

*Mastering Consciousness  
In the Library with Malachi  
by  
Katherine Torres*

**Lesson #1**

The aroma of the library this day has a delicious smell of Orange Blossoms. As I look around the softly lit room to find out where this scent is coming from, a breeze swirls by from a small, open window--the obvious area of the delightful treasure for my nose. Malachi does not seem to be around. I pause to listen for him. I can hear nature buzzing outside the window.

As I wait, I drift around the library and search through the books: *Earth and Its Rewards*, *Sacred Understanding*, *Seeking to Know*, are a few that stir my curiosity. I ponder their meanings and know I can open them, if I want. There are knick-knacks about and I pick them up with idle wonder. I run my fingers over a copper replica of a goddess figure and muse about the Feminine Principle that is growing in the minds and hearts of more and more people now a days. Yes, the Goddess is Alive in our awareness again and the feminine paradigm is unfolding before us. "Even Time Magazine carries an article of Her return to Christianity", I muse..thank you Patti for letting me know about this article.

"Hmm, where is Malachi?" I ponder. I sit in the old comfy chair. I soak up the peaceful feelings of the library. I take a relaxing breath and think, "Patience, Katherine, be patient." Waiting is not my strong suit. This makes me chuckle. I've heard Malachi use this word, "patience" with so many people over the years and now I'm faced with the same message. A lesson to be mastered, that is for sure. I wait. I feel my mind expand even further into the cosmic consciousness as my meditation dips deeper into altered states.

My wait was worth it. Malachi enters with his giggle, his robe dancing in the air as though faerie's are flitting their wings under it. He carries the inevitable pot of tea, releasing steam from its spout and two cups resting on saucers. He speaks in a

delightfully cheerful voice, “Patience is indeed a lesson to be mastered for its rewards are the blessings of understanding what you desire to know, the gift of peace, the welcoming attribute of an open mind, open heart, and clarity of awareness.”

“Ah, he has already begun his lesson,” I think to myself.

“Malachi, I am here to gain more answers about mastery. You know that we humans like directions, steps, if you will, that provide the way to follow a higher truth. You, other Angels, and certainly the Divine have been guiding us to understand Life Mastery. Authors of many different disciplines write of Mastery. We truly want the direction. Will you help teach this again?” I ask this, knowing full well he will help. I’ve never found him not to assist when a question is asked. However, I must honor the reality that Angels must be asked before they assist or they simply will be interfering. Not acceptable in this grand scale of the Universe. Our Free Will and Choice must be honored. Interference stops our growth. My question is to allow the interaction to occur and our growth to be aided.

“Mastering your consciousness is a key factor in mastering your life or being a Master of Life.” He begins.

While he talks he pours me a steaming cup of tea. One of my favorites, Spicy Orange. As I listen to him talk, I take a moment to smell the tea, I sip it and feel its wet-warmth move down my esophagus and into my stomach. I’m content. Malachi had stopped talking somewhere between my sip and the feeling of the warmth cascading through my body.

“While you were taking in your tea,” Malachi speaks again, “you were aware of several things happening. You heard my voice, you felt the cup against your lips, the hot liquid flowing over your tongue and down your throat. You were aware of its comforting feeling to the body, mind and emotions and you enjoyed the taste and smell of this Spring tea. This caused you to relax at yet another level, did it not?” “True,” I offer. “I could feel my wholeself become prepared to relax and listen to you intently.”

“It also caused you to sway from your awareness of my speaking. That is why I stopped until you were ready to listen again.” Although his words were not in an admonishing tone, they were a lesson. I had drifted from our conversation to focus on the

tea. He was right, a disassociation from the very point I was pondering had occurred by paying attention to the tea I was sipping rather than the message he was ready to give. How quickly drifting into another arena occurs.

He begins again, “Awareness is the first step in mastering consciousness. Until you master awareness, you will only partially master all other areas of life. Awareness calls you to knowledge, to clarity, to mental alertness, physical sensitivity, emotional comprehension, and spiritual inspiration that is always moving through you.”

Malachi began to walk through the library. He didn’t speak. He slowly passed several bookshelves and drew his arm and hand across the shelves as though pointing out the books. As he did this he watched me intently. He walked over to the oak antique desk; I’d guess it was created in the mid 1500’s. His right hand glided over some deeply carved oak leaves. Even though I was not touching the desk, I could feel the depth of the carving. I paid close attention to what was going on. I remained aware.

He walked over to a stool that he often sits on, leaned over and looked me in the eye. “What have I just taught you?”

“Awareness allows us to know and feel what is going on in the moment and in that moment deeper wisdom spills into our consciousness,” I answer. For I not only recognized that he was deliberately calling me into focus, but as I focused I could ‘feel’ levels of response from within me. As he pointed to the books, I felt as though anytime I had a question I could find the answer in the written account of wisdom contained in the universal books of knowledge; I simply have to allow myself to take the time to blend into this point of reference material and absorb the wisdom. As he touched the desk, because I was so focused, I could feel the carvings that **his** fingers caressed—I had become one with him. I could move into the depth of energy with him and understand the connection. Had my mind drifted to anything else at any given moment, I would not have realized that I could dip into the books of wisdom nor would I have ‘felt’ the connection with the carving of the desk. At some level I would have known he was touching it, but it would have only been his experience. I would have realized he was passing by books, and nothing else would have emerged to my level of understanding what I could achieve with these volumes of knowledge.

“Indeed. Awareness allows for deeper wisdom to collect in your cognitive states of living. With deeper wisdom, you have answers at your ‘finger tips’ to help you respond to your needs, your desires, and your soul prompting.” He reached for a cup of tea himself. Took in a swallow or two and sat, momentarily, in silent contemplation. I felt him reaching into the volumes of wisdom to bring another statement of his teaching of the Power of Awareness. He quickly came off the stool and went to the point in the room where he keeps a whiteboard to work from when he needs to make a visual point for me.

Picking up a drawing pen, Malachi wrote the word Awareness on the board. He then used Tibetan Numerology to break it down into an equation.

$$\begin{array}{cccccc}
 1 & 1 & 5 & 5 & & 3/ \\
 \text{A W A R E N E S S} = & & & & 7/ & (2) \\
 9 & 8 & 4 & 2 & 2 & 10
 \end{array}$$

Recognition emerged immediately on many levels. The very first letter in Awareness is the “corner stone” of its wholeness. “A” is a vowel, and as such is seen as a letter of Spirit and carries the vibration of the number 1. The Number 1 provides the vibration of focus and intent and the power to Originate from the Realm of Source, the Love and Unifying Force of Oneness. The equation allows me to recognize that Awareness guides me into the spiritual (3) nurturing factors of creative qualities of the Universe. It moves me into the realm of the Divine Feminine and calls me to know the individuation of the Universe and the existence of all aspects of Life. Mentally (7) Awareness calls me into the understanding of the mysteries of the Universe and the corraling of this information so I may use it in my intellectual and intuitive qualities. This in turn provides the means to understand and communicate what I know. The physical reality of Awareness (10) calls me to master awareness of cycles and phases of life (what goes up, comes down, what grows, dies, and rebirths, what begins, ends, and recycles, what is and what is not; what has to be done, what is done, what has been, will be again, and will expand to new levels). The soul quality of Awareness (2) invites the

inner Wisdom to be revealed through the subconscious memory that carries the coding of Divine Wisdom.

There are more to the study of these numbers. The 3 carries the vibration of the Law of Creative Imagination and connection to the planet Venus. The 7 brings forth the Law of Containment and connection to the zodiac sign of Cancer, the 10 reveals the Law of Contraction and Expansion and connects us to the planet Jupiter, and the 2 releases the vibration of the Law of Wisdom and connection to the Moon. Just contemplating these laws and their astrological relationships calls me to deeper Awareness of the Universe as a greater whole and we of humanity utilizing this incredible energy of consciousness.

“Very good, Very good, Very good,” Malachi says and chuckles through each word. “Deeper and deeper understanding comes through your action of Awareness.” “Action of Awareness, my Malachi, that is a great statement.” I acknowledge.



He walked back to his stool. “Awareness is a state of action,” he extols. “It is the participating state of your intellectual acquisition of knowledge through thought, experience, and the feeling states of yourself. It is most important for acquiring Mastery of Consciousness which leads you to Mastery of Life and therefore provides you the means to live as the Masters who have gone before you.”

“I thank you, Malachi for this teaching.” I know he has provided the first step.

“Now you and those who have interest to Master Life and honor the new paradigm of consciousness, need to focus your attention to the Act of Awareness,” he adds. “It is important that you learn of your habitual thoughts, feelings and actions. It is important that you learn to change the habits that keep you bound in a 3<sup>rd</sup> dimensional consciousness when there are multi dimensions for your soul and personal consciousness to explore even while in your physical, 3<sup>rd</sup> dimensional reality. Homework is good here,” he announces.

Malachi has been very good with assignments to keep me and others working toward the goal we want to achieve. In this case, it is a higher spiritual goal—achievement of Mastery. Mastery provides us with a comprehensive knowledge and command of all life. It calls us all to connect to true healing, balance, manifesting at any given moment

what is needed to achieve a positive outcome, the ability to expand and evolve without fears and resistance through the power of exploration. Mastery provides us with the ability to live, consciously, as we have realized through other Masters, Buddha, Kuan Yin, Solomon, Christ, Ghandi, and others. We, as human beings, can do this. It is our inheritance and our legacy from the Divine and passed on through the Masters who have gone before us. It is the Inheritance and legacy we will leave for generations after us.

Take this first lesson (for in future newsletters Malachi will provide additional steps) and become very attentive in its use. If you have questions about this lesson, email me: [katlynann@aol.com](mailto:katlynann@aol.com) and ask. If the questions come in that can assist others, I will also provide the question and answer in future newsletters.

Enjoy your intentful journey to master awareness.

## **Lesson #2 - Witness**

As I slipped into an altered state of consciousness, I felt like I was rapidly leaving the 3<sup>rd</sup> dimensional reality. The veil opened quickly as I slipped into the other world. I stepped into the etheric realm of the sacred landscape that offers me the path to the Isle of Avalon, Malachi's Library, or the realms of loved ones, angels and guardians and the Higher Teaching Dimensions of the Great Creator/Creatrix. Where ever I want to travel or where ever I'm called to travel, I can find the direction as I proceed on this particular pathway.

“Well”, I think to myself, “today I'll simply walk on the pathway for awhile and enjoy the view of the Inner Plane. WomanSpirit, direct the way. Malachi, I'm ready for a lesson. Where shall I meet you?” While I stroll I send the vibration to the Higher Planes and wait for an answer.

I view the etheric trees that are a sharper green than I can see in the 3<sup>rd</sup> dimension. I laugh when birds talk to me (it happens on the Inner Planes), or papers tell me what is written on them rather than have me read the scroll. I love this journey and I soak up



everything as I merge with the Spirit of the Place.

“Greetings, Little One,” I hear Malachi over my left shoulder and his giggle stirs my laughter as well.

“Good Morning Malachi,” I offer. “Where shall we go today for another lesson in Mastery? In the Library or off to the woods?” I ask.

“Let us walk in the forest, head for the plains, stop by the lake, row to the caves, and enter the Library from the crystal doorways,” he offers.

“Whew, all that in one session?” I laugh as I ask.

Malachi’s chuckle lets me know there is more to this journey than I can imagine at the moment. “We shall accomplish the journey,” he answers.

We seem to have a synchronous step as we follow a pathway that leads into the forest. Oh, my, what beauty. The light sheds a spiritual glow through the trees and spotlights different parts of the ground. On my right a boulder takes on a halo glow as the light beams over it. I look at the curves and feel my heart expand as my mind begins to wonder who has sat on this stone before. Has it been a person, an animal an angel waiting for someone to pass? I am flooded with loving emotions and I feel like I must sit on the stone.

“Malachi, pardon me, but I must stop here and sit with the Spirit of the Stone.” I acknowledge.

“Awen. Do so,” he responds.

I touch the stone as I arrive at its resting place. I feel greeted and welcomed. At the same time I whisper permission of the stone to put my hands on it and sit upon it. I receive an energetic acceptance to my request. I take my hand and let my palm be the ‘feeler’ of the topography of the stone. As I do, I sense the element of moisture that has settled on the stone in various hollows. In fact, I surmise, over years it is likely that the moisture has loosened particles of the stone and allowed a recess to form.

I choose to sit upon the stone and sink into its energy field. Malachi, with his great deal of patience, simply watches me, observing my actions and responses to the energy I am connected to. The stone supports me and I realize its symbolic message: Support is always available, stability always around us, solid formations of the Divine exist within

us, around us, above us and below us. I meditate with the Spirit of Stone for a few minutes and then thank it for its time and sharing. “I am ready to move on Malachi,” I say.

“Alright, alright, let us be on our way.” Malachi leads us further into the forest. More trees are seen. The forest is thicker with every 10 steps we take. It even feels cooler to me. The light seems to fade as we enter a dark place within the forest. I feel a need to make sure my steps are congruent with Malachi’s steps. After all, he knows the forest better than I.

“Do I?” He asks, again reading my mind. “This forest is your forest of creation, why would I know it better than you? I simply invited you to travel to the forest, you are creating is force field of formation. The forest is always here, you simply carve the energy to look at it as you want: a thick forest or a forest of grasses, knolls, stones and flowers. It is up to you to design the forest through the energy fields provided by the Universal Source. In fact, it is a power of a Master to create her/his reality.”

My mind responded to his message by thinking of a few trees, a meadow and fields of flowers. Just as soon as I thought it, it formed. I then visioned the end of the forest being a few feet away and a shoreline of the lake materializing. It appeared. We used my vision to walk to the shoreline and seek a boat. There it was, waiting to be used.

“Sit at the helm,” I tell Malachi. “Will you steer us to the Merlin Cave?”

“I will. Use your vision to direct the flow of our journey.” Malachi offers.

I use the power of mental imagery to see the lake with slightly moving waters. I think about wind helping our boat move in a forward motion so Malachi would not have to row with much effort. (I look for easy ways to move forward.) As we head out on the lake, I let my eyes peer at the shoreline on the sides of the lake and seek deer, more trees and grasses, stone and an occasional dog. I no longer think of our journey and spend the time daydreaming about the scenery and peaceful movement of the boat.

We row for quite a distance when Malachi announces, “We are going to move into the river flow to head for the caves, now.”

With that Malachi makes a sharp turn to the left and we exit the lake through a mouth of a river. We flow on a much narrower area of water. This time the water is rolling and moving with speed greater than we experienced on the lake. I can tell the energy is being directed by Malachi now. He has taken charge of carving out the direction of flow from the Energetic Cauldron of Source, shaping the journey .

The ride becomes bumpier and we dodge a few large stones and fallen tree limbs. My heart is racing. I sit up bracing my body and focusing on the ride. I am nervous, concerned we may tip over. My eyes are in a constant search for stability. My emotions are jumping about causing the mental stimulus of what I will do if we crash and I fall into the water. What I will do if we smash into the river bank. My breathing is shallow and very active. As we twist and turn, jostle to-and-fro, my hands grasp the side of the boat. The splashing water now soaks my clothing and blurs my eyesight as it dowses my face. I take a deep, relaxing breath to calm myself and focus on a positive ride. Malachi does not speak, he simply keeps his awareness on the movement of the boat through this rough part of the river.

Finally the river ceases the jostling flow. I see a shoreline ahead, a dirt passageway and peat grass on each side of the path. Malachi brings the boat to a resting point near the path and assists me as I step out.

“A bit wet?” he asks.

I laughed, “Quite a get so wet in the inner observance.

Once again we get follow the pathway to the breathing slows down like it is beating at a near is now behind us and we

Off to the right is a of the cave is covered with peat moss. Malachi leads us into the sanctum of the cave. Within a few feet we stop at a crystal doorway. The crystal is radiating many different



bit. I didn't realize I could planes,” I wink as I make this

into synchronized steps as we caves. The rhythm of my even more and my heart feels normal state. The river ride continue up a slope.

doorway to a cave. The arch

light frequencies and soft hues of pink, green, blues and yellows emanate from the doorway. We pause here.

“Focus on opening the doorway,” Malachi encourages.

I set my mind on opening the doorway. I create an energy field of force through my third eye. I can feel the energy building, expanding and flowing outward, yet nothing happens.

“Focus on opening the doorway,” Malachi states again

Once again I set my intention through my third eye, yet my focus appears to be on the emotional reaction to the failed attempt. Oops, my T.E.A. (Thought, Emotion and Action) are out of synch. I reset my intention and move into my heart with honor and respect for the sacred place we are now standing. I raise my heart-felt desire to my third eye center and let my mind and heart become one with the sacred intent to open the door of the cave. It opens slowly and reveals an inner light that allows us to see our way through a hallway of the cave.

Walking through the hallway I look for the entrance to Malachi’s library. Malachi points off to the right about 8 feet in front of us. I smile and nod my head in acknowledgment. Neither of us seem to want to speak at this moment.

At the doorway of the library Malachi bows and bids me enter, “Step into the parlor of the library,” he smiles as he invites me in.

I am immediately embraced by the odor of the old books, and the stale smell of the wooden shelves. Ancient aromas permeate the room. Malachi disappears to another section of the cave while I walk about the library. He returns, after awhile with his proverbial tea. The smell of mint meets my nostrils before he enters the room.

“Malachi, what is your lesson today on Mastery?” I ask.

“Being a Witness,” he responds.

“What do you mean, be a witness?” I ask.

“In your first lesson I talked to you about being aware, true?” He questioned.

“True,” I answer.

“Once you become aware of your thoughts, your emotions, your actions, your attitudes, and your experiences, then you become a Witness to the responsiveness you

have with each area of your life.” Malachi spoke as he poured a cup of tea for me and also for himself. We took a moment to stir in honey, and he, a bit of cream.

As he was in no hurry to continue speaking, I sat down in a large comfy brown chair, allowing the cushions to wrap about me. I sipped on the tea and Malachi began to speak again.

“When you become a witness to any level of your thinking, feeling, responding and living, you also come to the point of being in charge of changing or enhancing what you are doing.” He spoke and then sipped some of his tea. He gave a soft moan of pleasure from the enjoyment of tasting his tea.

“Witnessing creates the observation of what you need to do, want to do, and can do,” he continued. “Let us look back at our journey here,” He suggested. “While you were in the peaceful mood of walking through the forest, you experienced the creation of sacred light, a union with the stone and the continuance of our journey with sure-footedness. When you became unsure, walking into a darker place of the forest, you attempted to allow my footing be your footing. You relied on a union, yet, you gave the power to me until I reminded you that you were and could create a different reality. At the moment of changing that reality by witnessing your thoughts and intent, you took charge of the transformation.”

He was quite right. I had thought he knew the area better than me and let go of my intent to walk in the forest with the fortitude necessary to journey through the shadows. When I discovered it was my creation I immediately went into action and changed the seen.

“Then,” he offered, “you created the opening for us to continue the journey with less darkness and density.” He sipped his tea again, and again moaned at the pleasure of the taste. I laughed a bit.

“Malachi, why did you create the ruggedness of the river, or was it me?” I asked.

“We worked this together,” he responded. “You invited me to be at the helm. I choose to use the opportunity to create a test. As you witnessed the storm of the ride, you began to create a focus to keep yourself aware and used the energy of intention to use the stabilizing forces of the Universe, carving its energy of stability by your use of sitting up

straight, holding to the sides of the boat, and keeping your self alert and aware. This intention and witness to the journey allowed you to work with me and we formed the course of the river and the ease of the journey took form. Do you understand?" He asked.

"I believe I do," I respond. "Let me offer my understanding." He nodded and I continue.

"Even though at some point I was uncomfortable and nervous I stayed my intent and we never tipped.

"Malachi, what I am seeing is that when we become aware of a situation, we also become a witness to what we are thinking and feeling. At least we can and need to, correct?"

"Yes," he confirms.

"Once we become the witness, then we can immediately choose to focus our intent on an outcome of our higher desire, correct?" I ask.

"Indeed," he confirms.

I ponder the reality of the crystal door event and then say, "I held a focus with my mind and attempted to force energy to move for me. I exuded energy and likely wasted it through the faltering attempt. However, when I put my heart and mind into the focus and used the Universal Energy that opens crystal doors, I formed the right use of the energy and the door opened. However, I needed to be a witness of what I was doing in order to change it. I had to become aware of my one-sided attempt (mind) and create the T.E.A. affect by bringing my **T**hought (mind) in alignment with my **E**motion (heart), and then took the **A**ction necessary to move the energy. At that point, I **Mastered** the reality and opened the door. True?"

"True," Malachi agreed. "You had to witness what you were doing and change the course of your intent in order to Master your reality."

"Awen!" I say. And so it is. Another Lesson Learned. Be the witness to your reality. Pay attention to your thoughts, emotions and actions, of course. But more than that be a witness to the results so you can see where adjustments need to be made or enhancements need to occur so you can Master your reality.

I talked with Malachi for quite a while on how we can master our reality by

witnessing how we speak, feel and share our lives with others. We talked of witnessing self during work, creative times, sad times, and slow times. Being a Witness allows an opportunity for us to hone the talent of Mastery.

When I felt sated I offered my gratitude to my wonderful Teacher and asked if he would journey back with me to the veil between the worlds. What a journey. What a blessing. Awen.

### **Lesson #3 - C.R.E.A.T.E.**

I'm ready to journey. I sit in my high-backed chair and prepare myself for meditation and another visit with Malachi. I realize I'm fidgeting quite a lot and have to hold myself into a sacred vision before I can "contact" Malachi. It's not easy and I stumble all over my mind.

Finally I use creative visualization to see myself in my holy living temple (my inner body) and develop a vision to initiate my meditation. I imagine a brown and mauve swirling floor of marble, carved with designs of pyramids, cubes, and spheres. There is a ceiling at least 20 feet above me that is open and streams of light beams descend to the floor. I envision several tall pillars, spaced about 6 feet apart on both the right and left side of a hallway—they go on forever. I see myself walking this hallway and recognize odors of incense befit a sacred place. The feeling is solemnness. The incense gives rise to a film that creates a blur to my vision. I am at the gateway of a veil between the worlds.

I call to Malachi, "I am ready for our journey. May I enter now the realm of the sacred?"

"Awen." He calls to me. "Enter the realms."

Stepping into the veil of smoke, it becomes thicker; an amnion of etheric fluid encompasses me. I discern its vibration. It is warm, harmonic and inviting. However, in the thick of it I cannot tell which direction I must go to get to the other side where Malachi is. Should I go straight? Right? Left? Should I rise? Perhaps he is under me. Where should I go? I feel suspended in this fluidic veil. Examining its parameters, feeling the loving harmony, I assess that I might as well eliminate concern of what

direction to travel. I am in a perfect place and right moment, so I relax and allow myself to align with the feeling of oneness within the fluid. In the oneness I am transformed into a floating Merkabah. Centered into this octahedron of light I feel a transformation of my energy. I am now like a fairy in the twilight zone of another world...Malachi's World.

"And so you are here," he giggles. "Finding new ways to join me, yes?" He asks.

"Or the ways are finding me," I express. "I like this entrance Malachi, a bit different, but enjoyably pleasant and felt quite spiritual in the journey itself."

"Ah, important to you." He comments.

"Yes." I answer. It stills my wavering mind when I use spiritual vibrations and visions to help me focus my intent to meditate and journey into the etheric realms.

"Malachi," I begin. "Once again I have come for a lesson of Mastery. Your teaching of simple ways to be aware is an aid to many in honing their mastery of life. Certainly, I am learning again and again."

"Let us travel to the Library and start your next lesson then," he remarks. We both take off in the Octahedron of Light.

We move through the ethers and spin and swirl like a gyroscope. I love the ride. We pass many star routes that seem to lead to galaxies beyond my view. There is quiet and yet I feel the Sound of the Universe buzzing in my ears and brain. My mind tries to assimilate the difference...no need, I retire it again and simply observe through my inner eye what is happening around us. Stars seem to float by and the depth of the skyway seems an infinity of darkness, not felt as a void, not felt as anything, really. What a different way to journey to the library. I like multi-visual pathways, so obviously I'm loving this one.

The gyroscope movement ceases. I feel a descent and at first cannot see where we are landing. Lo and behold, we are at the cave we entered during our last lesson. Ah, how easy this journey was compared to the roller coaster ride of the river last time.

Malachi's giggle lets me know he has heard my thoughts again, "Yep, you have created an easier way this time, haven't you?"

"Yep," I acknowledge. "I must admit it was a lesson in itself, though."

Malachi helps me out of the Merkabah Vehicle and I step on the path toward the

cave. We walk together and Malachi starts picking up crystal stones that are shaped into keys.

“What are we to do with these?” I ask.

“Open the doors of Wisdom for Mastery.” He states with a nondescript voice. This is a signal that there is something to learn with each key and I will have to wait until the moment of learning.

“You and your students have worked with the Value of Awareness and Witnessing as you are configuring your deliberate intent to Master your living reality. This is a continual self-teaching of awakening and choosing to live in the most positive alignment for creating the opportunities to take dominion over your world of form.” He continues.

“I recognize this truth, Malachi.” I comment. “Now, where do we start today?”

“We are going to work with the next level of awareness which you can call ‘create.’ For each of you have encoded within you the power to create. You simply must learn to decode and unlock the wisdom within you. In fact, you simply need to learn that you are unlocking it through every experience.” Malachi hands me one of the Crystal Keys. “This key is made of particular crystals that will help you move into the awareness of how you create on a daily basis, productive basis, non productive basis, and through every event in your life. In fact, the key has a representative power to each letter within the word CREATE.”

I can feel a very special vibration coming from the key he has given me. It is active, spiking, charging energy creating an agitating feeling. “What is this crystal form Malachi?” I ask.

“You have in your hands that of an Andradite.” He answers matter-of-factly. I give it to you and encourage you to discover the door it opens.

Well, okay then. I’m off on a journey into the cavern to open another doorway in this vast array of library rooms. I know Malachi is behind me, but I am anxious and rush off. As I enter the cavern it feels a bit dank and the more I come into the depth of it, it grows darker. Not a problem I have my key, I can feel my way through, I can find the right door. I love the quest. “I’m off Malachi, see you there!” (I hear a giggle.)

Okay, maybe I spoke to soon. In this dark cavern my eyes don’t seem to adjust as

quickly as I thought they would. I'm stepping in some gooey stuff (mud, I hope). Slipping and sliding, I start bumping into the walls and scraping myself against the stone.

I adjust my feet to the side of a seemingly dryer pathway and use my hands against the way to guide me. "Ye-Ouch!" I yell. I've been bitten by something on the palm of my hand and it stings like 10-red fire ants have found a center to feast upon. Into my mouth goes my hand. I bite into the middle of my palm hoping to ease the pain (with another pain?).

My anxiety level is rising, I can feel it as my chest clamps in on me. Okay, I take a deep breath and wonder if Malachi is near by. I'm not sure if I want him here to see my foolishness or not. But, if he came by to help, that would be okay. ....No sign of him.

I slip and slide through a few more feet of the path and keep trying to discover a doorway so I can use my key and enter into the right room that this Andradite can unlock.

My foot locks into something big on pathway and I try to kick it. It is a soft/hard object. Seems rather large and is breathing.

"What are you doing?" A voice comes from this object and I jolt backwards a couple of feet. (Oh now my heart is really racing). "Get off my path!" The voice is that of a Troll. It is gruff and the breath is a bit foul.

I brace myself with a small pinch of bravery. "I'm looking for a special library and it is on this pathway." I state, camouflaging (to the best of my ability) my quaking nerves.

"Not on this path, " he cacophonically admonishes. "Go in another direction. Get away from me. I'm sleeping."

He doesn't budge and his body is like a large ball of fat, fur, and bones I can't move. I'm in the center of a conflict with my mind, my emotions, my intent and this creature. Now what? This exploration isn't going so well as I thought it would, I surmise. Oh, my, when my ego takes charge of a journey I certainly can create a challenge.

From above me I feel a cold breeze and hear a hum that turns to words, "Offer him something." Malachi whispers through the vibrations of the breeze.

I think about this for a moment. What could I offer him? I sit down on the side of the path where it is a little dryer and finger my key. The tip of my finger draws along the lines of the key, feeling its bumps and edges. Before long I'm a part of its energy field. I allow myself to derive the gift of insight it has for me through its auric messages.

It becomes obvious that my first arrangement for coming within the cave was without clear awareness. As I witness what I've done, I realize I must rearrange my thinking and clarify my focus and intent. I begin to evaluate the best course of action I need to take at this point. Obviously, this grizzly creature feels a bit stronger than me and is foreign to my awareness for surmounting its field of energy. It isn't going to work to just kick him to the side or even jump over him. His is not small and yet may not be all that tall (I can't tell, it's dark here). I don't have a cookie, though I could conjure one up. But, what if he doesn't want a cookie? Maybe he would like some mutton, but I'm not in a position to hunt this type of food down. Even in my imagination it doesn't seem to come off as the thing to do. I sit for awhile pondering.

Finally I allow myself to realize that sitting, pondering and listening has been giving me the opportunity to look at what I did to get into the place. Now I need only seek the vision and assertive qualities I have that can move me to a new point of view.

"kahmm, kahmm, " I clear my voice, hoping to gently disturb this half- sleeping beast. "I am on a mission and would like your advise. Can you tell me how to get to a library door that can use this key?" I wave the key in my hand toward him (hope he can see in the darkness).

The troll bristles, "This is my pathway and you are disturbing me." His only movement is to adjust his body. I hear him slosh a bit in this muddy liquid path. He has no intention of letting me pass.

Solution time! I need a solution to transform this reality. I sit again and contemplate my key and use the ability to transform energy. I am confronted by something bigger than me—the troll. Contained in my subconscious is troll stories and knowledge that he is a guardian of a gateway and I can only move through the gateway if I am walking my talk, doing my inner work, living my truth and honoring the reality that I am a creator. Awen. It is so. I am!

“Thank you dear troll,” I begin. “I appreciate it that you are a guardian of the Library door. I am ready to honor my intent to learn more of Life Mastery and you, my unconscious blocks, nor anything else can stand in the way of my good, especially me. I am ready to express my highest intent.” My voice, will power, and desire are congruent with my higher intent, as I speak.

The troll moves. As he moves he offers a stick to me which suddenly blazes with fire light. “Go,” he says, “Get on your way.”

Beyond him only by approximately 10 more feet is a doorway. I see a lock and put in my key. It works and I’ve entered the Library from a new side. I’m in!

Aah, as usual there is tea brewing and I can smell it. Cinnamon Tea. Malachi is working with the seasons. I step around some old file drawers and get beyond some wooden chairs set in a semi-circle in a cozy corner of bookshelves. The books are titled with History subjects. “Hmm,” I think, “Are they filled with history of this world or other worlds?” Well, no time to look into them at this point. The familiar smell of the old books are providing a comfort and a desire to go and sit with Malachi. I make my way around other bookshelves and compartments of this library until I can see the familiar area and the chair I sit in. Malachi is waiting, a bit of a grin on his face and that twinkle in his eye. He knows I have learned something.

“Greetings! Greetings!” He shouts out and his belly giggle exudes as well. “Come in, sit down and take in the tea.” He stretches out his hand with a cup of tea and I see a cookie on the saucer (could have used that cookie earlier).

“Whew, Malachi, “ I say. “I’ve just been through quite a journey and I think I know the teaching. However, will you share what just happened?”

“Indeed, Indeed,” he chuckles. “You have used lesson 1 and lesson 2 (ability to be aware and ability to witness) and moved right into Lesson 3 with the use of **Conflict, Rearrangement, Evaluation, Allowing, Transforming, and Expressing--C.R.E.A.T.E.**

Of course, I realize, he has got me again with an acronym. And I got it! I was in conflict the moment I began the journey, I furthered the conflict with the confusion of darkness and the Troll (my anxiousness to get somewhere without much forethought).

I had to rearrange my intent and focus on what I truly wanted by evaluating what I had done and what I needed to do. I then transformed the situation by changing my attitude and then by expressing my truth and my needs, I moved from the conflict into a full on resolution and direction into the Library. The truth is, that is how we work with the power to Create anything. The more we accept this reality, the more we make choices to master our ability to create without being stopped in our tracks and delve into the negative reality of challenges. We meet them, change them, and allow ourselves the transformation of the old into the expression of the manifest.

You know what? This power of Mastery isn't that hard. We simply need to keep on moving forward and rearranging when we are blocked by evaluating what got us there in the first place. Then we allow ourselves the ability to change and transform the situation. Simply from there on, we will express our life in the way of a master.

"Thank you, again, Malachi. Will you be letting me use the other keys to mastery soon?" I ask.

"Indeed. For now, continue to focus on these first three lessons and see how you are using them in your life." He offers. "We shall journey as many times as you desire until you feel the lesson of Mastery is locked in."

I stay with him for a while longer and linger in the comfort of this sweet, old library. I love its musty odors of the old books and the delightful figurines placed in unobtrusive areas. I love looking for them and seeking, with my inner eye, for other things of interest that peak my curiosity and call me to search for more knowledge.

When done with our little time of connecting and learning, I finally leave the library and find my way back to the marble-floored hallway, eventually returning to my own world of awareness. I am please with the journey and a bit more of direction for Life Mastery. I fully believe we are all doing it, we simply at times don't think we are.

#### **Lesson #4 - Follow Through**

During the December Moon (known as Ruis/Elder to the Celtic people), the time and energy of meditation is easy and flowing. In fact, as I prepared to talk with Malachi

and before I was totally in altered consciousness, I could feel the veil between the worlds give-way. Easily I passed through it. I was in the field of the other worldly lands and connecting to the *Spirit of the Land* with the fresh air of mountain springs, cedar, oak, and pine. Sounds from the elemental beings, particularly the Fey, called me on my journey. I felt their call in my heart and heard it in my inner ears.

I walked down the pathway toward the lake I often come to for the journey to the island of Avalon. I thought about my last journey with Malachi to obtain information for the Mastering of Consciousness lessons. I laughed as I remembered the Troll who tripped me up and taught me. I contemplated the first 3 lessons: 1) **Awareness**. We need to remain aware of ourselves, our attitudes, actions, realities of our life, and inner messages that constantly direct the way if we do not take charge of our inner conditioning. 2) We need to be a **witness** to ourselves in action, contemplation, emotional beliefs, and all events of our lives so we can change what is not Mastery Living. 3) I remembered the power of **C.R.E.A.T.E**. We always move through **C**onflict, **R**earrangement, **E**valuation, **A**llowing, **T**ransforming, and **E**xpressing. As I contemplated this I realized that we simply need to get comfortable with this reality rather than fighting it and struggling with the power of change that does create an agitation (conflict), that stirs the need to adjust our life (rearrange), assess the new state (evaluate) and finally move through the change (Allowing) while the change brings in a new level of living (transforming) and a new level for each of us to expose our new state (expressing). With a deep breath of knowing, I let go of the thoughts and continued my walk to the edge of the lake, knowing it was time for another lesson..

From the shoreline I could see a boat coming toward me. I stood, wrapped in my robe for warmth, comfort and respect of the energies around me. I was ready to use the boat to cross the lake. Malachi was in the boat and as it settled into the sandy shore, he invited me to step in. "Come, we will travel to the Library together." He spoke.

My robe swirled around my feet as I stepped into the boat, so my footing was a bit off. Ah, but I made it. I sat down and got comfortable. "Good Morning, Malachi," I offered. We bowed to each other with a sacred reverence. (I love my teacher and honor his gifts of wisdom: simple, yet profound.) I feel an incredible love...it is Universal.

We both seemed in a peaceful and subdued manner. Even though I know he could take me on quite a journey, I allowed the peacefulness to be the expression of our expedition.

“Will we use another crystal key today?” I asked

“Indeed, Indeed,” He commented, reached into his cloak and handed me a beautiful stone-crafted key. It is made of clear quartz crystal. I mused over it and began to blend my energy with it as Malachi moved the boat onto the lake.

“This is an important element to connect with for our journey and lesson today,” Malachi mentioned and I can tell by the tone of his voice I needed to listen. “This stone helps you blend into Wholeness—all parts of Creation. Like the White Light of Creation, it will help you interact with all life.”

I knew he was not complete in his teaching. I held the crystal and contemplated his message as I continued to blend with its vibration. Malachi continued, “This key will help you use your higher level of integrity while you journey on this mission. While using this energy you are coming into a concordance with another. You are going to use the power of Loving Agreements to transfer thoughts and help them navigate through his life passages. Your Love and Integrity must be at its Highest Intent. This stone will help you maintain your Balance Point and center into your purpose of its use. It will help you maintain a clear focus so you may use your abilities of conscious healing, directing, and telepathically providing guidance. As with all service oriented realities, you must seek permission of the Soul you wish to help. Are you ready?” Need he ask?

Malachi continued, “I invite you to a sacred place for your sisters and brothers of humanity. A place to observe and provide a lesson to your readers. It is a familiar place and one we have spoken of before. However, in your Lessons of Life Mastery, this is needed to be seen again. Perhaps with a new view.”

As he steered the boat I could feel it move faster through the waters. It glided over the water and the movement of swiftness or even urgency was felt inside me. Although I already knew I was in the Inner Dimensions of Consciousness, another level of altered awareness was taking over. As though I was losing more of my intellect, I let go and moved into the rhythm with Malachi, the swift moving boat, and the waters. Malachi

urged me to gently move forward on the boat, “Bring your Crystal Key and enter it here.” He pointed to a slot on the front edge of the boat. I put it in and turned the key.

“Let go for I take you to yet another Dimension,” Malachi urged. “I will take you to the Dimension of Spiritual Sight—the Etheric Sight of your sisters and brothers. Your view will help them see their practice of Truth or Fear.”

I let go, trusting that we were journeying as one. Often he takes me to this dimension so I may see the “in between” world of people I care for. As I found my way to sit comfortably again, the boat shape-shifted. From its sides wings extended. From its bow a head of a Dragon emerged, and from its stern the tail of the Dragon shaped. The full sculpture of a Dragon boat was completed. The Air Dragon had formed and now lifted us from the lake into the Wind and through the clouds above the horizon of the Inner Earth. We merged into the Etheric Passageways of light, thought, emotions and intention of all individuals.

We passed other healers as they worked within this realm to help the individuals they served. I watched as light frequencies passed through them and into the etheric body of another. I watched as the energy was either taken in by the person, partially taken in, or rejected. Their choice and the healer is only the agent of Light to let it pass in whatever manner is accepted by another.

We finally landed on a dragon field (similar to our airports). As we exited from the Air Dragons fuselage, I laughed at the reality that we had entered into this on a boat and now it had become a flying entity. Well, all exists in the realm of the Ethereal states of consciousness.

Malachi and I began walking from this area into a theater. “Come and watch. Observe and assist.” He stated.

As we sat in this arena the screen we were looking through was simply the membrane between the spiritual realm and the human realm. As we sat and observed, the individuals we were watching were not aware of our presence. Although, every once in a while I could see how someone “felt” something around them and “knew” guardians were nearby. True. They were all over and helping individuals in many ways. Some by the connection to their prayers, others by the soul-call of the individual, or the guardians

sending a message and asking if the individual would allow help, and some assistance came by way of intercession by the mind of Higher Source.

Malachi spoke to me with a deliberate intent, “Seek permission to assist the soul of the individual before you. Do this through telepathy, visual messaging and vibrational light frequencies.”

I connected to a man (I will call him Joe) I could see and sent a loving vibration to him, allowing him to feel my presence. I said to his spirit, “Joe, I am called to assist you and wish to do this if you will allow. I come in the Highest Intention and with White Light of purity. May I help you as your soul calls you to move on a desire?” I watched the thought-form tap into his etheric space. Immediately he was impressed by the assisting supplication and just as quickly sent back an affirming light. He was ready and so was I.

“Now, watch this individual,” Malachi encouraged. “Look at how his soul is sending a vibrational frequency to his mind and heart.”

I watched a pulsing light beam move from his soul-center and send bursting currents to his brain, heart, solar plexus and lower belly. A thought-form immediately suggested that he make a major change in his life. The change was to move from his present job, home and relationship and step into his purpose as a healer. It was immediately known that this was a fulfillment of a plan he had been cultivating but had not taken totally serious. The lights grew brighter and stronger and the urge spawned thoughts, visions and desires. His soul instigated memory sensations.

This man had been doing his work for many years. He was good at it and had provided well for his company and vice versa. However, he had reached the climax of this portion of his evolution. To remain where he worked now would only mean he would come in to the office, survive through the day, do what was necessary, and go home. No passion. No creativity. His contribution to this company was complete. In his relationship it was obvious he was also complete. No passion existed. He and the woman had become quite complacent with each other. No discussions, nothing in common and only “red flags” reminding them of how they were ignoring, disrespecting or continually hurting each other. I wondered if they were to do some re-adjustments so they could

remain together. However, his soul memory released the insight that they also were complete with their mission together in this lifetime. It was time to let go of her.

The urging of his soul was to let it all go and set out on a journey to find the teacher of his next level of healing and to live in the new territory of his existence. It was obvious from his soul lights/thoughts, that moving into this new community was etched in the intention of his soul. This new territory was to provide further education, a new frequency of energy in which to build on the intention of his soul, new people to meet who were in agreement to assist him on this next level (wether by challenge or reward), and fulfillment of a sacred desire. The impulses from his soul were strong. Would he bring his awareness of his soul or only live through the simple need to survive?

I sent him a thought form, “Respond to the Call. You will not fail your soul nor the Divine. Honor the sacred journey of your woman. She too, needs the change. Do not encumber her, yourself or your coworkers by false beliefs appearing real.” I sent the Light to him and was ready to honor whatever level he would choose to hear the message. Perhaps he would ignore it, perhaps not.

I watched him mull over the feelings he was experiencing and realized he “knew” what he needed to do. He had become Aware at a deep level of conviction. He knew the truth and knew what he needed to do. However, his thoughts began to turn to the “what ifs” that seem to plague us all when changes are on our life path. What if he left his job and had no income. What if he left this woman and had no love. What if he left his community and could not find a new one. What if he was totally wrong with his inner feelings. What if it was only an illusion that he was a healer.....

“Malachi, what is it within us that seems to keep us from responding to the highest intent—the call of our soul?” I asked.

“Belief in your 3<sup>rd</sup> dimension as the only reality of your existence. Fear of honoring your Highest Self.” He quickly answered. “Most humans know and believe in a Divine Creator/Creatrix and even will testify that they want to follow the guidance of the Divine. Yet, their sight is geared toward their daily reality, not their higher truth. They assume that change is dangerous, may hurt them or another, and may simply be an illusion or fantasy.”

“Malachi, I have seen many times that we do fall into fantasy and the illusionary dream leads us to do things we regret later. What is the difference?”

“Truth is always known,” Malachi asserted. “Illusion and fantasy always has an inner message telling one they are in pain. They try to find a way out through the deception that someone else or something else may be the culprit of their discouragements or that only another may be the doorway to success. Emotional distress or mental obscurity are the culprits and one has to mature enough to recognize this. Truth is a strong impulse of the soul that directs an outcome beyond the human fears....if one will but listen deeply enough, focus and follow through with the message of the soul, they will discover the higher truth and fear no more. Then they repeat the success each time their soul calls for a change in their journey.”

“Okay, what is my job today?” I asked from my inner self. The answer was easy. “Send him a thought form to be true to his soul.” I formed my thoughts and with a beam of white light radiated it toward his mind, heart, solar plexus and lower belly. I used the clear quartz crystal key to magnify the light and transduce it through the energy fields of thought and matter. I watched the light connect with his soul vibration and once again radiate through him. The impulse was strong and I could see him positively respond to it. Okay, he was ready to take action.

While in the etheric plane, time seems to stand still. Yet, I could see several days pass by in the world of the 3<sup>rd</sup> dimension. This man went to work deciding and deciphering. He had to make changes and he knew it. He had to formulate the path and the way. He had to take the action necessary to fulfill his soul’s drive. He satisfied his first need to understand his level of financial security. His savings was strong and could be utilized for a year to meet financial needs. His second need was to work with the separation with the woman in his life. This one was not as easy.

Sadness, loss, betrayal all surfaced. In the discourses each understood why their separation was necessary and then they would fall again into the old habits, fears and need to cling. Then they would readdress it. Anger was let loose and then subsided to understanding again. Letting go of the webbing of light that entangled them was painful. It was obvious that each knew from their inner truth that letting go was right. Yet, each

dealt with the ego-fears of how they were losing love and may not find it again, how they would be embarrassed to face others, face being alone, face meeting new people, face.....at times they could not even figure out what it was to face life as a single person again. Both had soul lights encouraging them to let go and release the old karmic patterns. They had served each other. Each had learned and their soul needs were complete as a couple. It was now more important that they move forward to meet a new person on their path of couple-growth.

“Tell me Malachi,” I questioned, “we don’t always have to let go of someone dear to us in order to walk our soul path, do we?”

“No, indeed. You do not. In the case of this man you are assisting, however, the goal was set before birth to finish a connection with the soul of this woman and then move on to a life partner. However, he cannot meet this life partner until he is complete with this woman and settled in another community and working in his life position as a healer.” Malachi pointed to this man’s soul memory bank and had me peruse the thought forms.

I realized a lot of courage was being mustered up by both this man and this woman. However, I must follow the man, for it was his spirit that had given permission to assist. I therefore once again sent a vibrational thought form through the crystal key, “Remain in universal love. Let go of fears. Listen to your soul.” I radiated.

Again Malachi and I watched through the experience of 3<sup>rd</sup> dimensional time. Several weeks passed by and the man and woman set the path of their separation. Courage spurred him on and he went before his boss and gave notice to leave. He offered a 30-day exit so he could assist in a project completion and mentor another person in the office who could easily fill his position. Done.

He seemed to feel connected to his soul and encouraged to follow his higher purpose. Days went by and he mentored with the joy of feeling the end of the road at this job was near. A twitch of concern would rise when someone said they could not do without him. But he persevered.

He put his feelers out to his own mentor and teacher asking if he could come into full time training. The first response was yes with a caveat to it. He would have to wait

until a slot was open for him to be a full time student. Could he wait a few weeks? He said yes, but felt a jolt of concern popping up. He tried to cover up the concern by believing it would give him time to find a new place to live. But, oh how he wanted to get started right away.

His fears began to rise. “If I don’t get started right away it will mean I will have to take more time before finishing training and will not have my income flowing before the year is out.” Survival concern approached. This triggered more in his fear-based consciousness. “Have I jumped on this too soon? Is this a message from the Universe that I’m simply in illusion where this desire is concerned? Maybe I shouldn’t have let my position go.” On and on his questioning mind swirled.

Malachi said, “Will you not help him?” Oops, I got involved watching.

I pulled myself together and connected with his soul vibration. “What is needed?” I called to his soul.

“Encouragement.” Was the answer.

I went to work right away with the dimensions of his emotions, mind, ego and personal relationships. I sent vibrational thoughts to each arena and asked for assistance. “Increase the vibration of Truth,” I beseeched. To him I sent a message, “Stay disciplined within your spiritual knowing and intent. Remain devoted to your Higher Self and the Divine. Walk your talk!”

His fears of losing what he already created began to stimulate an emotional ocean wave through him. The saboteur within him continued to remind him of what he was incapable of doing and what he already had established was good enough. When his friends would remind him that this was the mission he had always dreamed of, he rejected the messages even though he would say, “I know, I know.” It was obvious that his fears of change had now emerged and may become the culprits that would temporarily stop his soul progress.

I mustered up the energy message of “*FOLLOW THROUGH*” and added the color of red (motivation and drive) to the energy and sent it on through the telepathic conduit. His soul continued to impulse him with light vibrations of Its Higher Intent...though he tried to smother it. His thought form returned with, “I’m not sure I have the power to

change this reality.”

I sent him a message back, “Of course you do. It is the spark of intent your soul birthed with. It is the power to follow through.” It took a while, but finally he responded to the higher vibration of his soul.

Time finally presented the completion of his job through a celebration of his peers spurring him on and presenting him with gifts to help him jump into his next venture. Crystal chimes, tuning forks, colored candles, incense, music and other healing paraphernalia were given to him.

His house sold and he shared the proceeds with the woman. They completed their parting...not with a great sense of joy, but with a somber realization of truth. He began to tell his family goodbye and prepare for his leaving to another town, another state, another community. His mother stepped forward. (“Great hug,” I thought as she embraced him.)

“Joe,” his mother said. Are you sure you want to do this? What about us? You will be leaving your family.”

Her questions sent a sharp needle to his heart. “Does she ever hear me?” He thought. His mother went on with several other questions, begging him to be sure, and secretly hoping he would stay.

He went by a friend's house. This man had also been walking on the healers path for years. He still had not fulfilled his dreams and desires. Why? None of my business. I could only listen in. His friend offered, “I sure hope you know what you are doing and your teacher is a good one. I know you like her, but have you checked her out? Is she authentic?”

Joe offered this message. “I have trusted her for years. She carries a high intent to live for the purpose of Serving the Divine and serving others. Her work seems blessed to me. I am ready to learn from her.”

Joe seemed to pass the test of others fears that they might have to change if he changed. He finished saying goodbye and remained sure that he was on right track to fulfill a soul purpose. He moved into his new community. Established himself with his mentor. Willingly he worked through his studies (though at times had to have

encouragement to get past old self-worth issues that prompted him to believe he was not good enough). He persevered through his education and polished his talent as a healer. He achieved the highest level (at least at this point...for there is always growth) of his healing art and set out in his new community to serve.

I continued to offer help through telepathic means and energetic encouragement. I watched him flow into a union with his service, a love for his work, and a full heart filled with gratitude to the Divine to be in harmony. He certainly revealed fulfillment in his wholeness. I knew one day he would find his life partner, but for now there was no urgency. His soul had not called him to this action as yet.

“Okay Malachi,” I said. “This has been quite a lesson in watching the power of Follow Through. Step-by-step we must persevere and move beyond our fears.”

“Indeed. Follow Through is a technique of mastering life and the soul journey through an incarnation.” He noted. He then motioned for us to go back to the landing strip. Our work was done.

We headed for the Dragon Ship, entered and the Air Dragon flew us back to the lake. As we landed on the lake the wings settled into the sides of the boat. The stern shape-shifted as well as the bow and the form of an ordinary boat occurred. We rowed past the island and past the library (oh my no tea today). Malachi docked the boat and gave me an etheric hug. I left filled with honor that he continues to share wisdom in such wonderful ways. I returned to the ordinary reality of our 3<sup>rd</sup> dimension, blessed by the journey. May you be so blessed.