

In the Journey through LIFE..... It is Choice That Guides.



In these times of challenge and upheaval that is currently engulfing our planet, it is choice that guides, and the choice of the Divine always speaks through the heart, not through the mind, and not through the body in the guise of fear.

Humanity is in the final leg of the Ascension Process, AND it is an important moment for one and all . It is an event, that humanity have been awaiting for approximately the past 2000 years. It is an important moment that is heralding in the evolution of the planetary consciousness, of the mass collective consciousness and of the individual consciousness.

One must simply choose to align oneself with the Divine, with this Awareness, with Source for it to be made available to them.

As one navigates through the illusion called ‘Life’ and its inherent programming, underlying it all is the presence of Awareness, is the presence of the soul, and the presence of God or Spirit

THE JOURNEY CALLED LIFE IS LIKE READING A NOVEL, and it is your responsibility to stop others from arbitrarily editing your storyline.

One moves through the novel step-by-step, chapter by chapter and as one completes one chapter, one simply moves to the next chapter.

This period of time can be likened to the book finally being completed and the covers being closed.

The reading of the book is complete but there are other books, that one can read. There are an infinite number of choices of books to read, aside from what one was reading and one can always pick up another book and start afresh, a new journey, a new adventure.

This is the journey that the soul is currently experiencing. It has many books that it has read and been participating in; the imagination is that which brings the book alive and makes it current and available to the individual reading the book. The soul is having an adventure in imagination that is called life. When a chapter in life plays itself out it will move to the next chapter. When a book is completed, a new book is picked up; and the journey is always ongoing.

One does not regret completing a book when there is another that is waiting to be picked up, but when one does not understand there is always another book to be read, another life to be experienced; when one thinks that this is the only book there is and one is involved in a melodrama or a tragedy, often one feels reluctant to end the book, for if there is not the hope of another book available, one is often in fear that the book they are reading will complete itself badly.

One is often reluctant to leave the book, to stop reading, but one must understand and one must appreciate that this is illusionary. There is always another book to pick up, another life to be experienced. When one understands they are participating in this life with the use of imagination, just as the imagination is sparked as one reads a good novel, then one can freely release the fear and doubt of another book being available, another life being available. One can let go of the melodrama or tragedy and instead pick up an inspirational book, a motivational book, a comedy even, and have a good time and enjoy the book - the new book and the old book.

The energies of this allegory are such that if one can truly understand it and implement it in one's own life's understanding then they will see that the chapter they are in right now is simply a chapter that will be played out to whatever degree they wish to imagine it, to whatever degree they wish to energize it. If they choose to see this as a dark chapter where those energies of the darkness control and predominate, then it will be a hard chapter to read and to go through.

If they can understand that it is only part of the book and that the journey will go on, or a new book will be picked up after this one is complete, then perhaps it will assist one and all in understanding that whatever they are experiencing is but a fleeting moment of experience, a chapter that needs to be gotten through and not lingered upon nor should they stop mid-chapter because they are afraid of reading, afraid of moving to the conclusion of the book.

The Conclusion Always Brings One to Completion and to a return to the library of the soul where other volumes are awaiting to be picked up, to be dived into, to be enjoyed and experienced. Behind all is the Divine, the Divine Energy, the Divine Focus, that which is Light,

that which is compassion and love. The books are always simply adventures - misadventures sometimes, catastrophe other times, and thrillers on other occasions. There are also those comedies and inspirational, uplifting writings. There are many books to be read. Remember this always as you are caught up in a chapter, in a moment of imagination with the events that go around and around, with the events that you are experiencing.

When you incarnate into physicality, You become the Author of the Book!

You can also understand that through imagination you are the author of the book and that you are writing it in a way that is based on your perception and understanding and use of imagination. **As the author you can rewrite the script, you can change the outcome if you have awareness and understanding and trust and faith.**

As you understand the gifts of your being, the higher level of spiritual focus and spiritual power, it will give you the ability to adjust the novel, the chapter you are in, to rewrite it or at the very least to remove yourself from the immediate effect of a tragedy or a drama and lift yourself into the higher realms so that you begin to rewrite the book with a new concept, a new understanding.

Again, eventually one reaches the conclusion of a book and one puts it aside and picks up another, but if you understand that as the author you can complete the book in a way much more favorable and in alignment with your spiritual nature and the Divine Will, then the journey through life, the journey through the adventure, the novel, will take on an added degree of importance and positivity, hope and indeed inspiration.

Remember therefore, you are the author writing a book that you are participating in who has forgotten that you were the author, and that you wrote the book, you planned it out, you constructed the adventure so that you could have an experience, so the soul could have an experience in physicality. Awakening to this truth will be a power beyond belief and will help one write the new book or change the old, and it will help one focus on the timeline of experience one wishes to have versus the one they were stuck in because of others who have interfered.

Let Go of the Tragedy and Pick up an Inspirational Book.

We all have within us, the Power To Rediscover Who we Truly Are. We have been blessed with this power and this strength. None are on the planet at this time to simply be trapped by the circumstances of life and the programming of controllers, without hope and without recourse. All have within them the power to rediscover who they truly are, and what they truly are. All have the power to understand they are the ultimate author of their book and can write whatever chapter they wish, and whatever adventure they desire.

Thus this Awareness says please enjoy your novel; enjoy the writing of your book. Remember you are not restricted or trapped; you have imagination as a most powerful tool to redefine the story, redefine the outcome. You are an amazing being; you are the ultimate author of an adventure that is magnificent. Remember this always and never allow yourself to be trapped again by another, by others. Remember that God is there, the Divine is present and that all you

need to do is to focus on the higher spiritual nature of your being to be guided to this comprehension and awareness, and then you will see that the book you write will be a true epic indeed, as it already is.

Each day offers us this opportunity.

Carpe Diem. Seize the day!

TIMELINES

Life is being offered to you **a'la carte**, why are you insisting on choosing **prix fixe**?

But at the lower levels of Planet A are the many who have ascended to the next stage, the next level of conscious unfolding, conscious spiritual evolution, and they still need guidance, still need teachings but they will be of a more direct nature. Those who will most experience the continuance of the organization Cosmic Awareness Communications will be those who move into the Planet A/B scenario, the new balanced and harmonized planet A/B, where the work will continue, where those who are open to such spiritual matters can continue their quest for spiritual knowledge and understanding.

That is where the majority who will continue to receive CAC will reside, but they will be much advanced and they will still find their spiritual quest of great importance, for it is always the goal of the soul to move forward, to evolve, to gain greater and greater knowledge and understanding. Furthermore, those who arrive at Planet A/B have not failed in their efforts to ascend, for one must always understand Ascension is not simply leaving 3rd dimensionality to achieve 5th dimensional consciousness and awareness. It is the process of moving along in the evolutionary process of soul development, of reaching higher levels of comprehension and understanding, of shifting consciousness to a more refined state where one can understand the greater situation, the greater truths involved in the physical journey of living a 3rd dimensional existence.

DUALITY

Currently humanity resides on a planet of duality. What is duality?

Many still have as their goal the realization of duality as a means by which consciousness can look at itself from both sides - from that of the Light and that of the Dark. The experiment of those in power who serve the dark level of consciousness is in actuality but a situation where there was imbalance, where the weight was with those who chose only to look at the development of consciousness from the dark side, and who chose to serve this.

The Aspect of LIFE called DEATH

What is Death?

Death is a short journey back into your spiritual nature, back into the soul fabric. The process, which scares so many, is one that is illusionary and temporary in nature. With release from the physical there is always the Ascension back into spiritual comprehension and spiritual energy, the Divine energies. Therefore in these troubling and trying times for those who are experiencing such timelines, this is a message of hope for all.

UNDERSTANDING DEATH AND DYING.

Even Death Cannot Stop the Return of the Soul

Even death cannot stop the return of the soul aspect that has been having a physical experience from returning back into the Godhead, back into the fabric of Spirit and the soul. Understand that this is a joyous time and be not afraid that there is pain or discomfort, for this is but a temporary situation. This Awareness does not say to one and all that all will have this experience, for it is only those who have an agreement, a contract in Spirit to have such experiences at these times that will have this Ascension through death experience. Others will have an Ascension experience where they do not need to go through the death of the physical in order to achieve that transmogrification of the body, the transformation back into one's spiritual essence.

Many are frightened of this as well, for it can be a very troubling experience for those who are unprepared. It is why this Awareness has been giving this information in recent times, for one does need to be prepared for such a transformational process and not be in resistance to it but to flow with it. In fact, flowing with any or all circumstances in these times is essential. Therefore one needs to flow with the transformational process of going from physical to ethereal, from that which is a dense body into that which is the Light Body without fear or doubt.

One needs to flow, for those who will have such a death experience, if that is their chosen timeline and route of experience, and in the flow they will make the transit that much easier. Be aware in the time between the 12th of December and the 21st of December, are the 9 days of transition. There will be energies that will support the transitional process, be it the transformation from the dense physical into the Light Body through an Ascension process or through Ascension through the death process, which ultimately is much the same with the exception that those who choose to go through the death process of Ascension will not reformulate their bodies.

WHAT IS A LIGHT BODY?

The Light Body is the template of the soul, underlies the physical, is connected to the conscious mind, the middle self; is non-corporeal in nature, is the consciousness of the 5th dimensional aspect of the soul, knows of its connection to all levels beyond the 5th dimension and of the 3rd, it has the ability to supersede the physical order (rules and laws of physicality); as a template makes it possible to change what is, even superseding the physical DNA structure and is part and parcel to the Ascension process in gearing up the vibration, the frequency of the body, for it being the Light, the Light of one's Garden."

Furthermore, is not simply that which is being formed, it has always been; it is always available. It is not simply the process of Ascension that creates the Light Body but rather the Light Body inserting itself into consciousness makes the realization of Ascension a greater possibility. It is the soul that is the Light Body's expression, for it is the expression of the soul and thus already exists, and has existed from the state of the soul, as the soul is eternal.

It is not that it suddenly began now, but it has always been. It is such that one is in the act of remembering this that brings one to a heightened awareness of one's own true being. The Light Body is simply the ethereal spiritual form that is the truth behind all, behind the soul aspect having the experience, and as one truly focuses on this one will have the benefits of the light body experience.

What is the Light Body Process

Recently this Awareness has spoken of the Light Body process. The Light Body process is the 5th dimensional form that is being brought to greater understanding and focus in one's life. Many are already experiencing physical symptoms, emotional symptoms, and even mental symptoms of this process. The Ascension process of transmogrification is in truth the complete acceptance of one's Light Body and the transformation of the physical into that which is Light, that which is of a higher spiritual vibration or frequency.

WHAT IS LIFE?

The experience called 'life', is a physical journey of consciousness where the soul is having a physical experience. It is merely a temporary separation of the 'Soul' from the Divine Energies to come forth into physicality and experience consciousness. It is a journey that is ongoing; it is not simply connected to the Ascension event, but is rather an ongoing journey that each soul is participating in.

The Soul Is Having an Adventure in Imagination Called Life.

During this pivotal time humanity has an opportunity to experience a transmogrification of the body, the transformation back into one's spiritual essence; WITHOUT engaging the death process. This transformation would see us arriving in a new place with new energies, and with a new revision of the programming, and with a restructuring of the world. A place of magic and marvel, where miracles are the ordinary course of the day.

Ofcourse, there are many who will choose on a conscious and subconscious level to remain with this dark existence. For those who chooses this scenario, this scenario which chooses to reamain on a planet of death and darkness, to continue the dark journey, the misadventure of the soul, then this too is merely their free will choice for the path of their soul development. . It is simply that they have choosen to separate even more extremely from that which is their divine birthright and their divine being. The 'Soul', after all, is eternal and they have eternity to work their way back to the Divine Energies.

ALL ARE ONE

We all came forth from the same fountainhead i.e. the same source, and what one does in this universe, affects everything else within the universe. Hence the caveat to 'do unto others as you would have them do unto you...'

CONSCIOUSNESS

As you 'raise or develop' in consciousness, you will become aware or awaken to the truth of who you truly are and how things come together.

ASCENSION 2012

The 2012 Earth Ascension, is an evolutionary first, as it involves the jumping beyond a dimension up into a higher dimension directly from a lower dimension, that being a jump from 3rd dimension into 5th dimensionality or at the very least into the higher quadrants of the 4th dimensional strata. This is the plan of God - that which is desired to be so, but it does not mean that all must comply, for there are many variations on the theme.

There are, however, those who are seeking to have the experience of further separation from the Divine Source, Divine Consciousness. These would be the ones who would choose to have, for example, the Planet B experience where spiritual connection will fall away and total immersion in a 3rd dimensional reality without any concept or perception of one's spiritual nature will be the experience desired by those who choose it. Equally there are those of the aspects of the soul itself that seek to have a similar experience in 4th dimensionality, to become entrapped by the Archons, the Reptilians, the Orions - all who would seek to stay away from the Divine and the return to the Divine, as they themselves have done.

Understand that the Orion/Reptilian experience, the experience of those known also as the Archons, is that they have separated themselves from the stream of consciousness that would always return one back into the higher planes of consciousness, where they can address the issues of a life just served and experienced and reevaluate, revamp, re-issue the life so that they can come back and try again, again, again until they have achieved awareness.

They do not seek to run away, and they return always back into the fabric of the Divine, into the fabric of the soul to reevaluate, to stand before God, the Essence of All, and look truly deeply at themselves and at the life they have just experienced and completed. The Archons have no longer made such a choice. They have taken themselves out of the loop that would return the aspect of the soul who has had the experience back into the higher context of its spiritual Source. They choose to hide away from this which is the loop of consciousness and of soul growth and development, and maintain positions of power. They, the **Orion Reptilians Archons Hide from the Light.**

They hide out in the 4th dimension where they escape this cycle of birth and rebirth, of return always back into the essence of the soul to review the life experience so that adjustments can be made, and growth achieved. They are somewhat cheating the Divine Order here, but what must

also be understood is that this does not last an eternity. All souls must eventually return back into the God Essence.

Even if they delay this process by 10 billion years they would eventually still return back into the Essence of God. They would still need to see themselves and their actions for what they are. Therefore if a soul wishes to experience this to whatever degree, it is possible for the soul to send that aspect into the 4th dimensionality levels where such a hide-out exists, where those who are the Reptilians and the Orions, the Archons, have chosen to work from, bypassing the normal flow of consciousness as it returns back to Source.

It is a deception mostly to themselves, for in the truth of things they will eventually return back to Source but they feel they are greater than the Godhead and this deception is self-deception. It is the result of not being in the flow of the returning soul, of not evaluating and seeing and experiencing the higher levels of consciousness that are there to be achieved. They cheat only themselves and yet the soul is open to this experience as well.

Therefore if a soul desires to have such an experience it can have this experience, but this Awareness does state that the majority choose rather to always stay in the flow of the God Loop and return back into God Essence. Eventhough many may leave the planet all at once, as is now coming to be the case, very few will be stuck in that timeloop of the Orion / Reptilian Archons, and very few will choose to have a Planet B experience. The majority will return back into the pool of consciousness that is the Divine Essence of God.

LINEARITY - THE CONTEXT OF TIME

PAST, PRESENT & FUTURE: HOW CAN IT BE HAPPENING ALL AT ONCE?

Many of us believe, that Everything we do has a sequence of start to finish. That simply walking involves taking the first step before the next step can happen. Therefore, how can the past, present and future possibly be occurring ALL AT ONCE? How can we be in our present life and live it to the end, and enter a future life and still be in this present life?"

It involves you stepping out of linearity, with A being the starting point, B the midpoint and C the conclusion.

Linear thinking, is the very type of thought process that is highly recommended and reinforced in our physical reality. Those in control know how the Eternal Moment / The Now Moment works, but they do not wish those who are under their control to understand this. Therefore they teach linear time and linear experience to be that which is the only way things can happen.

Linearity simply serves to camouflage the way consciousness truly works. AT THIS POINT, YOU MAY choose to TAKE YOUR **BLUE PILL** AND RETREAT BACK INTO WHAT YOU PERCEIVE AS YOUR SAFE LITTLE REALITY

HOWEVER, if you are ready, and willing to expand your understanding; if you are willing to challenge the OLD paradigm, then go ahead and grab the RED PILL, and awaken to a new understanding that it is not this way at all.

EVERYTHING is made up of Energy, Vibration & Frequency!

EVERYTHING!

To begin, one will first need to remove oneself from a physical structure of experience and instead understand that all is energy, all is vibration, all is frequency and not simply physical. Therefore as one begins to comprehend that they cannot view these matters from only a physical perspective, one begins to expand one's mind to entertain another way of thinking. For example, all around one at any given moment there are many frequencies that are occurring on the levels of TV and radio frequencies, for example.

If one is sitting in a room one does not see a radio wave go by them, one does not feel the impact of a TV frequency hitting them. Yet this is occurring all the time. In order for one to become aware one must turn on a radio or a television that is oriented to that frequency. One suddenly is aware that one is watching the television; one is listening to the radio program. When one is in a normal state of physical consciousness that has been programmed, one listens in a sequential order, a linear order.

One is now viewing a program with a beginning, middle and an end. But in truth one could come into the program at the midpoint. If one were able to access a DVD one could then go back and see the beginning, but one could also go forward and see the end. One is in a momentary position of viewing, of perspective from this momentary position. One experiences linear progress from Point A to Point C but one could take the DVD in their hands and all of that program is there on the DVD all at once, not in a linear sequence at all. This is simply a way of perceiving the frequencies as they unload, and as they play out.

Equally, the concept of many frequencies in a room is such that not only one is there, but many are there. If one also considers that human beings are frequencies and those who are in physicality are seen and perceived, that this is the norm, that one then would accept only a definition or understanding that only when real human beings are in a room with one is there another being there.

But this Awareness says there are those incarnate beings whose frequencies have shifted who are also in the room with you at the same time. You do not perceive them for they are not at the right frequency; you are not the TV receiver set that is receiving that frequency so that they can be seen. Yet if one could change the internal organization of perception so that one can perceive those frequencies of other beings in the room, then one might suddenly see them, as they are in existence in the same moment as you are.

Just Because You Can't See It Doesn't Mean It Isn't There! - Simply because something cannot be seen or understood does not mean it does not exist. It simply means that the perceiver or the organ of perception is not able to perceive that frequency or vibration at that moment. This

is especially curtailed when one buys into the programming that life is linear, and that it begins at Point A, moving through Point B, and arriving at Point C. This is like watching a DVD and only being in the moment of perception or consciousness that one is experiencing, and believing without perceiving that the DVD has the whole story.

It is a Matter of Expanded Perception - Thus the concept of past lives and present lives and alternate lives all existing at the same time is a matter of expanded perception, of refocusing the mind to accept that all is frequency, all is energy. It is not a static and controlled physical event only. If one can do this, if one can expand one's mind and understand there is much that is not seen or physically experienced and yet it is there, then one may begin to truly comprehend the concept of the Eternal Now.

Simply because one cannot see the electricity flowing through a wire does not mean it is not there and one who touches an open wire will quickly discover that that invisible force is there in that moment, in that second of experience. Yet one could easily never admit to such a thing, for how does one prove it without touching a live wire? Many will use electrical appliances without ever thinking that the electricity is there powering the appliance, and helping it to operate. They simply turn on the electric kettle, the stereo, the light and it is there.

They do not think that it is there in a constant state. It is there now, it is there 10 minutes from now, and it was there 10 minutes before. They simply focus on the moment of activation of an appliance or of the lights and experience this moment. But it is this moment that is the moment of focus, the moment of consciousness. It is what entities need to have a human experience, for the experience is about the Now, is about the moment of perception.

Do not confuse this with other moments of Now happening all at the same instant in other realms or at other frequencies, for those who are having those experiences would be equally unaware of you and therefore deny your existence, deny your possibility as you expand your mind to the greater framework of consciousness, to the greater understanding that all is in the Eternal Now governed by frequency and vibration. You will find that the concept of moving through life from Point A to Point B, and it is only this way, becomes indeed ludicrous. The expansion of soul, the expansion of consciousness is much grander and greater than a simple journey from Point A to Point B.

Life and consciousness are everywhere in every moment of experience. One can choose to be truly small-minded and restricted or one can choose to understand that there is a greater truth, a greater reality out there than one normally can see. Simply because one cannot see something, cannot imagine or understand something, does not mean it does not exist.

STAYING HUMBLE AND ACTING IN KINDNESS

Is it even possible for a human to stay humble and act with kindness to one and all in all given circumstances?

First one must understand, that as one grows in spiritual awareness and understanding, one's level of empathy and compassion do increase, and that first and foremost, that you are a spiritual being having a physical experience. Once one realizes that the soul has chosen the experiences it

is to have and it is chosen, they are chosen, for reasons beyond comprehension perhaps, comprehension of the physical mind that seeks to comprehend why one would be in such suffering and such pain. The soul requires the unique experiences that are chosen, even if one who is an observer to these experiences would wonder why this is so.

Therefore, rather than simply coming from a place of uncontrolled sympathy or empathy one must also develop the truer compassion to the soul who is having the experience. There are gradients and levels here of comprehension and experience. While one may not understand the soul's purpose, one can still assist where one can assist. Or when one is unable to truly help another, rather than suffering oneself at their incapacity to help, one needs to recognize that they cannot interfere with the soul's purpose and even if they could it would not necessarily make it right.

There is a huge degree of discernment that is important here to understand. For example, many are affected by the scenes of starving children in Africa. This Awareness would say first and foremost that each is a spirit being choosing to have this experience. There is no judgment here, there is simply acknowledgment that each soul will have the experience that it is required to have, that it has planned to have, and if that experience is being a child starving to death in Africa, then that is the experience the soul has chosen to have.

For one observing the sufferings of these children there are different ways of reacting. One can send money to an organization in the hopes that this money will be put to good use to help these starving children. One could be so moved that they become involved in an organization raising funds, raising goods for shipment to these regions, or one could have such a high level of spiritual compassion and need that they must go to those areas to personally assist and help, feeling good that they are helping these poor children.

This Awareness makes no judgment on the actions that one might take to help those children starving in Africa, but equally there are many who do nothing. It is not because they lack compassion. It may simply be that this is not in their plan, and that they do not wish to, or need to help. Someone who is of a motivation to help others would look at those who do nothing and make judgment on them for not helping, not intervening. This would be in error, for each responds in accordance to their own perception and their own spiritual understanding. Those who do not have understanding are still having the soul experience. Perhaps it would be that they would pass over and they would review their lives and see that where they could have acted and could have assisted they did nothing. As a result they may decide that in their next incarnation they may come back as a child in Africa, starving so that they can understand that the experience is whole and complete, what it means and what it feels like to be a starving child in Africa. This is how the soul works out this matter.

Those who feel such great empathy and yet feel they must help - this must also be looked at, this must also be understood. They may feel this need to help and to be of assistance because they already have been the child in Africa who has starved, who has felt the effect of no food. They are thus moved from an even deeper level to be of assistance. Equally they may have had other lifetimes where they have had much suffering, and in this lifetime feel compelled to help wherever they can.

Or it may be that they have reached such a level of spiritual awareness but now need to work on spiritual comprehension of the purpose of one's spirit or soul and see that sometimes tough love is more required than the one who is an enabler, who is always there helping someone, thus preventing them from learning a lesson.

Discernment is essential here as well as a lack of judgment.

Ultimately this Awareness would say if one is moved to assist or help, then do so. Do not hold back because you are afraid you will contaminate your spiritual journey, for ultimately your assistance would be part of that journey.

But equally understand that sometimes the soul needs to go through suffering and sorrow and hardship, and even though you sympathize, even though you would send energies, it does not necessarily mean that you must put yourself out to go and be of assistance. If it is such that you feel compelled to do so, then do so.

Sometimes an Individual Must Have Hard Experiences In Order to Grow.

If it is such that you recognize that this individual must have the hard experiences to learn, so that the soul may grow, you may make a choice of not helping even if you are a sympathetic and compassionate being. Once one begins to understand this, those who are so troubled when they see the suffering of others may start to be able to put this in a proper perspective and not take personally on board the suffering of others, but also not being hardened to a degree that they would not help when and if they can.

However, in the discernment of a soul's purpose, in the discernment of the effects of that journey the person may be having, one will start to gain wisdom. One will see everything from a completely different perspective, one will understand why one individual fell under the influence of another, why one individual who was murdered by another might have brought this into their lives, that the senseless suffering one has because someone has been hurt or wounded or killed or raped or violated may take on a different perspective when one realizes that the being was still a soul having an experience.

This Planet is Full of Judgments Made With No Understanding of The Soul's Purpose.

Unless you know why the soul took on that experience, what karma it was paying off, and what lesson it was having, you are not entitled to make judgment. Yet this planet is full of judgment, of decisions made with no comprehension or awareness of the soul or the soul's purpose. Ultimately one simply needs to be aware that there are many reasons why individuals suffer, and why they call this in.

They are not only on a physical level, but on a higher spiritual level and emanate from that higher spiritual level and serve a high spiritual purpose. Those who would suffer with any that they see who are in suffering need to remember this, be discerning of this and allow the individual the freedom to have the experience they are having, where they can reach the

understanding and awareness they are seeking to achieve. If one is in a situation of assisting and it does not interfere or intervene with the individual's journey, and might be part of it, then of course this Awareness would always recommend one does assist, and one does help.

It is part of the spiritual evolutionary process, but it is such a tricky minefield, for one does need to understand that the soul is having its experience and your experience of that suffering may be part of your experience, your need to grow and to progress beyond simply feeling one must do something and all who do not are wrong. This in itself would be erroneous. This brings this Awareness to completion of a very tricky question. This Awareness will be available to answer more questions on this matter from those who would present them.