

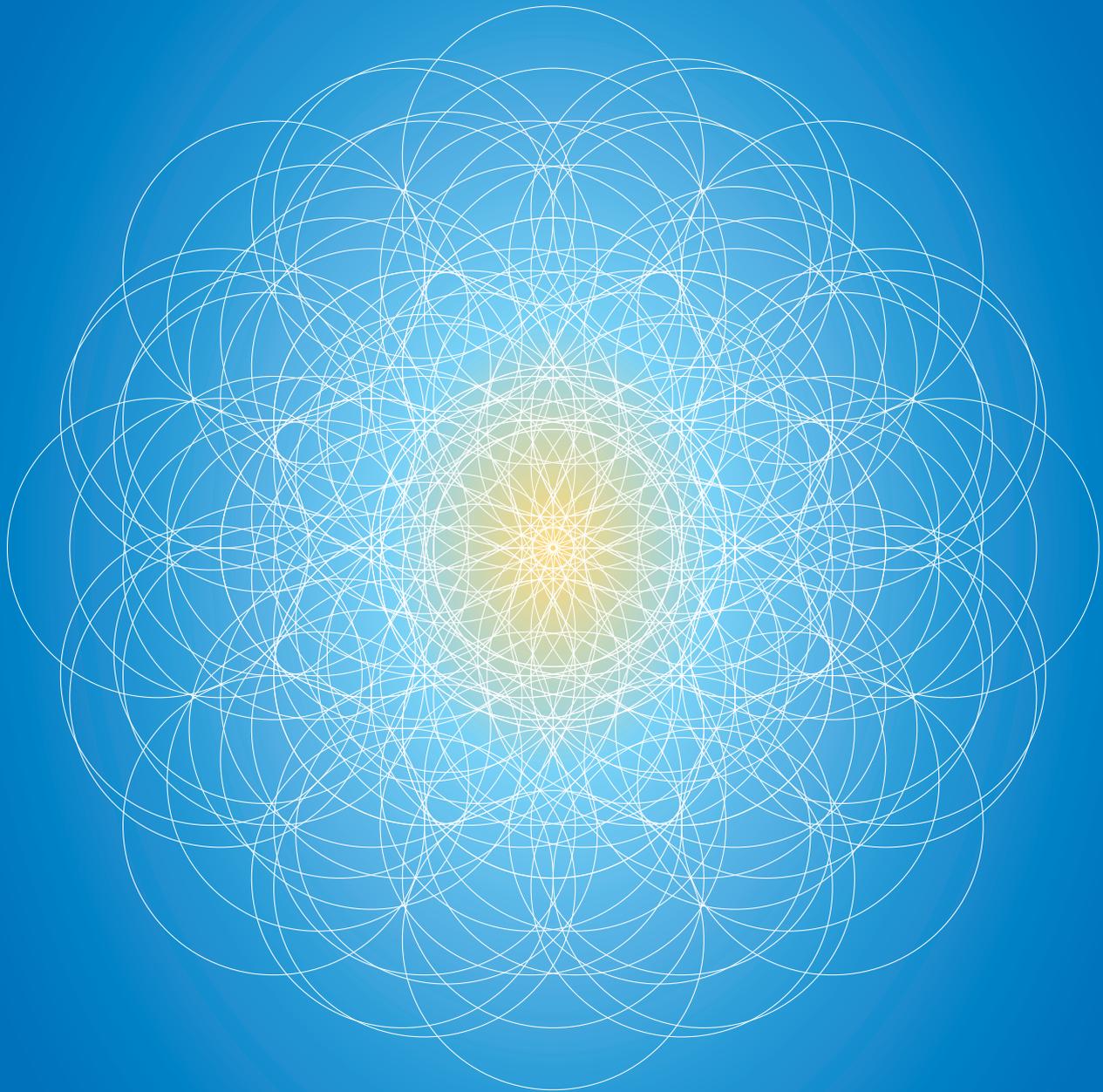


In'easa mabu  
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ASCENDED  
MASTER  
CHANNEL

# Wisdom of the Masters

*Questions and Answers about Life and Light  
from the Ascended Masters*



Channelled live by In'Easa mabu Ishtar to groups

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## Unable to Receive Information

**Q:** *I am still unable to receive the gifts, etc in meditation and I am wondering if it is a deep fear or belief that I have or is it my soul extensions? How I can clear them?*

**A.** *We say to you, beloved heart, that you are wise for you have answered much of your question. It is held within you a belief of that which is your gifts. But we say to you firstly that what you receive is rejected by your mind as not being great enough or big enough for you. If the love of God was activated within you and this was a gift that was enlightened for you, what would your mind think of this if it was simply love that was activated in your heart flame at this time. Would not your mind be looking for something else? (Yes it would.)*

*Indeed yes, beloved heart. So it is not that you do not receive information, it is that your mind is not listening. It is wishing to create otherwise. Your mind is judging the gift and wishing for it to be something else. It wants its expectations met and so the mind is busy filtering through the answer. It is not an aspect of you, although we say to you there are several parts of you that hold the belief that your guidance cannot be so simple. They believe it must be complex, complicated, bigger.*

*For example, beloved heart, it is as if your mind goes before the Xmas tree. It does not see the small present sitting there all wrapped in its finery because it is looking for the big, big present, a big box perhaps. Yet it is not seeing the small present as such a gift. Therefore it receives no present at all for it does not see what it wants to see. It cannot accept what it is being given because it does not meet its expectations.*

*It is not that you are not receiving it is that the mind does not wish to receive what it is being given. Why is this, beloved heart? It is that the mind is not yet willing to surrender to God, to that which is, and the divine presence of your being.*

*It does not wish to hand over the reins as you may say, and it continues to hold onto its beliefs that a gift from God must be the bigger present, the big box. So it cannot see that which is there. It does not accept that it is not for the mind to create this, it is what has already been created by God.*

*It is the mind that does not wish to see it for if it does to then it will have to let go its control. The mind does not wish to do this because it believes that its guidance can only occur if it creates it. So we say to you, beloved heart, it is time to work with your mind and to choose to discipline the mind to surrender to the will of God.*

*This will be a great challenge for you but it is time to bring forth your mastery to discipline the mind. It can be disciplined, beloved heart. It is for the mind to recognise that it is not the creator. All that the mind seeks outside of you is already created within you; it is only for the mind to accept this. The mind is asked to accept that it does not have to create it for it already is.*

*Call for Grace to fill you, and offer compassion for the mind. It is simply fulfilling that which it believes it is trained to do. It is trained to protect and assist you, to guide you, beloved heart. And this is what it is doing. Yet it is time now for the mind to break this agreement that it is in control and that only when it is controlling and creating will anything happen for you.*

*We say to you. that which is cannot be contained by the mind. We bless you beloved heart and we bring you grace and compassion for your beautiful mind.*

**Quan Yin**

## What is Ascension?

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**Q. *What is the ascension how does it affect people here on Earth?***

**A.** *The ascension is many things to many people. There are many different ascensions of which people speak. The ascension of Christ for instance, the ascension of a Master living in this dimension ascending and the actual ascension of which many speak in the New Age movements of this planet. We will speak of this our beloved, for I feel this is what we are addressing.*

*We are speaking of the planet Earth's ascension into the higher realms and dimensions, becoming a realm and galaxy unto herself. To do this she must increase her frequency and vibration and move into the higher dimensional realms, our beloved. For Mother Earth is a divine being, our beloved. She is expanding and moving through her initiations just as you are, our beloveds. She is a much expanded being and we love her greatly and watch her with wonder at what she creates. This is her Ascension and you are here in service to assist her with this.*

*Not all beings on this Earth particularly need to ascend to the 5th or the 6th or higher dimensions for many of you are already working through the higher dimensions. But as Mother Earth increases her vibration she assists many to lift their frequency and vibration into the higher dimensions and realms of higher frequencies and vibrations and all will move with her in their own divine timing, our beloved one. There is no calendar or timing for this, for each and every being here, as each and every being is unique. There is no deadline set, it is an evolving process and we are all participating in this. It is like a wondrous new birth our beloved and we are all participants in this.*

*Saint Germain*

## Blue Crystal Skull

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**Q. *Does the blue crystal skull have anything to do with this Ascension?***

**A.** *The Blue Crystal Skull has been here on this Earth, on this planet, for a very long time. Brought by others to the planet, it holds keys and information that can be accessed by those who have worked with it before, our beloved. The ascension does not rely on the Blue Crystal Skull but some of its information is beneficial to those who work with it, connecting them to their starry selves and to their origins, bringing information that will assist many. Mother Earth does not rely on this for her ascension. We thank you our beloved one.*

*Saint Germain*

## Life Contracts

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**Q.** *Could you tell me what is my 'contract' in this lifetime?*

**A.** *Beloved one, we will say to you now there is no contract - it is simply a choice that your being has made. A contract implies there are two parties involved and there are rules and regulations surrounding this that each party must follow. We say to you beloved one of the star diamond heart, that this is not so.*

*Your being has simply chosen to be here at this time in it's greatness and in it's light to experience that which it requires to experience. It is here to be of service, beloved one. It is following the path it has followed so that it may know duality within itself as part of its service to humanity, beloved one. This is what your being is required to do at this time, and it has chosen this as its learning path.*

*As you can see beloved one, you have done very well with this and with this understanding and knowledge, which you have created and experienced will assist you to be of greater service to all beings, will it not, beloved one? It will give you deeper understanding for your role as a healer with other beings for without this beloved one you would only have your knowledge of the light, yet you would not have the knowledge of duality to share and offer compassion to other beings beloved one. You would not have the wisdom that you have gained through this experience beloved one, nor would you be able to share this wisdom with other beings, for you would not hold this within you, so you have created this beloved one as service to humanity.*

*It is not a contract but through a choice and through the love that resonates through your being in all things beloved one. For this is your being, it is filled with love for all things and through this path that it has travelled it has forgotten the love for itself beloved one.*

*We ask you to accept and receive the mirror we offer you beloved one, as the great being you are in love and light, so that we may reflect to you the love that resonates through your being and the wisdom and knowledge of that which you are in all things.*

*All that you bring to this experience in service beloved one, for it is great that which you bring to offer to humanity at this time, is it not beloved one?*

*Mother Mary*

## Dedicating Time to Spiritual Work

**Q. *I don't seem to have time to dedicate to my spiritual work in the Mystery School while I'm working full-time, what can I do?***

**A.** *We say to you beloved one that the spiritual path is in each and every moment of your life. It is in every second of your time here on the Earth. It will flow through you in every step that you take, in every word that you share with another, no matter that it is within your workplace or your home or your temple. For your spirit is never separate to your life. It is one and the same.*

*There is commitment required for the path of spirit, beloved one, particularly for those who choose to follow the path of the Mystery Schools. Some will commit more than others but that does not mean that the results are not the same. If you are willing and wishing to do this you will find some time to create this for yourself that is appropriate for you and to trust within yourself that what is required of you will be created by you, and that it is perfect for you and you alone beloved one.*

*We would say to you then that perhaps it is not divine timing at this point for you to do this if you are unable to create any time for it for beloved one. The only being that can do this is of course yourself and if one has passion from their heart they will find the dedication required and commitment to do this path that calls to you.*

*But we look within and we ask you if there is some resistance or some fear that sits with you around this beloved one, for we see your great desire for this but we also see a resistance to this. Is this so, beloved one? ( Yes, it stops me all the time.)*

*Many have resistance to the path of spirit beloved one and you are not alone with this, for if you are called to do a school of spiritual study understand that this is not new for you. You are being called because it is something you know beloved one, it is something your being resonates with.*

*Many have suffered during the Mystery Schools on the Earth and in the Galactic realms in many dimensions and you may hold the memories of this beloved one. It may indeed be the time for you to clear this now and to release this old karma that is not resolved in your being. One part of your being will call you to the Mystery School - because is your home, it is like a going home for you. Yet another part of your being will hold the memories of pain, abuse, doubts and suffering that will cause resistance to doing the work beloved one.*

*Which one will win beloved one? We say to you neither - for a balance within must occur for you so that your dimensional bodies are realigned beloved one. Have compassion with this for yourself, you are not alone with this for all the beings that are being called at this time to complete the Mystery Schools all hold this unresolved karma within themselves. All hold this within the family of their souls that have completed their learnings and resolved all unresolved karma within the Mystery Schools in other experiences, beloved one. It is wise to understand this and to hold compassion for thy self, beloved one. We thank you.*

*Mother Mary*

## Pain in the Body

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**Q.** *Could you assist me with the pain in my body. For the last two months I've had lots of pain in my armpits. I'm doing lots of healing on myself but I'm not conscious of what it is. It is getting better but it's again very bad and I was wondering if it is any particular chakra or if you can give me assistance about what to do with my blockage.*

**A.** *Indeed beloved one, if you breathe now for us, we are scanning you as you have been speaking to us. We say to you beloved one, yes indeed it is through the chakras that the energy flows of the body and if you create this flow, beloved one, regularly through your being you will resolve this energy that is held within your endocrine system. It is held through the emotional body.*

*The emotional body stores energy indeed through the glands of your body. The fluid beloved one, for the emotion runs through the fluid of your body and is stored there. These are unresolved emotions that have occurred for you and that you have not resolved, for whatever reason. It is simply unresolved emotion that is flowing through your endocrine system. And why does this occur?*

*We say to you it occurs beloved one when energy is not flowing. Emotions have been created and these have not been resolved. In many instances they have not been acknowledged, - ignored, suppressed, put aside and where do you put them aside? In the physical body naturally. When you are working through this emotional energy you choose to store it somewhere beloved one. In the cells, invariably, but as this emotion is held through the body and it is not resolved, it is simply energy.*

*You may have tears and feelings and pain with it but all of this is but energy still, beloved one – energy with charge, we say. It sits in the cells unacknowledged beloved one, wishing you to honour it. It will move then to a part of the body where it will begin to cause you discomfort and you will have to acknowledge it for you cannot ignore it. This is what is occurring with you.*

*Choose to look at the emotion that sits within this energy and bring the energy that we have shown you this day in meditation through the chakras of your endocrine system, through all the glands beloved one. This would assist you greatly to allow yourself to be nourished by this.*

*Choose to give and to receive, to open the glands to receive the energy of Source and then, beloved one, to give this en-lightened energy to the emotions. Send this en-lightened energy to the memories and the energy that is stored within them that is unresolved and it will be transmuted, beloved one.*

*Saint Germain*

## Gateways and Portals

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**Q. I would like clarification on the teaching about the chakras and the 12 gateways and portals of the chakras. Am I correct that the chakras are a geometry? (Indeed beloved one) So what would be the best way to understand where the gateways and the portals are?**

**A.** We say to you beloved one, to consider the chakra. It sits on the antakarana within the centre of the pillar, the core pillar of the being. Do you understand?

It does not sit at the front on the brow or at the front on the heart. It sits in the core, firstly. To understand this is not linear. Sometimes it is greatly difficult to understand the chakra for it is multidimensional. It is energetic and crystalline in nature, and it does not hold linear form. But if you were to imagine it, beloved one, you might wish to imagine the merkabah.

The merkabah is the vehicle of your soul. It is often an octahedron. Some people believe it is always, but it is not so, beloved one, for many beings have different merkabahs. We say to you, beloved one, that you may consider that it is a geometric shape, it is not linear, it is multidimensional and it is within your pillar.

So we say to you it is as if you could imagine a six-pointed star that is not linear, that is like a geometric shape – a crystal, the merkabah crystal for instance. Indeed beloved one, it is multidimensional and it has 12 portals within it.

**Q. So if a gateway or portal is closed, what does that mean?**

It means that it is not connected to the dimensional body that is connected to that chakra, beloved one. We would say to you now that there are very few beings on this Earth that have all portals of all chakras open to all energy bodies, indeed beloved one. But it would mean for instance if you had chakras on your pillar of light that were disconnected through their filaments to the genetic body, the emotional body, the mental body, and perhaps the soul body or many others, that these energy bodies, which are dimensional parts of you, would not be in communication through that particular chakra. If this were so then much of the consciousness held in these energy bodies would be closed to you on the physical plane because the chakra would not be receiving the energy from these energy bodies and therefore would not be able to transmit them to the other energy bodies.

Indeed, if for instance the higher chakras were not connected to the lower dimensional bodies through their portals, then this part of your physical understanding would be shut off for you. There would be no communication with the higher chakras and energy bodies of your being, no giving and receiving form this consciousness.

You will find, beloved one, that many beings have these portals closed through many chakras. It is often instantaneous, because when one closes one part of one's being, one may shut all doorways. One does not simply slam one door, one walks out and slams all doors, does one not? For it is greatly dramatic and much fun to do so, at the time, beloved.

But indeed then it is for this energy to be resolved. Whatever has caused this trauma needs to be resolved in the energy flow, for the energy is no longer flowing between all the portals of your multi-dimensional being, therefore there can be no Oneness. Is this not so?

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*For when you have created separation within the chakras, beloved heart, you may find it is greatly complicated. You may find that the chakras held within the higher bodies may also have been closed to the physical body for it works both ways. Does this not complicate this further? Indeed it does. It is greatly complicated to understand on all levels but if one concentrates on the physical level, for this is the best place to start before one tries to expand the mind to create it on the higher planes.*

*When you understand it from the physical plane then you can move onto the higher planes. If one opens the lower portals and begins to create this flow of energy through the physical chakras, beloved one, then indeed this flow will begin to occur through all the bodies and that which is closed even from the physical plane or the higher planes will begin to flow again, beloved one.*

*When this occurs there will then begin to be communication between the physical plane and the other planes of existence for the being in all dimensions. Is this not what you have come to the Earth to accomplish? You have come to begin to open all the gateways of your being into Oneness, have you not? This will require communication between all parts of you across all dimensions, for it will be greatly difficult to create oneness if one part of you is not talking to the other. Is this not so?*

*Indeed beloved one. We say to you that this is created through the flow of universal life beloved one, it is the action of the giving and the receiving, which creates the movement of energy. For if there is no movement, what is there? Stagnation is there not? And what does stagnation create? Blockages. Indeed, for when this occurs you will feel this beloved one, we say to you.*

*We ask you a question now. When you are in expansion of your being as you have been in this meditation, do you not feel that there are parts of you that are not in the same state of being? Do you not have a feeling of this, an understanding of this, each one of you? If you sit within this expansion more regularly, you will become finely attuned to that which is not flowing, to that which is not expanding. When you practice this you will begin to become aware of that which is not open to receive more energy from the many parts of yourself.*

*What would you receive if you opened these portals of your being? Communication from other parts of you that are not flowing and that are having difficulty. What would you be able to do when this occurs? Create the flow of life and activate and illuminate the Buddhic nature within you on all levels. But how can you do this if you do not know where the energy is not flowing? If you are not communicating with other parts of your being and if you are simply sitting in the physical plane, the mental plane or in the emotional plane, how do you know if your gateways are closed? If you are sitting in a house with all of your doors closed, how do you know what is going on outside? You do not, is this not so? All doorways are closed, all senses are closed to that which is occurring and you are sitting in your four walls, separated and alone, are you not? Yet if you choose to open your portals and expand your energy more and reconnect with all that you are, then something will shift, will it not?*

*When you are expanded you can sit in your four walls but your energetic body is completely expanded outside of these four walls and is able to connect with all around you. Then you will know exactly what is occurring in your garden. Is this not so? Even though the physical body is sitting in your house with all your four doorways closed, you do not have to move to be connected. You can simply expand your being. You do not need to go and look outside, for you can sit and expand and you will know. It is a gift, is it not?*

*Saint Germain*

## Concept of Time

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**Q. I would like to ask a question. I am having some difficulty in grasping the concept of time, as in all time is now as a constant and not as a continuum.**

*Indeed beloved one, we say to you this is the question of the mind, the beloved mind. For is this not why the mind created time, beloved one? It is a creation of the mind. It does not exist in any other plane except this physical one upon the Earth, at this moment. For the mind created it so therefore the mind finds it greatly difficult to understand that which it has not created firstly. It created this concept for it did not understand the concept of no time. Indeed and so it is still finding it difficult to understand and it is asking for assistance from us. We understand, beloved one, that if you expand the mind and it is becoming an expanded consciousness, then time will no longer be an issue for it for it will expand itself.*

*It will be as we have described as the one sitting in the house with all its doorways closed and all the windows closed and yet as you expand the mind, the mind will expand outside these doorways it has created, these walls that it has created and it will understand the concept of not time for it will be no longer attached to linear requirements.*

*So we say to you, expand the consciousness of the mind, for it will understand then through the wisdom of your being that which we are explaining.*

*If we attempt to explain no time to the mind in linear form it would not understand that which we are saying to it. No time is consciousness of awareness and all sits within one space, beloved one.*

*But as we say this to each of you, sitting within your minds in its physical form, can it understand this concept that there is no linear time? Can it grasp this? Does anyone grasp this sitting in your mind, in the physical form?*

*We say to you, beloved ones, to breathe and to bring expansion a little to the mind now. Breathe the light through your pillar and through the filaments, then to breathe it out, to offer it to the mind and to ask the mind to breathe it in to create expansion. Then ask the mind to breathe it out, to send its filaments, its fibres, outwards. Ask the mind to send its consciousness out, so that it may sit in space. Ask the mind to see itself sitting in the darkness of space. Ask the mind to simply sit there, to allow itself to float in this space of darkness. Ask the mind to keep breathing and to expand out into this space with each breath, so that it keeps expanding as much as the mind's consciousness can expand. To create this expansion will require the mind to let go of its attachment to the physical body. You must ask this question of the mind so that it is not creating this space in space but it is simply sitting in it.*

*For if the mind is creating this space in space, then it is not letting go of its linear attachment to the body. It is not expanding its consciousness, it is simply and controlling consciousness.*

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So we are asking the mind to expand through the breath, continuing to do this and to allow itself to float in the darkness of space. Do not create the darkness of space, but simply place itself in the darkness of space. There is a great difference with this and to do this the mind must let go of the physical body. As you breathe your consciousness, breathing and receiving, and then sending that which you receive out into space now, expanding the consciousness out. Just allow it to flow out into the voidal energies of space, the darkness of space, the pool of Source energy of the void. Just allow your consciousness to float within it, with no attachment, no agenda, simply consistently expanding.

Allow the mind to experience the auric field, and be expanded in space. It has no attachment to the physical body, it is simply expanded consciousness sitting in space. It is not perceiving, or creating, it is simply sitting in expanded consciousness. If it is doing this there are no thought forms flowing through it. If you have thought forms you have not expanded the consciousness of the mind enough, so we ask you to continue to breathe – in and out. Let go and expand. When you are simply sitting in expanded consciousness, in the energy of space with no thought forms, then ask the mind does it understand the concept of no time. Is it more comfortable with this?

(Not totally. I find that I can get glimpses.)

Indeed the more you expand the mind's consciousness, the more the mind will connect with its own inner wisdom. The more it will connect with the other parts of yourself that are not bound by linear time. But understand that the mind is part of the physical body and it is bound by linear time in its own program. To understand the concept of no time, the mind must expand and connect to its higher dimensional self, for it is only in this connection of the mind's consciousness and in its expansion and connection to all that it is will it understand this fully. When it does this then it will no longer be bound by linear time in this expanded state.

But when it comes back into the physical it will come back into linear time will it not? The more that you practice this, beloved one, the more that your consciousness will connect with the higher nature of your being that does not allow itself to be bound by linear time for there is no need for this in its multi-dimensional state. This practice will assist your mind to let go.

It is to have no thought. It is often called no mind, beloved one. It is when you simply have the higher consciousness connection. When you have this expanded state of the mind there is no thought. There is simply being and this comes, beloved one, with the practice of expansion. For we say to you that all is a process and practice, beloved one.

If you wish to win the Olympic medal you need to practise do you not? Therefore beloved one, it is the same. If you wish to have conscious expansion within the physical body, it is required for you to practice this for it is not the natural state of being of the physical body and you are in the physical body. Indeed.

We hear your being that you have many questions within this. We ask you at this time to simply practice this expansion and you will greatly answer more of your questions in the times to come. We thank you.

*Saint Germain*

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