

12.05.2009

**CHANNELING Trondheim, Norway
With medium Kirsten Ree**

Here is the Father, who comes to tell you more about yourself.

Things are not different now then they were for a hundred thousand years ago, but what are 'things'?

They are situations, the way to observe oneself in relation to the surroundings.

It is the same that you are going to learn from. How you react in what you see, and why it happens. There is something that you have not understood.

But things will change because you have learned more, you have learned why you must repeat until you have seen the truth. It all concerns the truth and why?

Because you all have so many things you do not need. They are non-necessities. There are things that you no longer use, and you shall remove it.

Why do we do so much that is unnecessary? One shall explain, but Christ comes and will help you with that understanding. Father comes again a little later. Must wait a little, sit quietly.

This is Christ. And this is the hand I legitimate myself with (*palm of the right hand up. Kirsten's comment*) this is Christ as Jesus Christ – it is exactly the same now as it always has been. What you hear about concerning yourself – it is the same that applies to everyone else. But now one must wait a little because she needs help, and that she does because it is about to dissolve here. Sit quietly.

And it will dissolve– it is that which is *the truth*.

This is Christ, and as we also are 5, you will register that there are more voices than *one* speaking at the same time, but you hear it as one voice. When we say that we are 5, that is because everything you have heard from us is concentrated in that.

When one and one of us have come to the Earth and told you about things, then there are always 5 together with the one. Whether it is Jesus or others who have come and taught you about *life*.

In order to understand oneself, one shall not have so many thoughts about what, who, why. But you will come to a point where you will be asked to question just that – and that you have been asked to do.

Question, examine, go within, find out about; what do I like? What do I not like? You have discovered much of what you do not like and you understand that, *then we do not need it*.

If others believe they need it, do not judge them. Let them hold unto it until they see for themselves that they do not need it.

You have many non-necessities with you now too, and that you understand. There are reactions we have and no longer require because they are not needed. There is behavior we no longer need, so then you shall not have it. You need not think about what was *earlier* seen as wrong, of what was not right. You do not need to think about that now.

You shall think about something else and that is; what is *right*? You are allowed to ask that. Ask yourself; what is *the truth*? What is it that leads onward? What is it that makes me feel happy? What is it that makes me feel uplifted and strong and keen and ready to do something for the good, for happiness?

You will begin to see for yourself that you are good at doing this, you *know* it, but you do not dare to dance together.

What one does now when you are sitting like this, and what she does when she gathers you now and in the future to help others and each other – is to let you dance together. You do not need to absolutely move your legs to dance together.

You will hear this one more time; do something that is good for yourself, then you will feel uplifted. Then you will feel brave and strong. You will not absolutely feel physically strong – you do not need to have muscles to be strong within. Having strong muscles are good of course, but you do not need to think about that when one talks about strength. Strength is to dare to be whom one is, to dare to do something that is different.

After awhile that will not be *so different*, because everyone does it. Then it will be a dance, then it will be good to be a human again.

It is far ahead until everyone dances... Before you do that, you shall learn to keep peace. You must keep peace.

You do not need to investigate into what you *did not obtain*. You do not need to investigate into why the others speak so harshly to you. You do not need to investigate into why you are jealous, or why you stole or lied or killed before – this can be what you have done, if not in this time.

You shall learn to look at the goodness you can do, and the goodness you carry with you – and let it grow. Keep it within yourself, then you *will be* goodness, then it *is* what you *are*.

In short, you will get rid of most of the details, with the many non-necessities. How do we then learn about what is a non-necessity? And what do we learn by getting rid of it?

First, you shall not look at others and what they are doing.

You shall not take so many days before deciding what to do, that is also something to think about. You shall not take too long a time to *do* what you desire to do. The so-called long time is a non-necessity.

The so-called analytical formulations in the head are a non-necessity. Is there something you desire to do, so do it. There are still bureaucratic rules in your world that try to make this waiting time too long for you. Try to cut it down, but if you must wait because of the rules then make the waiting time fun. Do something to give joy to yourself and do something to give joy to another. Then you will have peace and not be stressed while you wait.

There comes a time when all bureaucrats are unemployed, and that will be when you have learned to trust each other and will not need that control. Rules are control, because people still exploit each other and each other's goodness, that is a fact. You know that. Now and then you exploit yourself – that is important to know. You knock down your own ideas. Then you exploit yourself, you kill your own optimism.

To believe someone who says; “we must carry these weapons, we must bear these rules, we must keep each other divided or else there will be fighting” – to believe in that is a non-necessity.

You shall discover why you believe their rules and non-necessities. Someone lied for you once and said it was necessary. Perhaps you needed to learn to see the limits, yes of course you had to. You needed to learn how a molecule makes contact with another molecule and the natural boundaries in these contacts.

There are limits to this; in the moment an atom goes over from a subatomic stage to a physical formulated stage, and comes together with another atom and another and forms a molecule, in that moment there is something that must be limited. It formulates itself, thus these molecules cannot be shaped to whatever. They have rules for what they are. It is easy to see because they have a contour – it is a limitation – around them. As an example, when an apple becomes an apple, it has a membrane, a skin as you say, and that is the contour of that apple. It can only be that. The molecule has formed it and that *is* what it *is*.

You must learn to see things for what they *are*. And you must see that an apple cannot be a pear. You also learned the limits of where you belong, because you could not be any other place than *here*.

It is difficult to see the similarity between these examples, but try at least to see that when you decided to see objects / things separately, you had a sense of limitation in your brain. A limit on how the apple looks like – where it stops, where the air begins and a new apple hangs or a new tree is located.

One limits the experience of physical forms by giving them a special character. These character traits are what make you think that things cannot exceed the limits and they cannot be resolved.

It is the same understanding or faith you have in your head when you believe that boundaries cannot be dissolved, it goes in the same vibrations in your brain, the electrical pulses in your head. It is the same feeling that ‘something stops here’, ‘the next begins there’.

A country is a country..... is a country is a country several countries are connected, maybe it is bounded by the sea. But it is because you must have a *breath* here.

And water is what makes your ability to breathe, even if you do not breathe in water. The water makes sure that you have enough moisture in your atmospheric pressure that you live in.

You are also allowed to ponder over what you can do to come together and shake hands with each other. Still you have to follow the rules when you travel and show your identification papers, your legitimate calling, as I must demonstrate my legitimation when I come to you.

What you should think about, is that when you travel, do it not only for your own amusement. Do it also to observe other people and their glance of recognition when they look at you. For it will happen.

If there is a different kind of political state, if it is a different kind of religious leadership, if there is a different understanding of how people should live their daily lives – then you must find out, do I believe in these differences or will recognitions be seen? People are real people. They are *the truth*, that is an existence that *is*.

But that which you should *not* believe so strongly in any longer, is what is out there – that is, trees, forest, nature, roads, cities and borders – actually is so important to you. Do not think *that* is what matters to your survival here, because it is not. You are not dependent upon complying with those things there. It is not *there* you survive.

You will not survive in the matter. You will survive in the soul.

So do not let the matter or the external rules be so important to you. Make no dependencies on what is available there. Get to know your movement in the soul. Be aware that you can calm yourself there. Calm your body, calm all your diseases also.

But you will become ill because you are stressed, bored, scared, anxious, nervous, jealous, have self reproach, self pity, feel shame, guilt and are tired of not living enough.

Now we will not engage in multiple causes of diseases, for one has many topics to talk about here – and one must be able to stay on earth and get sick sometimes, and still feel that life is happy.

People nourish virus, you *nourish* virus.

Therefore, you have not found a cure for it in the same way as when you found the penicillin cure.

There are people who nourish virus. What about these viruses that they call by animal's name?

There are people who are guilty of – to put it in a little crooked way – that the animals' living conditions are so sad. Animals protest. They protest by making an attack on you, but you accept it without understanding.

And when you nourish that, it is because you are afraid.

Have you not seen the fear they have tried to convince you about, now? With this... one can well say plague when talking about the virus attack that comes from pigs. But it is not the pigs that have created this, it is the people who made these pig creatures so unhappy because they are over working them. People do not take care of them as part of the creation's beings.

People nourish the virus because they are its origin, and are the hatchery for the further development of it. You are also – to be humorous, the machines for viruses so that the virus survives and spreads. What should we do to stop this?

There are also viruses that cause one to die. Yes, but you do not think about that when you travel – you do that because you must have a cause. One should not blame a so-called death on a virus or other things. No one should think that they died too early or too late, because one does not. You can have a sense of it, as you send to your closest ones in the days afterwards because one thought that one had more to do, but it calms down gradually when one comes forth.

In fact, that happens quickly, that is done right away. Then one calms the signals one sends to the loved ones who still live in their bodies. You know well that when you shall travel then you must travel, then one shall so-called die.

There is a way to ignore the infections, to learn to live in harmony with what is out there. It is to *not* feel guilty about what one *is*. Be prepared to see what is out there, and fear not what you will see.

Fear not, what you yourself have created there, that was not good.

This you will come to understand later, but one says it in a more obvious way now so you will perhaps understand. Wait a little ..sit a little quiet...

Nothing is happening with you except that which you shall learn about. And when you have learned what you need, you will get an offer to travel. If you want it then you will get it, but you may not want to go yet. Then you will be here very long, because you take part in something for others then, and their experience along the path will be easier. You do something for them.

So I have said that there is only one way out (*a specific date. Kirsten's note*), and it is that day you decided together with God when you were born, but there *can* be two. Especially in

the years to come now – especially in the generations to come now it might be two. It was also that for you. (*for the evening's audience. Kirsten's note*) But now when you have decided to take part in what is here, and help others so that their experience along the way will not be so heavy, so many of you will use the other date. Most have not yet come to the first, so fear nothing.

Now you will experience that you sense more situations that you do not recognize, ha ha – it is fun to tell you these things that make you confused.

Situations you do not recognize again--- It is to make you more responsive to the *actual event*. You put aside your physical experiences of what happens – the purely physical – and you use more experiences of the whole and see what happens. That means there are several scenarios in front of your eyes than the physical. There are more beings in front of your eyes than the physical. There are *more years* at the same time with you than you think.

Therefore, it becomes a little bit like you do not recognize the situations. You do not really know what happens. It is a joyous time when you see this, a solemn moment for you when you observe such things. Do not think you have become confused in the head when you notice it, for you will see that little by little. Not like an endless sea of confusion out there, but that glimpse of the 'here I saw something, and I saw there is more here than I thought',

Optimism between people will increase, because you more and more want to do something, so you can hold each other in the arm, or give each other a handshake. To achieve it you have to meet each other with less scepticism, with less prejudice - for you have much of that.

Try to look at each other with a recognizable look. And if this new person in another country looks at you, and tries to talk to you and you think this person is very intrusive; perhaps it is the *soul* that compels you to see him or her in the eye. It may be a child, it may be an elder - it can be anyone.

So do not reject people who in your opinion are too quick to make contact. Try to see, why he or she does this? It is perhaps the soul that drives them? You have to look at them – then you will notice something. You may never see each other again, but the contact is formed in the physical layer of existence, and it will persist.

More and more people will look at each other like that because people travel faster and more often. And when you recognize each other with the eyes, then you will also be able to hear what the other says later – if it is fifty years or five minutes after the meeting, it will be possible to have a communication. Any meeting soul-to-soul, makes it possible to speak soul to soul, later.

Communication between the countries will also change very much in the future. You will get a new technology that makes your present internet - communications to seem more fun and nothing but fun. But you will not see it yet. There are laboratories where one has tried to communicate with smaller particles than the crystalline devices one uses.

Talking about nano technology, you will have another step to go after that, too – a very important step. And it will not be less than this, when it comes to physical explanations, for if you come *from behind* and can take advantage of anti-material particles, so there is infinite capacity. *And there*, in the transition between matter and anti-material equality, are the communication lines without waiting time – clear and very clear, and goes over all spheres, also over time. It is in these columns between the physical and the anti-physical that one will find the energy.

Laboratories – yes, also the speed tunnels one researches in – will find the answers here. But it is still very slow there, even if the speed is very fast. Particle dissolution and particle clashes there in these tunnels is..... in fact it is too, too slow a speed. If you doubled it with thousands 3800 times speed so one would get a reaction where one would see the plasma coming out. Then you would see a similarity between yourself and the physical design. But before you get to this speed in the tunnels, you have almost made it yourself – also here where you live.

Your head, how is your head today? Has it thought much? Has it learned anything? Have you added new knowledge to your brain, or have you not?

No, that was not good, that you must.

Every day, there must be something there that is supplied to your brain. Then your brain will be happy and will continue to track down *the truth*.

So do you see it now; your brain works more on a plasmatic way (*plasma, ionized gas of protons and electrons that surround the heavenly bodies. Kirsten's note*) then in a physical way.

Your brain is electricity and chemical reaction, but it is your soul that has the knowledge. It is the soul that has the wisdom (the wise) form.

Your brain will react to the soul's impulses, but the brain must also embrace the *endlessness*, and it is difficult. But when you look at the brain's capacity for the plasmatic way then you will understand. You will also dare to let your brain stretch under the boundaries – over them, behind them. The best description is to say, *behind* the borders. Because then there is nothing called boundaries any more.

One day you will feel the urge to do something that will give you publicity. Maybe not now, maybe in a hundred years – it does not matter whether you are *here* or *there*. But then you will do something *extra*, so that physics gets a shock – yes, the material around you, and there and then in such a shock, it is possible to see the plasma. Now one will not describe this more for you. Know that you need time, we also know that.

Now the Father will come and tell you a little. The Father, that is to say, it is 1, and there is no other than 1. There is now only 1. – and there is nothing else other than this one. Waiting a little.

So the Father is only the Father and nothing but the Father. When the Father speaks, then the word is carried forth with joy, it is with joy. And as the Father is the Father, it is the triune, but not 3, *just* 1.

To achieve this, both Gabriel and Michael have to be involved, *that* is what makes her body able to take this without losing its form of logic. For she lives a life, and will live for a long time. This was insurance for her, I say it like that.

In order to understand oneself, you have to do what you have to do and think no more of it. And as you (Kirsten) are now going out on the road again, so know that all missions are safe. For you will be back here again (Norway). You will go there again (Egypt). You will also do something that you now understand – so I had to come now and give you this.

You see, now she raised her head, she raised her head so high (*my right hand, gently lifts up my chin. Kirsten's note*) and she must do that. She may look like she has arrogance about her, but that she certainly does not. It is just that she must rely upon herself and watch over any suspiciousness – any distrustfulness that will come toward her.

She will have to look up so she can look *over*, because otherwise they would be able to stop her. And that is what they want. People are still jealous, and the jealousy she is faced with is very strong. I will take care of that and do something so that it is not used anymore.

Take the time to look at yourself and I will help you with this.

I will also say; it is now a beginning of a new form of work. I will for many years yet, even decades in fact, be a voice in her body and I will give her inspiration directly even when she does other work.

What you should feel a little more in yourself is strength to withstand the resistance, because people still can be unbearable in their arguments when they feel unsafe. They feel insecure, they are nervous because they do not know what you mean. You know very well what you yourself believe. *You* do not discuss whether God is, because you know. Other people will want an explanation for what you do, and if they do not get it, they can be sour. But that you shall not think about. Do not worry about it. Remember, you only need to have clarity within and know what you want.

Remember also; you should not forget your individual work along the way. You should all be confident in yourself and recognize your talents and do something fun for yourself with what you can. There is no point in copying each other and each other's specialties. That will not work anyway.

You must be *your own* speciality. You shall do what is *you*. Being together on things is something that you now learn. To reach out a hand, pressing a hand is something you now learn to do without asking, "what is your faith?" "How did you vote in the last election?" There are many people who greet each other like that.

I am the one who helped her now with this security in herself, and blessed are the voyages / journeys. As to this here, (*pointing to my jaw, inflamed on one side. Kirsten's note*) You do not need to ask when you know what you will have help with. That is a form of reaction to what was directed against her of jealousy.

Questions and answers from those attending.-

POSTSCRIPT:

Now she must be able to be herself, her body is about to change because it is no longer heavy. It is something all of you notice also; your body has a different way of being. You may have felt more tired, a little sadder, a little happier, a little more forgetful – all this – and a little more angry or a little nervous. That is because the body does not really know what to do, it does not know how it respond to the same as before.

That is because you are getting rid of your reactions to the non-essentials, you have become lighter. You can no longer respond to gravity that is not consistent with your energy field as you say, this was a very simplified way to say it ---- but you should feel better.

And there is a transition in all things. You must become accustom to understand your own reactions without dwelling too much on them. Do you have a laugh or three so it will help!

Now you will help one another – everyone – and now she must be allowed to be herself, she must come in here and learn to know this lighter body.

One says; thanks for the evening and will come back.