

10-09-05 Group

Please address the topic of the greatest good for humanity at this time.

Topic: Acceleration and Alignment

WE welcome you and we will state by way of introduction that speaking to you this morning is the I AM Presence of Kuthumi, World Teacher on the ray of love and wisdom. The topic to be addressed on this day is acceleration and alignment. We wish to address these concepts and realities so that those of you, namely, all of you, who are on the pathway of spiritual acceleration, will perhaps have a better understanding of the energies acting in and through your incarnated lives at this time.

Summer of 2005: Intense Acceleration

All of you feel the energy of acceleration at this time. Specifically, in this past summer of 2005, you have all experienced “spiritual acceleration” of approximately 1,000 “light units”. We use the term approximately because some people have more resistance than others, and of course, acceleration is equal to force times mass. You are all experiencing the same force, that is spiritual light. But you each have different “mass”. Resistance to spiritual acceleration is often felt as heaviness in the physical body or a stuck-ness in the emotional body or a confusion or haze in the spiritual body. This is mass. In this sense, mass is density, or less light. Heavy mass may also be considered to be fear. In the energy of spiritual acceleration, mass has several parts: intrinsically, you understand that a heavier mass takes more force to accelerate at the same rate as a lighter mass.

Light Quotient

We may simplify mass and state that there are two energy components to spiritual mass: love and fear. And these two parts equate to a “weight” – and this weight is essentially measured by a “Light Quotient” (LQ). The more fear you carry in your bodies, the heavier mass you have and the lower LQ. Thus, you carry within your system more resistance to spiritual acceleration. The more love you have in your bodies, the less resistance and the higher LQ. You see, we do not wish to bore your minds with scientific concepts, but these are very simple for you to understand: the more light quotient you carry, the less mass. The less mass, the more acceleration you will experience from the same force impacting all on earth at this time. This force, as we have stated, is spiritual light.

Spiritual Light

And what is spiritual light? We have defined this for you before as light that has gone through an entire cycle of experience – the outward journey away from the Source, and then completing the return journey back to the Source, where all is pure consciousness (pure consciousness equals Absolute Love). In service to universal expansion, this spiritual light is sent back into creation to accelerate the return journeys of all beings. As

this light continues to exponentially grow, you become more and more accelerated. Your resistance to this acceleration is what creates stress and dis-ease in your life. Your ability to “Go with the Flow” (alignment), is thus a very important element of your rate of acceleration.

Alignment with Absolute Love

How does one “go with the flow”? How does one exist in perfect alignment with Absolute Love? One releases fear. It is that simple! Oh yes, now we understand that you wish to know “How do I release fear?” Well. The simple answer is that you love. And how do I love? We have spoken of this in our discussion of the keys to the kingdom: you release blame of self and others, you forgive self and others, and you Trust. Without these Keys, you cannot be in as direct an alignment as required for acceleration with grace and ease. The more you attach to the illusion of fear, to the need to hold onto blame, a reluctance to forgive and an inability to Trust the Divine Mind, the more resistance you will experience in your life. This is heavy mass and density.

Why, our dear hearts, would you wish to resist the great gift of Absolute Love? Is it because you think you do not have an experience of it? This is absolutely untrue! You all have experienced Absolute Love. This is how you were created! If you stop for one moment, and breathe into the One Cell in your heart of your divine creation, you will connect effortlessly to this vibration. We ask you to Stop at the end of this phrase and feel this: breathe into the center of your being, your heart, and connect to that One Cell which contains the All of Who you Are – Your Divine I AM.

Yes. Ah, yes, our divine beings of light and love. You must begin to Experience yourselves at this depth in every moment. This is your Light Quotient potential: Absolute Love. Infinity. (Image used by permission from the website below.)



http://www.reconnections.net/infinity_makeover.htm Copyright, 2005, by Daniel Jacob

What have we told you? You are a microcosm of the macrocosm. In the center of your being, your divine heart of love, you are All. You are connected to All. You are absolute Love, just as the Creator! There is no difference, it is simply the layers and layers of experience you have accumulated on your outward journey that lead to your forgetting and to your doubts and to your fears. In connecting to this One Cell in your heart, you can remember, in one instant, the Truth of who you are. Is this not the most simple and yet most divine experience?

Another Key: One Cell of Absolute Love

You are all on the Return Path. This is why we give you this Key: you contain within your being the One Cell of Absolute Love. Feel this in great gratitude. For the more you

can connect with this One Cell, the more you are able to release fear, to release blame, to forgive and to Trust. This is why we tell you that you can be an Ascended Master in one instant of shift and that shift is your intention to connect to your Truth, that One Cell in your heart. And yet, we see that you quickly go to your analytical mind and think: yes, but then I must return to my daily busi-ness and work through the density of illusion and fear. Well, very simply, the more you connect to this One Cell, even during your routines and your mundane activities, the less dense you become, the more fear you release, the more Light Quotient you carry!

One Cell Experience

Try this one little experiment our dear friends in light:

- 📌 Go to the grocery store, and as you walk the aisles to find exactly what you need, all provided for you at no direct effort of your own, **(already a miracle)**, hold your consciousness on the One Cell in your heart.
- 📌 As you connect to the person in the check-out lane, hold your consciousness on the One Cell in your heart.
- 📌 As you pay for your goods, hold your consciousness on the One Cell in your heart.
- 📌 As you receive your purchase in a nice bag to carry, hold your consciousness on the One Cell in your heart.
- 📌 As you return to your car, hold your consciousness on the One Cell in your heart.
- 📌 As you drive to your home, hold your consciousness on the One Cell in your heart.
- 📌 As you enter your home, hold your consciousness on the One Cell in your heart.
- 📌 As you put away your purchases in gratitude, hold your consciousness on the One Cell in your heart.
- 📌 Then, without getting distracted, sit down and connect again to this One Cell.

How did this experience change you? Perhaps you feel more in alignment with the Source, the Divine Mind, your Creator. Perhaps you feel less dense. Perhaps you feel more Love.

All these things are possible with this one small, and yet, immeasurable Key. One Cell of Love in your heart. You all are gifted with this as you are sent out to experience. And the purpose of this experience? To return to the Source and then be sent out again, to create the opportunity for Absolute Love for many other beings. Do you see the Divine Cycle that you are part of, our friends in Light? You are a microcosm of the macrocosm. The macrocosm is part of the multi-cosm. And this experience goes on and on to Infinity.



The Twin Paradox

We will explain one thing before we return to the second part of this discourse: alignment. That is the Twin Paradox. We have only one reason for entering into this part of the discourse. That reason is self-judgment. Self-judgment is relative. We have seen many, if not all of you, begin to ask: “Where am I on this relative scale of acceleration and alignment?” If you do not wish to enter into this complexity, please jump ahead to the section entitled: Alignment with the Plan (page 5).

The twin paradox is this: (Kuthumi suggested I use an existing description.)

Excerpt from Answers.com:

“Simply put, if you hop in your car and accelerate away from your friend, you could say (given your frame of reference) that it is your friend who is accelerating away from you, although only you feel any force. This is.. the basis for the popular [Twin paradox](#), which asks why only one twin ages when moving away from his sibling at near light-speed and then returning, since the aging twin can say that it is the other twin that was moving. In special relativity, only [inertial frames of reference](#) (non-accelerated frames) can be used and are equivalent; [general relativity considers all frames, even accelerated ones, to be equivalent](#). With changing velocity, accelerated objects exist in warped space. Therefore, frames of reference must include a description of their local [spacetime curvature](#) to qualify as complete.”

We will refer for one moment to general relativity. You see, acceleration is a vector quantity which includes both magnitude and direction. In your 3D frame of reference, to measure a vector, you must have a pair of angles. To locate in space, you must measure this from at least two different axes. This means that all measurements are “relative” to the placement of each axis.

The Problem of Relativity

The purpose of this diversion in our topic for the moment is this: even though there is the “perception” that you are accelerating at different rates, this is relative. And relativity, while explaining many things such as the Twin Paradox, makes sense only in a dimensional context. For we are referring to the Absolute, are we not? Absolute Love is not “relative”, it is not “dimensional”. The purpose of this discourse is to offer you a way to connect to that One Cell in your heart which originates from the Source. In this way, we have offered you a small exercise and experience of moving beyond the illusion you have all agreed to operate in at this time: that of relativity and imperfection.

Temptation to Measure the Self in Relativity

This is your great temptation: to measure the Self in relation to others. How many of you wish to judge: how accelerated am I? How much density do I contain? You see, relativity assumes separation. The reality is that there is no such thing, so in this framework, you

are all perfect beings of light and love. The illusion is that you are experiencing a separate existence and thus, have a goal to achieve: ascension through the Return Journey. This diversion in our discourse is simply to say that you are already Absolute Love. If you chose to experience this as suggested, you know this is Truth. All we hope to share with you is a means of connecting to your Truth, through your relative constructs of space-time, so that you can be in Alignment with Spiritual Light.



You are All on the Journey

This is the acceleration: as you get closer and closer to that absolute truth, you will feel much more intensely the illusion of separation first. And then, as you enter into trust through experience, you will see that it truly is illusion. That you are not separated at all, and that the Twin Paradox is simply an illusion of relativity. In actuality, as spiritual beings, you are not stationary, as is the one twin in the experiment. You are constantly moving, constantly accelerating (unless you truly enter into devolution of energies), and constantly increasing your light quotient. So truly, there is not one being who is experiencing an acceleration while the other is stagnant. You are all on this journey.

This is the point: in the Divine Mind, all is absolute and thus, you are all the same - containers of experience with One Cell of Absolute Love. It is only in your relative frame of existence that you are different, with more or less light quotient, closer to or further from the Source, more or less accelerated and more or less in alignment with Spiritual Light. From the point of view of the Divine Mind, the twin paradox is resolved by relative observation and an understanding of the fourth dimensional construct of time. Time is a construct of experience. Experience is the purpose of the journey as we have stated – the process of cycling through experience to become Spiritual Light, to be sent out again to create more light. This is the Plan and your part in the Plan is to experience for the Creator.

Alignment with the Plan

We wish for you to understand the Quality of your experience. We do not wish for you to feel this acceleration as dis-comfort, dis-orientation or dis-ease. WE wish for you to be in alignment with the Plan. And that is Ascension of all beings to the Light Quotient of Absolute Love: this is measured only by the immeasurable: Infinity.



How does one experience acceleration in the grace and ease of alignment? For that is what we wish to impart. If we say to you again that you experience acceleration by releasing blame, by forgiving, by trusting and thus, increasing Love, you may wish to roll your eyes in exasperation! “We know this already! Give us something we can really use!” We will suggest one additional tool and that is a tool many of your forget, for this business and activity of spiritual acceleration is a serious thing, is it not!?

Humor: a simple tool for Ascension

That tool is very simple: Humor! You may wish to stop and laugh at yourself! Not a small chuckle, but a deep belly laugh. For, our friends, as humans in incarnated form, laughter releases fear. A smile creates the vibration in your physical vehicle of Love. Created from within, this vibration of love then emanates OUT, clearing away density (fear) through all other layers of the bodies! Laugh at yourself for the Truth is that it is all illusion! You are all already Absolute Love, are you not? If you did in fact experience your connection to the One Cell in your heart, you know, by direct experience, that you are already that which you seek to be: Ascended Masters of Light and Love. Is this not great cause for laughter, for smiles, for joy, for exaltation, for bliss? If you cannot laugh at yourself for the comedy of illusion that you have agreed to enter into, you indeed will experience a great deal of density, of heavy mass, and of dis-comfort. If you choose to laugh at the depths of your being you will actually feel this lightness in your hearts! This is true energy, absolute energy of alignment with the Divine Plan. Not the relative struggle of density and illusion, of self-judgment and fear But the Reality of Infinite Love:



To be in alignment with the acceleration of energies at this time, is to be able to laugh at the illusion! This, our friends, believe it or not (your free will choice), is a tool for ascension. It is the way back to the reality that you are not separated at all, that you have that One Cell of Absolute Love within your heart. Laugh at the simplicity of this, our friends in light - Laugh and you will be that much lighter in your LQ, that much freer from illusion, and that much more in alignment with your purpose: to return to the Source and then, to go out again, to increase Love in Infinite Ways in the Universe.

For the greatest food for thought. And for the greatest good of all!

Kuthumi and many masters.

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