

Ark 2011 Demo MP3 Dolores Cannon and Darrin W. Owens

Dolores has “Darrin” under and has asked what the first thing he sees after he has floated back down off the cloud. Session begins here!

D: Tell me about the beautiful place.

DA: I’m standing on a cliff.

D: Standing on a cliff?

DA: And I can breathe in the sea air. (Deep breath)

D: So, you’re near the ocean?

DA: Yes.

D: It’s good to breathe it, isn’t it?

DA: Yes.

D: Does it smell nice?

DA: Yes...and the wind is blowing.

D: Your voice is very soft. Can you speak a little louder please?

DA: (Whispering) I have to whisper.

D: Why do you have to whisper?

DA: I shouldn’t let my thoughts be known.

D: What?

DA: (Whispering lower now) I can’t let my thoughts be known.

D: Why not?

DA: I shouldn’t talk.

D: It’s alright to talk to me though, isn’t it?

DA: I feel yes...it’s okay.

D: You can trust me. I don't tell anyone.

DA: I shouldn't talk about things I see.

D: Hmm, because you shouldn't let your thoughts be known?

DA: Yes.

D: But you can talk to me so it's alright to speak up.

DA: Yes.

D: No one else can hear us conversing, so is that alright?

DA: Yes, I feel it, yes.

D: Okay, you're safe with me. Why can't you let your thoughts be known?

DA: They don't want to know what I see.

D: Who doesn't want to know? (Pause)

DA: I shouldn't tell.

D: Is it dangerous to tell?

DA: Yes.

D: To tell who it is that you're not supposed to talk to or what?

DA: It's the men of her court.

D: The men of her court?

DA: Yes.

D: But you're safe with me. You know, it's nice to have "someone" that you can talk to, isn't it?

DA: I only have "her majesty". There's no one else I can talk to...no one. I mustn't talk to other people.

D: Hmm, would there be danger if you did?

DA: Yes...yes...I'm only protected by my Majesty.

D: Would it be dangerous for her or you?

DA: It would be dangerous for her and her kingdom.

D: Oh? Well, I think she has picked someone she can trust. Isn't that true?

DA: Yes.

D: It's a big responsibility isn't it?

DA: Yes.

D: But I think you'll feel that you're safe with me because I don't tell anyone.

DA: You mustn't tell them anything.

D: I won't. I promise I won't.

DA: I swore to my Majesty that I wouldn't talk. I wouldn't say anything.

D: That's good. I honor that. Has somebody been trying to make you talk?

DA: They all want to know what I say and in her Majesties presence, I can't say it.

D: Other people are trying to get you to reveal what she has said?

DA: Yes.

D: That's not good is it?

DA: No.

D: But like you said, you can talk to me because you need someone to talk to and I won't reveal anything. It's a difference between them. Can you feel that?

DA: Yes.

D: Alright. Is that why you like being out here by the ocean?

DA: Yes.

D: Away from everyone?

DA: Yes. They don't know that I come here.

D: It's a special place then?

DA: It is.

D: Alright, well, do you have a job or an occupation with her?

DA: I am her messenger.

D: Her messenger?

DA: (Whispering again) That's what we have to say.

D: That's what she wants you to call yourself?

DA: Yes, and I have to tell the others, "I'm only a messenger".

D: That way they realize that you don't have access the great secrets to anything?
Would that be a good way to disguise it?

DA: But they know anyway but other kingdoms cannot find out.

D: Is that what they want? They want to tell things to other kingdoms?

DA: They don't want "me" to. I'm just a messenger and I give messages to the queen
and (Whispers) I'm a seer. I see messages for the queen.

D: That's a very important job.

DA: You mustn't tell anyone. (Whispering)

D: I won't. I promise.

DA: She fears I might be taken.

D: There's a danger of that?

DA: Yes. There is.

D: That someone would take you?

DA: Yes.

D: Do you think you might know “who” might take you?

DA: Any one.

D: Anyone? What is she afraid would happen if you were taken?

DA: They will take me and they will torture me and they want...her messages.

D: So she fears for your safety?

DA: Yes, and we cannot trust the men of her court either. (Hmm) I cannot talk to them.

D: That’s not a good position for her then if she can’t trust the people in her own court?

DA: Yes.

D: She has no one to really trust does she?

DA: I am trusted.

D: You’re in a very valued position then aren’t you?

DA: But I’m afraid today.

D: Tell me what you mean.

DA: This may be the day that my queen goes away from me.

D: What do you mean?

DA: She’s very ill...my queen.

D: Does this queen have a name?

DA: Yes ma’am... (Whispers)

D: Is that what they call her?

DA: It is her Majesty, Elizabeth.

D: You’re smiling like you must like to work with her.

DA: She has saved me.

D: Oh? Tell me about it. How did that happen?

DA: She saw me in a crowd and she was like light to me (Light) and she was like my mother to me (Uh huh) and she looked at me and touched my hand. I was fourteen (You were young) and she took me and I lived with her and I help her.

D: What happened to your real mother?

DA: I don't know. I lived on the streets.

D: And that's where she saw you?

DA: Yes. I was coming through the village. (Hmm)

D: Where you lived?

DA: Yes they didn't want me to be on the street but I got through anyway. I'm fast.

D: Why didn't they want you to be on the street?

DA: They didn't think that I was good enough to be there. I didn't think she would mind at all.

D: Was it unusual for her to see you and react that way?

DA: I don't know...not to me. I don't think I knew who she was and she took my hand and then one day, two men came to get me and I thought I was in trouble. I had taken an apple because I was hungry and I thought they were coming to get me but they didn't hurt me. They took me to her immediately and she said, "You are mine and you shall live with me."

D: Hmm...that was a big surprise wasn't it?

DA: Yes...so I serve my Queen.

D: This is why you would never do anything to harm her.

DA: Never...I will die. I will die for my Majesty.

D: Have you been living there with her?

DA: Yes, and I travel and I send messages and we talk.

D: With her?

DA: Yes.

D: When you travel...it is to deliver the messages?

DA: To be with her.

D: To be with her?

DA: And she asks me things. She asks me what do I feel...what is that person like...are they good or are they bad?

D: Other people?

DA: Yes.

D: Why does she ask you those questions?

DA: She says that she knows that "I know". I don't understand that.

D: You don't understand that? (Laughs)

DA: I just tell her how I feel.

D: Do you pick up on other people?

DA: She says that I'm a seer.

D: A seer? Okay. Then you're able to know what people are thinking you mean?

DA: I just feel.

D: You just feel?

DA: Yes.

D: I was wondering how that would work.

DA: She has astrologers that don't like me.

D: Aha! They're the ones that are supposed to be able to see?

DA: They don't care. They just like being the Queen's astrologers. (Oh) They know nothing.

D: So, they don't really tell her things that are true or what?

DA: They don't give her good advice. She threw them out once.

D: (Laughs) She did?

DA: Yes. I was there.

D: She didn't like what they were saying to her?

DA: She knew they knew nothing. (Dolores laughed)

D: It's their own ego isn't it?

DA: I don't know what that is.

D: You don't know what that word is? It means that they think more of themselves.

DA: Yes. I don't like them.

D: But she doesn't trust them.

DA: Not any more.

D: Now she's found out what they're like.

DA: She's found out what many people are like.

D: Because you can tell her these things or what?

DA: She knows too.

D: She can pick it up?

DA: Yes.

D: Well, where do you live with her?

DA: I have a large room, very high up, and I can be by myself and I have a person that takes me to and from to be with her. (Hmm) She doesn't like me to be around other people.

D: Is there a reason for that?

DA: Yes. She's afraid they may take me away.

D: Do you think the other people know what you can do?

DA: She is afraid that they found out.

D: Well, she's trying to protect you then.

DA: Yes. (Whispered)

D: But you also said you were her messenger.

DA: That's what we have to say. We have to say that.

D: Oh, I thought maybe you really delivered messages.

DA: I do but they're not real messages. We're "play acting".

D: To pretend?

DA: Yes.

D: So that other people will think that that's what you do?

DA: Yes, we're very good at that.

D: Hmm, putting on a front? You know what I mean?

DA: Yes. She told me how to.

D: To pretend that you're something you really weren't?

DA: Yes.

D: This way they won't know what you do.

DA: No. (Whispering again)

D: But you think that some of them are finding out? Is that what you mean?

DA: Yes. The guard who took me to and from to her, was not who we thought.

D: Oh? What do you mean?

DA: He was young like me and she wanted me to have someone to be with and to have as a brother (Whispered) and not to be alone.

D: Uh huh. She thought that this would be a good person?

DA: He was a good person. He was.

D: He was somebody you could talk to then?

DA: Yes.

D: It's not good to be alone, is it?

DA: No.

D: But you said he was not who she thought he was? Is that what you said?

DA: Yes.

D: What do you mean? What happened?

DA: I loved him very much. I did and he has left.

D: Why did he leave?

DA: I don't know. I don't know why but my Queen is ill and I am afraid he might have said something so I fear I am going to die on this day with my Queen.

D: You think that?

DA: Yes.

D: You said she's ill? What's wrong with her?

DA: She cannot breathe.

D: Oh.

DA: And she has grown very old...my Queen.

D: She's old now?

DA: Yes.

D: Has she lived a long time?

DA: Yes...even long when I came to her.

D: Has she been a good ruler?

DA: Yes, and I fear what will happen when she goes away from me.

D: Hmm, isn't there someone else who will take her place?

DA: I don't know and I don't care.

D: You're not involved in that part?

DA: No. I will die with my Queen.

D: You mean...you'll have to or what?

DA: I will make myself die.

D: That's pretty drastic, isn't it?

DA: I have nothing more to live for and I must do it myself or they will.

D: You think you would have to go? You don't think that you could stay by yourself?

DA: No.

D: But you said that you felt like you were in danger too?

DA: Yes, they will get me so I have to do this myself.

D: To keep them from getting the information?

DA: Yes, and I have nothing else to live for.

D: Well, you said that she's having trouble breathing. You think it's...

DA: They won't let me see my Queen!

D: Why not?

DA: They say that I am not supposed to and she cannot speak so she cannot command.

D: Oh, she can't talk?

DA: No. (Whispers)

D: Hmm, she must be very old then.

DA: Yes.

D: Do you think that you could help her if you could see her?

DA: I want to be with her. I want to be with my Queen but I know that today is the day that she passes on and I will too.

D: But who is ruling the kingdom now if she is so ill?

DA: She is still Queen.

D: You said she couldn't talk. She can't give advice or instructions, can she?

DA: They just wait for her last breath, then that is the end of her reign and I will leave too.

D: You don't want to wait and see who takes her place?

DA: I don't care! (Defiantly)

D: You don't want to help the other ruler?

DA: I don't care.

D: She's been very special to you, hasn't she?

DA: Yes.

D: That's a wonderful relationship, isn't it?

DA: She is going away from me and I have no one else, but I am proud to die on the day that my Queen dies as well.

D: You don't feel that there's anything else to live for?

DA: No.

D: It's drastic, but it is your decision isn't it?

DA: Yes.

D: You're afraid that they'd take the knowledge away from you if you didn't die on that day?

DA: I don't want to know what they will do. They don't like me.

D: Okay.

DA: They say that I am unnatural.

D: Unnatural?

DA: Yes.

D: What do you think that means?

DA: They don't like how I feel about them and they don't like that...(Pause) they say that I shouldn't love "him".

D: The young man that was with you or what?

DA: Yes. I don't think that he ran away. I think they took him from me.

D: Hmm, but do they know that you can pick up thoughts about them?

DA: They have found out and I don't know how. Only he knew. I should not have told him.

D: But you have to have someone to talk to

DA: NO...no.

D: But it's so hard to keep all these things inside.

DA: I have to. I have to protect her Majesty.

D: Do you think that something happened to the young man?

DA: I do.

D: These ones that want the knowledge, do they have names?

DA: I don't know their names. Her Majesty doesn't want me talking to them.

D: So, you don't associate with anybody else there then?

DA: No. I was not allowed in the court with my Queen. I mustn't hear the discussion of her business. She tells me things at night and when we go on journeys.

D: What do you mean?

DA: She will discuss things with me but I cannot tell you those things. I promised my Majesty that I would never tell anyone about our discussions and our conversations so I cannot tell you.

D: But she also had to have someone that she could trust.

DA: Yes.

D: But I was interested in what she said about the journeys.

DA: I would travel with her, when we would visit the country sides and she liked to hunt. I was not very good. (Dolores laughs)

D: That's what you meant by journeys.

DA: Yes.

D: She would take you with her?

DA: Yes.

D: But you still had to stay out of sight more or less then?

DA: Oh yes. I was not allowed in the court.

D: Okay. I can see your devotion for her and that's really very loyal (Yes) and very wonderful. Alright, well, let's leave that scene and I want you to move forward. You said you had the feeling that something was going to happen and it was going to be soon?

DA: Yes.

D: Let's move forward to that time and you can watch it and tell me what's happening. Remember that it's good to talk about things. You said you didn't think that she had much longer?

DA: My Queen has just died.

D: Were you with her?

DA: No. I'm at my cliff.

D: You're at the cliff?

DA: Yes.

D: Did someone tell she had died?

DA: Yes, it is her lady...her lady that waits.

D: Oh, her lady that waits on her then?

DA: She has told me...she has told me. (Saddened)

D: And you don't know what's going to happen now then?

DA: I don't care...but I am not allowed to come see my Queen.

D: that must hurt.

DA: So today is the day that I meet my Queen again in Heaven. She said we would meet. She told me, "When I die, I will be there waiting for you." But I have to give her time to get there so I will not die yet. I don't know how long it is to Heaven.

D: You think it will be a while though?

DA: I shall wait till the evening.

D: Uh huh, but she's already left her body. You know that don't you?

DA: I hope so.

D: And you're standing on the cliff then?

DA: Yes.

D: Have you decided how you're going to go so you can be with her?

DA: I will step off my cliff and I will let the ocean lay me to rest, then no one will have to see me.

D: Nobody can stop you either can they?

DA: Never.

D: And nobody will ever see the body or find the body?

DA: No. I don't care about "any" of them anymore.

D: This way there won't be any danger.

DA: Never...and they will never, ever, hear anything about my Queen and our conversations.

D: Hmm, that's very wonderful that she could trust you that way and that you could keep the secrets.

DA: Yes. (Whispers low)

D: That's wonderful. But you think you're going to wait until the evening?

DA: Yes, and they won't see.

D: And that will give her time to go ahead ...

DA: I have to hide. They're looking for me. I have to hide. I have to be quiet.

D: You can talk to me in your mind but they won't hear you speaking. I promise you. They won't hear you talking. How far is the cliff from where you were living?

DA: It's down a long hill and I go through the forest and I like to be there too and I am safe...

D: In the forest and trees?

DA: And the cliff is through the forest.

D: But you said that they are looking for you?

DA: Yes.

D: How are you hiding?

DA: I have to hide behind a big tree and then I sneak back to another tree. They go to the cliff but I'm in the forest.

D: Hmm, they thought that you'd be there.

DA: Yes, and they are with the lady who waits.

D: So, they're trying to find you then.

DA: Yes.

D: But is it getting dark yet?

DA: Yes.

D: Maybe they won't see you in the woods.

DA: They don't see me.

D: That's good. Then what happens?

DA: They're going back. They don't have their fire. They don't have their fire to light their way. (Smugly) (Dolores laughs)

D: They can't find you in the dark either without their fire, can they?

DA: No. Well, I am alone.

D: Have they gone back?

DA: Yes, but I wait until I don't hear their voices. (Uh huh) and then I wait in case someone has stayed behind.

D: Just in case.

DA: I'm still sitting behind the tree. I'm also inside a hollow tree. (Oh?)

D: That would be a safe place to hide wouldn't it?

DA: Yes.

D: Do you think it's safe now?

DA: Yes, so I have to go to my cliff. (Okay) It's very windy today...and very dark.

D: Because it's night time.

DA: Yes. It's very windy today too. It's because my Queen has left the land and it's very cloudy and I see no stars.

D: Hmm, you think the weather is reacting in sadness also?

DA: Yes.

D: Well, tell me what happens. What do you do?

DA: I sit on my cliff and I pray to my Queen. She will be there to catch my soul...she says.

D: Is that what she says?

DA: Yes.

D: She says? So you can hear her speaking to you?

DA: Yes. She has gone to Heaven.

D: So, you know that she is safe.

DA: Yes. She says, “It’s quicker than we thought.” (Dolores laughs)

D: So you don’t have to wait for her to get there.

DA: No.

D: She went there very fast.

DA: She tells me, “They will kill me”...

D: If they find you?

DA: She says there are spies in the woods and I have to go now. I’m hearing footsteps... (Pause)

D: And what happens? (Long Pause) What happens? Tell me.

DA: I’m being hugged. I’m light and I see her but it’s not her.

D: Uh huh...did you go off of the cliff?

DA: I don’t remember but I’m light. (Pause)

D: It’s beautiful, isn’t it?

DA: Yes. (You can tell that he is mesmerized by the experience) And she is with me.

D: She’s there?

DA: But it’s not my Queen.

D: What do you mean?

DA: It’s “her”.

D: You mean she looks different or what?

DA: She says, “I am the Mother of ALL”.

D: The Mother of All? (Pause) ask her what she means by that. (Long Pause)

DA: She says, “I am the One who others have worshipped. I am the Great Mother.”

D: Did she just take physical form at that time when you knew her or what?

DA: She says, "I knew who you were and I took you as mine."

D: Hmm, but she was living a physical life at that time?

DA: She says "Part of her was living a physical life."

D: I might understand what she means...that she knew you then didn't she?

DA: Yes. She says she's returning but I have to go but she is with me.

D: Why does she have to return...I mean...where is she going to return to?

DA: She still has work to do on earth.

D: On earth? So she's going to return to earth?

DA: And she's returning now.

D: Now? What do you mean? (Pause) we're trying to understand.

DA: I don't understand but she says, "I have to go now."

D: You have another path to go on?

DA: Yes but I have rewards (Hmm) and I have to rest.

D: Before you go on?

DA: Yes.

D: What kind of rewards?

DA: I don't know. There are others here.

D: What?

DA: There are other beings here.

D: Where you're going to rest?

DA: They're taking me.

D: Where do they take you?

DA: I'm lying down and they say I need to sleep. I haven't slept.

D: What?

DA: They say that I need to sleep. I have not slept. I need to rest.

D: Uh huh, because you've been through a traumatic life, haven't you?

DA: Yes.

D: But you can rest now. You don't have to go into another life right now?

DA: Yes. They say, "You rest."

D: Good...good. That's a good thing isn't it?

DA: Yes. And they say, "You will sleep."

D: When you're in the resting place, you sleep don't you?

DA: Yes.

D: That is good. That is very, very good.

DA: They say, "We have other things we must do with you but you rest."

D: For now.

DA: Yes.

D: Good...good and I think you did a very good job in that lifetime. What did you start to say? Go ahead.

DA: And "He" is there!

D: Who is there?

DA: My friend who I'd thought had left. He is with me.

D: Oh?

DA: He's telling me that they had killed him.

D: Hmm, did they try to make him reveal the secrets?

DA: Yes and he did not.

D: He did not...good, good. But now it's time for you to rest (Yes) and you have earned that.

DA: And he said, "I will be back soon." I can sleep.

D: That's very, very good so that's what I want you to do. I want you to stay in the resting place and sleep. That's very good. You had a good life. You did well. You stayed with your Queen and you honored her and protected her. Now it is time to rest. That is very, very good. So now I am asking to drift away from that scene. Let's drift away from that scene and move away from it. We're drifting away from it, drifting away from it, leaving him there to continue to rest. He has another job to do but first he must rest. We're leaving him there so he can rest. As we drift away from it and float away from it, and move away from it...now I want all of the consciousness and personality of Darrin to once again return to the body and fully integrate back into the body replacing the other entity. May I speak to Darrin's subconscious please?

DA: Yes.

D: I have permission to do that?

DA: Yes.

D: Alright because I respect the power of the subconscious. I know the subconscious takes care of Darrin's body and does a very good job of it. I also know the subconscious has the records of everything that has ever happened to Darrin so I respect the power of the subconscious and I always ask for permission to speak to it and ask questions. Do I have permission to ask questions?

DA: Yes.

D: I know you could have chosen many different lifetimes for Darrin to see today. You chose this one. Why did you pick that life for him to see? (Pause) What were you trying to tell him by showing him that life?

DA: He had to learn his self worth was within himself. His Queen, his spirit, his soul, was blessed.

D: In that lifetime?

DA: Yes and no enemy could ever control his destiny.

D: That was very good. He was very loyal, wasn't he?

DA: Yes, he is loyal to his ladies in light in this life.

D: Why did you want him to know about that life?

DA: To release fear of secrecy, paranoia...to release the fear of the night, to release fear of being taken away, to let go of those fears.

D: Uh huh, because I didn't know we had fears.

DA: Yes.

D: He's not aware that he has fears is he?

DA: Yes.

D: He does? Not consciously does he?

DA: No. He will not be taken before his time.

D: So he doesn't have to worry about anything like that happening again does he?

DA: No.

D: Is that where the fear comes from...that he might be taken?

DA: Yes.

D: Because he was in danger in that lifetime.

DA: Yes.

D: And it happened at night so that's why he's afraid of the night?

DA: Yes.

D: Is this why he has trouble sleeping?

DA: Yes. (Hmm, but...go ahead) He can rest peacefully now.

D: Good...because we don't want that. We want him to have a good night's sleep where he can rest his mind and his body can't he?

DA: Yes. He strained left eye in that life.

D: Oh? Tell me about that. He wondered about that.

DA: With lack of sleep, he had right eye open trying to shut the left eye and strained the muscles.

D: Ah, why did he have to sleep that way?

DA: Forcing himself to sleep that never came. Stress, anxiety...all caused weakness in left eye. (Hmm)

D: You mean in that life he was afraid to sleep also?

DA: Yes.

D: Because he was in danger?

DA: For fear of being taken away from his Queen.

D: Okay, so he forced himself to stay awake?

DA: Yes.

D: But that's not necessary now is it?

DA: No.

D: Nothing to be afraid of now?

DA: Not at all.

D: No one will come and take him away now.

DA: Never.

D: He can sleep now can't he?

DA: Yes, and he will.

D: How are you going to allow that to happen?

DA: He already knows.

D: How is he going to do it?

DA: He has released the fear. He has released the fear of abandonment. He has released the fear of being taken away. It is gone.

D: It is gone. It does not exist in this lifetime (No) and it's not necessary now.

DA: Correct.

D: He felt it was necessary in that lifetime.

DA: Yes.

D: But now, it's not necessary.

DA: No.

D: So he can release it and he can sleep beautifully and peacefully won't he?

DA: Yes he will.

D: There's no danger at all.

DA: None.

D: What about his left eye? Can you repair that?

DA: We are currently preparing to correct the left eye.

D: Because like he said, that was caused by the strain and stress so he doesn't need that now does he?

DA: No.

D: We want him to be able to see correctly now. Tell me what you're doing. I'm always interested in how you do it. What are you doing?

DA: Strengthening muscles in left eye, focusing using light, tightening muscles, regenerating cellular tissue, bringing back focus to both eyes.

D: Hmm, so they will work together.

DA: He can see clearly within and without.

D: Good. Will he have to wear the glasses?

DA: We will lessen the use of the glasses.

D: Are you going to do that gradually?

DA: Yes.

D: So, he will just gradually begin to know that he doesn't need them?

DA: Yes.

D: Then, one day he will just find out that he doesn't need them? Is that what you mean?

DA: Yes.

D: Very good...very good.

DA: We are gradual repair.

D: You don't want to do anything sudden. But I know you've told me before you use light to heal don't you?

DA: Always.

D: So, you're working on the eye with the light?

DA: Yes. We are done.

D: You're done with it now?

DA: Yes.

D: So you have restored the vision in the eye... (Yes) the muscles and everything?

DA: The physical body will adapt.

D: Okay. Can you look within the body and see if there's anything else we need to be concerned about?

DA: He must release chemicals to sleep. Chemicals are causing weight gain.

D: Oh...these medications he's taking you mean?

DA: Yes. He knows this. He knows this now.

D: They're not good for him.

DA: No.

D: So, because he has been taking so many of them, this is has caused him to gain weight?

DA: Yes.

D: Can he stop taking them immediately?

DA: Yes. He will sleep. He no longer fears. He can trust his own body to sleep in safety.

D: So he doesn't need any of these medications or minerals or anything?

DA: No.

D: So he will go off of them immediately then?

DA: Yes.

D: Okay. Then he will notice a difference in his weight won't he?

DA: Yes. He will notice in ten days.

D: Ten days?

DA: Yes.

D: Within ten days he'll notice a difference in his weight?

DA: Yes. And he will be back to his original weight that is proper for his body.

D: That will be proper weight for his body?

DA: Yes.

D: Very good...very good. There's nothing else wrong with the body then is there?

DA: No, we've made sure of that.

D: We wanted him to have a good body.

DA: Yes. There is much for him to do.

D: Okay. That was one of his questions. He said he's always had a negative body image. Can you tell him why he had that?

DA: Accumulation of lifetimes...several where he was victimized sexually (Oh?) currently as well.

D: As a child?

DA: Yes. We did not allow the father in this life to fully betray his son.

D: That was what his father was intending?

DA: Yes.

D: So this is why the father had to go out of his life?

DA: Yes. We took care of that situation. It had to be done,

D: Hmm. So this life, he was not to be victimized?

DA: No and he must release that fear.

D: That was what he meant by having a negative body image?

DA: Yes.

D: Because it was caused by many lifetimes?

DA: Yes.

D: But now that's all gone. That's in the past isn't it?

DA: Yes.

D: There's no reason to bring any of that forward again.

DA: Never.

D: He has a good body. He has a healthy body, a strong body (Yes) and it will serve him well to do what he is supposed to do.

DA: He must trust in his body.

D: And it will always be there to help him.

DA: Yes.

D: Okay. So, you have already taken care of all the problems he was having in his body so it's not very much.

DA: He must return to vegetarian diet.

D: Is that what you want him to do?

DA: Yes. He must lighten energy in his body.

D: Is this the way to enlightenment by eating vegetables?

DA: Yes.

D: You've told many people who come to see me that (?) light foods are the best.

DA: Yes they are essential.

D: By (?) light foods, you mean fresh fruits and vegetables?

DA: Yes.

D: But you've also told me that some people are allowed to have chicken or fish or something like that.

DA: Yes. Meats are light in energy.

D: Light kinds of meat.

DA: Yes.

D: But stay away from the beef and the pork because they are heavy?

DA: Yes. We must work with the shift and you must change your diets.

D: You've told me many times that to make the body lighter and to allow it to raise, we have to eat lighter don't we?

DA: Yes and you will eventually only eat fresh vegetables and fresh fruits, minerals, herbs and release the need for any living creature. That will come in time.

D: You know how humans are. They are so adapted to eating meat.

DA: Yes but that must change.

D: But right now you want Darren to return back to eating a vegetarian diet?

DA: Yes.

D: Milk and eggs? Is that okay?

DA: For now, but that will change as well.

D: I know you've told me that eventually we will just be eating liquids.

DA: Liquids and then energy. You will release the need for food.

D: Hmm, it's going to be a gradual process though. (Laughs)

DA: Very gradual but you must be prepared.

D: Because the body gets used to these things. That was one of his last questions. He wanted to know what he is supposed to be doing as we go into this shift of consciousness.

DA: He is currently working in his destiny and is now in the place we have been working to get him for a very long time.

D: Why has it taken so long?

DA: Life lesson.

D: What do you mean?

DA: He had lessons to work through and last Karmas to deal with in this life, which he has done.

D: Alright. Was there anyone in that lifetime in the lifetime present now that he knew then?

DA: No.

D: That was all dealt with then?

DA: Yes.

D: Okay. So, you said he got rid of all the Karmas and so now he's at a place in his life where he can do his life mission?

DA: Yes. He is dedicated to his work and to his people.

D: Why was the Queen such an important person in his life?

DA: She was an aspect of what you call a goddess (?).

D: I thought that was what you were talking about because a lot of religions do worship the female.

DA: Yes and the feminine energy is returning and manifesting and that is part of "his" work.

D: What do you mean?

DA: He is to help bring consciousness back about the divine feminine and bring balance back to Universal energy within man and woman.

D: You've also told me that many generations have shifted to the male energy.

DA: Yes and they do an imbalance.

D: And now they're shifting back?

DA: Yes.

D: Because in the very beginning, it was a lot of female energy.

DA: Yes and peace reigned.

D: Had peace then?

DA: Yes.

D: So if it shifts back to feminine, we will have peace again?

DA: Yes. We are all working for this goal.

D: Hmm, this will be very important then.

DA: Yes.

D: Do you want to tell him anything specific he will be involved in as he goes forward with his work?

DA: He will continue to work and to direct spirit within man and woman. He will begin to network and he will begin to work with spiritual events and he is to be with you and he is to create and help expand your work and bring back to the world.

D: Hmm, because he's also working with other women too.

DA: Yes, this is the divine, feminine, and manifesting.

D: Hmm. Okay, so this will be a good partnership then?

DA: Yes. We have been working for this for a very long time.

D: So, you see my work expanding?

DA: Yes.

D: This is for the good?

DA: For the greater good...universally and within universes.

D: Okay and I'll be able to stay healthy so I can continue to work?

DA: We will keep you healthy. We will keep you balanced and we will keep you in sync with your destiny.

D: So I can continue traveling. (Laughs)

DA: Traveling within the networks that you call technology...traveling within the technology that you call the internet. (Oh?) This is essential. You have writing that you must continue to do and you will educate your students and you will educate your teachers that will continue bringing this to this globe and beyond.

D: Okay. So we are going to be able to set up the network that we will expand the work that way?

DA: Yes. That is what we have planned and that is what is manifesting.

D: You're aware that I have a class here right now aren't you?

DA: We see all of you.

D: I know you're always here and you're always aware when I'm doing a class.

DA: Yes, we have to do our work as well along with your students. We must prepare them as well.

D: Do you see the students who are taking the class, being able to do what I am teaching them?

DA: They will eventually but there is much work to be done. They must trust the process that they are being taught. They must come to accept that which is in them spiritually.

D: To practice and do it gradually?

DA: You must practice and you must adapt.

D: And then they will be able to speak to you also?

DA: Yes.

D: Very good...very good. I know that all of them probably won't do it but the majority will.

DA: They will have their venues, their avenues, their channels, their communications, their expressions in their way to continue this work.

D: Good. You've told me before that this is the therapy of the future.

DA: This is the therapy of "NOW"!

D: Now!

DA: This is no longer the therapy of the future. It is the therapy of "now".

D: Well, I think we have answered all of the questions that he wanted to know. He didn't have a lot of them but I think that this is very, very important what you showed in this.

DA: Yes.

D: So he can be balanced now.

DA: We are balancing and we are restoring and he will be in service.

D: Good. And he will be able to sleep and he is going to love that.

DA: Yes. And he'll be able to see again.

DA: Yes.

D: Very good! I thank you for doing it. Before we go, do you have any message or any advice to give to him?

DA: We have messages for all who are within this space.

D: Okay...go ahead.

DA: You must find peace within yourself to see peace in the world. You must relinquish any of your thoughts to fear. You must “never” react to fear! You must “never” react to anger. You must “only” find peace because there is only peace. There is only love. All else is illusion! You must find your beliefs, your practices, and your expressions “in the truth”. There is no other. For without that truth, your work is meaningless. You must put fear away. “Never” react to fear. That is how it grows within your mind and within the world. Don’t react to fear. If you do, you will not continue your work. We are watching you and blessing every step of the way. You must find trust within our messages within your souls.

D: Very good and I think that’s an important message for all of them.

DA: Yes.

D: And I hope they take it and understand it.

DA: It is truth and what is true is real!

D: I believe that. I thank you for giving everyone that message.

Dolores now asks the subconscious of Darrin to recede with much love and much tanks for the help and information.

Session ends at this time: