



Healing And The Art Of Living In A Time Of Transition As Experienced In Off-Earth Cultures

Master Yeshua
and
Guest Speakers
Omstara and Sho

This month, the WeSeekToServe panel spoke of *Healing And The Art Of Living In A Time Of Transition*. My guests and I would wish to address this topic as it has been experienced in other cultures – off-Earth cultures.

Humanity is clearly not the first group to experience the kind of radical transition of civilizations that is upon our planet at this point in time.

I will give you my interpretation from what I know of these off-Earth cultures and viewing them from my experience. Then we shall bring in Sho and Omstara, two of our valued Off-Earth Allies so that they may speak to this issue from their own cultures and their own experiences. This is by way of letting you know that through the tunnel of transition the road may be rocky, with a few easy spots and a few abrupt potholes or ruts, but in the end there is a light and there is a brighter future.

This must be held in the hearts and hopes of everyone who is incarnate at this time and has committed to help humanity begin this transition. It is a transition to a better, improved civilization, a civilization that will offer opportunities for everyone and create an environment where every single human being who is incarnate has a chance to experience their own individual spiritual growth and experience that growth within the safety and support of a group, for groups are the foundational unit of the new civilization. This has been said before.

Now, my view, from what I have seen looking from Earth outward to these other civilizations, is that there is a pattern. And that pattern is repeated in many small ways here on Earth, in the adaptation, for instance, of cell phones and mobile devices. I shall focus on simply mobile phones.

When mobile phones were first introduced to humanity, compared to today's mobiles they were large and clunky, and yet they were freedom from the landline phones. As these mobile devices matured, they became smaller and smaller and then as the function increased they began to gain in size and became bigger and bigger. Functionality began at what we shall call the basics and increased-increased-increased.

What was going on? From my standpoint, that is a combination of innovation and service, service to the needs of humanity. And that balance between innovation and service/functionality teetered back and forth, the balance being the struggle to develop a right-sized piece of equipment with a functionality that served the purpose.

From the outside looking toward the off-Earth cultures, I see the same, I will call it struggle or challenge to achieve innovation, acceptance, adaptation and then I shall simply call it rightsizing for the service of all. That is what I have observed in the off-Earth cultures. Having gone through this period of transition, they settle in and begin a more moderately paced evolution.

Now, I would invite, please, Omstara and then Sho to speak to the issue of healing and the art of living in a time of transition.

My first guest is Omstara. Welcome.

Omstara

Thank you, Master Yeshua. I am happy to speak to this topic inasmuch as yes, in our civilization we have experienced the kind of frequency shift that Mother Earth, and therefore all associated with Mother Earth, are experiencing at the moment.

This frequency and shift offers expanded awareness, expanded consciousness. Now this has been called by many names: raised consciousness, another dimension – many names. And they all are different names for the same experience. They are different interpretations, often with a focus on different aspects of the same experience. No matter what the name, there are changes of significance and the significance is that these changes happen at the invisible micro-level, are expressed at the visible physical level and go on into the

invisible emotional, mental, intuitional and spiritual levels.

The entire of Mother Earth is involved and thus it was with our culture and our civilization. We, too, had those we called the laggards. That is the closest I can translate the term. They were those who had reached a level of spiritual maturation that satisfied them. They were content with their level of spiritual achievement. For you see, in the civilizations I am talking about it was not, as on Earth, a matter of individuality and power that would have them maintain the status quo. Rather, it was a spiritual complacency that they had achieved a satisfactory level of spiritual maturity, even though they knew there was a vast array of levels of spiritual maturity yet to be traversed. They knew this, but they were comfortable where they were and did not wish to go through the transitional discomfort that was required to move to the next level and begin again as novitiates, as those beginning to learn.

You have a saying: being a big fish in a small pond. The same size fish will be a small fish in a bigger pond. Our laggards were big fish in their little pond, much as salmon in the ponds and pools where they spawn. They were born, let us say, in this pond and were big fish in this pond. They had absolutely no desire to swim all the way down to the ocean just to discover that they were indeed very small fish. So that is what held our laggards back. It was more a matter of comfort than an issue of status or power. It was simply comfort.

Then, of course, there were those who were ready and restless. And what we experienced was something that we were not accustomed to in the existing civilization, and that was culture clashes. Part of the comfort of our civilization was the fact that these frictions were virtually nonexistent and quickly settled.

Yet during this period of transition, these culture clashes between the laggards and the ready and restless came to the fore. We were not accustomed to them. We did not have active experience dealing with clashes and we had to do a great deal of inner searching in our groups – we were working in groups – we had to do a great deal of inner searching to the core truths of spiritual evolution to reach a state of calm and cooperation and moving forward knowing that we were all experiencing discomfort in one way or another.

And when we began to care more, or at least as much, about the discomfort of other groups and offer our wisdom to help them with their discomfort as they could turn and offer their wisdom to help us with our discomfort, we realized the commonality, the true Oneness of spiritual commonality that we all held. As we drove deep enough into the spiritual truths of Creation and *realized* these commonalities, we could

work together.

There were still upsets as new truths or old truths applied differently came before us. But we began to work together and together we helped one another, at a group level, to adjust. So imagine a bumpy road, but you travel as one single, interconnected group, so that when, for instance, the leading edge might fall into a dip, there were some who were going around that dip, they did not bump into it and they helped pull up those on the leading edge who had fallen.

We helped one another through this period of transition because all of us realized, even the laggards, that what lay beyond was, in truth, the next step in our spiritual growth and we did have an obligation to all of Creation to reach that point where we could stabilize and become, once again, freshman as it were, new students in the next series of lessons. We knew, at that point, that every single thing we did to stabilize at this new plateau and begin to learn these lessons, every lesson we learned benefited the entire of Creation. Improving one aspect improves the whole, so long as that one aspect is not improved at the cost of holding others back. And we knew this.

That was our experience. It is documented in our history. We make certain that that experience is part of the education of our young ones and we move forward and take strength from the fact that we did navigate the rough transition time and we took, I will call it pride, in the fact of those who learned the spiritual truths held together and moved forward together and laid the foundations for those to come. We looked at them with great gratitude and admiration for all they had done. And we moved forward with a clear perspective of who we were in the scope of Creation and what it was we could contribute to one another and to the rest of the cosmos.

That is our experience.

And the healing? Well, the healing took place in the middle, in the transition where we had to stop and heal ourselves and each other with this exploration of who we truly were and how we are truly interconnected and what it was we could do for one another. We accepted the fact that we were dependent upon those others to help us. The healing was the expansion of consciousness and awareness at that level. That was a deep healing, a reminder of what might have been intellectually known but had never been truly experienced. That was the healing. And we learned the art of living in the transition and the art of living again as we settled in to establish a foothold on the next level of spiritual maturation.

I thank you.

Omstara

Yeshua

Thank you, Omstara. Thank you very much.

My next guest is known to you. This is Sho and he will, I'm certain, have words of wisdom and a light to shine on this issue. Welcome, Sho.

Sho

Thank you, Master Yeshua. Thank you very much.

So it is wisdom I am now going to present? I will smile. Would that we all had wisdom to share with one another. All I can truly share is the fact that I and the civilizations I come from on the Pleiades have been through this kind of transition. And this transition does indeed involve healing and I would say changing the *art* of living as a result of the transition and the new plateau. I will focus on the art aspect. This may be unexpected, but that is where I would like to focus. And I will admit that not only do I bring you all that I am able to bring you, which is my view of the experience of our culture, the culture I am familiar with, but I also have been influenced by my dear friend the Venetian Master, so I wish to focus on the art aspect.

Of course I am using "art" in a different definition, but I will take the aspects of art, meaning patience, practice and creativity. I think you would be hard-pressed to find any area of anything you would call art that does not require patience, practice and creativity. Without patience, practice and creativity there is stagnation. Artists mature. How often have you heard of, let us say, an early Mozart versus a later Mozart, an early Chagall versus an advanced Chagall, an early Picasso versus a mature Picasso. Picasso is ideal, for he has many periods as defined by the art world.

The same is true for the art of living. I will second my friend Omstara's definition of healing. Healing happens at the spiritual level. Healing is a connection with the soul, with your own soul and your soul group, and through your soul and your soul group to the entire of Creation, your connection with those vibrancies that are not currently measurable but that you know exist. Healing is recognizing this and finding in your own inner being where those connections to Creation lie. You may find them in the smile of an infant, or even in the picture of a fawn in the woods, or in your own experience whitewater canoeing. Where you find this Oneness and unity that heals, that brings a calmness, that connection with Creation, where you find that may be a very individual thing, but

when you find it, you will also find that those connections will more and more, in this day and age, lead you to a group and a group formation, for the group formation is, as Master Yeshua said, becoming the basic formation of humanity.

Back to the art that I wish to discuss. Patience, practice, creativity and this art of living can be practiced *every single day of your life* if you simply begin each day knowing that this day it is your intention to be patient, to be creative and to practice that patience and creativity along the lines of your soul purpose and soul mission. And how do you find your mission? Well I think that Master Yeshua has spoken to that issue¹, but I would say your decision is based on what it is that you find as your personal strengths and what it is that gives you the most personal joy and what brings you to the most respect and love of your fellow human beings. Without that love for your fellow beings, all this is for naught. So that will be my underpinning. And the art of living in a tumultuous period of transition is indeed a challenge.

I have been telling you on WeSeekToServe and on ThoughtsFromAMaster of the darkness and the dark energies that surround the planet Earth and that part of the healing that happens at the spiritual level is accomplished by joining together in groups.² We have human beings and Off-Earth Allies in groups working to clear these dark energies, and that is healing the planet and enabling the energies to come through to heal humanity, to heal anyone who is willing to reach out and take advantage of those energies coming through to heal. Healing takes place when those who are angry can find the peace within to nullify that anger. But I am drifting.

I have been through, historically, this kind of shift, meaning that I know not only my own experiences but the experiences of my culture in this area. We have been through this kind of experience. There are many planets in the Pleiades, many. Each planet has its own evolutionary path, and yet we evolve together. In our transition, what Earth is experiencing on one planet – getting nations to unify behind a specific purpose – that is the challenge we experienced across many planets.

Now these planets had . . . well, what we see now as rather primitive communication with one another. At the time, we thought we were quite sophisticated having connection with so many different planets in our system. Yet when it came time to make the transition, for *all* the planets in the system to move from a focus on what is good for the individual planet to what is good for the planets as a whole, as a group

¹ *Soul Purpose And Free Will*, ThoughtsFromAMaster.com, March, 2011.

² *Open Forum*, WeSeekToServe.com, June, 2013; *Societal Enforcement – A Powerful Tool In Transition*, ThoughtsFromAMaster.com, July, 2013.

within this system that you would know as a constellation, for you see only the stars, when it came time to do that level of unification spiritually so that we could move forward, I will tell you there was a great deal of turmoil, a great deal.

There were – we did not call them laggards, but there were those who said about the same thing. Most planets spoke with a single voice. Even if they agreed that in their spiritual hearts they knew a closer unity was necessary, unification called for a great deal of education, a *great* deal of education, in-depth education about the other planets and where the civilizations on those planets were and who they were and what values they held dear. Those values may or may not have been the same from one planet to another, but there was commonality. And where there was commonality, that presented a foothold for moving forward and dealing with those areas where there was not commonality.

It was a tumultuous time. And the healing came as has been described, when we got down, deep into the spiritual commonalities, not the surface, but the deep spiritual commonalities that we shared, which involved a commitment to move forward and expand our consciousness and our awareness and move forward on the journey of return to the Source of all Creation.

When we could make a joint commitment to that base level of unity, we had a solid foundation and a determination to face and work through all those areas where we were different. Now did this happen quickly? Well, quickly is definitely a relative term. For those who were in the midst of this, no, it did not feel very fast. It was a struggle, and yet, of this struggle was born a broader consensus and an understanding of one another, an appreciation of one another and even, I would say, a different kind of humor as we moved forward together and began to laugh at the things that used to separate us, and how, in the perspective of all Creation, these barriers were self-made and had no reason and no purpose as we moved forward.

So we got through this period of transition with creativity, with patience and with practice. Our practice was reminding ourselves – and, when necessary, gently reminding one another – of that which bound us together and our mutual commitment to move forward.

We did move forward. We did make progress and we came out the other end of the transition, I would say eager to see what *together* we could create. That was an improvement over what we had before we began the transition.

That is the story I would tell you and remind you that the Community of

Spiritual Masters and we, your Off-Earth Allies as well as the Unified Angelic Kingdom, are all here. We would work with you. We would walk beside you, and although we cannot do the building, as has been said many times before, we *can* encourage you and assure you that the tumultuous transition is indeed worth the effort for the spiritual advancement of the entire human race.

Thank you.

Sho

Yeshua

Thank you, Sho.

We hope that these perspectives have given you some insight and encouragement. We are indeed most willing and eager to be of assistance. We do have to be invited and that is the crux. That is what we are balancing. We do have to be invited. And when the invitation is issued by a sufficient number of people in a manner that enables us to meet the requirements of cosmic law which bid us no interference with humanity's freewill, we will come forth and you will recognize us. And I smile. There will be a return, hopefully, to the same level of respect and friendship that existed before the fall of Atlantis.

My blessings upon you all as we move forward in this time of transition.

Master Yeshua*

* Master Yeshua is a member of the Community of Spiritual Masters. He offers essays for spiritual growth and commentaries as a service to those whose personal path leads them to these words. For more information visit [ThoughtsFromAMaster.com](http://thoughtsfromamaster.com/). <http://thoughtsfromamaster.com/> ©2013 Sharon K Richards