just made another *choice***, you're saying.

Elan- Yes. You always do.

Q- Alright, okay!

Elan- Now if that *choice* is most agreeable to you ... congratulations!

Q- Oh, it is and thank you. And I wanted to share that, because it almost seemed like your voice came in my head and said that... although I know it wasn't your voice...



"THE PRESENT IS NOT THE RESULT OF THE PAST."

So I just wanted to share that.

Elan- Alright, may I ask *you* a question by way of what you would refer to as ... one moment, alright, a "testimonial"?

WHEN YOU SHIFTED YOUR DECISION.,



DID THE *OTHER* INDIVIDUAL SEEM TO CHANGE?

Q- Completely!

Elan- A *miracle!*

Q- A *miracle*, yes! it is a *miracle!*

Elan- Alright, I am being facetious, for "miracles" are the rule and not the exception ... once you begin to allow your **decision** to *include* that definition.

Q- Yeah, it's amazing how people seem to miraculously shift, and someone who you just *hated* last week, all of a sudden, you're not *hating* them ... you know what I mean?

Elan- Well not exactly, but I will take your word for it.

Q- But I mean it's like a whole *180 degrees* from what seemed to be *hopeless* because...



"JUST WAIT A MINUTE, I'M JUST GOING TO MAKE ANOTHER CHOICE."

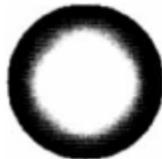
Elan- Alright, you **re-create** yourself **100%** in every given moment and now you have re-created yourself to interact with another facet of any *other* individual that you perceive, and so miraculously, *they* seem to have changed, simply, *you* have made the decision. And *you* are living the "fruits" of that decision ... as you all do with every decision you make, whether "positive" or "negative."

Q- Ah, I just wanted to share that.

Elan- Oh, thank *you*. **I** thank you all for your willingness to CO-create this *interaction* in such a way where we may all share aspects ... reflections of each other's consciousness, in tandem and in **love** and **joy**.

Do understand, if there is anything that you perceive that is *joyful* from this interaction, from what you perceive to be *me*... "**pat yourself on the back**" ... **it is you**.

**I AM MERELY A MIRROR
and can only
REFLECT BACK THE DEGREE OF BRILLIANCE**



FROM THE ORIGINAL SOURCE MATERIAL.

So celebrate the recognition in *yourself*, that as you expand, you now attract the *means*, the **methods** ... the **tools** ... the **keys** to **make The Decision about who you are consciously**.



TRUSTING THE DECISION

We have been communicating with your society for quite some time in various forms, through various individuals, in various *timings*, to allow us to share the *timing* of...

THE COLLECTIVE *TRANSFORMATION* OF YOUR SOCIETY...

without *interfering* in your process by direct physical interaction.

Therefore, this particular type of interaction that you refer to as "channeling" phenomenon has given us the opportunity to learn more about you, and to share with you the things that we find helpful in our society, and things that by the very nature of the fact that you attracted yourself to *this* type of interaction, are very *timely* for your individual and collective transformation process.

Through the time that we have interacted with members of your society in this way, we have *covered*, as you say, a lot of material. We have covered many ideas that have allowed you to redefine your *understanding* ... your *approach* ... and thereby your *experience* of your reality.

We have, in that sense, covered many different issues from many different angles and facets to allow you (in re-defining yourself as an individual) to begin to *understand* with a slightly different point of view, with a more *empowered* point of view ... to be *participatory* in the creation of your life, in your reality and your world, rather than merely a seeming...



"random spectator."

And thereby, in going through the process of communicating with you for these many years, we have created definitions, have shared distinctions, have imparted ideas that have allowed you to begin (in that sense) to *expand* your approach, to *expand* your awareness, and also *expand* the effect that you get in your life, to be able to begin to...

EXPRESS YOURSELF



CONSCIOUSLY... PURPOSEFULLY... EFFORTLESSLY

(while still creating "challenge" and meaningful experience).

As these interactions take place they change. As *you* transform, the nature of the interactions between *us* also then, by definition, transforms. Were we to put a label on the phase of interaction

that we share with you now, and for the past approximately 2 years of your time, perhaps, again only as a *label* it would be filed under the category of "*The Simplification.*"

For allowing you to create new distinctions, allowing you to understand different ways to define yourself, allowing you to literally *recreate yourself from* your old, contracted, less empowered approach toward your new, open, expanded, effective approach ... has "served its course" and now brings us to the point to remind you that...



THE LIVING...

the *implication* of the things that we share, and the things that *you* are now ready to *express* are truly quite simple. And so, the many distinctions and definitions that we have shared "come in handy," have their place and have allowed you to *hinge* and *pivot* your approach to begin to be more effective and productive in creating your lives.

However, the process of *simplification* allows you, as a *linear* being, **to remain** focused...



focused

**TO EXPRESS YOURSELF CONSCIOUSLY
without (as you say) "too many details to distract you."**

The *way* we have simplified our particular communications with you has been to take everything that we have shared ... which, by all means, we can still discuss in "older" definitional terms, but for now allowing us to render this down to simply three ideas. For every moment that you have created yourself as a physical being, and for that matter for every moment that you have created yourself as *any* type of being you have ever or will ever be...

THREE THINGS ARE WHAT YOU DO



AND THREE THINGS ARE ALL IT TAKES

(in that sense) to begin to *shift* who you are according to your *preference*, according to who you *know* yourself to be ... rather than any other criteria. By way of brief review, **those three things are simply...**


THE *DECISION*


THE *TRUST* IN THE DECISION


AND ACTION

(action is the "stuff" that physical reality is "made of," so to speak).

Now, physical reality *actually* is created on a *consciousness level*, but you still *FUNCTION* within the *apparency* of the necessity for action. And so we incorporate *action* into the idea because incidentally, your actions change and the change in that physical output *seems* to be what creates the change in your reality. Therefore we include that observation to simply give you something to work with that falls within your strongest belief system about *how* you move your reality.

In the last segment, we discussed in some detail the idea of part one, The Decision and exactly what that means. Briefly, in every given moment you *create yourself 100%* (not 99% not 98% not 80%) ... *100 %!* And in *that* moment **you make a decision** (you make *the* decision about *who* you are). Now, you *already* do this, always have as a physical being, and in that way, always will. So, this is nothing *new* ... you make a decision.

Now, **up until now**, the basis of your decision of "this is who **I** am"... you have created as being contingent or dependent on *external* circumstance, *external* symbology, timing, and what you refer to as "The Past" and "The Future. " Therefore, individuals would make a decision, "this is who **I** am" ... **based on**, for instance, their **CIRCUMSTANCES**...



'Well, here is my CIRCUMSTANCE, so this must be who I am
because my CIRCUMSTANCE is telling me so,
only this type of person would create this type of CIRCUMSTANCE.'

And so therefore, with *that* approach you use your CIRCUMSTANCES as a *gauge* or a *yardstick* to make the decision in this moment... "this is who I understand myself to be, this is who *I AM*."

And what this actually *is*, is a decision about *who you are* and we revise the wording to include the word "**decision**" because a *decision* can also be made **consciously**.

The *idea* of...



'CONSCIOUS CREATORHOOD'
(creating your life according to *conscious means*)

requires that you begin to entertain the idea of **allowing your decisions to be conscious**, simply because you're going to make a decision anyway. If you allow that decision to be *conscious*, according to who you *know* yourself to be, your effect, your result will be more representative of who you know yourself to be, and who you wish to express yourself as... as a physical being.

We also mentioned that individuals will use their so-called *timings*-, their "past," or "future" to decide in the moment..."this is who I am." So, for instance they may *say*, "THIS IS WHO I AM" and "the reason that this is who I am, the *reason* that I make this decision about myself is "BECAUSE..."



"THIS HAPPENED WHEN I WAS A *CHILD*"



"THIS HAPPENED IN MY *PAST LIFE*"



"THIS HAPPENED *YESTERDAY*"

**"I DID THIS *THEN*
and therefore,
THAT IS WHY I AM WHO I AM."**

When you make the decision about who you are in *that* way ... **utilizing *The Past* as your *criteria* for making the decision...**



THE DECISION STILL "STICKS."

So the effect that you get is, yes, you *are* that type of person, and yes, you are "because" of this thing that you "did," or this thing that "happened to you," or this thing that you "experienced." The point that I am making is that **you make this decision about who you are in every' given moment**, and by simply being *aware* and entertaining the idea that this *decision* need not be dictated *to* you by circumstances and timing, but can be created *by* you, purposefully and constructively...



**that little bit of information
(TO TAKE A MECHANISM YOU ALREADY USE AND APPLY IT)
is all it takes to begin, *right now*, to completely re-define who you are.**

By way of a suggestion ... were you to be asked who you are ... "**who are you?**" my suggestion would be to begin to answer this question for *yourself* (as we speak)...

WHO IS IT YOU SEE YOURSELF AS



YOUR IDEAL SELF?

For you are going to make *some* decision, and if you make a **conscious decision...**

**"Alright, I wish my life to now be joyous, to now be
(in that way)
satisfying ... fulfilling ... inspired"...**

then *all you need do*, is **CREATE A DECISION** about yourself **consciously** from your *creative self* **FROM YOUR...**



and include those ideas in the decision ... **satisfaction ... inspiration ... motivation ... productivity** (and *whatever* else). And therefore, when one asks *you* ... "**who are you?**" it is always up to *you* to then have that answer, have that decision, be the choice of who you **know** yourself to be rather than what *timing* and *circumstance* — *dictate*.

Now I remind you that you already do this. You *already* make a decision, whether you call it that or not, that is what you do. Circumstance ..."comes along" and you tend to make a decision, thinking that the *circumstance* is telling you who you are, but actually, still, ultimately, making that decision yourself by ... "BUYING INTO IT."

From all the *stories* you see, it is only the story that you "buy into" that determines your experience. All of your experience that you feel occurs *within* you and *to* you, is actually created *from* you, and so is a decision. Becoming aware that the decision can **now** be made according to **PREFERENCE** is...



"A LIBERATING NOTION."

And allowing yourself to be **conscious** about who you are, is an **expansive** approach to your reality. By being willing to **commit** to that decision and *maintain* that decision you get the *effects* of **being** the person that you **now** create yourself to be ... rather than, that you have simply "become" ..."because of " and then the "because of " is your external circumstances and timing.

So in our last section we discussed *purposefully allowing* your decision to be **registered**, allowing your decision to be a function of your *will*, of your understanding, of your **desire**, and not *dictated* to you by whatever the elaborate criteria you create is.

Therefore, the *second idea* that allows you to **implement** that decision to "change your life" (if indeed you feel there is a necessity to change it, perhaps you do not) is the idea of...



"TRUSTING THE DECISION."

Because you create yourself in each and every moment completely, in each moment you make the *decision* about who you are. If you have a *consistency* to that decision, if you choose who you are, and then continue to decide "this is who **I am**," then you create a *continuity* ... then you create the *foundation* through which you can begin to see the changes in your reality, *see* the changes in your life *through the eyes of the decision* (rather than through the eyes of an older approach to your reality).

When you decide who you are you begin to see *as* that person, and *that person sees* and *interprets* its reality and its external circumstances differently. If it is an *empowered* decision your **interpretation** of your circumstance becomes...

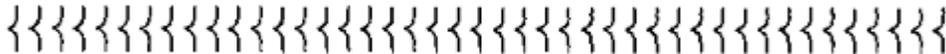
"EVERYTHING IN MY CIRCUMSTANCE SUPPORTS MY DECISION."



"And therefore, if something happens which is 'unexpected' and perhaps formerly, with my old decision ... undesirable, it is now my opportunity to see that circumstance through the eyes of the new decision."

And therefore derive a different interpretation and a different effect, because your *approach* will now be different, it will be the approach of the *you* that **you** decide to be. Now as a distinction, I again remind you, we have discussed before what you call "trust" sometimes "faith" is also, again, something you always have. Often when mentioning the idea "**trust**," the idea "**faith**" we hear what you call...

A RUMBLING ... A GROAN



from individuals *thinking*...



"AH! ... I HAVE TO HAVE FAITH ... I HAVE TO HAVE TRUST ... OH BOY THAT IS DIFFICULT !!!"

Understand the **irony** of that statement "having faith is difficult." You *always* have trust. You always have "faith" in *something* and if you think...

"AH, I AM DOUBTING AND THEREFORE NOT HAVING TRUST,"

understand that *doubt* is not a lack of trust...



**DOUBT
IS A COMPLETE 100% TRUST
IN THE REALITY YOU SAY YOU DO NOT PREFER.**

Therefore, *realizing* this allows you to remove the *sense of burden* from the idea of "trust," because you do not have to "muster it up"...'build it up"...'exercise your trust muscles" to express it. **You already trust in something** and therefore, if you simply are accurate and constructive with your approach, you can simply understand...



"ALRIGHT ... I AM TRUSTING IN SOMETHING."

Now, where that enters into this conversation is that you always make a decision, and if you trust in that decision and act as though that decision has *registered*, you get the *effect* of that decision. If you say you do not trust the decision, perhaps because, again, *external* circumstances would *seem* to indicate that the decision was not registered, you are still trusting in *something* ... generally a dis-empowered idea. And when you trust in *that* something, it is truly the same thing as deciding *that* something, instead of the something you prefer. The point again, is that **you always do these things...**

YOU ALWAYS DECIDE... YOU ALWAYS TRUST.

If you wish to remove the idea of "subconscious" intention, "unconscious" action, then, simply being willing to make your decision *consciously* ... to trust your decision consciously is all it takes to...

USE THE MECHANISM



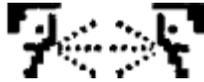
YOU ALREADY EMPLOY IN YOUR LIFE

but use it constructively, use it to have a *desired* effect, to create the life that you *prefer*.

***TRUSTING YOUR DECISION, TRUSTING THE DECISION,
IS TRULY, TRULY, SIMPLY MAINTAINING THE DECISION.***

You have the idea in your society, as you begin to introduce to yourselves the notion that "you create your own reality"... that you can "affirm" who you are, and in a sense, this is accurate. However, often individuals will use what you call "affirmation" in a *disempowered* way, where they are simply *saying* something and truly *believe* something else and are attempting to "talk themselves into that something."

The type of "affirmation" that *we* are discussing (which perhaps is more accurately called *asserting* or "assertion") is NOT...



“TALKING YOURSELF INTO SOMETHING.”

It is *realizing* that you're going to decide something anyway and allowing yourself to "register" that decision purposefully and consciously. Then when circumstance arises that may seem on the surface (for just a moment), due to your *tendency* of creating your reality in the "older" ways, the less empowered ways...



IF "SOMETHING COMES UP"

which *SEEMS TO RUN CONTRARY TO* THAT DECISION...



YOU STILL HAVE THE *OPPORTUNITY*
(in every given moment)
TO '*RE-ESTABLISH*' THE DECISION...

to 're-mind' yourself of your decision that you've *already* made. **Maintaining ... maintenance** of that decision is another way to state, another way to define...



"*TRUSTING THE DECISION*" ...

for it is simply using any *feedback* that you get from your reality (whether it seems *supportive* or whether it seems, in that sense, to be *opposite* of your decision) to *re-align* you to your decision, to be an opportunity to ***re-align* you to your decision.**

Interestingly enough ... because you create yourselves **one hundred per cent** in every given moment...

THE MOMENT YOU MAKE THE DECISION,



YOU ARE THAT PERSON...

"NO IFS ... ANDS ... OR BUTS," no room for anyone else, *that* is who you are. Your willingness to *trust* that your decision has *registered* itself, *sticks* in your reality, is also another way to define what we mean by "*trusting the decision.*" It is the complete *confidence* that...



“The decision about who I am has been made by me consciously
(I was going to make a decision anyway, I choose to make it consciously)
and I believe ... I trust... I insist that that decision sticks
and in making that decision - I am that person.”
(Therefore, you are now willing to begin to see *as* that person.)

Making the decision, by the way, is a very definite act of creation. When you *state* your decision ... when you begin (in that sense) to explore who it is you are and *render* who you are into what you call "a sentence or two" (for you to *invoke* that up within you),

MAKING THAT *DISTINCTION*



CREATES YOU AS THAT *BEING.*

Therefore, perhaps it is in your "best interest" to refrain from working into the decision *ideas* or words that **IMPLY** that you are already "NOT" that person. **In other words, it is distinctly saying...**



"THIS IS WHO I AM,"

rather than...

"This is who **I will** be." "This is who **I wish** to be." "This is who **I am becoming.**"

THE ACT OF *BECOMING* IS DISTINCT FROM THE ACT OF *BEING.*

Therefore, if you *word* your decision...



"I am **BECOMING** this, I'm **EVOLVING** toward that, I am **SLOWLY** achieving this,"

then that effect is *worked into* the result that you experience from your decision. Being willing to remove all that terminology and simply saying...

"THIS IS WHO I AM,"
perhaps,



"JUST BECAUSE *I SAY SO*"

allows you to experience yourself **as** that person, *in* that moment. And when you begin to truly trust this, when you begin to *apply* your trust *consciously*,

YOU WILL BEGIN TO *FEEL*



THE TINGE OF EXCITEMENT...

knowing that *now* that you *are* this person ... **you can truly only expect the *results* that that person would *get*.** Which I assume (if you have been getting results you do not desire in your life) would be viewed as most attractive ... most desirable.

TRUSTING THE DECISION
is simply
MAINTENANCE OF THE DECISION.



THE ESTABLISHMENT OF A DECISION?

1

BE WILLING TO
BE SPECIFIC
ABOUT THAT DECISION.

2

ALLOW YOUR REALITY TO
FEEDBACK TO YOU SO YOU CAN
RE-ALIGN TO YOUR DECISION

(and perhaps also)

3

**ALLOW YOUR REALITY TO
SHOW YOU WHERE YOU MAY WISH TO
MAKE ALTERATIONS OR REVISIONS IN THE DECISION.**

Your decision, as you **establish** it now, will *only* be a result of who you **know** yourself to be **now**, and the things that you feel are *available* to you *now*. As you begin to express yourself anew as the *preferred you*; circumstance, experience, and what you attract will change, and you very well may revise to an even more *empowered* status the decision that you make about yourself. And by all means, be willing to be open to allowing the decision to be *honed, carved, worked* in such a way where it is **polished** and where it truly **reflects** who you are.

The moment you make the decision and **trust** that that decision *sticks* ... you then get to (so to speak) "reality test" the decision and *see* if the decision works for you. If it is an **empowered decision** ... no matter what *changes* you make in it over time, it will still remain *foundationally* an *empowered* approach that **can only allow you to YIELD...**



**POSITIVE EXPERIENCE
IN YOUR LIFE.**

Again, you already do this. You already *decide* who you are. You already *trust*, either in the decision of who you are, or you *shift* your trust... make a *new* decision and get a *new* effect.

If you go *back and forth* ... *shifting decisions* ... *shifting decisions* ... that is a *random* expression of your decision. I need not tell you that *randomly shifting your decision creates...*

AN ATMOSPHERE OF EXPERIENCE THAT FEELS

RaNDOM ☐

and thereby your life feels as though it HAPPENS TO YOU, rather than *from* you. Your life feels "RANDOM" rather than *purposeful*. Your life feels like...

ACCIDENTAL

rather than...

SYNCHRONOUS

OR

SERENDIPITOUS.

And these experiences are *all* from decisions that you *already* make. Therefore, allowing yourself to simplify ... **simplify your creative ability**, by simply very finely *honing in* and...

STATING YOUR DECISION...

clarifying that decision, that *vision*, and *stating it* after the words...

"I AM....."
(fill in the blank)

and allowing your *body posture* and your *attitude* to exemplify that decision...



"I AM... THIS PERSON."

that is what "trusting the decision" is all about. If you begin to observe yourself in your life, you will see in no uncertain terms, how...



YOU ARE ALREADY DOING THIS, ALREADY MAKING SOME DECISION.

And perhaps you can *fascinate* yourself at the many creative ways that *you* actually *support* the experiences in your life you *say* you do not prefer, by *participating* in the continuance of these negative results through *decision*, by having those decisions

**SEEM TO BE...
DICTATED – TO YOU...**



BY CIRCUMSTANCE AND TIMING.

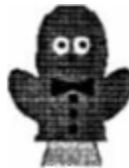
Observing this, still, is making the decision not to make a *positive* decision. But at least it is "a step" in the direction of "entertaining the idea" that perhaps...

YOU JUST MIGHT



HAVE SOMETHING TO DO WITH THE CREATION OF YOUR REALITY.

Therefore, by all means, take as much *time* as you need, create whatever *process* you wish, create whatever *elaborate set of steps* will allow you to finally make the decision. But understand, no matter what "process" you create ... no matter what "ritual" you participate in ... ultimately, at some point along that *linear* process ... you will get a *result*. And that result will not, not in any way, be *due to* the process itself, but only be due to, in *that* moment, **making the decision...**



“THIS IS WHO I AM”

and saying...

“THE *REASON* THAT I CAN NOW BE THIS PERSON



IS BECAUSE OF THIS *ELABORATE PROCESS*.”

But ultimately, it is the decision, *after* the process, "now it's alright to be this person"... that allows you to *be* that person and *not* the *process* in any way. Understanding this allows you to begin to decide who *you* are ... RIGHT NOW, not *needing* to create a process (unless you find that most enjoyable), and...

IMMEDIATELY AND COMPLETELY *TRANSFORMING*...



**“THE FACE”
OF YOUR ENTIRE LIFE AND REALITY...**

transforming your *experience* ... transforming your *interpretation* of your reality, immediately transforming your *relationship* to yourself and others. Making the decision *consciously* is an **empowered**, creative act. Having that decision be *purposeful* is using your creative ability purposefully. Having the *results* and the *experience* of your life be the result of **conscious** ideas...



**USES THE SAME MECHANISM
THAT YOU ALREADY USE TO CREATE IDEAS YOU CONSIDER TO BE
UNCONSCIOUS OR SUBCONSCIOUS.**

So all the *tools* that you already use (by simply *shifting* your perspective *minutely*) can be used **constructively** ... can be used **positively**. Not because you *need* to change, *not* because you are not a valid being right now, not because you are *not* loved by *All That Is*' right now, but simply because **perhaps you're ready for a change**.



IT'S UP TO YOU.

As we now proceed to the *interaction* and allow for the exchange between *you* and *myself* and members of my society, from time to time as we begin our *interaction*, **I will ask you** a question. And I am asking this question to allow you to begin to consider 'who **you** are' in a **conscious** way. Therefore, when we speak 'Individually,' as you say, should I ask you "**who are you?**" be willing, if you wish, to **play along** (I will not *force* anyone to have *TOO MUCH FUN*) to...

STATE THE POSITIVE DECISION OF WHO YOU ARE



IN DEFINITE AND ABSOLUTE TERMS.

Thereby, giving you the ability and opportunity to *see* ... **who it is you desire to be**. Now ... because I understand the way that you create "gatherings" and "speaking in public" and so forth, as I ask you, 'who you are'... **it is always your option to say...**



"I HAVE NOT YET COMMITTED TO THAT DECISION."

So do not feel "on the spot" or that you must (in that sense) define yourself for us now. But if you are willing to commit to who you are, that will be "your first step" in beginning to express yourself in **conscious** terms ...beginning to express yourself according to **preference...**

...beginning to allow your experience to *reflect* who you *know* yourself to be ... rather than who "everyone says" you *seem* to be, how you interpret your circumstances tell you are, how your *past* has resulted in your 'lot in life," or for that matter, how your *future* has resulted in your 'lot in life." For often individuals will define themselves not only by their *past timing*, but (as we have said earlier) by their *future timing*...

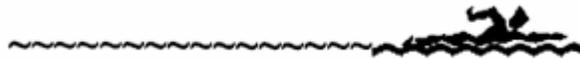


"WELL,
I NEED TO DO THIS, I HAVEN'T DONE THAT,
THIS NEEDS TO BE *HANDLED*, THIS NEEDS TO BE *TAKEN CARE OF*"

and "the bottom line" of the decision in *that moment* is...

"*I AM... NOT A PREPARED BEING*
AND EXPECT MY REALITY TO HAVE A *NEGATIVE OUTCOME.*"

'PERHAPS IF I



SWIM A LITTLE HARDER



.....
RUN A LITTLE FASTER

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX



AND **WORK** A LITTLE BIT MORE LABORIOUSLY...



I MIGHT JUST *HEAD OFF* THE PROCESS."

Alright, that's *one way to look at it*. But it is not necessary.



**'CONSCIOUS CREATORHOOD'
AND THE STATEMENT OF A CONSCIOUS CREATOR**
always begins by the sentiment or the *wording*...

"I AM... (fill in the blank)."

YOU get to choose what goes in that *blank*.....you already do.



Now that you *know* this, you *can* continue to play a "SHELL GAME" with your *intentions* and *consciousness* ... but there is no "escaping the fact" that you now have this information. You *now* have revealed to yourself in *perfect timing* ... utilizing what you consider to be me as a reflection of what *you* already know to be true for yourself, and now are willing to hear and create (as an external reflection in your life) me.

When I say that YOU CREATE YOUR REALITY 100% ... I mean it! Therefore,



EVERYTHING THAT YOU SEE IS A REFLECTION OF YOU.

The *paradox* is that this is also true for all *other* individuals, but you need not confuse and perplex yourself with that idea, simply **marvel** over it from time to time. But because **everything exists within you** ... every single thing you perceive is created *by* you to support *any* decision that you make in your reality. Sometimes circumstances will seem to *support* your decision by simply being a circumstance whereby you would interpret it saying...

"AH, SEE MY DECISION *STUCK*,



THERE IS THE CIRCUMSTANCE THAT *PROVES* IT!"

But the other way that you deliver *feedback* to yourself is by providing examples that *seem* to "run contrary" to your decision, to allow yourself to *really* decide if this *is*... who you are ... *or* if you can be easily...



“TALKED OUT OF "THAT DECISION...”

and then ultimately make a new decision according to what "everyone says"... according to what circumstances and timing *dictate*. **But it is...**

UP TO YOU



TO REMAIN *FOCUSED* and



UP TO YOU

TO CONTINUE TO EXPRESS YOURSELF *CONSCIOUSLY*, continuously.

For your willingness to interact with me and establish that at least part of your decision is to begin to explore more of yourself and attract "symbols" (external symbology) that begins to *support* your empowered decision ... I again thank you.

I thank you for allowing me to act as facilitator, but more accurately as a "mirror," for only can you appreciate and utilize and understand anything that you perceive that I am saying, if *you first already contain it*. Otherwise, the *channel's* mouth would be moving and you would hear no words coming out and these pages would appear blank. The fact that **you** hear it... the fact that it *resonates* with **you** ... the fact that it seems to *inspire* you ... is your direct indication *that you already contain that potential within yourself*. For "ultimately speaking"...

YOU



**ARE AN INFINITE, MULTIDIMENSIONAL AND ETERNAL BEING
AND**



YOU CONTAIN IT ALL.

WE also get a lot out of these interactions. We also see all of *you* as an external reflection of *us* and understand that each unique point of view that we interact with, that seems like an interaction with an *external* being ... is simply more *personal exploration* of facets of our own particular, *individual* consciousness.

Therefore, in "not knowing what you're going to say" (so to speak)... in marveling and reveling with your particular approach to your reality ... as I *interact* with you I understand (because to me you are simply a reflection of me) that much more about myself... that much more about who I am as a being. And therefore the *exchange* in these '*interactions*' is completely an equal exchange.

I thank you for your willingness to allow me to interact with you in this way, albeit an...



UNCONVENTIONAL WAY,
(presently in your mass society).

For the honor of your willingness to allow me to reflect to myself 'who I am,' to allow you to reflect to yourself 'who **you** are' ... again, I thank you, unconditionally lovingly and ask how we may *now* be mutually of service to each other through the sharing.

Sharing!

BOOGIE MEN IN THE CLOSET
FEARS THAT I'M FACING
(self-imposed *shackles*.)

Q- First of all, *thank you* very much for this...

Elan- Oh, one moment, **may I ask you a question?**

Q- Yes, Who am I?

Elan- Who are *YOU*?

Q- I am a person who just recently has *finally* discovered that *I deserve to be happy*. And I made the decision to come down here tonight in this horrendous weather all by myself and all the time I was in the car I felt completely calm and I thought,



**“IF I made this *decision*, I must know what I'm doing...
and I'm going to *carry it through* ...**

...and there was no mishap or anything to get here and I...

Elan- Was your result different from any former result you had derived?

Q- Yes, very different.

Elan- Then I thank you for being a living example of what I am saying. Could you be just a little more specific?

Q- About *myself*?

Elan- **Yes. Who are you?**

Q- Well, I still have *a lot of*...



"BOOGIE MEN" IN THE CLOSET

Elan- Alright.

Q- and I still have *a lot of*...



FEARS THAT I'M FACING.

Elan- Is it *joyous* to you, to continue in your decision, to express *that* facet?

Q- No.

Elan- Alright, then I suggest, now that you are being very *definite* and *conscious* about who you are, that you work in the *wording* that allows you to **experience...**

THE FREEDOM OF WHO YOU ARE



WITHOUT THE SELF IMPOSED "SHACKLES "OF THESE IDEAS.

And again, when you are *asserting* who you are, *deciding* who you are, be willing to...



WORD IT IN THE POSITIVE.

You need not define yourself in terms of who you do *not wish* to be, or who you are *not*, but simply be willing to *say* "**who ...you ... are.**" Now, if **I** were to ask you who you are and you had formulated a way to express yourself which was no longer **relevant** to "boogie men" and "fears in the closet"... how would you **word** that?

Q- "I AM...

A PERSON WHO CAN MAKE MY OWN DECISIONS, TRUSTING THAT THE OUTCOME WILL BE WHAT I PREFER."

Elan- Alright, how does that **feel**?

Q- *Good!*

Elan- How does it *feel* to understand, in no uncertain terms, that...

YOU ARE THAT *PERSON*,



RIGHT NOW?

Q- *VERY good.*

Elan- *Are you* willing to **trust** that decision by **maintaining** it, no matter what?

Q- Yes!



Elan- Well, CONGRATULATIONS!

Welcome to more of yourself!

NO BIG DEAL
YOU TALK'N TO ME?

(A useful distinction between "intention" and "decision.")

Q- How are you today?

Elan- *Perfect* and *you*, perfect **WHO ARE YOU?**

Q- I'm "a healer."

Elan- Alright, congratulations!

Q- Thank you. Can you speak of the concept of *The Decision* in light of the "transmutation process" that the human species is going through at this time?

Elan- Well, as we have explained many times, in many different ways, in many different approaches, from *our* perspective...

YOUR BODY EXISTS *WITHIN* YOUR CONSCIOUSNESS



**AND IS
A DIRECT REFLECTION OF YOUR CONSCIOUSNESS.**

Now your decision can work and get the effect of *either* approach. One approach is that your consciousness is *within* and the result of your *physical body* and therefore in order for your consciousness to express itself more fully, there need be a *physical* expansion. And assuming *that* point of view ... assuming *that* decision, truly will give you the *effect* and the *evidence* that...

**"YES... I HAVE MADE A PHYSICAL TRANSFORMATION,
NOW I CAN 'HOUSE' MORE CONSCIOUSNESS."**

However, it is just as valid to understand that your body exists *within* your consciousness and as you *shift* your consciousness ... your body *shifts* accordingly. If you wish to be most accurate...



IT ALWAYS FIRST *BEGINS* IN CONSCIOUSNESS.

And even when a person winds up achieving the *effect*...

I can now *expand* my consciousness *because* I have *evolved* my *DNA* or whatever,"

they *will* experience a *shift*. They *will* experience *more* of their *consciousness*. It *will SEEM* or *seem* to be *SUPPORTED* that it *was* the *physical* change that *allowed* this.

But here's what I ask you ... and ask from such an approach...

**WHERE DID MORE OF THIS CONSCIOUSNESS
THAT YOU'VE *BECOME*...
...COME FROM?
THE ANSWER:**



IT CAME FROM YOU.

Where? "OUT THERE?" Well, that's only *one* way to look at it.

Q- There wouldn't be a need of change, of like the "morphogenic structure" of which "the mass consciousness" is a part of?

Elan- Your "morphogenic structure" (though you have been *taught* to believe is an *environmentally* determined factor, is a *consciousness* determined factor) already shifts, when **you** shift.

Most obviously, the creation of '*dis-ease*' and '*dis-comfort*' is *one* way to understand the *negative* effects of *negative* decisions, whether they be *CONSCIOUS* or *UNCONSCIOUS* decisions and then the corresponding results thereof. But it truly takes place on a *genetic* level as well...



"TRANSMUTATION" ... 'PERMUTATION' ... "EVOLUTION"
and so forth, is simply foundationally,



A REFLECTIVE RESPONSE TO A SHIFT IN CONSCIOUSNESS.

Q- Still, you use the terminology "decision" to replace a previous expression that you used to use, being an "intention," and there's got to be a reason for that, because "intention" is always something you can "put off until tomorrow," whereas "decision" seems to be more *immediate* in its effect.

Elan- Well, congratulations, in very creatively structuring the *answer* into the *question*. In the process of simplifying and bringing things down to their most "basal" elements ... being "intentionful" is one way to describe it, but...

MAKING A *DECISION*
has a more *definite*



CONSCIOUSLY COMMANDED IMPLICATION.

As I've mentioned, all the different ways of *defining* your reality have been the result of your *perception* and the way that you were "taught" to understand that things occur on a "**gradient.**" So the idea of introducing your vision initially as "Intention" allowed you to still come at it from your older decision, your older point of view, your *less empowered* point of view, to begin to *entertain* slowly, be 'SPOON FED' ... perhaps slowly...

THE *IDEA* OF YOU HAVING SOME KIND OF SA Y



IN WHAT'S "GOING ON."

Now again, as you have pointed out, we now choose to make things more *definite*, simply to make them more of a complete and *purposeful* and utter, **unswerving statement**.

Q- So **there is no more methodology, other than**, as you stated in your introduction...



CONSCIOUS DECISION



TRUST IN THAT DECISION



AND THEN TAKING ACTION

to support the trust that you have in that decision?

Elan- Yes, which you **already** do.

Q- Right.

Elan- And therefore, all this is "NO BIG DEAL," there's nothing you need to *learn*, no resource that you *need* to attract or create, simply, as everything else is, as **you** are *fundamentally* and *foundationally*...

A SHIFT...AN IDEA



YOUR CONSCIOUSNESS APPLYING ITSELF CONSCIOUSLY.

Q- I have found in this past month that it does *work*.

Elan- Alright, thank you for allowing *that* to be *worked into* your decision. And being *specific* about being *effectual* can also be, in that sense, quite useful. Who else *are you*?

Q-**"you talk'n to me?"** Well, uh, to use a *cliché*, I'm my **"path of power."**

Elan- Alright, when will you *get there*?

Q- I'm there.

Elan- Well, are you "on" your path or *are* you the actual path?

Q- *AH!*

Elan- Wording is very key. Not to correct you, for that is truly impossible. I can simply provide another alternative that you may wish to choose. But **wording is very key** and when I ask *you* who you are, be willing to also look at how you choose to *word* it.

Do not *judge* yourself if the wording is a less empowered wording. Congratulate yourself for catching it and honing in and revising the *nature of*...



THE STATEMENT.....OF YOUR DECISION.

THE OVERALL DECISION
"SOUL AGREEMENTS?"

(Being responsible *to* our children, rather than *for* them.)



Q- Are you on your planet or your spacecraft?

Elan- I am within my scout craft which is in a particular (shall I say) position in my orbital path, so for me, right now it is day.

Q- Ah, great, I've really missed speaking with you. This is really enjoyable for me.

Elan- Alright, how about *speaking with yourself*?

Q- Alright.

Elan- That is what you are doing anyway.

Q- Yeah, right. It's interesting, because this *decision* ... I understand that when we come here as "SOULS," we make a decision to "LEAD A LIFE" and experience a life *here*.

Elan- May I say something?

Q- Yes.

Elan- Alright, I would anyway. *THAT* decision is very, very, very general. It generally will *not* take the form...

"I WILL DO THIS *THING* IN THAT *PLACE* AT THAT *TIME*,
I WILL EXPLORE THIS VERY *FINITE* AND *SPECIFIC* ISSUE."

Generally, the ***OVERALL DECISION*** is ...



***"I will create, explore and experience the effects of a linear existence
whereby,
although I am an all knowing, infinite consciousness being
that is simultaneously existing right now and knows it all...
I will create the opportunity to impose
a veil of forgetfulness on 99.99999999 %
of my knowingness..."***



*so that I can have the joyful, unique experience
of discovering ... of exploring ... of unexpected outcomes...
all of which do not inherently have relevance
to an infinite, all knowing, all seeing frame of consciousness.”*

So fundamentally, generally, foundationally, that decision is to utilize that advantage that this reality affords you. Do proceed.

Q- Right. So, in the decision of coming *here* and experiencing life ... we come also with an assortment of *agreements* with ourselves, basically, but with other "souls" also ... correct? I assume that.

Elan- You work that into your **moment to moment** decision...

Q- Right.

Elan- ...but do not *need* to. That is only one way to look at it, and is also completely valid. But in the moment that you *shift* your decision ... if that new decision is *irrelevant* to all of that so-called "exploration," it will no longer have any relevance to you. So those are very loose, they do not "bind you"... they do not *determine* your outcome in any way, other than when they are *worked into* the decision that **you** make.

Q- Well, it is a bit of a paradox, because I think that these *agreements* need to be ... not *need*... um ... are asking to be *fulfilled* with souls, different souls.

Elan- That is YOUR decision and with it you will achieve *that* effect.

Q- Well, yeah and *recreate, moment to moment*, and that we are in *control*.
"NOTHING'S IN STONE," ... *RIGHT?*



So it's a bit of a *paradox* because it seems like we *can* have *control* over each little new moment (we create it) yet... the agreement *needs* to be fulfilled.

Elan- What is your definition of "CONTROL?" Does it mean...

A RIGID



ABSOLUTELY "PREDICTABLE" OUTCOME?

Q- NO.

Elan- For a rigid, absolutely predictable outcome is not utilizing the *spirit* of the "**joy** of discovery" that **this reality** affords you. And so therefore, if you say, "no," as you just did, and allow that definition to "**LOOSEN UP**" so that it may...



EXPRESS ITSELF IN MANY DIFFERENT WAYS...

and perhaps some of those ways will be completely unexpected. Then it does not *run contrary* to allowing your perception, and therefore your decision, of *AGREEMENTS* to *play out*. Does that make sense?

Q- Yes.

Elan- Alright, proceed.

Q- I'd like to get to the specifics that relate to my life that I wanted to ask you about. It's about my *children*. They did relocate, physically, and I'm wondering about that agreement because it's a pretty major move.

Elan- May I ask you a question?

Q- Yes.

Elan- Close your eyes ... *assume* that your children physically moving is *extraneous* and an *interruption* in your process.

Are you doing that?

Q- Yes.

Elan- Explain how you *feel*. Describe.

Q- It *feels OUT OF LINE... OUT OF WHACK*. It doesn't seem like it *flows*.



Elan- Be more *specific*. Is it not EMOTIONALLY JARRING?

Q- Yes! It's a *BUMP IN THE ROAD*.

Elan- Is it "intense?" Is it "negative?" Do you not express fear and anger and distrust?

Q- Yes.

Elan- Alright, you can stop. **Are your eyes still closed?**

Elan- Alright... *assume* for a moment that the absolute, most beneficial way for you to create the relationship that you absolutely **prefer** with your *children*, can *only* be achieved by this move having been made and *playing out* in its timing. Are you doing that?

Q- Yes, I am.

Elan- How does *that* feel?



Q- It feels so **great** and it's **refreshing**, which ... I've approached it that way ... and yes, when I do, it feels good.

Elan- Well, you have gone nowhere and created two distinct sets of emotions and all that you have actually done ... (and I thank you for illustrating the topic at hand) is...

.....**SHIFT YOUR DECISION.**

And the *shift* in the decision comes along with a *shift* in emotion, a *shift* in thinking and ultimately cannot help to have a *shift* in action and therefore, cannot help but have a *shift* in the result.

Now, **both of those choices are true**. And I do not say this to "befuddle" you, confuse you. I say this to let you see the extent to which they are both **equal choices**. And the only *effect* that you can possibly get out of them will depend on which one of them **you** assert and *assume*. (And I mean "assume" in the terms of "trying it on," *assuming a posture* ... not as an assumption that something *might* be so, because it *is* so.)

When you sat and made that first *decision* ... *that* was so, you *felt* that way, you attracted the *evidence*. When you *shifted* your decision, simply because you entertained the idea that such a

thing was possible ... along came the supportive structure, the logic, the *evidence* that came along with that.

Now, when I say...

“BOTH ARE TRUE”...

I truly mean it.

Therefore, the idea that this physical move is not only *beneficial* (are you paying attention?) but **essential** to your relationship being in its *most positive* light, how does *that* feel? Does that take the pressure off, so to speak?

Q- Uh...

Elan- Are you *FLUCTUATING* IN YOUR DECISION as we speak?

Q- No, that's what I've come up with in the past week.

Elan- Well, when you *really* "come up with it," when you be it ... it is far more *purposeful*, far more *definite* than the tone that you are now expressing it through. Again, not invalidating you, simply pointing out ...

SIT UP STRAIGHT



MAKE THE STATEMENT.

DO NOT BE ... as you say in your *slang*,



"WISHY-WASHY" ABOUT IT.

("Wishy-washy"... very interesting terminology ... fascinating language.)

Do you understand what I am saying?

Q- I do.

Elan- **Is this USEFUL or is it simply...**

"AIRY PHILOSOPHY?"

Q- No, no, no, you're speaking exactly what... I understand you completely.

Elan- Alright, so I would suggest... if you are *already* doing it, that perhaps you are still not fully *committed* (or weren't until having this discussion) to *truly* accepting your decision and then allowing any opportunity, any external circumstance, any timing, any history, any futuring ... allow that to *support* your decision ... *see* through the "eyes" of *that* decision, *act* as a person who has made that decision, rather than is *waiting* for the feedback to allow it to be *okay* to make that decision. These are distinct gradations and nuances of decision.

Decisions can be fully committed statements of 'who you are' with complete purposefulness, or they can be, again, slightly... "wishy-washy."



Q- I was wondering if you have anything to add to...

“I’VE CREATED THIS SITUATION...



NOW THIS ALLOWS ME TO DO SOMETHING.”

Elan- Absolutely, and that would perhaps be a more constructive way to look at it. Now, does it *excite you* that it might be creating a **new** opportunity?

Q- Very much!

Elan- Alright...



THEN USE THAT ENERGY

And I assume, when observing members of your species and members of mine as well, when you have a positive expectancy, that excitement *drives* you ... *motivates* you ... *inspires* you. So if you do not feel *driven* ... *inspired* ... and *motivated* in *that* moment, you are perhaps expressing either a different decision, or not as defined and clear a *version* of the *same* decision.

So, you can remind yourself of your decision, *trust* in that decision (it *is* registered, it *is* so), so you can proceed with the **excitement** of understanding that which then aids and assists with your so called "ENERGY LEVEL," to then *support* the actions of your *new* decision.

Q- Okay, and ... and for a nice touch too, to also get into the emotion ... feel the emotion that it's "**bringing up.**"

Elan- Now, if you find the creation of *negative* emotion ... perhaps your way to allow yourself to *shift* most quickly, is to first allow yourself to **experience** it... have it be alright to **feel** this...



"Alright, I understand that this negative emotion,
fear... loneliness ... abandonment... whatever,
this negative emotion must be the result of a disempowered decision
that I am making right now...
and by all means, I intend to have my decision be re-established...
but before I do,
let me experience my creation,
let me feel this fear, let me feel this apprehension.
Although it may seem that it could overwhelm me,
that it could kill me...
it really can't."

And therefore allowing yourself to *experience* it, actually will wind up supporting the
reestablishment of your *positive* decision ... because when you understand...



"I feel this fear, therefore the decision I am making now
is that I am alone... that I am not loved... that I am not supported
and when I make that decision,
this is how I feel."

"Well, perhaps I do not desire to feel this way on a regular basis,
so now I know, without any doubt that this negative decision feels this way
and that reminds me,



I would rather have this decision ... over here."

Q- Okay, **STOP.**

How can I interpret that through the **eyes** of a *four year old* or a *six year old* of how ... I'm not so worried, so much worried about *me* because I know I can take care of myself, but I'm worried about... can *they* take care of themselves without *me*, or you know, that part of what they're going to be missing?

Can I maybe use *my* power to create a little bit more security and love on *their* behalf?
[long pause]

Do you understand what I am saying?

Elan- Yes, I'm simply waiting for you to tell me to "*go*," since you told me to *stop*.

Q- Oh, *go*.

Elan- Alright, *good-bye*.

Now I understand, as what you call "parental unit" in your society, that it is generally your *training* to assume that you must be responsible *for* the individuals that you are, quote, unquote, "guardian" of, but you can only be responsible *to* them and not *for* them, regardless of four years old or one hundred and four years old.

So therefore, exploring the ramifications of what *they* are going through in terms of taking responsibility *for* it, does not put you in the most *empowered* position to have your decision to be effectual... have an effect in their life.

What *they* are going through, is what *they* are going through. If the opportunity arises to *dialogue* with that, by all means, you can *clarify* your understanding of what they are going through, **but** truly the "**example**" that you provide is the **largest service**, is...

BEING RESPONSIBLE TO THEM ... RATHER THAN FOR THEM.

And you need not concern yourself with the effects on them, as though they too, do not have...



SOVEREIGNTY AND DECISION MAKING CAPABILITY.

You may *reassure* them that on some level they are participating in this timing for a *reason*. If they *wish* (in that sense) to understand the reason, by all means, they can explore it, and if not, well, your **children** have a tendency to begin to engage themselves in other things quite *quickly*.

So, **are** you willing to be responsible *to* those individuals rather than *for* them?

Q- Yes.

Elan- Does that not then allow **you** to feel more **whole** and therefore effective?

Q- Yes.

Elan- Congratulations



... now *you* can go.

'BEING' THAT PERSON
YOU WILL VERY QUICKLY FIND
(It simply becomes "automatic.")

Alright I'll say, before we continue with the *sharing*, allow me to simply say ... in my society our particular approach *embodies* much of what we discuss with you. However, perhaps you would perceive that it is simply "automatic" to us, an automatic approach.

And so allow me to say, as you begin to not simply "entertain" the ideas that we share about **consciously** applying your decision, *trusting* and *acting* on that *decision* ... as you begin to *do* that... *be* that person, although at first it may *seem* as though it is '*required*' for you to maintain trust, to continue to maintain the decision ... you will very quickly find (you will very quickly convince yourself) that...

YOU ARE INDEED



THE PERSON YOU HAVE DECIDED TO BE.

And therefore, it is only initially that it would seem that there is any need to "RISE to the LEVEL" of *trusting* your decision. **It simply becomes "automatic"...**



YOU ARE THAT PERSON,

and the trust and support for the decision ... the *actions* through the trust and support of the decision ... become **"automatic."**

In *our* society ... because we consciously understand and *revel* in the unique opportunity that linear reality has to offer, we actually *prefer* unexpected results in our reality, in our flow, in our creation, in our experience. To us, unexpected results (in very many ways) are the most **sublime** creation available to us.



When we lay down a particular idea that we wish to experience, and may have some mechanical notion of how it *may* "fall into place" ... or how things such as that have a *tendency* to manifest, we always "work in" the **allowance** for an unexpected result, an unexpected method through which our decision manifests.

So therefore to us, something "**unexpected**" is not an 'Interruption.'" It is a *vital part* of the process that allows us to express our *finite* nature. It **allows** us to express ourselves as *finite beings* and therefore...

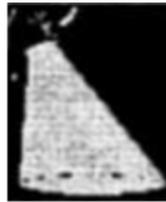
WE FIND GREAT *JOY*... REVELATION ... CELEBRATION ... FESTIVAL



IN *UNEXPECTED* OUTCOMES.

We understand however, that *any* outcome that we might experience and create that is "unexpected" (although it *is* unexpected) does not *run contrary* to our decision, is not *evidence* to us that our decision isn't so. Only can an unexpected outcome be a direct result of our decision and our willingness to have our reality be full of **surprise**, be full of **discovery**, be full of **UNEXPECTED** manifestation and outcome.

So therefore, I share this with you to **introduce** the notion of...



REVELING IN

{{{EMBRACING}}}

UNEXPECTED OUTCOMES as they occur

WHEN YOU *RE-DEFINE* ... WHEN YOU *RE-DECIDE*



WHO YOU ARE.

For that attitude ... that relationship with unexpected outcomes allows you to begin to look forward to something that you formerly considered to be an interruption, a *hurdle* "ugh! ... this is *A ROADBLOCK*" (sometimes you will say)



By understanding that a "ROADBLOCK" is simply...
a *TURN*
in the
EXPECTED ROAD
that actually has



NICER SCENERY.

you *allow* yourself to begin to *revel* in what an unexpected outcome delivers. You begin to *dive into* desiring unexpected outcomes. Generally speaking, unexpected outcomes will deliver results that did not *seem* to be possible at that timing and will deliver results that would have seemed *impossible* with the existing circumstances ... but only when you are willing to recognize unexpected outcome as *part* of the process (part of the manifestation) and not an interruption in it.

The very same unexpected outcome will only be experienced by you according to *your* particular definition (interpretation) of that outcome. And should something come along that is unexpected and you define it as extraneous, a *roadblock* ... you can only get the *effect* you label "interruption."

However, if you *revel*... if you *dive into* an unexpected outcome as...



"AH... HOW CREATIVE,
this cannot be "The one thing' that runs contrary to my decision.
therefore,
this unexpected outcome is a result of my decision...
therefore,
this unexpected outcome contains
unexpected jewels,

unexpected opportunity,"

then you begin to *achieve* (or shall I say) "assume the posture" to allow yourself to find the *advantage* in that unexpected outcome (rather than to create *interruption*).

SAME CIRCUMSTANCE, *DIFFERENT* INTERPRETATION.

ONE *INTERPRETATION* ... "THIS IS AN INTERRUPTION," can only be an **interpretation** through an "old" decision which contained...

"I CAN BE INTERRUPTED ... INCONVENIENCED."

THE *NEW* DECISION, assumedly, if it is an ***empowered* decision**, will contain the understanding that...

"*EVERYTHING* IS PART OF THE PROCESS"

and therefore the **unexpected** is like a **surprise gift...**



"NOW I GET TO *UNWRAP* IT."

Now I get to see how this is even perhaps "better" (in your terminology) than what I had imagined was possible with the circumstances that are in place."

So your willingness to approach your reality *through the eyes*, through the *perception*, through the "senses" of your *new* decision ... allows **everything** that you perceive to be interpreted in a positive way that **supports** the positive decision ... as opposed to *interuptive*.

THE CIRCUMSTANCES THEMSELVES ARE *NEUTRAL*



THEY ARE A NEUTRAL *SET OF PROPS*

with

NO "BUILT IN" MEANING.

You *assign* the meaning. You assume the *trust* in the meaning you have "**assigned**." In a sense, **the assignment of meaning is deciding** ... making a decision ... trusting that decision ... acting on the trust. And if it is a *negative* interpretation, only can you experience a negative outcome. So be willing (if you wish) to begin to *see through the eyes* ... through the senses ... through the interpretation and perception of your *positive*, completely *empowered* decision about 'who you are,' and **nothing ... NOTHING** (did he say "**nothing** "? ... I think so.)

**HAS ANY INFLUENCE ON YOU
WHAT-SO-EVER
EXCEPT YOUR DECISION.**

And your “**Interpretation**” is simply the receptivity that allows you to re-assert your decision ... or change it. **But ultimately...**

YOUR INTERPRETATION...



**RESULTS IN DECISION
(in a decision).**

Thank you for allowing me to share that distinction. Most likely it was *UNEXPECTED*, so you're already doing just fine.

Sharing!

A ONE PERSON ARGUMENT?
THE 'OTHER PERSON' EXCUSE
(Perhaps you'll thank them ... rather than forsake them.)

Q- Okay, about decisions. Say we've made a decision and we're living it just fine, but there are *other people* in the world that we have to interact with.

Elan- Ah, THE *OTHER PERSON* EXCUSE.

Now what you are simply sharing with me is something that *you* "build-into" your decision ... a supposition that you can experience. But it is also an option to understand that anyone else's process is "synchronous" to your own, and as you shift *your* decision, your *perception* of other individuals will change so drastically that *they* will have appeared to actually change.

If you have your decision be consciously inclusive of the allowance that...

ALL OTHERS DECISIONS WOULD NEVER BE ABLE TO
INTERFERE WITH YOUR OWN



AND CAN ONLY BE *SYNERGISTIC* WITH YOUR OWN...

then *their* process will never seem to *interfere* with you. You will not choose to **interpret** any aspect or result of *their* process as an interference or an interruption.

Do proceed, does that answer the question?

Q- Ah, well, that's "pretty good," but what about...

Elan- Oh, "pretty" good?

Q- What about, you know, *other people* have made decisions or *believe* the things that are kind of *opposite*?

Elan- Well, *they* will experience that result ... regardless of *you* and your decision anyway, but that need not be an interference in *your* process. Or can you understand that if you see something in another that seems to run contrary to your decision ... that simply allows you (in no uncertain terms) to remember your decision and therefore is a *service*, has assisted you to *realign* to your decision.

Now when you look at it that way ... your *attitude* toward them changes ... your *action* toward them changes. Perhaps you'll **thank them**, rather than forsake them. Naturally, *their* response will have to change as well, and therefore...

SAME *SET* OF INDIVIDUALS ... *ONE* DIFFERENT APPROACH
ENTIRELY DIFFERENT OUTCOME.

Q- Yes.....

Elan- You sound *hesitant*.



Q- No, I was just imagining actually *thanking* someone for *arguing* with me.

Elan- Well, alright. Do *you*, in your statement of who *you* are (and fear not, **I** will ask you "who you are") choose to express yourself as argumentative?

Q- No.

Elan- Is an *argument* only something perpetuated by *more than one* individual? I will answer that... yes.

Q- Yes.

Elan- Therefore, can an "argument" continue to take place with only one person?

Q- Well, sometimes it *seems* like it.

Elan- Absolutely ... but that would not effect *you*, and in fact may be...



QUITE HUMOROUS.

Q- I can see that.

Elan- Now the idea is this, what feels better to *you*, remembering who you are, needing to be right, or *thanking* someone for assisting you to *realign* to who you are? Which feels more natural?

Q- *Thanking* them, just reminding myself not to get involved in, you know, *reminding myself* to be who *I* want to be and not be them.

Elan- Does that not feel differently? Does that not then still allow another individual to *have* their process ... *validate* their process? But only can whatever *your* perception is, reinforce your new decision, and in a sense, could you not "make a case," as you say, for actually experiencing **gratitude** toward that individual for reminding you? Is it really that difficult to picture yourself *thanking* the individual, or now that it has been introduced to you, is it not actually **an intriguing option**?

Q- Well, I'll probably "*TRY IT.*"

Elan- Ah, if you "try it," then you *may* get a result, but if you *do* it, you *will* get a result. "TRYING" is one step removed from **doing** ... it is *DOING*, WITH A *BUILT-IN ALLOWANCE THAT YOU MAY TAIL.*"

ALL THE *TRYING*
IS NOT THE *DOING* OF THE THING



SIMPLY...
THE *DOING* OF *TRYING.*

Now, in light of that, are you going to *try*, or simply understand truly, foundationally, fundamentally ... *that* individual (no matter what *their* process is), if *you* have attracted them, does reflect a service back to you, and you may find it within yourself (in how you create gratitude) to thank them for it?

Q- Thank you, thank you ... well... not, you know, not in a *bad* way, thank you.

Elan- Oh, and thank you, *good*, thank you, alright, very creative. Understood. Do you understand what I am saying and can you use this?

Q- Definitely. Thank you.

Elan- ENJOY, for understand in no uncertain terms, that is not the approach that you have formerly taken ... (gratitude, alignment, thankfulness)



USING *EVERYTHING* TO *SUPPORT* YOUR DECISION.

And therefore, **you** are now embarking on something *new ... different ... exciting ... integrative* and only can you get a corresponding, *new ... exciting ... and integrated* result. And I would **imagine** (if you are beginning to really accept this *facet* of yourself) that it would be somewhat **exciting**, and perhaps you will look forward to the next **opportunity** to NOT PARTICIPATE IN ARGUMENT. Perhaps you will find yourself disappointed...



"UH, HE'S NOT ARGUING WITH ME, HOW CAN I ALIGN???"

Fear not, you are still aligned. But you are getting my point, yes?

Q- Yes.

Elan- Thank you. Is that all?

Q- Yes, that's all, thank you.

Elan- Ah, that was quite a bit. However, you don't get away that easy. **Who are you?**

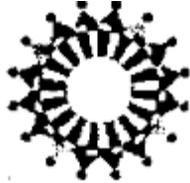
Q- *UM... I... okay.....*

Elan- How do you spell that? *U...M... / ?*

Q- *I AM...* I am a person who does what feels best at any moment and okay, *now* I'm a person who remembers who I am and doesn't get *led astray* as easily... at all.

Elan- Alright, perhaps again, **wording** it in the **positive...**

YOU REMAIN *FOCUSED*



RATHER THAN THAT YOU DO *NOT* "GO ASTRAY."

"Not go astray" still puts emphasis and *focus* on ..."going astray."
Remaining *focused* ... keeps you *focused*.

Q- I remain *focused*.

Elan- Alright, I thank you for the *gift* that you have shared, not only with *me*, not only with *yourself* but with everyone else who created the reflection that you just have contributed ... thank you.

TURN ABOUT IS FAIR PLAY

WHO IS ELAN!

(A joyous, productive, serendipitous being.)

Q- Sometime this evening could you tell us,

WHO YOU ARE?

Elan- Ah, brings to mind your *saving*, "*turnabout is fair play*." I thank you ... *perhaps*.

Now, I am having fun with you. **Allow ME to simply say,**



"I AM...

a joyous, productive, serendipitous being
who marvels and revels at unexpected outcome
and is engaged fully and committedly
to the creation and experience of my reality
and all it entails."

Q- That's what **I** was going to say!

Elan- Ah! Alright, then allow *me* to say to you ... "**well put.**"

By the way, *laughing* through the channel... the channel *laughing* is a form of *alignment*. Were the *channel to laugh*, literally, there could be a momentary break in the connection, so to speak. I will not go into the mechanics of this now, simply *accept* that. But do understand, that though there may seem to be a *consistent demeanor* within what you *perceive* to be the channel, that **WE DO...**



**LAUGH, REVEL AND ENJOY
THESE *INTERACTIONS*.**

Allow *me* to thank *you* for *sharing* that.

**WHAT'S SO
AN AGREEMENT-APPARENCY
{*Please do not disturb.*}**

Q- Often times I hear people talk about things that are "happening" and things that are "going to come" ... like the problems in the inner city that are happening, ah, the economic shifts that are happening or...



THE *EARTH* CHANGES THAT ARE COMING...

and they talk about these things as though they are *external*, as though they are *inevitable* and they really are...



NOT LOOKING FORWARD TO THESE THINGS.

Elan- And *they* experience them (by the way) in this way, for it is built- in to *their* decision. And there is no one "*THE*" future, there is an infinite number of probable futures so...

EVERYONE GETS TO EXPERIENCE THE RESULTS OF THEIR DECISIONS
WITHOUT DISTURBING ANYONE *ELSE*.

Q- Precisely. It seems fair to say that there's...



AN *INFINITE* NUMBER of *POSSIBLE* REALITIES...

and while we *all* experience our own subjective reality reflected back to us by the people around us ... there's an *apparency* that many of us are in agreement as to "WHAT'S SO" and we experience a reality that has many common elements...

Elan- ... which *seem* similar, though it is only, truly, AN AGREEMENT APPARENCY. But do proceed.

Q- Exactly! The assumption (however) on the part of many, is that in fact we're all *within* a reality with specific parameters and there's very little flexibility.

Elan- Absolutely. The assumption is that by *many*... not *all*.

Q- You know however, it's obvious that we're never going to experience anything other than what everyone's always experienced, if *one* by *one* we don't take responsibility to go outside the *paradigm* »> push the *bubble* back a little bit and create things in a way that we prefer.

Elan- Or ...



RECREATE "THE BUBBLE" ALL TOGETHER...

Q- Exactly.

Elan- ... rather than *PUSHING* against it.

Q- You know, it's that these things that we perceive, like "earth changes" and *economic shifts* and the like ... from retrospect or from the viewpoint of the future looking back on it we realize how it was absolutely *perfect* that these things occur and that in fact, rather than being the *catastrophe* that we thought they were ... they did in fact *facilitate* the transformation that we're all saying we do want to experience.

Elan- I thank you for noticing.

Q- And...

THAT'S WHO I AM.



I'M A *STAND* FOR THE POSSIBILITIES.

Elan- Alright, I already knew who you were ... but thank you.

Q- Thank you and it's good to be visiting with you.

At this timing, allow *me* once again and for the first time, for I create myself anew in each and every moment as well... to thank you for your willingness to give...

THE GIFT



**OF THE *EXPRESSION*... OF THE *REFLECTION* OF YOUR DECISION
OF
'WHO *YOU* ARE'**

This brings me enrichment in understanding about *myself* as a being and *your* particular approach is how I choose to reflect that to myself, and so to me these are...

"RICHES BEYOND MEASURE"...

(as you say). I thank you for your willingness to...



UNWRAP YOURSELF AND ***SHARE*** THE GIFT THAT YOU ARE...
with me and with other members of your society.



Allow me to begin this *section* with the following entitlement...

• RIGHT NOW.

Before we proceed, allow me to express my gratitude for your willingness to co-create this interaction, for only will an action ... an 'inter-action' between us, be the result of such a co-creation. Very literally, we are all each other's **version** of whoever we are, for...

EACH
AND EVERY ONE OF YOU
CREATE REALITY IN ITS *ENTIRETY*.

And although it *seems* on the surface to be "impossible" that you *all* do this, and that that statement still be accurate, nevertheless **you** are now on the fringes of understanding what you would refer to in your vernacular as...



"AN *INFINITE* CONCEPT"

and infinity allows for all possibilities not merely one *or* another. Always will infinity include both and therefore, from your *linear* point of view sometimes *infinite* concepts will SEEM as though they are...



PARADOXICAL
(or mutually exclusive).

But when you get down to **understanding yourself as...**



A *WHOLE* BEING...

you will understand that **it is *all* true** and that the *Ultimate Truth*...

THE *ULTIMATE* TRUTH
(is by necessity)



COMPOSED OF *ALL* TRUTHS.

Leave one out and it's the **Ultimate Truth** — *minus one*, and therefore not *ultimately "THE TRUTH"* (in the way that you understand these terms in your language). Therefore, **all that** you perceive is **your** version of reality, your **version** of circumstance, your version of any *other* individual you are perceiving you are interacting with.

YOUR *VERSION* IS WHAT YOU CREATE



AND YOUR *VERSION* IS WHAT YOU INTERACT WITH.

As **infinite creators**, now that you are *experiencing* yourselves as being *linear* ... you still maintain a *concept* which still translates into, even in your linear thinking, "**now.**"

Now (as you sometimes say) is "**the only time there really is**" and though you will create your reality as a *seeming ... succession ... of nows* ... that *seem* to come one after another, more accurately...

IT IS



ONE ETERNAL *NOW*.

Your **infinite** point of view exists right now in its entirety, not becoming anything that it isn't already, but *being* completely everything... right now.

Your *finite* point of view, your finite experience, has the advantage of the **porthole** (if you will) of the understanding of what you call...



"RIGHT NOW"...

because even though you do experience yourselves as a *seeming progression of nows*, **EACH NOW** (when you choose to understand this) *is complete* and...



CONTAINS IT ALL.

Another way of looking at this is that, right now...

**YOU HAVE EVERYTHING YOU NEED
TO DO ANYTHING YOU WANT... TO BE ANY PERSON YOU WANT
TO EXPERIENCE ANY REALITY THAT YOU KNOW IS TRUE FOR YOU.**

The idea of *BECOMING* something that you are *not* already is an ILLUSION. It is a *playing out* of what you create as *a succession of nows*, but ultimately a decision is made, right now ... and *that* is your experience. Often you will assume (in a given *now* moment) that there is something to "obtain" there is...



"A GOAL TO REACH"...

there is something to "become" that you *aren't* already. This is an *apparency* and is part of the decision that you make, and that decision, in and of itself says...

"I am not this and will become that... in a so called different now."

When you do that, you experience the idea of not having what you *need*... right now. But it is only because of *your* approach ... *your* interpretation and your decision ... right **now**.

What I am suggesting and what I am *reflecting* to you in perfect timing (in how you have attracted this interaction and how you attract any knowledge, timing and resources that you create in your life), is the *concept* that...



YOU ALREADY HAVE WHAT YOU NEED right now.

You *already* have the knowledge that you need to at least take the appropriate steps ... right *now*. You already know what you need to know, when you need to know it... right *now*. Building that *expansive* approach into your decision in the moment (assuming-*becoming* the idea that you do already know it, whatever "it" happens to be) allows you to begin to...

ACCESS YOUR KNOWLEDGE,



ACCESS YOUR POWER right now.

(Not tomorrow, not one minute from now, but... right now).

Beginning to play with the idea that you do *contain* the answers, that you do *contain* the power ... that you can do the things you say you desire *already*, allows you to begin to Step in accord with your power and, so to speak, **channel your power into the present.**

You already *channel your power* into the present, but when you are not *specific* about your decision about who you are in the present, you introduce an element you generally refer to as "randomness," as opposed to *purposefulness*. And therefore, simply being willing to entertain the notion that you contain it all ... that you know what you need to know, that there is something right **now** that you can *do* that will allow you to *fully* be who you are, allows you, again, to...

BEGIN TO BE CONSCIOUS



IN THE MANAGEMENT AND *DISPENSATION* OF YOUR POWER.

Which again, I remind you, you will use anyway, but we are introducing the idea of 'purposefulness,' for you all seem to say, "what is my purpose?" Your **purpose** is completely up to you. An **indicator** of your purpose is what you refer to as...



"YOUR *PASSION*... YOUR *EXCITEMENT*" (from what is *available*).

In any given right now moment *something* will always stand out as feeling more exciting to do than anything else. This **vibrational discernment** of excitement is you reflecting back to yourself (in the situation) **who you are** -- what alternative is most representative of the you that you *know* yourself to be.

As we have (in that sense) discussed also, in each and every *now* moment, right now, you make a decision about who you are. That decision can be *based* upon many criteria. What we have suggested to begin to *entertain*, is the idea of...

ALLOWING THAT DECISION



TO BE ACCORDING TO YOUR *PREFERENCE*...

according to your desire and according to your knowing of who *you* are, based on, perhaps to play the linear game, who you *desire* to be (if you feel that you are *not* the person you already wish to be). But the idea is that the only thing that prevents you from getting the effect of *being* a particular person you desire to be (and feel perhaps that you are not) is a *decision* ... right now that you are *not* that person you desire to be, and then generally plug in ..."and *must* do this ... this ... this ... and this" before you will *actually decide* that you are.

Ultimately it always then, again, boils down to'... The Decision, "This is who I Am."

Beginning to ask yourself...

"WHO AM I?"



"WHO WOULD I *DESIRE* TO BE IF I COULD BE ANYONE?"

allows you to begin to clarify...

TO DEFINE ... TO ESTABLISH ... TO DISCERN ... TO ASCERTAIN



WHO YOU ARE
ACCORDING TO YOUR *OWN* CRITERIA.

For though individuals will sometimes say in your society...



"I KNOW YOU BETTER THAN YOU KNOW YOURSELF."

Understand that this is IMPOSSIBLE ... only do *you* know who you are. Someone can say ..."You are this person" and **you** can then decide...



"Well, *THEY MUST BE RIGHT*, because *EVERYONE* always tells me so."

Ultimately, it is only *your* agreement (your decision) that gives you the effect of *being* a person who someone else observes you to be. From, again, your knowingness, only **you know** who you are, anyone else's *feedback* is simply **reinforcement** to the understanding of who you are...

EITHER ... because their renderings are accurate and allow *you* to say...



"YES, THAT IS ME"...

OR ... because their observations are not at all who you know yourself to be and allow you to **see more clearly** who you are...



"IN RELIEF"

to the *mis-identification* that "*they*" seem to be observing.

Your decision is always made...



RIGHT NOW.

In a sense, whoever you *decide* that you are...



RIGHT NOW ... YOU ARE.

And *then*...



**RIGHT NOW
SHOULD YOU CHOOSE TO BE SOMEONE ELSE.
YOU ARE...**

..... *automatically and across the board*



THIS MECHANISM IS ALWAYS IN PLACE
(*always has been ... always will be*).

So there is no matter of gaining the 'spiritual tools' and knowledge to be who you are. It is a matter of understanding that you already apply those tools *100 %*.

YOU ALWAYS DECIDE SOMETHING...

and therefore, because you have done this flawlessly your whole entire life (and in fact *before*) **you are experts at deciding who you are.**

The introduction of '**conscious intention**' is the *fulcrum* ... is the *threshold* that allows you to...



CREATE CONSCIOUSLY...

that **transforms** any idea or experience of what you heretofore have labeled ... "SUBCONSCIOUS"... "UNCONSCIOUS."

The *EFFECTS* that you would seem to get from the...

"SUB-CONSCIOUS" ("THE UNCONSCIOUS CLOSET")
ARE TRULY ONLY FANCILY WORDED DECISIONS...

that allow (in the statement of the decision itself) for randomness, for "hiding" parts of yourself from yourself, for rationalizing unpreferred behavior. If you simply *decide to decide ... right now*, that is all it takes to begin to express yourself *consciously*. Your decision, being the product of a *conscious* understanding, immediately *transforms* any effects that would appear to be "sub-conscious" or "unconscious."

Sometimes we will make the statement that what you refer to as 'UNCONSCIOUS' knowingness, is really the same as '*CONSCIOUS UN-KNOWLEDGINGNESS*.' And what this basically boils down to mean is...



YOU STILL *DECIDE*... NOT TO DECIDE.

Therefore, then the effects seem to come from 'another source' ... but there is NO '*OTHER*' SOURCE.

YOU



ARE THE *INFINITE* CREATORS OF YOUR OWN REALITY.

So *expert* are you at creating your reality completely, that you can experience the *apparency* of an *EXTERNAL* UNIVERSE. So expert are you at completely expressing yourself in *finite* terms, that it can seem as though you are in a reality...

but a *minute member*, a *grain of sand*
IN THE *INFINITY* OF CREATION.

This is the degree (as a creator) of *power* that you possess...



**THE *ABILITY*
TO COMPLETELY *FORGET*
THAT YOU EVEN CREATE IT AT *ALL*.**